

The Good Oil.....

Air, light and heat affect olive oil, so make sure the bottle is properly closed and store it at room temperature out of direct sunlight.

As olive oil is a natural product, it does not improve with age, unlike wine. It should therefore be used as soon as possible in the year it was produced. However, depending on the variety, a well preserved oil can last up to 18 months without losing its organoleptic qualities.

An oil's colour does not indicate quality.



Food notes

When dressing salads and vegetables, pour the olive oil first, then add salt and vinegar or lemon. Adding the oil first provides a protective layer which helps the vegetables to stay fresh and crisp.

Olive oil is excellent to spread on meat in a barbecue, as it helps to preserve the natural juices.

Olive oil adds flavour to charcoal-grilled meat whilst it is browning. The meat must be cooked on a low heat with only a little oil. Any meat, fish or vegetable fried in olive oil is tastier, as the oil helps prevent the food from sticking and becoming greasy.

Meat marinated in olive oil before cooking will be much tastier. As olive oil is a very delicate product, it helps the aromatic herbs and spices to mix. To enjoy a delicious snack spread a little EV Dipping oil on toast.

Use a little olive oil in the water when cooking pasta to prevent sticking.



EV Extra Virgin Oil

early season distinctive fresh full peppery flavour - mid season fruity flavours characteristic of premium oil.

Extra Virgin Olive Oil is extracted from selected premium oil producing olive tree varieties.

EV Olive Oil is pressed on site using the most modern cold pressing facilities ensuring the fruit is pressed fresh from the grove.



EV Virgin Oil Bread Dipping Oils

an elegant more-ish entree or a wonderful healthy snack with fresh crusty bread. Drizzled on your favourite steak, a BBQ becomes an easy special meal.

Fresh Australian Kalamata Olives

marinated in natural brine and red wine vinegar in the traditional Greek style. You will enjoy the popular flavours, Natural, Lemon & Cracked Pepper and Chilli & Garlic.



Health and beauty facts

Virgin olive oil is a pure fruit juice with no additives or preservatives.

Olive oil contains between 60 and 80% of monosaturated fats (in this case, oleic acid), which help to reduce "bad cholesterol" (LDL) and preserve "good cholesterol" (HDL).

It also has just the right amount of linoleic acid, which is essential for the human diet.

Olive oil has vitamins A, D, K and especially E.

Researchers confirm that olive oil may reduce the risk of heart diseases and some types of cancer.

It also helps to maintain a low blood pressure and to alleviate arthritis.

The majority of the medical community thinks that olive oil is antioxidant, helps the cardiovascular flow and delays the cell ageing process.

Olive oil aids digestion and helps the body to absorb calcium.

Among other properties, olive oil helps to improve the appearance and texture of our skin.



Growing Olive Trees

Heritage Olive Nursery propagate olive trees to suit the home gardener or commercial grower including table fruit varieties and oil varieties.

Olive trees are easy to care for in the home garden and given full sun to ripen the fruit you will be able to pickle your own olives.

Between 4 and 5 kilos of olives are needed to produce 1 litre of olive oil.

The age of the tree only affects the quantity produced, not the quality. An olive tree starts to produce between the ages of 3 and 5, and can continue production for more than 100 years.

An olive's colour does not depend on the variety but on how ripe it is. Olives are green at the beginning and become black as they ripen. Unripe green olives produce little or no oil.



The Milawa Gourmet Region is the home of EV Extra Virgin Olive Oil and Table Olives.

Our olive groves are nestled on the fertile banks of the Ovens River at the foothills of the North East Victorian Alps.



Sales and Tastings

10.00am - 4.00pm most days
Also by appointment
Excluding Good Friday & Christmas Day

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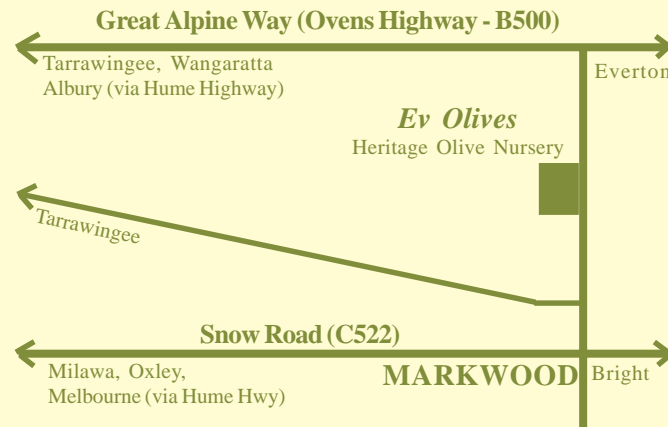
100% Australian
Premium Olive Products



Olive Processing

We process olives from our own groves and press olives under contract for other growers using a modern oil press.

We are available to advise on the stage of development of the fruit at picking time to ensure the most favourable percentage of oil production from fruit.



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www.evives.com - www.heritageolives.com