

EXTRA VIRGIN OLIVE OIL GUERINU



Our Oil:

A squeeze of power and health

Fruity, green, intense.

The typical greenish color with golden shades, its particular fresh grass and leaves aroma, a bitter taste and a pungent aftertaste with hints of artichoke, represent its distinctive peculiarities.

Our organic extra virgin olive oil is exclusively obtained by the “*Coratina*” variety olives, grown on the sunny and breezy southern slope of the hills of Famolio, located in the heart of Monti Iblei (Hyblaean Hills) precisely in the area that extends from Palazzolo Acreide to

Noto, in the province of Syracuse. The olive groves grow in water scarcity, this confers to the oil a higher amount of polyphenols, (much higher than average) which gives to the taste an intense fruity aroma, and the typical spicy perception which you can detect by your throat, synonym of genuineness and authenticity of the oil, and moreover its low acidity improves the oxidation resistance of the oil, maintaining the olfactory and organoleptic characteristics unchanged much longer than common oils on the market.

The stability of the oil and the preservation of its organoleptic, nutritional and healthy features, is guaranteed by the way we harvest our healthy olives in their right period of maturation and cold-pressed within max 36 hours in a continuous cycle plant rigorously cold (30 degrees), which helps to confer the oil those sensory and health properties of the particular flavor that represent his true exclusive elements.

Possible combination with meat, fish, legumes and vegetables and last but not least the one with bread or plain pasta to fully savor its taste.

On the role of ***polyphenols***, (see Appendix Olive oil and health).



Productive Techniques

During the year plants need countless care and attention.

During February and March, we start with the pruning technique that we realize exclusively with hand tools: pruning scissors, grafting knife and hacksaw. After the removal of dry branches and those that grow out of place, we disinfect each cut with copper compounds (allowed in organic farming), to avoid the nesting of bacteria or other diseases of the plant.

At the end of spring and in late summer, we perform the cleaning of the bottom with the grass breaker, without tilling the soil, not to destroy the delicate balance that is established in the first layers of the earth and without damaging the delicate capillary root system of the olive trees.

The pressing is necessary not to allow infesting weeds to impoverish the soil and to prevent fires, and therefore to allow the olive harvest.

During August and September, we pray the Lord to receive the right amount of rain, allowing our plants to bring olives to maturity. Summer rains, not an obvious occurrence in Sicily, are necessary for the health of the plant. Despite the stress from lack of water leads plants to produce a smaller and more intense fruit, less attractive to pests and with a high oil yield.

Throughout the summer and unto November, we monitor the effects of sirocco winds and pest attacks, fortunately the *coratina* has good resistance to the common olive trees diseases. The non-use of pesticides has allowed the development of kinds of insect who are antagonists of pests. It's a joy to see among our plants and our vegetables ladybugs and spiders fond of larvae.

When in October the olives start to ripen, we wait for the optimum time for harvesting. A quarter of the olives must begin to be tinged with dark, then, just then we start. Already we have contacted people who want to attend the gathering to live the experience of making a good olive oil and doing it with passion. The



harvest is done manually, while we pick bare hands the olives of the tree top, the most delicate part of the plant, the part that has to grow and has produce in the years to come. We let the olives fall into nets and we are very careful not to crush them, not perfectly intact olives trigger the phenomena of fermentation with consequent increase of the acidity of the oil. In fact, the first rule I teach to those who first engage in picking, is not to move one foot before watching where it will lean. The second rule is that on each tree we must leave some olive for the birds.

Time is crucial, at least 250 kg of olives per day must be picked in order to reach 500 kg for the next day and be sent to the mill in the right amount, allowing the kneader to work in full load, this machinery mixes the paste of crushed olives for about an hour, now more this machine is full, less oxygen will come in contact with fat acids, thus avoiding oxidation of what will become our oil.

Another crucial factor is the olives conservation, from the moment of the harvest till the milling.

The storage occurs exclusively in small boxes to enable a good ventilation, for a maximum of 36-48 hours.

A longer wait, as well as the use of larger containers, would lead to fermentation phenomena.

The process of milling is carried on in a Pieralisi implant where thanks to a modification of the centrifugation process, rather than using water introduced from outside, vegetable water is used (water present in the same olives), resulting in less leaching of phenols and chlorophylls giving the oil a more intense flavor and color and remarkable health properties .

The oil is then stored in cans of stainless steel and left settle for a week, after which it is decanted to remove the sludge (solids and water particles present in suspension in freshly pressed oil) which might otherwise alter the perfumes. This operation is repeated after one month when the sedimentation of the sludge is complete.

This is us



Valvo Quirino (known as **Guerinu**), my father, the company founder, entrepreneur, farmer and sculptor.

Is Thanks to him and his wife Marianna, who have spent their lives together hard working, according to tradition and believing in innovation, that this company, which is also our paradise, exists.

Me, Paolo, I am an engineer and beyond looking after the environment and nature, I carry on the family traditions, dedicating myself to the farm, the care of the land, woodworking. I do things with passion.



My wife Mila, (*bbeddha quantu u sulì*) who is an anthropologist and expert of different languages and cultures, is responsible for spreading local culture, our popular traditions, ancient works and Sicilian cooking art for it to become real common heritage, in addition of being a wonderful mom in love, attentive to the care and the growth of our little ones, who are the men and women of tomorrow .

Our children of course, for which we are creating a healthy and genuine lifestyle, in close contact with nature and with real things, even though the production and consumption of "alive" food, not contaminated by modern cultivation techniques.

My sister Fiorenza, who after marriage moved to the north but keeps coming back in our beloved land, with her husband, Salvatore, especially during periods of high business activities, not only to contribute to the production cycle, but also to enjoy the tranquility and serenity of life.

Our is an organic farm. We pursue a type of farming that does not include the use of pesticides and chemical fertilizers, even those allowed in organic farming.

Few meters from our olive grove, in a hole on a cliff, a colony of bees has settled: true health indicator of the land around us.

Our strength is the direct contact with our friends and customers that we invite to come experience our lifestyle and participate in our production cycle.

Contact us and you will be informed about our activities of hospitality and cooperation.

A bit of history

Since the early 1900s, my grandfather Paolo Valvo, already producing oil in a different district, begins grafting on the powerful and widespread wild olive trees (oleasters), the main cultivar present in the surrounding territory. His passion for the oil leads him to continue on and on finding the right cultivars from the coast of Syracuse to the top of the Hyblean hills of Buccheri and Chiaramonte Gulfi, unfortunately without ever getting the desired results.

The turning point came with Quirino, who implants a cultivar from Puglia: the *Coratina*, that since the second year begins to produce good fruit.

Today the grove turns 20 and is coming into full production. Year after year we try to produce an increasingly better oil, from the healthy and the organoleptic point of view, through the combination of the ancient knowledge passed on in the family and the current scientific research.

Location:

The Hyblean Plateau

Our olive trees stand on a calcareous soil facing south in Palazzolo Acreide, located in the center of the Hyblean Mountains: a hilly plateau, in south-eastern Sicily, between the provinces of Ragusa, Siracusa and Catania. The mountain complex is comprised of a solid white limestone of the Miocene.

The typical landscape of this Sicilian area is characterized by the mild trend of the hills, by the valley's net that breaks the plateau and the extreme variety of flora and fauna, with huge expanses of olive and carob trees. Over the centuries, the plowing work of the sharecroppers of the place, has created a mesh of dry stone walls of exquisite workmanship.

Extra Virgin Olive Oil and Health

Since ancient times Olive oil has had great consideration in the field of nutrition and today is being rediscovered and re-launched as a major element in a diet, in recent years, the international scientific research has shown the benefits of the Mediterranean-type diet. Common diseases in Western countries such as cardiovascular disease, certain kinds of cancers, diabetes, obesity, etc. . , are less present where the Mediterranean diet has become a consolidated habit..

The same Hippocrates, the greek doctor of the 400 BC, wrote: " ***Let your food be your medicine and your medicine be your food*** ."

Several scientific researchers conducted on the extra virgin oil in the last years has reported from a medical point of view some positive results in the chemotherapy to treat breast cancer up to facilitate a greater longevity of population, to reinforce the cardiovascular apparatus and the liver of expectant mothers as well as having an effect on the cellular membrane of the foetus, reinforcing the phospholipids which contribute to add to the genetic makeup a surplus of intelligence estimated of about 30% more than the normal children. Data taken respectively from a university research performed at Chicago's Northwestern University Feinberg School of Medicine and the University of Bari.

A research carried out by Gary Beauchamp & Paul Breslin of the Monell Chemical Senses Center in Philadelphia, led to the discovery of a natural compound, previously unknown, which was baptized oleocantale (an aldehyde "ale" , which is derived from olive oil " oleo "and that is pungent " Canth ").

This substance, as the researchers explain, has the same effects of ibuprofen, a not steroidal painkiller (NSAIDs), widely used in medicine, that in long term may have anticarcinogenic effects.

The discovery of the 'oleocantale' happened by chance during a meeting of molecular gastronomy in Sicily. Here Beauchamp tasting the dishes seasoned with freshly new extra virgin olive recognized in that pungent taste the same sensation experienced in sampling ibuprofen.

Other research such as that conducted by the researchers of the Italian Society of Diabetology and University of Naples Federico II , presented at the Congress of the European Association For The Study Of Diabetes (EASD) in Berlin (Germany) , have shown that extra virgin olive oil protects from diabetes type 2 (what characterizes in particular adults and food-related) thanks to **monounsaturated fat acids** of which the extra virgin olive oil as that of **Coratina** is particularly rich , so as to enable the reduction of a third the accumulation of fat in the liver .

Another study published in the journal Neurology says that regular use of olive oil reduces for the 41% the chance of stroke. A particularly significant data because the research took into account physical activity, body mass index and diet. At constant risk of these variables was significantly lower in those who regularly consume a good extra virgin olive oil, like ours, produced in a workmanlike manner.

In Greece recent clinical human trials using high phenolic EVOO for stage 2 Alzheimers patients and chronic lymphoblastic leukemia have shown positive results were observed by simply replacing with 40 grams a day high phenolic EVOO with their ordinary EVOO with no other diet intervention produced spectacular results in Alzheimer patients after 1 year and for lymphoblastic leukemia patients after only 3 months.

In summary, a regular usage of extra virgin olive oil, above all if it is specified the quantity and the varietal origin as that of "Coratina" could guarantee the attainment of the following healthy effects to our organism:

- **It positively affects the thickness of bones.** Olive oil will not be the only solution in the continuing fight against postmenopausal osteoporosis, however scientists have concluded that it is a very promising candidate for future treatments of the disease.;
- **It protects from mental illness**, according to Spanish researchers from the University of Navarra and Las Palmas de Gran Canaria. Researchers recently discovered that a higher intake of olive oil and polyunsaturated fats found in fatty fish and vegetable oils was associated with a lower risk of depression.

- **It protects from the cardiovascular diseases**, thanks to the ability of **hydroxytyrosol**, contained in the secoiodols, which supports a greater production of the nitric oxide (a powerful vasodilator), preventing the oxidation of the LDL lipoproteins which if oxidized represents the main cause for the formation of the atherosclerotic plaque with consequent constriction of the arteries and the onset of cardiac diseases;
- **It conducts a benefic activity for the development of the nervous system** thanks to its lipidic composition that makes it similar to the one of the mother's milk, making it a basic food for babies. In adulthood, instead, it preserves us from the diseases linked to the slowing down of the brain activity, as Parkinson or Alzheimer. All the above thanks to the antioxidant action of the oleic acid, of the polyphenols and of the tocopherols (E vitamin). These diseases caused by the excess of the free radicals which, linking with essential constituents of the neuron, alter its structure and facilitate its degeneration. A recent study realized by the Chicago University has discovered how the oleocanthal, a substance responsible for the prickly or spicy taste of our oil as well as being a natural anti-inflammatory, meddles with the neurotoxic proteins' action which cause the Parkinson disease.
- **It's the more digestible and the healthier among the fats and it has a benefic effect on the gastrointestinal tract**, protecting the mucous membranes. The oleic acid, indeed, reduces the hydrochloric acid's production and therefore it prevents gastric and ulcers. Besides, it expedites the passage in the intestinal tract, facilitating the regularity. Moreover, it encourages the activation of the bile flow and the emptying of the gall-bladder, impeding the onset of biliary calculus.
- **It represents an important element in the diet of patients affected by diabetes mellitus**, because it reduces the sugar level in the blood and the resistance to the insulin typical of this condition;
- **It has a benefic effect on our muscular system** because it encourages the absorption of vitamin D and it treats the osteoporosis; moreover, thanks to the powerful anti-inflammatory and antioxidant action realized by the oleocanthal, the olive oil is an incisive therapeutic ally for the arthritis;
- **It protects from several inflammatory skin diseases**, such as the psoriasis, acne, atopic dermatitis and other types of eczema. Besides, the scientific research has demonstrated

how the squalene in particular – present in olive oil – has some antioxidant properties toward the solar radiations, decreasing the free radicals' production on a level of the photo exposed skin;

- **It is recommended in pregnancy**, thanks to its optimal connection among polyunsaturated and monounsaturated (linoleic, linolenic and oleic acid) and the ability to assure a good connection of fat-soluble vitamins (A, D, E and K) for stimulating the bone mineralization and for preventing some hemorrhagic risks for the unborn. By protecting the gastric mucous, it avoids the oesophagitis flux, recurring in the last quarter. Moreover, it can contribute to prevent some enough recurring metabolic disorders such as the gestational diabetes and constipation.



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