

Hippocrates, the greek doctor of the 400 BC, wrote:

“Let your food be your medicine  
and your medicine be your food.,

A regular usage of extra virgin olive oil, could guarantee the attainment of the following healthy effects to our organism:

- it protects from the cardiovascular diseases;
- it conducts a benefic activity for the development of the nervous system;
- it's the more digestible and the healthiest among an it has a benefic effect on the gastrointestinal tract;
- represent an important element in the diet of patients affected by diabetes mellitus;
- it has a benefic effect on our muscular system;
- it protects from several inflammatory skin diseases;
- it is recommended in pregnancy.



# OUR OIL

a squeeze of power  
and health

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



## Fruity, Green, Intense.

Exclusively obtained by the “Coratina” variety olives, grown on the sunny and breezy slope of the hills of South-eastern Sicily, it is remarkable for its high 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.

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.



## Productive Techniques

Each Autumn, we gather around the trees and we enjoy the time together surrounded by nature. We share the work with joy, with peasant chants that echo in our hearts and, as in the past, without using tools that mistreat the plant, we collect the olives with our hands, turning to the tree almost like it would be a sacred ritual.



## This is Us

**Valvo Quirino** (known as *Guerino*), 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, **Paul**. 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.

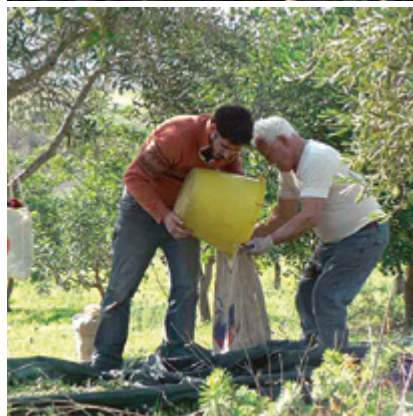
My wife **Mila** (*bbeddha quantu u suli*), who is an anthropologist and expert of different languages and cultures, is responsible for spreading local culture, our popular traditions, ancient works and Sicilian cooking art for it to become real common heritage, in addition of being a wonderful mom in 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 through 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.

And also, ...few meters from our olive grove, in a hole on a cliff, a colony of bees true health indicator of the land around us.

**Our is an organic farm.** Our strenght is the direct contact with our customers that we invite to come experience our lifestyle and participate in our production cycle.

Contact us and come experiencing our lifestyle, or participate in our production cycle, will inform you about our activities of hospitality and cooperation.

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## 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, 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.

GPS: 37.047611, 14.970564



THE GOLD STANDARD OF EXCELLENCE  
for High Phenolic Extra Virgin Olive Oil



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