



Freshly harvested 'green' first cold press extra virgin olive oil From the Colognole wine estate in an untouched part of Tuscany Exclusive 'Bella Figura' 2021 Selection

This year, I continue my collaboration with the gorgeous wine estate of Colognole, in Tuscany's Valdisieve, to bring you the best 'green' extra virgin olive oil I know. I have lived here in the olive groves and vineyards of Colognole for more than 13 years now, and I know the landowning family's passion for this land, which has been in their care for generations. These are the olive trees that we live with, they punctuate the land around our house, and have done for hundreds of years. I treasure the oil they produce and I make it exclusively available to my customers so they too can share in the bounty that we are lucky enough to live among. And my customers get the chance to support a small family business that takes excellent care of the land and its produce.

Our 'green' extra virgin olive oil is produced from olives before they reach full maturity. The best olive oil extract with the most nutrients is oil that comes from the first cold press of the olives, as ours does. It is more nutritionally rich than ordinary olive oil, richer in polyphenols, antioxidants and chlorophyll, giving its colour and peppery flavour.

This oil has an unparalleled balance between saturated, monounsaturated and polyunsaturated fats. The balanced composition of oleic acid and vitamin F (fatty acids in the omega 3 and omega 6 series) lowers bad cholesterol and maintains the levels of good cholesterol, thus contributing to the protection of the arteries and the heart, and lowering the risk of cardio-circulatory diseases. In addition to this there is its delicate emollient and protective action on the tissues and on the gastro-intestinal mucosa and regulation of digestion. What truly makes our excellent extra virgin olive oil so unique is its vast and complex range of micro-constituents and antioxidant molecules.

Tuscan olives have been famed since Roman times for producing olive oil with an amazing flavour and excellent digestive qualities and nutrition. The recipe for making olive oil has been passed down through the generations from the Etruscans and Romans onwards. These olive trees are hundreds of years old, and lovingly harvested by hand. No chemicals or treatments are used on them.

This year I have a very limited quantity of 'green' EVOO. The olives reflect back to us the state of the world and this year's weather has been so unusual and mixed that the olives have suffered. However, while our yield is down, the quality is better than ever, and my 'green' EVOO this year – which was harvested and pressed on 28 October – is genuinely the most delicious I have tasted yet. Quantities are very limited so there is a 6-bottle limit on orders. Contact me on kamin@kamin.co.uk to make an order.

