



simple painting of an olive tree in my garden, Brenda McNeill

Olive Oil & Olive Trees

FOR HEALTH AND BEAUTY

Olive trees and olive oil have long been symbols of abundance, resilience and strength. In Sonoma and Napa Valleys, we rejoice in late fall when the olive trees growing in these areas are heavy with fruit for harvest. After picking, we lightly sort, whether a private or large grower we transport these boxes of olives to a local olive press. After a week or so, return to gather our lovely bottles of liquid gold.

Here are a few favorite spots , olive presses, and thoughts about this beautiful locally grown tree that bears fruit producing oil with many health-supporting properties. My hope is that you will enjoy this oil in good health at your own table. As always, I wish you many moments of pleasure as you partake of the Art of Leisure.

A few thoughts about olive oil and health:

- Supports memory retention
- Softens skin and muscles
- Soothes achy muscles and joints
- Helps your immune system
- Promotes a healthy heart
- Quality olive oil contains a "super powerful polyphenol" called hydroxytyrosol

How to find the freshest olive oil:

- Most olive oils have a maximum shelf life of 3 years.
- Look on the bottle for a harvested or "produced on" date.
- For optimal freshness, consume within two to three months after opening.
- Some medical doctors say that organic extra virgin olive oil may be the healthiest food.

Current art exhibit highlighting Vincent Van Gogh paintings of olive groves:

- Dallas Museum of Art <https://dma.org/art/exhibitions/van-gogh-and-olive-groves>

A few of my favorite Spots:

- Round Pond Winery Olive Oil tasting <https://www.roundpond.com/shop/gourmet/olive-oil/>
- The Olive Press, Heritage Mission Extra Virgin <https://TheOlivePress.com/visit-and-taste/>
- Eisele Vineyards Extra Virgin Olive Oil <http://EiseleVineyard.com/pages/vineyard.html>
- Valley Restaurant, olive oil cake <https://www.ValleyBarAndBottle.com/>
- Kassie Kate olives and tapenade [Sonoma Farmers Market ~ Friday mornings](#)
- Figones Olive Oil Company & Press <https://FigoneOliveOil.com/>
- Napa Valley Olive Oil Manufacturing Co. <https://www.nvOliveOilMfg.com/>
- Olives Unlimited, Sonoma, olive trees www.OlivesUnlimited.com

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Art of Leisure