



Your Healthy Indulgence



Olive

Family Estate & Products



Introduction



Nestled in the eastern Aegean Sea lies the tranquil Greek island of Lesvos: an unspoilt gem, steeped in ancient history. Traditions remain strong here; but the pace of modern life is never far away. With over 320 km (200 miles) of coastline and myriads of pine forests and olive groves, Lesvos has a strong connection with nature and the outdoors lifestyle.

Overlooking the picturesque seaside village of Sigri – a European Tourist Destination of Excellence (EDEN) award winner – on the island’s western fringes, you’ll find Ol-eve’s Faros Estate; a 247-acre peninsula that’s home to some of the Aegean Islands’ finest specimens of native plants and wild flora: mint, melissa, luisa, rosemary, cistus and amaranths. It’s also where we cultivate some of Lesvos’ best produce, courtesy of our 20,000 olive trees, 12,000 pomegranate shrubs, and 5,000 fig trees.

At its heart, Ol-eve remains a family business. We select the only best naturally-sourced produce (no additives or preservatives) from our estate and from across Greece.

Respect plays a big part in our world. Everything we do – from the way we harvest, to quality control; even down to the packaging we use – is carried out to the highest standards.

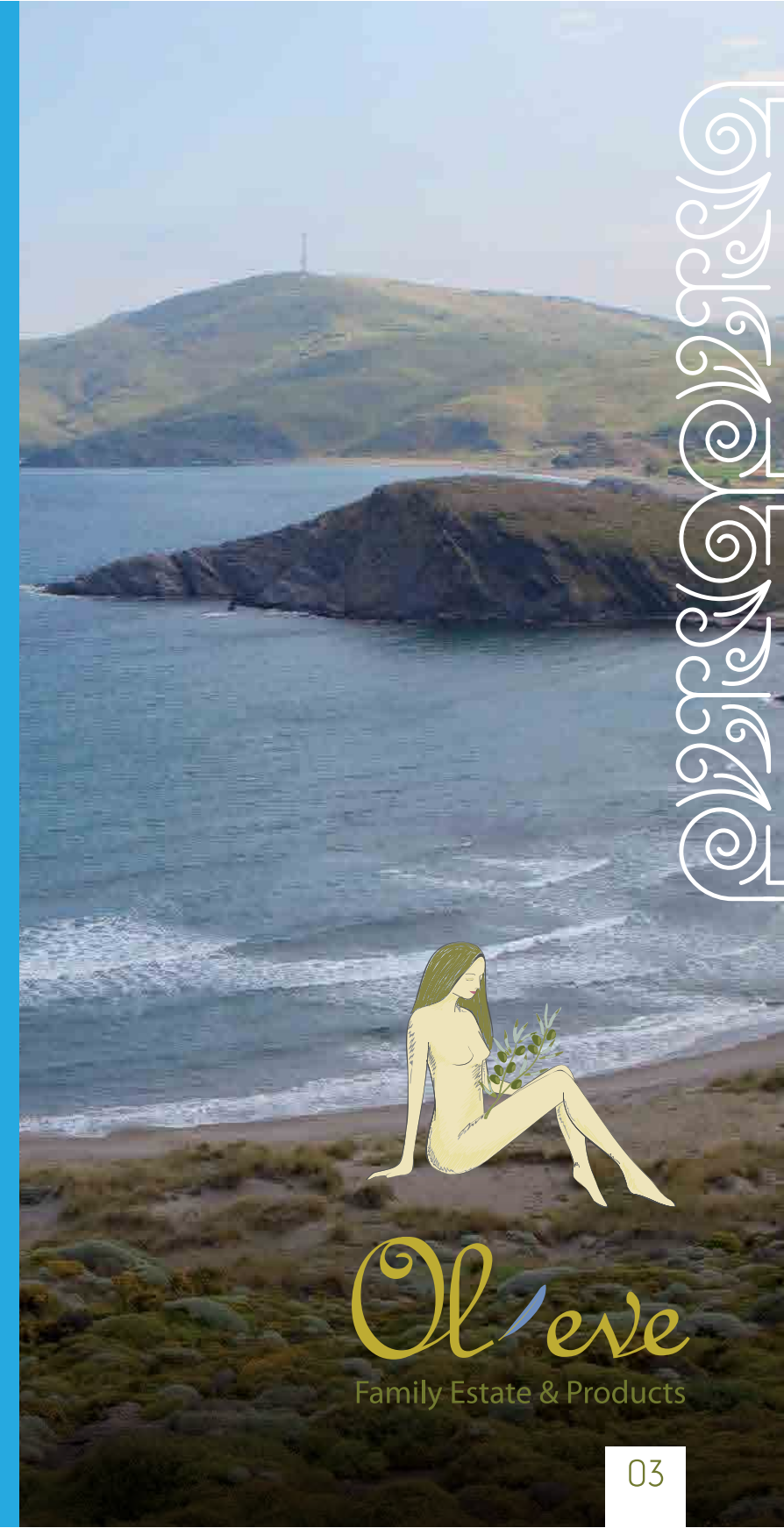


WE’RE COMMITTED TO SUSTAINABILITY.
IT’S MORE THAN A COMPANY VALUE;
IT’S EMBEDDED IN OUR EXPERTISE.

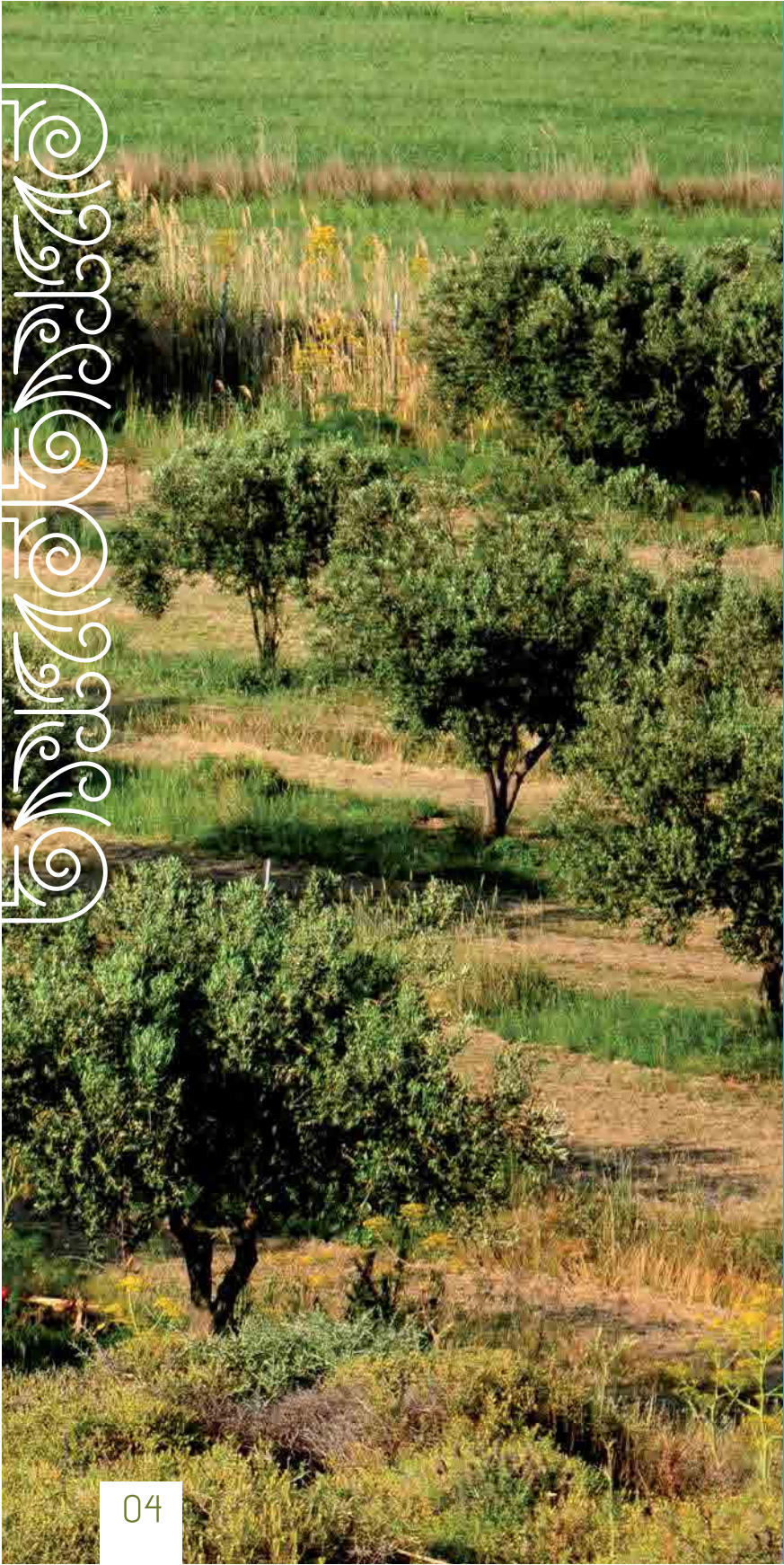
Health and wellbeing are very important to us and to those who share our values. A nutritious diet shouldn’t compromise on taste. We offer more than pure indulgence; we offer health and wellness. Our aim is to provide quality in every sense of the word: food that tastes great, and is good for you.

We pride ourselves on creating authentic delicatessen-quality products for our customers around the world - predominantly exporting to Europe, Asia and Canada.

We offer Extra Virgin Olive Oil (exceptionally aromatic due to native varieties of the island), Olives, Dried Figs, Dried Tomatoes, Raw Sea Salt, Honey, Pomegranate Sauce; as well as other goods such as Gourmet Tomato Sauces, Spoon Sweets, Mountain Tea, and Bottarga.



Ol-eve
Family Estate & Products



Olive Oil



Olive oil is the best known and most loved of all Mediterranean ingredients. It's an essential part of our culinary heritage; used in every kind of Greek dish. It's also the cornerstone of a healthy diet; and has been for hundreds of years. Here in Lesvos we call it 'Nature's Ancient Medicine'.

We take great care of our olive groves on the Faros Estate.

We grow two varieties that are unique and native to Lesvos – Kolovi and Adramytianni olives – and also grow Koroneiki olives. All are renowned for their exceptional quality, high nutritional value and fragrant aromas.

Cultivation is non-intensive. We leave a distance of at least six meters between each tree to ensure each one has enough space to be 'brushed' by the sun; which there's lots of on Lesvos, more than anywhere else in Greece!

Along with our excellent climate and the Aegean sunshine, our rocky, dry, soil is mixed with both seaweed and grape compost, as well as other natural by-products, to enhance the crop.

At Ol-eve, we produce three varieties of Extra Virgin Olive Oil: Conventional, Organic, and Early Harvest Unfiltered Premium. All can be traced to their farm of origin.

The ancient Greek poet and historian, Homer, referred to olive oil as 'liquid gold'. He definitely had a point...

~ Early Harvest Unfiltered Premium Extra Virgin Olive Oil

Our Unfiltered Premium Extra Virgin Olive Oil is some of the purest there is. Our method is to cold-press early harvest green olives; a process that preserves their natural extracts and nutrients. The result is an aromatic, low acidity (less than 0.3%) oil that's green-gold in colour, fine in texture, and mild in taste. The Adramytianni and Kolovi varieties give this oil a nutty taste and fruity flavor – a fusion of apples and pears. The inclusion of Koroneiki olives lends this one-of-a-kind collection a spicy, almost grassy, edge.

~ Extra Virgin Organic Olive Oil

Our Extra Virgin Organic olive oil is quite literally Homer's fabled 'liquid gold'. We cold-press sun ripened Kolovi and Adramytianni olives to create a golden-yellow oil, celebrated for its low chlorophyll content, which allows it to be preserved for longer without compromising its quality. Like our Unfiltered variety, it's low acidity, with a fruity aromatic bouquet.

HOW HEALTHY IS IT?

Olive oil is an excellent source of Vitamins E (Tocopherol), D, and K; as well as polyphenols (mainly oleocanthal and oleacein), and omega 3, 6, and 9 (oleic acid, more than 70%).

The health benefits are numerous. Olive oil can reduce cholesterol; be used as both an antioxidant and an anti-inflammatory; can help maintain healthy bones, and prevent a variety of ailments: cardiovascular disease, clogged arteries, as well as hair loss, dry skin; even snoring.

PRODUCT INTEGRITY

We ensure that our olive oil maintains all of its nutritional characteristics. How? Through our harvest technique; technologically-advanced pressing facilities; analysis in accredited International Olive Oil Council (IOOC) laboratories; storage; and using dark glass bottles which are transported in temperature-controlled conditions.



Olives



From a symbol of peace to an elegant addition to a vodka martini, olives are revered and enjoyed across the world.

And guess where the best come from?

In the sun-kissed olive groves of Greece, you'll find some excellent native varieties of our favorite fruit. Olives are ingrained into our way of life here in Lesvos. Most families tend several trees of their own - which is why they're harvested, each autumn and winter, with great care and attention.

We carefully select our olives by hand; picking them without damaging the fruits, trees, or surrounding wild flora - lavender, thyme, oregano, sage, fennel, and cistus.

Ol-ive has several kinds of olives, presented in a number of ways: in their natural state as plain whole olives; marinated in vinegar, or infused with natural herbs and spices.

HOW HEALTHY ARE THEY?

Even in their natural state, olives comprise the similar nutritional qualities as olive oil.



~ Green

Green olives are a well-known favorite. Traditional, yet versatile, these olives are firm in texture with a classic, familiar flavor.

~ Kalamata

What Greek dish would be complete without authentic Kalamata olives? These rich, flavourful olives are known around the world for their individual taste, shape, and clean texture.

~ Throumpes

Blessed with a rich, mature flavor, this distinct variety of olive grows in just one place in Greece - the nearby island of Thassos - and is prized by many for its unique taste and appearance.

It's said that olive trees rarely thrive far from the sea. Lucky for us, Lesvos is surrounded by it...





Honey



Greek honey is recognized worldwide for its superior quality, fragrant aromas, and exquisite taste. There's one very good reason for this: the sheer abundance of flora in Greece. The constant sunshine and our unique microclimate give rise to pure, pristine countryside, where a wide variety of wild flowers, herbs, and trees flourish.

Greek honey is thick with a strong characteristic color. It's also rich in minerals and nutrients. To preserve the goodness in our honey we do as little as possible to it during collection and production; only analyzing it to ensure its quality. We avoid additives, antibiotics, and other residues.

**NOTHING LESS THAN 100%
HONEY WILL SUFFICE.**

**Sticky, sweet, and delicious.
No wonder the bees
want it back!**

~ Thyme Honey

Light golden amber Thyme Honey is well known for its antiseptic and restorative properties. It's packed with antioxidants, has a freshy, heady aroma, and is as sweet as a summer's day.

~ Polyflora Honey

As the name suggests, Polyflora Honey has no single source. It's a fusion of different characteristics and qualities; combining high nutritional value, with a unique taste and fragrant aroma.

~ Pine Tree / Forest Honey

This honey is dark in color, with a light neutral aroma. It's full of good stuff – minerals, amino acids, and proteins – and boasts a high concentration of calcium, magnesium, potassium, and iron.

~ Silver Pearl Honey

This rare type of honey is only collected in the fir tree forests of the Peloponnese. As a result, it boasts a Protected Designation of Origin rating. Silver Pearl never crystallizes and has a butter-like texture.

~ Fir Tree Honey

Collected between May and July – from high altitude forests right across Greece – this medium-sweet honey has a clear, reddish hue, and comprises both a smooth natural taste and an unmistakable aroma.

HOW HEALTHY IS HONEY?

Greek honey contains more than 200 nutrients, which strengthen our bodies and contribute to our health and wellbeing. It's rich in carbohydrates, minerals (potassium and iron), proteins, antioxidants, amino acids, enzymes and vitamins B. Honey also aids digestion, and is a source of instant energy.



Natural sea salt



Poseidon himself couldn't have given us a better gift. On Lesvos, natural sea salt is an essential part of a healthy diet, used in all kinds of traditional local recipes and as a preservative for fresh fish (what we call 'Greek Sushi').

Natural sea salt is only as pure as the water it's taken from. Luckily we have clean, fresh seawater in abundance.

The Grecian sun and Aegean winds help create a brine that's rich in nutrients - containing 92 mineral elements.

After collection; that's it. To ensure it retains purity, we leave sea salt in its natural state - no manufacturing needed.

All we do is blend in some of our finest herbs and spices.



CHOOSE FROM

- ~ Plain
- ~ Oregano & Rosemary
- ~ Three Peppers

CAN SALT REALLY BE GOOD FOR YOU?

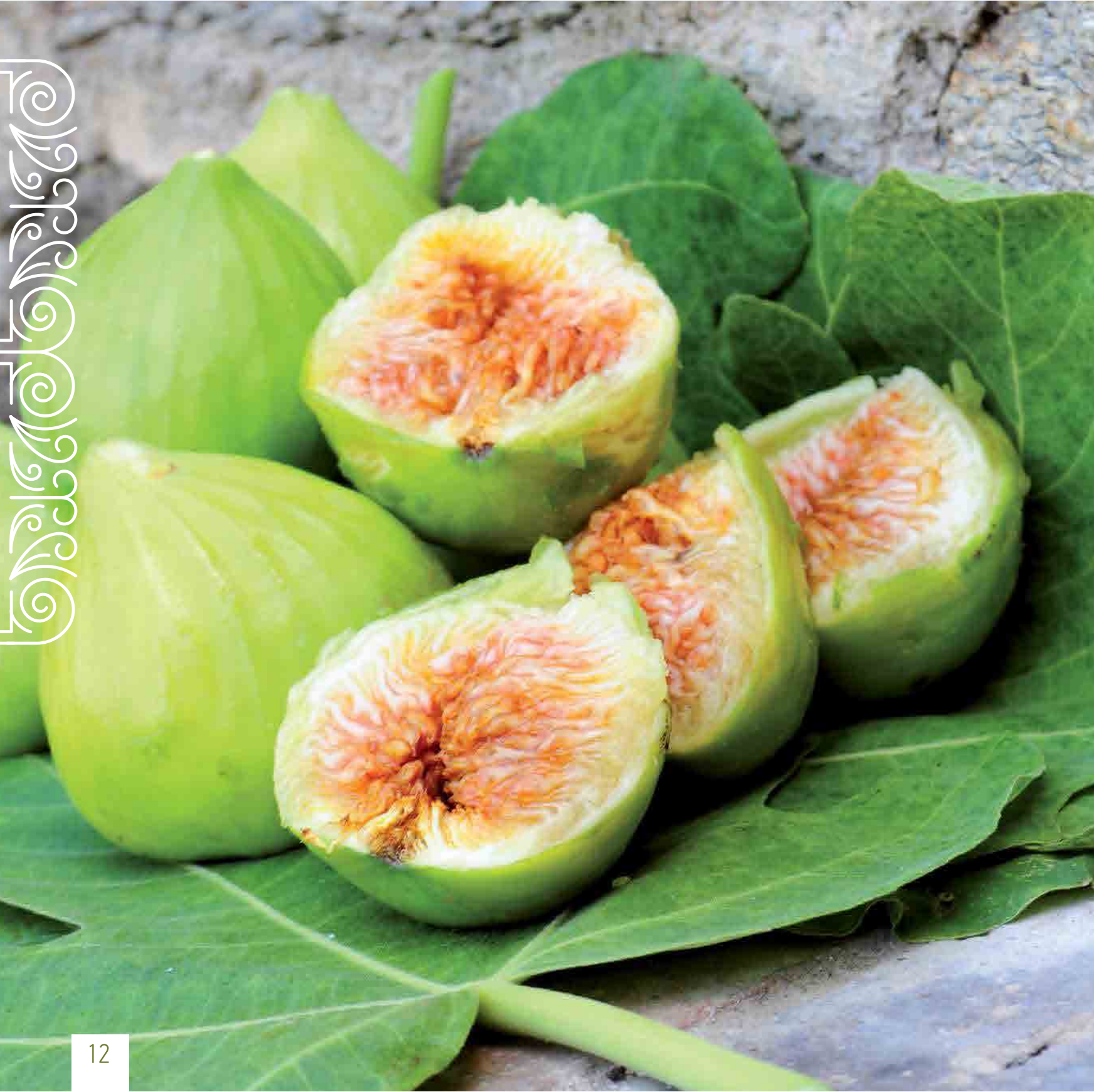
Unrefined raw sea salt contains numerous trace minerals - such as iron, magnesium, potassium, iodine, calcium, manganese, and phosphorus.

These protect our bodies from toxins and viruses, helping to normalize blood sugar levels, blood pressure and irregular heartbeats.

Sea salt also maintains healthy cells, has anti-allergic properties, strengthens bones, reduces muscle cramps, and even enhances libido.

Straight from the sea... and not a scale in sight!





Dried figs



In Greek and Latin mythology the fig tree is revered as sacred plant, dedicated to Dionysus, the god of wine and indulgence. Figs were held in such esteem in ancient Greece, that laws prevented the best variety from being exported – particularly during the Olympic Games, when they were a key part of an athlete’s diet. Figs are still part of a healthy diet today, though we’ve grown more accustomed to sharing our delicacies!

We harvest our figs on the Faros Estate between late August and October each year, to ensure they can be naturally sun-dried. A great quality fig has thin flesh and offers nothing more than its own naturally sweet fruit. But our figs are equally delicious stuffed with cinnamon, cloves, almonds – a traditional signature recipe from our island.

Whichever type you sample, you’ll find that figs are the perfect addition to a variety of sweet and savory dishes: salads, jams, smoothies, baked goods, health bars, ice cream, yoghurt – or plain, as a snack.

If they’re good enough for Olympians...

FANTASTIC FIGS!

Figs are one of the highest plant sources of calcium, iron, and fiber. They’re also rich in copper, manganese, magnesium, potassium, selenium, sodium, phosphorus, polyphenol, flavonoids, omega 3 and 6, and vitamins K, A, B1 and B2 (!).

Known for their laxative effect and antioxidants, the health benefits of figs are numerous: treatment of impotence, constipation, indigestion, piles, cholesterol; as well as the prevention of coronary heart and cardiovascular diseases, diabetes, hypertension, and bronchitis. Figs also help strengthen bones.





Pomegranate Sauce



Pomegranates are renowned across the world for their unique appearance, flavor, and taste. Legend has it that their delicious taste was too much even for the goddess Persephone to resist; a sin which bound her to the Underworld for ever more.

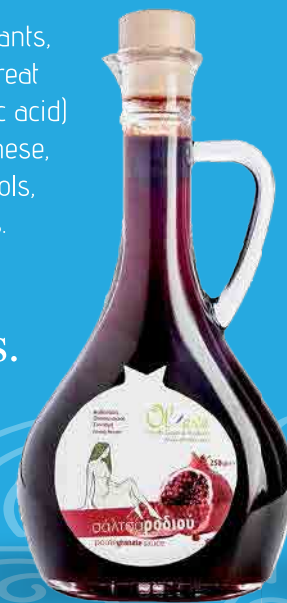
This Greek native fruit has so more to it – a range of health benefits! At Ol-ive, we select the Faros Estate's very best pomegranates; picking them with care; before distilling their essence to concoct one of our most popular products – Pomegranate Sauce.

The 2 varieties of pomegranates we cultivate and Lesvos' idyllic climate give our sauce its distinct sweet and sour flavor. Pomegranate sauce lends a gourmet flourish to any number of different warm or cold dishes; salads, meat, fish, potatoes, pasta, rice, as well as desserts such as cheesecake and ice cream.

POMEGRANATES: A 'SUPER FRUIT' PACKED WITH NUTRIENTS.

Pomegranates are high in antioxidants, it's known as a 'super fruit'. It's a great source of vitamins C, B5 (pantothenic acid) and K; as well as calcium, manganese, copper, potassium and polyphenols, such as tannins and flavonoids.

Hard to resist - even for the gods.



Dried Tomatoes



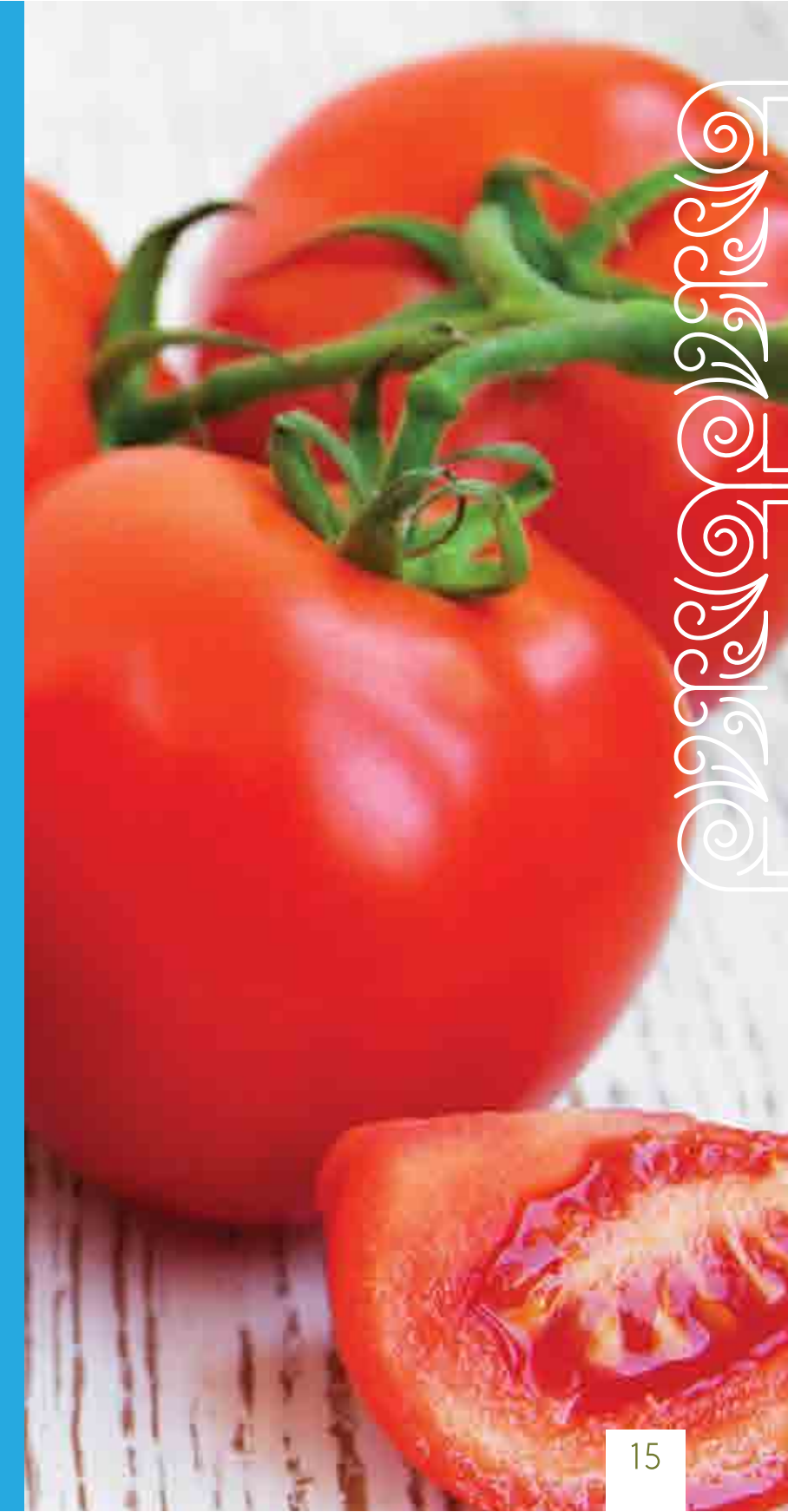
Appearances can be deceiving (just ask the people of Troy). Take the humble tomato; a popular fruit with hidden depths! Our dried tomatoes begin life on the fertile plains around the Nestos River delta in northern Greece. We carefully select only the finest produce, from stringently quality- controlled fruit. Each tomato is prepared, washed, sorted, and cut accordingly, before being dried using an innovative geothermal drying technique. We place our tomatoes in tunnel ovens, heating them moderately to preserve their nutritional value (we're pioneering this method in Greece). Dried tomatoes are versatile; adding a zesty infusion of flavor to a variety of dishes – from simple salads to gourmet banquets. They're also a key ingredient in sandwiches, pizza, pesto, and pasta. They also taste great on their own.

CHOOSE FROM

- ~ Dried Tomatoes
- ~ Dried Tomato Paste
- ~ Dried Tomatoes in Oil

TOMATOES: THE FERROUS FRUIT!

Dried tomatoes have a high iron content, are packed with lycopene, and rich in vitamin C. They are completely preservative-free – as are all of our products.





Ol eve

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