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oils made with olives by using mechanical or physical extraction methods and with temperatures that do not alter the oil. A maximum acidity of 1% is allowed. The lowest grade of olive oil is pomace olive oil. It's what was used in lamp oils."

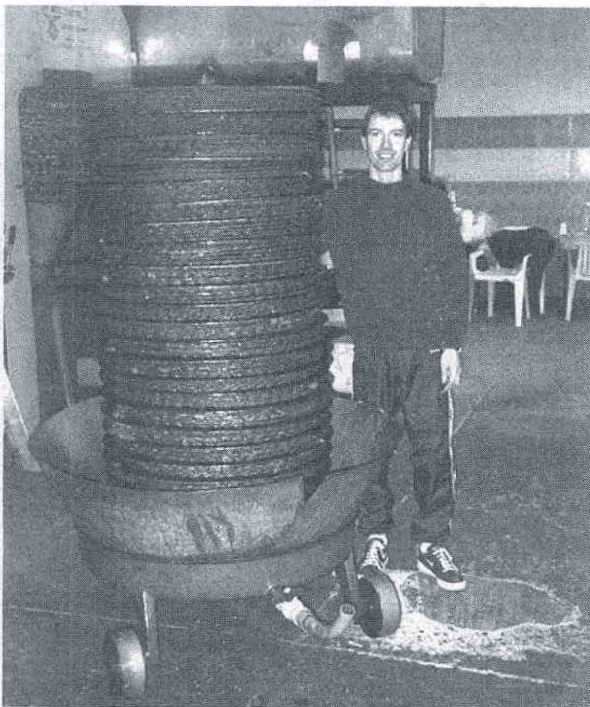
The hydraulic press leaves about 6-8% oil left in the pulp. From the scrap pile outside oxidizing in the sunlight is olive oil within the pulp called pomace olive oil. Low grade oils are also made from olives harvested as late as Feb. and Mar. when frost produces defects in the olives and acidity increases from extra fermentation compounds.

Medicinal Benefits

In olden Roman days, olives were revered by top athletes between August 20th and Sept. 10th, at the beginning of the harvest season. This oil was not intended for eating, but used topically to prevent and help muscle soreness. 2000

years later, researchers discovered there really is a scientific basis for this natural remedy. The time when the antioxidants, including the tocopherol group (vitamin E), are at their peak concentrations is when the olives are turning color (from green to red).

"A good high quality olive oil is healthy for you. It's 12-14% saturated fat, 75% monounsaturated, and the rest polyunsaturated. We've had people call us and say their illnesses



Sebastian Bariani, youngest son, stands next to circular mats used in the oil making process.

disappear... sometimes kidney stones and high blood pressure."

Olive oil is known for lowering

bad cholesterol LDL levels and raising the good HDL levels which clean the arteries. It has the same concentration of linoleic acid of breast milk. One of the two fatty acids that make up the phospholipids that form cerebral and nervous tissues is oleic acid, and olive oil is 73% oleic acid. Olive oil is rich in antioxidants and is rated 100% digestible against 84% sunflower, 57% sesame, and 36% corn oil.

Bariani Olive oil is a registered organic product and even has been praised by Martha Stewart. It is easy to see that the Barianis have maintained very high standards for their oil, standards that have won them first place in informal blind tasting of 12 olive oils from the U.S., Italy, Greece and Spain.

Farmers market prices for Bariani olive oil range from \$4 for 8.45 fluid ounces to \$50 for 4 liters. For more information or to order olive oil as a special gift for your relatives for the holidays, call Emanuele Bariani at 415-864-1917 or by email at bariani@aol.com.