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History of Olive Oil from Greece by [Oliveoil](#)

Article published on February 28th 2012 | [Business](#)

Olive oil from Greece or "golden oil", according to Homer in antiquity was not just a food but a symbol of health and strength, medicine, and also a source of magic and wonder. Specifically, in ancient Greece, athletes rubbed olive oil from Greece all over their body because they believed it would give them strength and luck. The warriors was spread with best olive oil from Greece the heads of noble people and drops threw the bones of dead saints and martyrs, as were banner sanctification and chastity.

Cultivation of olive oil from Greece is lost in the mists of time.

Fossils found in olive Kalamata, Greece dating 20 million years ago, while olive cultivation is estimated that began in the wider Mediterranean, before about 7,000 years. The first evidence for olive cultivation in Greece, according to archaeological findings began in Crete 3,500 years ago.

What factors affect the best olive oil:

Rich and aromatic, best olive oil is produced only from green olives.

As for the best olive oil's color, aroma and flavor, vary and depend on the following factors:

The variety of olive.

The location and type of soil, where it is grown.

The environmental and weather conditions under which developed and cultivated the olive tree.

The maturity of the olives.

The time and manner of harvesting the olives.

The period following the harvest of olives to produce oil.

The way the production of olive oil.

Storage techniques, how to pack the oil and the way in which the olives are transported to mills.

Green olive oil from Greece: The "æagoureliaio" is the early produced olive oil, which painstakingly collected and struggle to get to us, as produced in limited quantities. In the mid to late October depending on weather conditions in the area and season, the most fresh and solid olive green and unripe, not wrinkled, but have not hit to fall from the tree, gathered to give the juice, which immediately analyzed to confirm the quality and characteristics. This does not mean that all oils are first green olive oil. The oil first, unripe fruit, the first harvest is indeed separate, according to the International Olive Oil Council, the main organoleptic assessment criteria focus on three main features: The fruity, bitter and spicy. In short, it is an olive oil with strong flavor and aroma of olive, making it unique and special.

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Article Keywords:

Greek Organic olive oil, extra virgin olive oil, manufacturer olive oil, wholesaler olive oil

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