

# Extra Virgin Olive Oil Makes a Great Gift for the Holiday Season

*Three superb extra virgin olive oils from Italy, Spain and California now available at the Gourmet Living Amazon Storefront*

GREENWICH, CT, UNITED STATES, December 2, 2017 /EINPresswire.com/ -- What better way to celebrate the new year than with a holiday gift basket of exceptional extra virgin olive oils from Gourmet Living?

Consider the company's special [olive oil gift pack](#) which consists of three 500 ml bottles of EVOO from Tuscany, Italy; Penedes, Spain and California. Interested buyers can purchase these exceptional EVOOs at the Gourmet Living storefront on Amazon.com.

Its three-bottle [olive oil gift sampler](#) is priced at \$66.50, yet each product is individually packaged. Amazon Prime members receive free shipping.

Alternatively, mix and match these oils with balsamic vinegars or the company's authentic olive wood serving dishes.

These healthy first-pressed olive oils were chosen by the owners of Gourmet Living for their taste, authenticity and value to consumers.

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Step out of your comfort zone this Christmas and give the healthy gift of extra virgin olive oil. Furthermore, these three great EVOOs will make your foods and salads taste great.”

*Sheila May*

Toscano is the classic Italian olive oil blend and of the three main olive varieties from Tuscany: Frantoio (50%), Moraiolo (30%) and Leccino (approximately 20%). This flavorful extra virgin olive oil (“EVOO”) was harvested in late 2016 and will easily last through March, 2019 if unopened.

The Spanish EVOO was harvested in 2016 and consists of oil pressed from the Arbequina olive. This olive oil has a slightly more pronounced "peppery" aftertaste that Europeans prefer.

Gourmet Living's [California extra virgin olive oil](#) was harvested in 2016 from the Picual olive. It has a relatively softer taste profile than oils from Europe and is great in salads and for dipping bread.

Says co-owner Sheila May, "this is a great way to compare authentic extra virgin olive oils from



Europe and a bouncy yet superb Californian EVOO harvested from the Picual olive. Americans can now sample the taste of premium olive oils that project their freshness and vitality."

The 3 varieties of olives used in Toscano are harvested in the morning and crushed in the afternoon to extract the highest quality of oil and the maximum level of freshness and antioxidant compounds. Olives are typically harvested in Tuscany between the 15th of October and the 20th of November. Green or half-colored olives tend to have the best combination of aroma and color.

While ripe olive tend to produce a higher yield of oil, its aroma and quality tends to suffer when compared to "younger" olives that have not matured on the tree. In general, 100 kilos of olives, produces 12 kilos of olive oil.

Extra virgin olive oil is the cornerstone of the Mediterranean diet and many Americans have switched to olive oil because of its special nutritional benefits. The quality of EVOO produced in California has shown marked improvement in recent years as health-conscious Americans often substitute olive oil for butter in their daily cooking.

The health benefits of using extra virgin olive oil remains a controversial subject.

Some suggest that olive oil helps to reduce heart disease and may even control diabetes. Sceptics argue that the "health benefits" of olive oil are not supported by independent studies. Nevertheless, both sides agree that incorporating more fresh fruits and vegetables in your diet (commonly consumed with EVOO) is healthier than consuming processed foods.

Sold in distinctive 500ml bottles, these olive oils will last at least a year after they have been opened for the first time.

Whether one is purchasing this olive oil gift set for themselves or others, it provides an excellent opportunity to sample authentic olive oils from Italy, Spain and California.

Mix or match these great olive oils and delight fellow gourmands with a gift that is sure to please every palate.

Sheila May  
Gourmet Living



2016 Tuscan Olives being Harvested



Spanish Arbequina with Bread

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