

# Gourmet Living's Extra Virgin Olive Oil from California

*If you are looking to make a culinary statement this holiday season, Gourmet Living's extra virgin olive oil from California is a special gift.*

GREENWICH, CT, UNITED STATES, December 17, 2018 / EINPresswire.com/ -- Gourmet Living's [2017 vintage extra virgin olive oil from California](#) is a great gift for discerning "foodies." Harvested from the picual olive, this first-pressed EVOO is the most popular olive oil sold by Gourmet Living.

Notes Sheila May, the owner of Gourmet Living, "We are focusing our efforts to promote Californian olive oils. Sadly, consumers feel misled by large conglomerates who have deliberately misrepresented inferior oils as 'extra virgin.' California has far more stringent controls."



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Our California EVOO made from the Picual olive is our most popular olive oil.”

*Sheila*

Extra virgin olive oil (“EVOO”) is at the heart of the Mediterranean diet and many Americans are now discovering the nutritional benefits of using olive oil in their diets. Production of olive oil in California has increased dramatically in recent years as many health-conscious Americans now substitute EVOO for butter.

The health benefits of using extra virgin olive oil remains a very controversial subject. The proponents of the benefits olive oil suggest that the regular use of olive oil can reduce heart disease and may help control diabetes. Others maintain that these “health benefits” are not supported by clinical trials. Nevertheless, both sides of the nutritional debate argue that eating fresh fruits and vegetables (commonly eaten with EVOO) are healthier than consuming factory-processed foods.

Sold in a distinctive 500ml bottle, Gourmet Living has changed both the shape of the bottle and the cap to provide buyers with a better experience. A bottle of EVOO will normally last for a year after it has been opened for the first time and stored at room temperature out of direct sunlight.

EVOO is far more labor intensive than the production of other vegetable oils. Prices for an authentic and certified 500 ml (17FL oz) bottle of EVOO can vary between \$15 and \$40. Not all oils labeled “extra virgin olive oil” are truly harvested and bottled under the protocols established by the International Olive Council. Good quality oils from reputable producers in Italy, Greece and Spain tend to be more expensive.

This [California EVOO](#) is ideal for salads or roasted vegetables. The picual olive has a light taste that won't overpower other flavors in one's cooking.

With free shipping, make the holiday special for those gourmands on your gift list.

Gourmet Living has made available a guide of [Frequently Asked Questions about Buying Olive Oil](#) that can be downloaded from their website.

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