

OB1 OB1 essentials

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May 2013 Bulletin

As we have just finished our 2013 olive pick and crush, it is timely to talk about why you would use olive oil, and Obi Obi Olive Oil in particular! It is actually a fruit juice, is cholesterol free, full of fatty acids and omegas and it is a natural source of vitamins E, A and K. Olive oil is a great source



of antioxidants that fight against “free-radicals” which have been linked with cancer. Oleocanthal in olive oil has been found to have the same anti-inflammatory response as ibuprofen. Extra Virgin Olive Oil is the healthiest, freshest and perfectly balanced oil with a low acid content of less than 0.8%. This remarkably versatile oil can be used for baking, stir-frying, deep frying, salads, dipping braising and roasting. This information was obtained from Amanda at the “Olive Centre”, Toowoomba who sells all things needed to produce olive oil and is doing a great job promoting this amazing product.

The cooler weather is grudgingly arriving and the spinning wheel and crochet hooks are out! Crochet lessons are again happening on the verandah at the farm. Two hours of encouragement to finalise a project of your choosing, yep, a smallish one. Please email or phone for more details and the hand spun wool available at the moment is white, grey, black and brown. I am very happy to take orders if you require a few more than two.

From our place to yours,

Alexina.