



The **FREE!**  
**GUIDE**  
TO *EXTRA VIRGIN*  
**Olive Oil**  
IN  
**South Africa**

11th edition **2024**

*Olive Oils from A-Z, Facts & Tips,  
Experiences, Awards & Table Olives*

**WWW.EVOOSA.CO.ZA**



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**OFFICIAL AGENT  
FOR  
SOUTH AFRICA**

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# ICONS

## TECHNICAL INFO:

-  Number of Trees
-  Litres Produced
-  Terroir/Soils
-  Cultivars Grown
-  Styles Produced
-  Awards
-  Buy Online
-  Other Products

## EXPERIENCES:

-  EVOO Tasting
-  Restaurant
-  Wine
-  Accommodation
-  Functions
-  Activities

# Here's to the Next Decade!

We are ready and raring to go into the next decade of the Guide to Extra Virgin Olive Oil in South Africa, promoting everything olive! There is a wealth of healthy experiences to discover in the olive oil world and we challenge you to explore them. What could be more rewarding than discovering your favourite oil and olives at source and sharing that knowledge with friends and family. Let us know about your experience, from the journey to the destination and finally, most importantly, about the oils you discovered. At the end of the year, we will publish our TOP 10 EVOO TASTING EXPERIENCES and your vote will be counted. Join us in experiencing world class Extra Virgin Olive Oil with The Guide to EVOO in SA.

Let's drink to our health! Extra Virgin Olive Oil health!

Glynis van Rooyen - Director



Find us online at:  
[www.evoosa.co.za](http://www.evoosa.co.za)

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 @evoosouthafrica

#evoosa

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PUBLISHING

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# EVOO PRODUCERS A-Z

## NAME

Adhara  
**AFRICAN GOLD EVOO**  
 African Oils & Vinegars  
 Alpha Excelsior  
 Altevrede  
**ANDANTE**  
 Anwilka  
**ANYSBOS**  
 Ayama  
**BABYLONSTOREN**  
 Bakenshoogte  
 Baleia Olive Oil  
 Bella Mia  
 Benguela Cove  
 Blue Crane Vineyards.  
 Blue Sky Organics  
**BUFFELSDRIFF**  
 Cederberg Olives  
 Chaloner  
 Costas  
**DARLING OLIVES**  
 De Hut Olive Estate  
 De Morgenzon  
**DE RUSTICA ESTATES**  
 De Werf  
 Denneboom  
 Devon Valley Olive Trees  
 Drakenstein Olives  
 Drift (The)  
 Duikersdrift Farm

## CONTACT

adharaevoo.com  
**africangoldoil.co.za**  
 african oils.co.za  
 alphaexcelsior.co.za  
 altевrede.co.za  
**andanteoliveoil.co.za**  
 082 414 9198  
**anysbos.co.za**  
 ayamateca.co.za  
**babylonstoren.com**  
 bakenshoogte.co.za  
 baleiawines.com  
 bella-mia-olives.co.za  
 benguelacove.co.za  
 bluecrane.co.za  
 blueskyorganics.co.za  
**buffelsdriftfarm.com**  
 mountcederolives.co.za  
 chaloner.co.za  
 021 872 6700  
**darlingolives.co.za**  
 dehutolivetreest.co.za  
 demorgenzon.com  
**derustica.co.za**  
 021 161 0201  
 021 869 8072  
 d-v-olivetreest.co.za  
 drakensteinolives.co.za  
 thedrift.co.za  
 duikersdrift.com

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## NAME

**EXDIEM**  
**FLO FAR OLIVE OIL**  
 Foothills Vineyards  
 Francolin Farm  
 Franschhoek Olive Farm  
 Friesland Farm  
 Funky Ouma  
 Gabriëlskloof  
 Galenia  
 Gantouw  
 Goedgedacht  
 Grange (The)  
 Green & Gold  
 Groote Vallei  
 Haaskraal  
 Het Bos Olives  
**HET VLOCK CASTEEL**  
 Hildenbrand  
 Hillcrest Estate  
 Honingklip  
 Kadimah  
 Kammanassie Blue  
 Klein Namaquasfontein  
 Klein Olyvenbosch  
**KLEINBERGSKLOOF**  
 Kleine Haaskraal  
**KLIPVLEI OLIVES**  
 Kloovenburg Olives  
**KRANSFONTEIN**  
 Kredouw Olive Estate

## CONTACT

**exdiem.co.za**  
**076 492 0950**  
 foothillsvineyards.co.za  
 021 794 5737  
 franschhoekoliveoil.co.za  
 frieslandfarm.co.za  
 funky-ouma.co.za  
 gabriëlskloof.co.za  
 galenia.co.za  
 083 794 6070  
 goedgedachttrading.com  
 023 356 2247  
 gngolive.co.za  
 023 230 0660  
 haaskraal.co.za  
 022 492 2557  
**hetvlockcasteel.co.za**  
 hildenbrand.co.za  
 hillcrestfarm.co.za  
 083 287 5112  
 021 930 3748  
 kammanassieblue.co.za  
 076 291 4300  
 kleinolyvenbosch.co.za  
**kleinbergskloof.co.za**  
 kleinehaaskraal.co.za  
**klipvlei.co.za**  
 kloovenburg.com  
**kransfontein.com**  
 kredouwfarm.com

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# EVOO PRODUCERS A-Z

## NAME

La Bri Olive Farm

La Ricmal

L'Ormarins

**LAMARA**

Lapithos

**LIONS CREEK**

Liviana Olive Oil

Lodestone

Longacre

Marbrin

**MARDOUW OLIVE EST**

Mont Rouge Olive Est

Mont Pellier

**MORGENSTER**

Morning View

Mount Cedar

Muiskraal

Namaqua Olives

**O FOR OLIVE**

Oakhurst Olives

Oldenburg Vineyards

Olijvenhof Olive Estate

Olio Vero

**OLIVE BOUTIQUE**

Olive Factory (The)

Olyfberg

Olyvenbosch

**OUDEWERFSKLOOF**

Owl's Products

Paddakloof

## CONTACT

labriholidayfarm.co.za

laricmal.com

lormarinswines.com

**lamara.co.za**

lapithosolives.co.za

**lionscreekoliveestate.co.za**

liviana.co.za

lodestonewines.co.za

longacre-olives.co.za

marbrin.co.za

**mardouw.com**

montrougeolives.com

montpellier.co.za

**morgenster.co.za**

morningview.co.za

mountcederolives.co.za

072 294 1658

namolives.co.za

**oforolive.co.za**

oakhurstolives.co.za

oldenburgvineyards.com

082 600 0047

oliovero.co.za

**olive-boutique.co.za**

olivefactory.co.za

olyfberg.com

olyvenbosch.co.za

**oudewerfskloof.co.za**

owlsproducts.co.za

060 777 7194

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## NAME

**PARAKORÉ OLIVES**

**PÈTRA OLIVES**

Pienaars Rust

Portion 36 Olives

**PRINCE ALBERT OLIVES**

Riebeek Cellars

**RIO LARGO OLIVE EST**

**RIVERBEND**

Rockhaven

Rooshoek

Rupert & Rothschild

Saffier Estate

Saronsberg

Serrado

Stadsig

Survai

Tarentaalkloof

**TERRE PAISIBLE**

**THE GREENLEAF OLIVE**

**TOKARA**

True Evoo

Ubuntu Evoo

**VESUVIO ESTATES**

Waterleliefontein

Waverley Hills

Wildekran

**WILLOW CREEK**

**WILSON'S FOODS**

Zoetigheyd

## CONTACT

pgfruit.wixsite.com

**082 322 3433**

pienaarsrust.co.za

portion36.co.za

**princealbertolives.co.za**

riebeekvalleywineco.com

**riolargo.co.za**

**riverbendfarm.co.za**

rockhavenfarm.co.za

rooshoek.co.za

021 874 1648

083 449 2227

saronsberg.com

serrado.co.za

084 567 9394

surval.co.za

tarentaalkloofolives.co.za

**terrepaissible.co.za**

**greenleafoliveco.co.za**

**tokara.com**

neotrading.co.za

ubuntuevoo.com

**vesuvioestates.co.za**

waterleliefontein.co.za

waverleyhills.co.za

wildekran.com

**willowcreek.co.za**

**oliveoil.co.za**

zoetigheyd.co.za

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pg

The farms highlighted with the yellow dot offer EVOO Experiences.



## WESTERN CAPE



# The GUIDE TO *EXTRA VIRGIN* Olive Oil IN South Africa





## OLIVE & EVOO TASTING



## WINE TASTING & SALES



## RESTAURANTS



## ACCOMMODATION



## FUNCTIONS



## OTHER ACTIVITIES



Olive oil is not just a product, it's a lifestyle! Several local producers offer a variety of experiences to immerse you in the culture and landscapes of EVOO. Do an olive oil tasting (which goes well with wine tasting), enjoy excellent restaurants and delis or escape for a weekend getaway. Visit our website for more info.

SEE THE MAP ON PAGE 4 FOR THE LOCATIONS OF FARMS WITH EVOO EXPERIENCES  AND VIEW THEIR PROFILES FOR MORE INFO



A woman with dark hair tied back, wearing a light-colored, belted dress, is shown in profile. She is holding a wine glass to her lips with her right hand and a bottle of wine in her left hand. She is standing in a vineyard with a dirt path leading into the distance. The background is softly blurred, showing trees and a wooden fence on the right. The overall lighting is warm and golden, suggesting late afternoon or early morning.

# SunSwept

## TASTE TOURS

KLEIN KAROO / WINELANDS /  
ROBERTSON / SWARTLAND / & MORE!

PHOTO COURTESY OF BABY LONSTOREN

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[www.italprogetti.it](http://www.italprogetti.it) Lungarno Pacinotti 59/A 56020 San Romano (PI) ITALY

## LOCAL REPRESENTATIVE

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[arne@tstagencies.co.za](mailto:arne@tstagencies.co.za)







# Facts & Tips

*What makes Extra Virgin Olive Oil (EVOO) so special?*

*Well, besides its ancient historical significance and incredible medicinal properties, EVOO is simply the healthiest, tastiest and most versatile oil in the world. We invite you to discover this life enhancing elixir and the culture that surrounds it in the pages that follow...*



# WHAT IS EVOO?

EVOO (pronounced *ee-voo*) is Extra Virgin Olive Oil - the highest grade of virgin olive oil, derived by cold extraction (below 30°C), without the use of solvents or refining methods. What makes it “extra” virgin is a little more technical: on sensory analysis it shows no defects (superior taste and aroma), and on chemical analysis shows a free acidity of no more than 0.8% (indicator of quality) and peroxides lower than 20 meq/kg (indicator of freshness).

## EXTRA...



*Before chemical testing, Virgin Olive Oil was the best we could get, but now we're able to add the “Extra” indicating the highest standard of purity, freshness and taste.*

## VIRGIN...



*Only pure oil from the olive, processed at a temperature below 30°C (cold pressed/extracted) with no additives or defects. Stored in tanks free of oxygen and light.*

## OLIVE...



*Olives of different cultivars are picked at varying degrees of ripeness, usually a combination of green, half-ripe and ripe, and crushed as soon as possible after picking.*

## OIL...



*Roughly 18% of the olive is the oil. This golden essence is extracted mechanically from the pulp and water. There is no EVOO that comes from a second extraction or press.*



## WHAT IS NOT EXTRA VIRGIN OLIVE OIL?

**OLIVE OIL / PURE OLIVE OIL / LIGHT OLIVE OIL** are refined olive oils occasionally blended with a minimal amount of Extra Virgin Olive Oil. They look the part and cost less but are simply not as good for you.

**VIRGIN OLIVE OIL** is a natural, unrefined oil, processed at higher temperatures resulting in a much lower quality oil. It is not as tasty or as healthy as EVOO.

**POMACE OIL** is extracted from the pulp left over from the first press and is not fit for human consumption. It is generally used for making soap or as fuel.



# WHAT ARE THE STYLES?

Extra Virgin Olive Oil comes in 3 styles, which is usually indicated on the label. The style is dictated by the cultivar of the olive and the degree of ripeness when the oil is extracted. Generally, the greener the olive, the more peppery or pungent the flavour, which enhances bold flavours in food. The more delicate the oil, the more it adds nuance and lifts textures in food. Use different styles of oil to achieve the optimum flavour combination in various recipes. Keep trying different oils and find your own favourites.



## DELICATE

*Subtle, fresh and fruity in taste and aroma.*

Best as a replacement for butter; drizzling on bread, salads and roast vegetables; in baking and for mayonnaise.



## MEDIUM

*A good balance of fruity, peppery aftertaste and bitter or a pungent mouthfeel.*

Best for salad dressings, pastry, pasta and sauces. Braising and casseroles of fish, chicken and meat.



## INTENSE

*Very fruity and pungent with a strong bite of bitterness.*

Best for cheese sauces, swirling into soup, cooking lamb, beef and pork casseroles or roasts. Basting brinjals and roasting potatoes.



## FLAVOURED/INFUSED EXTRA VIRGIN OLIVE OILS...

The purists will say there is no such thing, because anything added to Extra Virgin Olive Oil negates the definition (no additives). However, cooks and consumers love the delicious nuances of an infused oil and international competitions even have awards for them.

Popular infusions include garlic, rosemary, chilli, lemon and sun-dried tomato.



# HEALTH BENEFITS

The regular and generous consumption of EVOO is a cornerstone of the Mediterranean diet, which has been scientifically accepted as one of the healthiest diets in the world! EVOO is a rich source of antioxidants and mono-unsaturated fats or “good” fats. Use EVOO everyday to enjoy the health benefits of this golden elixir.

## BRAIN

*Slows down decline in memory and cognitive functions*

*Protects against Alzheimer's*

*Reduces depression*

## DIGESTION

*Prevents intestinal ischemia and associated organ damage*

*Helps to protect against chronic colitis*

*Aids digestion and reduces constipation*

## BONES

*Protects bones and combats osteoporosis*

## HEART & BLOOD

*Protects against heart disease*

*Keeps cardiovascular system free from build-up*

*Reduces bad cholesterol*

*Reduces possibility of strokes*

*Lowers blood pressure*

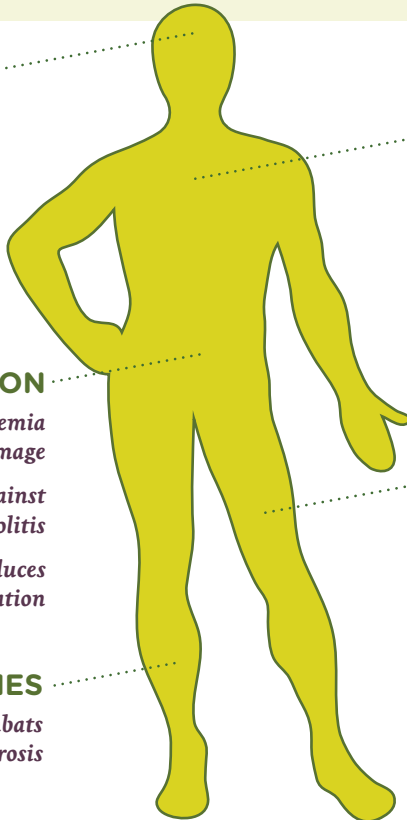
*Reduces risk of Type 2 diabetes*

## CELLS

*Reduces toxin-induced stress in liver cells*

*Protects against breast, prostate and colon cancer*

*Enhances hair, skin and nails*





# HOW TO BUY AND STORE

Whenever possible, buy direct from the farm for the freshest oil and the opportunity to taste it at source. See our map on the first page for the locations of producers. Immerse yourself in the EVOO experience and feel the passion in the product. Otherwise, look for these pointers on the label at your local deli or supermarket...

## EXTRA VIRGIN



*The producer verifies that the oil is in fact Extra Virgin - not virgin, refined or blended oil. It is the pure, unadulterated juice of the olive - cold pressed and no additives.*

## WHERE IT IS MADE



*Why buy imported oil when our producers offer the best quality, freshest oil, and your purchase supports local agriculture and creates employment. It's a win-win situation!*

## DATE OF HARVEST



*Unlike wine, Extra Virgin Olive Oil does not improve with age. Two years from the date of harvest is the maximum age for the best health and flavour benefits. Fresh is best!*

## THE CTC SEAL



*This is the official seal of the SA Olive Association and means that the producer has Committed to Compliance with strict quality standards and that the oil has been approved.*

## STORAGE

**LIGHT, HEAT AND AIR ARE THE ENEMIES...**



- Buy in quantities you will use while the oil is still fresh.
- Preferably buy in dark bottles or vacuum packs. Close the lid tightly.
- Store in a cool, dark place to minimise the effects of heat and light.
- Do not refrigerate – it is unnecessary and the oil will turn cloudy.





# HOW TO TASTE EVOO

See the highlighted farms on our map to find farms where you can exercise your taste buds and buy at source. Or try it at home - have an oil tasting party with friends. Try the three styles of oil, starting with Delicate, then Medium and finally Intense. Use sliced apple to cleanse your palate between tastings. When you know how to taste and identify the flavours of an Extra Virgin Olive Oil, you can start to find your own favourites.

## 1. POUR



*Pour a tablespoon of oil into a small glass. You can use a shot glass or a wine glass, but the pros use round, blue glasses that hide the colour of the oil (for judging purposes).*

## 2. WARM & SWIRL



*Cup the glass in the palm of your hand to warm the oil and release the aromas, covering the opening of the glass with your other hand to trap them in. Swirl gently.*

## 3. SMELL



*Uncover the glass and take a deep whiff. Can you identify the characteristics? Is it fruity or grassy? Do you notice nuances of banana, artichoke or green tomato?*

## 4. SIP



*Now take a long, slurpy sip, taking some air into your mouth to aerate the oil. Coat your entire tongue to identify as many aspects of the flavour as possible. Note the bitterness.*

## 5. SWALLOW



*Finally, swallow the oil and take note of the sensations, like a pepperiness in the back of your throat (or lack thereof). You may even have a small cough, indicating the pungency.*

Olive oil can range from smooth and nutty (delicate), to bitter and peppery (intense). A good olive oil will leave your mouth feeling clean and fresh, never oily or greasy. Any "off" notes on the nose or palate, however slight, are defects (e.g. muddy, mouldy, winy or rancid). Don't settle for mediocre olive oil. Enjoy the world-class quality of South African EVOO.



# HOW TO COOK WITH EVOO

Once you realise how tasty and how good Extra Virgin Olive Oil is for you, it will be an essential in your pantry. You might even want to stock the different styles. Contrary to the myth (busted!), EVOO is the most resistant to oxidation and therefore the most suitable for frying. Best results when frying at around 180°C.

## REPLACE BUTTER



*Use instead of butter on bread, in baking and all cooking. Great for vegans.*

## DRESSINGS



*Drizzle pure over fresh cut tomatoes, salad or as the base of any salad dressing.*

## DIPS



*With a dash of balsamic or added to yoghurt or soft cheese with herbs and spices.*

## DRIZZLE



*Pour over hot baked potatoes or vegetables, swirl into soup and slosh over pasta.*

## FRY



*Fry eggs, fish, veg and meat in EVOO for the healthiest and tastiest results.*

## ROASTING



*Coat vegetables, meat and fish when roasting to unlock flavours and add health.*

## SAUCES



*Use a robust oil to add silky texture and delicious flavour to just about any sauce.*

## MARINADE



*Use pure or infused with herbs, garlic, lemon and spices for any meat or veg.*

## PRESERVES



*Meat, fish, veg and cheese can be preserved in oil. To pickle, add vinegar, salt and herbs.*

## BAKING



*Use a delicate EVOO when baking pancakes, bread, pastries, cakes and biscuits.*

## PUREES



*Think hummus and pesto - pureed veg and pulses with olive oil, herbs and spices.*

## DESSERTS



*Use in ice-cream and puddings like baklava, Greek carrot cake and pannacota.*



# 6 REASONS TO BUY LOCAL EVOO

Every choice you make as a consumer has an impact - on your health, your wallet, your environment and your community. By now you know that EVOO is the healthiest oil and that South African EVOO is world-class. While it may not be the cheapest, there are so many good reasons to buy local EVOO. Here are just a few...



## 1. QUALITY

*Local EVOOs compete at international level with the best in the world and come out tops! There is no reason to assume that European oils are better, especially at the price.*



## 2. VALUE

*Don't fall for cheap imports. Top quality Italian EVOO costs from R300 per 500ml upwards whilst excellent local oils range around R100 per 500ml.*



## 3. AUTHENTICITY

*Europe has been rocked with EVOO scandals for decades, with blended olive oil (or worse) labelled as Extra Virgin. Rest assured that local EVOO's carrying the CTC seal are pure!*



## 4. FRESHNESS

*It is the freshest oil you can buy – straight from the farm to your local supermarket. Imported oils have travelled a long way to get here. Check production dates. Fresh is best!*



## 5. JOB CREATION

*Buying local supports our economy, creates jobs and ensures a sustainable olive industry. Olive farming is labour intensive and conveniently follows on the grape harvest.*



## 6. EXPERIENCE

*Whenever possible, visit the farms and buy direct. Meet the makers, do a tasting, discover the landscape, enjoy the shops, restaurants and accommodation. Live the EVOO life.*



# A BRIEF HISTORY OF EVOO IN SA

Skipping past its ancient origins, the history of olive tree farming in South Africa is punctuated by colourful characters who introduced innovations and improvements that have brought the industry to where it is today – poised for another leap forward.



Piet “California” Cillie brought olive trees (and other “strange” fruit) back from California in **1893** and thanks to his influence, the very first prize for South African olive oil was awarded to **Jan Minnaar** of the farm De Hoop, in Paarl. He won the prize for the finest olive oil produced in the British Empire at the London Show in **1907**!

At about the same time a young immigrant from Genoa, **Ferdinando Costa**, saw the potential of the climate and soil and started grafting on imported Italian material. More than satisfied with the results, he began planting on a large scale on a farm in Paarl Valley in **1925** and by **1935** was pressing his own oil with a mill imported from Italy. Today Costas is a household name.

Another Italian, **Baron Andreis**, planted olive trees in the **1950s** and appointed **Carlo Castiglione** to manage the farm and make olive oil in **1972**. Castiglione installed the first continuous cycle oil extraction plant in the country and by **1997** was bottling under the label Vesuvio Extra Virgin Olive Oil. By **2002**, Vesuvio had won four awards in Italy and is still winning International awards today.

The late **Guilio Bertrand** hoped to retire on the beautiful farm Morgenster which he bought in **1992**. Instead he realised its potential for producing excellent quality wine and olive oil and he introduced the Italian tradition of combining the two in his farming enterprise. He was awarded the Lifetime Achievement Award by SA Olive in **2012** for importing 90% of all cultivars that producers today farm with and for the top of the range olive nursery he established.

Two women who have made their mark on the industry are **Reni Hildenbrand** and **Linda Costa**. Reni owns the same farm Piet “California” owned almost a century ago. Linda is a member of the Institute of Integrative Nutrition. Both women have spent their lives educating the public on olive oil through tasting courses and both serve as International Panel Tasters and Panel Leaders in SA.

Something every one of these characters has in common, (as do the many others who have made important contributions to the growth of this industry but are not mentioned here), is an absolute passion for the olive tree and its fruit.



# Join the rEVOLution!

Extra Virgin Olive Oil,  
on every table, at every meal.

SAOLIVE

[www.saolive.co.za](http://www.saolive.co.za) | [@saoliveindustry](https://www.instagram.com/saoliveindustry)

## SA Olive – Supporting sustainable growth

SA Olive is an association representing the common interests of the South African olive industry, driving economic growth, and promoting locally produced quality olive products in both domestic and export markets. SA Olive members consist of olive growers, olive oil producers, table olive producers, tree nurseries and olive importers. SA Olive is committed to supporting a healthy future, i.e., ensuring a healthy future for its members, healthy growth and sustainable development for the industry and a healthy lifestyle for all South Africans.

Members of SA Olive adhere to a “Commitment to Compliance” (CTC) which demonstrates best code of practice and product excellence. The seal gives consumers an assurance that the producer is committed to authentic and quality Extra Virgin Olive Oil production and is 100% South African produced.

**If you are a local or international olive or Extra Virgin Olive Oil producer and would like more information on becoming a member of the SA Olive Industry Association, contact [info@saolive.co.za](mailto:info@saolive.co.za) or call us on 021 201 8506.**





# Awards

A branch of an olive tree with several green and yellow olives is positioned diagonally across the frame. In the bottom right corner, there is a small glass filled with golden olive oil. The background is a dark, textured surface.

*South African & International awards are given annually after the harvest and producers display these awards on their label - one way of ensuring that you are buying excellent Extra Virgin Olive Oil.*

*However, not all producers send their oils in for judging locally and even fewer compete internationally as this can be an expensive exercise. Use these awards as a guide but be your own judge.*



# EVOO AWARDS 2023

## LISTED COMPETITIONS:

**SAO:** South African Olive Association Awards

**Jpn IOOC:** Japan Int. Olive Oil Competition (IOOC)

**NY IOOC:** New York (IOOC) **AITC:** Aurora Int. Taste Challenge

**L IOOC:** London (IOOC) **A IOOC:** Amsterdam (IOOC)

**SdO:** Sol d'Oro Southern Hemisphere (IOOC)

**O IOOC:** Olivinus (IOOC) Argentina **EVOOLEUM:** Worlds Top 100

**ON IOOC:** Olio Nuovo (IOOC) Southern Hemisphere

**\*SM.** = Special Mention **\*GM.** = Great Mention

**\*OW.** = Overall Winner **\*GPG.** = Grand Prestige Gold

## AWARD COMP. STYLE LABEL

### ANDANTE – pg 29

Gold	SAO	Intense	Intenso
Gold	NY IOOC	Medium	Intenso
Gold	NY IOOC	Medium	Forte
Silver	SAO	Delicate	Delicate
Silver	SAO	Medium	Mezzo
Silver	NY IOOC	Delicate	Mezzo
Bronze	SdO	Intense	Nocellara del Belize
Bronze	SdO	Intense	Intenso

### ANYSBOS OLYWE – pg 62

Gold	SAO	Delicate	Delicate
Silver	SAO	Medium	Medium

### BABYLONSTOREN – pg 31

Gold	SAO	Medium	Coratina
Gold	SAO	Medium	Blend
Gold	AITC	Medium	Coratina
Gold	L IOOC	Medium	Frantoio
Silver	SAO	Medium	Frantoio
Silver	AITC	Medium	Blend

Silver	AITC	Medium	Frantoio
Silver	L IOOC	Medium	Blend
Silver	L IOOC	Medium	Coratina

### DARLING OLIVES – pg 33

Silver	SAO	Medium	EVOO
Silver	SAO	Delicate	Fynbossie

### DE RUSTICA ESTATE – pg 35

**Voted Best EVOO in the World** **EVOOLEUM**

Gold	SAO	Delicate	Arbequina
Gold	SAO	Medium	Estate Collection Frantoio
Gold	SAO	Medium	Estate Medium
Gold	SAO	Intense	Estate Intense
Gold	SAO	Intense	Estate Collection Coratina
Gold	NY IOOC	Medium	Collection Coratina
Gold	NY IOOC	Medium	Collection Frantoio
Gold (x2)	AITC	Medium	Estate Collection Coratina
Gold (x2)	AITC	Medium	Estate Collection Frantoio
SM.	SdO	Medium	Favolosa

### HET VLOCK CASTEEL – pg 37

Gold	SAO	Intense	Coratina
Silver	SAO	Medium	Frantoio
Silver	SAO	Medium	Favolosa

### KLEINBERGSKLOOF – pg 63

Gold	SAO	Delicate	Family Reserve
Silver	SAO	Medium	Estate Blend
Silver	SAO	Medium	Directors Blend

### LIONS CREEK – pg 64

Gold	SAO	Medium	Pical
Gold	SAO	Intense	Karoo Blend
Silver	SAO	Medium	Don Carlo
Silver	SAO	Medium	Favolosa



# EVOO AWARDS 2023

● **Bronze** SAO Delicate Frantoio

## MARDOUW OLIVE ESTATE – pg 43

● **Gold** SAO Delicate XXV  
 ● **Gold** SAO Medium XXV  
 ● **Gold** SAO Medium Favolosa  
 ● **Gold** SAO Intense XXV  
 ● **Gold** SAO Intense XXV Blend  
 ● **Gold** NY 100C Medium XXV Intense  
 ● **Gold** NY 100C Medium XXV Medium  
 ● **Gold** SdO Intense Favolosa  
 ● **Silver** SAO Medium Premium  
 GM. SdO Medium XXV Intense  
 GM. SdO Medium XXV Medium  
 OW. SdO

## MORGENSTER – pg 45

● **Gold** SAO Medium EVOO  
 ● **Gold** SAO Medium Don Carlo  
 ● **Bronze** SAO Delicate EVOO  
 ● **Bronze** SAO Medium Woolworths

Flos Olei 99

## OLIVE BOUTIQUE – pg 64

● **Silver** SAO Delicate Frantoio  
 ● **Silver** SAO Medium Frantoio-Coratina

## OUDEWERFSKLOOF – pg 65

● **Gold** SAO Intense Picual  
 ● **Silver** SAO Medium Olifantsbos  
 ● **Silver** SAO Medium Frantoio  
 ● **Silver** SAO Intense Favolosa  
 ● **Silver** SAO Intense Ouwerskloof

## PRINCE ALBERT OLIVES – pg 66

● **Gold** SAO Medium EVOO

## RIO LARGO OLIVE ESTATE – pg 47

● **Gold** SAO Medium EVOO  
 ● **Gold** NY 100C Intense Premium  
 ● **Gold** A 100C Medium RL Estate  
 ● **Gold** JPN 100C Intense Premium  
*Best in Show* ON 100C Black Label  
*Top Five* Chamonix Mont Blanc  
*Flos Olei 98*

● **Silver** SAO Medium Gold

## TERRE PAISIBLE – pg 51

● **Gold** SAO Intense Aromatique  
 ● **Silver** SAO Delicate Delicate  
 ● **Bronze** SAO Medium Moderee

## THE GREENLEAF COMPANY – pg 53

● **Gold** NY 100C Medium EVOO  
 ● **Silver** SAO Medium EVOO  
 ● **Bronze** SAO Intense St Sebastian Bay  
 ● **Silver** AITC Medium EVOO

## TOKARA – pg 55

● **Silver** SAO Delicate Mission  
 ● **Silver** SAO Medium Premium  
 ● **Silver** SAO Medium Frantoio  
 ● **Silver** SAO Pick n Pay Crafted Collection  
 ● **Bronze** SAO Medium Multi Varietal

## WILLOW CREEK – pg 59

● **Gold** NY 100C Medium Directors Reserve  
 ● **Gold** NY 100C Delicate Estate Blend  
 ● **Gold** SAO Medium Estate Blend  
 GPG (93) O 100C Medium Estate Blend  
 ● **Silver** SAO Delicate Nuy Valley  
 ● **Bronze** SAO Intense Directors Reserve









Sponsored by



## **The SA Olive Industry Association and Absa celebrate 10 years of top 10s**

Every year, the annual Top 10 South African Extra Virgin Olive Oils (EVOOs) are announced. This gives the winning producer members of the SA Olive Industry an award to cherish and flaunt with pride. It also gives new entrants to the SA olive industry reasons to believe, aspire to and to achieve.

This is all made possible by Absa's sponsorship of the SA Olive Association Top 10 Awards. For the past ten years, the synergy between Absa and SA Olive has been both perfect and deliberate – because Absa is committed to supporting and empowering South African agriculture.

### **The 2023 Absa Top 10 Olive Oil winners are:**

**DE RUSTICA**

**KLEINBERGSKLOOF**

**PRINCE ALBERT OLIVES**

**LIONS CREEK**

**BABYLONSTOREN**

**MARDOUW**

**MORGENSTER**

**ROCKHAVEN**

**TERRE PAISIBLE**

**HET VLOCK CASTEEL**

De Rustica Estate Collection Arbequino

Kleinbergkloof Family Reserve EVOO

Prince Albert Olives

Lions Creek Picual Extra Virgin Olive Oil

Babylonstoren Coratina EVOO 2023

XXV Medium

Don Carlo Extra Virgin Olive Oil

Rockhaven Farm EVOO

Terre Paisible Extra Virgin Olive Oil Aromatique

Het Vlok Casteel Coratina

Absa believes that South African olive producers play a pivotal and invaluable role within the total agricultural industry.



# FILTRATION & SEPARATION EQUIPMENT FOR THE OLIVE OIL INDUSTRY



## SEPARATION EQUIPMENT

Separation technology  
from Flottweg.



## FILTRATION EQUIPMENT & CONSUMABLES

Liquid filtration and filter  
media products by Eaton.



Powering Business Worldwide

## VEGAZYM O

Enzyme complex  
for the production  
of vegetable oils.



Progress is our future

Tel: 021 862 0232 | E-mail: [info@porex.co.za](mailto:info@porex.co.za) | Web: [www.porex.co.za](http://www.porex.co.za)





# Olive Oils

*There are more than 194 producers of Extra Virgin Olive Oil in South Africa, mostly situated in the Western Cape with its Mediterranean climate. Some are big and some are boutique, but they all have one thing in common, they are passionate about their oil. We invite you to get to know the olive oils in this guide, explore the different styles on the farms or at your local deli or supermarket.*





# A SYMPHONY OF FLAVOUR

Composed by **nature**,  
perfected by **artisans**.





# AFRICAN GOLD EVOO

*Overberg district, Swellendam*

CONTACT: Southern Oil (Pty) Ltd

WEB: [www.africangoldoil.co.za](http://www.africangoldoil.co.za) EMAIL: [sales@africangoldoil.co.za](mailto:sales@africangoldoil.co.za)

TEL: +27 (0)28 514 3441



Medium



Koroneiki, Nocellara, Frantoio, Coratina, Mission, Favalosa, Leccino



## TASTING NOTES

A perfectly balanced medium to intense Extra Virgin Olive Oil with fresh, green aromatic fruitiness, distinct pepperiness and pleasantly bitter notes. Perfect for finishing over meats, vegetables, pasta or bread, but also tame enough for salads.



## HISTORY & CULTURE

Embrace the allure of African Gold – an embodiment of the land's riches, carefully curated by Southern Oil. Witness the fusion of South African terroir and expertise, encapsulated in every drop of Extra Virgin Olive Oil.

African Gold transcends conventional taste experiences. Crafted by local artisans, this liquid masterpiece reflects a commitment to excellence that surpasses mere manufacturing.

With each velvety sip, you sip progress. Southern Oil doesn't just bottle olive oil; it bottles the dreams of local communities, the promise of prosperity. Elevate your senses, enrich lives, and savor the luxury that only African Gold delivers.

# African Gold®

ONLY LOCALLY  
MADE, EVER.









# ANDANTE

*Dasbosch Road, Porterville*

OWNER: Willie Duminy CONTACT: Willie & Lisa Duminy

WEB: [www.andanteoliveoil.co.za](http://www.andanteoliveoil.co.za) EMAIL: [willie@andanteoliveoil.co.za](mailto:willie@andanteoliveoil.co.za)

CELL: +27 (0)83 675 3466 / +27 (0)79 511 1065



*andante*



36 000



36 000



Sandy loam



Frantoio, Leccino, Coratina, FS17, Mission, Kalamata, Nocellara del Belice, Koroneiki



Intense, medium, delicate



Yes



See page 20



## TASTING NOTES

**Intenso:** Intensely fruity, made from Nocellara del Belice. Aromas of artichokes, roasted tomato, celery and herbs. **Forte:** Showcase for the modern Favolosa (FS17) variety. Fresh grassy aromas, medium to strong flavours and piquant pepperiness. **Mezzo:** Medium fruity with aromas of green herbs, roasted vegetables, tomatoes and green banana. A lingering spiciness and nutty aftertaste. **Delicate:** Delicately fruity. A sweet, nutty aroma with hints of apple, green banana and avocado. A subtly piquant aftertaste.



## HISTORY & CULTURE

Andante Extra Virgin Olive Oil is made from olives grown on the Wêreldsgeluk Estate near Porterville. Cultivation, harvest timing and milling are directed at producing the finest quality EVOO with a focus on complex, harmonious flavours and maximising biophenols for their extraordinary health benefits. Farming practices are ethical, sustainable and natural. A modern two-phase mill is used for cold-extraction and no artificial additives are used. The first trees were planted in March 2006 and today we have 36 hectares, about 36 000 trees (8 cultivars) under cultivation in an intensive system.









# BABYLONSTOREN

Simondium Road, R45, Paarl

OWNER: Babylonstoren CONTACT: Petrus van Eeden

WEB: [www.babylonstoren.com](http://www.babylonstoren.com)

EMAIL: [petrus@babylonstoren.com](mailto:petrus@babylonstoren.com) TEL: +27 (0)21 863 3852



55 300



35 000



Mostly Longlands and Klappmuts soils



Frantoio, Leccino, Mission, Kalamata, Nocellara, FS17, Coratina, Don Carlo, Manzanilla, Arbequina, Maurino, Picqual, Koroneiki



Medium and delicate



Yes



See page 20



Variety of table olives, tapenades, olive flower soap & olive napery



## TASTING NOTES

**Babylonstoren EV00 Blend (Blue 500ml or 3L tin):** Balanced, medium style oil with flavours of bitter almonds and walnut. Fruit of green and ripe olives with mild pepperiness.

**Babylonstoren EV00 Frantoio (Green 500ml tin):** Renowned for its robust fruitiness and full herbaceous aroma and flavour. The spiciness indicates freshness and superb quality.

**Babylonstoren EV00 Coratina (Matt Gold 500ml tin):** Coratina permeates aromas of dried herbs and green leafy vegetables, even a hint of banana. Intense, with flavours reminiscent of radicchio and artichoke.



## HISTORY & CULTURE

Granted in 1692, Babylonstoren is one of the oldest Cape Dutch farms in South Africa. Today it features 5-star accommodation in restored 17th-century cottages, a garden spa, farm-to-table restaurants, a winery, an olive press, a farm and online shop. Unique to the property is the formal twelve acre fruit and vegetable garden that was inspired by the Company Gardens of the Cape that once provisioned ships passing by the Cape of Good Hope on voyages to and from the East.



## EXPERIENCES



Winter 10am – 5pm, summer 10am – 6pm



**Babel:** Booking for breakfast, lunch or dinner essential  
**Greenhouse:** Daily 10am – 4pm  
**The Bakery:** Mon, Wed & Fri 6pm – 9pm, booking essential



Winter 10am – 5pm, summer 10am – 6pm  
Cellar & olive tours 10am – 4pm



5 Star Hotel and Spa



Yes



5Ha garden with garden tours daily at 10am









# DARLING OLIVES

3 km outside of Darling on the R315

OWNER: Roleen Basson CONTACT: Nicole Koen

WEB: [www.darlingolives.co.za](http://www.darlingolives.co.za)

EMAIL: [info@darlingolives.co.za](mailto:info@darlingolives.co.za) TEL: +27 (0)22 492 3171



20 000



20 000 - 30 000



Clay & Sand/Rock



Mission & Frantoio



Medium and delicate



See page 20



Yes



Table olives, paste, jams, chutney, olive rubs, infused oils, chocolate and body products



## TASTING NOTES

Our oils are well-balanced, delicate to medium style. Darling Olives EVOO has characteristics of freshly cut grass, artichoke, banana, and fresh herbs. Perfect for everyday use, drizzled over any meat. The olives picked for our Fynbossie EVOO grows between fynbos, resulting in a beautifully rounded aroma of almonds and fynbos. Ideal over fruit, salads, vegetables, and soups. We are known as a dryland estate, the olives only depend on the Atlantic sea breeze and the natural rainfall, producing a very flavourful fruit.



## HISTORY & CULTURE

Darling Olives is located just 3 km out of Darling towards Yzerfontein, nestled amidst vineyards, grazing cattle and olive groves. Our 70Ha of olives are grown on dry-land on the Alexanderfontein Estate. The olives are processed within 24 hours of being handpicked, resulting in a superior quality product.

Experience a traditional approach to olives on a working farm where cattle are still herded by horse and a flock of sheep might cross your path. Darling Olives is a great place to start your education about how olives are grown, pressed and cured.



## EXPERIENCES



Mon to Fri 9am – 4pm, Sat & Public Holidays 9am – 1pm



Mon to Fri 9am – 4pm, Sat & Public Holidays 9am – 1pm



70 pax



Darling Olives



@darlingolives







# DE RUSTICA OLIVE ESTATE

*Oudemuragie Road, De Rust*

**OWNER:** Rob Still **CONTACT:** Louwrens Storm

**WEB:** [www.derustica.co.za](http://www.derustica.co.za) **EMAIL:** [sales@derustica.co.za](mailto:sales@derustica.co.za)

**TEL:** +27 (0)44 241 2177



DE RUSTICA  
OLIVE ESTATE



80 000



Sandy, loam, clay



Delicate, medium, intense



Arbequina, Frantoio, Coratina, Favolosa, Kalamata, Koroneiki, Chemlali, Mission, Barnea, Picual



Yes



Table Olives – Nocellara



See page 20



## TASTING NOTES

De Rustica Estate Delicate EVOO: Well balanced, herbaceous Extra Virgin Olive Oil.

Positive attributes: Green olive, grass, olive leaf.

De Rustica Estate Medium EVOO: Well balanced, fresh, herbaceous Extra Virgin Olive Oil with lively pepper. Positive attributes: Green olive, olive leaf, almond, tomato, artichoke.

De Rustica Estate Intense EVOO: Well balanced EVOO with good complexity and fresh green aromas. Positive attributes: Green olive, olive leaf, grass, herbs, artichoke.



## HISTORY & CULTURE

De Rustica, situated in the heart of the Klein Karoo, is an olive farm of global acclaim. The honour of being named the “best olive oil in the world” was conferred upon our Estate Collection Single Cultivar Coratina EVOO by connoisseurs and experts in the field. Visitors intrigued by the intricate world of olives, olive oil production, and the journey from tree to bottle are invited to our informative olive tour. Our Karoo half-lamb-in-a-box is for sale in our tasting room and our restaurant offers culinary creations with enchanting panoramas of our olive groves. Stay over and indulge at our Asher Stable Stay Guesthouse.



## EXPERIENCES



Showroom trading hours: Mon 8am – 4pm & Sat 9am – 3pm

Tours: Mon – Sat 11am, bookings essential

Online food pairing: [www.derustica.co.za/food-pairing](http://www.derustica.co.za/food-pairing)



Mon to Fri 9am – 4pm



Self-catering



Cycling







# HET VLOCK CASTEEL

*Môrester Farm, Riebeek-Kasteel*

**OWNER:** Ansie Vlok & Ansie Nigrini **CONTACT:** Ansie Nigrini

**WEB:** [www.hetvlockcasteel.co.za](http://www.hetvlockcasteel.co.za)

**EMAIL:** [info@hetvlockcasteel.co.za](mailto:info@hetvlockcasteel.co.za) **TEL:** +27 (0)82 817 6955



 10,7 ha

 Glen Rosa

 Delicate, medium, intense

 Frantoio, Leccino, Coratina, Favolosa, Mission, Kalamata, Nocellara

 Yes

 Flavoured olives, olive products, fresh fruit, jams, chutneys, preserves, salad dressings, wine & more ...

 See page 20

## TASTING NOTES

**Mission:** Delicate style – Subtle, fresh, grassy & fruity taste and aroma.

**Favolosa:** Medium style – Green olives, grass, artichokes and tamato.

**Frantoio:** Medium style – Green olives, grass, apple, almonds.

**Leccino:** Medium style – Green to ripe olives, apple, walnut and tamato.

**Vlok Blend:** Medium style – Green to ripe olives, artichoke, almonds and walnuts.

**Coratina:** Intense style – green olives, olive leaf, grass, artichoke and tamato.

Pairing ideas available on [www.hetvlockcasteel.co.za](http://www.hetvlockcasteel.co.za)

## HISTORY & CULTURE

Home-grown and hand-made olive and fruit products (and wine) make Het Vlock Casteel a destination of deliciousness. Farming practices are ethical, biological and natural as far as possible and the produce is offered to customers with warm family hospitality and friendly, well-trained staff. The first olive trees were planted in 1998 and today four oil and three table olive cultivars are grown on 4 950 trees. Our Favolosa won Gold in the SA Olive Awards and was voted one of the ABSA Top 10 in 2022. Formal and informal olive oil tastings are available.

## EXPERIENCES

 Mon to Thurs 9am – 5pm, Fri 9am – 3pm, Sat 9am – 2pm,  
Sun closed, & public holidays 9am – 2pm.

Formal olive oil tasting – booking essential.

Informal tastings daily of up to 150 different bottled products.

 Wedding Venue can accommodate a maximum of 200 guests with a dance floor. Deck area for on-site ceremony, overlooking scenic vineyards, wheat lands and mountains.









# KRANSFONTEIN ESTATE

*River Road, Stilbaai*

**OWNER:** Altus Joubert **CONTACT:** Jacinda Steyn **WEB:** [www.kransfontein.com](http://www.kransfontein.com)

**EMAIL:** [kransfonteinolives@gmail.com](mailto:kransfonteinolives@gmail.com) **TEL:** +27 (0)11 324 0500

**CELL:** +27 (0)76 602 0022 or +27 (0)82 824 1329



 14 000	 3 000	 Calcium rich limestone soils
 Frantoio, Mission, Coratina	 Medium, delicate, intense	
 Table olives, olive preserves, chutneys, olive spices and natural olive soap		

## TASTING NOTES

**Directors Reserve:** A well balanced, medium EVOO with positive attributes of green and ripe olives, olive leaf, artichoke and green tomato.

**Mission:** Delicate EVOO with notes of grass and walnut.

**Frantoio:** Excellent medium EVOO with herbaceous notes of fresh grass and bitter almond.

**Coratina:** Intense EVOO with strong pepperiness, notes of tomato, artichoke, almond and walnut.



## HISTORY & CULTURE

Established in 1833, Kransfontein is an amalgamation of four adjacent farms, three of which were owned by the celebrated author Wilbur Smith who wrote many of his first novels here. In 2000 Adv Altus Joubert SC bought the farms, planted 10 000 olive trees and with the help of Prof. Ben Farrell, doyen of SA landscape architecture, transformed the farms into a place of tranquility and beauty. Conditions are perfect for growing olives. Besides table olives, the farm produces olive preserves, chutneys, olive spices and soap products made from award winning olive oil.

## EXPERIENCES

-  By appointment
-  200 pax
-  Self-catering cottages
-  Walking trails
-  Champion Stud farm, Riethuiskraal Stud
-  [kransfonteinolives](https://www.facebook.com/kransfonteinolives)







# LAMARA

*Portion 12 & 13, Two Rivers, Franschhoek*

**OWNER:** JM de Buck & Sylva Mannens **CONTACT:** Marlene Loubser

**WEB:** [www.lamara.co.za](http://www.lamara.co.za) **EMAIL:** [marlene@lamara.co.za](mailto:marlene@lamara.co.za)

**TEL:** +27 (0)21 300 3025 **CELL:** +27 (0)82 898 9187



Very sandy, well drained soil



Frantoio, Coratina, Leccino, Mission



Medium



Yes



We produce lemons, 100% pure Rosemary and Lavender essential oil



## TASTING NOTES

Our blend of green and ripe Frantoio, Leccino, Coratina and Mission olives produces a medium style, well balanced Extra Virgin Olive Oil with aromas of artichoke, almond, walnut, tomato and a hint of oregano and green banana.



## HISTORY & CULTURE

Lamara forms part of Two Rivers, a historic farmland dating back to the 1850's, situated in the Dwars River Valley gateway into Franschhoek.

JM de Buck and Sylva Mannens, Belgium-based entrepreneurs, fell in love with South Africa and in 2015 they bought part of Two Rivers and Lamara was born. Their vision is to develop the land to its full potential and restore it to its historical glory.

Today Lamara achieves ecological, sustainable and social mindfulness farming through the variety of seasonal crops grown; olives, lemons, lavender and rosemary.



## EXPERIENCES



Mon to Fri 9am – 4pm





South Africa's  
**MOST AWARDED**  
Extra Virgin  
**Olive Oil**

Second Year in a Row

SAOLIVE ABSATOP10  
SOL D'ORO AMSTERDAM  
BERLIN LONDON NEW YORK



# MARDOUW OLIVE ESTATE

R60, between Ashton & Swellendam

OWNER: Andre Verder CONTACT: Philip King

WEB: [www.mardouw.com](http://www.mardouw.com) EMAIL: [philip@mardouw.com](mailto:philip@mardouw.com)

TEL: +27 (0)23 616 2999 CELL: +27 (0)82 494 3794



*Mardouw*  
OIL OF THE OLIVE®



50 000



40 000



Delicate, medium, intense



North facing gentle slopes, sandy, clay, loam rich soils and Mediterranean climate



Frantoio, FS17, Coratina, Mission, Kalamata & Nocellara



See page 21



Table olives, skin care



Yes



## TASTING NOTES

Mardouw's Extra Virgin Olive Oils are well balanced with fruitiness, slightly bitter and peppery after taste. Positive attributes such as green olives, banana, apple, grass, tomato, artichoke, olive leaf, green almond characterize the oils.

Mardouw's premium table olives are slowly cured for up to 18 months, in fresh mountain spring water and pure salt only.



## HISTORY & CULTURE

All Mardouw's Extra Virgin Olive Oils are pure, natural oils made from olives grown and processed according to the highest quality and technology standards, consistently guaranteeing a free fatty acid and peroxide value of well below internationally required standards of 0.8% and 20 Meq/Kg. We are so proud of our low values, that we indicate it on our bottles.

The Mardouw EV00 Skincare range celebrates the health benefits of Extra Virgin Olive Oil for skin, hair and nail care



## EXPERIENCES



Tastings by appointment



5\* Mardouw Country House – 5 suites



Cycling, bird watching, hiking, picnics, driving range, private helipad









# MORGENSTER ESTATE

*Vergelegen Ave (off Lourensford Road), Somerset West*

**OWNER:** Bertrand Family **CONTACT:** Federica Bertrand

**WEB:** [www.morgenster.co.za](http://www.morgenster.co.za) **EMAIL:** [info@morgenster.co.za](mailto:info@morgenster.co.za)

**TEL:** +27 (0)21 852 1738



MORGENSTER  
ESTATE



30 000



120 000



Decomposed shale



Frantoio, Leccino, Coratina, Mission, Kalamata, Nocellara del Belice, FS17, Don Carlo, Giulia, I-77, Peranzana and other Italian cultivars



Yes



**Morgenster EV00:** Medium, **Don Carlo:** Medium/Intense, **Delicate:** Delicate



Green and black olives, olive pastes, Balsamic Vinegar



See page 21



## TASTING NOTES

**Morgenster EV00:** Vibrant and versatile. Grass, artichokes and herbaceous. Intense concentration of fruit. Pleasant bitterness and a peppery finish.

**Don Carlo:** Bold and robust. Tomato leaves, tomato, artichokes and rosemary. A beautifully balanced, monocultivar Extra Virgin Olive Oil.

**Delicate:** Delicate and subtle. Sweet and buttery on the palate, it complements a wide variety of delicately flavored dishes.



## HISTORY & CULTURE

Morgenster Estate founder, Giulio Bertrand, is considered as the 'Father of Olive Oil' in South Africa as he paved the way for the local olive oil industry as we know it today. In 1994, he imported 17 superior Italian olive varieties, started a wonderful partnership with the Olive Oil Institute in Perugia and planted 42 hectares of olive trees on the farm's rocky soils. The estate's first Extra Virgin Olive Oils were released into the market in 1998. Morgenster is renowned for producing balanced, harmonious Extra Virgin Olive Oils with a rich fruity complexity.



## EXPERIENCES



Mon to Sat 9am – 5pm. Sun 9am – 4pm

Closed Christmas Day & Good Friday



[restaurant@morgenster.co.za](mailto:restaurant@morgenster.co.za) Tel: +27(0)21 852 1738



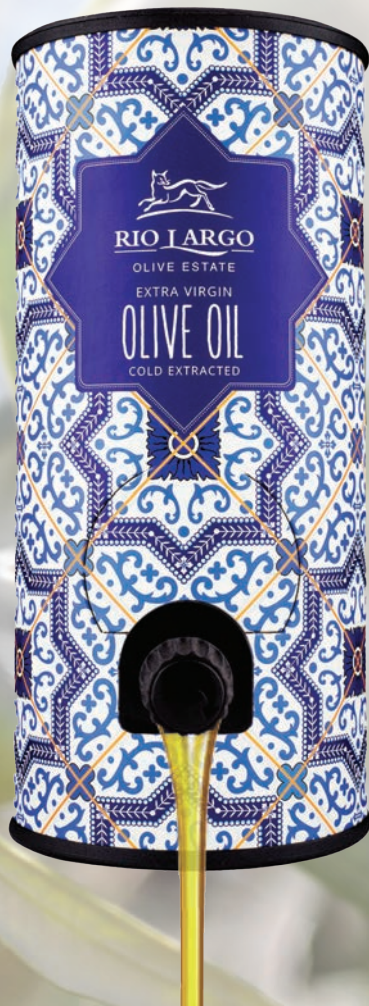
Tastings Mon to Sat 9am – 5pm. Sun 9am – 4pm

Closed Christmas Day & Good Friday

Wines: Morgenster The Reserve, Lourens River Valley, The Giulio Range, Single Varietal Range  
[tastingroom@morgenster.co.za](mailto:tastingroom@morgenster.co.za)



LOOK FOR THE  
**RED FOX** FOR THAT  
AWARD WINNING  
QUALITY



**RIO LARGO**  
OLIVE ESTATE



# RIO LARGO OLIVE ESTATE

*Scherpenheuvel Valley, Breede River*

OWNER: Nick Wilkinson CONTACT: Nick Wilkinson

WEB: [www.riolargo.co.za](http://www.riolargo.co.za) EMAIL: [info@riolargo.co.za](mailto:info@riolargo.co.za)

CELL: +27 (0)82 688 0578 / +27 (0)82 340 6726



**RIO LARGO**

OLIVE ESTATE



18 000



Dry Karoo river veld with sandy loam soils; irrigation on demand



Frantoio, Coratina, Leccino, FS17



Yes



See page 21



Award winning lemon olive oil available too - the freshest taste around!



## TASTING NOTES

Clean, fresh aroma and green vegetable notes reminiscent of young green beans and mixed salad leaves gathered on the palate in a lovely note of nuttiness. Good mouthfeel; with balanced polyphenols- the pepper lingers enticingly in this medium style oil.



## HISTORY & CULTURE

RIO LARGO EXTRA VIRGIN OLIVE OIL is an award winning blend of cultivars (FS17, Frantoio, Leccino and Coratina) grown, handpicked, pressed and bottled on the private family-owned estate in the Scherpenheuvel Valley outside Worcester. Nick Wilkinson, owner/producer is a chartered accountant by profession but studied olive oil production under Giorgio Mori (Italy) and at U.C. Davis (USA). With his attention to detail he has been producing award winning oils since 2010, garnering recognition across the globe with top local and international awards including awards from New York, Japan, UAE, Italy and Amsterdam, year after year. As one of SA's top producers we are proud to share our consistently delicious oils in personalized on-tap decanters, ensuring freshness till the last drop. The decanter designs may change from harvest to harvest, but that same great taste never fails to please! RIO LARGO adopts biological farming methods for sustainable agriculture by "putting back more than we take out", together with overall concern for protecting the environment for future generations. TRY IT - YOU'LL LOVE IT. Tastings by appointment.







# RIVERBEND FARM

*Eilandia, Robertson*

OWNER: Allison & Francis Brand CONTACT: Allison Brand

WEB: [www.riverbendfarm.co.za](http://www.riverbendfarm.co.za)

EMAIL: [allison@riverbendfarm.co.za](mailto:allison@riverbendfarm.co.za) CELL: +27 (0)82 927 9763



 5 500

 12 000

 Mixture of clay, sand and stone

 Frantoio, Kalamata, Mission, Manzanilla

 Delicate to medium

 Yes

 Gifts boxes, tapenades, 100% Olive oil soap

## TASTING NOTES

Riverbend farm produces a delicate to medium, well balanced nutty oil with hints of fresh herbs. Our oils, a single varietal Frantoio and a carefully blended Frantoio-Mission oil, are extremely versatile and ideal for salads, cooking and baking. We are especially proud of our table olives - firm Manzanilla, delicious Mission and limited edition Kalamatas, all highly popular.



## HISTORY & CULTURE

Riverbend farm is a second-generation boutique family olive estate, started by Trevor and Kathleen Brodrick in 2005. The Olive Mill is conveniently positioned in the middle of the groves, ready to press the olives within 24 hours of hand-picking at optimal ripeness. The farm has been further developed by Allison and Francis who are passionate about making quality products and keen to accommodate smaller farms in the "Italian co-operative tradition" of producing oil for others too. Visitors are welcome to stay in the self-catering cottages on the banks of the river and (or) enjoy a tasting and tour by Allison.

## EXPERIENCES

 By appointment

 Self-catering cottages

 Bird watching, kayaking, walking, hiking, cycling







# TERRE PAISIBLE OLIVE OILS

*Wemmershoek, Franschhoek*

**OWNER:** Terre Paisible **CONTACT:** Shirley Van Wyk

**WEB:** [www.terrepaisible.com](http://www.terrepaisible.com) **EMAIL:** [info@terrepaisible.com](mailto:info@terrepaisible.com)

**TEL:** +27 (0)21 867 0412 / +27 (0)79 873 8797



22 hectares



Franschhoek Valley alongside Berg River



Favolosa, Frantoio, Leccino, Coratina, Delicata



Intense, medium, delicate



See page 21



Yes



## TASTING NOTES

**Délicate Huile d'Olive:** hints of green tomatoes, herbs, artichokes and a restrained pepperness on the finish. Naturally lifts sautees, salad dressings and baking.

**Modérée Huile d'Olive:** notes of green olive, olive leaf, artichoke, almonds, herbs and a mild peppery finish. The subtle spiciness enhances dishes like roasted vegetables and grilled shellfish.

**Aromatique Huile d'Olive:** full-bodied and adds distinctive flavours of green olives, ripe tomato and ripe olive with a rich, peppery finish. Decadent with layered flavours, use it on its own for dipping or to enhance the flavours in your signature dish.



## HISTORY & CULTURE

Terre Paisible – Peaceful Land – is located at the gateway to the Franschhoek Valley with awe-inspiring views of the Simonsberg mountains. Our rich soils and mature olive groves combine to give us complex and textured oils that have been developed through patience, time and careful attention.

We sustainably farm five different Italian olive varieties: Favolosa, Frantoio, Leccino, Coratina and Delicata. Each variety is hand-harvested and cold-pressed to preserve the natural antioxidants, oleic and linoleic acids, which all contribute to your health and longevity. Olive varietals, like grapes, each have their own unique flavour and by combining these flavours we have crafted three styles to enhance all your favourite recipes.

Like our range of distinctive boutique premium wines, our oils are crafted to celebrate the natural excellence of our valley. A world-class medical aesthetic spa will open at our tranquil retreat for rejuvenation and restoration.



Terre Paisible

FRANSCHOEK









# THE GREENLEAF OLIVE COMPANY

*Milkwood River, Malgas near Swellendam*



OWNER: The Killarney Trust CONTACT: Kelly White

WEB: [www.gloc.co.za](http://www.gloc.co.za) EMAIL: [info@gloc.co.za](mailto:info@gloc.co.za)

TEL: +27 (0)21 556 9996



200 000



Frantoio, Leccino, Coratina, Barnea, Picual, Koroneiki, Arbequina, Arbesona, Hojiblanca



Greenleaf Extra Virgin Olive Oil – A delicate blend



Saint Sebastian Bay Extra Virgin Olive Oil – A more robust oil



See page 21



Saint Sebastian Bay Balsamic Vinegar



## TASTING NOTES

**Greenleaf Extra Virgin Olive Oil** – a well balanced, delicate Extra Virgin Olive Oil with good fruit. It has notes of green grass, ripe almond with a floral aroma. Suitable as an all-purpose oil in the kitchen.

**Saint Sebastian Bay Extra Virgin Olive Oil** – a medium intensity Extra Virgin Olive Oil with a hint of artichoke, pine seed and green tomatoes. Ideal for dressing and enhancing your favourite dish.



## HISTORY & CULTURE

The Greenleaf Olive Company was established in 2005 with a vision to produce top-quality, 100% South African Extra Virgin Olive Oil of the highest international standard. The 330-hectare family-owned-and-run olive estate on the banks of the Breede River near Swellendam in the Western Cape is one of the most extensive olive groves in Southern Africa. From our trees to your table, Greenleaf's olives are carefully grown, nurtured and processed to offer you the best quality EVOO.







# TOKARA

*Tokara Winery, Helshoogte Pass, Stellenbosch*

OWNER: GT Ferreira CONTACT: Gert van Dyk

WEB: [www.tokara.com](http://www.tokara.com) EMAIL: [wine@tokara.com](mailto:wine@tokara.com)

TEL: +27 (0)21 808 5900



19 200



80 000



Frantoio, Coratina, FS17, Mission, Nocellara del Belice



Depending on season but usually a delicate, medium and intense fruity oil



Yes



See page 21



Kalamata olives



## TASTING NOTES

Tokara Olives offer a variety of carefully selected EVOO's. There are two blends: the Tokara Premium Oil that is rich with tingling pepper tones and pleasant bitterness, and the Multi Varietal with a fruity character and delicate spicy flavours. The two single variety oils are Frantoio, with its robust fruitiness and herbaceous aromas, as well as delicate Mission olive oil, that is gentle with finely balanced grassy flavours.



## HISTORY & CULTURE

Throughout the classical wine-producing regions of the world, there is a natural association between the olive grove and the vineyard. At Tokara, this celebrated relationship continues. Visitors are invited to a unique olive oil tasting and learning experience and a glimpse into how our award winning Extra Virgin Olive Oils are produced.



## EXPERIENCES



Mon to Sun 10am – 5.30pm. Bookings essential



DELI : Breakfast & lunch, Tues – Sun. Bookings essential  
RESTAURANT: Fine dining, Tues – Sun. Bookings essential



Mon to Sun 10am – 5.30pm. Bookings essential



Self-guided art and orchard walk







# VESUVIO EXTRA VIRGIN OLIVE OIL

*Sorrento Farm R312, Agter Paarl*

OWNER: Antonio Dotoli

WEB: [www.vesuvioestates.co.za](http://www.vesuvioestates.co.za) EMAIL: [extravirgin@vesuvio.co.za](mailto:extravirgin@vesuvio.co.za)

TEL: +27 (0)21 869 8571



100 000



200 000 - 250 000



Frantoio, Coratina, Leccino, Manzanilla, Kalamata, Mission



Medium



Yes



## TASTING NOTES

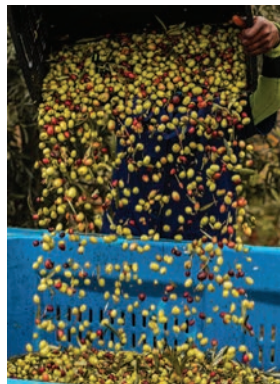
This quality, international award winning Extra Virgin Olive Oil is a perfectly balanced, rich, creamy aromatic oil with fresh, green, herbaceous flavours and a mild, appropriate pepperiness. The secret of Vesuvio is the passion and experience of generations of oil makers. Suitable for all dishes and for general cooking and baking. Our new, chilli infused EVOO is perfect with prawns. With Vesuvio Extra Virgin Olive Oil, every cook becomes a Master Chef.



## HISTORY & CULTURE

The Dotoli family have been involved with producing Extra Virgin Olive Oil for generations in the best Italian tradition on their estates on the slopes of the Vesuvio Volcano in Naples, Italy. In 2008 Antonio, (third generation Dotoli), took over the business, gaining invaluable experience by visiting olive estates across the globe learning the best techniques and methods. His experience and the assistance of a professional Italian agronomist and master oil maker, combines the best of both worlds on this South African farm. The secret of Vesuvio is the passion, pride and expertise spanning generations of oil makers ensuring only the finest award winning Extra Virgin Olive Oil reaches the tables of their consumers.







# WILLOW CREEK

*Willow Creek Olive Estate, Nuy Valley, Worcester*

**OWNER:** Russellstone Group **CONTACT:** Kayla Kritzinger  
**EMAIL:** [info@willowcreek.co.za](mailto:info@willowcreek.co.za) **WEB:** [www.willowcreek.co.za](http://www.willowcreek.co.za)  
**TEL:** +27 (0)23 342 5793



142 000



Lime-rich Karoo soil



Coratina, Favolosa, Frantoio, Leccino, Barnea, Mission, Nocellara, Arbequina



Intense, medium, delicate & flavoured



Yes



See page 21



A range of naturally fermented and flavoured olives, tapenade, olive pestos, Balsamic Vinegars



## TASTING NOTES

**Directors' Reserve:** Green olive, olive leaf, grass, tomato, green apple, and herb-scented Extra Virgin Olive Oil. Adding rich flavour, balanced bitterness, and mild pungency to the oil's body without overpowering it.

**Estate Blend & Spray:** Medium-fruity scents of fresh grass and apple, balanced bitter and peppery overtones, with a pleasing aftertaste.

**Nuy Valley:** Delicate walnut, apple, grass, green olives, tomato, and olive leaf make this beginner's oil excellent. This olive oil balances baking and cooking without overpowering it.



## HISTORY & CULTURE

Willow Creek Olive Estate is nestled in the picturesque Nuy Valley between Worcester and Robertson, an area considered one of the Cape Winelands' best-kept secrets. Purveyors of quality, Willow Creek values the local and international accolades they have achieved over the past 21 years as a testament to their commitment to excellence and an acknowledgement of the endless hard work and passion that drives them. From Extra Virgin Olive Oil to a wide variety of table olives, tapenades and a unique range of Balsamic vinegars and reductions to complement their award winning olive oil. Quality is the prime target and for the team at Willow Creek, the best prize of all is sharing their passion with olive lovers around the world.



## EXPERIENCES



**Mon to Fri 9am – 4pm, Sat 9am – 2pm**  
Picnics and group tastings for 10 people or more by appointment





**WOOLWORTHS**



**W**



# THE GOLD STANDARD

A little over 60 years ago, Woolworths received its first delivery of olives from F. Costa and Son, cultivated in the fertile soils of the Paarl valley. Since then, as the appreciation and demand for this golden-hued oil and its qualities has spread, we've grown in leaps and bounds.

Today, we stock no fewer than 34 extra virgin olive oils, 30 of which are crafted by seasoned local producers, including F. Costa and Son and Morgenster. Whether you like your oil subtle or intense, peppery or grassy, Woolworths is proud to bring you the best, with fresh, green flavours to delight the nose and tempt the appetite. It's pure cold-extracted quality.

**Try our Woolworths locally produced extra virgin olive oils.**

Medium fruit extra virgin olive oils blended from selected Italian varieties grown, extracted and bottled in South Africa.





# LISTED PRODUCERS



## **ANYSBOS** *Swart River Road, Bot River*

EMAIL: [hello@anysbos.co.za](mailto:hello@anysbos.co.za) CELL: +27 (0)82 601 1067 WEB: [www.anysbos.co.za](http://www.anysbos.co.za)



Johan and Sue Heyns started planting olive trees in 2009. Today there are more than 20 000 trees: Frantoio, Coratina, Favolosa, Nocellara, Mission and Kalamata. They harvest and press their own oil on the farm on the same day. They sell in bulk to national distributors, supply farm stalls in the Overberg, and local supermarkets. Order online at [www.anysbos.co.za](http://www.anysbos.co.za). Tastings by appointment only.

## **BUFFELSDRIFT FARM** *R62, Vyversrus, Ladismith, Klein Karoo*

EMAIL: [buffelsdriftfarm@here.africa](mailto:buffelsdriftfarm@here.africa) TEL: +27 (0)71 021 97012 WEB: [www.buffelsdriftfarm.com](http://www.buffelsdriftfarm.com)

Buffelsdrift Farm, with its historic buildings, sits at the foot of Towerkop and the Swartberg Mountains, west of Ladismith. Its cold winter evenings and hot summer days create an ideal setting for our olive grove. The farm produces medium-intensity Extra Virgin Olive Oil blended from Frantoio, Coratina, Barnea, and Nocellara olives. These olives, grown and cold-pressed at Buffelsdrift in the sunlit Klein Karoo, yield an oil rich in antioxidants. Its buttery and slightly peppery taste profile enhances salads, breads, and other dishes.



Soak up the history of the Klein Karoo at Buffelsdrift Farm and savour pure nature in our Buffelsdrift Extra Virgin Olive Oil.

[www.buffelsdriftfarm.com](http://www.buffelsdriftfarm.com) | [buffelsdriftfarm@here.africa](mailto:buffelsdriftfarm@here.africa)





# LISTED PRODUCERS

## **EXDIEM WINE & OLIVES** *Klaasvoogds West, Robertson*

EMAIL: [jana@exdiem.co.za](mailto:jana@exdiem.co.za) CELL: +27 (0)82 443 7000 / +27 (0)82 453 7253 WEB: [www.exdiem.co.za](http://www.exdiem.co.za)



Exdiem Olive Oil is produced on the farm Vredelus, deep in Klaasvoogds West Valley, about 15km from Robertson. The Wentzel family started planting olive trees in 2012 and today there are 10 000 trees of 10 different cultivars on the farm. The olives are picked by hand and the oil is pressed on the farm. The farm also produces table olives. Open for tasting by appointment. Products are available on the farm, online or at Kings Meat Deli in Pretoria.



## **FLO FAR OLIVE OIL** *6 Pitt Road, Lombardy West, Johannesburg*

EMAIL: [flofarolives@gmail.com](mailto:flofarolives@gmail.com) CELL: +27 (0)76 492 0950 WEB: Under construction



Flo Far Olive Oil is a quality Extra Virgin Olive Oil grown and pressed in the valleys of Wellington on Olyvenbosch Olive Farm. The Dash Ngwane Group established this brand in 2020 to promote and sell healthy, delicious Extra Virgin Olive Oil in our local, Johannesburg market and further afield. Our oil is a blend selected to complement salads, roast vegetables and all dishes from baking to grilling.



## **KLEINBERGSKLOOF OLIVE ESTATE** *GK 4, Waterblom Drive, Stilbaai*

EMAIL: [info@kleinbergskloof.co.za](mailto:info@kleinbergskloof.co.za) TEL: +27 (0)28 754 3181 WEB: [www.kleinbergskloof.co.za](http://www.kleinbergskloof.co.za)



Hennie and Suna started farming in 2001 and they have 4 000 trees growing in limestone-rich soil, giving their olives some unique characteristics. Cultivars grown are Mission, Leccino, Frantoio, and Coratina from which they produce a medium style oil that has consistently won Gold awards. Other products include marinated table olives and preserves. Kleinbergskloof has a popular wedding venue, seasonal tasting room, deli and restaurant overlooking the Goukou River.



## **KLIPVLEI FARM** *Agter-Paarl*

EMAIL: [olive@klipvlei.co.za](mailto:olive@klipvlei.co.za) CELL: +27 (0)83 230 8452 WEB: [www.klipvlei.co.za](http://www.klipvlei.co.za)



Klipvlei is nestled in the beautiful Boland winelands 10km from Paarl and is home to the fourth and fifth Geldenhuys generations, since 1896. Nicolaas Geldenhuys has planted 10 000 trees of nine varieties. He has a deep-rooted belief in farming olives as he says "olives and olive oil feed the body, improve one's health and their invaluable nutrients contribute to a healthy lifestyle". Klipvlei Extra Virgin Olive Oil is a delicate oil with a fruity nose and gentle, sweet taste.





# LISTED PRODUCERS



## LIONS CREEK OLIVE ESTATE *Leeu Gamka, Karoo*

EMAIL: [info@lionscreekoliveestate.co.za](mailto:info@lionscreekoliveestate.co.za) CELL: +27 (0)82 570 0883 WEB: [www.lionscreekoliveestate.co.za](http://www.lionscreekoliveestate.co.za)



The Karoo village of Leeu Gamka was settled at the confluence of two rivers named after "lion" in Afrikaans and Khoisan respectively: the Leeu River and the Gamka River. It is from this life-sustaining source and nature's most majestic predator that once roamed these parts that Lions Creek takes its name and the premium Extra Virgin Olive Oil is imbued with these enduring characters. Arbequina, Frantoio, Don Carlo, Picual, Favolosa and Coratina are offered as single varietals, while the Karoo Blend is an EVOO of which the whole is greater than the sum of its parts.



## OLIVE BOUTIQUE *49 Church Street, Riebeek-Kasteel*

EMAIL: [olives@olive-boutique.co.za](mailto:olives@olive-boutique.co.za) TEL: +27 (0)22 448 1368 WEB: [www.olive-boutique.co.za](http://www.olive-boutique.co.za)



Derek and Susan welcome you to the Olive Boutique, home to independent artisanal producers and garagiste blenders. Participate in an interactive and informative tasting experience of high quality, boutique Extra Virgin Olive Oils, fermented fruit vinegars, gourmet table olives, olive pastes and seasoning salts. Learn about the many uses of olives and olive oil, including their health and skin care benefits. Experience our sensuous range of body care products. See how olive oil is extracted (in season) and support local industry and economy.

Derek and Susan welcome you to the Olive Boutique for an interactive and informative olive and olive oil tasting experience that will change the way you understand the culinary, sensory, health and skin care benefits of olive oil, cured olive and body care products.

MON TO FRI 9AM - 4PM  
SAT TO SUN 10AM - 2PM



49 Church Str Riebeek Kasteel +27(0)22 448 1368 [olives@olive-boutique.co.za](mailto:olives@olive-boutique.co.za) [www.olive-boutique.co.za](http://www.olive-boutique.co.za)



# LISTED PRODUCERS

## **O FOR OLIVE** *Swartrivier Farm, R353, 4 km north of Prince Albert*

EMAIL: [restaurant@oforolive.co.za](mailto:restaurant@oforolive.co.za) TEL: +27 (0)23 541 1917 CELL: +27 (0)61 882 2151 WEB: [www.oforolive.co.za](http://www.oforolive.co.za)

One of Prince Albert's original olive farms and home to 3,600 mature trees, with the classic table olive varieties Mission and Manzanilla complemented by Leccino, Frantoio and other olive oil cultivars. The fruit is handpicked and processed on site, with premium-quality table olives and Extra Virgin Olive Oil the result. Sold at select SA retailers and served at a number of top restaurants. Tastings and sales are available at the farm's popular restaurant, Café O. Open Tues to Fri 9am – 4pm; Sat, Sun & public holidays 9am – 2pm.



## **OUDEWERFSKLOOF** *Gk 14, River Road, Stilbaai West*

EMAIL: [annerise@oudewerfskloof.co.za](mailto:annerise@oudewerfskloof.co.za) CELL: +27 (0)82 549 9657 WEB: [www.oudewerfskloof.co.za](http://www.oudewerfskloof.co.za)



The Brummer family runs this boutique olive farm nestled in the rich limestone soil alongside the Goukou River. A medium and intense olive oil is blended from varietals such as Piqual, Arbequina, Frantoio, Leccino, Coratina and FS17. Table olives are produced from the Mission cultivar. The oils have achieved SA Olive Awards annually. Available from the estate, online, local shops in the Stilbaai area, and throughout the Garden Route and Eastern Cape in local delis and Spar. Self-catering accommodation is available.



## *Taste, sleep and experience the healthy option*

Enjoy a charming slice of bliss amidst the olive orchards in self catering cottages overlooking the Goukou River. Indulge in award winning Extra Virgin Olive Oil and delicious table olives, scenic river views, eventful days and tranquil evenings.



082 549 9657 [www.oudewerfskloof.co.za](http://www.oudewerfskloof.co.za)

Goukou River, Stilbaai



# LISTED PRODUCERS



## **PARAKORÉ OLIVES** *Veronica Farm, Villiersdorp, Western Cape*

EMAIL: [sales@parakoreolives.com](mailto:sales@parakoreolives.com) CELL: +27 (0)82 268 6555 WEB: [www.pgfruit.wixsite.com](http://www.pgfruit.wixsite.com)



Parakoré Olives has 10 000 Mission, Frantoio, Kalamata, Manzanilla and Nocellara trees producing roughly 12 000 litres of olive oil and 10t of table olives. Our bio-ethical farming leads to exceptional quality of fruit and affordable products with the smallest carbon footprint around. The best table olives and Gold awardwinning Extra Virgin Olive Oil comes from careful hand picking and production in the spirit of "Pai Parakore". In this spirit no artificial preservatives or colorants are used. We also offer sulphite-free ranges of sundried fruit and other olive products.

PÈTRA  
Olives



## **PÈTRA OLIVES** *Droëkloof Boutique Olive Estate, Matjiesvlei, Calitzdorp*

EMAIL: [admin@petraolives.co.za](mailto:admin@petraolives.co.za) TEL: +27 (0)12 807 1298 WEB: [www.petraolives.co.za](http://www.petraolives.co.za)



The mountainous terroir at the foot of the Swartberg Mountains is home to more than 7 000 olive trees being nurtured in the hands of Pieter Nel, one of the sixth generation members of the Nel family who are the custodians of this land. This secluded gem of a farm in the Klein Karoo has produced award winning olive oils including a single cultivar Frantoio. Other varieties grown are Manzanilla, Leccino, Mission, Coratina, Koroneiki and Piqual.



## **PRINCE ALBERT OLIVES** *Hope Street, Prince Albert, Great Karoo*


EMAIL: [info@princealbertolives.co.za](mailto:info@princealbertolives.co.za) TEL: +27 (0)23 541 1687 WEB: [www.princealbertolives.co.za](http://www.princealbertolives.co.za)




Fred and Hein Badenhorst are the father and son team who established olive orchards in the ideal climate of the Great Karoo in 2005. Essie Esterhuizen and his team manage the 25 000 tree orchard and produce a well-balanced, medium styled Extra Virgin Olive Oil. The oil is characterized by good green fruit, grass and artichoke and sold in the distinctive yellow tin. The factory shop is open weekday mornings for oil and olive sales. Tasting by appointment.



Find us online at:  
**[www.evoosa.co.za](http://www.evoosa.co.za)**

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#### Berries

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**CONTACT US:** 021 873 4332 | [www.wynlandanalytical.co.za](http://www.wynlandanalytical.co.za)  
2 Saint Crispin Street, Wellington, 7655





# Olives

*With its Mediterranean climate, the Western Cape is ideal for growing olives. Commercial cultivation started over a century ago and today consumers are spoilt for choice. From delicious flavour combinations by boutique growers to the consistent perfection of commercial producers - locally produced table olives are a tasty way to good health.*



# ALL ABOUT TABLE OLIVES

Olives have been part of the human diet since prehistoric times. The ancient practice of soaking olives in brine (salt and water) to remove the bitterness and preserve the fruit, is still used today. Eating this raw, fermented fruit in its natural state provides a potent dose of probiotics and nutrients wrapped in provocative flavour.

## NATURAL



*The best olives are hand picked to minimise bruising and then cured by long, slow, natural fermentation in salt and water, no additives or preservatives used.*

## HEALTHY



*Olives are packed with probiotics, antioxidants, vitamins and fibre. Eating 10 - 20 olives a day will keep you feeling on top of the world, with a healthy gut microbiome.*

## GREEN OR BLACK



*The colour of an olive depends on its ripeness. All olives start out green and become dark brown or black as they ripen. Some cultivars are best green, others ripe and black.*

## SERVING IDEAS



*Serve whole as a snack, in casseroles and roasts, baked in bread; sliced in salads and on sandwiches; sprinkled on pastas and pizzas; or plopped into your martini.*

## OTHER STYLES



*Tapenade (minced with garlic, oil and anchovies); seasoned paste; stuffed with pimento, garlic or anchovies; smoked; air dried whole, as chips or shredded (caviar).*





# MOST POPULAR CULTIVARS IN SA

There are about twenty different olive cultivars grown in South Africa but four of these are most commonly used for making table olives. Besides these, be on the lookout for Barouni, large green olives also known as Queen olives. Many olive producers will offer the opportunity to taste at source. See our map for more info.

## MISSION

*Originates from California. Most popular varietal in SA. Small, round shape. Good flesh to pip ratio. Picked ripe (black) for table olives. Green and ripe olives used for oil.*



## MANZANILLA

*Originates from Spain. Larger than Mission with a round shape, hence their name “little apple”. Picked while green. Perfect for stuffing with pimento or garlic.*



## KALAMATA

*Originates from Greece. A prized table olive variety, it has a slightly elongated shape with an elegant nose or tip. Picked ripe and at optimal firmness. Excellent taste and texture.*



## NOCELLARA DEL BELICE

*Originates from Sicily. Larger than Mission. Picked green for table olives. Mild, buttery flavour, crisp texture and bright green appearance. Also good for oil.*







**DEALERS IN BULK OLIVE OIL & CONTRACT PACKERS**

Contact Steve or Marcelle on 021 704 4000 | [www.oliveoil.co.za](http://www.oliveoil.co.za)

A vibrant collage of fresh ingredients including vegetables, fruits, and a cooked dish. The collage features a variety of items such as green beans, red onions, garlic, lemons, a whole red fish, a plate of food, and various spices. The text 'MICHAEL VAN ROOYEN' is written in a large, bold, white font, and 'Photography' is written in a smaller, italicized, white font below it.

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