



ARBEQUINA  
November 2021  
Harvested in: Manteca  
Milled in: Madera

# FATGOLDZINE

FALL 2021 HARVEST / ISSUE 1

Welcome to the first issue of Fat Gold's fifth year, made from arbequina olives harvested in November 2021!

## THE BASICS

Here's how to open your tin: pull the cap up by its "ears," extending the translucent pouring spout below. Don't be afraid to apply steady pressure until the spout pops out. This can be puzzling, so we've posted a demonstration at [fat.gold/open-sesame](https://fat.gold/open-sesame)

## FIRST LIGHT

As December dawns, olive oil makers around the world start using the Italian phrase *olio nuovo*, which means "new oil": cloudy and perishable.

When olive oil comes out of the mill, it's hazy, still turbulent with tiny bits of olive flesh and particles of water. The low-tech tool that clears this haze is: gravity. Olive oil makers can simply wait for the flesh and water to sink to the bottom of the drum or tank, then pump the clear olive oil off the top—a process known as racking. The downside to racking is that the oil spends more time in contact with the flesh and water, which accelerates the spoiling process.

Alternatively, you can send the oil through a filter to get it crystal-clear immediately. That's what we do. But filters are a relatively new addition to the olive oil world; for a long time, if you wanted the fresh new oil, and you wanted it NOW, you got it hazy.

Because our new oil isn't hazy, and because we always want to go our own way, we use a different term for the first taste of a fresh harvest: NOVA.

The oil you're receiving is both the first batch we made this year and the first taste of 2021 that we are offering to anyone, anywhere.

That's what NOVA means to us!

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## HARVEST REPORT

As we're writing this zine, we have just finished the last batch of the 2021 harvest, so here's a quick report.

Each of Fat Gold's harvests, from our first in 2017 through to this year, has felt like a totally new project. That sets us apart from many of our peers; olive oil makers who have their own groves can basically run the same kind of harvest, year after year.

Not us! After giving up the lease on our little three-acre grove at the end of 2019, we went all-in on the négociant model. Our aim is to puzzle together great olive oil however we can, getting the right olives to the right mill at the right time. In some cases, we'll find great oil, produced by someone we trust, and buy it up.

Here's what made this year's harvest new and different:

First, Kathryn spent the season working as the head olive oil maker with our great friends at ENZO Olive Oil Company in Madera. So, while the harvest plan was all hers, it was Bryan and Robin on the road, hauling olives from many different groves to several different mills. We missed Kathryn in the field—but she kept us moving.

Second, we made more oil! This meant many return visits to some of those groves, running a loop over several days, grove to mill, grove to mill. We did that mainly to produce more of our Standard and Blue oils, the blends we sell in our online shop and through retailers.

It was a beautiful season on the road. When we rolled out in our trucks before dawn, the fog was dense, sometimes a bit scary; but then it lightened in the rising sun, and we hauled olives through a lush, green world caressed by long arms of mist.

You pull up to a capacious grove with the sun just peeking up behind the trees, the light pink and yellow through the fog, the harvesting machine already trundling down the rows, and you think: okay, this is a good way to spend a month.

## NEW FRIENDS

This year, we could feel the Fat Gold Network taking shape. We returned to our favorite groves and mills, called on the collaborators we've worked with before, and firmed up a fabric that can potentially take us into 2022 and beyond.

There was one new addition to the network: a grove in Manteca, farmed by Carl Jacobson and Diane Valentine. For us, this grove is basically perfect: it provides the right quantity of olives, of a variety we like; the people behind it are nice and interesting; and one of our preferred mills is a short drive away.

In fact, the miller responsible for this oil was: Kathryn herself! We ran the olives through the substantial machine in Madera that she spent the season running.

This shipment's label (which is, as always, a magnet for you to remove and keep, if you wish) is a wink towards Carl Jacobson's background. Decades ago, it was an audition with the symphony in San Diego that brought him out to California.

## HOW TO USE YOUR FAT GOLD

Kathryn finds this arbequina oil delicate and nutty, with notes of chamomile and ripe apple. It's a mild, versatile oil that's easy to use.

### *Kathryn's Idea: Winter Fruit Salad*

Here's a great application of a delicate olive oil in the depths of winter. Combine fresh greens, toasted almonds, and thinly sliced persimmons or apples, or a handful of pomegranate seeds. Dress it with your arbequina and a squeeze of lemon or lime juice.

### *Robin's Idea: Granola Royale*

During the harvest, on a night when the fog was too thick to drive the truck safely, I stayed overnight at the casino hotel operated by the Yocha Dehe Wintun Nation, who also have a terrific olive oil company called Séka Hills. Early in the morning, getting ready to hit the road again, I ordered a bowl of granola with fruit and yogurt. On the menu, it was topped with local honey, but I asked if the kitchen could substitute their olive oil instead. They happily agreed, and just like that, I was fueled up for the day. Try it out: granola, fresh fruit, and thick yogurt—or any two of those three—topped with a generous pour of this arbequina. Maybe even a pinch of sea salt!

That's it for the zine! **If there are any problems whatsoever with your shipment, let us know.** Just email [robin@fat.gold](mailto:robin@fat.gold) and we'll get things fixed.

We hope you enjoy this issue of Fat Gold. Remember: use it up!

–Kathryn, Robin, and Bryan