



FATGOLDZINE

FALL 2023 HARVEST / ISSUE 1

Welcome to the first issue of Fat Gold's seventh year, made from koroneiki olives harvested in November 2023!

THE BASICS

Here's how to open your tin: pull the cap up by its "ears," extending the translucent pouring spout below. This can be puzzling, so we've posted a demonstration at fat.gold/open

The label is a magnet for you to keep and save, if you wish! This issue's magnet uses a woodcut print of a monkey in a persimmon tree made by Ohara Koson in the 1900s. He was part of the *shin hanga* or "new prints" movement. You can find a link to the original art, part of the collection of the Rijksmuseum in Amsterdam, at fat.gold/art

EMERALD GREEN

We produced this oil on the Fat Gold mill from organic koroneiki olives grown by P-R Farms in Madera, California. Kathryn detects notes of fresh-cut grass, tropical fruits, and dried rose petal.

If you were to apprentice on one of the sensory panels that tastes and certifies extra virgin olive oil, you'd learn that they never judge an oil by its color. In fact, the pros taste olive oil out of vessels made from dark blue glass, specifically to shroud this variable. (Around the world, chlorophyll is often added to olive oil, just to "pump up" its appearance.)

Technically, an olive oil's color doesn't matter.

Non-technically... check out this COLOR! Seriously, be sure to pour some of this batch into a small, clear container so you can get a good look. Olive oil is always vibrant when it's fresh out of the mill, but there's green, and then there's GREEN. The color will fade over time, so we decided to ship this koroneiki to you first, here in December, so you could enjoy its uncanny emerald hue.

Continued →

LA BELLA MACCHINA

This season starts a new era for Fat Gold: we are producing olive oil on our very own mill. Here's a tour of how olives move through this beautiful machine.



WASHER

Olives enter the mill here. It's a bit of a Rube Goldberg machine, in which leaves and branches are removed, and the olives are washed and dried. Lots of conveyor belts!

CRUSHER

Here, rotating blades slice the olives into a chunky paste. We can control the speed of these blades—an important variable in maximizing the perfumes in the olive oil.

MALAXERS

These are temperature-controlled chambers where the paste is mixed. Here, cell walls break apart and micro droplets of oil begin to coalesce, absorbing the fruit's aromas, along with plenty of the olive's potent antioxidant biophenols.

DECANTER

This is a centrifuge that spins fast enough to separate the paste into liquid and solid layers. We capture the liquids (water and oil) while the solids (olive flesh, little shards of olive pit) go out the back.

HOW TO USE IT UP

If there is a season for luxuriating in your Fat Gold, pouring it liberally, it's right now, in December—the oil will never be fresher.

Winter Salad

This can be simple, seasonal, and delicious. Combine chopped pears or persimmons, some toasted nuts, and salty cheese with spinach or butter lettuces. Make a simple dressing from Fat Gold and wine vinegar—mix them evenly and shake 'em up.

We hope you enjoy this issue of Fat Gold. Remember: USE IT UP!

—Kathryn, Robin, and Bryan



FILTER

This machine isn't captured in the panorama above, because it's on the other side of the room. We push the decanter's output through a set of cellulose pads to absorb water and sediment, allowing only super clean oil to pass through. That's what we put in tins and send to you!