

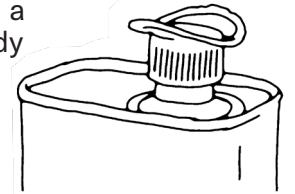
THE FAT GOLD ZINE

FALL 2024 HARVEST / ISSUE 1

Welcome to the first issue of Fat Gold's eighth year, made from arbosana olives harvested in October 2024!

THE BASICS

The plastic top pulls out from the tin to form a pouring spout. Don't be afraid to apply steady pressure. This can be puzzling, so we've posted a video demonstration online: fat.gold/open



THIS SEASON'S ART

As always, the label is a magnet for you to keep and save, if you wish. This magnet uses a watercolor by the great Georgia O'Keeffe, titled *Untitled (Abstraction / Portrait of Paul Strand)*. It was made in 1917, just at the start of her turn toward abstraction.

You can find a link to the original art online: fat.gold/art

ALL IN A DAY'S WORK

We measure the harvest in milling days, and 2024 had twenty, our most ever. On each of those days, we process about six tons of olives, all a single variety, all from the same farm. That quantity of fruit produces enough oil (barely!) for one of these batches that we send to you.

This batch is made from arbosana olives grown in Clovis, California, minutes from the Fat Gold mill. We milled them in October 2024.

In this oil, Kathryn detects notes of fig and fresh walnut. Plus, it smells exactly the way a green olive smells when you pick it off the tree and squish it between your fingers!

The oil's total biophenols came in at 429 mg/kg, which is terrific—anything above 400 is considered very high! (If you need a refresher on biophenols and their tremendous health benefits, consult our Guide to Extra Virgin Olive Oil online at fat.gold/guide)

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MADE IN THE MILL

When it comes to olive oil production, we tend to focus on what happens in the mill, and there's a reason for that.

Many other olive oil producers focus on the trees. If you close your eyes and visualize a generic bottle of oil in the grocery store, you probably see a storybook olive tree, silvery green.

But here's the thing about olives: they are totally inedible without processing. By contrast, think of an apple orchard or a vineyard. Even if you don't go through the steps of making cider or wine, you have a tasty snack—a whole load of nutrition, ready for the picking.

Anyone who spends any time in a grove ends up nibbling an olive straight off the tree—it's totally tempting—but they only nibble once. Raw olives are powerfully bitter, overwhelmingly astringent. Nothing edible comes off those trees—not directly. Olives need processing: either curing or milling.

Don't get us wrong: that process begins with, and depends on, high-quality fruit. No amount of cleverness in the mill can make up for bad olives! Yet it's the mill that liberates the oil from the olive's flesh, transforming the inedible into the edible, and the nutritious, and the delicious.

(If you'd like an illustrated tour of the Fat Gold mill, check out the zine from our December 2023 batch, available at fat.gold/zine)

HOW TO USE IT UP

This was one of the first batches we made in this harvest season, so it kept us going through all the rest of it. Here's a sampling of our arbosana diet.

Pot o' Beans with Greens

There's nothing better in winter than a hot bowl of brothy beans. We bought some fresh from our friends at Boonville Barn Collective, a nice creamy white bean. We followed their cooking instructions, and while the beans simmered, we also braised some collard greens in a little bit of water. In the end, we dumped the greens into the beans, spooned the mixture into big bowls, and dressed it with flaky salt and a big spiral of arbosana.

This is basically the perfect food.

Fat Gold HQ House Dressing: A New Challenger

We've always touted the tangy simplicity of a salad dressing made from nothing but Fat Gold and the juice of a single lemon, plus some flaky salt. We stand by this recipe. However, one night during this season, we made one of Melissa Clark's recipes from the NYT Cooking app. Called "Roasted Carrot Salad With Arugula and Pomegranate," the recipe is a total winner—we encourage you to search for it—and the dressing (subject to some improvisation) was a revelation.

We whisked together a tablespoon of balsamic vinegar (substitute for pomegranate molasses), a tablespoon of mustard, two cloves of finely-chopped garlic, about half a cup of Fat Gold, salt, and pepper. The result was a creamy dressing with a deep, rich flavor—definitely delicious on Melissa Clark's carrots, and also tasty on lots more. We have a new challenger!

Society for the Prevention of Hummus Neglect

Little tubs of hummus purchased at a local Armenian deli kept us going all throughout harvest; we slathered it across sourdough, ate it in spare moments. It's likely you have a favorite hummus already... but do you sometimes NEGLECT TO TOP IT with great olive oil? We know you do. This ends: now.

Make it easy on yourself. As soon as any hummus arrives in your household, crack the lid, glug out a layer of this arbosana, then put it away in the fridge. Fat Gold will swirl more deeply into the hummus as you use it up, enhancing every bite.

THE MACHINE SLEEPS

So, that's a wrap!

The fresh new oil is all tucked away in stainless steel tanks, and the mill is disassembled, whirling blades and twisting augurs all laid out like the bones of a high-tech dinosaur. It's strange, to use a machine so intensely for barely more than a month, then set it aside for the rest of the year. That's agriculture! Nature has its own clock, and there's no hacking it.

All that's left to do is share what we made.

Please enjoy this batch of Fat Gold, and remember: USE IT UP!

–Kathryn, Robin, and Bryan