

### **The Shot**

This is an even more radical morning routine, but it's one that might be relevant to some of you reading this zine. Robin again: I have, off and on throughout my adulthood, had some stomach troubles: chronic indigestion exacerbated by stress and (tragically) coffee.

Well, Kathryn heard it suggested that a shot of olive oil—half a tablespoon or so—taken first thing in the morning, before coffee (!), might coat the stomach in a helpful way. Early results from Fat Gold HQ indicate that this does set you up right. And, even if the effects on your digestion are mild or illusory—I can only offer anecdotal evidence—there's no question it gives you a reliable dose of extra virgin olive oil, and all those powerful polyphenols. Win-win.

Maybe the takeaway here is that you can add a stripe or a shot of Fat Gold to nearly anything. It really is a preposterous substance: always an upgrade, in terms of both taste and nutrition.

What dark magic IS this?

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 and Robin



# FATGOLDZINE

FALL 2020 HARVEST / ISSUE 3

Welcome to the third issue of Fat Gold's fourth year, made from picholine olives harvested in November 2020!

## **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](http://fat.gold/open-sesame)

As always, the label is a magnet for you to keep and save, if you wish! We returned to the same artist as last season's shipment. This magnet uses the painting *Neapolitan Song* by Joseph Stella, who believed that every day should "begin and end [with] the painting of a flower." The image is from the collection of the Smithsonian American Art Museum.

## **RARE PICHOLINE**

This shipment's oil is made from organic picholine olives harvested in Sebastopol, just a bit north of us here in the Bay Area. Picholine is a variety traditionally associated with France, and very unusual to find in California. Lucky us!

In this oil, Kathryn detects grass, herbs, and fresh green olives. This oil is robust, but not overwhelming; a really nice balance. (We've omitted the step-by-step tasting guide from this zine, but you can always find it at [fat.gold/taste](http://fat.gold/taste))

**You're invited to join Kathryn for a live tasting and discussion** of this oil on June 23 at 5 p.m. Pacific, 8 p.m. Eastern. We did one of these tasting sessions for our last shipment, and it was a blast: fun, convivial, nerdy. So, we are going to keep doing them!

You will find a link to register at [fat.gold/tv](http://fat.gold/tv)

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## THE PREPOSTEROUS SUBSTANCE

We've been sending these zines for several years, and while some of you have been reading from the start—amazing!—many more have joined midway. We never want to take the basics for granted, and this shipment's oil presents an opportunity to talk about something foundational indeed.

When it comes to the health benefits of olive oil, one of our favorite sources is Dr. Mary Flynn, an associate professor of medicine at Brown University. One of the reasons she's so impressive and so important is that she's so rigorous. When Dr. Flynn makes claims about olive oil, you take them seriously, because you know she pins her reputation on getting things right, never overstating the science.

In presentations, Dr. Flynn likes to show a slide listing the health benefits that have been demonstrated in peer-reviewed studies. Extra virgin olive oil...

- decreases blood pressure
- increases HDL ("good") cholesterol
- decreases the oxidation of LDL ("bad") cholesterol
- decreases blood clotting
- decreases inflammation
- decreases the level of insulin in the blood
- decreases blood glucose

As the research piles up, study after study, the overwhelming consensus seems to be: extra virgin olive oil is just REALLY good for the human body, in almost every way you can imagine.

It's almost preposterous that this substance, with all these benefits, also tastes delicious, and makes other things taste delicious. There's literally no downside—and now that American culture has (mostly) recovered from the catastrophic anti-fat propaganda of the 1980s and 1990s, we can glug freely. What dark magic IS this?

It's the polyphenols. These are the complex organic compounds—a whole bouquet of them, some unique to olives, like oleocanthal and hydroxytyrosol—that produce that burn at the back of your throat when you taste extra virgin olive oil. They also produce powerful effects in your body.

Polyphenols are, even after so much study, rather mysterious; scientists don't know how exactly they interact with each other

or how they act on the body. But, at this point, there is a strong consensus that they DO act, and powerfully.

It's important to say: ONLY virgin olive oil has polyphenols. If it doesn't say "virgin" or "extra virgin" on the label, then the oil inside is refined, which means the good stuff has been stripped away.

Even then, extra virgin olive oil loses its polyphenols over time. These compounds are antioxidants, which means they prevent the chemical process of oxidation. They'll happily do that for your body—hooray!—but, until they get there, they do it for the oil. So, as your Fat Gold is exposed to heat, light, and air, its precious polyphenols "sacrifice themselves" to protect it.

Polyphenol levels are measured in milligrams per kilogram; a level in the 100s would be considered low, while levels over 300 are considered high. This shipment's polyphenol measures 420, solidly in the high range.

(Extra virgin olive oils go even higher—Fat Gold has milled some with more than 500 mg/kg—but, as the polyphenol level increases, there's a risk the oil will be unbalanced: ALL burn, no fruit; a pungent medicine.)

## OLIVE OIL FOR BREAKFAST

Sometimes people assume they should save this kind of olive oil for fancy meals, but that's not the case! The very highest use of Fat Gold might be the elevation of simple, sustaining food.

### *Everyday Toast, Sweet and Savory*

In the morning, Robin mostly eats toast. Sometimes it's avocado toast, sometimes it's peanut butter toast, but always it's finished with a sprinkle of sea salt and a THICK stripe of Fat Gold. Kathryn likes her toast a little different: with a spread of tahini, a drizzle of honey, and a glug of Fat Gold.

Robin here. I know this seems simple: and that's the point. It's easy to prepare, always appealing, and, most importantly, it "sets me up right" for the day. For most of my adult life, breakfast transitioned reliably into a "lunch emergency." Now, I sometimes don't think about food until midway through the afternoon, and I credit the staying power of olive oil (and avocado, or peanut butter) for that feeling.

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