

FATGOLDZINE

FALL 2022 HARVEST / ISSUE 3

Welcome to the third issue of Fat Gold's sixth year, made from arbequina olives harvested in November 2022!

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 is based on a Japanese woodblock print by Hokusai, depicting a butterfly and a moth, printed around 1850. We've taken quite a bit of colorful license with this image; you'll find a link to the original at fat.gold/art

PROMISE AND PRECURITY

For an olive oil maker, this is an exciting season, because it provides your first preview of coming attractions.

The olive trees are blooming! Each one of the white flowers has the potential to become an olive, so May's bloom is your first indication of what you'll be working with in November's harvest.

This week, Kathryn cruised through a couple of the groves where we often source olives for Fat Gold. Here is her report: **THE TREES ARE LOADED**—bursting with flowers, to a degree she can't remember seeing before.

This is a great feeling, but we know the other side of the coin, too. When Fat Gold started, we farmed a tiny, three-acre grove ourselves. There, we learned up close the precarity of the bloom.

Back in 2018, just around this time of year, Kathryn noticed that our trees weren't showing any of the buds that would become flowers that would become fruit. Were they... late, maybe?

Weeks passed. Still, no buds.

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We weren't alone. Many groves across Northern California were afflicted: the result, we think, of an odd sequence of temperatures in late winter that abruptly started, then stopped, bud development.

That year, without any fruit on our 300-some trees, we hit the road, looking for other options. That odyssey laid the foundation for the production system Fat Gold uses today. We've left those three little acres behind, and now, as you know, we source olives from a network of farmers we trust and respect. (We usually identify them in these zines, and you can always find them on each oil's batch page, at the web address included on the label.)

It usually happens this way, right? Curled up inside the direst challenges are the ideas that lead us forward—the changes we cannot, in retrospect, imagine life without.

Like many fruit trees, olive trees are “alternate bearing,” which means a heavy crop one year is often followed by a light crop the next, and vice versa. So, Kathryn's field observations might be a premonition of a bountiful 2023 followed by a tough 2024... but that's okay.

For now, we'll just be excited. The olive trees are BLOOMING!

HOW TO USE IT UP

These olives were grown by the Ricchiuti family in the San Joaquin Valley and milled for us by Patrick Martin at Frantoio Grove: a name that is, by now, familiar to you.

In this light and airy arbequina olive oil, Kathryn detects notes of fresh cream, dried flowers, ripe apple, and walnut. It's superversatile: you could roast vegetables and/or you could bake an olive oil cake!

You could really use it in *any* of those recipes that insist on a “mild” or “neutral” oil. In fact, you can substitute olive oil for the oil in just about any baking recipe, as well as any baking mix.

Here's a range of ideas to get you started this season.

Spring Pasta

Toss cooked pasta (or farro or quinoa) with the first green things of the season: chopped asparagus and green garlic, or maybe some fresh fava beans. Add some grated parmesan, a swirl of Fat Gold, and call it done.

Perfect Popcorn

It's been too long since we circulated the secret to perfect stovetop popcorn.

First, measure out half a cup of kernels. Then, splash some Fat Gold liberally into a tall pot. Turn on the heat, medium-high. Drop two or three kernels into the oil. Wait. When those kernels pop, you know your oil is ready to go.

Take the pot off the heat, quickly dump in the remaining kernels, put the lid on, and shake the whole pot while counting to ten.

Put the pot back on the heat, turning it down to medium. The kernels will soon start popping, and if you're attentive, you can achieve popcorn perfection: neither a single kernel left unpopped nor a single piece singed. Drizzle with more Fat Gold, add salt, and enjoy!

Superior Smoothies

We regret to inform you that we have become smoothie people.

We like the idea of getting so many vegetables early in day; add some extra virgin olive oil, and drinking our smoothies makes us feel very accomplished.

Kathryn is the smoothie architect at Fat Gold HQ. Here are two of her preferred blueprints:

- Fresh or frozen pineapple, spinach, fresh herbs (basil and/or mint are great), plain yogurt, a pinch of salt... and a glug of Fat Gold
- Fresh or frozen berries, chopped red cabbage, a spoonful of nuts or nut butter, orange juice, a pinch each of grated nutmeg, ground ginger, and ground cinnamon... and a glug of Fat Gold

That's it for this edition. If you encounter any problems with your shipment, don't hesitate to get in touch: robin@fat.gold

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

–Kathryn, Robin, and Bryan