

# THE FAT GOLD ZINE

FALL 2023 HARVEST / ISSUE 3

Welcome to the third issue of Fat Gold's seventh year, made from maurino olives harvested in October 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 here: [fat.gold/open](#)

The label is a magnet for you to keep and save, if you wish! It uses the art of Henri Gaudier-Brzeska, a painter and sculptor who often depicted funky, rough-hewn figures. We've repurposed part of his *Four Registers of Fourteen Dancing Figures*—just look how much life and energy he creates with so few lines!

You can find a link to the original here: [fat.gold/art](#)

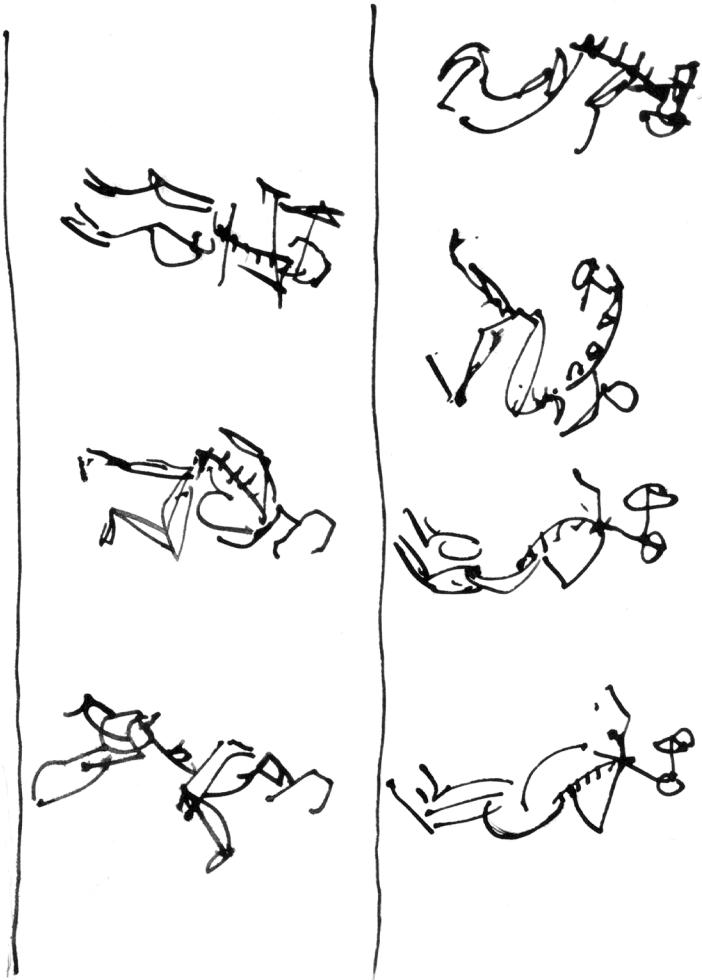
## WE'VE MISSED YOU, MAURINO

This batch is made from maurino olives from Bakersfield, harvested in October 2023, milled on the Fat Gold mill. In fact, this was the very first batch of olive oil we made on our new mill!

Maurino olives are relatively rare in California. It's a traditional olive of Italy, often found in Tuscan blends. Back when we farmed our own tiny Fat Gold grove here in the San Francisco Bay Area, maurino was one of our many varieties. We only had enough for half a batch (and our batches were TINY at that time) and we haven't milled any maurino since.

This season, we were able to get enough maurino olives to make enough oil for all of you—barely! That's the fun and opportunity of this annual subscription program: it lends a commercial logic to batches that would otherwise be too small.

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## EUROPEAN MARKET REPORT

We've had many friends and customers ask: What the heck is going on with European olive oil prices? Over the past year or so, they have gone up, up, up... in some cases more than doubling!

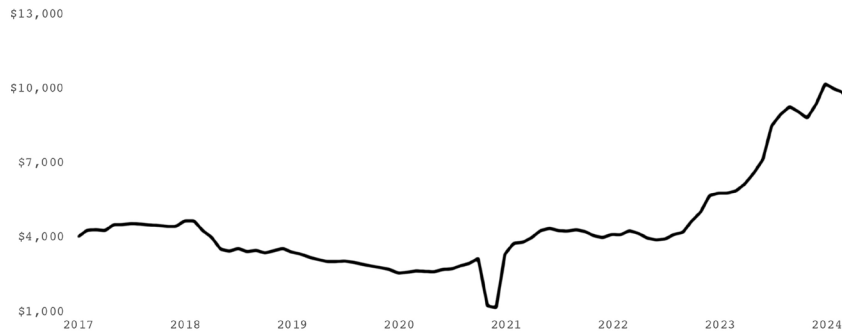
Since 2021, a few key olive oil-producing countries have been suffering from hot, dry weather. Their groves have produced fewer and poorer olives as a result.

For context, back in 2021, the most recent "normal" harvest, Europe produced around 2.2 million metric tons of olive oil. In the 2022 and 2023 harvests, that number was down to about 1.4 million.

Spain is really the driver of all this. Spanish production is down by almost half! It's the largest olive oil producer in the world, by far, producing over half of the European total—so that shortfall affects supply and demand everywhere. (It's not just Spain, though. Greece suffered a heat wave last year and its 2023 harvest was, likewise, nearly halved.)

All of this means steeply higher prices for European olive oil of all grades, from extra virgin all the way down to lampante. (You can review those grades in our Guide to Extra Virgin Olive Oil, available online at [fat.gold/guide](https://fat.gold/guide))

Here's a look at global olive oil prices since 2017, in US dollars per metric ton:



This makes California olive oil look more attractive, price-wise... but don't presume that California will snatch up all the shelf space. Remember those production totals from Europe, in the millions of metric tons? California produces in the neighborhood of 15,000.

Nobody knows whether this hot weather is a passing phenomenon or the new normal in Southern Europe. All we can do is watch the groves for clues regarding the next harvest.

## HOW TO USE IT UP

Despite an early-season harvest, the skins of these maurino olives were already turning purple. The oil turned out herbaceous, with underlying notes of ripe olive and fennel. Hello, tomato season!

### *The Fat Gold Summer Salad*

We love this application, because it provides a powerful reminder that extra virgin olive oil goes great with fresh fruit.

Just as their seasons are overlapping, obtain a couple big juicy peaches and a couple even bigger, juicier tomatoes. Cut both into bite-sized chunks. Put them in a bowl and add some torn-up basil leaves. Toss everything with Fat Gold—no other dressing needed! Sprinkle with flaky salt and serve, enjoying first the beautiful bright colors, and then the sweet/savory taste.

### *The Pizza Drizzle*

Whatever kind of pizza you're eating, whether homemade or takeout, you can make each bite better with Fat Gold. Add the oil slice by slice, as you're eating. Some will surely pool on your plate, which is by design: you'll swab it up with the last bite of crust.

If you're making pizza at home, may we suggest...

### *Kathryn's House Tomato Sauce*

Heat a quarter-cup of Fat Gold in a pot over medium heat. Drop in lightly crushed garlic cloves (as many as you like!) and some crushed red pepper (as much as you like!) and heat them just a minute or two to infuse the oil. Add a 28 oz can of crushed tomatoes and a big pinch of salt. Simmer for 15 minutes, or until you like the consistency.

At this point, you have a pretty great all-purpose tomato sauce, open to endless variations. For pizza sauce, I include lots of dried oregano and simmer the sauce for a good 45 minutes until it's nice and thick. Then, I like to include the crushed garlic cloves on top of the pizza.

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

–Kathryn, Robin, and Bryan