



FRANTOIO
November 2021
Harvested in: Vernalis
Milled in: San Martin

FATGOLDZINE

FALL 2021 HARVEST / ISSUE 2

Welcome to the second issue of Fat Gold's fifth year, made from frantoio olives harvested in November 2021!

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

OVER THE PASS

This shipment is made from frantoio olives harvested at Panacea Farms in Vernalis, about an hour east of Oakland, on the western edge of the San Joaquin Valley. We love working with this farm and its owner, Kacie Klein. This year, the mornings were dense with mist, so the hand-harvested olives were basically refrigerated by nature as they accumulated in their macro bins.

We hauled those olives over the narrow, daunting Pacheco Pass to the mill at Frantoio Grove in San Martin, just north of Gilroy. We made our first oil here, back in 2017, and it remains a special place to us; Jeff and Patrick Martin are among our most trusted collaborators.

This shipment's magnet uses *The Harvest* by Josep Maria Sert. We love this painting's rich colors, the sense of the whole team working together... along with the slight feeling of peril. (Josep Maria Sert also painted, under dubious circumstances, the mural that adorns the lobby of 30 Rockefeller Plaza in New York City.)

THE BIG STUDY

We believe that extra virgin olive oil has wide-ranging health benefits. We also believe that it is irresponsible and counterproductive to overstate those benefits, and what's known about them, so we've always been pretty cautious telling this part of the story.

Well, throw caution to the wind... because a new study was just published, and it turns out, olive oil makes you immortal!

Continued →

We jest... mostly.

In January 2022, a group of researchers at Harvard's T. H. Chan School of Public Health published a study looking at the diets of a very large cohort (~60,000 women, ~30,000 men) in the U.S. over nearly three decades, 1990-2018, along with their causes of death.

Higher olive oil intake was associated with:

- 19% lower risk of cardiovascular disease mortality
- 17% lower risk of cancer mortality
- 29% lower risk of neurodegenerative disease mortality
- 18% lower risk of respiratory disease mortality

Take note of the fact that this was a cohort of U.S. residents. Studies of the "Mediterranean diet," of which olive oil is a key component, are muddled by all the other factors—dietary and environmental, even social and political—that make Europe different from the United States. This study's geographical clarity, along with the statistical force of its findings, represent something new and very compelling.

Here's a note from the study that echoes sharply:

Mechanistic evidence is accruing in support of the hypothesis that olive oil, particularly the virgin variety rich in bioactive polyphenols, also reduces the underlying pathology of Alzheimer's disease and other neurodegenerative diseases.

Then, the authors continue—and this is so important:

However, further studies are needed to confirm the causality of these associations.

You'll find a link to the study in our guide: fat.gold/guide

HOW TO USE YOUR FAT GOLD

Tasting this frantoio oil, Kathryn detects notes of fresh walnuts, cut grass, parsley, and green apple. It's bright and balanced, with a peppery finish.

You can watch her taste and discuss this oil, and also get a glimpse of the grove where the frantoio olives were harvested, in a video we've published here: fat.gold/tv

Fat Gold HQ House Dressing

We are always on the lookout for simple, practical applications of extra virgin olive oil. It takes a sharp eye, because so many of them are hiding in plain sight!

Case in point: during the five years we've been running Fat Gold, no salad has been prepared in our home that has not included this dressing—but somehow, we've never documented it until now.

Fat Gold HQ house dressing is easy, quick, versatile, and delicious:

Squeeze the juice of two lemons into a small bowl or measuring cup.

Drizzle in your Fat Gold, mixing with a small whisk or (let's be practical) a fork. Here at HQ, we eyeball the amount, aiming for equal parts olive oil and lemon juice. That's a pretty tangy dressing, which we like, but you can always add a bit more olive oil. Then, add some flaky salt and a twist of black pepper. Done!

You can embellish the dressing with herbs—fresh chives or dried oregano—or a dollop of mustard. Mix with the fork; lick it clean.

THE GUIDE

We're delighted to announce the publication of the Fat Gold Guide to Extra Virgin Olive, a comprehensive new resource, free for all to read online. Among other things, it bundles all the information we've delivered in these zines over the years—this is the 18th issue!—into one coherent story.

You can find it here: fat.gold/guide

Along with the guide, we've published a stockpile of recipes, again drawing on the ideas we've shared with subscribers over the years. Find that here: fat.gold/recipes

Both are living documents, so if you see any errors, or have any questions that aren't answered, don't hesitate to let us know.

You can always get in touch with us, for these or any other reasons. Just email: robin@fat.gold

We hope you enjoy this issue of Fat Gold. Remember: use it up!

–Kathryn, Robin, and Bryan