

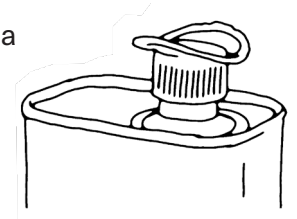
# THE FAT GOLD ZINE

FALL 2025 HARVEST / ISSUE 2

Welcome to the second issue of Fat Gold's ninth year, made from koroneiki olives harvested in November 2025!

## 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](https://fat.gold/open)



## THIS SEASON'S ART

As always, the label is a magnet for you to keep and save! This batch's design uses *Autumn Landscape* by the Finnish painter Sulho Sipilä, created around 1920.

We think it looks more like spring than autumn, and we love the sense of a floating world—it makes us think of *The Little Prince*.

You'll find a link to the original painting here: [fat.gold/art](https://fat.gold/art)

## SPRING FLING

When you receive a fresh batch of Fat Gold, we always want you to taste it on its own. Pour a little into a small glass or cup and warm it up in your hands, so you can first smell it, then taste it.

With this batch, the first taste is NOT OPTIONAL—because this koroneiki will reward your close attention.

This oil tastes like spring! Kathryn detects notes of parsley, mint, rose, and grass. With just a whisper of bitterness, this oil goes down very smooth.

These koroneiki olives were grown by our longtime friends at P-R Farms in the San Joaquin Valley. This variety is very small, so on the day we made this batch in the Fat Gold mill, tiny olives were bouncing all over the place!

*Continued* →

## HOW TO USE IT UP

This koroneiki will be delightful on the delicate green things of spring: asparagus (see below), fava beans, artichokes, ramps, peas, new lettuces... all of it!

Here are a couple of ideas to get you started.

### *A Green Thing*

As soon as it appears in the produce section or at the farmers market, pick up some fresh asparagus. Roast or steam the spears, as you prefer, then dress them with this koroneiki, plus flaky salt and a bit of grated lemon zest.

### *Herb Salad*

A batch of Fat Gold this good is salad dressing all on its own.

Mix soft herbs (parsley, cilantro, dill, mint, basil, chives) with a few handfuls of lettuce, arugula, or spinach. Dress them with lots of koroneiki and little flaky salt.

That's perfect as-is, but you can embellish it with some crumbled cheese or toasted nuts.

## WHEN GOOD OILS GO BAD

It's been a while since we wrote about the archenemy of all extra virgin olive oil, the Darth Vader breathing loudly in the back of your pantry: RANCIDITY. And, in fact, this lesson is connected to the origin of Fat Gold.

Years ago, Kathryn studied at the University of Gastronomic Sciences in Pollenzo, Italy. There, she and her classmates learned about the production and consumption of wine, beer, cheese, chocolate, coffee, salumi... and, of course, extra virgin olive oil.

During a seminar with a celebrated Tuscan olive oil maker, the miller offered Kathryn and her classmates a taste, asking: What do you think? After sipping, the students all agreed: It tasted familiar... it tasted good... it tasted like olive oil. What else was there to say?

That's when the miller revealed that this particular olive oil was RANCID. These were burgeoning master eaters, and they hadn't been able to tell. That rancid surprise was followed by tastes of the best oils they'd ever tried: super vibrant, full of life.

This episode was like a little lightning bolt—Kathryn spent the rest of the year focused on olive oil, and eventually wrote her master's thesis about it. That thesis led to apprenticeships, then to milling gigs, then to farming a tiny grove in the San Francisco Bay Area... Fat Gold wouldn't exist today if Kathryn's hadn't been so surprised in that Italian mill.

Back to rancidity, though—what is it?

Olive oil is made from organic molecules called triglycerides, which are long chains built from fatty acids—oleic acid, in this case.

When these stable chains are broken—for example, by a stray beam of ultraviolet light—the oil begins to react with oxygen, creating compounds called peroxides. Over time, these peroxides break apart into small molecular shards, which are both unhealthy and unpleasant.

How can you tell when this has happened?

Because they're small, those shards are volatile, which means you can feel, smell, and taste them... and none of it is good! The shards change the texture of the oil, leaving a greasy or sticky film in your mouth, rather than a clean finish. Really rancid olive oil tastes like crayons, wax, or plastic.

But early on, rancidity can be difficult to detect.

When Kathryn began her training as an olive oil taster, she had trouble identifying rancidity in oil samples. Finally, one day, upon eating a thoroughly rancid corn chip, it clicked. Always be wary! Rancidity can show up in lots of foods: chips, nuts, chocolate, peanut butter, and more. It is the eventual fate of all fats.

How long do you have before your tasty olive oil goes rancid? Well, it depends: on the quality of the oil to begin with; on the level of antioxidant biophenols, which protect the oil exactly the same way they protect your body; and on how carefully you store your oil—i.e., away from light, heat, and air.

This is why we always say: Fat Gold is not for hoarding.

Enjoy this koroneiki!

USE IT UP!