

# FATGOLDZINE

FALL 2018 HARVEST / ISSUE 4

Welcome to the fourth issue of Fat Gold's second year, made from koroneiki and picudo olives harvested in November 2018!

## THE BASICS

The plastic pouring spout pulls out from the tin. Don't be afraid to give it a good yank. (We've posted a video demonstration at [fat.gold/open-sesame](http://fat.gold/open-sesame).)

Because there are—gulp—so many of you, we didn't have enough of any single variety to send the same oil to everyone. So, we've split this shipment in half.

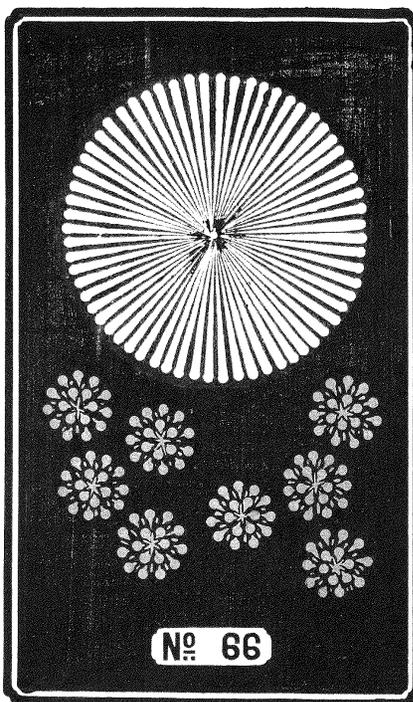
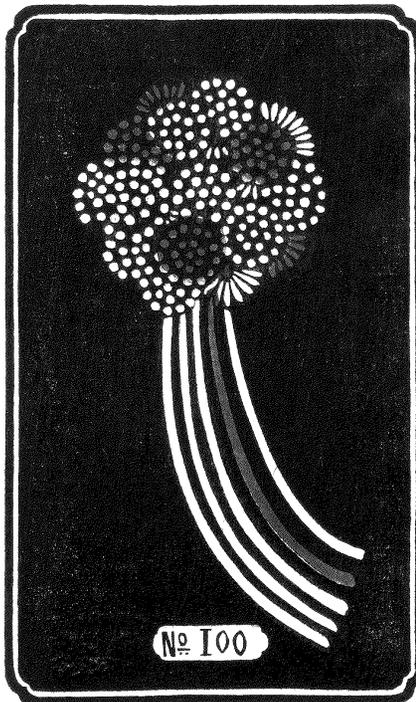
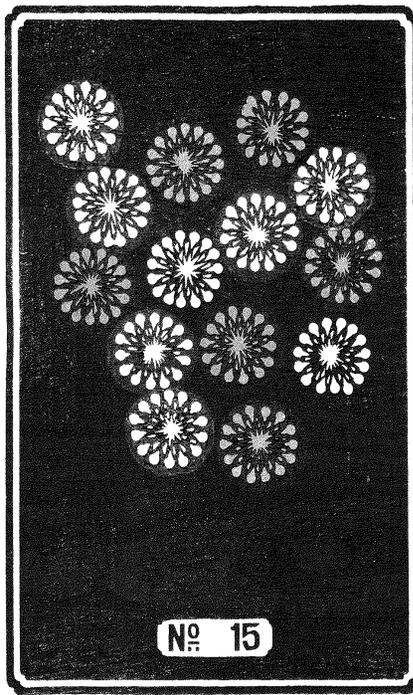
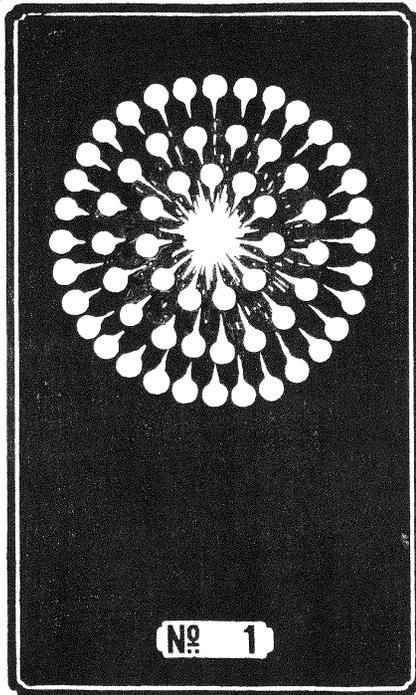
**Koroneiki** is a variety traditionally associated with Greece. This one comes from Vincent Ricchiuti, a fourth-generation farmer in the San Joaquin Valley who produces, among many other things, organic California extra virgin olive oil. For several seasons now, Kathryn has worked with Vincent in his olive mill, and over the years they've become close friends and collaborators. Kathryn was at the controls of the mill when this koroneiki emerged!

The **picudo** comes from the Capay Valley—the same grove as the **picual** and **hojiblanca** we sent earlier this year. Like both of those, it's a variety traditionally associated with Spain, and like both of those, we think it's excellent.

## TASTING NOTES

This koroneiki is a grassy, floral, green banana situation! It's also the most delicate oil we've ever sent, with hardly any bitterness. That means you can use it with other delicate foods that would be overpowered by more robust oils.

Kathryn had actually never tasted picudo before making this oil! Trying it for the first time as it came out the mill, she got unmistakable notes of green apple, walnut, and woody herbs.



Continued inside →

This time around, you are receiving one of *four* different magnets; you can see them all on the back of this zine. The images are drawn from a catalog published by the Hirayama Fireworks Factory in Yokohama circa 1883. We chose fireworks to symbolize our celebration: two years of Fat Gold!

You can see all four images in full color (it's worth it) and find a link to the entire fireworks catalog at [fat.gold/art](http://fat.gold/art).

## DENSITY MATTERS

We talk a lot about different varieties of olives, but groves have another important characteristic: the density of their planting.

At one end of the spectrum, there's traditional spacing. This is your postcard Mediterranean grove. Before irrigation and fertilization, if your trees were planted too close together, they'd compete for water and nutrients. So, in a traditional grove, the gnarly old trees are spaced wide, 30 feet or so; they've been there a thousand years; your goats frolic among them.

Next, there's medium density, which is how the Fat Gold grove in Sunol is planted. Here, your trees are arranged in a wide-spaced grid, with about 18 feet between them. It's nice!

Olive trees can thrive in mediocre soil on rough terrain. Therefore, traditional or medium-density planting can be a way to get something good from challenging land, or even a hillside, that might not otherwise be productive.

Next: move the trees a little closer together, 8 feet or so, and you have high density. The grove in Capay Valley that provides this shipment's picudo is planted this way.

Finally, there's super high density. Here, your trees are planted in very tight rows; they look almost like long hedges. The upside is that you pack in much more fruit per acre, which means more oil per acre. Also, you can harvest the olives mechanically, with huge, over-the-row harvesters that swallow the trees, knocking the olives from their branches and catching them before they hit the ground. People often think of farm machines as being designed to fit a particular crop, but in this case, it's the other way around: these groves are designed to fit the machine!

For all these reasons, super high density planting has been key to the growth of California's olive oil industry. But there's a downside, too; there are only a few olive varieties that flourish when planted this way. They are arbequina, arbosana, and... koroneiki! When you find a bottle of California extra virgin olive oil on the shelf in a grocery store, odds are good it's one (or a blend) of these varieties.

## HOW TO USE YOUR FAT GOLD

### *Robin's Idea: Popcorn*

Here it is: the secret to perfect stovetop popcorn. First, measure out half a cup of kernels. Then, splash some Fat Gold *liberally* in a 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. Don't rush! Then, 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!

### *Kathryn's Idea: Mayonnaise... and Other Options*

The intensity of many Fat Gold oils make them not-so-suitable for mayonnaise or aioli. However, because this koroneiki is sweet and mild, I encourage giving it a try in your homemade mayo. (Hate mayonnaise? Try dressing an egg salad with just the koroneiki, dill, and a little mustard.) (Hate hard-boiled eggs? Substitute potatoes!)

As for the picudo: it might be too soon to talk about autumn vegetables, but this oil is going to be very nice with winter squash and sweet potatoes.

**As always, if there are any problems with your shipment, let us know.** Just email [robin@fat.gold](mailto:robin@fat.gold) and we'll get things sorted.

We hope you enjoy this issue of Fat Gold. Remember, good olive oil is not for hoarding. Use it up!

–Robin and Kathryn