



FATGOLDZINE

FALL 2022 HARVEST / ISSUE 4

Welcome to the fourth issue of Fat Gold's sixth year, made from favolosa 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 *The Sun*, a mural painted in 1909 by Edvard Munch, famous for *The Scream*. We transformed this one for our purposes; you'll find a link to the original at fat.gold/art

A SMALL BATCH

At the tail end of the 2022 harvest, Kathryn got a call from an olive milling friend. He had just made some terrific oil from a batch of favolosa olives—a variety new to us—and heard from the farmer that there was still fruit left in the grove. Might Fat Gold be interested in purchasing it?

We'd been collaborating with the great olive miller Patrick Martin, so Kathryn discussed the offer with him. Patrick drove out to see the grove, and reported back: the olives looked great! We agreed to buy the fruit together and split the oil.

The amount of olives available was, in the grand scheme of things, pretty small. A six-ton harvest—a single day of milling—doesn't produce enough oil for us to sell year-round in our online shop, or to retailers. But, it's the perfect amount for... YOU!

The Fat Gold subscription program makes batches of this kind possible. Unusual varieties, when we can find them, tend to be planted in smaller quantities... and smaller quantities can give everyone reading this zine the chance to try an unusual variety.

It's a perfect fit!

Continued →

A FABULOUS VARIETY

Favolosa, which means “fabulous” in Italian, is a relatively recently propagated hybrid variety with some interesting properties. It’s cloned from frantoio, which you received earlier this year. Unlike frantoio, it thrives in high-density groves. (You can see examples of the different grove planting styles in our Guide to Extra Virgin Olive Oil: [fat.gold/guide](#))

Favolosa trees also mature quickly, and they are resistant to the bacteria called *Xylella fastidiosa* that is presently ravaging olive groves in Europe—a true crisis. (The bacteria was first detected in Europe in 2013, and may have traveled on a coffee plant.)

This variety’s connection to frantoio will become clear when you taste the oil, which is bright and well-rounded, with notes of leafy greens and pine. If you were to pluck a green olive from a tree and crush it between your fingers, it would smell just like this oil!

Even you don’t usually pause to taste your new Fat Gold batch on its own, in a spoon or a small cup, we encourage you to do so with this one—it’s really delicious. (You can learn to taste olive oil like a pro with our guide: [fat.gold/guide/#tasting-olive-oil](#))

HOW TO USE IT UP

Here’s the deal. This oil is so well-balanced—neither overly bitter nor spicy—that it’s suitable for just about any application.

We always want to remind you: the simple uses of extra virgin olive oil are the best. This is a substance that will always elevate the no-fuss things you eat every day—and make them healthier, too.

Fat Gold HQ House Dressing

Here’s the simple, delicious dressing that goes on just about every salad at Fat Gold HQ.

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!

Kathryn’s Ratatouille

For Kathryn, the bounty of late summer is the time for ratatouille.

Gather everything you can get your hands on: zucchini, eggplant, sweet peppers, onion, tomatoes. Slice the eggplant and zucchini thin; cut the peppers into thin strips; chop the onion thick. Slather it all with Fat Gold, adding hefty pinches of salt and a bit of garlic.

Then, roast it all on baking sheets—several will be necessary for the whole batch—but in separate piles, so you can remove the vegetables as they turn golden brown and begin to crisp on the edges. For example, Kathryn cuts the zucchini thin, so it browns the quickest, while the onions take their sweet (caramelized) time.

Once all the vegetables are brown and beautiful, mix them together with chopped tomato, a bit more garlic, a bit more salt. Then, plop the mixture back onto a baking sheet, and drizzle with (yes) more olive oil. Bake for another hour.

The individual ingredients will be barely recognizable; they’ll form a rich, silky, savory mess—much more than the sum of its parts. Kathryn loosely follows Melissa Clark’s recipe, but you can probably use any recipe you come across, as long as you follow these guidelines:

- Do not skimp on the salt
- Do not skimp on the Fat Gold

We depend on this recipe in this season. Kathryn recently prepared a mega-batch and froze most of it, for consumption during the upcoming harvest. When you taste next year’s olive oil, you’ll know it was the ratatouille that kept us going.

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