



## GREEN OLIVES WITH TARRAGON 250G

PRICE: **5,09** USD

SHIPPING TIME: 24 GODZINY

BRAND: ELLIS FARM



### ITEM DESCRIPTION

**OLIVES ARE AN IMPORTANT INGREDIENT IN MEDITERRANEAN CUISINE, ONE OF THE HEALTHIEST, IF NOT THE HEALTHIEST, CUISINES IN THE WORLD.**

OLIVES ARE AN EXCELLENT SOURCE OF MANY ANTIOXIDANT AND ANTI-INFLAMMATORY NUTRIENTS. HYDROXYTYROSOL CONTAINED IN OLIVES HAS THE POTENTIAL TO PREVENT BONE LOSS, WHICH MAY CONTRIBUTE TO REDUCING THE RISK OF OSTEOPOROSIS. OLIVES ARE ALSO A VERY GOOD SOURCE OF COPPER, IRON, FIBER AND VITAMIN E, AS WELL AS HYDROXYCINNAMIC ACIDS, INCL. CAFFEIC ACID, CINNAMIC ACID, FERULIC ACID AND COUMARIC ACID. CONSIDERING THE FULL NUTRITIONAL RICHNESS OF OLIVES, IT SHOULD COME AS NO SURPRISE THAT THEY HAVE NUMEROUS AND DOCUMENTED HEALTH PROPERTIES THAT AFFECT ALMOST ALL KEY FUNCTIONS OF OUR BODY.

THE FIRST OLIVE GROVES WERE CREATED IN GREECE OVER 3500 YEARS BC. OLIVES WERE THE BASIS OF THE DIET, AN INGREDIENT OF RELIGIOUS RITUALS, A RAW MATERIAL FOR THE PRODUCTION OF COSMETICS, AND THEIR TWIGS WERE A SYMBOL OF VICTORY AND FERTILITY. ELLIS FARM'S GREEN OLIVES WITH TARRAGON COME FROM THE FAMILY'S OLIVE GROVE THAT HAS BEEN CULTIVATED FOR SIX GENERATIONS IN CRETE IN THE AGIA VARVARA REGION NEAR HERAKLION. THEY ARE HAND PICKED AND MARINATED ACCORDING TO A TRADITIONAL FAMILY RECIPE. THE PERFECT COMBINATION

OF INGREDIENTS AND CENTURIES-OLD TRADITION, PASSION AND EXPERIENCE GUARANTEE A UNIQUE TASTE EXPERIENCE.

**NOT TOO SALTY, NOT TOO BITTER - COOKED TO THE POINT - ONE OF A KIND.**

100% NATURAL PRODUCT - ELLIS FARM DOES NOT IMPROVE NATURE.

COMPOSITION: GREEN OLIVES WITH PITTEDEXTRA VIRGIN OLIVE OILSEA SALT TARRAGON.

STORE AT ROOM TEMPERATURE, REFRIGERATE AFTER OPENING.

OLIVES - "THE FRUIT OF LONGEVITY" - SCIENTISTS ARGUE THAT EATING SEVEN PIECES OF FRUIT EACH DAY WITH THE ADDITION OF EVOO (EXTRA VIRGIN OLIVE OIL) AND A LITTLE GOAT CHEESE WILL ENSURE HEALTH AND EXCELLENT CONDITION OF THE BODY.