



First international manifesto of extra virgin olive oil signed by decorated chefs

The "International Manifesto of Extra Virgin Olive Oil" was signed in March by respected chefs from across the Alpe-Adria bioregion at an oil industry exhibition in northeast Italy.

Held in Trieste from March 15 to 18, "Olio Capitale" is one of the largest exhibitions of typical and premium extra virgin olive oils and is now in its 13th edition. Organized in collaboration with the association Jeunes Restaurateurs d'Europe (Jre) and the National Association of Oil Cities, the 2019 event involved over 200 restaurateurs, growers and producers.

United by the common objective of emphasizing the unique value of extra virgin olive oil as a fundamental ingredient of the Mediterranean diet and not just a simple condiment, this year's "Olio Capitale" enlisted the expertise of Alpe Adria's renowned representatives and chefs, who are also protagonists in the world of international haute cuisine.

Signing the manifesto represented a very important moment for the growth of extra virgin olive oil culture. Restaurateurs use it daily in their dishes and are fundamentally ambassadors helping customers understand and appreciate the characteristics and qualities of various EVO oils, including any specificities related to a local territory.

Because it is a product of excellence, chefs must know how to carefully evaluate the quality of EVO oils to choose the best ones for their culinary creations. They can also use it as a vehicle of knowledge to teach customers how to read labels correctly in order to avoid these fake brands and recognize authentic extra virgin olive oil.

Following the signing of the manifesto, there was a debate between some chefs and olive oil producers regarding the guidelines of a roadmap to reach a targeted production method, while ensuring that they adhere to the manifesto's first point: "Extra virgin olive oil is a food and not just a condiment."

You can download the International Manifesto for Extra Virgin Olive Oil from OurOliveOil.com website and learn more about how to use and purchase extra virgin olive oil with the TAICHI project.

To find out more about the TAICHI project, visit OurOliveOil.com

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International Manifesto of Extra Virgin Olive Oil

Extra virgin olive oil is a food and not just a condiment. Extra virgin olive oil is recognized as the most noble among vegetable fats and is the best alimentary fat ever, since it is obtained by processing a fruit: the olive.

Since it is extracted from olives only by mechanical or physical means, it is a natural product par excellence.

Everything contained in the fruit can be found in the extract and can be used immediately for food purposes without other treatments or processes.

UNESCO has recognized olive oil as an intangible cultural heritage of humanity and the chefs who subscribe to this manifesto are committed to using it daily in their dishes.

In the Mediterranean diet, the main source of lipids is represented by olive oil, being composed largely of monounsaturated acids, for this reason it guarantees a series of benefits for the health of the human body.

Olive oil is very valuable as a cooking fat; precisely because it contains monounsaturated fatty acids it is better to resist heat.

All this makes the food and wine culture, as well as the biodiversity of the various territories where the chefs live and work, even more appreciated.



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