



Dear,

As the sun continues to ripen olives across Europe, there have been optimistic estimates that olive oil production in Italy, Greece and Portugal for the 2019/20 harvesting season will vastly improve compared to last year's disappointing yields.

In addition, there has been positive news over the summer of two scientific studies showing that the renowned Mediterranean diet could not only help to reduce dementia risks, but also give diabetics improved memory.

We also look back at the TAICHI project's restaurant roadshow that visited seven Chinese cities promoting the benefits of extra virgin olive to a new market.

Read on to learn more.

### 2019/20 olive oil harvest looking positive



Olive oil production in Italy, Greece and Portugal for the 2019/20 harvesting season is projected to vastly improve on last year's figures.

Italy is expected to produce 330,000 tons, a large improvement from the 175,000 tons produced during the 2018/19 season. The increase has been attributed to stable weather conditions, as well as above-season rainfall levels in April and May.

Greece and Portugal are projected to increase their yields to 300,000 tons and 130,000 tons respectively, while Spanish olive oil production is looking at a decrease from 1.77 million tons to 1.35 million tons due to water limitations and the interannual alternance of olive trees.

### Scientific studies promote Mediterranean diet health benefits



Eating a Mediterranean diet, which includes extra virgin olive oil as an essential ingredient, could reduce the risk of developing some forms of dementia and give improved memory function to adults with diabetes, according to two US studies published over the summer.

Results of the eight-year investigation published by the American Medical Association determined that adults at a high risk of dementia who undertook at least 150 minutes of moderate activity or 75 minutes of vigorous activity per week, consumed alcohol in moderation, and ate a healthy diet like that in the Mediterranean, had a 32 percent lower risk of developing dementia.

In the study published by the American Diabetes Association, type 2 diabetic participants of the two-year investigation exhibited bigger improvements in several neuropsychological examinations than those who didn't follow the diet. The study tracked more than 900 middle-aged and older Puerto Rican adults living in the northeast American city of Boston.

### Promotional restaurant roadshow visits seven Chinese cities



Over 1,900 people participated in our promotional roadshow in cities across Mainland China during April and May, as we introduced professionals and customers to extra virgin olive oil. Each of the 40 restaurants involved hosted a three-night informative and gourmet event that perfectly matched local cuisine with olive oil.

Held in Beijing, Shanghai, Guangdong, Chengdu, Hangzhou, Chongqing and Xi'an, one of the most popular activities taught people how to identify high quality oils from inferior and fake brands. The feedback from our guests was excellent and its extraordinary success has inspired us to repeat the initiative later this year.

Keep reading our newsletter to find out when and where the next roadshow will take place.

[See all pictures here!](#)

Follow our social media to receive free recipes, healthy lifestyle tips, cool photos and more! Remember to support us with your likes, comments, shares and, of course, emoji:))



For more information about the TAICHI project, visit [OurOliveOil.com](http://OurOliveOil.com).

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Our mailing address is:  
[info@ouroliveoil.com](mailto:info@ouroliveoil.com)

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