

OLIVE OIL IN EAST CRETE



Used to make everything from oil lamps and cosmetics to sapid food, olive oil has been made in East Crete since the seafaring Minoans dwelt here some 4000 years ago – and probably long before. According to the father of modern medicine, Hippocrates, olive oil has more than 60 therapeutic uses

Nowadays Cretans use an estimated 25kg of extra virgin olive oil per capita, per year to fry everything from fish to souvlaki, drizzle over salads, or bake sticky sweets and gorgeously rich cakes – no wonder the Cretan Diet is one of the healthiest in the world

WHY IS IT GOOD FOR YOU

Rich in rich in monosaturated fatty acids (MUFAs) and poor in polysaturated fatty acids (PUFAs), olive oil contains Vitamin E, b-carotene, tyrosol, rutin, xanthophyll, carotenoids, lycopene and other antioxidant substances said to have powerful anti-cancer properties

Reducing LDL cholesterol, or ‘bad’ cholesterol, responsible for the creation of fat deposits in the arteries, olive oil lowers the risk of heart disease

As a natural antioxidant, olive oil slows down the biological ageing process and reduces the production of acids, aiding the digestive system.

WHERE CAN I TRY SOME

*Since 95% of the olive oil produced in Crete belongs to the **highest quality category Extra Virgin olive oil**, made without processing after the initial cold pressing and with less than 1% acidity, you’ll find plenty of **good restaurants** serving food baked, fried and stewed in the world’s best olive oil here in East Crete, if you follow our guide to*

***RECOMMENDED RESTAURANTS SERVING FOOD MADE
WITH EXTRA VIRGIN OLIVE OIL***

Olive Taste tavernas