

ONLY OLIVES FROM SPAIN BRING

SABOR

TO YOUR TABLE

ABOUT OLIVES FROM SPAIN

Green olives are harvested at their optimum ripening period for a smoked flavor. **Semi-ripe olives** have an attractive pinkish, wine-colored hue. **Ripe olives** are harvested just before or when they are completely ripe. Depending on the area and harvesting period, they are naturally reddish-black, purplish-black, purple, greenish-black, or dark chestnut. **Ripe Black olives** are harvested before they ripen, and are specially treated for their color and to eliminate bitterness. Once fully processed, the Ripe Black olive is both mild and subdued and has a light, versatile flavor.

GROWING CONDITIONS

Spain's sunny weather, temperate winters and rich, fertile soil are idyllic for growing the perfect olive. The olives are carefully hand-picked one by one to avoid damaging the fruit. The main olive growing regions in Spain are Andalusia and Extremadura.

HEALTH

Olives from Spain are a naturally sugar-free food and contain monounsaturated fats, which can improve cholesterol levels in the blood and reduce the risk of heart attack and stroke. One serving of Olives from Spain (7 large olives) provides 35 calories and 2.5 grams of monounsaturated, healthy fat, making it a great substitute for foods high in saturated fat.

BUSINESS

Spain is the world leader in production and exports of table olives, accounting for 22% of world production and 40% of world exports. Most of the olives consumed in the U.S. come from Spain. In fact, 95% of stuffed pimiento olives consumed by Americans come from Spain. The United States is the main destination of Olives from Spain, importing more than 155 million lbs. of Olives from Spain, worth more than \$205 million.

AN OLIVE FOR EVERY OCCASION

BLACK RIPE OLIVES

Enjoyable any time of day—either as a quick daytime snack or with an elaborate evening meal. Also try

SLICED BLACK RIPE OLIVES for complementary flavor.

STUFFED OLIVES

Combine almost any food with this Mediterranean favorite for delicious and creative flavor.

NATURAL AND SEASONED OLIVES

Green, black and colored olives taste delicious with their natural flavors.

GREEN OLIVES STUFFED WITH PIMIENTO

Commonly used for hors d'oeuvres and work well with sharp cheeses.

SPANISH GREEN OLIVE

This year-round favorite is flavorful enough to stand alone, yet adaptable to make any dish more memorable.

QUEEN OLIVES

When pitted, can be used for stuffing, cooking or just plain old snacking.



Look for the logo!

ENDLESS WAYS TO ENJOY OLIVES FROM SPAIN

USAGE IDEAS

Sweet, salty, bitter and sour, Olives from Spain are extremely versatile in cooking pizzas, salads, pastas, rice, meat, fish, cocktails and stews. They are affordable, easy to buy, easy to preserve and can be offered as a quick appetizer that everyone can enjoy and here are just a few for inspiration:

STUFFED

There are many ways to enjoy stuffed olives. Ingredients can be mixed and matched to create new and exciting flavors. Some common olive stuffings include garlic, blue cheese, jalapeños, capers, anchovies, peppers, almonds, tuna and ham.

MARINADES

Combine olives with your favorite oils and spices for a quick, easy Mediterranean side dish. Try any combination of oregano, thyme, garlic, orange, lemon and onion. Incorporate Olives from Spain into any pasta, fish, chicken, or meat dish - the flavor is versatile and can bring nearly any recipe to life.

TOPPINGS

Replace sugary salad toppings such as dried cranberries with Olives from Spain. Top sandwiches with black or green olive tapenade. Toss Olives from Spain into any grain-based salad, such as quinoa salad, to add rich flavor, a pop of color, and healthy fats to the dish. Add flavor to any tomato dish - tomato soup, sauce, or salad - with Olives from Spain.

APPETIZERS

Serve Olives from Spain as an appetizer instead of cheese and crackers. Switch it up by serving different varieties, types and forms of presentations, instead of mixed nuts at your next cocktail party. Pair chickpeas, white beans, or kidney beans with a serving of black or green Olives from Spain. Table olives are an essential ingredient in the Mediterranean Diet.



BLACK RIPE OLIVES
WITH STRAWBERRIES &
CAULIFLOWER



Most olives
consumed in
the U.S. are
Olives from
Spain!




SPANISH GREEN OLIVES
WITH HAZELNUTS




SPANISH GREEN OLIVES
WITH ORANGES & BEETS



BLACK RIPE OLIVES
WITH ASPARAGUS

To learn more about Olives from Spain visit us at www.OlivesFromSpain.us
and on  Facebook @[olivesfromspain](https://www.facebook.com/olivesfromspain)

 Pinterest @www.pinterest.com/OlivesSpain

 YouTube @[onlyolivesfromspain](https://www.youtube.com/onlyolivesfromspain)



Look for
the logo!