

From the President's Desk

Dear Friends,

The Association circulated the comparative data on import of olive oil with Italy and Spain breakups for the financial year April-March 2018-19 and April-March 2017-18. India's imports of table olives were also circulated. Details are given below.

Rahul Upadhyay

Data on Olive Oil and Table Olive Imports

Olive Oil

Total olive oil imports by India during April-March 2018-19, as per Department of Commerce, Government of India, were 11,669 MT as compared to 10,915 MT during FY 2017-18. The shares of Spain and Italy for this period stood at 65% and 30% respectively. Given below is the percentage contribution of different commodities for the periods FY 2017-18 and FY 2018-19 as well as the breakup for Spain and Italy.

HS Code	Commodity	TOTAL		SPAIN	ITALY
		FY 2017-18 (%)	FY 2018-19 (%)	FY 2018-19 (%)	FY 2018-19 (%)
15091000	OLIVE OIL VIRGIN	15.13	13.71	13.24	12.47
15099010	OLIVE OIL & ITS FRACTNS (EXCLDNG VRGN)OF EDIBLE GRDE	65.69	57.54	70.66	33.38
15099090	OTHER OLIVE OIL & ITS FRACTNS (EXCLD VRGN)	2.52	1.30	1.00	0.56
15100091	OTHER OIL (EXCLD CRUDE OIL) OF EDBLE GRADENOT CHMCLY MODFD FR OLIVES	15.97	23.46	10.87	50.44

15100099	OTHER OIL OTHER THAN EDBLE GRADE(EXCLD G CRUDE OIL) FROM OLIVES	0.70	3.98	4.22	3.16
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Table Olives

Total imports of table olives by India during April-March 2018-19, as per Department of Commerce, Government of India, stood at 3,289.90 MT, witnessing a decline of 1.70% from previous year. Total imports of table olives by India during the last financial year April-March 2017-18 were 3,346.74 MT. Table olive imports from Spain this year amounted to 2,815.77 MT.

News from Olive Oil World

EU Olive Oil Exports to Reach Record Levels

A report by the European Commission predicts that olive oil exports from the European Union (EU) will reach record levels for the current 2018-2019 season.

In its April 2019 report, 'Short-Term Outlook for EU Agricultural Markets in 2018 and 2019,' the European Commission projects that an increase in olive oil production in EU countries combined with high worldwide demand and a decline among non- EU producers will result in a record-high EU exports. EU is the world's biggest exporter of olive oil.

More specifically, the report predicts that olive oil production will grow by three percent for 2018-2019, and exports will rise by 11 percent to 625,000 tons, a record high.

In 2017-2018, olive oil exports from the EU increased by only one percent compared to the previous year. According to provisional figures, 563,400 tons of olive oil were exported from the EU in 2017/2018, while for 2018-2019 this figure is estimated to be 573,000 tons.

The EU is also the world's leading olive oil producer, with Spain being its largest producer by far, followed by Italy and Greece.

Despite production shortfalls in Italy and Greece – largely due to the harsh weather experienced in these parts of Europe last year, it is thanks to Spain's good harvest that the EU's production figures are up. Spain produced 1.7 million tons of olive oil in 2018-2019, which represents the second highest amount since 2003.

The report points out that increased supply will have an effect on prices. In February 2019, the average price of virgin olive oil in the EU came to €290 per 100 kg, 17 percent less than the previous year.

The EU is also the world's biggest consumer of olive oil: EU citizens consume between 1.5 and 1.6 million tons of olive oil a year.

The European Commission's report cautions that production is expected to fall for the 2019-2020 campaign due to insufficient rainfall during the first few months of 2019 in Portugal, Spain, the south of France and northern Italy.

Source: <https://www.oliveoiltimes.com/olive-oil-business/eu-olive-oil-exports-to-reach-record-levels/67786>

Italian Olive Oil Production Touches Historic Low In 2018

Olive oil production in Italy dropped by 57% in 2018 compared with figures from 2017, a study has found. The data comes from an ISMEA report, which has defined the season as 'one of the worst vintages ever for national olive growing.'

The sector report, based on production declarations from December, indicates that olive oil production stood at 1,85,000 tonnes last year, which is much lower than the optimistic forecasts made in October of last year.

The biggest losses were registered in southern Italy, particularly in Puglia, which alone represents about half of national production. Production decreased by almost 65% due to frosts and phytosanitary problems that hit the olive groves.

The lack of products is already affecting the market, with the price of extra virgin olive oil reaching €5.60 per kilogram in December (+40% compared to June), with values higher than €7.00 per kilogram in Sicily, and close to €6.00 per kilogram in Bari.

Source: <https://www.esmmagazine.com/italian-olive-oil-production-touches-historic-low-in-2018/70372>

30% Growth in Iran's Olive Oil Production

Iran produced 7,100 tons of olive oil since the beginning of the current Iranian year on March 21, Rahmatollah Parichehr, the manager of "Olive Project" implemented by the Agriculture Ministry's Horticulture Department, said. According to the official, this year's production shows a 30% rise year-on-year. "More than 1,00,000 tons of olives were produced in the country during the period, 10,000 tons more than what we had initially predicted. This year we used about 45% of the olives cultivated in orchards to produce olive oil and the rest is pickled," he said.

Source: <https://financialtribune.com/articles/domestic-economy/96794/30-growth-in-irans-olive-oil-production>

Tunisia: Olive oil will exceed 2 billion DT of 2018 in export

Tunisian olive oil is highly appreciated not only locally but also internationally for its quality, taste and price. According to information unveiled by the National Office of Oil (ONH), many constraints and challenges arise in the Tunisian olive oil sector and it is important today to find the appropriate solutions to them.

At the global level, the sector has experienced a great deal of development in recent years in plantations, production and exports. A national strategy for the development of the export of packaged olive oil has been developed. It aims to achieve 70 thousand tons of labeled packaged olive oil by 2024-2025.

It also seeks to diversify the export markets for packaged olive oil which are currently limited to four countries, namely Saudi Arabia, Canada, the United States and France.

According to data recently unveiled by the Ministry of Agriculture, Water Resources and Fisheries, Tunisia is one of the leading countries in the cultivation of organic olive oil with 7,900 olive growers who are dedicated to this activity. Tunisia is also in the forefront of producers of organic olive oil at the Arab and African level.

Tunisian olive groves today account for more than 86 million olive trees and occupy 30% of the cultivable land (1.8 million ha) whose average production is 190 thousand tons, during the last five years.

Exported quantities of olive oil registered a record of 2 billion dinars of revenue. These exports represent 57% of agricultural exports and 7% of the overall exports.

Source: https://africanmanager.com/site_eng/tunisia-olive-oil-will-exceed-the-2-billion-dt-of-2018-in-export/

Greek Producers Report Poor Harvest for Quantity, Quality

The adverse weather and the fruit fly affected the olive oil crop in the country. Our olive groves show a reduction in their output by 35 to 45 percent compared to last season - Iohannis Kampouris, a Mycenae-based producer and exporter. In any case, the total quantity of olive oil will be significantly smaller than the 350,000 tons of the previous season.

The majority of the olive oil making territories of the country faced significant problems with the fruit fly and fluctuations in the weather, which inevitably led to lower production, both in terms of quantity and quality.

Source: <https://www.oliveoiltimes.com/olive-oil-basics/greek-producers-report-poor-harvest-for-quantity-quality/66752>

Olive Oil Production in Spain Sets Record

Spain's Ministry of Agriculture, Fishing and Food has reported that [olive oil production](#) reached 1.77 million tons for the first half of the 2018-19 campaign — a record figure. This marks a 43-percent increase for the same period in 2017-18 and 49-percent higher than the average yields of the last four campaigns.

Domestic and international sales have already reached 7,53,300 tons, an 18-percent increase from last year's figures over the same period. Average monthly sales for the first half of the 2018-19 olive campaign have reached about 1,25,550 tons.

Provisional data for March also estimated that 485,400 tons of olive oil have already been exported, a 24-percent increase over last year. March alone had a very positive performance as exports were 50-percent greater than those of March 2018.

On the domestic front, Spanish olive oil producers increased their sales, having sold 2,67,960 tons, which represents a nine-percent increase over last year's figures and is three-percent higher than the average of the past four years.

Average monthly sales for the domestic market have been 44,650 tons for the first half of the year. This has led to many producers selling some of their stock, which they expect to increase by 48 percent compared with last year due to the good harvest.

Spain is expected to make up 75 percent of the European Union's olive production and 50 percent of the global production this year, compensating the decreases other top olive producing countries in the [European Union](#) experienced.

[Andalusia](#), Castilla La Mancha and Extremadura were the top three producing provinces in Spain.

Production of table olives increased by four-percent in 2018-19 in comparison to last year's numbers, but has experienced a slight decrease in sales, due mostly to lower sales in the domestic market. Total sales of table olives within Spain have gone down 3 percent with respect to those of last year.

Source: <https://www.oliveoiltimes.com/olive-oil-business/olive-oil-production-in-spain-sets-record-according-to-report/67839>

International Shortage of Olive Oil to Be Compensated by Spain

According to the latest estimates released by the European Commission, Spanish olive oil production is projected to reach 1.76 million tons in the 2018-19 season, up from 1.39 million tons the preceding season. Spain is expected to export 1.22 million tons this season, up almost 40 percent from the 2017-18 season. This is largely in response to the sharp decrease in production in other countries, such as Greece and Italy.

Italy is projected to produce just 226,000 tons of olive oil in the 2018-19 season, less than half the amount of the preceding harvesting season. Greece will fall by 35 percent to 248,000 tons and Portugal will drop almost 20 percent, down to 121,300 tons.

Overall, European Union olive oil production numbers are expected to remain fairly stable, at 2.375 million tons in 2018-19 compared with 2.410 million tons in 2017-18.

Spain's production will make up three-quarters of total EU olive oil production in the 2018/19 season, and more than half of the worldwide production.

Davide Granieri, President of the Italian olive oil consortium Unaprol, blamed this year's disappointing crop on climate change, fraud and the tariff-free influx of Tunisian olive oil into the EU market. Italy is also still in the throes of an infestation of *Xylella fastidiosa*, a plant pathogen that is ravaging olive oil groves in the eastern part of the country.

The majority of this year's crop so far was harvested in December, when Spain collected 679,000 tons of olive oil, the second-most productive month in the last decade. The province of Jaén is responsible for 40 percent of Spain's olive oil production, equating to more than Greece and Italy combined.

The most important olive oil producing countries outside of the EU are also seeing a drop in figures. Tunisia and Turkey are expected to fall by around 50 percent and only Morocco will increase its production, reaching about 50 percent more than the previous season.

According to the latest figures from the International Olive Oil Council, worldwide olive oil production for the 2018-19 season is expected to reach 3.451 million tons, down slightly from 3.653 million tons in the 2017-18 harvesting season.

Source: <https://www.oliveoiltimes.com/olive-oil-business/international-shortage-of-olive-oil-to-be-compensated-by-spain/66658>

Egypt to plant 100 million olive trees across the country by 2022

Egypt's Minister of Agriculture and Land Reclamation, Ezz El Din Abu Steit, has revealed that 100 million olive trees are set to be planted across the country by 2020.

Abu Steit, who also serves as the President of the International Olive Council, revealed that the assigned plots, which are open for both Egyptian and foreign investors, include 10,000 acres in Upper Egypt's West Minya, and 25,000 acres in Marsa Matrouh and its neighboring Western Desert Oases. The likes of Southern Sinai's El Tur Area is set to be reserved for Egyptian Investors only, enjoying 10,000 acres exclusively allocated for the plantation of olive trees in the Peninsula.

While Egypt sits comfortably as both the second largest exporter and producer of table olives globally, after Spain, it's also one of the major importers of olive oil, importing 98% of its olive oil needs. Such discrepancies are likely due to the eating habits of Egyptians, who tend to favour olives in pickled form.

However, Egypt's olive oil production is not nearly enough to cover local demand. Such production disparity became the catalyst for the 2022 Scheme, which aims for Egypt to become 100% self-sufficient in its olive oil needs.

Source: <https://cairosce.me/Buzz/egypt-to-plant-100-million-olive-trees>

Table Olive Consumption Has Doubled Since 1999

Over the past three decades, global table olive consumption has grown by about 179 percent, according to data from the International Olive Council (IOC). The bulk of this consumption increase has come from key table olive producing countries. The IOC also suspects that increased awareness in the health benefits of table olives has also helped to spur growth in places such as European Union countries.

“The main characteristic of this evolution is the growth of consumption in the non-EU countries, which has risen steadily in recent decades” Juan Vicente Calvo, the head of research and economic statistics at the IOC said. “The European Union has remained stable in the recent decades.”

Egypt which is the world’s second largest table olive producer and Algeria, the fourth experienced highest levels of growth with consumption increasing by 3,260 percent and 2,330 percent respectively. Over the same period of time, table olive consumption in Turkey more than tripled, while consumption in European Union countries grew by nearly 70 percent.

The combined markets of the European Union, Egypt, Turkey and the United States currently account for about 57 percent of global table olive consumption. However, it is Albania and Syria that lead the way in global table olive consumption per capita, with the two Mediterranean nations consuming 10.8 and 10.1 kilograms per person each year, respectively. Algeria is the third largest consumer per capita and the largest among IOC nations, with each person eating on average 7.2 kilograms per year. The fourth highest rate is Egypt and Turkey, both of which consume 4.1 kilograms per capita. By comparison, the United States only consumes 0.6 kilograms per capita.

During the past three decades, table olive production has more than tripled, with total production rising from 950,000 tons in 1990-91 to 2,953,500 tons in 2017-18. **The majority of this growth has been spurred by the Mediterranean basin and North Africa. Egypt, Turkey, Spain, Algeria, Greece, Argentina, Iran and Morocco have seen the largest increases in table olive production over this time period.**

Egypt recently announced an ambitious plan to become the world’s largest table olive producer, which would involve planting 100 million new olive trees by 2020. Spain, which in recent years has boosted olive yields, in part, due to more efficient agricultural techniques, is currently the largest global table olive producer, harvesting 6,13,000 tons of table olives in the 2017-18 season.

Table olive production has also increased substantially in Turkey, rising by 14 percent to 455,000 tons.

“The use of new semi-intensive and extensive plantations with high-density trees per [acre] increase the production,” Vicente Calvo said. “They are also working with grafts, more efficient water procedures as well as improving the mechanization and dynamism of the sector.”

Outside of IOC producing nations, table olive production in both Mexico and the United States is estimated to have grown by 11 percent and nine percent, respectively.

Syria is the only country that is expecting a major decrease in table olive production this year, with a decline of about 47 percent.

Source: <https://www.oliveoiltimes.com/olive-oil-business/table-olives-consumption-has-doubled-since-1990/67213>

Did you know?

Spain Tops List of World's Healthiest Countries

The latest findings from Bloomberg have ranked Spain as the healthiest country in the world, largely due to the country's tendency to consume a Mediterranean diet with extra virgin olive oil and nuts.

The 2019 Bloomberg Healthiest Country Index ranked 169 World Health Organization states for their overall health based on data from the World Health Organization, the United Nations Population Division and the World Bank.

Data was analyzed in the context of health variables, such as behavior, environment and life expectancy as well as risk factors, such as obesity, high blood pressure and tobacco use.

Spain jumped five places to beat out Italy, formerly the healthiest nation according to the 2017 Bloomberg study. Spain scored an overall health grade of 92.8 out of 100. Other top 10 countries were Iceland, Japan, Switzerland, Sweden, Australia, Singapore, Norway and Israel.

The Mediterranean diet has also been linked to healthy brain aging, lower risk of depression, lower risk of stroke in women, a lower risk of obesity and a host of other benefits.

Spain also earned praise for its public health system, notably its emphasis on preventative care for children, women and elderly patients. According to the European Observatory on Health Systems and Policies, the Mediterranean country has seen a decline in cardiovascular diseases and deaths from cancer over the last decade.

According to U.N. data, Spain enjoys the highest life expectancy in the EU and the third highest globally, behind Japan and Switzerland. By 2040, it is predicted that the average person born in Spain will have a life expectancy of almost 86 years at birth, which would be the highest in the world.

Source: <https://www.oliveoiltimes.com/olive-oil-basics/spain-tops-list-of-worlds-healthiest-countries/67069>

Best Oils for Arthritis

All oils are a mixture of fatty acids – monounsaturated, polyunsaturated and saturated –and it's the ratio of these acids that determine whether an oil or fat is healthful or harmful.

Healthy oils and fats have a higher amount of unsaturated fatty acids and a lower amount of saturated fatty acids than their less-healthy counterparts. Unsaturated fats – mono and poly – have unique health benefits. Monounsaturated fats can help lower your blood LDL [bad cholesterol] level and raise HDL [good] cholesterol, which in turn can help prevent cardiovascular disease. Polyunsaturated fats may lower total blood cholesterol, which also helps prevent heart disease.

Squeeze the most health benefits out of your oils by understanding their best uses, which often depend on their smoke point. This is the temperature at which different oils begin to smoke and break down, which destroys the compounds that give them their health benefits.

Storing oils properly will keep their taste and beneficial compounds intact. Air, heat and light speed up deterioration, and most should be kept on a cool, dark shelf. Some oils, particularly those high in polyunsaturated fatty acids, go rancid quickly and are best stored in the refrigerator and brought to room temperature before using. If oil has an unpleasant taste or odour, it's time for a new bottle.

High in monounsaturated fats and anti-inflammatory and antioxidant compounds, olive oils are among the best-studied fats, with many known health benefits. Extra virgin olive oil, the least refined type, is pressed mechanically rather than processed with heat or chemicals that change its chemical properties. It contains biologically active compounds – such as the polyphenols oleocanthal, oleuropein, hydroxytyrosol and lignans – that have been linked to reduced joint damage in rheumatoid arthritis.

Kitchen tips: Extra virgin oil has a low smoke point, so it's best for finishing foods or for dressings. The smoke point of virgin olive oil is a little higher, making it a better choice for cooking. Olive oil doesn't need to be refrigerated, but lasts longer away from heat and fluctuating temperatures and even longer in the fridge. Once opened, it will keep for about six months on the shelf and up to a year in the refrigerator.

Source: <https://www.arthritis.org/living-with-arthritis/arthritis-diet/best-foods-for-arthritis/healthy-oils.php>

Seven Reasons to Add Two Tablespoons of Olive Oil to Your Daily Regimen

In recent years, scientists have identified the compounds responsible for these incredible healing powers: phenolic compounds. These tiny aromatic compounds exist naturally in dozens of foods, and extra virgin olive oil (EVOO) has some of the highest levels.

1. Anti-inflammatory

The anti-inflammatory capacity of EVOO is well documented. It contains more than 30 phenolic compounds that have been shown to prevent and reverse the effects of inflammation. Oleocanthal is one such compound. Researchers have demonstrated that it behaves much like a natural NSAID (non-steroidal anti-inflammatory drug), blocking a key part of the inflammatory response. The researchers reported that daily dosing of oleocanthal may help prevent chronic inflammatory disease.

2. Anti-Microbial

Microbes are the microscopic critters that live in, on, and around our bodies. Each of us lives harmoniously with billions of them, but occasionally a microbe comes along that is unwilling to play nicely with others. These “infectious” microbes threaten our health and well-being. Antimicrobial agents target and eliminate infectious microbes, ideally leaving healthy cells unharmed. Researchers have shown that EVOO acts as an antimicrobial agent in plasma. Polyphenols in the oil defend the body by helping to identify and eliminate invaders.

3. Anti-Cancer

Recently, researchers were able to show that the phenolic compound oleocanthal induced cancer cell death in as little as 30 minutes. In the study, several types of cancer were grown in petri

dishes. Oleocanthal was then added, and in every cancer-type examined, the cells broke down and died. While all of the cancer cells in the dish died, the healthy cells surrounding them were unharmed. If this type of targeted destruction can be duplicated in human subjects, it would be the holy grail of cancer research.

4. Anti-Obesity

Obesity is a big risk factor for diabetes, heart disease and joint damage. Extra virgin olive oil has been shown to help prevent and treat obesity in humans. The phenolics in the oil influence the expression of genes related to obesity. Specifically, these compounds reduce the size of fat cells and slows their production. This causes the body to store less fat, which in turn decreases obesity.

5. Neurological Health

Scientists believe that Alzheimer's disease occurs in the brain when amyloid-beta plaques form amongst the neurons and cause breakdown of brain tissue. This and other degenerative neurological diseases destroy millions of lives every year. Researchers have shown that phenolic compounds in EVOO have the ability to remove amyloid-beta proteins from brain tissue, thus preventing plaques from forming. These results indicate that consuming EVOO regularly may reduce your chance of developing Alzheimer's disease.

6. Joint Health

Virtually all chronic joint pain is caused by inflammation. Rheumatoid Arthritis is a systemic inflammatory disease characterized by ongoing inflammation and breakdown of joint cartilage. This painful disease affects millions of people and there is no curative treatment, only symptom management. Daily use of EVOO reduces joint inflammation, which significantly decreases symptoms of arthritis. By reducing swelling in the joints, virgin olive oil decreases pain and improves mobility.

7. Cardiovascular Health

EVOO is widely considered to be heart healthy. When taken daily, it has been shown to reduce levels of LDL ("bad") cholesterol in the blood, reduce inflammation of the heart and vessels, decrease blood pressure and prevent the development of atherosclerosis.

Atherosclerosis is a disease process characterized by the build-up of plaque on the inside of blood vessels. The plaque obstructs blood flow and hardens vessels. It's the primary cause of heart attack, stroke, and heart failure. Oxidative stress, or the assault of "free radicals," is a key contributor to the development of atherosclerosis. Free radicals damage vessel walls, triggering inflammation which results in further damage. Extra virgin olive oil has been shown to reduce oxidative stress and improve blood vessel function. It acts as a potent antioxidant, protecting healthy tissue by eliminating dangerous free radicals.

Source: <https://www.pappaspost.com/seven-reasons-two-tablespoons-olive-oil-daily/>

5 Things You Should Know About Olives

1) Olives, like Grapes, are Very 'Terroir' Dependent

As with wine, the climate and growing location shape the characteristic tastes and flavors of olives. According to, Phil Meldrum, the CEO and founder of FOODmatch, a specialty foods

importer, “An olive with a “good terroir” is representative of the soil, climate, and tradition of the area from which it came; it transmits a story. In fact, some olives can only be grown in very specific regions. For example, the Lucque olive from the Languedoc region of France has not been replicated anywhere else in the world. This makes for a lower yield, higher demand and a truly unique flavor profile.”

2) Olives Can Have Significant Health Benefits

[Studies have shown](#) that since they are high in vitamin E, working them into your diet can improve cognitive function and assist in preventing heart disease. They are also filled with potent antioxidants, which are of course beneficial in decreasing inflammation. They consist of monounsaturated fat, i.e. the good fat. And in a study by the [Department of Medicine](#), Breast Cancer Translational Research Laboratory, Evanston Northwestern Healthcare Research Institute, it was found that olive oil consumption could have positive benefits for those affected by breast cancer.

3) There are Over 2000 Varieties of Olives

There are 24 million acres of olive groves across the world. They are traditionally a Mediterranean crop, with the majority of the trees found in Greece, Italy, France, Spain etc., but the fruit can also thrive in certain parts of North Africa, South America and North America.

4) Raw Olives Are Inedible

Olives must go through a significant curing process to give them their characteristic brininess, texture and flavor. But, according to olive expert Phil Meldrum, “Unlike wine, which gets better as it ages, olives are best enjoyed during the months closest to when they finish curing. For olive oil, one of the greatest measures of a high-quality product is the amount of time it takes for the fruit to go from being picked to being crushed. The less time it takes, the fresher the oil will likely taste.” To keep your olive oil in its peak quality, store it in a dark, sealed container. The more sun and air exposure it gets, the faster it will lose its preferred flavor profile.

5) You Can Estimate the Flavor of an Olive Based on its Color

Light/Bright Green:	Mild, sweet, floral
Grassy Green:	Herbal, buttery
Blonde/Light Brown:	Fruity, nutty
Purple/Eggplant:	Smoky, fruity
Black (Brine Cured):	Mild, nutty, fruity
Black (Dry/Salt Cured):	Deeply fruity (licorice), aromatic, bitter

Source: <https://www.forbes.com/sites/jqlouise/2019/06/01/5-things-you-should-know-about-olives-but-dont/#6581e2db2c59>