

Did you know?

Home improvements: clever alternative uses for olive oil

It's an integral part of many cuisines – but here are some clever uses for olive oil outside the kitchen.

To nourish and shine your wooden furniture, pour olive oil onto a piece of cloth and gently rub the surface. Use a dry cloth to remove excess oil. Similarly, if you have old leather shoes that have lost their shine, treat them with an olive oil rub to make them look as good as new.

To eliminate odours from your kitchen sink, pour a few drops of olive-oil mixed with an aromatic oil of your choice into the drain. Bad smells will be absorbed immediately.

If you have glue residue on plastic or leather, you can easily remove by using a cloth dipped in olive oil. Rub onto the area and then gently remove any excess with tissue paper. And if your houseplants have lost their shine, pour a few drops of olive oil onto a piece of cloth and gently rub each leaf separately. They'll be looking verdant again in no time. Also, when watering the plants, add a few drops of olive oil to water to provide added nourishment.

Source: <http://www.thenational.ae/arts-lifestyle/home-garden/home-improvements-clever-alternative-uses-for-olive-oil>

Olive Oil Polyphenols Reduce Bad Cholesterol and Plaque Formation

The results of a recent study have again shown that the polyphenols found in olive oil reduce cardiovascular risks.

Published in the Journal of Nutrition, the study "Olive Oil Polyphenols Decrease LDL Concentrations and LDL Atherogenicity in Men in a Randomized Controlled Trial" was conducted by a team of Spanish, Finnish and German researchers.

The objective of the study was to determine if consuming olive oil could have an effect on LDL concentrations and reduce them. LDLs are low-density lipoproteins, better known as "bad" cholesterol. High LDL levels are associated with an increased risk of blocked arteries and heart attack.

As part of the study, 25 healthy European men aged 20 to 59 were asked to consume doses of olive oil which were either low in polyphenols (2.7mg/kg) or high in polyphenols (366mg/kg) for a three-week period.

Tests were then taken on the volunteers to determine the effects of the olive oil

polyphenols on plasma LDL concentrations and atherogenicity, i.e. the formation of abnormal fatty or lipid masses in arterial walls. Those who consumed olive oil high in polyphenols experienced a 12 percent reduction in LDL concentrations while those taking the low dose had only a 5 percent decrease.

The study tested on healthy young men concluded that the polyphenols in olive oil can reduce cardiovascular risks by decreasing bad cholesterol levels and atherogenicity.

Polyphenols are naturally occurring micronutrients found not only in olive oil but also many other plant foods. Their antioxidant abilities can play an important role in prevention of cancer and cardiovascular diseases.

Source: <http://www.oliveoiltimes.com/olive-oil-health-news/olive-oil-polyphenols-reduce-bad-cholesterol-and-plaque-formation/48333>

Mediterranean Meal with Olive Oil keeps Blood Sugar Levels lower than with Corn Oil

While the Mediterranean diet in general is known for its heart healthy qualities, more and more studies have shown that it may also be an ideal diet for prevention of diabetes.

In a new study, Italian researchers have found that a meal that included extra virgin olive oil resulted in lower levels of glucose levels after a meal, compared to a meal without olive oil. In addition, there were also lower increases of LDL cholesterol as well as oxidized LDL cholesterol.

For this study, the researchers chose 25 individuals to participate. The first part of the study compared a meal with or without extra virgin olive oil, while the second part compared a meal with extra virgin olive oil or with corn oil.

The subjects were randomly assigned a Mediterranean-type meal with or without extra virgin olive oil and had blood samples taken before the meal and two hours after the meal. After 30 days, the second part was administered where olive oil and corn oil were compared.

The results showed that the addition of extra virgin olive oil did have a positive effect on blood glucose levels as well as LDL cholesterol levels.

When the olive oil meal was compared with the corn oil meal, the individuals who consumed the meal with the olive oil showed a significantly less increase of blood glucose, LDL cholesterol and oxidized LDL compared to the meal that included corn oil.

Did you know?

The researchers said it was the first study demonstrating that a Mediterranean-type meal supplemented with EVOO had a beneficial effect on post-prandial glycemic and lipid profile by decreasing blood glucose, LDL and oxidized LDL.

It is also important to note that not all vegetable or seed oils would have the same effect noted in the comparison. The authors said further study was

necessary to see whether extra virgin olive oil has such a beneficial effect in patients with diabetes or dyslipidemia.

Source: <http://www.oliveoiltimes.com/olive-oil-health-news/mediterranean-meal-with-olive-oil-keeps-blood-sugar-levels-lower-than-with-corn-oil/48379>

Recipe Section

Vegetable quesadillas



INGREDIENTS

1 small to medium-sized butternut squash, peeled and cut into 1-2 cm dice; 1 red pepper, deseeded and cut into 1-2cm dice; Kernels from 1 sweetcorn cob; 1 red onion, peeled and finely diced; 1/2 tsp ground cumin; 1/4 tsp ground coriander; 1/4 tsp paprika; a good pinch of smoked paprika; 1-2 red chillies (depending on heat and your preference for it), deseeded and finely chopped; light olive oil for roasting, frying and brushing; 4 large flour tortillas; 150g Cheddar, grated; large handful of coriander leaves; salt and pepper

METHOD

- Heat the oven to 190°C/Gas 5
- Toss the squash, pepper, corn, onion, spices, chilli and 2 tablespoons of olive oil in a large baking dish.
- Season with salt and pepper

- Roast the veg in the oven for 35-40 minutes, until tender, tossing once halfway through so it cooks evenly
- Remove from the oven and turn the temperature down low, to approximately 130°C/Gas 1
- Brush each tortilla on one side with a little oil and put one into a large non-stick frying pan, oil-side down.
- Sprinkle some cheese over one half, then the veg mixture, then a few coriander leaves
- Fold the other half of the tortilla over to make a semi-circle, gently pressing down with your hands to flatten it slightly
- Cook for a couple of minutes, until the underside of the tortilla is crisp and golden brown (keep an eye on it so it doesn't burn)
- Carefully turn it over and cook the other side until crisp and golden
- Keep warm in the oven while you cook the remainder
- Cut each one in half to serve

Source: <http://www.telegraph.co.uk/foodanddrink/recipes/11767679/Vegetable-quesadillas.html>



Indian Olive Association

From the President's Desk



I would like to thank the members for reposing their confidence and re-electing me as the President of the Indian Olive Association at the 8th Annual General Meeting held on 29th September 2015.

I alongwith Mr. V.N Dalmia, Chairman, Dalmia Continental, Mr. Amit Lohani, Convenor, FIFI, and other EC members of FIFI met Mr. Ashish Bahuguna, the new Chairperson of FSSAI on 1st September 2015 to discuss various concerns of the trade and the ambiguity that is being faced by the members. Details are given in the subject item in the newsletter.

The Department of Revenue, Ministry of Finance has raised the import duty on crude edible oil to 12.5% from 7.5% and import duty on refined edible oil to 20% from 15%, with effect from 17 September 2015.

The Association circulated the comparative data on import of olive oil with Italy and Spain breakups for the periods April-March 2014-15 and April-March 2013-14. India's imports of table olives for the period April-March 2014-15 were also circulated. Details are given below.

We are happy to welcome Aditya Birla Retail Ltd., Deoleo India Pvt. Ltd., M/s Supreme Enterprises, and Suresh Kumar and Company (Impex) Pvt. Ltd. as new members of the Association.

Rajneesh Bhasin
Rajneesh Bhasin

Annual General Meeting of IOA

The Eighth Annual General Meeting of the Indian Olive Association was held on 29th September 2015 at PHD House, New Delhi. Mr. Rajneesh Bhasin was unanimously elected as the President of the Indian Olive Association for the year 2015-16.



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Edited, Printed and Published by Secretary, Indian Olive Association
PHD House, 4/2, Siri Institutional Area, August Kranti Marg, New Delhi-110016(India)
Phone: 91-11-26863801 to 04, 49545454 (extn.-114); Fax: 91-11-26855450, 49545451
E-mail: indolive@indolive.org Website: www.indolive.org

Executive Council for the Year 2015-2016

At the Eighth Annual General Meeting of Indian Olive Association held on 29th September 2015, at PHD House, New Delhi, the following was unanimously elected as President:

1. **Mr. Rajneesh Bhasin** - President
Managing Director
Borges India Pvt. Limited

The following were unanimously elected as members to the Executive Council:

- **Mr. S N Bahadur**, Manisha International Pvt. Ltd.
- **Mr. Akshay Modi**, Modi Naturals Ltd.

At the first Executive Council meeting held on 29th September 2015, the following members were co-opted to the Executive Council:

- **Mr. Rahul Upadhyay**, Rian Imports & Marketing
- **Mr. Natwar Pujari**, Director, Consumer Marketing India Pvt. Ltd.
- **Mr. Vikas Sharma**, Manager, Fieldfresh Foods Private Limited
- **Ms Susana Toribio**, Director, Deoleo India Pvt Ltd

Meeting with FSSAI

The new Chairperson of FSSAI – Mr. Ashish Bahuguna was met up by the key members Mr. Rajneesh Bhasin, Managing Director, Borges International, along with Mr. V.N Dalmia, Chairman, Dalmia Continental, Mr. Amit Lohani, Convenor, FIFI, and other EC members of FIFI, on 1st September 2015.

Various concerns of the trade and the ambiguity that is faced by the members were discussed:

- Olives import – Mismatch in the specifications of Indian and International Regulations

- Restrictions in importing the blended edible vegetable oils as the blended oils shall have AGMARK certification for sale in India and AGMARK doesn't approve the suppliers abroad

Mr. Bahuguna gave a positive feedback on the issues raised and mentioned to work on some solution.

Further hike in import duty rates on edible oils

A notification No. 46/2015-Customs, dated 17th September 2015 was issued by the Department of Revenue, Ministry of Finance raising the import duty on crude edible oil to 12.5% from 7.5% and import duty on refined edible oil to 20% from 15%, with effect from 17/9/2015.

The government had earlier increased the import duty on crude and refined edible oils to 7.5% from 2.5% and to 15% from 10% respectively, in December 2014.

Olive Oil Import Data

Olive Oil

Total olive oil imports by India during April-June 2015-16, as per Department of Commerce, Government of India, were 2,583 MT as compared to 3,356.08 MT in the same period last year. The shares of Spain and Italy for this period stood at 69.92% and 25.97% respectively.

As per Department of Commerce, Government of India, total olive oil imports by India during April-March 2014-15 were 12,620.65 MT, witnessing a growth rate of around 17.75% over the same period last year. The shares of Spain and Italy in this period stood at 62.91% and 30.50% respectively. Olive oil imports by India during the same period last year (April-March 2013-14) amounted to 10,718.33 MT (with shares of

Spain and Italy at 62.73% and 31.60% respectively).

Table Olives

Total imports of table olives by India during April-June 2015-16, as per Department of Commerce, Government of India, stood at 716.40 MT, with table olive imports from Spain amounting to 696.58 MT.

As per Department of Commerce, Government of India, India's imports of table olives for the period April-March 2014-15 stood at 2003.53 MT, as compared to 1197.77 MT for the last financial year April-March 2013-14, registering a growth rate of 67.27%. Table olive imports from Spain amounted to 1,855.53 MT and 1067.54 MT in April-March 2014-15 and April-March 2013-14 respectively.

News from the Industry

Govt. allows 100% FDI in five plantation crops

The government allowed 100 per cent FDI in five plantation crops, mainly coffee, rubber, cardamom, palm oil tree and olive oil tree via automatic route, a move hailed by the industry.

At present, 100 per cent FDI is allowed only in tea plantation through the government approval route.

"In line with this sector, the government has decided to open certain other plantation activity namely, coffee, rubber, cardamom, palm oil tree and olive oil tree plantations also for 100 per cent foreign investment," the Commerce and Industry Ministry said in a statement. Foreign investment in the plantation sector would henceforth be under automatic route, it added.

Source: http://articles.economicstimes.indiatimes.com/2015-11-10/news/68165443_1_100-fdi-cent-fdi-tea-plantation

India Set to Market its Own Olive Oil

A landmark collaboration between India and Israel is coming to fruition as Rajasthan prepares for its first-ever large-scale olive oil extraction. The first drops of the Indian-grown fruit's elixir are expected to lead to an anticipated yield of 8,000 to 10,000 litres of "Raj Olive Oil" set to hit the open market by year's end.

The pilot project was launched in 2007 when a delegation of farmers and agronomists from India visited Israel to determine the economic and agricultural feasibility of olive tree cultivation in their homeland. The Rajasthan Olive Cultivation Limited (ROCL) was incorporated soon thereafter. The public-private partnership between the government of Rajasthan's agricultural board, India-based Finolex Plasson Industries, Pune and Indolive Industries of Israel then began in earnest through importing of seven varieties of olive trees from Israel to the north-eastern Indian state.

Following the very first of the trees' fruit harvest last season, the olive oil produced was auctioned to a private company. With all systems now on solid ground, the group is ready for its first go at a public offering and ROCL estimates that the olive oils (both virgin and extra virgin) will be available at approximately one-third of the cost of the imported oils currently in the market.

Source: <http://www.oliveoiltimes.com/olive-oil-business/asia/india-rajasthan-olive-oil/48175>

India says it will expand Olive Oil Production

In India, they're called Jaitun, and on the heels of what

Agricultural Minister Mr. Prabhu Lal Saini has dubbed "encouraging results" from early yields, the olive crop has begun to draw a brighter spotlight in Rajasthan. A landmark collaboration between India and Israel to bring seven varieties of olive trees to the northern Indian state has proven promising, and now, India is ready to up the ante.

Committing to a larger investment in the crop, the state government is getting behind the effort through a massive increase in the amount of land that will be dedicated to olive tree cultivation and fruit and oil production. The existing 240 hectares (roughly 600 acres) will be expanded to a whopping 5,200 hectares in the coming months.

With a goal of making Rajasthan the centre for olive trade in India and put the desert state on the international map for olive oil production through their established brand "Raj Olive Oil," the Indian government believes that the success of the crop could significantly change the agro-economy of the state.

Source: <http://www.oliveoiltimes.com/olive-oil-making-and-milling/india-expands-olive-oil-production/48541>

World Olive Oil Shortage leads to Higher Prices

World olive oil prices have soared as the effects of last year's disastrous olive harvest in Europe are being felt at the consumer level.

Several recent articles in the international media have reported on the world olive oil shortage and subsequent rise in prices due to the poor harvests of the 2014-2015 season in Spain and Italy, the two countries which are responsible for 70 percent of the global olive oil output.

Spain suffered from extreme heat and drought in the summer of 2014, while Italy was hit with fruit fly infestations and the deadly *Xylella fastidiosa* bacterium which has decimated olive groves in Puglia.

Greece and Tunisia, however, have experienced increased yields, 127 percent and 300 percent respectively, compared to 2013-2014 levels. Tunisian olive oil exports have reached a record high, increasing seven-fold compared to the previous year, with most exports going, not surprisingly, to Italy and Spain. But the increased yields in Greece and Tunisia were not enough to compensate for the shortages in Italy and Spain.

Bloomberg reported that figures from Euromonitor indicate that consumer prices for olive oil have increased by 10 percent and have now surpassed the global

News from the Industry

inflation rate for packaged foods by 3.7 percent. Reports by Oil World also revealed that the price of Spanish extra virgin olive oil is now at its highest since April 2006, at \$4,272 a ton.

Meanwhile, citing figures from the British trade journal The Grocer, which covers the UK's FMCG sector, the Guardian reported that the average price of a litre of extra virgin olive oil rose from £6.32 (\$9.84) in December 2014 to £6.95 (\$10.82) in July 2015. The same article revealed that demand for olive oil by retailers and distributors in June 2015 was 12 percent higher than what exporters could deliver.

International Olive Council (IOC) figures put the total world output this year at 2.3 million tons, a fall of one-third from last year's production and the lowest level since 2000.

Source: <http://www.oliveoiltimes.com/olive-oil-business/world-olive-oil-business/olive-oil-shortage-leads-to-higher-prices/48529>

Europe Increases Tunisia's Export Quota

The annual export quota for olive oil from Tunisia to the European Union (EU) has been increased by 25,000 tons.

The decision to increase the annual quota was announced at a joint press conference held by Federica Mogherini, High Representative of the European Union for Foreign Affairs and Security Policy, and Tunisian Prime Minister Habib Essid in Brussels on 20 July 2015, following the meeting of EU Ministers of External Affairs.

Previously, olive oil exports from Tunisia to the EU were subject to an annual quota of 56,700 tons, with the new quota bringing this to a total of 81,700 tons per year. Mogherini also announced that Tunisia would no longer be subject to the monthly export quotas which were fixed by the European Commission earlier this year.

More than 70 percent of Tunisia's olive oil is exported to the EU, mostly to Italy and Spain, two countries which suffered significant losses to their olive crops during the last harvest. Meanwhile, Tunisia experienced an excellent crop and exported a record 242,000 tons from November 2014 to the end of June 2015, seven times more than the previous season.

In addition to olive oil being Tunisia's main agricultural export to the EU, it is also an important agricultural

resource which provides direct and indirect employment to more than a million Tunisians.

Also announced at the press conference was a financial support package of 23 million Euro towards security reforms in Tunisia following the deadly attacks in Sousse, and the decision to include Tunisia as the first Arab partner in the research program Horizon 2020.

Source: <http://www.oliveoiltimes.com/olive-oil-business/africa-middle-east/increase-tunisia-export-quota/48417>

Morocco Becomes a Major Olive Oil Producer

The Moroccan Center for Export Promotion, the export arm of the Ministry of Foreign Trade, announced that Morocco has become one of the largest olive oil producers in Africa and worldwide by nearly doubling a net production in six years to more than 1.5 million metric tons.

Morocco, which is already the second-largest global exporter of table olives, benefits from the implementation of National Agricultural Development Plan Green Morocco, which started in 2008 and was designed to transform the agricultural sector into a stable source of growth, competitiveness and inclusive economic development. The Green Morocco Plan sets a target of 1.2 million hectares of planted olive area and 2.5 million metric tons of oil produced by 2020.

At present, areas of olive cultivation have grown by 20% (933,475 hectares) to represent more than 55% of all arboriculture in Morocco, while accounting for 15% of the country's national agro-food exports. The olive oil sector has also drastically reduced women unemployment by creating more than 300,000 permanent jobs.

45% of Morocco's working population is employed in agriculture, which accounts for 15-20% of Morocco's GDP. Considered as a strategic priority by the Green Morocco Plan, the sustainable production and exportation of local products is at the heart of the global growth strategy of Morocco. With this goal in mind, it has invested MAD 10 billion in the modernization and technical support of farms, particularly in geographically isolated rural areas.

Source: <http://globenewswire.com/news-release/2015/06/24/747251/10139620/en/Morocco-Becomes-A-Major-Olive-Oil-Producer.html>