



## **STORE YOUR EVOO CORRECTLY IF YOU WISH TO PRESERVE ITS QUALITY!**

Storing and preserving the Olive Oil Correctly once produced, it mainly means to shield the olive oil from the light, from the air (oxygen), from direct sources of heat and from freezing because when it freezes it becomes solid and when it solidifies it forms consequently macro-crystals, therefore once that the olive oil is brought back to its liquid state, the macro-crystals brake the membrane of the cells and the olive oil goes bad very quickly.

### **LIGHT**

Since EVOO is an unrefined oil extracted from a plant, it is packed full of natural antioxidants and polyphenols. It also contains high amounts of chlorophyll — the natural chemical that plants use for photosynthesis. The greener the oil, the more chlorophyll it contains. When extra virgin olive oil is exposed to sunlight, the light interacts with the chlorophyll and creates a chemical reaction known as photo-oxidation. This reaction destabilizes the oil and degrades its overall quality. Many olive oil producers package their product in dark or opaque packaging to reduce its exposure to light. By storing it in a dark closet, cupboard, or pantry, you can reduce the potential for photo-oxidation even further.

### **HEAT**

56 degrees Fahrenheit is the ideal temperature for storing extra virgin olive oil, but temperatures up to 70 degrees are acceptable as well. If you store your EVOO in a location where temperatures regularly exceed 70 degrees (i.e., next to a stove or oven, in a window that gets direct sunlight, etc.), the heat can cause the oil to degrade and turn rancid sooner than it would otherwise. This process negatively impacts the flavor and health benefits of the oil. To safeguard against these reactions, store your olive oil in a cool, dry location. Some olive oil enthusiasts keep them in temperature-controlled units like wine refrigerators or wine cellars, but a kitchen closet or pantry works just as well.

### **OXYGEN**

Potentially the most damaging variable, oxygen is also the hardest to avoid. The moment you open a traditional bottle or package of olive oil, air floods in. Initially, this isn't a huge problem, as extra virgin olive oil contains large amounts of antioxidants and polyphenols that help it resist immediate oxidation. However, prolonged oxygen exposure will overpower those "natural protectors" and cause rapid degrading that leads to rancid olive oil. If you buy your EVOO in bottles, there's no way to avoid opening the bottle each time you use it. Most

importantly, always remember to put the top back on the bottle after using it. A sealed container will keep more oxygen from entering and damaging your oil. If you won't use all your olive oil in one sitting, pour just enough for that meal into a dish or dispenser. Then, return the closed bottle to its regular storage location.

## **REFRIGERATION?**

I advise against storing extra virgin olive oil in the refrigerator. While cool temperatures preserve olive oil in liquid form, excessive cold can cause it to become cloudy and eventually solidified. While the oil will eventually return to its liquid state after being returned to room temperature, some research suggests that repeated temperature swings can reduce the oil's quality and freshness because when it freezes it becomes solid and when it solidifies it forms consequently macro-crystals, therefore once that the olive oil is brought back to its liquid state, the macro-crystals brake the membrane of the cells and the olive oil deteriorates very quickly.

#LIVEoliveOilLessonsOnline #LiveOliveOilClassesOnline #OliveOilSchoolOnline

#VirtualEVOOTastingOnline #LIVEVirtualOliveOilClassesOnlineonZOOM

#LiveVirtualOliveOilTastingOnlineonZOOM

#LiveOliveOilTastingwithTuscanCertifiedOliveOilTaster

#LearnAboutHighQualityExtraVirginOliveOil #TuscanyOliveOilTastingSchool #Tuscany

#TuscanExtraVirginOliveOil <https://tuscanwinetastingschool.it/tuscany-olive-oil-tasting-school/>