

Buyer's Checklist

WHAT TO LOOK FOR:

A dark-tinted glass bottle or tin.

Exposure to light and heat will destroy the olive oil's flavor.

"Extra Virgin" on the label.

Extra Virgin is the highest grade and best for dipping bread, dressings, and cold dishes. Pure and Light olive oil is good for baking, frying, grilling.

A harvest or best-by date on the label.

Oil does not age well like wine. Make sure the olive oil is not more than two years old.

A quality seal (USDA, COOC, or NAOOA)

Look for a certified quality seal for assurance that the EVOO meets industry standards of excellence.

Bottle size.

Don't buy in bulk! Make sure you can finish the bottle within six months.

WHAT TO DISREGARD:

Oil color.

Color depends on the type of olive and the level of ripeness when it is pressed.

"Product of" on the label.

"Product of" means where it was packed and shipped, not necessarily where the olive is grown, harvested, and pressed.

