



SANDY OAKS

OLIVE ORCHARD

25195 MATHIS ROAD ELMENDORF, TX 78112 210.621.0044

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Olive Oil

From The Kitchen to The Spa

Sandra Winokur, Ph.D.
Proprietor



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Benefits of Olive Oil

- Reduces cholesterol levels
(it raises HDL)
- Prevents cardiac diseases
- Eases the pain of arthritis
(olive oil has analgesic properties)
- Helps with digestive disorders
- Helps the body absorb calcium
- Slows the aging process



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Benefits of Olive Oil

- Contains vitamins A, D, K, and E
- Contains omega 3 and mega 6 fatty acids
- Contains polyphenols that help prevent coronary heart disease
- Antioxidants will lower nitric acid levels, a substance in the body known to raise blood pressure



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Original Uses of Olive Oil

Olive Oil was first used for every purpose but food:

- As fuel for lamps
- Religious ceremonies
- As a lubricant to grease the axles of carts
- To massage tired muscles
- As a beauty aid for the skin



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Olive Oil Classifications

Extra Virgin Olive Oil is made by using harvested olives picked from the tree (you cannot use olives that have dropped to the ground) and within a few hours. The olives are not heated while processing.

- Extra Virgin Olive Oil – At .08% acidity (oleic acid) or under
- Virgin Olive Oil – Over .08% to under 3%
- Olive Oil - 3 % or more acidity



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Olive Oil Classifications

Olive Oil Tips

- Oxygen and light are the enemies of Olive Oil. Keep sealed and in a cool, dark place. Use your olive oil as fast as you can. Unlike wine, olive oil does not improve with age.
- Do not heat olive oil to a temperature over 350 degrees.
- Use extra virgin olive oil for dipping seasoning, and light sautéing.
- When you dress a salad clean the greens, spin them dry, then pour the olive oil lightly coating the greens. Sprinkle lemon juice or vinegar over the greens. Salt to taste and serve.



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Sandy's Favorite Salad Recipes

Easy Potato Salad

- Boil approximately 3 lbs. of small new potatoes (skin on) in salt water with several cloves of garlic and a tablespoon of olive oil.
- When potatoes are done remove them to a mixing bowl. You can either peel the potatoes or leave them un-peeled. Cut the potatoes into 1-inch pieces or quarter the potatoes.
- Squeeze 3 cloves of garlic and mix into potatoes, toss $\frac{1}{4}$ or $\frac{1}{2}$ cup of Sandy Oaks Extra Virgin Olive Oil to taste.
- Salt and pepper to taste. Garnish with rosemary sprigs or parsley
- You can modify this potato salad by adding 1 to 1 $\frac{1}{2}$ cups of drained olive salad. This can be found in the supermarket. I prefer brands made in New Orleans.



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Sandy's Favorite Salad Recipes

Asparagus, Artichoke & Leek Salad

- Break off tough ends of two bunches of asparagus. Steam until they are still firm, put into cold water to stop cooking.
- Once the leek rinses clean, drain on a towel. Combine the leeks with a 1 lb. bag of frozen quartered artichoke hearts. Sauté until leeks are just transparent.
- On a serving dish lay out the drained asparagus. On top of the asparagus spoon the leeks and artichoke hearts. Sprinkle grated Parmesan cheese on top.
- Dress with the following olive oil dressing.
- Blend together: ½ tsp. powdered mustard, ¼ cup Parmesan Cheese, ¼ cup balsamic vinegar and ½ cup Sandy Oaks Extra Virgin Olive Oil. Add salt and pepper to taste.



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Sandy's Favorite Salad Recipes

Orange and Black Olive Salad

- Peel 4 large oranges. Slice into ¼ inch rounds. Place on a bed of arugula. Scatter salty black olives on top.
- Dress with the following dressing:
 - ¼ tsp. dry mustard
 - ½ cup Sandy Oaks Extra Virgin Olive Oil
 - 2 tbsp. Balsamic vinegar
 - 1 tbsp. fresh orange juice
 - blend vigorously with a whisk. Pour over the oranges and arugula.
 - Salt and pepper to taste



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Sandy's Favorite Recipes

Roasted Vegetables

- Cut up potatoes, beets, sweet potatoes, eggplant, onion, squash, fennel stalk, celeriac into $\frac{1}{4}$ rounds. Asparagus and Brussels sprouts can also be added to the vegetable mix. If you add the Brussels sprouts be sure to half them. Dress with Sandy Oaks Extra Virgin Olive Oil and mineral salt.
- Make sure the vegetables are coated with the Olive Oil. Spread out on a baking sheet and place garlic and olives in with the vegetables. Roast on a medium heat (325 degrees) until the vegetables are done. Put on a platter and garnish with rosemary or parsley.



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Baking with Olive Oil

Did You Know?

You can substitute olive oil for butter when you cook.

The Passionate Olive:

101 Things to Do with Olive Oil

By Carla Firenze

Conversion Chart, p.202



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Baking with Olive Oil

- When using olive oil for baking, you may want to use an olive oil that is infused with lemon, orange, or lime. If you use unflavored olive oil use one with mild flavor.
- Olive oil is excellent when baking brownies, pound cake, many other cake recipes, and pie crust. There are even recipes for olive oil ice cream and gelato!

Olive Oil

¾ tsp.
2 ¼ tsp.
3 tbsp.
¼ cup
¼ cup + 2 tbsp.
½ cup + 1 tbsp.
¾ cup

Butter

1 tsp.
1 tbsp.
¼ cup
1/3 cup
½ cup
¾ cup
1 cup



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Infusing Olive Oil

Herb Infused Oil

- You need to be careful with infusion. Put herbs into a container; pour olive oil over the herbs. Heat to 170 degrees and leave for several hours at that heat. Pour into bottles. Store in a dark cool place. It will last for several weeks.
- This can be used for seasoning and dipping.
- When you cook meat, you rub the meat with this mixture and salt, the meat will have a wonderful flavor and the salt will not dry the meat out.
- When using garlic in olive oil for dipping, do not save the dipping mix beyond that meal. Olive oil and garlic can be an environment for botulism.
- A beautiful gift: Cut goat cheese into small 1'x 1' squares, and drop into a ball jar, put your favorite herbs (rosemary, thyme peppercorns) into jar and cover with olive oil. This will keep for a week to 10 days. I recommend keeping it in the refrigerator.



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Additional Uses for Olive Oil

Let's stay in the kitchen & use olive oil for cleaning:

- Clean your hardwood floors, slate and tile with olive oil and lemon oil or juice. Apply just a few drops of olive oil and lemon oil or juice to a mop to polish the floor after it has been swept clean of debris and dust.
- You can clean brass, copper, pewter & stainless steel by using a mixture of ½ cup olive oil to 2- tbsp. baking soda. Dip a cloth in the mixture and rub your pewter.
- Rubbing your copper and brass after it has been cleaned with a cloth dipped in olive oil will keep it from tarnishing.
- The above formula can also be used to remove tar from cement, such as in a garage.
- If you burn yourself while cooking, reach for the olive oil and rub it on the burn. The pain will stop because olive oil is an analgesic and the skin will repair because olive oil rejuvenates skin.



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Household Uses for Olive Oil

Clean & Preserve

- Use olive oil to clean and preserve your cutting boards and wooden utensils. You can use straight olive oil, but if you want to remove bacteria at the same time, mix 2 parts olive oil to 1 part lemon juice or lemon oil. Use straight Olive Oil on your iron skillets to clean them and preserve the finish.
- This same mix can be used to polish furniture. Just emulsify the solution and put it in a spray bottle, spray a bit on your furniture, rub with a soft cloth, keep rubbing to polish.
- For cleaning furniture, mix $\frac{1}{4}$ cup vinegar with 1 tsp. olive oil and 1 tsp water. Mix very thoroughly, dip rag into mixture, squeeze dry and dust.



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Household Uses for Olive Oil

- You can use olive oil on squeaky hinges and small tools such as scissors that might need lubricating.
- Olive oil on a small cloth (just a dab) will clean your pearls and jewels and make them shine.
- Polish your shoes with olive oil. Just dust your shoes and then dip a soft rag into olive oil and rub your leather shoes with the oil. Allow the oil to dry then use a clean cloth to buff the shoes to a shine. I also use Sandy Oaks Hand Cream that has wax in it. It works beautifully.
- Olive oil cleans the air. We developed Sandy Oaks Aroma Oil to put in oil burners.



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Olive Oil and The Skin

Rejuvenating The Skin

2 Facial Masks:

- Mix thoroughly 1 tsp. finely chopped parsley, 1 tsp. hot water and 1 tbsp. Extra Virgin Olive Oil. Dampen your skin, apply mixture and massage your face gently. Leave mixture on for 5 minutes. Remove by patting your face with damp cloth.
- Mix ½ cup olive oil and 1 small avocado thoroughly. Apply to your face and leave on for 12 minutes. Rinse your face and pat dry.



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Olive Oil and The Skin

Anti-Wrinkle Mixture

- Mix 1 tbsp. olive oil with a few drops of lemon.
- Rub gently into your skin before bedtime and leave on through the night.

Eye Makeup

- Remove your eye makeup with olive oil.



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Olive Oil and The Skin

Oil Treatment for Hair

- Use olive oil to treat hair. Massage warm olive oil into your hair. Leave it on for 15 to 20 minutes. Shampoo until the oil is removed from the hair.

(This is an old folk remedy for baldness.)

Treatment for Nails & Cuticles

- Treat nails by dipping them into warm olive oil. Massage the oil into your hands and nails. This will soften your cuticles and strengthen your nails while softening your hands at the same time.
- The same treatment is also recommended for your feet.



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Olive Oil for Pets

Watson's Liver Cookies Recipe

- Ingredients:
 - 12 ounces oat flour
 - 12 ounces rolled oats
 - 3 teaspoons bouillon granules
 - 2 eggs
 - 1 cup cold water
 - 1 pound liver pureed in food processor
 - ¼ cup extra virgin olive oil
- Preheat oven to 350.
- Mix ingredients & pour into a 13x9 inch greased pan
- Bake for 1 hour, let cool. Cut and serve to your furry friend on walks or as treats!



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Olive Oil for Pets

Slow the Shedding Process

- Whenever your pet is shedding excessively, try adding extra virgin olive oil to their food. You will notice the process will slow, less hair on couches, floor and you!

Animal Sizes

- Small less than 20 lbs. – ½ tsp.
- Medium, weighing up to 50 lbs. – 1 tsp.
- Large, weighing up to 100 lbs. – 1-2 tbsp.
- Extra Large – ¼ cup.



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Olive Oil Milestones

- **6000 BC** - Olive cultivation is first apparent in Syria
- **3000 BC** – Olive cultivation and knowledge spreads from east to west in the Mediterranean
- **2500 BC** - Olive oil and its uses are referenced in earthenware tablets in Crete.
- **2000 BC** – Olive oil is used by ancient Israelites for anointing priests and kings and to burn in temple lamps.
- **1780 BC** – The Code of Hammurabi states, that under penalty of death, no one can prune an olive tree more than two feet per year.
- **1500 BC** - Olive oil appears as a major commercial product in Crete and is sold for use in cosmetics in Egypt.
- **1000 BC** – Olive oil's exceptional culinary aspects are recognized in Greece.
- **776 BC** – An olive branch and olive oil are awarded to the winners in the First Olympic Games.
- **620 BC** - Solon's Olive Production Law declares that anyone found guilty of uprooting or destroying an olive tree would be sentenced to death. (Solon was a harsh ruler of Greece.)
- **100 BC** – Olive trees, olives and olive oil are referenced in Greek and Roman literature.



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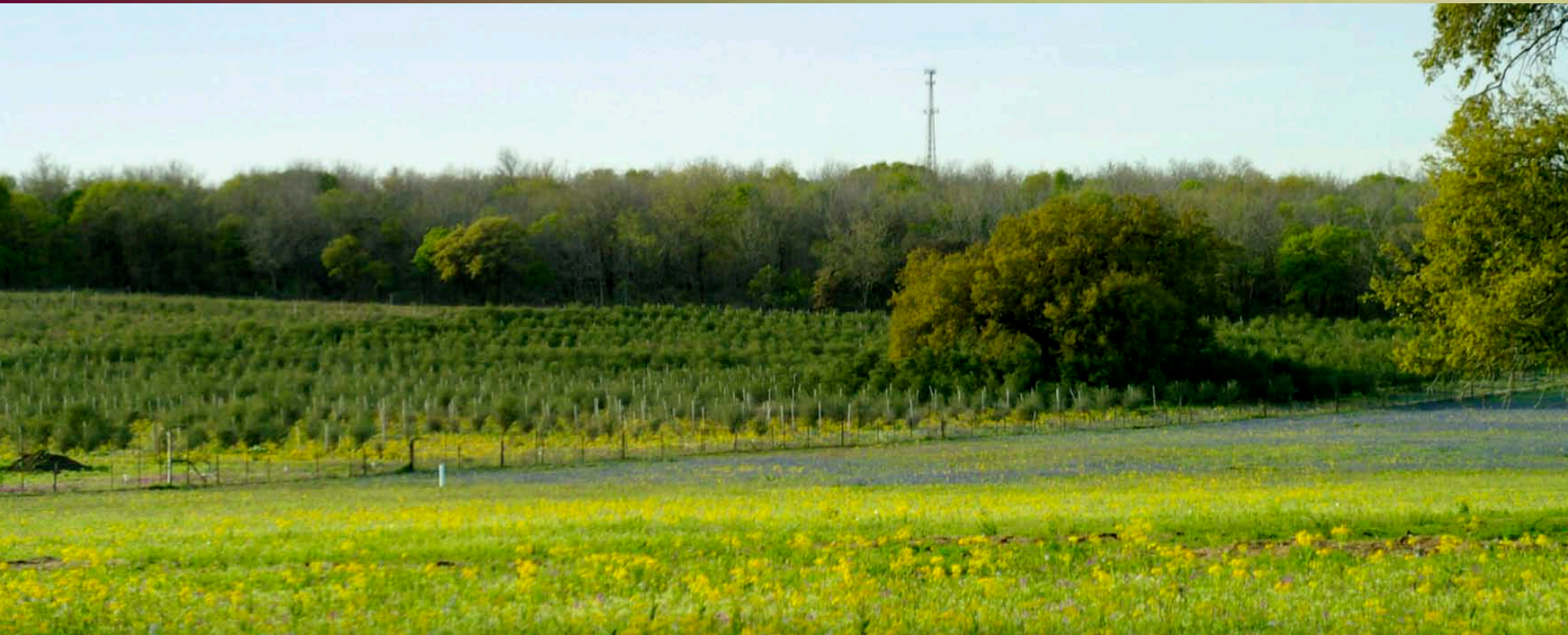
Olive Oil Milestones

- **100 AD** – Several classifications of olive oil are developed by the Romans. They classified oil by the color or olive picked and whether it was picked from the tree or the ground.
- **325 AD** – Under the reign of Constantine, 2300 oil distributors in the capitol of the Empire supply citizens with olive oil for cooking, cosmetics, massage, body care, lamps and other uses.
- **1000 AD** – Olive oil is rare and is sometimes used as cash, but most of the oil is used for religious rituals.
- **1500 to 1600 AD** – The olive is carried to the New World by Spanish explorers and missionaries.
- **1524 AD** – The first olive tree is planted in New Spain (Mexico)
- **1700 – 1800 AD** – Franciscan missionaries plant olive trees at nineteen of twenty-one missions along 600 miles of the California coast.
- **1870 AD** – Commercial olive production begins in California.
- **1900 AD** – King Umberto I of Italy prohibits the felling of olive trees on Italian land – a law that still exists today in parts of Italy.
- **1920 AD** - European immigrants spread the use of olive oil in American cooking.
- **1980 to present** – As numerous books on health and cooking with olive oil are published the knowledge of olive oil expands globally.



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For More Information

Call: 210.621.0024

Email: Saundra@sandyoaks.com

Web: www.sandyoaks.com