

Olives

Olives are an important food crop in Italy, Spain, and particularly Greece. Since ancient times, Mediterranean people have taken advantage of olive trees' special attributes. The sap from the trunk is used to treat wounds, and the olives themselves have multiple uses. They contain oleic acid, which reduces blood pressure; linoleic acid, which improves brain function and joint movement; and vitamins A, D, E, and K, which help bone growth in both children and adults. Olives' unique flavour and aroma are composed of polyphenols, which help to prevent cancer, improve liver function, and reduce inflammation.

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The natural taste of olives is very spicy and bitter, but, after being cured with salt, they become delicious and healthy. Olives are typically green, but turn black or purple when ripe. Once they have ripened, they are pressed to extract the oil, which can be used in food and incorporated into skin care products. Ripe olives are more versatile for cooking than green olives because they are less bitter. They can be eaten as an appetizer; added to baked goods, salads, and sandwiches; or even put on pizza.

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Where in Europe are Olives mainly grown?

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What colour do olives turn when they are ripe?

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Do you like olives?