

Extra VIRGINITY

THE SUBLIME AND SCANDALOUS
WORLD *of* OLIVE OIL

'An eye-opening and brilliantly researched exposé' *Sunday Times*

A photograph of a glass bottle of olive oil on a wooden table. In the background, there are olive branches with small green olives and a white ceramic pitcher. The scene is set against a soft, hazy sky, possibly at sunrise or sunset.

TOM MUELLER

Extra Virginity The Sublime And Scandalous World Of Olive Oil

Erminio Monteleone, Susan Langstaff



Extra Virginity The Sublime And Scandalous World Of Olive Oil:

Extra Virginity: The Sublime and Scandalous World of Olive Oil Tom Mueller, 2011-12-05 Mueller reveals the brazen fraud in the olive oil industry and teaches readers how to sniff out the good stuff Dwight Garner New York Times For millennia fresh olive oil has been one of life's necessities not just as food but also as medicine a beauty aid and a vital element of religious rituals But this symbol of purity has become deeply corrupt A superbly crafted combination of cultural history and food manifesto Extra Virginity takes us on a journey through the world of olive oil opening our eyes to olive oil's rich past as well as to the fierce contemporary struggle between oil fraudsters of the globalized food industry and artisan producers whose oil truly deserves the name extra virgin

Extra Virginity: The Sublime and Scandalous World of Olive Oil Tom Mueller, 2011-11-22 Extra Virginity is a rich fluid and evocative account of the history and alchemy of olive oil and of how the finest artisanal oil manufacturers in the deep south of Italy around Australia the Mediterranean in California and beyond are endangered by the widespread fraud of one of mankind's oldest and most versatile products The best oils are made by authentic artist craftsmen who marry centuries old agricultural wisdom with cutting edge extraction technology and now produce the finest oils in history However these producers are being steadily driven from the market extra virgin olive oil is difficult and expensive to make yet alarmingly easy to adulterate Skilled oil criminals are flooding the market with low cost faux extra virgins reaping rich profits and undercutting honest producers whilst authorities in Italy the US and elsewhere turn a blind eye

Extra Virginity Tom Mueller, 2013-04-09 Mueller reveals the brazen fraud in the olive oil industry and teaches readers how to sniff out the good stuff Dwight Garner New York Times For millennia fresh olive oil has been one of life's necessities not just as food but also as medicine a beauty aid and a vital element of religious rituals But this symbol of purity has become deeply corrupt A superbly crafted combination of cultural history and food manifesto Extra Virginity takes us on a journey through the world of olive oil opening our eyes to olive oil's rich past as well as to the fierce contemporary struggle between oil fraudsters of the globalized food industry and artisan producers whose oil truly deserves the name extra virgin

The Truth About Olive Oil Joyce Zborower, M.A., 2012-08-15 The Truth about Olive Oil Benefits Curing Methods Remedies Forward by Jim Henry President Texas Olive Ranch Executive Director Texas Olive Oil Council The Truth about Olive Oil is NOT a cook book There are no recipes for cooking in the Mediterranean style There are no pizza recipes If anything you could say this book is about a celebration of the benefits the lowly little olive showers on those who embrace its many flavors and colors by using it both internally by eating it and externally by rubbing it on their skin and in their hair Its health giving benefits anti oxidant and anti inflammatory properties are legendary and can be traced back to its earliest uses well before the time of Christ In the pages of this book I hope to stimulate further interest in the use of olives and olive oil by presenting various how to do it scenarios that are practical and fun For instance making table olives is an easy and fun thing to do that takes very little actual doing on your part Most of the curing time can be spent by your doing

other things while the curing medium does the job of making the fruit edible I provide specific instructions on how to do this And what about getting olives from your own tree s pressed so you can enjoy home grown olive oil You might think that only commercial growers can do this Well I found two commercial olive oil processors who will accept your smaller loads of olives combine them with other small loads do the pressing and the bottling and return the resultant oil to you on a prorated basis In addition I tell you about the various grades of olive oil and what they mean to you in terms of their nutritional value I think you ll be quite surprised at what you discover The external uses of olive oil and some internal uses as well all involve using this liquid as a form of folk remedy It s a skin lotion to soothe rough chapped elbows or lips it s a diaper rash cure it s a massage oil for easing aches and pains it s a lot of things and we ve only just scratched the surface There are more inside the book What you ll get out of reading this book is a greater appreciation for this elixir that can enhance your life and health in ways you may never even have thought of Other information about The Truth About Olive Oil Genre cooking Mediterranean low cholesterol Tags olive oil nutrition benefits of olive oil curing olives olive oil benefits does olive oil go bad olive oil for skin extra virgin olive oil Reviews The Truth About Olive Oil was originally published in August of 2012 Since then it has accrued many wonderful reviews by its Amazon purchasers and currently Dec 7 2013 sports an overall 4 stars from 12 reviews Here is an excerpt from inside this book not the same as the Look Inside This Book excerpt Nothing in Nature is pure Ordinarily we automatically think of pure as a good thing so when discussing pure in relation to things we put in our mouths and swallow it may be difficult to turn our thinking 180 and realize that if we need edibles to be as close to Nature as possible and we do we don t want pure Pure no health benefits no enzymes no phytochemicals no micro nutrients In other words to borrow a concept from my other book How to Eat Healthy pure pica a non nutritious edible that may change how the cells use food End of Excerpt Olives and Olive Oil as Functional Foods Apostolos Kiritsakis,Fereidoon Shahidi,2017-06-14 The only single source reference on the science of olives and olive oil nutrition and health benefits Olives and Olive Oil as Functional Foods is the first comprehensive reference on the science of olives and olive oil While the main focus of the book is on the fruit s renowned health sustaining properties it also provides an in depth coverage of a wide range of topics of vital concern to producers and researchers including post harvest handling packaging analysis sensory evaluation authentication waste product utilization global markets and much more People have been cultivating olives for more than six millennia and olives and olive oil have been celebrated in songs and legends for their life sustaining properties since antiquity However it is only within the last several decades that the unique health benefits of their consumption have become the focus of concerted scientific studies It is now known that olives and olive oil contain an abundance of phenolic antioxidants as well as the anti cancer compounds such as squalene and terpenoids This centerpiece of the Mediterranean diet has been linked to a greatly reduced risk of heart disease and lowered cancer risk Bringing together contributions from some of the world s foremost experts on the subject this book Addresses the importance of olives and olive oil for the agricultural economy and the

relevance of its bioactive components to human health Explores the role that olive oil plays in reducing oxidative stress in cells a well known risk factor in human health Provides important information about new findings on olive oil and lipids which reviews the latest research Explores topics of interest to producers processors and researchers including the fruit s chemical composition processing considerations quality control safety traceability and more Edited by two scientists world renowned for their pioneering work on olive oil and human health this book is an indispensable source of timely information and practical insights for agricultural and food scientists nutritionists dieticians physicians and all those with a professional interest in food nutrition and health **Odysseys of Plates and Palates: Food, Society and Sociality** Simeon S.

Magliveras,2019-01-04 This volume was first published by Inter Disciplinary Press in 2014 Is food merely fuel to keep us alive Consuming food is not simply about biological and nutritional needs Rather food like anything people engage with is inherently multi faceted The context of food and its discourses involve an interplay of our cognition and is a medium for our memory and identity Food from its mundane modes of production to the consumption of a single meal or even to the global networks which bring foods from distant lands to one s plate reflects and creates hegemonic relations between groups and individuals defining good and bad behaviour Food has been discussed since ancient times appearing in numerous ancient texts It has both been described as art and is the subject of art Food then is an expression of how we understand our world and humanity s place in it **Food Fraud** Rosalee S. Hellberg,Karen Everstine,Steven A. Sklare,2020-11-30 Food Fraud A Global Threat With Public Health and Economic Consequences serves as a practical resource on the topic of food fraud prevention and compliance with regulatory and industry standards It includes a brief overview of the history of food fraud current challenges and vulnerabilities faced by the food industry and requirements for compliance with regulatory and industry standards on mitigating vulnerability to food fraud with a focus on the Global Food Safety Initiative GFSI Benchmarking Requirements The book also provides individual chapters dedicated to specific commodities or sectors of the food industry known to be affected by fraud with a focus on specific vulnerabilities to fraud the main types of fraud committed analytical methods for detection and strategies for mitigation The book provides an overview of food fraud mitigation strategies applicable to the food industry and guidance on how to start the process of mitigating the vulnerability to food fraud The intended audience for this book includes food industry members food safety and quality assurance practitioners food science researchers and professors students and members of regulatory agencies Presents industry and regulatory standards for mitigating vulnerability to food fraud including Global Food Safety Initiative GFSI Benchmarking Requirements Provides tools and resources to comply with industry and regulatory standards including steps for developing a food fraud vulnerability assessment and mitigation plan Contains detailed commodity specific information on the major targets of food fraud including specific vulnerabilities to fraud analytical methods and strategies for mitigation **Truffle Boy** Ian Purkayastha,Kevin West,2025-05-01 Ian Purkayastha has a true deep expertise in everything he sells caviar truffles

fish He knows the stories that we need to sell the stuff tableside he can disrupt the entire luxury foods market From the Foreword by David Chang Ian Purkayastha is New York City s leading truffle importer and boasts a devoted clientele of top chefs nationwide including Jean Georges Vongerichten David Chang Sean Brock and David Bouley But before he was purveying the world s most expensive fungus to the country s most esteemed chefs Ian was just a food obsessed teenager in rural Arkansas a misfit with a peculiar fascination for rare and exotic ingredients The son of an Indian immigrant father and a Texan mother Ian learned to forage for wild mushrooms from an uncle in the Ozark hills Thus began a single track fixation that led him to learn about the prized but elusive truffle the king of all fungi His first taste of truffle at age 15 sparked his improbable yet remarkable adventure through the strange and often corrupt business of the exotic food trade Rife with tales from the hidden underbelly of the elite restaurant scene Truffle Boy chronicles Ian s high stakes dealings with a truffle kingpin in Serbia meth head foragers in Oregon crooked businessmen and maniacal chefs in Manhattan gypsy truffle hunters in the forests of Hungary and a supreme adventure to find Gucci mushrooms in the Himalayan foothills the land of the gods He endures harsh failures along the way but rebuilds with tremendous success by selling not just truffles but also caviar wild mushrooms rare foraged edibles Wagyu beef and other nearly unobtainable ingredients demanded by his Michelin starred clients Truffle Boy is a thrilling coming of age story and the incredible but true tale of a country kid who grows up to become a force in the world of fine dining

Ecologist Guide to Food Andrew Wasley,2014-02-01 The Ecologist has been setting the environmental agenda for over 40 years bringing the critical issues of our time into the mainstream through cutting edge reporting Drawing on their extensive archives as well as much new material the Ecologist Guide to Food delves behind the labels to investigate the often unpalatable truths about the foodstuffs we consume each day Animal suffering human rights abuses the destruction of ecosystems pollution waste these are not issues we tend to associate with our food However as investigative journalist Andrew Wasley reveals much of our food comes with a hidden price tag But does the process of meeting Western demand for well stocked supermarkets need to be this bleak What if our mega farms could harvest crops of 70 000 vegetables each day and still offer fair pay good living conditions and even social facilities to their workers What if drinking coffee could actually have a positive influence on reforestation As well as uncovering the sometimes shocking practices in existence this book takes a look at alternatives for the food industry giving a voice to the positive pioneers going against the grain to produce food that is good for you good for others and good for the planet

Olive Oil Sensory Science Erminio Monteleone,Susan Langstaff,2013-12-03 The olive oil market is increasingly international Levels of consumption and production are growing particularly in new markets outside the Mediterranean region New features of product optimization and development are emerging and along with them new marketing strategies which benefit from a clear understanding of the sensory aspects of foods as well as adequate sensory techniques for testing them Recently developed sensory methods and approaches are particularly suitable for studying the sensory properties of olive oils and their function in culinary

preparation or in oil food pairing Each chapter of Olive Oil Sensory Science is written by the best researchers and industry professionals in the field throughout the world The book is divided into two main sections The first section details the appropriate sensory methods for olive oil optimization product development consumer testing and quality control The intrinsic factors affecting olive oil quality perception are considered as well as the nutritional health and sensory properties underlining the importance of sensory techniques in product differentiation The agronomic and technological aspects of production that affect sensory properties and their occurrence in olive oil are also addressed Sensory perception and other factors affecting consumer choice are discussed as is the topic of olive oil sensory quality The second part of this text highlights the major olive oil producing regions of the world Spain Italy Greece California Australia New Zealand and South America Each chapter is dedicated to a region looking at the geographical and climactic characteristics pertinent to olive oil production the major regional olive cultivars the principle olive oil styles and their attendant sensory properties Olive Oil Sensory Science is an invaluable resource for olive oil scientists product development and marketing personnel on the role of sensory evaluation in relation to current and future market trends

The Last Chance Olive Ranch Susan Wittig Albert, 2018-03-06 In this exciting mystery from New York Times bestselling author Susan Wittig Albert China Bayles fears for her husband's life as an escaped convict targets him Max Mantel the killer McQuaid put away years ago has busted out of the Huntsville prison and appears to be headed for Pecan Springs McQuaid knows there's only one way to stop the vengeful convict set a trap with himself as bait China wants to stay by her husband's side and keep him from harm But McQuaid insists that she get out of town and go to the Last Chance Olive Ranch where she's agreed to teach a workshop on herbs When China and her best friend arrive at the ranch she learns the owner Maddie Haskell has her own troubles She inherited the ranch and olive oil business from the late matriarch Eliza Butler but Eliza's nephew is contesting the will While China throws herself into helping Maddie McQuaid's plan backfires when Mantel executes a countermove he never saw coming Now McQuaid's life is not the only one at stake and this time may really be his last chance

Food and Drink in American History Andrew F. Smith, 2013-10-28 This three volume encyclopedia on the history of American food and beverages serves as an ideal companion resource for social studies and American history courses covering topics ranging from early American Indian foods to mandatory nutrition information at fast food restaurants The expression you are what you eat certainly applies to Americans not just in terms of our physical health but also in the myriad ways that our taste preferences eating habits and food culture are intrinsically tied to our society and history This standout reference work comprises two volumes containing more than 600 alphabetically arranged historical entries on American foods and beverages as well as dozens of historical recipes for traditional American foods and a third volume of more than 120 primary source documents Never before has there been a reference work that coalesces this diverse range of information into a single set The entries in this set provide information that will transform any American history research project into an engaging

learning experience Examples include explanations of how tuna fish became a staple food product for Americans how the canning industry emerged from the Civil War the difference between Americans and people of other countries in terms of what percentage of their income is spent on food and beverages and how taxation on beverages like tea rum and whisky set off important political rebellions in U S history

The Lost Supper Taras Grescoe, 2023-09-19 A New Scientist Globe and Mail and Eater Best Book of 2023 In the tradition of Michael Pollan Anthony Bourdain and Mark Bittman a surprising flavorsome tour of ancient cuisines Kirkus STARRED from Neolithic bread to ancient Roman fish sauce and why reviving the foods of the past is the key to saving the future A fascinating look at the people who are keeping these ancient food traditions alive against the odds while offering a rough roadmap toward a more sustainable food ecosystem Eater Many of us are worried or at least we should be about the impacts of globalization pollution and biotechnology on our diets Whether it s monoculture crops hormone fed beef or high fructose corn syrup industrially produced foods have troubling consequences for us and the planet But as culinary diversity diminishes many people are looking to a surprising place to safeguard the future into the past The Lost Supper explores an idea that is quickly spreading among restaurateurs food producers scientists and gastronomes around the world that the key to healthy and sustainable eating lies not in looking forward but in looking back to the foods that have sustained us through our half million year existence as a species Acclaimed author Taras Grescoe introduces readers to the surprising and forgotten flavors whose revival is captivating food lovers around the world ancient sourdough bread last baked by Egyptian pharaohs raw milk farmhouse cheese from critically endangered British dairy cattle ham from Spanish pata negra pigs that have been foraging on acorns on a secluded island since before the United States was a nation and olive oil from wild olive trees uniquely capable of resisting quickly evolving pests and modern pathogens From Ancient Roman fish sauce to Aztec caviar to the long thought extinct silphium The Lost Supper is a deep dive into the latest frontier of global gastronomy the archaeology of taste Through vivid writing history and first hand culinary experience Grescoe sets out a provocative case in order to save these foods he argues we ve got to eat them Published in partnership with the David Suzuki Institute

Ancestral Diets and Nutrition Christopher Cumo, 2020-11-19 Ancestral Diets and Nutrition supplies dietary advice based on the study of prehuman and human populations worldwide over the last two million years This thorough accessible book uses prehistory and history as a laboratory for testing the health effects of various foods It examines all food groups by drawing evidence from skeletons and their teeth middens and coprolites along with written records where they exist to determine peoples health and diet Fully illustrated and grounded in extensive research this book enhances knowledge about diet nutrition and health It appeals to practitioners in medicine nutrition anthropology biology chemistry economics and history and those seeking a clear explanation of what humans have eaten across the ages and what we should eat now Features Sixteen chapters examine fat sweeteners grains roots and tubers fruits vegetables and animal and plant sources of protein Integrates information about diet nutrition and health from ancient medieval modern and

current sources drawing from the natural sciences social sciences and humanities Provides comprehensive coverage based on the study of several hundred sources and the provision of over 2 000 footnotes Presents practical information to help shape readers next meal through recommendations of what to eat and what to avoid **The New Vegetarian Cooking for Everyone** Deborah Madison,2014-03-11 A fully revised and expanded edition of the most comprehensive vegetarian cookbook ever published from America s leading authority on vegetarian cooking What Julia Child is to French cooking Deborah Madison is to vegetarian cooking a demystifier and definitive guide to the subject After her many years as a teacher and writer she realized that there was no comprehensive primer for vegetarian cooking no single book that taught vegetarians basic cooking techniques how to combine ingredients and how to present vegetarian dishes with style Originally published in 1997 Deborah Madison s Vegetarian Cooking for Everyone was both ahead of its time and an instant classic It has endured as one of the world s most popular vegetarian cookbooks winning both a James Beard Foundation award and the IACP Julia Child Cookbook of the Year Award Now The New Vegetarian Cooking for Everyone picks up where that culinary legacy left off with more than 1 600 classic and exquisitely simple recipes for home cooks including a new introduction more than 200 new recipes and comprehensive updated information on vegetarian and vegan ingredients A treasure from a truly exceptional culinary voice The New Vegetarian Cooking for Everyone is not just for vegetarians and vegans it s for everyone interested in learning how to cook vegetables creatively healthfully and passionately **Food Lit** Melissa Brackney Stoeger,2013-01-08 An essential tool for assisting leisure readers interested in topics surrounding food this unique book contains annotations and read alike for hundreds of nonfiction titles about the joys of comestibles and cooking Food Lit A Reader s Guide to Epicurean Nonfiction provides a much needed resource for librarians assisting adult readers interested in the topic of food a group that is continuing to grow rapidly Containing annotations of hundreds of nonfiction titles about food that are arranged into genre and subject interest categories for easy reference the book addresses a diversity of reading experiences by covering everything from foodie memoirs and histories of food to extreme cuisine and food expos s Author Melissa Stoeger has organized and described hundreds of nonfiction titles centered on the themes of food and eating including life stories history science and investigative nonfiction The work emphasizes titles published in the past decade without overlooking significant benchmark and classic titles It also provides lists of suggested read alike for those titles and includes several helpful appendices of fiction titles featuring food food magazines and food blogs **Environment and Society in Byzantium, 650-1150** Alexander Olson,2020-11-16 This book illuminates Byzantines relationship with woodland between the seventh and twelfth centuries Using the oak and the olive as objects of study this work explores shifting economic strategies environmental change and the transformation of material culture throughout the middle Byzantine period Drawing from texts environmental data and archaeological surveys this book demonstrates that woodland s makeup was altered after Byzantium s seventh century metamorphosis and that people interacted in new ways with this re worked

ecology Oak obtained prominence after late antiquity illustrating the shift from that earlier era's intensive agriculture to a more sylvan middle Byzantine economy. Meanwhile the olive faded into the background re-emerging in the eleventh and twelfth centuries thanks to the initiative of people adapting yet again to newly changed political and economic circumstances. This book therefore shows that Byzantines' relationship with their ecology was far from static and that Byzantines' decisions had environmental impacts.

Real Food/Fake Food Larry Olmsted, 2016-07-10 Olmsted makes you insanely hungry and steaming mad: a must read for anyone who cares deeply about the safety of our food and the welfare of our planet. Steven Raichlen, author of the Barbecue Bible series, 'The world is full of delicious lovingly crafted foods that embody the terrain, weather and culture of their origins. Unfortunately it's also full of brazen impostors.' In this entertaining and important book Olmsted helps us fall in love with the real stuff and steer clear of the fraudsters. Kirk Kardashian, author of Milk Money, Cash Cows and the Death of the American Dairy Farm: 'You've seen the headlines: Parmesan cheese made from wood pulp, Lobster rolls containing no lobster at all, Extra virgin olive oil that isn't.' So many fake foods are in our supermarkets, our restaurants and our kitchen cabinets that it's hard to know what we're eating anymore. In *Real Food Fake Food*, award-winning journalist Larry Olmsted convinces us why real food matters and empowers consumers to make smarter choices. Olmsted brings readers into the unregulated food industry, revealing the shocking deception that extends from high-end foods like olive oil, wine and Kobe beef to everyday staples such as coffee, honey, juice and cheese. It's a massive bait and switch in which counterfeiting is rampant and in which the consumer ultimately pays the price. But Olmsted does more than show us what foods to avoid. A bona fide gourmand, he travels to the sources of the real stuff to help us recognize what to look for, eat and savor: genuine Parmigiano Reggiano from Italy, fresh-caught grouper from Florida, authentic port from Portugal. Real foods that are grown, raised, produced and prepared with care by masters of their craft. Part cautionary tale, part culinary crusade, *Real Food Fake Food* is addictively readable, mouthwateringly enjoyable and utterly relevant.

The Mediterranean Redux Naor H. Ben-Yehoyada, Paul Silverstein, 2022-04-27 This book on historical anthropology remaps the Mediterranean by reframing classical themes from early Mediterraneanist anthropology. This edited volume showcases how anthropology can contribute to an understanding of ongoing transnational dynamics and the new wave of scholarship on the Mediterranean. The Mediterranean is back as a locus of international anxiety and academic concern. It has reemerged in the international news cycle as a space of desperate crossings and tragic endings, as the site in which a refugee crisis rivaling that of the Second World War is playing out in real time for a global viewing public. The scale of the crisis has called into question Europe's humanitarian principles and internal political union, making the Mediterranean into a mirror for long-standing tensions between norms of universalism and demands for national security. These captivating events have further raised the tide of scholars' interest in the Mediterranean. How should ethnographers contribute to the new wave of scholarship on the Mediterranean? To what extent does the Mediterranean offer alternative forms of political relatedness to those construed

from within Europe North Africa and the Middle East In this volume we reframe classical themes from early iterations of Mediterranean anthropology to address these questions in our examinations of changing dynamics across land and sea borders bringing ethnography back to the study of the Mediterranean and the Mediterranean with its Mediterraneanism back to ethnography The chapters in this book were originally published as a special issue of the journal History and Anthropology

Brands and Branding Stephen Brown, 2016-08-17 A fun and humorous introductory book written in Stephen Brown's entertaining and highly distinctive style that introduces curious readers to the key components of brands and helps them to begin to make sense of them what they are what they do why and how using plenty of examples and references drawn from a wide range of brands such as Amazon Apple Google Gucci Nike Nintendo Starbucks Swatch and The Worst Hotel in the World With 3 000 branding books published each year why would you or your students want to read Brands Branding Here are seven reasons why It's introductory aimed at undergraduate students or postgrads without a bachelor degree in business and assumes nothing more than readers' awareness of high profile brands such as Coca Cola Microsoft and Chanel It's indicative focusing on the basics and thus being a more reliable revision aid than Lucozade It's immersive taking readers on a journey and working on the assumption that they have smartphones or tablet computers to hand the print text links to images articles and academic publications to give emphasis and context where appropriate It's inclusive considering articles and reports but also blogs novels newspapers reviews social media and other sources It's irreverent branding is not always a deadly serious business It's intimate Stephen speaks to you directly and together you will pick your way through the sometimes weird and unfailingly wonderful world of brands and branding using examples rather than abstract ideas to illustrate points It's inspirational celebrating the curious and successful stories of brands from Cillit Bang to Cacharel Suitable for first and second year marketing or advertising students and for those new to or interested in branding and who are keen to know more

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Witness the Wonders in **Extra Virginit** **The Sublime And Scandalous World Of Olive Oil** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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Extra Virginity The Sublime And Scandalous World Of Olive Oil Introduction

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