



Olive Oil & Beyond
Fresh, Natural
L.C.B.U. TACOMA

Extra Virgin Olive Oil

Extra virgin olive oils are produced from the first pressing, which is performed within 24 to 72 hours of harvesting. Mechanical or hand pressing are the only methods used to obtain extra virgin olive oil. No heat or chemical processes are used. The oil obtained from the first pressing is the only olive oil that can be classified as extra virgin (or virgin, depending on the natural acidity level).

Premium Extra Virgin Olive Oil

“Premium Extra Virgin” refers to the best olive oil possible in terms of acidity, quality, aroma, and flavor. Some brands may have natural acidity rates as low as 0.225%. Because it is the most expensive, it is best to use premium extra virgin for dishes in which the olive oil will not be heated. Heating olive oil causes it to lose some of its flavor, so it isn't necessary to use the most expensive grades for cooking. Use premium extra virgin olive oil in salads or as a condiment when flavor is of most importance.

Extra Virgin Olive Oil

To be classified as extra virgin, the acidity level of the olive oil can be no greater than 1%. Like premium extra virgin, it is best to use extra virgin for dishes in which the olive oil will not be heated, such as in salads or as a condiment.



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Virgin Olive Oil

Virgin olive oil grades are produced in the same manner as extra virgin grades. The oil is not refined or processed after pressing. The natural acidity levels are greater than extra virgin grades, ranging from 1.5% to 3.3%. The flavor and aroma of virgin olive oil is of the highest quality. The oil obtained from the first pressing is the only olive oil that can be classified as virgin (or extra virgin, depending on the natural acidity level).

Fine Virgin Olive Oil

Fine virgin grade is a high quality olive oil with a maximum acidity level of 1.5%. It is less expensive than extra virgin grades, which makes it an excellent substitute when budget is a consideration.

Semi-Virgin Olive Oil

Semi-fine virgin olive oil has a maximum acidity level of 3.3%. It has good flavor, but it is less tasty than higher grades. It has the same health benefits as any of the higher grades and is best used in cooking.

Virgin Olive Oil

Virgin olive oil has a maximum acidity of 2% and can be used just like any of the higher grades. It is much more reasonably priced and is versatile in that it can be used generously in cooking and yet it has enough flavor to be used in salads or as a condiment.

Lampante Virgin Olive Oil

Lampante virgin olive is the lowest grade of virgin olive oil and is not fit for human consumption. It has a natural acidity above 3.3% and may also have an unpleasant taste and aroma. Lampante virgin olive oil is usually shipped to refineries for processing in order to remove the defects. (See, "Refined Olive Oil".)