



With summer quietly slipping away, we have come to the season we love best (and secretly dread). Ladies and gentlemen, Pornanino olive oil loving friends, fellow bon vivants and gourmets – it's ordering time again! Do forgive us if we keep harping on it, but if you don't order right now there is a definite risk that we won't be able to accommodate you when you eventually get round to placing your order, and we would both hate it. As you know our production is tiny and it tends to get snatched up in a few weeks. So please

hurry up - we'd be heart-broken if we had to disappoint you later!



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Want to watch our olives grow? Look us up on Google Earth!
 Search "Pornanino" or put our coordinates: N 43° 27.226', E 11° 20.658'

We'd love to hear from you! Here's our email address oliveoil@chiantionline.com

If you want to order Pornanino's products please click [here](#)

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Pornanino's olive grove diary

Let's keep our fingers crossed, and hope that weather conditions remain as ideally suited to olive growing as they've been over the past couple of months. If they do, our 2022 harvest could well give us some of the best oil we've produced in years!



Of course we are always claiming that the next harvest will be the best ever; we lavish so much time, effort and passion into each crop that we feel like the proud parents of the brightest kid in playschool. We just know it's not going to disappoint us, no matter what. But this year is different.

Perhaps you remember Matteo's golden rule – it takes perfect olives to make perfect oil. Substandard olives will reflect on the oil's quality, and no amount of cold pressing or fancy labelling can ever make up for that. It goes without saying that the reverse is also true; shoddy handling can ruin the most promising crop (NOT an issue on the Parnanino estate). Well, we are very glad to report that olives this year look pretty close to being perfect, thanks to all the rain we complained about at the start of spring, and the plentiful sun we had from May onwards.

After a cranky start, which nonetheless served to replenish the underground aquifers, the rest of the season was just as sunny, hot and dry as any olive grove could wish for. The trees got off to a good start with lots of moisture, and the subsequent heat meant they had a chance to grow plump, fleshy olives with a high oily content and lots of wonderful flavors. Too much rain would have made them bloated, and just as tasteless and prone to rotting as any other water-sodden fruit - all looks and no substance. Let's just hope that nature keeps smiling upon our olive groves for the next month or so.

Truth to be said, this year Matteo is a little less worried than usual; considering how healthy and happy his olive trees are, they should be able to withstand quite a lot without too much damage. But disaster could still strike, as any farmer knows only too well. Nature can turn from benign goddess to merciless destroyer in two seconds flat, and that's probably why Matteo don't like to stray too far away from the groves until harvest-time. Not that they could do much in case a freak hail storm hit, but you know how it is – can't leave the kids to brave the unknown alone ... Luckily it looks like harvest-time could come a little earlier than usual, probably a few days before the end of October. It's actually been sliding up year after year of late, which rather goes to show that global warming is a hard fact.

When Franco first started in the olive oil business, about thirty years ago, olives were usually picked in early December – something his family remembers all too well. There's usually a long weekend around that time (combining Milan patron saint's day and the Immaculate Conception, falling on December 7 and 8 respectively and both holidays), so that friends and relatives were all co-opted to lend a hand.

Going back to Matteo's golden rule, with nearperfect olives this year we can indeed look forward to producing some truly outstanding oil. The nail-biting countdown has started. Look, would you be so kind as to keep your fingers crossed for us? You know the stakes are high: we all want the best Parnanino Extra Virgin Olive Oil we've ever had! And that should really be quite something ♦

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Smooth as oil

As an old hand who understood the importance of looking the part, Queen Cleopatra was a great believer in the virtues of olive oil. Take her advice and give your body a treat: try our unbelievably mild olive oil based soap! Or use straight olive oil as the best all natural beauty treatment there is, as Mediterranean women have been doing for millennia.

We are always harping on about how good olive oil is for our health, and of course it's true. Mediterranean peoples knew long before science came to explain the whys and wherefores, but since they didn't have a clue regarding the inner workings of the body they probably regarded it as something that's good for you in a vague and general way.

Where they could actually measure its benefits was on the outside, where the manifold virtues of olive oil could be seen and touched just by applying it to the skin and hair. Of course it does make sense. Olive oil is much more than a well-balanced combination of fatty acids; it is also rich in antioxidant compounds that promote cellular regeneration and combat free radicals, plus a host of other goodies that have been keeping researchers busy for decades. It stands to reason that it would work both inside and out. According to an ancient Egyptian medical text dating back 3,500 years, you can make the ultimate anti-wrinkle cream by pounding and mixing olive oil, milk, wax, incense and a few cypress berries (apply for 6 consecutive days).

The Greek athletes always massaged their tired and aching muscles with warm olive oil, and the Romans rubbed it on after each session at the baths to keep their skin supple. The reasons why olive oil is so skin friendly are several. Basically olive oil has the very same acidity as the acid mantle that protects our skin, which means that it actually can restore what is taken away through washing, exposure and pollutants. Its composition is so similar to the natural lipids of the skin that it is easily and fully assimilated, which means that it nourishes. Since water is naturally stored in the lipids, and that's what makes our skin firm and elastic, olive oil also acts as a moisturizer. But that's not all. In addition to nourishing, moisturizing and rebuilding the acid mantle, it also contains soothing elements that ease irritations. And last but definitely not least, it is particularly rich in vitamins and other compounds that counteract oxidation, a natural process in which free radicals are released that may lead to premature aging.

That's quite a lot, you will agree! The same of course goes for the hair, which share many characteristics of the skin. Since the inherent qualities of olive oil are well known since antiquity, you'll find many beauty products on the market that include it in their ingredients list. One word of caution, though: many of the precious vitamins and compounds it contains are destroyed by heat and industrial processing, and it's most unlikely that commercial brand names would use first-cold pressed extra virgin olive oil! You had much better do as the ancients did, and rub some of our **Pornanino lavender olive oil** all over your body – it really works.



And to give a new lease on life to tired hair mix some olive oil with one egg yolk and the juice of half a lemon, let stand for half an hour and rinse with a mild shampoo. Olive oil and lemon juice, warmed up, will cure brittle nails. Since Christmas is approaching why don't you give yourself a present your body will love? Get yourself a good supply of our extra mild **olive oil based soap** It's made by hand the traditional way, with no heat involved and the very same cold pressed extra virgin olive oil we bottle for food consumption. It's truly great. Oh, and don't forget to order some for cranky Aunt Kate. It's guaranteed to soften the toughest old hide! ♦

[Click to order now](#) ►►

Ordering time!

As our long-time friends know, if you want to get hold of the new oil you have to be quick and pre-order it now, or risk going without until next year, as our production is tiny. So plan ahead, think Christmas and year-round present giving – a little pampering will do wonders to lighten the somber mood of the times! Just don't miss the deadline...

The byword of late is downgrade and downsize. The coolest exercise, it seems, is making do with the barest essentials, which actually sounds rather wise considering the challenging times we are all wading through.

There are indeed many luxuries, extravagances and trivia that can be weeded out without regret. Things come and go. Whatever you do, though, [please don't give up olive oil!](#)

Of course extra virgin olive oil is expensive - if it's first rate, it should be. As we've said countless times before, [top quality extra virgin olive oil is worth its weight in gold](#) because in it are preserved all the precious vitamins and chemical compounds that help us live longer and healthier.

The benefits tend to get lost the more you handle the olives and the oil itself, as big brands do who bulk buy olives around the world and process them industrially to cater for the supermarket chains.



The price may be significantly lower, but since the best bits are gone anyway, the economy conscious might actually be better off buying any cheaper vegetable cooking oil with a similar composition in terms of acid fats (i.e. Canola or peanut).

Top quality cold pressed extra virgin olive oil, as our long-time friends know very well, is [much more than salad dressing](#). It's a feast for the tastebulbs, of course, just like fine vintage wine. It's never the same two seasons running, and will actually change its character from zesty to mellow as it ages, because it's [100% natural](#) – no added chemicals to mar the purity of what comes out of hand-picked olives crushed in a stone mill.

Since we take pride in personally taking care of the whole process, we can guarantee that our Pomarine olive oil is just as pure and loaded with flavor, vitamins and healthy compounds as Nature herself intended it to be. It is expensive, granted, but it's worth every single cent many times over. [Eat well, live longer](#) – it's as simple as that.

The downside of doing it all by hand the traditional way is that [production is limited](#). As we operate on the basis of first come, first served, please don't forget to send your order now! We would hate having to disappoint one of our olive oil-loving friends.

We generally [ship the new oil by the second week of December](#), so if you want to give your nearest and dearest a [Christmas present](#) that's sure to be appreciated you can safely do so – get them a bottle of our super healthy and tasty Pomarine nectar!

You might also consider stocking up on our range of [exclusive flavored oils](#) (all lovingly produced on the Pomarine estate), our branded Modena DPO [balsamic vinegar](#) and our best-selling Pomarine olive oil-based [handmade soap](#), the mildest you've ever tried. Pamper yourself or put aside for gifts, the whole range is a surefire hit!

The care we put in everything we produce is our way of saying thank you to all the returning friends who keep trusting us year after year. Your trust is our pride. We'll be thinking of you while making the new oil! ♦

Click to order now ►►



Grandma Lia's olive oil recipes

Prompted by our friend Gena's request, here are some yummy recipes that might come in handy to celebrate in style. Not all that healthy, granted, but then when the holiday season strikes, indulgence is the name of the game! And what could be better than outsized ravioli for that?

Making fresh pasta (serves 4)

- ✓ 1 ½ cups all purpose flour
- ✓ 2 eggs
- ✓ 1 tablespoon Pornanino extra virgin olive oil
- ✓ salt

Combine the flour, eggs, tablespoon of olive oil and a pinch of salt in the mixer and work for a few minutes, or until the dough turns shiny and silky-soft to the touch. If it's too dry add a little cold water, but mind it shouldn't be sticky – in case add a little flour. Let rest for half an hour, covered. Roll out very thin on a floured surface just before using

Ravioloni al tartufo (serves 4)

- ✓ 6 oz Robiola cheese (or cottage and cream cheese)
- ✓ 4 small egg yolks
- ✓ Pornanino extra virgin olive oil
- ✓ grated Parmesan cheese
- ✓ truffle-flavored butter
- ✓ salt and freshly ground pepper



Cut out 8 large squares from your pasta dough sheet. Work together the Robiola (or half cottage cheese and half cream cheese) with one tablespoon of grated Parmesan cheese, a little grated nutmeg, salt and pepper. Arrange a generous spoonful of Robiola filling in the center of 4 squares, forming a hollow in the cheese where you'll drop one egg yolk each; season with a pinch of salt. Wet the edges of the pasta with a little water and cover with the remaining 4 squares, pressing firmly to seal. Cook the ravioloni in plenty of boiling, salted water for about 3 minutes (the yolks inside should remain runny). Drain the ravioloni carefully, arrange in individual dishes and season with Pornanino truffle-flavored olive oil, melted butter and a dusting of grated Parmesan cheese. Should you have it, finish off with paper- thin slivers of truffle.

Ravioloni in brodo (serves 4)

- ✓ 14 oz meat (chicken and beef)
- ✓ carrot, celery, onion, bay leaf and juniper berries for the stock
- ✓ 3 slices white bread, soaked in water
- ✓ grated Parmesan cheese
- ✓ nutmeg
- ✓ salt and freshly ground pepper

Cover the meat with cold water and put to the boil, together with a bit each of carrot, celery and onion, coarsely diced. Add one bay leaf, a few juniper berries, a couple of peppercorns and a little salt and simmer with a lid on until the meat is cooked through. Strain and reserve the stock. Process the meat together with the bread slices, squeezed of excess liquid, the Parmesan cheese, some grated nutmeg and freshly ground pepper. Taste and add salt if necessary. Cut out 8 large squares from your pasta dough sheet. Arrange a generous spoonful of the meat filling in the centre of 4 squares, wet the edges with a little water and cover with the remaining 4 squares, pressing firmly to seal. Cook the ravioloni in the boiling stock for about 5 minutes (cooking time will vary depending on pasta thickness). Arrange the ravioloni in individual soup dishes, with a little of the stock and a dusting of grated Parmesan cheese.

Don't risk running out of your secret ingredient, Pornanino Extra Virgin Olive Oil: [Click to order](#) ►►

Tell us if you like our recipes! Is there a recipe you'd like Grandma Lia to work out for you? [Let us know](#)