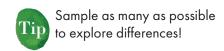
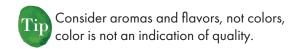
COLAVITA TASTING EXTRA VIRGIN OLIVE OIL





Select 2 or 3 Extra Virgin Olive Oils and follow these steps:



Place a tablespoon of oil into a glass.



Warm the oil by cupping your hands and slowly rotating the glass.



Put your nose up close to the glass, inhale the aromas! Is it green, ripe, earthy, fruity?



Now taste! Sip the oil, hold in your mouth, and let the flavors cover your tongue, Suck in some air to help release the flavors in the oil.

Factors to consider when tasting:

Is it bitter, pungent or spicy? Are the flavors balanced or does one dominate? What notes to you catch? Apple, tomato, herbs, citrus, nuts?



Cleanse your palate with sparkling or still water or a slice of apple such as Granny Smith before moving to the next oil.



When you've tasted a variety of oils, try pairing them with different foods at home!