

New Vintage California Extra Virgin Olive Oil Released by Gourmet Living

2015 California Extra Virgin Olive Oil from Gourmet Living is made exclusively from the Picual olive.

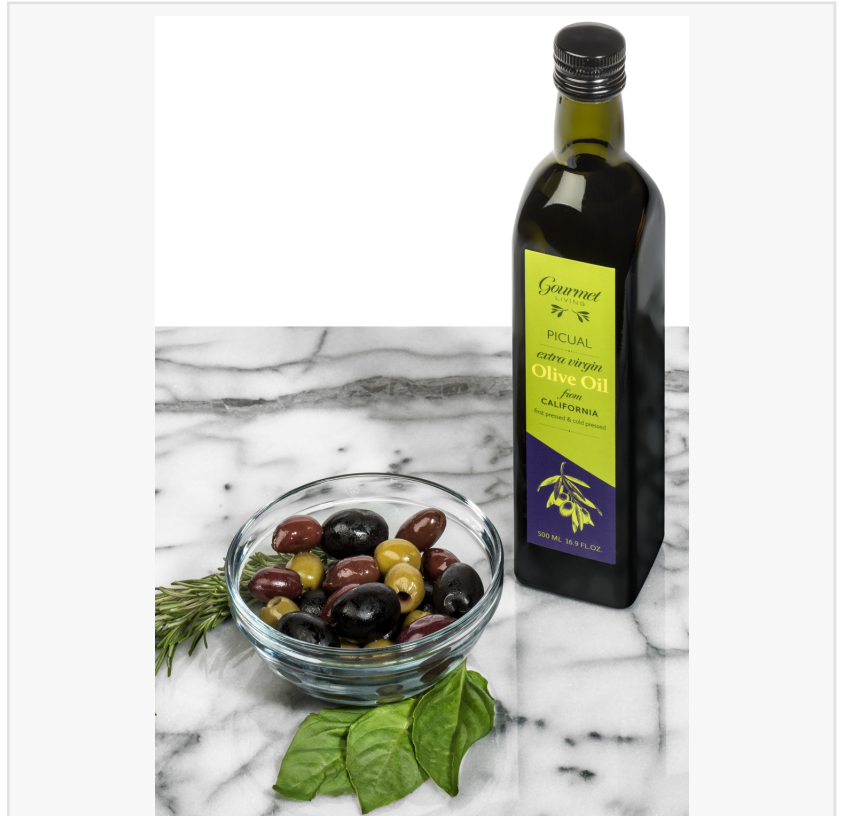
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/EINPresswire.com/ -- Gourmet Living is pleased to announce that it has released its extra virgin olive oil from California that was harvested in 2015. This first-pressed EVOO is now available for sale on Amazon and the Gourmet Living eCommerce website.

Extra virgin olive oil (“EVOO”) is at the heart of the [Mediterranean diet](#) and many Americans are now discovering the nutritional benefits of using olive oil in their diets. Production of olive oil in California has increased dramatically in recent years as many health-conscious Americans now substitute EVOO for butter.

The health benefits of using extra virgin olive oil remains a very controversial subject. The proponents of the benefits olive oil suggest that the regular use of olive oil can reduce heart disease and may help control diabetes. Others maintain that these “health benefits” are not supported by clinical trials. Nevertheless, both sides of the nutritional debate argue that eating fresh fruits and vegetables (commonly eaten with EVOO) are healthier than consuming factory-processed foods.

Sold in a distinctive 500ml bottle, Gourmet Living has changed both the shape of the bottle and the cap to provide buyers with a better experience. A bottle of EVOO will normally last for a year after it has been opened for the first time and stored at room temperature out of direct sunlight.



EVOO is far more labor intensive than the production of other vegetable oils. Prices for an authentic and certified 500 ml (17FL oz) bottle of EVOO can vary between \$15 and \$40. Not all oils labeled “extra virgin olive oil” are truly harvested and bottled under the protocols established by the International Olive Council. Good quality oils from reputable producers in Italy, Greece and Spain tend to be more expensive.

Gourmet Living got it's start in 2014 when co-founders Sheila and Richard May launched its own brand of authentic barrel-aged balsamic vinegar of Modena. In addition, to its California olive oil and balsamic vinegar, Gourmet Living also sells extra virgin olive oil from Tuscany and Mediterranean sea salt harvested from salt beds in Cyprus.

Sheila May is quoted saying: "We like to provide genuine gourmet food products to our clients. We offer special promotions, provide nutritional information to consumers and share recipes that use Gourmet Living products."

For a short time only, one may purchase this distinctive

[California extra virgin olive oil](#) on Amazon at a discounted price. Members of Amazon prime receive free shipping.

For more facts and further information about Gourmet Living visit <http://gourmetliving.org>.

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Experience the difference of
California extra virgin olive oil
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