



The olive trees that contribute to making Villa Guardatoia extra-virgin oil famous are the 680 assorted Frantoio (70%), Moraiolo (15%), Leccino (14%), and Pendolino (1%) varieties.

They are cultivated using the procedures for integrated pest management and are first hand-picked then immediately cold-pressed, and follow the continuous extraction method.

Villa Guardatoia oil, rich in chlorophyll, is immediately appreciated for its green tone and light golden reflections, together with the characteristic, misty aspect, which is typical of non-filtered olive oil. The distinct fruity aroma reveals the robustness of the olives. The oil has a consistent concentration of primary volatile elements and those elements released by the grinding process. There is a delicate note of fresh almonds that prepares you to appreciate the sweet softness that is perceived during tasting. This is followed by an intense piquant sensation and a lighter and characteristic touch of bitterness; an expression of the favourable rapport between the constituents of fatty acids, with the dominance of unsaturated fats, and the positive quantity of polyphenols. The resulting aroma is intense and balanced with the guarantee that the organoleptic value and typicality will remain constant over time, as long as the Villa Guardatoia extra-virgin olive oil is conserved in a cool place, out of the light and away from the heat.

The best way to appreciate the typical quality of Villa Guardatoia extra-virgin olive oil is to taste it naturally ("a crudo") as a dressing for plain or fancy salads, dips for seasonal vegetables, or on a tasty "Bruschetta" (slice of toasted Tuscan bread)

We can also appreciate the oil on toasted Tuscan bread, with the addition of traditional Tuscan black cabbage or other, more tempting vegetables, sauces or other toppings, which are always suitable as a course or as a starter for a good meal.

Just a few drops will release an incomparable aroma, when poured over a hot vegetable soup or as an ingredient in the irreplaceable spaghetti with garlic, oil and chilli.

A simple plate of spelt, barley or rice, as well as lentils, chick peas or beans, with a generous serving of Villa Guardatoia extra-virgin olive oil, is both rich in flavour and very nutritional.

There are a multitude of marvellous flavours that can be achieved and appreciated by quick frying vegetables, meat and fish in a pan with a sufficient amount of olive oil and lots of fresh herbs, following either traditional or modern recipes. Tasting it with a delicious artichoke pie, or other seasonal vegetables and herbs, is incomparable.

Tested and acknowledged is the easy digestion, using olive oil for cooking, of a plate of excellent and appetising fried courgette flowers and potatoes, fried chicken and rabbit, typical Tuscan dishes, which are appreciated by all lovers of good food.