



CEIS BIO

Extra Virgin Olive Oil



OLIVE GROVES AND HARVEST NOTES

The olive groves of our CEIS BIO extra virgin organic olive oil are located in Douro Superior sub-region between Douro and Côa rivers.

A region with a high density of olive groves, many with century old olive trees. A Mediterranean microclimate with low levels of rainfall.

The municipality of Vila Nova de Foz Côa, a Unesco Heritage Site, has traces of human occupation and agricultural exploitation since ancient times.

In fact this area of Portugal has the best conditions for the production of high quality extra virgin olive oil.

These olive groves, made up mostly of centuries-old olive trees, are located at altitudes ranging between 150 m and 400 m.

CASA DE CEIS BIO is a blend made up of Cobrançosa, Galega, Madural and Verdeal varieties

ORGANIC FARMING

QUINTA DE CEIS has implemented organic production methods in all olive groves. All processing and bottling operations are subject to strict control. The entire process is certified by KIWA SATIVA.

OLIVE HARVESTING AND PROCESSING

The harvest of the olives, at the ideal time, is carried out manually using, in some cases, specific equipment, not to harm our centennial olive trees. The harvest is arduous in the olive groves.

The 2019 harvest took place in the end of the second week of November.

We pay the greatest attention to all stages of the process - transport, transformation, storage and bottling.

We use bottles of protective dark glass and inviolable capsules.

Cold extraction in two phases, without adding water and with no filtration.

TASTING NOTES

Extra virgin CEIS BIO olive oil is medium fruity, green, with aromas of herbs and fresh leaves.

Notes of green apple and almond. Excellent and complex aromas.

In the mouth, balanced, with excellent complexity. Mild bitter and mild spicy.

Harmonious and with a pleasant final persistence.

PHYSICAL-CHEMICAL CHARACTERISTICS

Acidity $\leq 0.1\%$

Peroxide Index (meqO₂ / Kg) ≤ 15

Waxes (mg / kg) ≤ 150

UV absorbance

K232 ≤ 2.5

K270 ≤ 0.22

$\Delta K \leq 0.01$

NUTRITIONAL DECLARATION / 100ML (average values)

Energy 3379 Kj / 821 Kcal

Lipids 91.2g of which:

Saturated 13.1g

Monounsaturated 71.8g

Polyunsaturated 6.3g

Carbohydrates 0g of which:

Sugars 0g

Proteins 0g

Salt 0g

