



CEIS BIO

Extra Virgin Olive Oil



OLIVE GROVES AND HARVEST NOTES

The olive groves behind our CEIS BIO extra virgin olive oil are located in the Douro Superior sub-region, between the Douro and Côa rivers. This is a region dotted with olive groves, many of them centuries old, blessed with a Mediterranean microclimate and low rainfall. The municipality of Foz Côa offers the best conditions for producing high-quality olive oil. These groves, mostly composed of centennial olive trees, are situated at altitudes ranging from 150 m to 400 m. CEIS BIO is a blend of the Cobrançosa, Galega, Madural, and Verdeal varieties.

ORGANIC FARMING

QUINTA DE CEIS has implemented exclusively organic production methods across all its olive groves. All processing and bottling operations are subject to strict control. The entire process has been certified by CERTIS.

OLIVE HARVESTING AND PROCESSING

The olives were harvested by hand, using specialized equipment in some cases to avoid damaging the centennial trees. Harvest took place during the first half of November, with a significant reduction in production due to extreme weather conditions. We pay the utmost attention to all stages of the process – transport, processing, storage, and bottling. We use protective dark glass bottles and tamper-evident caps. Extraction was carried out cold, in two phases, without adding water and without filtration.

TASTING NOTES

CEIS BIO extra virgin olive oil is moderately fruity, with aromas of herbs and fresh olive leaves. Notes of green apple and almond. Complex aromatic profile. On the palate, it is balanced and equally complex. Mildly bitter and pungent. Harmonious, with a pleasant, lingering finish.

PHYSICOCHEMICAL CHARACTERISTICS

0.1% ≤ Acidity ≤ 0.2%
Peroxide Index (meq O₂/kg) ≤ 10
UV Absorbance
K232 ≤ 2.2
K268 ≤ 0.20
ΔK ≤ 0.01

NUTRITIONAL INFORMATION / 100ML (average values)

Energy: 3379 kJ / 821 Kcal
Fats: 91.2 g, of which:
Saturated: 13.1 g
Monounsaturated: 71.8 g
Polyunsaturated: 6.3 g
Carbohydrates: 0 g, of which:
Sugars: 0 g
Proteins: 0 g
Salt: 0 g
Nominal Volume: 50cl
Produced and bottled by Alceis Invest Lda, Gouvães do Douro, in Dec. 2024

