

Oak Tree

Introduction

The Holm Oak is a tree native to the Mediterranean areas, capable of adapting to extreme conditions. It is known as the shade tree.

The Holm Oak can reach between 16 and 25 meters in height in a period of 40 to 50 years.

The usual lifespan of oak is about 200 years, but some live over 1,000 years.

The Holm Oak has become a piece in the fight against global warming, thanks to its great production of oxygen and absorption of carbon dioxide.

Fruit

Its fruit is known as an acorn. The consumption of acorns in a prudent way can help lower cholesterol levels and detoxify the body thanks to the amount of antioxidants it contains.

Oak will not start to produce acorns until it is around 50 years old and, over the span of its lifetime, will produce around ten million of them.

The pigs that provide the precious and delicious acorn hams are fed with the fruits of the Holm Oak.

Curiosities

- Holm Oak was considered a sacred tree as a symbol of strength, stability and longevity. Touching its wood was a symbol of good luck, since it attracted positive energies, hence the saying “knock on wood”. It also served to drive away all negative forces and diseases. It was used as a symbol of protection.
- There are strong legends that relate that the cross where Jesus Christ was crucified was made of wood from the Holm Oak.
- It has a hardwood that hardly rots.
- The acorns are roasted and used as a caffeine-free substitute for coffee.
- Oak honey comes from Acorns. The bees collect a fluid weeping directly from the acorns. Oak honey is characterized as honey of very high nutritional value. Rich in antioxidants and minerals, it contains large quantities of potassium, magnesium, phosphorus, iron and sodium. The enzymes it contains support metabolism and vital organ function.