

The wild olive

Compared to the olive tree, their stems are stronger and more robust, and the leaves are wider and have a more intense color. It is characterized by rounded and wide crown. It grows up to 6-7 meters.

They grow in almost all areas of the Mediterranean climate and adapt to practically all soils. The olive tree can be planted at any time of the year. However, there are certain times when it is more convenient, they are the first and autumn. In no case is planting recommended in winter due to low temperatures and frost, and in summer due to high temperatures and high demand for water (50 liters of water per week and 70L in summer).

It flowers between May and July, and its fruiting period is from September to December. And it should be cut in the month of January and when the moon is waning, because at that time there is hardly any sage, so the wood does not crack.

The fruits contain oleic, linoleic, stearic and palmitic acids; mineral salts and vitamins A and D. In popular medicine it is used in infusion as a diuretic, antihypertensive, febrifuge; and the leaves chewed for inflammation of the throat.

The Extra Virgin Olive Oil obtained from the small olives of the ACEBUCHE, called ACEBUCHINAS. They are small olives, between 1 and 3.5 cm long. Its high content of tocopherols or vitamin E. They are needed 20 kilograms of acebuchina olives to obtain 1 liter of its oil.

There are two limitations that stop the popularization of this oil. The first is the cost of the labor required to harvest it and the second limitation is the oil content of the olive tree.

However, studies by the Seville Fat Institute have confirmed that the content of natural antioxidants (tocopherols) in wild olive oil is more than double that of cultivated olive trees. In addition, tasters affirm that wild olive oil has a depth of flavor that is difficult to find in olive oil. And Sheep herders appreciate this tree, as its leaves and fruits are of great benefit to their flocks when pasture is not enough. In addition, the wild olive branch is very resistant, it is used as a tool handle. And in general for any application that requires great resistance and impermeability.