

# skoutari

## EXTRA VIRGIN ORGANIC OLIVE OIL

from

*the Vardas family, Greek product*

*In the masterful 17th-century Cretan romance “Erotokritos”, Skoutari is the shield that protects the besotted youth when he fights for his beloved Aretousa. Our olive oil is the shield that protects your health.*

### OLIVE OIL

From olives of the Koroneiki variety, exclusively from our family's olive groves on the fertile island of Crete, we produce *Skoutari*. An exceptional, organic, extra virgin olive oil, produced in small batches, with nutritional properties that are beneficial to human health (according to Commission Regulation (EU) No 432/2012).

The early harvest of the olive fruit, the special care applied to gathering and the immediate cold pressing (at temperatures below 27°C) result in the production of olive oil with low acidity, unique aromas, and an elevated polyphenol content.

Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress. This means that with a daily intake of 20gr of skoutari olive oil as part of a balanced diet, you protect yourself from cardiovascular disease, regulate your blood sugar and cholesterol, and strengthen your immune system. According to current studies, the consumption of olive oil that is rich in polyphenols has a positive effect on people suffering from Alzheimer's, multiple sclerosis, and some forms of cancer.

### OUR STORY FOR THE LOVE OF NATURE AND PEOPLE

Our story begins in 2000, when two young people, Anargyros and Maria, inspired by memories from our childhoods, decided to cultivate the family olive groves. Guided by Grandfather Michalis, and by our fathers, Manolis and Giorgos, we set sail on our new journey – accompanied by our entire family... Over the years, there has been continuous research in order to produce olive oil that is distinct not just for its flavor, but also for its beneficial properties. This quest, that began with our love for nature, eventually became an obsession: *to offer the best olive oil to our children.*

*“We want our children to grow up consuming pure ingredients, exceptional raw materials generously provided by nature, so that they will have good health and clarity of mind.”*

We sustained our passion and dedication with hard work, and this eventually bore fruit. By performing continuous analyses in collaboration with the National and Kapodistrian University of Athens and professor Prokopis Mayiatis, we have proven that our olive oil is not just of superior quality, but actually a pharmaceutical product. Our desire to share this blessed olive oil gave birth, in 2020, to *Skoutari*, our fourth child. Our vision is, through our olive oil, to inspire more people to adopt our philosophy, epitomized in the words of Hippocrates:

*“Let food be thy medicine, and let medicine be thy food.” – 400 B.C.*

### OLIVE GROVES FROM NATURE'S BOUNTY TO THE BOTTLE

Today, our olive groves cover almost 15 acres in the Prefecture of Lasithi on the island of Crete. They begin at the historic village of *Kritsa*, built at an elevation of 350 meters, where the aromas of unspoiled nature from the wild-growing herds and shrubs embrace our trees. They reach all the way to *Kavousi*, where our centuries-old olive trees patiently wait to yield their pharmaceutical fruit. We cultivate and tend to our trees implementing strict organic growing practices, with respect for nature and tradition, to ensure the highest-quality properties and greatest purity in our olive oil. We constantly seek new and innovative methods towards the goal of constantly improving the quality of our product. All the above, piece by piece, complete the puzzle of flavors and add distinct notes to the final outcome: a balanced olive oil of the highest quality.

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[www.skoutarioliveoil.com](http://www.skoutarioliveoil.com)

Health Claim: EU 432/2012