

GREEK OLIVE OIL VARIETIES

Koroneiki



Athenolia



Green



Black



Kalamata



Halkidiki

PARNON

ESTATES

GREEK OLIVE AND OLIVE OIL VARIETIES

Despite the abundance of olive groves now scattered across the world, in both the northern and southern hemisphere, most olive oil continues to come from the Mediterranean. The intricate nature of the olive tree is evident in the many varieties of olives that exist. While color, size and composition may all point towards a certain variety, the maturity of the olive plays an important role as it affects both the taste and the oil produced. Additionally, some olives are suitable only as table olives and others are suitable only to produce oil.

Koroneiki Olives



Kalamata is unique to Greece as it generates some of the finest extra virgin olive oil in the world primarily from one type of olive: The regal, smaller variety of olive known by its botanical name Koroneiki. The olives are harvested when they are still green in order to ensure the title of “early picked” or “green” olive oils and are mainly present in the south Peloponnese and in some areas of Crete. What sets the Koroneiki apart is the unique method of farming. These olives yield approximately 6 to 7 liters of the best olive oil which is golden-green in color and is highly acclaimed for its fruity and fresh flavor.

Athenolia Olives



Athenolia is a variety of olive that matures slowly and is collected from the end of December until the beginning of January. Its fruits have a medium size oval shape, with a weight of 2.2 to 2.9 grams and a length that can vary from 7.5 to 25 millimeters. When Athenolia and Koroneiki olives are mixed they produce a full-body extra virgin olive oil of a balanced and intricate fruity flavor.

Black Olives



Black olives are a typically Greek type of olive which has been allowed to fully ripen on the tree before harvesting. The distinguishing characteristic which gives them the name “Greek” is the lack of lye in the de-bittering process. Their color varies from red-violet-black to purple and deep black and their taste is fleshy and slightly fruity.

Green Olives



Green olives come from varieties of Chondrolia in Chalkidiki a region in Northern Greece. They feature large sized berries, bright green-yellow color and slightly bitter taste while they lack in grassiness. They are harvested by hand between 15 September to 15 October and after pitting they are re-evaluated in large tanks, so that only the best berries will be used.

Kalamata Olives



Kalamata olives are named after the city of Kalamata in Messenia, southern Greece and are also grown in the nearby region of Laconia. They are almond-shaped, with a rich aubergine color, smooth and meaty in texture and are harvested by hand only when fully ripe to protect their sensitive skin against bruising. Cured in salt brine and immersed in olive oil & wine vinegar, they acquire a characteristic light fruity flavor and sweetness. These olives are protected under the European Protected Geographical Status scheme.

Halkidiki Olives



Often referred to as “Chalkidiki”, the Halkidiki olive is grown exclusively in Greece in a region that is adjacent to Mount Athos. They are also known as “donkey olives” because of their large size and make excellent table olives.

KORONEIKI OLIVES



Parnon Estates certified extra virgin olive oil from Greece is mono-varietal which means it is crafted from one type of olive only. The Koroneiki olive is considered the “queen of olives” in Greece and is recognized world-wide as one of the preferred olives for oil production. The fruitful Koroneiki tree has flourished in this microclimate for more than 3,000 years. It is grown and harvested solely for olive oil production.

Koroneiki olives have a smooth flavor profile that produces velvety olive oil. This particular olive tastes quite bitter and is not intended for snacking. The leaves of the Koroneiki tree have two tones: light and dark green, while the olives vary from light green to dark purple. Some Koroneiki trees have both green and purple olives. Koroneiki trees are constantly changing and have their own unique appearance when the shades of their leaves are combined with the bi-colored olives.

The Koroneiki olive produces olive oil with some of the highest polyphenol content possible, which means it boasts powerful health benefits and uses. Polyphenols are natural antioxidants that have been credited with reducing the risk of heart disease and cancer, among many other diseases. Free radical damage is drastically reduced with the presence of polyphenols, as they protect the human body. Koroneiki olive oil has a prolonged shelf life compared to typical oils due to the incredibly elevated polyphenol content. Koroneiki olive oil also boasts low free fatty acids (FFA) which is a highly-prized characteristic.

There are over 400 varieties of olives in existence today. Any variety olive tree could have been selected to be in our olive groves, however, we chose Koroneiki because it is considered such a high-quality olive oil. Koroneiki olive oil production is sometimes considered more difficult to process than other olives due to the petite size of the olive. Since it is such a small olive compared to others, it takes many more olives to create the same amount of olive oil. Moreover, Koroneiki olives are tricky to harvest because they are smaller than other varieties. The quality of the Koroneiki olive oil compared to some other olive oils is so superior, in fact, that if they were mixed together the Koroneiki olive oil would improve the overall quality of the oil.

