



LiVO[®]

Olive Oil



ABOUT US

A Century of flavor, Modern Quality

A legacy born from fertile lands blessed for millennia, a passion passed down through generations... LIVO Olive oil brings together centuries old olive oil traditions with cutting-edge technology and meticulous quality standards to grace your table.

With roots deep in history and a future full of promise. LIVO is dedicated to delivering the purest, most exquisite essence of the olive. Cold-pressed from the finest Aegean and Mediterranean olives, our oils preserve nature's most precious gift in its most authentic form.

At LIVO, every drop embodies not only exceptional taste but also health and trust. By uniting time honored wisdom with modern production techniques, we create a legacy of quality that enriches every meal.

LIVO Olive oil - Where Flavor and Wellness Meet a Century of Mastery... Throughout this catalog, you'll discover LIVO's distinctive range of olive oils, the precision behind our production process and the unparalleled culinary experience we offer. We don't just produce olive oil we share a way of life, a family heritage.

With LIVO, flavor is an endless story...





Livo®

PREMIUM SERIES OLIVE OIL COLD PRESSED



Organic Olive Oil: Chemical-Free Production, Use and Benefits

How to Make?(Chemical-Free Production Process)

1. Harvesting from Chemical-Free Farming Areas:

- Olives are collected from organic farming areas where no synthetic pesticides, herbicides or artificial fertilizers are used.

- It is grown in controlled organic certified gardens.

2. Production with Natural Processes:

- Only mechanical methods are used (stone mill or stainless steel presses).

- No heat treatment is applied (cold pressing $\leq 27^{\circ}\text{C}$).

3. Additive-Free Purification:

- It does not contain any chemical refining or flavor additives.

- It is clarified by natural resting and filtration.

4. Where is it used?

- Healthy Kitchen Practices:

- Raw Consumption: It is safely used in salads, dips and breakfasts in its chemical-free form.

- Cooking: Ideal for baby food and lightly heated meals as there is no risk of toxins.

- Hair: It is used as an alternative to products containing paraben/sulfate.

Why Should It Be Preferred?

Safe & Clean:

- It is completely free of pesticide residues in traditional olive oils.

- It complies with EU Organic Agriculture certified production standards.

Ecological Benefit:

It does not harm soil pollution and water resources caused by chemical agriculture.

It is produced with a sustainable system that protects biodiversity.

Nutritional Value Guarantee:

There is no loss of nutrients during the process; polyphenols and vitamins are at maximum level.

Its antioxidant effect is significantly higher than conventional oils.

Organic olive oil produced in regions free from chemical agriculture is a pure choice for both your body and the planet. Indispensable for those who want to consume "clean food" without compromising on taste!



EARLY HARVEST OLIVE OIL

How Is It Made?

Early harvest olive oil is produced from unripe green olives, handpicked or mechanically harvested in October-November before they fully ripen. The olives are quickly processed (delayed processing increases acidity) and cold-pressed at temperatures below 27°C (80°F) to preserve their low acidity ($\leq 0.8\%$), intense fruity aroma, and peppery-bitter taste. This method retains maximum polyphenols and freshness.

How to Use It?

1. Raw Consumption:

- Drizzled over salads (especially arugula, Greek salad), hummus, pesto, or bruschetta.

- Paired with fresh bread, labneh, or feta cheese for breakfast.

2. Cold & Hot Dishes:

- Grilled fish, steamed vegetables, pasta* (added after cooking).

- Yogurt-based dips (tzatziki, haydari).

3. Avoid:

- High-heat cooking (frying, grilling) due to its low smoke point.

Why Should You Use It?

- Exceptional Nutritional Value:

- Rich in polyphenols & oleocanthal—powerful antioxidants & anti-inflammatory compounds.

- High in vitamin E & omega-9 fatty acids, supporting heart and skin health.

- Unique Flavor Profile:

- Notes of fresh grass, green apple, almond, and artichoke elevate dishes.

- The peppery, slightly bitter finish indicates high quality.

- Pure & Unrefined:

- Unlike refined oils, it's mechanically extracted without chemicals.



STONE PRESSED OLIVE OIL

The Essence of Traditional Taste and Health

How is it Made?

Stone pressed olive oil is produced with traditional methods that are thousands of years old. The process consists of the following steps:

1. Collection: Olives are collected from the branch by hand or with a pole. If early harvest (green-black period) is preferred, the oil will be more aromatic and sharp.

2. Cleaning: Olives separated from leaves and branches are washed and cleaned of foreign substances.

3. Crushing: Olives are crushed in large granite stone mills (2-3 tons of stones) and turned into dough. This slow process prevents oxidation and preserves the flavor.

4. Kneading & Pressing: The dough is kneaded for 20-30 minutes (malaxation), then squeezed with hydraulic presses to extract the oil.

5. Separation: Oil is separated from water and pulp by centrifugation or natural resting. Maximum nutritional values are preserved with cold pressing (below 27°C).

Why Should I Use It?

1. Health:

- Antioxidant storehouse with high polyphenol content (heart-friendly, anti-inflammatory).

- Oleic acid (omega-9) lowers bad cholesterol (LDL).

- Immune supporter with vitamin E and squalene.

2. Flavor:

- Stone mill method highlights the fruity notes of the olive.

- *Peppery pungency* and fresh grass aroma in early harvest oils.

3. Naturalness:

- It is not subject to chemical or heat treatment, it is additive-free.

- In the virgin or natural class, its acidity is low ($< 0.8\%$).





RIPE HARVEST OLIVE OIL

A Special Meeting of Taste and Health

How to Make It?

Ripe harvest olive oil is obtained by carefully picking olives that have completely darkened (turned black) on the tree and processing them with the cold pressing method. These olives have a higher oil content and less acidity during the ripening period. During the process, the olives are pressed below 27°C, preserving their nutritional value and aromatic properties.

- Cooking:

- Low-Heat Dishes: Ideal for vegetables cooked in olive oil, steamed and boiled.

- Pasta & Risotto: It can be poured over after cooking to add flavor.

- Special Uses:

- In Desserts: Used in some traditional desserts (e.g. olive oil cake).

- Skin & Hair Care: Can be used as a natural moisturizer (thanks to its high vitamin E content).

Why Should I Use It?

Balanced Flavor: Early harvest olive oil does not have the sharpness, it has a softer, fruity and slightly sweet profile.

High Nutritional Value:

- Oleic acid (beneficial to heart health),

- Polyphenols & Vitamin E (antioxidant effect),

- Low acidity (easier to digest).

Versatile Use: Can be used easily in both raw and cooked dishes.



POMACE OLIVE OIL

How is it produced?

Pomace oil is obtained by processing the remaining pulp (pomace) after the first cold pressing of the olive for the second time:

- Mechanical/Solvent Extraction: Dry pomace is processed with high pressure or solvents such as hexane to obtain the remaining oil

- Intensive Refining: Crude oil goes through stages such as filtration, neutralization and deodorization

- Blending: Refined pomace oil is usually mixed with 10-20% virgin olive oil

Main Areas of Use

Culinary Uses:

- Deep frying (potatoes, meatballs, fish)

- Sautéing in pans requiring high heat

- Canned and ready-made food production

Industrial Applications:

- Basic oil in the soap and cosmetics industry

- Animal nutrition supplement in the feed industry

- Raw material in biodiesel production

Why Should It Be Preferred?

- Economic Advantage: 40-60% more affordable than virgin olive oil

- Heat Resistance: Suitable for long-term frying with a smoke point of 240-250°C

- Neutral Flavor: Light profile that does not alter the original taste of dishes

- Sustainability: Contribution to the recycling of olive waste

Warning:

Does not contain most of the antioxidants in virgin oils

Products labeled "Riviera" may contain pomace oil

Cold press pomace oil is very rare, most are refined





GARLIC OLIVE OIL

Selection of Ingredients:

- Olive Oil: High-quality, cold-pressed extra virgin olive oil is preferred. It is important that the olive oil is fresh and natural.
- Garlic: Fresh, large-toothed and high-quality garlic is selected. The freshness of the garlic increases the flavor of the oil.

Preparation of the Garlic:

- The garlic is peeled and sliced or crushed. How finely the garlic is chopped affects the flavor intensity of the oil.
- In some recipes, garlic can be used whole, but sliced or crushed garlic gives the oil more aroma.

Combining with Olive Oil:

- The garlic is placed in a clean and dry jar.
- Olive oil is added on top. The garlic is filled so that it is completely submerged in the oil.
- The jar is tightly closed.

Storage:

- Garlic olive oil should be stored in a cool and dark place. In this way, it maintains its freshness for a long time.

Areas of Use of Garlic Olive Oil

Use in the Kitchen:

- Salad Dressing: Garlic olive oil is used as a wonderful sauce to add flavor to salads.
- In Meals: It is especially used in pasta, meat, chicken and vegetable dishes. It adds both flavor and aroma to meals.
- Bread Dipping: It is ideal for dipping bread with olive oil and spices.
- Marinating: It can be used to marinate meat and chicken. Garlic oil gives flavor and softness to meat.



LEMON OLIVE OIL

Production Stage

Selecting Quality Olive Oil:

- To make lemon-infused olive oil, first of all, high-quality, cold-pressed extra virgin olive oil is used. This ensures that the oil retains its flavor and nutritional value.

Selecting Lemons:

- Fresh and organic lemons are preferred. Lemon juice is squeezed or lemon zest is used. Some manufacturers may also add lemon essence or lemon oil.

Resting:

- The mixture is rested for a while so that the olive oil can fully absorb the lemon aroma. This period usually varies between a few days and a week.

Areas of Use

Lemon mixed olive oil can be used in various ways both in the kitchen and in personal care:

In the kitchen:

- Salad Dressing: It is ideal especially for green salads, appetizer plates and vegetable dishes.
- Marinating: It is used to marinate fish, chicken or seafood. The acidic structure of lemon softens the meat.
- Bread Dipping: The olive oil and lemon mixture can be served with fresh bread.

Health and Nutrition:

- Antioxidant Source: Both olive oil and lemon are rich in antioxidants. This mixture supports the immune system.
- Digestive Friend: The digestive effect of lemon is combined with the digestive system-soothing properties of olive oil.





QUINCE OLIVE OIL

Production Stage

Quince Selection:

- Fresh, ripe and quality quinces are selected. It is important that the quinces are not rotten or damaged.
- Quinces are washed thoroughly and dried.

Quince Processing:

- Quinces are sliced or grated. Some producers use quinces with their skins, while others may peel them.
- Sliced or grated quince can be lightly dried before adding to olive oil or used directly.

Mixing with Olive Oil:

- Cold-pressed or natural extra virgin olive oil is preferred. This ensures that the oil retains its nutritional value.
- Quince pieces or grated are placed in glass jars or stainless steel containers with olive oil.
- The mixture is kept in a cool and dark place for a certain period of time (usually 2-4 weeks). During this process, the aroma and nutritional properties of the quince are transferred to the olive oil.

Areas of Use

1. In the Kitchen:

- **Salad Dressing:** Quince mixed olive oil can be used especially in fruit salads or green salads. It adds a slightly sweet and aromatic flavor.
- **Marinating:** It can be used to marinate chicken, fish or vegetables. The aroma of quince adds a different flavor profile to dishes.
- **Dipping Oil:** Ideal for dipping bread or using in appetizers.



RED PEPPER OLIVE OIL

Peppered Olive Oil Preparation Stages

Preparation of Ingredients:

- **Olive Oil:** It is recommended to use quality extra virgin olive oil.
- **Pepper:** Fresh hot pepper, dried hot pepper or chili pepper can be preferred. The degree of hot pepper can be adjusted according to taste.
- **Optional Spices:** Different aromas can be obtained by adding spices such as garlic, thyme, rosemary.

Preparation of Peppers:

- If fresh peppers are to be used, they are chopped into thin slices after being thoroughly washed and dried.
- If dried pepper or chili pepper is to be used, they can be used directly.

Areas of Use of Peppered Olive Oil

In Meals:

- ***Salads:*** It can be used especially in Mediterranean salads (e.g. shepherd's salad).
- ***Pasta:*** It can be added as a pasta sauce or to cooked pasta.
- ***Grills:*** It is used to add flavor to grilled meat, chicken or fish.
- ***Vegetables:*** It can be added to fried or baked vegetables.

As a Sauce:

- **Appetizers:** It can be poured over hummus, tzatziki or other appetizers.
- **Bread Dip:** It can be consumed as an appetizer with fresh bread.

For Breakfast:

- It can be used at breakfast tables with cheese, olives and tomatoes.

Diet and Healthy Nutrition:

- It can be preferred in diet meals thanks to the healthy fatty acids of olive oil and the metabolism-accelerating effect of pepper.





THYME OLIVE OIL

Production Stage

Selection of Olive Oil:

- Quality, cold-pressed (natural extra virgin) olive oil is preferred. This ensures that the oil retains its nutritional value.

Selection of Thyme:

- Fresh or dried thyme can be used. While fresh thyme gives a more intense aroma, dried thyme has a longer life.
- Thyme is known for its antioxidant and antimicrobial properties, so quality and organic thyme should be preferred.

Mixing Process:

- Olive oil and thyme are combined in a glass jar. Usually, 1-2 handfuls of thyme are added to 1 liter of olive oil.
- The mixture is kept in a cool and dark place for 2-3 weeks. During this period, the aroma and beneficial components of thyme pass into the oil.

Areas of Use

1. In the Kitchen:

- Salads: Olive oil with thyme is ideal for adding flavor and aroma to salads.
- Meals: It can be used especially in meat, chicken and fish dishes. It can also be added to pasta and vegetable dishes.
- Dipping Oil: The thyme version can be preferred to olive oil for dipping bread.

2. Health and Therapeutic Purposes:

- Antioxidant Source: Thyme and olive oil help fight free radicals in the body.
- Antimicrobial Effect: Thyme is known as a natural antimicrobial agent. This oil can help heal small wounds on the skin.
- Digestive Support: Olive oil with thyme can relax the digestive system and reduce gas problems.
- Massage Oil: It can be used as massage oil to relieve muscle pain.



ROSEMARY OLIVE OIL

Preparation Stage

Rosemary olive oil is a harmonious dance of cold-pressed natural extra virgin olive oil and fresh rosemary branches. It is prepared with traditional methods:

Quality Ingredients:

Early harvest olive oil with low acidity is selected, aged for at least 6-8 months.

Fresh rosemary branches (not dried), the leaves are lightly crushed to release its aroma.

Occasionally shaken to ensure that the oil completely absorbs the essence of rosemary.

Areas of Use

Rosemary olive oil plays a versatile role in the kitchen and healing:

In the kitchen:

In salads: It gives a surprising flavor especially with white cheese and melon.

Grilled Meat & Fish: When used as a marinade sauce, it offers both flavor and a digestive effect.

Pasta and Bread: Just a few drops add a "gourmet" touch to the meal.

Healing Uses:

Digestive Support: Consuming 1 teaspoon after a meal eases digestion.

Antioxidant Source: A powerful combination of rosemary's rosmarinic acid and olive oil's vitamin E.

Massage Oil: A natural alternative to relieve muscle pain.





OLIVE OIL PRODUCTION



1 OLIVE HARVESTING



3 CRUSHING & MALAXATION



2 LEAF REMOVAL & WASHING



4 CENTRIFUGION (SEPARATION)



5 FILTRATION & STORAGE



6 BOTTLING & PACKAGING



"The Golden Secret of the Aegean and Marmara: The Story of Olive Oil"

Along the turquoise coasts of the Aegean, olive trees sway in the salty embrace of the wind... In Marmara, century-old groves thrive under gentle breezes... The golden liquid from western Turkey is not merely oil—it carries the legacy of millennia.

The Miracle of Soil and Climate

The olive oils of the Aegean and Marmara are unparalleled, thanks to their microclimate advantages:

- The Aegean sun enhances the fruit's sugar content, yielding oils with a fruity, slightly bitter profile.
- Marmara's cool evenings lower acidity, creating a balanced, aromatic oil.
- Coastal winds and sea air protect trees from pests, reducing the need for chemicals.

Ancient Trees, Modern Flavors

Ayvalık's "Erkence", Edremit's "Yağlık", Gemlik's "Sofralık"—each olive variety lends unique character. For example:

- Ayvalık oil, with its bold aroma, shines in grilled dishes and salads.
- Edremit oil, pleasantly pungent, elevates breakfast spreads and dips.
- Marmara's early-harvest oils, with notes of fresh herbs and almonds, are a chef's favorite.

History at the Table

Homer's epics sang of this oil; Ottoman palaces revered it. Today, the Aegean's "extra virgin" oils grace the world's finest restaurants. Why?

- High polyphenol content makes them a health elixir.
- Protected designations (like "Trilye" oil) guarantee authenticity.

The Final Drop: Why the West?

Eastern Mediterranean oils are robust, but the Aegean and Marmara strike perfection: Bitterness, spice, and fruitiness in harmony—like the land itself, resilient yet tender.

Quick Summary:

"Aegean and Marmara olive oils stand out for their low acidity, high polyphenols, and diverse aromas—gifts of their microclimates. These protected-designation oils are indispensable for health and gourmet cuisine."

This version maintains cultural nuances (e.g., "Erkence" kept in Turkish with explanation) while ensuring clarity for English readers. Let me know if you'd like any refinements!



LIVO®



Made with love, passion and care



www.livo.com.tr



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