

A detailed black and white line drawing of an olive branch with several olives and leaves, positioned at the top of the page. The olives are depicted with fine lines to show texture, and the leaves are elongated and pointed.

THE POWER OF OLIVE OIL

PORTUGAL



INTRODUCTION



REASONS TO EXAMINE MORE CLOSELY

Olive oil is a staple in nearly every kitchen. It is used every day: for cooking, in salads, and often for dipping. And that's exactly why it's often underestimated.

For nearly 6,000 years, it has accompanied people around the Mediterranean—not merely as an ingredient, but as a way of life. It symbolizes simplicity, quality, and time. Olive oil is one of the few foods where the origin, processing, and harvest timing make all the difference, as it is derived directly from a fruit without industrial processing.

In an era where so many products have become interchangeable, the significance of understanding their origins is once again on the rise. Many enterprises are small and family-owned, with production closely linked to specific regions.

This eBook encourages you to reexamine olive oil and helps you understand of:

Why high-quality olive oil is distinct, how to identify it, and what truly underlies its characteristics!

MORE THAN
JUST COOKING





MORE THAN THE KITCHEN: ADDITIONAL BENEFITS OF OLIVE OIL



Olive oil is among the rare products that can be used as food, skincare and even as natural ingredient. This unique versatility is what renders it exceptional.

Good to know

Olive oil is among the rare fats that are directly extracted from a fruit. without industrial processing.

Natural care oil

What astonishes many:

From a chemical perspective, olive oil closely resembles skin.

Consequently, it is capable of:

- help retain moisture
- support the skin's natural barrier
- relive dry, tight skin

Particularly beneficial for dry skin, but less appropriate for oily skin.



Olive leaf infusion

Less well known is the use of olive leaves, which harbor bitter compounds and secondary metabolites. A tea can be brewed from them, traditionally esteemed in various regions.

Taste: bitter, with a slight medicinal quality.

Effect: traditionally utilized, though scientific research remains limited.

Tip: Allow it to steep for no more than 5-8 minutes; otherwise, it may develop an unpleasant bitterness.

Oil as a carrier oil

Olive oil is ideally suited for herb extraction and the production of aromatic oils.

- Rosemary
- Thymian
- Garlic





THE OLIVE TREE



STURDY, UNHURRIED, RESILIENT



An olive tree grows differently from other trees.

It grows at a slow pace. Its gradual evolution is evident in its appearance. The gnarled branches, contorted form, and coarse wood all develop over the course of decades.

Olive trees usually don't produce meaningful harvests until they are around five years old. And yet - or perhaps precisely due to this - he is truly unique.

What makes the olive tree unique?

An olive tree can endure conditions that would have caused many other plants to succumb long ago:

- minimal water
- infertile soils
- extreme heat

Its root system extends deep into the earth, stabilizing the soil and aiding in water retention. In this manner, it safeguards entire landscapes from erosion. Concurrently, a small ecosystem flourishes around it, providing a habitat for insects, birds, and microorganisms.

Good to know:

Certain olive trees in the Mediterranean region are several centuries old.

Some individual specimens continue to bear fruit after more than 1,000 years. Mature trees frequently produce less fruit than younger plantations.

However, that is exactly where the distinction exists. Over time, the fruits develop:

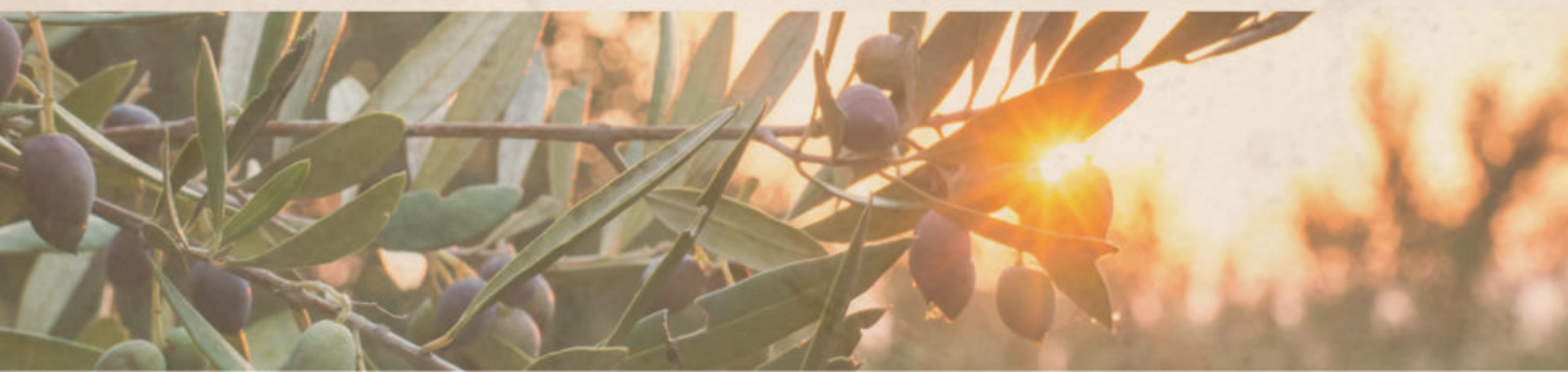
- More intricate aromas
- additional character
- greater depth

A Note from Landbande:

Many of our young trees remain in their initial stages and have yet to produce fruit.

However, that is not the crux of the matter.

The objective is to build something for generations that endures over the long term.



A close-up photograph of an olive branch with several green olives. The leaves are dark green and elongated. The olives are small and round, with a yellowish-green hue. The background is blurred, showing more branches and leaves.

CULTIVATION AND
HARVEST



THE MOST IMPORTANT STEP ISN'T THE PRESSING



The journey to great olive oil begins well in advance of the harvest.

Traditional olive groves are typically expansive, irregularly arranged, and integrated within a natural setting. The trees are spaced apart, allowing for individual growth over time.

By contrast, there are industrial olive groves characterized by densely planted rows, mechanical harvesting, and maximum efficiency. Both systems yield olive oil; however, the resulting products differ significantly.

Many people believe quality is created in the mill.

Indeed, a significant amount is determined at the harvest.

Olives harvested at an early stage are typically green and rich in natural antioxidants. In contrast, olives harvested later produce a greater quantity of oil, though they may lack complexity.

After the harvest, one factor is paramount: speed. Olives are a fresh, natural product that begin to deteriorate immediately after being picked. If stored for an extended period, they lose both aroma and essential nutrients. Consequently, it is vital to process them as swiftly as possible—ideally on the same day, within a few hours.

High-quality olive oil is often identifiable by its sensory characteristics: a gentle bitterness or a mild tickle in the throat are common indicators of freshness and quality. These traits demonstrate that essential natural components and ingredients have been retained.

Landbande's olive oil comes from the Douro region in northern Portugal (centro region) and features the Cobrançosa, Verdeal, and Galega olive varieties. Processing occurs in nearby mills, minimizing transport distances, which is essential for preserving the superior quality of our olive oil.



HOW OUR OLIVE OIL IS MADE

1. QUALITY INSPECTION & CLEANING

Following the harvest, the olives undergo meticulous inspection, only olives in perfect condition are processed further. They are then cleaned to remove any leaves and impurities.



2.

3.

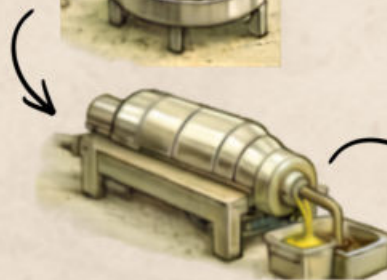
MALAXATION

The olive paste is gently stirred to allow the tiny oil droplets to combine. The temperature is maintained below 27°C to preserve the oil's quality and valuable compounds.



4. CENTRIFUGATION AND SEPARATION

In a centrifuge, the paste is divided into oil, water, and solid matter. This process is entirely mechanical.



5.

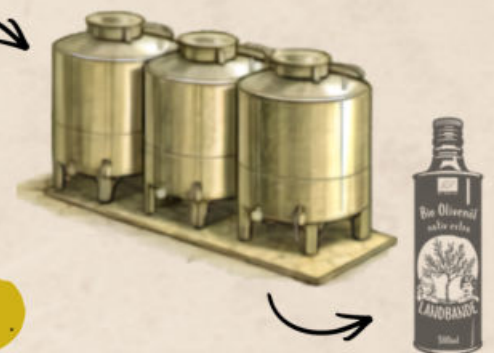
FINAL CLARIFICATION

The extracted crude oil undergoes additional centrifugation and filtration to eliminate any residual particles. This process yields a clear and stable oil, without any additives.

6.

STORAGE

The olive oil is stored in airtight stainless-steel tanks, protected from light. Consistent conditions preserve its quality until bottling.



QUALITY





NOT ALL OLIVE OILS ARE CREATED EQUAL.

At first glance, olive oil may seem simple a bottle, a green label and that's it. However, it is actually a product with enormous differences in quality. These differences begin long before the oil reaches the bottle.

What quality really depends on

Four factors make all the differences:

- Olive variety
- Region and climate
- Harvest time
- Post-harvest processing

Even small changes in any of these factors can significantly affect the flavour and quality.

Landbande olive oil is therefore no product of chance, but the result of carefully considered choices.

Extra virgin olive oil - The highest quality grade

An olive oil may be labelled “extra virgin” if it:

- is produced using mechanical methods only
- has an acidity level below 0.8%
- is free from sensory defects

Good to know

Acidity has nothing to do with how the oil tastes. It's a chemical measure that indicates the condition of the olives and the quality of the processing.

How to identify high-quality olive oil

High-quality olive oil can be recognised by its characteristics sensory qualities.

- Fruitiness (e.g., green notes, apple, fresh grass)
- Bitterness (not a defect, but a sign of quality)
- A peppery sensation in the throat (indication of polyphenols)

What many people don't know

Many olive oils sold in shops are blends of oils from different countries and harvests, making their origin and quality difficult to trace.

When choosing olive oil, look for a clearly stated origin, transparency and short distances between harvesting and processing.



**At Landbande, we are
committed
exclusively to
organic quality.**



H E A L T H



WHY IT'S NOT JUST ABOUT USING OLIVE OIL



Olive oil is often simply described as "healthy." That may be true, but it doesn't tell the whole story. What matters is not only whether you use olive oil, but which olive oil you choose and how regularly you see it.

What truly occurs within the body

Olive oil consists largely of oleic acid, a fatty acid that is considered more stable than many other fats. This makes it easy for the body to use. However, what makes high-quality olive oil particularly interesting is the range of compounds that are found in meaningful amounts in high-quality olive oil.

In addition to fatty acids, olive oil also contains naturally occurring plant compounds.

They are produced naturally within the olive itself, serving as a protective mechanism for the plant.

Good to know

These compounds are sensitive. The faster and gentler the processing, the more of these compounds are retained.

What Research Tells Us

Olive oil is frequently studied as part of the Mediterranean diet.

Research suggests that:

- olive oil may have a positive effect on certain blood lipid levels
- it may help reduce oxidative stress in the body
- it may help reduce inflammation

What matters is not occasional use, but making olive oil a regular part of your diet.

Why Not All Olive Oils Have the Same Effect?

Two olive oils may look identical, yet they can vary considerably in their composition.

Differences stem from the maturity of the olives, how quickly the olives are processed and how the oil is stored.





Something We Often Overlook

Many people pay close attention to what they eat. Far fewer consider what they use to prepare their food.. et this can make a real difference. A high-quality oil not only improves the flavour, but can also enhance the overall quality of the meal.

Everyday Habits, Not Theory

You don't need to make radical changes. Often, it is enough to:

- use a high-quality olive oil regularly
- replace other cooking fats with olive oil where appropriate
- make a few small changes to your daily habits

Effectiveness arises from repetition, not perfection.

It is important to remember::

Olive oil is not a miracle cure or a medicine.

However, it is one of the most valuable fats to include in a balanced daily diet. Its benefits are best understood as part of an overall balanced diet.

A Note from Landbande

When the origin and processing are traceable, it is easier to understand what the product actually contains. And that is something people often overlook when choosing olive oil.

IN THE CULINARY SPACE



WHEN JUST A FEW DROPS MAKE ALL THE DIFFERENCE



It is often the final touch that brings a dish together – not because you use a lot of it, but because of the flavour it adds.

A high-quality olive oil can:

- bring out the natural flavour of vegetables
- elevate even the simplest dishes
- bring all the flavours together

Many people ask:

Can you fry with olive oil?

Yes — absolutely. As long as you avoid overheating it, extra virgin olive oil is perfectly suitable for everyday cooking. Temperatures of up to around 180°C are generally no problem. Moderate heat up to 180°C poses no issues. Avoid overheating the oil, use a good-quality extra virgin olive oil, and you'll get the best flavour and quality..

The biggest difference often comes at the very end. Just a few drops over a finished dish can turn something good into something truly exceptional.

Download our culinary guide, we demonstrate the remarkable versatility of olive oil.



A SUSTAINABLE FUTURE





WORKING WITH NATURE



Global demand for olive oil continues to grow, placing increasing pressure on traditional olive-growing regions. Modern farming methods can lead to:

- intensive monocultures
- higher water consumption
- declining soil quality
- loss of biodiversity

What happens as a result?

The soil gradually loses its structure, nutrients and ability to retain water, leading to lower quality over time.

A more sustainable approach focuses on working with nature instead of against it.

Every small decision makes a difference!



Here, the goal is to work with nature rather than against it. Natural processes are encouraged and restored through farming practices inspired by syntropic systems:

- different plants grow together
- soils are actively regenerated and enriched
- organic material remains on the land, creating a natural cycle

Instead of endless rows of identical plants, the focus is on creating a balanced ecosystem that can support and sustain itself over time. The goal is not only to farm sustainably, but to actively contribute to healthier ecosystems and a more resilient landscape.

A Note from Landbande

This is the direction we want to take as we continue to develop new olive groves:

- smaller-scale cultivation
- long-term stewardship of the land
- combining traditional knowledge with innovative approaches

Step by step, rather than focusing on short-term gains.

Because true sustainability isn't defined by a label - it's built through long-term thinking and responsible action.

A close-up photograph of an olive branch with several elongated, green leaves and a few small, dark olives. The background is a clear, light blue sky. The text is overlaid on the bottom left of the image.

DID YOU KNOW?

Around **8 to 10 kg** of olives are required for one liter of high-quality organic olive oil.

OLIVE OIL IS . . .



- One of the oldest foods known to humankind
- A product deeply rooted in Mediterranean culture
- A remarkable natural product
- An important part of a balanced lifestyle
- A cornerstone of sustainable agriculture
- Choose olive oil with a clear and transparent origin
- Store it in a cool, dark place
- Choose quality over quantity
- Discover different olive varieties and flavour profiles
- Think beyond the kitchen - olive oil has many uses

Perhaps, after reading this book, you'll see olive oil in a new light. Not simply as an ingredient, but as a connection between people and nature, between tradition and craftsmanship and between origin and genuine enjoyment.



YOU DECIDE
WHAT GROWS...





EVERY PURCHASE MAKES A DIFFERENCE



Every choice you make shapes more than what's on your plate. It influences how food is grown, how landscapes are cared for, and how farmers are supported. Conscious consumption isn't about being perfect — it's about making informed choices.

Every purchase is a choice:

- quality over quantity
- transparency over anonymity
- long-term responsibility over short-term gain

Perhaps olive oil is a small place to begin, but it's a meaningful one.

At Landbande, we believe that real quality starts with respect — for nature, for the people behind every harvest and for the generations to come.

Together, we can help bring agriculture back to its roots.

**Origin. Craftsmanship.
Responsibility.**

WHY LANDBANDE EXISTS...

Sometimes, the biggest ideas begin in the simplest ways.

By now, you know that olive oil is not just olive oil.

You know why origin matters.

Why the timing of the harvest makes all the difference.

Why some olive oils are rich in flavour and valuable natural compounds, while others are little more than a source of fat. And how versatile olive oil can be beyond the kitchen. This understanding changed the way we see olive oil too.

My husband's roots are in Portugal. During our visits there, we discovered an organic olive oil that was completely ordinary for the local people—but something truly special to us. Freshly pressed, full of character and vibrant flavour. It wasn't simply another ingredient; it was an essential part of everyday life.

We brought a few bottles home to share with family and friends. Again and again, we were asked the same question: "Where can we buy this olive oil?" That was the moment we realised that exceptional quality should simply be the standard.

Not a luxury, not just for special occasions, but for every day.

That simple idea became Landbande. Our mission is to make exceptional organic olive oil accessible to everyone—honestly produced, fully transparent in its origin, and offered at a fair price.

If this e-book encourages you to take a closer look the next time you choose an olive oil, then it has achieved exactly what we hoped for.

And if you'd like to experience the taste of truly high-quality organic olive oil for yourself, we'd be delighted to welcome you to Landbande.

Thank you for being part of our journey.

YOUR LANDBANDE TEAM



TASTE IT NOW!





LANDBANDE



1ST EDITION 08/2026



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