



## Olive oil: How is it produced? (Infographic)

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Olive oil is enjoyed by many around the world. It is rich in monounsaturated fat, vitamin E and [polyphenols](#). As the name suggests olive oil is produced from the olive fruit of the *Olea europaea* tree. There are hundreds of varieties of olive trees, many are grown in specific regions of the world. Much like wine, each olive variety will produce an oil with a unique flavour and aroma. Olive oil is produced in many parts of the world, with Europe accounting for approximately 70% of the world's olive oil production. Olive oil can be sold in four different categories; extra virgin, virgin, olive oil composed of refined olive oils and virgin olive oils and olive pomace oil. This infographic provides an overview of how olives go from a fruit to the delicious oil used all around the world.

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# OLIVE OIL

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