



Welcome to the home of true Olive Artisans, Kiewa Estate in the beautiful Alpine Region of Victoria. The area's high altitude and clean trout filled waters are well suited to cool climate olive production similar to the Tuscan Hills.

Using modern organic farm practices, our slowly matured olives are hand harvested in early winter and are stone milled in a single cold pressing within hours of picking. This premium quality Extra Virgin Olive Oil is not filtered but naturally decanted and Estate bottled.



"The olive tree is surely the richest gift of Heaven"  
-Thomas Jefferson.

"And with the sprig of a fruited olive man is purified in extreme health"- Virgil, Aeneid.

"The olive fruit is the greatest cure for any problem of life"  
- Solon, who decreed the death penalty for murdering an olive tree.



For more information:

**KIEWA ESTATE OLIVE GROVE**

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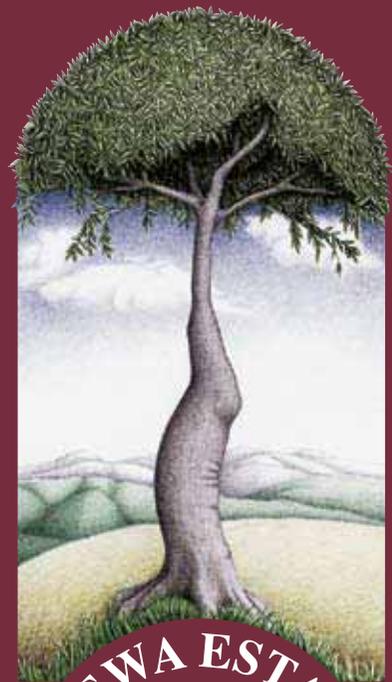


We grow four different types of olive for oil production, each develop their own distinctive flavour. We also produce a range of five 'Agrumato' Olive Oils, which are made by combining olives with whole citrus fruit, producing an Extra Virgin Olive Oil with a lively citrus zest.



*Sveti Ignjatovic*  
Sveti Ignjatovic

KIEWA ESTATE



KIEWA ESTATE

EXTRA VIRGIN  
COOL CLIMATE  
VARIETAL  
OLIVE OILS

&

*Agrumato*



### NUTRITIONAL BENEFITS

Throughout the world the health and nutritional qualities of Olive Oil have long been recognised. Populations who consume Olive Oil as their major fat are shown to have low serum cholesterol levels and a low incidence of coronary heart disease.

Olive Oil is high in monounsaturated fatty acids and also contains a variety of valuable antioxidants which prove beneficial to many health problems including some types of cancer and various effects of ageing on the body's tissues.

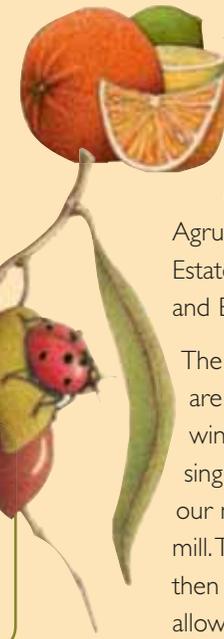


### VARIETAL OLIVE OILS

Our olive trees are set on a hill rising from the banks of the Kiewa River facing North West at an altitude of 700 meters. Morning dew and afternoon sun, late autumn frosts and a sprinkling of snow allow the olives slow maturity for optimum flavour to develop.

At Kiewa Estate we only produce quality stone milled Extra Virgin Olive Oil for our complete product range.

Like wine, Olive Oil varies by the year, but unlike wine, it cannot be made better by blending, filtering, polishing and yield increasing biochemical fancy work. The best Olive Oil is essentially only the oil cold pressed in a single pressing from fresh picked fruit.



### AGRUMATO OILS

The Italian word for citrus is 'agrumo', Agrumato is an exquisite Extra Virgin Olive Oil made by combining whole citrus fruit with olives. Kiewa Estate

Agrumato is produced from Estate grown olives and local and Estate grown citrus fruit.

The olives and citrus fruits are hand picked in early winter and processed in a single cold pressing using our modern granite stone mill. The resulting Extra Virgin Olive Oil is then decanted into stainless steel tanks and allowed to slowly settle over winter.



Extra Virgin Olive Oil, unlike seed oils, remains stable even at high frying temperatures because of its antioxidant and high oleic acid content, making it less vulnerable to oxidation and subsequent formation of toxic products.



Our four culinary Olive Oil varieties have their own distinctive flavour.

#### MANZANILLA

Golden, nutty with a taste of pepper.

#### FRANTOIO

Green and fruity with a hint of pepper.

#### VERDALE

Green, soft, earthy woodland flavour.

#### LECCINO

Green, thick, spicy and voluptuous.



Kiewa Estate does not filter its Olive Oil, preferring to use the centuries old method of allowing the naturally cloudy olive oil to settle gently into a clear soft fruity finish, rich in both colour and flavour.

Agrumato is the perfect partner to cheese, grilled fish, chicken, seafood, bruschetta and salads, or just simply savoured on plain Greek style yoghurt.

Kiewa Estate produces Lemon, Lime, Mandarin, Orange and Tangerine Agrumato.

*Agrumato*  
"Has a citrus zing"

