

Olive, Jaitun - Plant



The Olive is the fruit of the Olive tree (*Olea europaea*) and is a major component of the agriculture and gastronomy along the Mediterranean both in Europe and North Africa, as well as in the Middle East.

Rating: Not Rated Yet

Price

Sales price R 3,982

Discount

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Description The Olive is the fruit of the Olive tree (*Olea europaea*) and is a major component of the agriculture and gastronomy along the Mediterranean both in Europe and North Africa, as well as in the Middle East.

Planting & Care

Sunlight: Need full sun for fruit production and slight winter chill for the fruits to set.

Soil: Can grow in nutrient-poor, but well-drained soils. Olives tolerate quite a wide range of pH, from 5 to 8.5, with about 6.5 being considered optimum.

Water: Olives hate wet feet--period.

Temperature: Should not be planted where temperature falls below 5 degree C.

Fertilizer: Olives require 40 to 100 pounds of actual nitrogen per acre yearly, an amount that can be supplied with legume cover crops or composted manure.

Use

Medicinal use:

- Olive oil is used to prevent heart attack and stroke, breast cancer, colorectal cancer, rheumatoid arthritis, and migraine headache.

Culinary use:

- In foods, olive oil is used as a cooking and salad oil.

Reference:

<http://www.webmd.com/vitamins-supplements/ingredientmono-233-olive.aspx?activeingredientid=233&activeingredientname=olive>

<http://oliveoilsindia.com/index.htm>