



*Authentic food products  
inspired by the culinary history  
of Epirus region.*

Ancient Greeks used their branches to weave their Olympic wreaths and Roman emperors are said to have kept aside the oil from its fruits for their personal use. But for most of the centuries, feral olive trees were just forgotten in the bushes.

The wild olive oil has a fundamental difference with the extra virgin olive oil in terms of having much higher rates in phenolic compounds, vitamin E and antioxidants. When properly selected, harvested and pressed, wild olive oil contains very high concentrations of two pharmaceutically important substances: Oleocanthal (the chemical that gives the best quality olive oil its peppery taste in the back of the throat) and oleacein. In addition to their anti-oxidant properties, their ability to lower blood cholesterol levels and their strong anti-inflammatory action, oleocanthal has been proven to contribute significantly to brain health and help to prevent Alzheimer's.

Size is the main external difference between cultivated olives and the feral ones, which are much smaller and they have a higher proportion of olive pit. We collect the wild olives by hand one by one in rough mountains and take them to the certified olive press of the region within 24 hours.

This years research of olive oil at the Kapodistrian University in Athens, Greece, show that the wild olive oil produced by Athina's Epirus had one of the highest concentrations of oleocanthal and oleacein. We bring this diverse type of oil to you along with its certificates.

We managed to produce in sufficient quantities this type of olive oil that the locals keep for personal use as an appreciated cosmetic and medical compound for ages.





in packages of 500gr.





# Cheese from Souli



300gr



1 kgr



Tea

Bay leaves



Sage



Handpicked herbs from Souli



Oregano grated

Oregano bunch



Thyme

Pennyroyal

Hippophaes



Lemon verbena

Chamomile

Lemon balm



Marigold

Rosemary

Chilly pepper



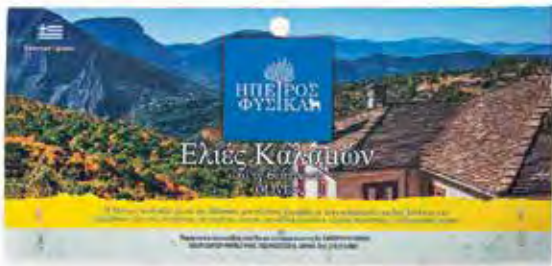
Spearmint

Lavender

Silybum Marianum



Olives



Kalamon Olives  
← from Thesprotia



Green Olives  
from Thesprotia  
→

