



WORLD #1 SELLER



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THE EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS  
CAMPAIGNS THAT PROMOTE  
A HEALTHY LIFESTYLE.



A TASTY MESSAGE FROM EUROPE

HAVE AN OLIVE DAY  
WITH OLIVES FROM SPAIN

# Three Delicious Recipes to Commemorate World Heart Day

Healthy recipes to help celebrate the heart awareness day

In celebration of World Heart Day on September the 29<sup>th</sup>, Olives from Spain encourages customers to partake in their three olive-based recipes. As numerous scientific research has shown the benefits to maintaining a balanced diet, accompanied by regular physical exercise, can prevent certain heart diseases; we are delighted to provide these recipes.

As a natural source of vitamin E, olives have been at the forefront of the European gastronomic tradition and culture. The history of southern Europe is bathed in olive fields, a tree closely linked to the Mediterranean food.

European growers offer American consumers recipes with this millenary ingredient of the Mediterranean Diet, Intangible Cultural Heritage of Humanity. There is a long history and tradition of producing olives in Europe, in many different varieties including **Manzanilla**, **Hojiblanca** and **Queen**. Olives are in the heart of health, culture and gastronomy.

With Europe being the world leader in producing and exporting table olives, Olives from Spain believes that this demonstrates their popularity and ability to adapt to the demands of consumers; with the majority of olives consumed in the USA and more than 83 % being imported from Mediterranean countries.

For more information see the three recipes below:

- **Spanish Gazpacho with olives**

<http://www.haveanoliveday.eu/index.php/videorecipes/mediterranean-food/110-spanish-gazpacho-with-olives>

PRESS RELEASE





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- “Tumaca” bread and olives

<http://www.haveanoliveday.eu/index.php/videorecipes/mediterranean-food/109-tumaca-bread-and-olives>

- Spanish tortilla with olives

<http://www.haveanoliveday.eu/index.php/videorecipes/mediterranean-food/108-spanish-tortilla-with-olives>

For more ideas to enjoy table olives at [www.haveanoliveday.eu](http://www.haveanoliveday.eu)

Have a Sunny Day. Have an Olive Day.

### About INTERACEITUNA and Olives from Spain

INTERACEITUNA is the Interprofessional Organization of Table Olive recognized by the Ministry of Agriculture, Fisheries, Food and Environment that represents the whole sector producing, processing and marketing table olives. Created to implement different programs and activities of general interest, INTERACEITUNA promotes knowledge of Spanish table olives and carries out research and development related to production and production techniques. INTERACEITUNA has partnered with the European Union to promote this product.

@HaveanOliveDay

haveanoliveday

[www.haveanoliveday.eu](http://www.haveanoliveday.eu)

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