



# OLIVE FACTS

BROUGHT TO YOU BY SABEEL-KAIROS

Here are some fascinating facts that you may or may not know about Olives! Test your knowledge on this famous Palestinian export and learn more about why the Olive tree is so important for the Palestinian people. A good conversation

Have a great evening and do send us some of your photos! The Olive tasting guide has been produced by Sabeel-Kairos in partnership with the [Olive Tree Kitchen](#). Please send cheques for money raised with a covering letter and any photos you would like to share with us to: Sabeel-Kairos, Office above AGE UK, 60 the Parade, Oadby, Leicester, LE2 5BF

## Olive Facts

- Olives are a fruit!
- The colour of an olive depends on how ripe the fruit is when it is picked. Ripe olives are black or purple and un-ripened olives are green. It has nothing to do with different olive varieties!
- Some olive trees in the Mediterranean are 6000 years old and still producing olives- many of the olives that go into our oil are from trees that are 200 years old!
- In Palestine, we use olives for oil, for preserving, for making soap and for making fuel to heat our homes and businesses! It's a pretty essential part of our lives.
- The olive fruit isn't edible in its fresh state and has to be pickled or preserved before being eaten.
  - It takes an olive tree 15 years to fully grow and produce fruits.... This is why it's so bad when our Palestinian trees are deliberately destroyed or uprooted.
- Olives are a very powerful anti-oxidant packed with vitamin E.
- Hundreds of Palestinian olive trees were deliberately uprooted or destroyed in the last year in hate crimes, severely affecting the livelihoods of thousands.

**Sabeel-Kairos** [www.sabeel-kairos.org.uk](http://www.sabeel-kairos.org.uk)  
Taking Action for Palestine [advocacy@sabeel-kairos.org.uk](mailto:advocacy@sabeel-kairos.org.uk)