



CARM CLÁSSICO

ORIGIN

The production area of CARM olive oils lies in the heart of the Upper Douro - the Douro Superior - considered the cradle of the best "letter A" Port wine vineyards. Here we still can find traces of Roman culture dating from the 2nd century BC, as well as traces left by the Arabs dating between the 7th and 11th centuries.

CARM's olive groves lie in the heart of this area surrounding the Almendra village. This is one of the areas in Portugal with the best natural characteristics for olive oil production with high quality standards arising from the distinctiveness of the very poor schist soils, the exposure of the olive groves to a dry climate with extreme temperatures between summer and winter. The olive groves are situated between 150 and 450 meters above sea level.

For the production of "Clássico" CARM olive oil, we selected the best of the Cobrançosa, Madural, Negrinha and Verdeal olive varieties.

TRADITIONAL DOURO-REGION OLIVE OIL PRODUCTION

The "Classico" CARM olive oil comes from CARM's own olive groves, which are not included in the Trás-os-Montes and Alto Douro DOP - Denominação de Origem Protegida

(Protected Designation of Origin) but are inserted in the heart of the Douro demarcated region for table and Port wines.

All farms that grow olives for the production of CARM "Classico" are situated within the DOP for the Trás-os-Montes and Alto Douro olive oils. Here the AOTAD supervises and controls all certification of olive oils, in accordance with the EEC rules, through tests conducted by a group of certified appraisers.

HARVESTING AND EXTRACTION

Olive harvesting is done through mechanical vibration. The harvest takes place between the beginning and middle of November and is never later than the New Year.

The extraction is performed in a continuous cold process using a two-phase ecological decanter.

Nutritional Facts

Serving Size 1 Tbsp (15 mL) Servings Per Container	
Amount Per Serving	
Calories 120	Fat Calories 120
	% Daily Value *
Total Fat 14g	21%
Saturated Fat 2g	9%
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 10g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron

*Percent Daily Values are based on a 2,000 calorie diet