



Life among the olives

Magic of Olive Tree

OliVera

Dr Vera Sergeeva

The olive tree is declared by many to be the perfect botanical specimen. A tree with a heart and soul, it provides health-enriching products, is beautiful to behold and is extremely hardy, being resistant to both fire and drought.

Olive trees are broad-leaved evergreen trees grown for their fruits which are used for food and oil. They also are grown as ornamentals. Olive trees can live for centuries, and in many communities are as treasured and precious as antiques.





The ancients said: *The Mediterranean begins and ends with the olive tree, indicating the very close and intimate connection between the plant and the geographical area.*
At the end of the Middle Ages the views of the countries bordering the Mediterranean had become thick with olive groves, and the olive oil trade once again reached the importance of the ancient trades.

Ancient olive trees



'The Sisters' of Noah, Lebanon



Gethsemane, Israel



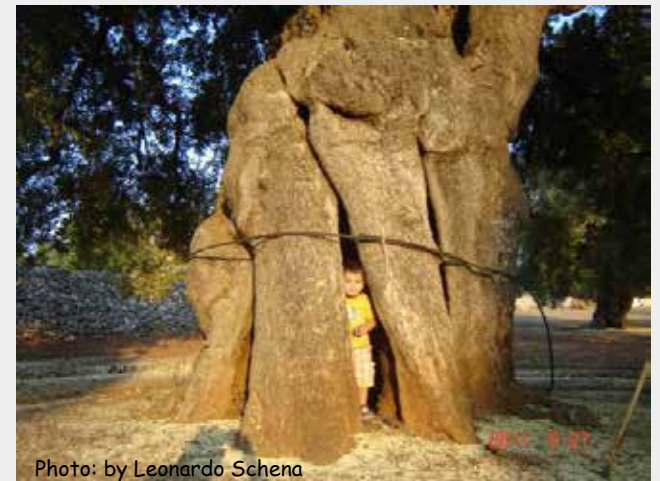
Vouves, Crete, Greece



Mirovica, Near Bar, Montenegro



Alentejo, Portugal



Puglia, Italy



Photo: by Vera Sergeeva

‘Vouves Olive Tree’, Crete, Greece



Photo : by Linda Pappagallo

‘The Sisters’, Lebanon

Located on the Greek island of Crete is a remarkable piece of living antiquity. Estimated at anywhere from 3,000 to 5,000 years old, the ‘Vouves Olive Tree’ is fittingly treasured as a Living Monument and still produces highly-prized olives to this day. In terms of valued produce, however, the Vouves olive tree has some stiff competition from Northern Lebanon. Trees called ‘The Sisters’ produce an award-winning extra virgin olive oil with extremely high polyphenols and acidity levels of between 0.18° and 0.24° . The taste is described as intense, fruity, medium pepper, with a palette of fresh grass; buttery with notes of almond and walnut.

‘The Sisters’ are said to be from an undocumented olive tree variety, an ancestor of the Balasi Ayrouni. Dating from more than 6000 years ago, the variety is even claimed to be ‘the’ source of that olive branch brought by the dove back to Noah heralding the end of the flood.



Sahara olive tree

The Saharan cousin of Mediterranean olive trees remains largely unknown. However, this subspecies (called the Laperinne's olive tree) is of great interest for several reasons. Extremely drought-resistant, this "relic" tree could act as a genetic resource to improve its domestic counterparts, provided conservation actions are implemented to prevent its disappearance.

Centuries-old olive trees



Centuries-old olive trees



Corsica, France



Bar, Montenegro



Ithaca, Greece



Galilee, Israel

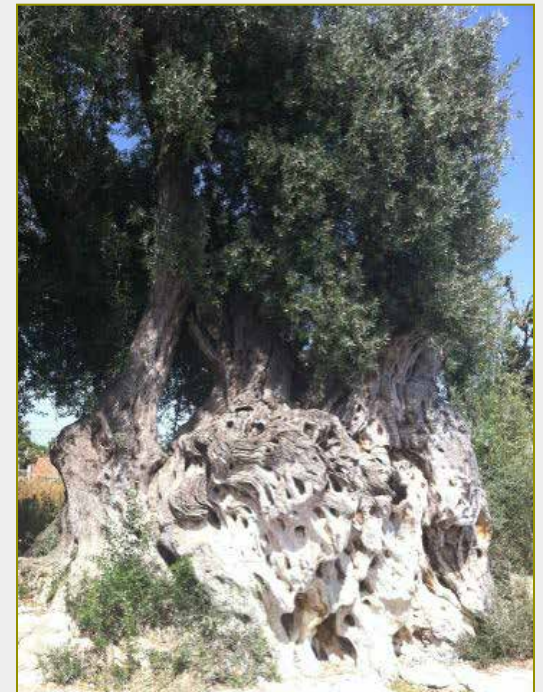




Photo: by Aceite Olivos Milenarios Territorio Sénia



Photo: by Aceite Olivos Milenarios Territorio Sénia

Monumental olive trees

The Senia territory in Spain claims the highest concentration of 'monumental' olive trees. In particular, there are currently a total of 4,761 olive trees with a trunk perimeter measure of more than 3.50m (measured 1.30m from the ground)



Photo: by Aceite Olivos Milenarios Territorio Sénia



Photo: by Aceite Olivos Milenarios Territorio Sénia

The beautiful millennial olive, located in Traiguera (Castellon), which is full of life and whose production is intended to develop the territory Sénia **Millennium olive oil**



Photo: by Aceite Olivos Milenarios Territorio Sénia

Monumental olive trees



Photo: by Aceite Olivos Milenarios Territorio Sènia

Monumental olive trees



Photo: by Aceite Olivos Milenarios Territorio Sènia



Photo: by Aceite Olivos Milenarios Territorio Sénia



Photo: Il meraviglioso mondo dell' olio d'oliva



Photo: by Aceite Olivos Milenarios Territorio Sénia

Monumental olive trees



Photo: by Aceite Olivos Milenarios Territorio Sènia



Photo: by Aceite Olivos Milenarios Territorio Sènia

PAISAJ E HISTÓRICO DE OLIVOS MILENARIOS
DEL TERRITORIO SÈNIA

THE HISTORICAL LANDSCAPE OF THE SÈNIA'S
ANCIENT OLIVE TREES



EUROPEAN UNION PRIZE FOR CULTURAL HERITAGE/
EUROPA NOSTRA AWARDS 2014





Passionate about Puglia



Old olive trees, estimated to be 3,000 years old, supported by bricks, Puglia, Italy.

Photo: by Leonardo Schena



Photo: by Leonardo Schena



Olive tree grown on an old abandoned water cistern, Puglia, Italy





Photo: by Peter Mullins

Trees are ubiquitous in the stony ground, Israel



Photo by Jose Penco AEO, Spain

Meknes (Mequinez), Morocco

How little soil they need



Photo: by Profburp, wikimedia

Dougga (Thugga) ruins, Tunisia



Olive orchards above ruins,
Knossos, Greece



Lower Beth-Horan, Jerusalem



Sparta, Greece



Olive trees on the way in Samaria Gorge (18 km long)



Photo: by Vera Sergeeva



Old Samaria vilage, Crete, Greece



Terraced stone walls support olive trees on the hillside



Stone wall built around old olive trees to increase the tree's nutritional surface area



Photo: by Fabienne Maestracci



Photo: by Fabienne Maestracci

The stone walls "tramizzi" protect from wind
olive trees *Zinzala* of Bonifacio- Corsica



Photo: by Fabienne Maestracci

Olive terraces



Balearic island, Spain



Photo by Ferrell Jenkins

South of Shiloh



Douro Valley, Portugal

photo by Nora Charles



Photo: paskisir.wordpress



Photo by croatia.hr

Ancient olive trees in Dalmatia, Croatia; some reputed to be older than 1,500 years and still producing an abundant harvest



Olive - The Tree of Life

The tree of wisdom: In several cultures the tradition says that the olive tree was gifted to from gods to people. Thus, the symbol of goddess Athena beside the owl symbolized an olive branch.

The tree of peace: Irena, the god of peace, daughter of Zeus and Themed, was always depicted with an olive branch in her hand. Later, in periods of war, the couriers of peace were sent holding a symbol of olive branch in their hand.

The tree of hope: In the Old Testament a dove returns with an olive branch in the ark, in order to announce the end of flood and bring hope to people.

The tree of light: The olive oil was used as lighting oil and thus it was considered to be source of light.

The tree of fertility: In folk tradition of Greek medicine the olive oil is considered to be aphrodisiac. People offered to new couples oval-shaped bread, on which they poured the first oil of the year, as an antidote to sterility.

The tree of health: The value of olive oil to the health is widely known for centuries. Thus, the olive tree symbolizes power and health. Moreover, this symbolism is totally accurate due to the fact that olive trees are long-lived and resistant.

The tree of wealth: For many families the olive trees and their products represent the main source of income.

The tree of balance: The olive tree was considered to be the tree of balance by the Celts. For this reason they devoted the day of 23rd of September to it as that particular date the day has the same duration as the night.



Photo by Esteve Arturo



Photo by Esteve Arturo

These olive trees are next to the VIA AUGUSTA of the Roman era in the Senia territory, Spain

The oldest olive trees have survived many wars, diseases, natural disasters and human negligence and are still bearing fruits. This is one of the reasons why the olive tree is regarded as a **symbol of patience**: looking at an olive tree gives a feeling of serenity, peace and tranquility. Furthermore, the olive tree is the **symbol of immortality**: it gives power to kings and priests, and its boughs crown heroes and Olympic champions.



Photo by Francesca Mignosa
francescamignosa.wordpress



Photo: by wide-wallpapers.net

Temple of Concordia Agrigento, Sicily

Olive tree in Agrigento, Sicily - **symbol of peace and the human spirit**

“Blessed are those who give without remembering and take without ever forgetting” {Sicilian Arabic Blessing}



A symbol of peace



Photo: by Petros Giannakouris/AP

Olive branch is a symbolic symbol of the Olympic Games

Winners of the Olympic Games are crowned with olive branches

Olive oil and the olive tree have a very strong religious symbolism. Olive oil is referred to more than 140 times in the Bible, and the olive tree is mentioned over one hundred times. In the Quran and the Ahadith (sayings and actions of the Prophet) and in the Hebrew Bible, there are numerous references to olive oil as well.

Olive oil is one of the four most important symbols in Christianity along with bread, wine and water.



Olive plantations



Olive plantations



Photo by Antonio Trapero

Andalusia, Spain



Photo by Antonio Trapero



Photo by Tom McNeill, theolivetable.com

Harvesting in 1930s



Photo by Telegraph Hill



Photo: by casafontanaumbria



Photo: by sicmasrl



Photo: by notesfromanolivegrove

Mechanised olive harvester

High density plantations

Photo: by Modern Olives/ Boundary Bend, Australia



Photo by UC Davis Olive centre, USA



Pruning



Photo: by Modern Olives/ Boundary Bend



Harvesting





Photo: by Casa E Cucina *Harvesting in Modern Olives/ Boundary Bend, Australia*



Photo by Vera Sergeeva



Photo by Vera Sergeeva



Photo by Vera Sergeeva



Photo by Vera Sergeeva

There are hundreds of varieties of olive trees all over the world, some new and some over a thousand years old

Olive tree nursery



Photo by chartaolives



Photo by Vera Sergeeva



Photo by Vera Sergeeva, Australia



Photo by Vera Sergeeva, Australia

Tipasa



Photo: by graksi.123rf.com

Kurion



Photo: by N.Sitkarev, flickr.com

Olive tree and wind



Photo: by Vera Sergeeva



Photo by AEO, Spain



Unique in the world centuries-old olive trees in Puglia, Italy



Wind blown olive trees



Photo by Vera Sergeeva



Photo by Lisa Rowntree, Australia



A very different way of viewing an olive tree





Photo: by Mohamed El-Kholy

Experimental olive tree in Egypt



Photo: by @Reuters

Olive tree on the outskirts of Rome

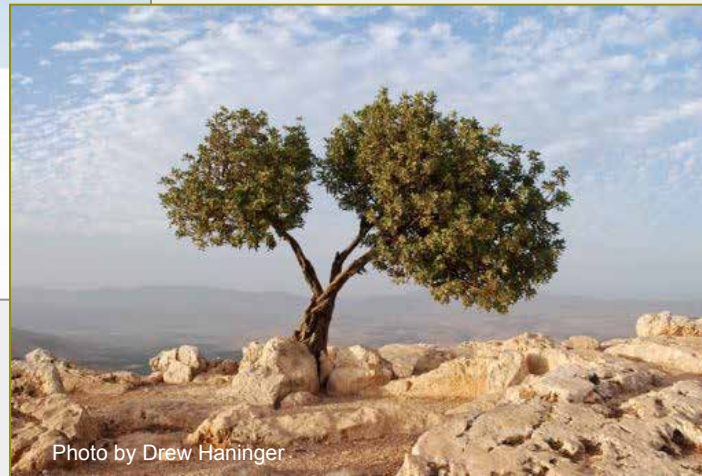


Photo by Drew Haninger

Beautiful olive tree in Israel overlooking the Sea of Galilee



Photo by gabachat

Lonely Olive Tree in Deia

Lonely Olive

The battle of life



Largest olive tree in Australia



Smallest olive tree





Ornamental olives



Photo: by Vera Sergeeva



Spain



The ancient art of transplanting olive trees

Olive tree garden



Photo: by Antonio Trapero

Spain



Portugal



Photo by F. Boni



Photo by F. Boni

Piazza del Duomo, Tuscany, Italy

Landscape with olive trees



This 800 year old olive tree was planted in an Abu Dhabi development as a “centerpiece to be something unique”, chosen for its “character and historic significance”, imported from Lebanon. Never too old to travel!



800 year old olive tree in Palma, Spain



Israel

Macrobonsai



Photo: by macrobonsai



Photo: by paisajesreales.blogspot



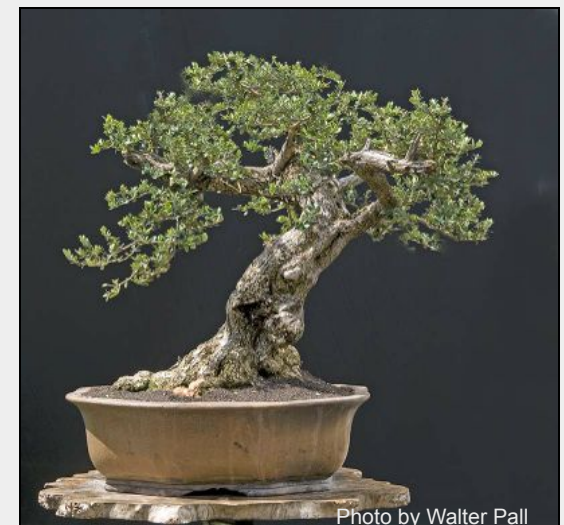
Photo: by imagejuicy



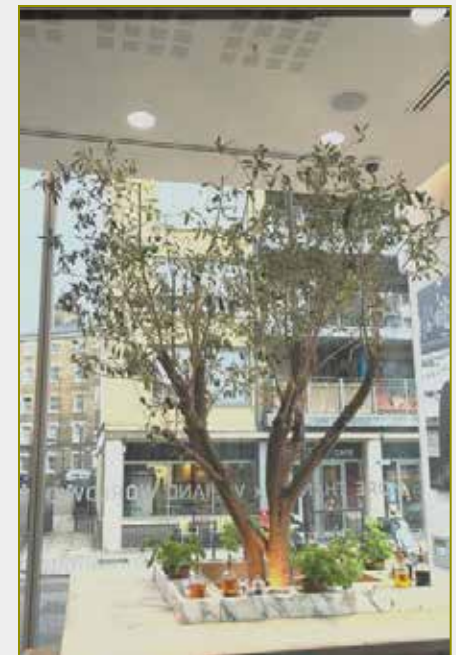
Photo: by imagejuicy

Macrobonsai the art is 400 years old and can reach 10 meters in height. This example is one the Vía Verde de Barrio Peral, Spain

Bonsai olive tree may sound like a myth...



Indoor olive trees



Olive tree sculptures



Park of Olives
Environmental Sculpture and Planting



Olive Tree Museum Imperia, Italy



Museum of the Olive and Greek Olive-Oil, Sparta



The Olive Tree Museum of Vouves, Crete, Greece



Museo de la Cultura del olivo
Baeza (Jaén), Spain



Olive plantations near museum



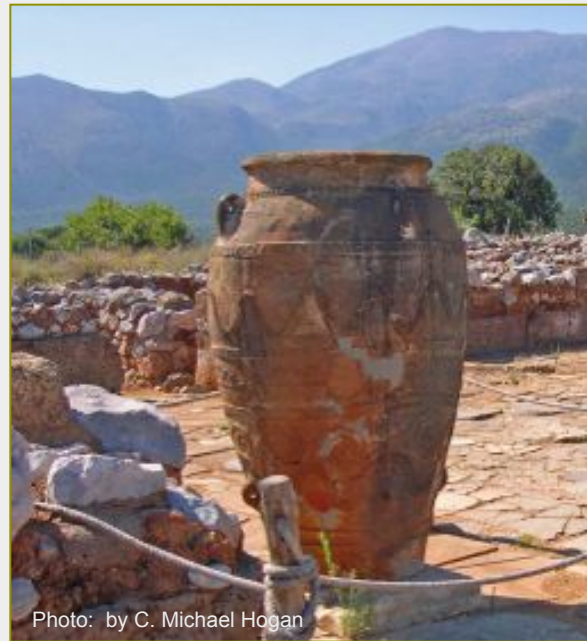
Photo: by Vera Sergeeva



Edremit olive oil museum, Turkey



Ancient olive oil pot



Original olive oil amphora extant in Phaistos archaeological site, Crete.



8000 year-old fragment olive oil



Remains from ancient olive oil making in museum space below Pula's Roman amphitheater



Olive oil was bottled as a medicine and purchased from chemist (1950-1970)

Olive oil





Olive oil bolsters the immune system and helps to protect against viruses. Olive oil has also been found to be effective in fighting against diseases such as: cancer, heart disease, oxidative stress, diabetes, obesity, rheumatoid arthritis, osteoporosis.

Olive is antiseptic, astringent and is known to lower blood pressure and fevers.

The Romans of course used olive oil to cleanse their skin as part of their bathing ritual.

Mediterranean women with their glorious glossy hair have known for centuries the value of applying warm olive oil to revive dry lifeless hair.

Less familiar are the medicinal benefits, which include making use of the leaves and bark as well.

The ancients saw olive oil as healing, no matter what was wrong with you.

A rub down with olive oil would help your body to heal itself.

Massage is extremely healing on its own, a coating of olive oil would double this effect.

Kew's Herbarium, Kew Gardens in London, contains a wreath of folded olive leaves, which was found in the sarcophagus of King Tutankhamun, and is over 3,300 years old.

Yellow Gold ... almost a medicine



Photo by: Ulivitasocial oil



Photo: by Vera Sergeeva



The health benefits of olive oil are extensive with new positive attributes discovered all the time. The recommended dose is at least two tablespoons of extra virgin olive oil each day to enjoy the many ways olive oil can be beneficial to your health and well being.



Photo by Telegraph Hill



Photo by Telegraph Hill



Photo by Telegraph Hill



Photo by Telegraph Hill



Photo by Vera Sergeeva



Photo by Telegraph Hill



Photo by Caviaroli

Olive oil caviar with prosciutto



Photo by Ian Wallace

Chocolate mousse with olive oil



Photo by Loftsocal

Sardines marinated with
caviar of olive oil



Photo by groceryeats.com

Freezing fresh herbs in
olive oil to preserve them



Ice cream with
olive oil



Photo by Kalofaga.ca

Kalamata olive ice cream



Photo by Kenton Kotsiris

Sliced feta with oregano
and olive oil





Olive oil in cosmetics, shaving oil and soaps



Olive leaf extract



Olive leaf tea

Hand made with olive wood



Photo by erdwallet.com



Photo by houzz.com



Photo by houzz.com



Interior design



Photo: by touchofclass.com



Phot: by valaes.gr



Photo: by touchofclass.com

Metal wall sculpture



Olive tree and its products stamp, Cyprus, 2014



1954 Greek 20 lepta



Photo: by Caroline Sipos



Photo: by valaes.gr

Golden olive tree in a meeting room



1957 Italian 100 Lire



Photo: by Pentheroudakis

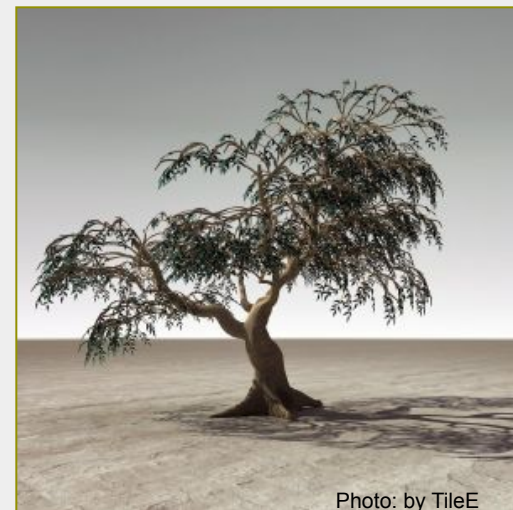
Photo: Shawana olive ring



Photo: by armenianceramics.com

Ceramic tiles Olive Tree of Jerusalem

Digital Art





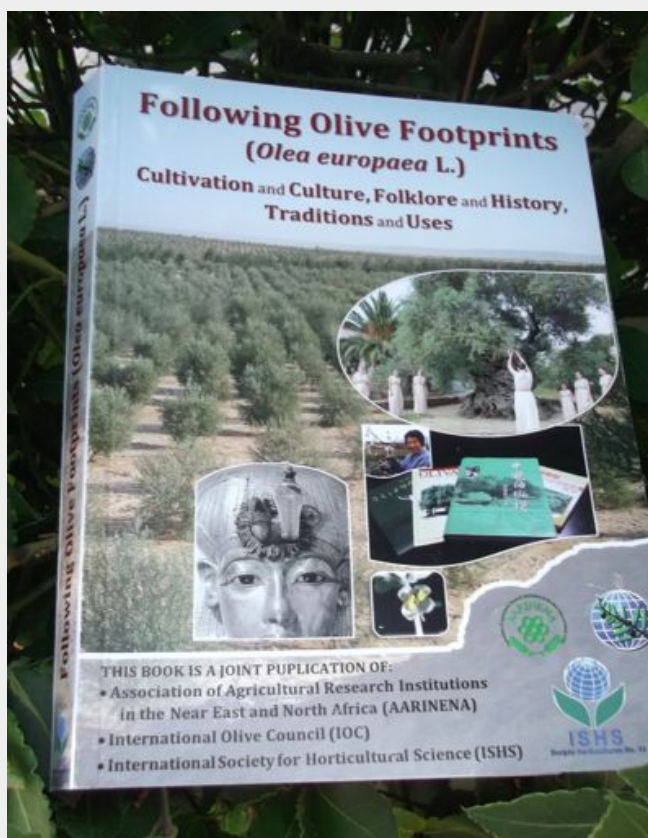
MAY 2005: POETRY

by Barbara Crooker

ODE TO OLIVE OIL

From hard green drupes
of bitter flesh, a river
of gold and green
From trees bent like old women
whose leaves flash
olive drab to silver
in the hot breeze,
a bowlful of summer
The transmutation:
flesh of the tree to liquid amber
Picked by hand, collected in nets,
the willow baskets fill with fruit,
spill into wooden boxes,
are crushed between wheels
of stone, pits and all.

You can marry it with aceto balsamico
to dress your salad, gilding emerald
and ruby leaves. You can ladle
it on white beans and sage, drizzle
it on sun-warm tomatoes, lace it
in minestrone, bathe garlic heads
for roasting. You can make it
into soap, rub it with mint leaves
for migraine. Take a spoonful
to prevent hangover. Mash
it with rosemary and all the pain
is gone from creaky knees.
Velvet on the tongue. The light
of late afternoons. I am eating
sunshine, spread on bread;
primroses open in my mouth.
My chin gleams yellow,
the opposite of a halo,
but one surely even the saints
would recognize and bless.



Following Olive Footprints - Cultivation and Culture, Folklore and History, Tradition and Uses
 The title of this book has been chosen to reflect its documentary nature and its pivotal theme of “Olive and People”.
 Featuring written contributions 99 authors from 41 countries.

<http://www.internationaloliveoil.org/store/index/49-general-publications>



Thank you

OliVera