

## **Pistachio organic Oil** ( Cold pressed from the pistachio nut of the tree *Pistacia terebinthus*)

It didn't take long for us to realize that we had something special in our hands when two lively, tanned Spanish men came to visit us on our booth at Biofach. They were quick to present us with small bottles of an oil we hardly knew about... and yet we immediately sensed we had to pay attention to what they offered. With just a single touch of this oil on our palate, we instantly fell in love and were thus introduced to the nutty and delicious world of Pistachio oil.



The 2 men explained that their company was the only Pistachio Oil company in the world with Biodynamic farming (Demeter). It seems they had found the ideal tree perfectly adapted to the soils and extreme continental climates of the Iberian interior plateaus. The dry farming they practice has two-fold aim: maintaining and highlighting the rich flavor and nutritional qualities of the nut as well as preserving the scarce water resources of the region.

### **What can this oil do for us ?**

#### As food

Pistachio oil has a powerful, sweet flavor and it is claimed to be an important source of protein, fats and minerals. This rich oil also contains a powerful dose of phytosterols that have been shown to reduce the risk of certain types of cancer and the amount of cholesterol that is absorbed in the body.

Pistachio oil is very high in Vitamin E, it contains 12,7% of saturated fats, 53,8% monounsaturated fats, 32,7% Omega-6 fatty acids, and it is a natural, rich source of biotin.

It works well in salad dressing or an add on to finish off pan-fried food.



The *Pistacia terebinthus* ( Turpentine tree) is an Iberian indigenous bush or small tree. This wild and rustic specie gives the kernel a very particular pine nutty flavor. This is due to the resin and turpentine dragged and provided by the *Pistacia terebinthus* plant which boost and enhance its particular flavor.

### **Pistachio organic Oil—*Pistacia terebinthus***

**Part of Plant:** Nuts

**Cultivation:** Demeter organic  
(The first and only pistachio Certified under Biodynamic Farming (DEMETER) in the World

**Extraction:** Cold pressed

**Country of origin:** Spain

**Aroma:** Pine nutty flavor ( a pine nut aftertaste—the nut of the *Pinus pinea*). Aromatic, assertive but subtly sweet scent and flavour.

**Colour:** Emerald green



Pistachios come from one of the oldest flowering nut trees on earth, used first by ancient queens for their nourishing and rejuvenating skin benefits

### As cosmetics

The oil is used in cosmetics industry as it is known for its emollient and moisturizing benefits. Combined with various essential oils it makes the perfect treatment both for skin and hair.

Pistachio oil nourishes the skin, leaving it extremely smooth and silky. It is naturally infused with demulcent properties which tend to have highly hydrating and smoothening effects on the skin. It also contains a variety of potent antioxidants that tend to neutralize free radicals, a chief culprit behind premature aging and in ensuring soft and silky skin for a longer time.

Pistachio oil is rich in fatty acids and Vitamin E which stimulate the growth of healthy strands. It also contains a considerable amount of biotin which *helps combat hair loss effectively*.