Olives

HOW TO PICK: Olives are often sold sealed in cans and jars. Olives should be kept in brine or oil mixture to ensure they are moist and fresh.

HOW TO STORE: Olives can be stored used these methods.  
Oil-curing: soaking in oil for several months.  
Brine-curing: soaking in brine for one to six months.  
Dry-curing: packing in salt for one or more months.  
Water-curing: soaking, rinsing and resoaking in plain water, this method is the slowest of all and consequently is rarely used. Olives kept in a sealed container will keep for more than a year.

HOW TO PREPARE: Olives can be marinated, seasoned and/or stuffed.

FUN FACTS:
• Traditional Chinese medicine uses olive soup as a sore throat recipe
• Olives were so revered in biblical times that it’s said that Moses granted olive growers an exemption from military service.
• Olives appear in one of the earliest cookbooks ever discovered, a 2000-year-old text by a Roman named Apicius.