





United States Department of Agriculture

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 re-soaking 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.

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