

## **2,500-Year Old Olive Oil Production Mill Uncovered**

New York, NY

Recently, we discussed how an ancient olive oil mill was discovered in Jerusalem. However, since then, an even older olive oil artifact was uncovered by archaeologists in the province of Matera. According to the archaeologists, this mill was found in “excellent condition” and was a substantial discovery since it is highly relevant for researchers of ancient communities.

These types of findings are so important, as they uncover the ancient ways in which ancient people used the olives available to them in their cooking. As these archaeologists from the University of Basilicata stated, their discovery “recognizes history, tradition, and passion of the olive growers on our territory”.

Clearly, the history of olive oil producers is vast. This history stretches back thousands of years, so next time you pick up a bottle of extra virgin olive oil at the grocery store, I urge you to reflect on this history! Extra virgin olive oil can be regarded as a “liquid gold” that humans have been utilizing for their survival since ancient times.

Be sure to visit [flavor-your-life.com](http://flavor-your-life.com) for more information on extra virgin olive oil!

**Flavor Your Life** aims to educate North American consumers about authentic Extra Virgin Olive Oil. We are debunking misconceptions while empowering consumers — and sharing the delicious culinary culture that’s been growing for untold generations.

**Media Contact:** [CiaoFlavorYourLife@gmail.com](mailto:CiaoFlavorYourLife@gmail.com)

###

<http://flavor-your-life.com/>