

Clearspring

Clearspring Organic First Cold Pressed Oils

Clearspring Organic Oils are cold pressed, unrefined and full of flavour. They offer a number of health benefits. Vitamin E is a natural antioxidant, for example, and Clearspring Oils retain this natural content. They also contain a balance of omega-3 and omega-6 essential fatty acids, as well as omega-9.

Their exceptional quality reflects the care and dedication put into their production by Clearspring's producer, Oleificio Sabo of Lugano, Switzerland. Clearspring Organic Cold Pressed Oils are a joy to use, with each variety offering a distinct flavour and a characteristic nutritional profile.

Clearspring Organic Italian Extra Virgin Olive

The hot, dry summers and mild, moist winters of southern Italy ensure that Clearspring Organic Italian Extra Virgin Olive Oil offers versatility and character in abundance.

This special blend of mild and fruity Dolce di Rossano olives from Calabria with more pungent Coratina olives from Puglia produce an oil that is ideal for salads, sautéing, baking, dressings, and dips.

RSP: £3.59 for 250ml / £5.29 for 500ml / £9.89 for 1L / £27.18 for 3L



Clearspring Organic Specialty Oils: Hazelnut Oil

Clearspring Organic Unrefined Hazelnut Oil adds a gourmet touch to any vegetable, pasta or grain salad. It is particularly delicious combined with Clearspring organic Italian wine vinegars. Hazelnut oil, with its wonderfully aromatic quality, is a well established delicacy in French and Italian cuisine.

RSP: £7.99 for 250ml

Clearspring Omega Nutritional Oils: Omega Oil

Clearspring Omega Oil is a delicious blend of four cold pressed oils - extra virgin olive, rapeseed, sunflower and flax. It is carefully formulated to provide the health benefits and balance of omega-3 and omega-6 essential fatty acids, along with omega-9, from vegetarian sources. A special green olive oil from Puglia that is exceptionally rich in antioxidant properties is used to stabilise Clearspring Omega Oil, which thanks to its delicious mild taste, is ideal for serving on salads, pasta and other cold dishes.

To preserve the nutritional properties of Clearspring Omega Oil, once opened, it should be kept refrigerated, and used within three weeks

RSP: £7.99 for 500ml

Clearspring Organic Safflower Oil

Mild tasting Clearspring Organic Safflower Oil contains more omega-6 (linoleic acid) than other Clearspring oils, and is also a good source of vitamin E. It is ideal where a delicately flavoured oil is required for dips, dressings and vinaigrettes. The safflower plant with its deep orange flowers is a member of the thistle family and grows in drier regions of Africa, Asia and North America.

RSP: £4.29 for 500ml

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on margreet@clearspring.co.uk or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

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Clearspring Organic Soya Oil

The rich flavour and strong colour of Clearspring Organic Soya Oil is quite distinctive and in marked contrast to the blandness of mass produced refined soya oil. This tasty cold pressed, unrefined oil is ideal for adding to soups and casseroles, and imparting flavour to salad dressings.

RSP: £3.39 for 500ml

Clearspring Organic Sunflower Oil

Clearspring Organic Sunflower Oil, with its golden yellow colour and distinct, nutty flavour, is a popular general-purpose oil. It is a good source of vitamin E and ideal for using in salads and dressings as well as in baked foods. The sunflower with its characteristic large turning flower head is a native American food plant that is also grown extensively as an oil and seed crop in Russia and Eastern Europe.

RSP: £2.99 for 500ml / £5.20 for 1L / £14.36 for 3L

Clearspring Organic Specialty Oils: Toasted Pumpkin Seed Oil

Dark, full-bodied Clearspring Organic Toasted Pumpkin Seed Oil is delicious drizzled on crudité's, salads and cooked vegetables. Its characteristic rich taste enhances a wide variety of foods including pasta and grain dishes and it combines well with balsamic vinegar in salad dressings. Clearspring Toasted Pumpkin Seed Oil is pressed in Austria from the prized dark green pumpkin seeds that only grow in Styria in the south east of the country. Pumpkins uniquely produce a naked seed that is hand harvested from the fruit in the fields each autumn. Pumpkin seeds and their oil have a long local tradition of use as a health food.

RSP: £7.49 for 250ml

Clearspring Organic Sesame Oil

Thanks to its abundance of antioxidants, Clearspring Organic Sesame Oil is exceptionally stable, and resistant to rancidity. With its light flavour and healthy balance of omega-6 and omega-3 essential fatty acids, sesame oil is valued throughout Asia as the most versatile culinary oil. Sesame is associated with the magical command which opened the door of the robber's den in the Arabian Nights tale, and the name derives from the ancient Egyptian word 'sesemt'.

RSP: £5.69 for 500ml / £10.49 for 1L

Clearspring Organic Toasted Sesame Oil

The rich nutty aroma and flavour of Clearspring Organic Toasted Sesame Oil gives an authentic oriental taste to food. Use in marinades, vinaigrettes, sauces and dressings, as well as flavouring stir fries and noodle dishes. Fragrant toasted sesame oil is one of the defining tastes of East Asian cooking.

RSP: £3.99 for 250ml / £6.59 for 500ml

Clearspring Organic Speciality Oils: Walnut Oil

The delicate nutty aroma and flavour of Clearspring Organic Walnut Oil adds a special touch to salads, marinades, dressings and dips. Considered by some to be the supreme salad oil, walnut oil has a long tradition of use in France, Switzerland and northern Italy.

RSP: £8.45 for 250ml

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All available in independent health food stores and selected multiple retailers.
Please see <http://www.clearspring.co.uk/stockists> for our total distributor network.

Oleificio Sabo, Oil Presser

Clearspring's oil presser, Oleificio Sabo of Lugano, is a family business where every stage of the production process is carried out according to exacting standards.

With 150 years of oil pressing experience behind them, the Bordoni family combine state-of-the-art technology with well-practised pharmaceutical discipline. For Clearspring oils they select only the finest certified organic seeds, and employ traditional pressing methods.

Clearspring oil is always extracted from the first pressing, and at a temperature of no higher than 40°C. After pressing, the oil is simply filtered twice through paper, and nitrogen-packed in dark glass anti-UV bottles to retain full freshness, flavour and nutrition. With the exception of Sunflower Frying Oil, which is deodorised by a natural steam process, all Clearspring oils are unrefined.

The Bordonis press and bottle Clearspring oils at their Lugano plant in Switzerland, with the exception of Italian Extra Virgin Olive which is pressed and bottled at their plant in Tuscany, and Styrian Toasted Pumpkin Seed, which is pressed in Austria.

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Ends

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