

The Best Oils for Cooking, Grilling, Baking, and Beyond

What are the best cooking oils? That question deserves a nuanced answer. In terms of performance and flavor, not all cooking oils are created equal. Some are ideal for cooking at high temperatures—think deepfrying and sautéing. Others are super flavorful and can add another layer of depth to your dishes, but burn when heated. Additionally, some types of oils bring an abundance of vitamins, minerals, and powerful antioxidants. How do you differentiate among them all? And how do you store them? How long will they last? So many questions! Thankfully, we've got the answers.













Avocado Oil	cold pressed	NOP/USDA
Almond Oil	cold pressed	NOP/USDA
Apricot Kernel Oil	cold pressed	NOP/USDA
Castor Oil	cold pressed	NOP/USDA
Camelina Oil, Unrefined	cold pressed	NOP/USDA
Camellia Oil,Unrefined	cold pressed	NOP/USDA
Carrot Seed Oil	cold pressed	NOP/USDA
Coconut Oil, Extra Virgin	cold pressed	NOP/USDA
Coconut Oil, Fractionated	cold pressed	NOP/USDA
Evening Primrose Oil	cold pressed	NOP/USDA
Hemp seed Oil	cold pressed	NOP/USDA
Flax Seed Oil,ALA 50%	cold pressed	NOP/USDA
Sesame Oil, Refined	cold pressed	NOP/USDA
Pomegranate Oil	cold pressed	NOP/USDA
Neem Oil	cold pressed	NOP/USDA













Moringa Oil	cold pressed	NOP/USDA
Mustard Oil	cold pressed	NOP/USDA
Walnut Oil	cold pressed	NOP/USDA
Wheat Germ Oil	cold pressed	NOP/USDA
Jojoba Oil, Golden	cold pressed	NOP/USDA
Jojoba Oil, Clear	cold pressed	NOP/USDA
Acai Berry Oil	cold pressed	NOP/USDA
Amaranth Oil	cold pressed	NOP/USDA
Argan Oil, Virgin	cold pressed	NOP/USDA
Cherry Kernel Oil	cold pressed	NOP/USDA
Macadamia Oil	cold pressed	NOP/USDA
Soybean Oil	cold pressed	NOP/USDA
Sunflower Oil, High Oleic	cold pressed	NOP/USDA
Olive Oil, Extra Virgin	cold pressed	NOP/USDA
Tamanu Oil	cold pressed	NOP/USDA













Watermelon Oil	cold pressed	NOP/USDA
Chia Seed Oil	cold pressed	NOP/USDA
Marula Oil	cold pressed	NOP/USDA
Rosehip Oil	cold pressed	NOP/USDA
Borage Oil, Unrefined	cold pressed	NOP/USDA
Anise Star Oil	steam distilled	NOP/USDA
Bay Leaf Oil	steam distilled	NOP/USDA
Basil Oil	steam distilled	NOP/USDA
Black Pepper Oil	steam distilled	NOP/USDA
Calamus Oil	steam distilled	NOP/USDA
Cardamom Oil	steam distilled	NOP/USDA
Carrot Oil	steam distilled	NOP/USDA
Cassia Oil	steam distilled	NOP/USDA
Cedarwood Oil	steam distilled	NOP/USDA
Celery Seed Oil	steam distilled	NOP/USDA













Chamomile Oil, Roman	steam distilled	NOP/USDA
Cinnamon Oil	steam distilled	NOP/USDA
Citronella Oil	steam distilled	NOP/USDA
Clary Sage Oil	steam distilled	NOP/USDA
Clove Bud Oil	steam distilled	NOP/USDA
Dill Oil	steam distilled	NOP/USDA
Eucalyptus Oil	steam distilled	NOP/USDA
Sweet Fennel Oil	steam distilled	NOP/USDA
Frankincense Oil	steam distilled	NOP/USDA
Garlic Oil	steam distilled	NOP/USDA
Geranium Oil	steam distilled	NOP/USDA
Ginger Oil	steam distilled	NOP/USDA
Grapefuit Oil	steam distilled	NOP/USDA
Jumiper Berry Oil	steam distilled	NOP/USDA
Laurel Leaf Oil	steam distilled	NOP/USDA













Lavender Oil	steam distilled	NOP/USDA
Lemon Oil	steam distilled	NOP/USDA
Lemongrass Oil	steam distilled	NOP/USDA
Marjoram Oil	steam distilled	NOP/USDA
Melissa Oil	steam distilled	NOP/USDA
Neroli Oil	steam distilled	NOP/USDA
Nutmeg Oil	steam distilled	NOP/USDA
Organge Oil	steam distilled	NOP/USDA
Oregano Oil	steam distilled	NOP/USDA
Patchouli Oil	steam distilled	NOP/USDA
Peppermint Oil	steam distilled	NOP/USDA
Pine Oil	steam distilled	NOP/USDA
Spearmint Oil	steam distilled	NOP/USDA
Tarragon Oil	steam distilled	NOP/USDA
Tea Tree Oil	steam distilled	NOP/USDA













Thyme Oil	steam distilled	NOP/USDA
Vanilla Oil	steam distilled	NOP/USDA
Vetiver Oil	steam distilled	NOP/USDA
Wintergreen Oil	steam distilled	NOP/USDA
Ylang Ylang Oil	steam distilled	NOP/USDA
Cocoa Butter	cold pressed	NOP/USDA
Hemp Beed Butter	cold pressed	NOP/USDA
Tamanu Butter	cold pressed	NOP/USDA
Lavender Butter	cold pressed	NOP/USDA
She Butter, Refied White	cold pressed	NOP/USDA
Coffee Bean Butter	cold pressed	NOP/USDA



TREAT YOUR SOUL

CONVENTIONAL GRADE

Apple Seed Oil	cold pressed	cosmetic
Aloe Vera Oil	cold pressed	cosmetic
Red Raspebrry Oil	cold pressed	cosmetic
Papaya Seed Oil	cold pressed	cosmetic
Grapeseed Oil	cold pressed	Kosher/Food
Meadowfoam Oil	cold pressed	cosmetic
Karanja Oil	cold pressed	cosmetic
Safflower Oil	cold pressed	cosmetic
Grapefuit Oil	expeller pressed	cosmetic
Lanolin USP	cold pressed	cosmetic
Black Castor Oil	cold pressed	cosmetic
Turkey red Castor Oil	cold pressed	cosmetic
Glycerin USP	cold pressed	Kosher/Food
She Nut Oil Karite	cold pressed	cosmetic
Prickly Pear Oil	cold pressed	cosmetic



TREAT YOUR SOUL

CONVENTIONAL GRADE

Pistachio Oil	cold pressed	Kosher/Food
Rice Bran Oil	cold pressed	Kosher/Food
Broccoli Seed Oil	cold pressed	cosmetic
Hazelnut Oil	cold pressed	Kosher/Food
Cottonseed Oil	cold pressed	cosmetic
Mineral Oil 70	USP	Kosher/Food
Mineral Oil 350	USP	Kosher/Food
Abyssinian Oil	cold pressed	cosmetic
Mango Butter	expeller pressed	cosmetic
Shea Butter, African Yellow	cold pressed	cosmetic
Argan Butter	cold pressed	cosmetic
Almond Butter	cold pressed	cosmetic
Aloe Vera Butter	cold pressed	cosmetic
Kokum Butter, Unrefined	cold pressed	cosmetic
Avocado Butter	cold pressed	cosmetic



TREAT YOUR SOUL

CONVENTIONAL GRADE

Monoi Butter	infused	cosmetic
Jojoba Butter	cold pressed	cosmetic
Beef Tallow, 100% Suet	rendered	Kosher/Food
Pig Lard	rendered	Kosher/Food
Palm Oil Shortening	non hydrogenated	cosmetic
Soy Shortening	non hydrogenated	cosmetic
Animal vegetable Shortening	hydrogenated	cosmetic
Clear Melt and Pour Soap Base	SLS Free	cosmetic
White Melt and Pour Soap Base	SLS Free	cosmetic
Goats Milk Melt and Pour Soap	SLS Free	cosmetic
Base Beeswax White	Non GMO	cosmetic
Beeswax Yellow	Non GMO	cosmetic
Emulsifying Wax	Non GMO/NF	cosmetic