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Olive European evergreen tree, whose homeland is the south-east coast of the Mediterranean Sea. Olive's domesticated was still in ancient Greece a few millennia ago, at present, in the wild, she is no longer found. People spread olive around the world, plantations can be seen not only in the countries of the Mediterranean, but also in the Caucasus, in China, India, as well as in the USA, Mexico, Peru, Argentina. Oshan Oliva was delivered by Europeans back in the XVI century and got widespread there.

The average lifespan of the tree is from 300 to 500 years, but there are also real long-livers whose age exceeds 2,000 years. Olive height reaches at least 15 meters, from one tree you can collect up to 100 kilograms of fruits. At the same time, there is a lot of 6-8 months from flowering to harvest. In Europe alone, there are up to 500,000 trees. Interestingly, the plant can be transferred both drought and frosts up to 10 degrees.

Many are wondering what the difference between olives and olives? After all, they differ greatly in color. In fact, these are the fruits of one tree, they are black in the process of processing. The term of Maslina appeared in the Soviet Union, in other countries both black and green fruits are called olives. Just assembled from the tree fruit in food are not suitable, they have too bitter taste. To get to the counters of shops, and then on the table, they pass the conservation process.

But, 90% of all collected olives is used to produce olive oil, which was still one of the most important export items for the ancient Greeks. Its advantage is that even without preservation, the oil is able to be kept for a long time, therefore, from ancient Greece it could be taken into other countries. Currently, a significant part of olive oil is a fake, in which fraudsters add cheaper varieties.

The ancient Greeks believed that the first olive tree was given to people of the goddess Athena. According to the legend, she won his spear in the ground, from which the tree has grown. Participants in the Olympic Games rubbed the body with oil, which, in their opinion, attached not only power and endurance, but also good luck in competitions. By the way, the most famous Hippocratic Antiquity doctor wrote about the benefits of olive oil. Along the road, which led to Olympia, olive trees grew.

In 2004, the Summer Olympic Games were held on their historical homeland in Greece. During the construction of an equestrian-sports complex, the organizers faced the problem here were grew by olive trees, whose age exceeded 500 years. Solomonovo decided, the trees were removed carefully out of the ground and planted near the complex.

The first crop from the olive tree has to wait for almost ten years. Like many centuries ago, most of the olives are collected by hand. For one liter of oil, it takes from 3 to 5 kilograms of fruits. Collected

olives are very quickly spoiled, therefore, they need to handle them within 24 hours. The top quality oil is obtained only in the process of cold pressing, in which the raw material does not heat up above 27 degrees.

Olives contain polyunsaturated fatty acids, many vitamins, as well as: calcium, phosphorus, iron, potassium, manganese. Nutritionists are recommended to reduce weight daily eat on an empty stomach several fruits or drink a teaspoon of olive oil. In addition, regular use of olives reduces cholesterol levels, prevents the development of the disease of the cardiovascular system.

The ancient Greeks could not imagine life without olives and without olive oil. But, at present, Spain has become the world leader in the production of olives, whose share in global production is almost forty percent.

Olive branch is considered a symbol of the world. It was such a branch that brought a pigeon's pigeon in his beak, it became a sign that the World Flood ceased. The World Congress of Peace supporters was established in April 1949. The author of the emblem of the Congress was the artist Pablo Picasso. It also shows a white pigeon carrying an olive branch.

On the world championship of 1903 in the French wrestling, which was held in Paris, Ivan Poddubny and Raul de Bush met. To the surprise of the public, Raul easily left the powerful podbuty grips. As it turned out, before the fight, he went to the trick smeared torso with olive oil. The decision of the judges was unexpected: the fraudster declared the winner for the fact that he was beautifully leaving for techniques.

Oliva is common in Heraldry. It can be seen on the arms of many settlements of the world. In Russia, a pigeon with an olive branch decorates the coat of arms of the worldly rural settlement in the Krasnodar Territory. Officially, this coat of arms was approved not so long ago on September 27, 2007.