

AUTENTICUM



ITALIAN  
EXTRAVIRGIN  
Olive Oil  
Organical

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Product of Italy

# AUTENTICUM



EXTRA VERGINE OLIO DI OLIVA

*The Extra Virgin  
from the Etruscans  
to 3<sup>rd</sup> Mill*

*Each year mixes together  
the tradition and novities  
to become the prestige  
Green Gold*

# AUTENTICUM



EXTRA VERGINE OLIO DI OLIVA

## Extra Virgin Olive Oil Selected by GiadaCosm

Our Extra Virgin Oil comes from only olives which are produced, collected, pressed in Italy. The olives which come from our members olive trees, are situated in Lazio among Cerveteri, the ancient town of Caere and Bracciano a crossover region between the towns of Cerveteri, Bracciano, Manziana, Tolfa. Cerveteri is a privileged site, since ancient times, it has one of the oldest populations in Italy, the Etruscans. At Bracciano's lake, a few kilometres from Uliveto, has been found, submerged by the waters, one of the oldest Neolithic settlements in Western Europe, the village housed a community coming from Thessaly (Greece) or the East which thrived between 5750 and 5260 BC and then disappeared. Less than a kilometre from Uliveto site, located in Bracciano there is Casale of Pietrische where there have been found the Etruscan wine tanks excavated in the rock and was probably used for the production of wine. The area is located in the southern part of the Tolfa Hills and is considered by the European Union a special protected area for the fauna and bird population.

Less than a kilometre from Uliveto site in Cerveteri is located the Etruscan necropolis of Banditaccia the largest Etruria an area of about 400 hectares, it has been declared World Heritage by UNESCO since 2004.

Both areas are located in the hills, even though with different soil and climatic conditions, they are optimal for both the Olive plant and man.

## Natural Agriculture and Holistic Ecobiology method is used for the olive tree

**Natural Agriculture** is crucial to maintain and continue the increasing the fertility of the land. It is based on four principles: no work, no chemical fertilizers or prepared compounds, no weeding, no reliance on chemicals. Biodiversity is maintained which enables the dynamic equilibrium this resulting in a healthy plant. It has been sought after and favoured for the harmony of the soil. With the Natural Agriculture not only does it retain the soil as in conventional agriculture but helps to increase soil fertility and the whole ecosystem. The most important factor, Natural Agriculture is not the cultural technique, but rather the state of mind of those who cultivate" (Masanobu Fukuoka, microbiologist, botanist, philosopher, founder of Agriculture Natural, Japanese).

The **Holistic Ecobiology** points out the deep knowledge of nature, man and man-land relationship. The human being is the vector with its presence which can promote and improve the natural habitat in synergy with the mother earth. "The Holistic Ecobiology Eco: home, environment. Biology: the knowledge of organic life. Holistic: harmonious whole, which means knowing how to live a higher quality in their lives in osmosis with the natural ecosystem." (Antonio Meneghetti, scientist, artist, philosopher, ontological, founder of Onto psychology, Italian).

The man does, but in synergy with nature which understands and encourages, respects the rhythms of nature, his actions are internal to the processes of nature, of which he is part of.

**Man understands Nature because it is Nature.**

# AUTENTICUM

## EXTRA VERGINE OLIO DI OLIVA

The natural olive grove is characterized by a unploughed soil, no chemical fertilizers, no weed killer. Fertilization mainly via the broadcaster given by grazing horses and rustic hens possible with manure additions. The soil is kept covered with grass, in promoting the natural biodiversity that encourages healthy plants by enriching the soil which is sown directly on the existing dwarf white clover lawn, this helps to enrich the soil with nitrogen and avoids, with its root system, the washing away caused by rain, gradually replacing the weeds such as couch grass that can be harmful to the olive. Left are the various field herbs that grow spontaneously under the olive trees, the most common plants in the area are the Roman mint, chard, wild fennel, chicory, borage, calendula, wild asparagus that prefers to grow under the olive trees.

The Company ExtraVirgin Agricola Marcello Fiore is produced according to the principles of Natural Agriculture and Holistic Ecobiology method and it is Organically Certified.



Control body authorized by MIPAAF IT-BIO-007  
Operator controlled No. J21L  
Agriculture Italy.

The Company ExtraVirgin Agricola Antonella Ferraro is produced according to the principles of Natural Agriculture and Holistic Ecobiology method.

## Extra Virgin Oil

The Extra Virgin is the olive juice and it is rich in antioxidants such as vitamin E, oleic acid, polyphenols, is an excellent product of nature typical of the Mediterranean. It could be called the Elixir of Life, it promotes overall well-being, protects the cardiovascular system, has a beneficial effect in the development and maintenance of the nervous system which is so useful in early childhood - the lipid of the extra virgin composition is similar to breast milk - it has a beneficial effect on the gastrointestinal system, on the osteoarticular apparatus, favours the maintenance of a proper metabolism. According to an ancient myth the Olive Tree is a divine gift given by the goddess Athena or Minerva, goddess of wisdom, of justice, of the waring strategies, patron of the arts, sciences, human craftsman. The olive tree was born on the Acropolis, it became a sacred plant and Minerva the protector of the city of Athens. The olive tree is an ancient tree, evergreen, has a high capacity for self-regeneration, is a symbol of peace, eternity, wisdom, the conjunction between man and heaven. Olive oil has always, in its various forms been used by humans for food, to heat and light, as a basis for medical remedies, perfumes and cosmetics, to facilitate spinning wool and weaving.

The olive trees are excellent even the leaves have antioxidant, anti-radical, toning the capillaries, soothing and promote skin regeneration. The infusion of olive leaves is characterized by the multiple health properties including the regulation of blood pressure, the increase of the elasticity of the arteries, the fluidization of the blood, the regulation of the lipid metabolism.

The extra virgin is great raw on salads, meat, fish, fruit, it must be used daily in the correct amount, which is indicated by experts in nutrition in about 3 tablespoons per day (approximately 30g). Also great in the kitchen in the preparation of any dish including desserts. It is also indicated for frying because its smoking point is very high.

# AUTENTICUM

## EXTRA VERGINE OLIO DI OLIVA

The ExtraVirgin Olive Oil is main element  
for Good Taste the palate to the skin.

Our ExtraVirgin is a limited production, exclusive, natural.

The olives are harvested mainly between late September and early November, according to the climatic year. At the start of ripening the harvest is done by hand and also with help of mechanical combs.

The milling is carried out cold and on the collection day.

The oil is not filtered and may have natural deposits on the bottom.

Cultivar: Frantoio, Leccino, Bianchera, Leccio del Corno, Pendolino, Canino, Moraiolo, Cipressini, Olive trees.

Autenticum Extra Virgin Olive Oil:

'Mixage' Extra Virgin Olive Oil, mix of cultivars Frantoio, Leccino, Cipressino, Bianchera, Leccio del Corno, Canino, Pendolino, Organic Certification IT-BIO-007-J21L

'Ottobriano' Extra Virgin Olive Oil, cultivar Canino, Pendolino.

## The Cultivar

The Cultivar indicates the specific type of tree. Italy is rich in olive cultivars about 538 and each has characteristics which are identified by the type of leaf, the natural placement of branches, the type of olive and fruit ripening time. Each cultivar gives an oil with specific characteristics. The features may be subject to specific organoleptic changes depending on the terrain on which the plant grows; in addition to what the characteristics of a specific cultivar can vary in function of the climatic conditions of each year, the time of early or late harvest, the time between harvest and milling, the mill. Each oil has particular characteristics such as fruity, bitter, sweet, spicy.

## Cultivar and characterization of the oils

### BIANCHERA

Fruity, slightly spicy.

### CANINO

Fruity, bitter and spicy aftertaste.

### CIPRESSINO

Delicate.

### FRANTOIO

Fine oil, fragrant, fruity shades  
spicy and bitter.

### LECCINO

Sweet, not aromatic peaks.

### LECCIO DEL CORNO

Medium fruity oil, slightly  
spicy, bitter aftertaste.

### MORAIOLO

Fruity oil, harmonious, bitter, spicy.

### PENDOLINO

Delicate, pleasant oil, scented,  
shades of bitter and spicy.



# AUTENTICUM

Natural Agriculture  
and Holistic Ecobiology  
Organic



IT-BIO-007 J21L

# MIXAGE



0,500 lt  
cod. 402  
Inviolable Tap  
Dark Glass



0,750 lt  
cod. 403  
Dark Glass



0,175 lt  
cod. 408  
Can



1 lt  
cod. 409  
Can



3 lt  
cod. 410  
Can

# AUTENTICUM



AUTENTICUM

AUTENTICUM

“OTTORBRINO”

Natural Agriculture  
and Holistic Ecobiology



0,750 lt  
cod. 412  
Dark Glass



0,175 lt  
cod. 413  
Can



1 lt  
cod. 416  
Can



3 lt  
cod. 414  
Can

# AUTENTICUM



Cod. Box 200

## GIFT BOXES



MAKE YOUR  
SELECTION  
AS YOU WANT  
WHERE YOU WANT  
FOR WHOM  
YOU WANT

Cod. Box 201



AUTENTICUM





# AUTENTICUM

THE GOOD TASTE  
TO THE PALATE TO THE SKIN

## GIFT BOXES

MAKE YOUR  
SELECTION  
AS YOU WANT  
WHERE YOU WANT  
FOR WHOM  
YOU WANT



Cod. Box 201



AUTENTICUM



## **Commercial information**

### **Extra Virgin Olive Oil**

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Azienda Agricola Antonella Ferraro Bracciano

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### **Note:**

The image present in the catalogue are indicative, in colour and form of the packaging, this cloud have some variation.