



Crudolio²

All the oils you want, 
from nature to your table!

www.crudolio.it

"Crudolio presents 20 different types of oils and 7 seeds, all from organic farming and vegan certificates. Each product is distinguished by its origin, but all are linked by the same common thread that is to offer our consumers a "special" seasoning with the typical taste of the fruit or seed, suitable for all those who prefer a diet good and healthy. "

Giuseppe Matticari

CEO of Joe&Co. S.r.l.

Family history

since 1890

The Matticari family has always been active in the oil world.

At first the mill was the second family business, followed by Raniero and Giorgio Matticari. Since 1980, Giuseppe has made it his main activity, expanding the range from traditional olive, to all types of fruit oils and seeds.

To date, Crudolio has 30 references, divided between oils, vinegars and seeds. Our goal is to continue the family tradition, offering our consumers an increasingly healthy and genuine product, guaranteed by the organic.



1935. Raniero Matticari, class 1890, in his oil mill with stone mills in Calvi dell'Umbria.



1935. Even today this is the home of the Matticari family.

Extra Virgin Olive Oil



ITALIAN
TRADITION



Extra Virgin Olive Oil

The Organic Extra Virgin Olive Oil is made from 100% Italian olives grown with the utmost respect for the principles of organic agriculture.



Taste

delicate and with a pleasant herbaceous sensation

Use

ideal to season raw fish, white meats, vegetables, and in general all delicate and balanced dishes.

Available formats in ml:
100 - 250 - 500 - 750 - 1000 - 3000 - 5000



Extra Virgin Olive Oil

Tunisian, Spanish, Mediterranean

Tunisian

The **Organic Extra Virgin Olive Oil** is obtained from **100% Tunisian** olives cultivated with the utmost respect for the principles of organic agriculture.



Taste

delicate and with a pleasant herbaceous sensation

Use

ideal for seasoning and cooking the fish, white meats, vegetables, and in general all delicate and balanced dishes.

Spanish

The **Organic Extra Virgin Olive Oil** is obtained from **100% Spanish** olives cultivated with the utmost respect for the principles of organic agriculture.



Taste

the spicy barely exceeds the bitterness that melts into a final note of almond

Use

ideal for seasoning and cooking. Perfect on dishes such as "Caprese", grilled meats and salads.

Mediterranean

Organic Extra Virgin Olive Oil is a blend of **EU - NON EU** olive oil grown in the utmost respect for the principles of organic farming.



Taste

fruity, delicate, with hints of cut grass and sweet almond

Use

ideal to season raw fish, white meats, vegetables, and in general all delicate and balanced dishes.

Formati disponibili in ml: 100 - 250 - 500 - 750 - 1000 - 3000

Flavored

seasoning based on extra virgin olive oil



Chili pepper



White Truffle



Lemon





Flax

seeds oil

Flaxseeds Oil is obtained from the cold pressure of the toasted or dried seeds of the flax plant.

Known already in the Babylonians 3 thousand years ago, the *Linum usitatissimum* is a small shrub that reaches a maximum height of about one meter and in spring produces blue flowers.

Omega 3 are substances very important for the health of our body, fundamental in metabolic reactions and for proper cellular functioning.

Among all the foods, linseed oil contains the highest percentage of them: as much as 57%.

Lemon



Taste

all the taste of Flaxseed oil with a delicate lemon flavor

Use

we recommend taking two teaspoons a day, **strictly raw**



Taste

all the taste of cold-pressed Flaxseed oil

Use

we recommend taking two teaspoons a day, **strictly raw**

Orange



Taste

all the taste of Flaxseed oil with a delicate orange flavor

Use

we recommend taking two teaspoons a day, **strictly raw**



Sunflower
seeds oil

Sunflower oil is obtained by pressing the seeds of the Helianthus annus plant. This beautiful yellow flower that follows the movement of the sun is native to the Americas and even the Inca population used it already 3000 years ago for its properties.

High Oleic



Taste

tasteless

Use

the perfect oil for **frying** and for preparing baked confectionery products

Raw



Taste

all the taste of cold squeezed sunflower oil

Use

raw to season salads or vegetable dishes, for sauces

Deodorized



Taste

tasteless

Use

ideal for preparing food in oil and sauces (**mayonnaise**)

Available formats in ml: 500 - 750 - 1000 - 3000 - 5000

Canola, Camelina, Sesame, Corn

seeds oil



Canola

Canola is the acronym of "**CAN**adian **Oil Low Acid**", or Canadian oil with a low acid content. Canola oil was selected in the 1970s by a group of Canadian researchers. Using a particular variety of rapeseed, they made a vegetable oil with reduced concentrations of erucic acid to be used for human food uses.



Camelina

The **Camelina** sativa is a plant of the Brassicaceae family that grows in the Nordic countries. It has a good balance between Omega 3 and Omega 6, with a ratio of 1 to 2. In addition there is also gamma tocopherol, a type of vitamin E that stabilizes Omega 3. It is also almost **free of saturated fatty acids**



Sesamo

Sesame oil is obtained from the seeds of a herbaceous plant native to India and Africa. It was already known in the sixth century BC from the Assyrians, who appreciated it both as a medicine and as a food condiment.



Mais

The **Corn Oil** is extracted from the germ enclosed in the cariossidi of the homonymous plant (*Zea mays*), that is from that species of particle that stands at the apex of the grain of maize.



Taste

typical of the seed

Use

ideal for cooking and dressing all your dishes. Very balanced in polyunsaturated fatty acids

Gusto

delicate and with a pleasant herbaceous sensation

Cucina

ideal for seasoning and cooking the fish, white meats, vegetables, and in general all delicate and balanced dishes.

Gusto

typical of the seed, particularly fragrant

Cucina

ideal for seasoning and cooking. Perfect on dishes like "Caprese" and salads.

Gusto

tasteless

Cucina

ideal as a condiment on salads and vegetables



Argan

special seeds oils

Sacha Inchi



Argan

Argan oil is the oil extracted from the seeds of the Argania spinosa plant, endemic in the south of Morocco.

Did you know?

Argan oil has extraordinary properties for the skin and hair!

SKIN: softness and elasticity. It also has anti-aging properties.

HAIR: added to a do-it-yourself mask with linseed and coconut oil, it makes the hair soft and luminous.



Taste	Use	Cosmetic
fruity, delicate and fragrant	ideal to season raw fish, white meats, vegetables, and in general all delicate and balanced dishes.	dry skin, which requires strong hydration / bristly hair

Sacha Inchi

Sacha Inchi Oil derives from the homonymous plant. This grows spontaneously in the Amazon rainforest. It is very rich in polyunsaturated fatty acids: **Omega 3, Omega 6 and Omega 9.**

Did you know?

Sacha Inchi oil has the highest Omega 3 content!

SKIN: dryness or irritation

OMEGA: It is very rich in polyunsaturated fatty acids: 50% from Omega 3, about 35% from Omega 6 and 9% from Omega 9



Taste	Use	Cosmetic
lighter and more pleasant taste compared to other oils rich in Omega 3	ideal to season raw fish, white meats, vegetables, and in general all delicate and balanced dishes. We recommend taking 5 grams a day.	dry, chapped or irritated skin, helps to strengthen nails and hair



Hemp

special seeds oils

Walnut



Hempseed

Obtained from the cold pressing of Cannabis sativa seeds, hemp oil is a vegetable oil rich in essential fatty acids with strong antioxidant, immunomodulatory and anti-inflammatory properties, currently the subject of scientific studies and research.

Did you know?

Hemp oil is a natural anti-inflammatory.

SKIN: against skin irritations.

OMEGA: the only food in nature that has the perfect Omega 3 and Omega 6 3: 1 ratio



Taste	Use	Cosmetic
very pleasant taste that resembles that of hazelnuts	ideal for seasoning salads, cereals, soups, etc.	it can also be applied directly to the area to be treated to reduce itching and inflammation

Walnut

Walnut oil is an oil extracted from ancient times by walnuts, in Italy mainly by Juglans regia.

Did you know?

Walnut oil has high antibacterial properties.

SKIN: ideal for skin care especially for impure and oily skin

OMEGA: is higher than unsaturated and polyunsaturated fats, about 60%



Taste	Use	Cosmetic
delicate, particular, slightly bitterish	cold condiments for pasta, such as walnut pesto or Sicilian pesto, with ricotta and cherry tomatoes. Ideal also for desserts	ideal for skin care especially for impure and oily skin



TROP

ICAL



Coconut

Its taste brings us back to the distant tropical paradise.
Its scent inebriates.

These two reasons would be enough to try coconut oil at least once. Yet there are innumerable reasons to love it. Coconut oil is a **vegetable-based fat** obtained by pressing the copra or the white and fibrous pulp of the coconut.

Did you know?

Coconut oil to brush your teeth!

Its whitening power, taste and emollient properties make this oil as good as a natural toothpaste.



Taste

fruity, delicate, with hints of cut grass and sweet almond

Use

ideal as a substitute for butter in the preparation of baked desserts. Also great for flavoring your salads

Cosmetic

dry skin, which requires strong hydration / bristly hair

Tips!

Skin

Spread Crudolio Coconut Oil on the skin after a shower. It absorbs quickly and the skin is as soft as that of a child!

Hair Mask

Mix:

2 c. of coconut oil
1 c. of Linseed Oil
1 c. of Argan oil

Result:

Softness & Gloss!

Avocado

Pure **avocado** oil is extracted from the pulp of the avocado fruit. It is rich in oleic acid, which supports good cholesterol levels and contributes to **overall health**, it also contains important amounts of **vitamins** and **potassium**.

sources of vitamins
C, E, K, and B-6



Taste

intense, typical of the fruit

Use

ideal to season your favorite salads and to prepare the guacamole sauce

Curiosity

source of vitamins and potassium



Benessere+

OMEGA 3♥6

Blend of **cold-pressed** oils of:

Flax • Sunflower • Canola • Pumpkin • Hemp

Rich in Vitamin E

What are Omega 3♥6?

Ω3: Alpha-linoleic acid (ALA)

Ω6: Linoleic Acid (LA)

These are the essential fatty acids that belong to the family of polyunsaturated fatty acids. Our body, not being able to produce them independently, finds itself having to take them from the outside.

Daily use of this oil can help maintain normal levels of LDL cholesterol in the blood. Moreover the contained Vitamin E is a natural antioxidant.

Recommended dose: 20 grams (two tablespoons) How to use it: ideal for cooking and seasoning your favorite dishes.



Benessere+

OMEGA 3♥6♥9

Blend of **cold-pressed** oils of:

Flax • High Oleic Sunflower • Canola • Pumpkin • Walnut

Rich in Vitamin E

What are Omega 3♥6♥9?

Ω3: Alpha-linoleic acid (ALA)

Ω6: Linoleic Acid (LA)

Ω9: Monounsaturated Oleic Acid

These are the essential fatty acids that belong to the family of polyunsaturated fatty acids. Our body, not being able to produce them autonomously, finds itself having to take them from the outside. To this mixture we have added Omega 9, which is instead synthesized by the organism, thus completing the Omega family.

Daily use of this oil can help maintain normal levels of LDL cholesterol in the blood. Moreover the contained Vitamin E is a natural antioxidant.

Recommended dose: 20 grams (two tablespoons) How to use it: ideal for cooking and seasoning your favorite dishes.





VINEGAR

seasoning



Soy sauces

seasoning



Shoyu



Tamari
glutenfree

Shoyu

Shoyu soy sauce is a very tasty dark-colored liquid sauce made from fermented soy. It is obtained by fermenting the soy, toasted wheat, water and salt into oak vats.

Did you know?

Soy sauce is the queen of Japanese and Chinese seasonings and is the result of fermentation of soy thanks to the koji, a particular ferment.



reduced content of salt

Taste	Use	Curiosity
more delicate flavor	use for salting and flavoring soups, cereals, legumes, raw vegetables. Ideal with sushi!	It is an ingredient in Worcester sauce

Tamari

Tamari soy sauce is a very tasty dark-colored liquid sauce made from fermented soy. It is obtained by fermenting soybeans, water and salt into oak vats.

Did you know?

Tamari soy sauce is gluten-free, thanks to the absence of wheat

SUITABLE: gluten intolerant, celiac.

glutenfree



Taste	Use	Curiosity
more intense flavor	use for salting and flavoring soups, cereals, legumes, raw vegetables	rich in mineral salts

The Naturals



Rice

The rice oil is a vegetable oil obtained by the cold pressing process of the germ and the inner film of the grain: parts present in the raw (integral) rice, but which are eliminated mechanically during the process of husking and blasting. The oil is therefore contained in the germ and in this film which takes the name of chaff, and is one of the minor components of the seed (2% by weight).



Taste	Use	Curiosity
delicate	ideal for creating desserts and pastry products	is rich in Gamma Orizanol

Grapeseed

The grape seeds are the small seeds contained in the grapes. In turn, these small grains contain a precious oil, the grape seed oil, in fact. How does it come out? It is cold pressed, strictly without the use of chemical solvents. Little known, it is actually a fantastic product, both from a food and a cosmetic point of view. The grape seeds are in fact rich in calcium, phosphorus and flavonoids and organic acids with a high lightening properties.



Taste	Use	Curiosity
more delicate flavor	ideal for dressing salads and your favorite dishes	comes from grapes!

FOOD SERVICE HO.RE.CA.

The complete range of *organic* oils for your business.



High Oleic Sunflower Oil



Ideal for frying
fish & meat

CFC5000
Cod. EAN - Barcode
8052440072620
Certificazione BIO -
Organic Certification
IT BIO 009 CCPB

High Oleic Sunflower Oil



Ideal for frying vegetables
and french fries

CFV5000
Cod. EAN - Barcode
8052440072170
Certificazione BIO - Organic Certification
IT BIO 009 CCPB

Deodorized Sunflower Oil



Ideal for cooking
and seasoning

CGD5000
Cod. EAN - Barcode
8052440072286
Certificazione BIO - Organic
Certification
IT BIO 009 CCPB

Extra Virgin Olive Oil



Cold Extract

CEN5000
Cod. EAN - Barcode
8052440071319
Certificazione BIO - Organic
Certification
IT BIO 009 CCPB

Seeds





200 gr





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www.crudolio.it

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