

जैतून (jaitoon, Hindi), ओलिव (Oliva, Gujarati), Saytuunka (Somali), matunda ya zaituni (Swahili), زيتون (zaytoon, Arabic), 橄榄 (gǎn lǎn, Mandarin), aceituna (Spanish)



Olive

a taste of the Bible on the Floridian table

Olives have been cultivated in the eastern Mediterranean region for more than 6,000 years.

Olive orchards were a significant part of ancient economy and cultures, including biblical traditions where olives and olive oil are important symbols representing prosperity, anointing, healing, and the love of God. The tree made its way to the Americas during European colonialism, and olive oil remains a common ingredient today in food and body care products. The olive tree has recently experienced a resurgence in popularity among small farms and gardeners in Florida due to its tolerance for heat and well-drained soil.

To learn more about Florida's culinary history, visit floridaheritagefoods.com

Young woman harvesting olives



SPANISH SALAD

25
MINUTES
TOTAL

6
TOTAL
SERVINGS



INGREDIENTS

- | | |
|---|---|
| 1 head iceberg lettuce,
washed | Green or black olives, as
many as you like |
| 3 tomatoes, sliced or diced | 1/4 cup feta cheese |
| 1 cucumber, peeled and
thinly sliced | 1/4 cup Parmesan cheese |
| | 1/2 teaspoon dried basil |

DIRECTIONS

1. In a salad bowl, tear iceberg lettuce into bite-sized pieces.
2. Add tomatoes, cucumbers, olives, feta cheese, Parmesan cheese, and basil.
3. Lightly toss to mix ingredients well.
4. Add Italian dressing, or a dressing of your choice, and toss again until the dressing coats the salad.
5. Serve on chilled salad plates.

Recipe adapted from Josefa Gonzalez-Hastings on *The Habana Café Cookbook*.
University Press of Florida (2004), (p. 29)

For more Florida heritage recipes, visit floridaheritagefoods.com

FACTS

The olive was sacred to the Greek goddess Athena and Roman Minerva, and olive branches were a symbol of peace in the crown of the Olympic games. In the Bible, olives are listed as one of the seven species of fruit abundant in the land of Israel in the book of Psalms. In the New Testament, olives are mentioned in parables, such as the story of the Good Samaritan. Today olive oil is used in anointing rituals in much of the same way it has been used for thousands of years.

Green olives contain significant amounts of calcium, potassium, vitamin A, beta carotene and lutein.

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