

## 1. SPIRITUAL GARDEN

**HINT “under the rock I have made my home”**

The scientific name of this plant is *Olea europaea*; it is a plant native to the Middle East, but it has been cultivated since ancient times in the Mediterranean countries.

In Italy trees like these are found in the coastal regions (above all in the Centre and in the South) and on the shores of the pre-alpine lakes.

The blossoming of this tree takes place in May-June.

The fruit of this plant is ovoid-shaped, green-colored and it turns black-purple with maturation.

The harvest takes place in autumn.

Its oil is a fatty substance that is extracted by processing the ripe fruits.

95-98% of the oil consists of triglycerides, which are found almost exclusively in the pulp. They are glycerol esters with long chain fatty acids, both saturated and mono- and poly-unsaturated.

Among the fatty acids that are part of the triglyceride molecules, the most important are:

- oleic acid, monounsaturated (70-80%)
- linoleic acid, poly-unsaturated (about 10%)
- palmitic acid, saturated (7-15%)
- saturated stearic acid (1.5-3.5%)



## 2. “ALL THAT GLITTERS IS NOT GOLD”

**Hint: full metal cache!**

Attenzione: pensavamo fossero mele e invece..... se ci dite di che pianta si tratta vincete 3 punti bonus!

Welcome to the ORCHARD!

How many different trees can you find here?

Can you recognise them?

If you want some more information check this webpage:

<https://foodandcountryside.weebly.com/il-frutteto.html>

It might be useful for some school project 😊

BTW, the tree you are looking for has a bright and precious name. Unfortunately, this row is quite bare.

