



culinary oils

Speciality seed oils are an amazingly concentrated source of nutrients needed for life. These include vitamins, minerals and most important of all, a group of substances known as essential fatty acids (EFAs). Using healthy seed oils for culinary purposes is a great way to incorporate these EFAs into your diet.

EFAs are polyunsaturated, and for the body to function properly there are two essential fatty acids we must eat. These are called Alpha Linolenic acid or ALA - Omega 3 - and Linoleic Acid or LA - Omega 6. These EFAs are the first step in the biosynthetic pathways of the two fatty acid families, omega-3 and omega-6.

EFAs are important for the proper functioning of the immune system, brain health, wound healing and for insulating nerves. They are found in every cell in the body but we cannot make them ourselves. As a result, they need to be present in our diet. The modern day diet of convenience and processed foods often leaves us lacking the EFAs we need. Hemp and walnut oil in particular are two culinary oils that contain both the omega 3 and 6 EFAs that we need. Care should be taken with these polyunsaturated oils as they are not suitable for high temperature cooking, but delicious as a garnish or salad dressing.

When frying or cooking food at high temperatures it is important to use oils that have a high smoke point. These oils predominantly consist of monosaturated fatty acids and include Macadamia Oil, Avocado Oil, Grape Seed Oil, Hazelnut and High Oleic Sunflower and Safflower Oil.

Avocado Oil*	Macadamia Nut Oil*
Flax Seed Oil*	Pumpkin Seed Oil*
Grape Seed Oil	Safflower Oil
Hazelnut Oil	Sunflower Oil*
Hemp Seed Oil	Walnut Oil

*Are available AsureQuality Certified Organic and IFOAM accredited.

COLD PRESSING



OSE has a well established plant with equipment for the Cold Pressing of oil seeds. Cold Pressing seeds to extract oils is regarded as the principal method of extracting oils without damaging them. Most other methods of oil extraction expose the oil to heat and solvents, which can damage the 'health-giving' properties of oils. Our oil extraction equipment ensures that the oil is made in an oxygen free environment. The temperatures reached during oil pressing do not exceed 40°C, and the oils are not exposed to light during the process. These three factors ensure prolonged freshness, without any loss of the oil's nutritional value.



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QUALITY ASSURANCE

To meet production standards and customer requirements, OSE is focused on a high quality production process and the highest quality assurance standards.

Our company is registered for the production of organic seed oils with AsureQuality. AsureQuality certification is recognised by the International Federation of Organic Agriculture Movements (IFOAM) meaning our Organic oils are recognised as certified Organic worldwide.

Our processing plant is a certified food production premises, licensed and inspected under New Zealand Food Safety Authority (NZFSA) legislation.

We undertake regular testing of our seed oils and oil seed products to ensure our customers are getting top quality and value. Regular tests include microbiological and chemical analysis of all oils to ensure that quality is maintained. These

tests are carried out by independent IANZ certified laboratories to ensure our products comply with the most stringent quality standards.

Test results are available via a certificate of analysis, which is validated against our own specifications and those of our customers to ensure compliance with international standards in a wide range of markets.



OSE is dedicated to providing healthy and nutritious products from natural sources to our customers. We closely integrate contract growing, product development, oil processing and distribution to ensure that the highest product quality and service are always delivered efficiently to our customers.

