

AKARCA ÇİFTLİĞİ (FARM) PRODUCT CATALOGUE



Introduction

Akarca Farm was founded in 1640 during the Ottoman Empire era. The exact location today is the opposite of the village of Kiyikislacik and the Ancient Greek city of Iasos within the municipality borders of the town of Milas, Muğla on South West coast of Turkey.



Akarca Farm's size is 500 hectares and there are more than 75,000 olive trees on the Farm. The olive trees in the Farm are 99% Memecik variety endemic to the region which is known for its full-bodied olive flavor as well as comparatively high anti-oxidant content in comparison to most of the other olive cultivars.

Akarca Farm produces olive oil in their latest technology pressing mill at the Farm itself. Both the Farm and the Pressing Mill have organic certificates (Turkey, European Union, NOP/USDA Organic & JAS – Japan

Organic) as well as Halal Certificate from Kascert International.

The carefully spanned nets between trees in selected areas similar to the farms in Italy or Spain, prevent the fall of the olives that prematurely drop from the trees, onto the ground and thus significantly slow the inevitable process of olives start fermenting inside when getting in touch with the ground after its link severed from the tree as well as making easy for pickers to harvest.



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The Akarca Family whose ancestry goes back to the ancient Beylik of MenteĐe first settled around the town of Milas in 1798. The Family took an active and prominent role in the commerce web of the region. The rise of the wealth of the family started with Hadji Ali Agha (aka HacellaĐa B: 1845) son of mer Agha. When he took the helm of the clan, he started buying land in and around Milas using the wealth he generated from the main source of revenue for the family which was exporting & selling livestock. When he died not only did he leave a sizable wealth to his children but also rose to become the richest man in the region. Amongst his six children Mehmet Agha (B: 1876) who was the second eldest, was the most successful and business savvy and thus he expanded his considerable fortune evermore by expanding his business deals. He purchased the Farm in 1911 to use as a commercial port and a customs point.

His eldest son mer Faruk Akarca (B: 1918) chose to study the science of horticulture to get a better scientific understanding of plants and crops. After he graduated he moved to the United States in 1951 with his spouse, first living in NYC and then in Fort Collins, Colorado. Although he almost became a co-owner in one of the soda ice cream producers at that time he chose to come back to Turkey in 1958. He tried to better the quality of the olive trees and product variation and to achieve that he examined the farms in Italy and Spain in person and grafted samplings to the trees on the farm. After his father Mehmet Ali Bey's death in 1960, he started running his portion of the estates.

The Akarca Farm is currently owned by his two sons; M.D. and former M.P. Mehmet Umur Akarca and Ali Akarca Prof. Of Economics at the University of Illinois in Chicago.

Dr. Mehmet Umur Akarca's two sons, successful up-and-coming neurosurgeon Dr. Onur Akarca and electrical engineer, angel investor & entrepreneur mer Faruk Akarca are part of the management team as the fourth generation.

The Akarca Family served the Turkish political and academic scene with various notable figures becoming mayors, MPs, senators, and professors.

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PRODUCT TYPES

A) Organic Cold Pressed Extra Virgin Olive Oil

Only the **cold extraction** (20 °C – 24 °C) method is used in olive oil production. This helps us to attain high levels of **unique complex flavors** and **high anti-oxidant values** originating from the olives in the olive oil as well keeping the quality high. Each kilogram of olive oil is produced from approximately 5 kg to 15 kg of olives and this created an olive oil with rich and complex flavors as well as an extraordinary amount of healthy anti-oxidants and other compounds.

Our typical season harvest produces generally very strong results in both the anti-oxidant count as well as sensory qualities. The polyphenol count rarely drops below 300 mg/kg and it is possible to attain more than 600+ mg/kg for the olive oil produced from the early harvest olives with excellent and well balanced sensory characteristics such as frutiness, pungency and bitterness.

The aroma characteristics of the Memecik varietal olives are green aromas (fresh cut grass, green plum, green apple, artichoke), pepper, bitter almond, tomatoes.

The aroma characteristics of the Gemlik varietal olives are less intense green aromas (fresh cut grass, green plum, green apple, artichoke), pepper. Gemlik varietal is known to bring more tropical fruit sensory characteristics such as bananas.

Akarca Farm olive oil is also eligible for the "Milas P(rotected) D(esignation) of O(rigin)" designation accepted both by Turkey and European Union. PDO ensures that the olives (Memecik varietal) are grown/harvested, olive oil from these olives produced and bottled within the municipal boundaries of Milas.

The quality of olive oil produced by the Akarca Farm is also certified by the prestigious international olive oil competitions such as;

EVOO IOOC of Italy,

Terra Olivo of Israel,

New York IOOC of USA,



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Akarca Çiftliği



Akarca Çiftliği Cold Extraction Organic
Akarca Çiftliği Gıda Ve Tar. Üc. San. Tic. Ltd. Şti.



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Product Name	Olive Type	Size	Material
Organic Cold Extraction Early Harvest Extra Virgin Olive Oil (High Polyphenol Content < 300mg - 600 mg >)	Memecik	125 ml	Tin 
		250 ml (500 ml)	Italian Bottles Dark with wood cork (Primula, BRD Cubana, Rustica & others depending availability) 
			Italian Bottles Dark with DOP Cap (ICE, Morandi & others depending availability) 
		500 ml	Italian Bottle Dark (Olive) 
			Italian Bottle Clear (Quadrotta) 

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Akarca Çiftliği



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B) Organic Table Olives

Akarca Çiftliği table olives are produced quite different than usual commercial production. After staying in the brine solution, olives are immediately put into olive oil. The olive oil cuts the connection of the olives with air hence stopping any degradation of the olives and acting as a natural preservative. Also, olive oil and olive keep interacting and exchanging flavors with each passing time and it is possible to "age" table olives produced this way up to five years. Akarca Çiftliği table olives also have low sodium content (4%) and it does not need salt to enhance their flavors because it stays in and is sold with olive oil.

Three olive varieties are used for table olive production in the Akarca Farm;

Memecik



Memecik Olive is a varietal **unique** to **Milas** Region in Muğla, Turkey. It leaves a nice olive feel in your mouth amongst other subtle flavors and can be considered full-bodied.

Comparatively, it has higher antioxidant levels than almost all

Turkish and most of the other international olive varieties. It is a mid-size olive with a slightly oval shape. The meaty part is generally attached to the pit. Because of its **high** oil content, a **richer** olive taste can be experienced when consumed.

Gemlik



Gemlik varietal olives are originated from the Gemlik Area in the Marmara Region and introduced to Milas Area during the '80s and 90's as a table olive varietal when Memecik varietal was not thought to have qualities for a table olive. It is a mid-size olive with small pits and thin skin. The pits are not strongly connected to the meaty part and separate easily.

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Kalamata (Turkey variety)



Turkish variety of Kalamata olives which is known as the donkey's teat in Turkey has the usual characteristics of the regular Kalamata olives. The olive has a slightly elongated oval shape and is much bigger compared to the other varieties. The meaty part is much bigger compared to the pit. As the olive oil ratio per weight is much lower than the other olives, until recently, it was used as a pollination tree in the olive groves in Turkey.

The best olives are selected after calibration and processed with century-old Akarca Farm techniques to produce the most enjoyable olives. After an appropriate time in a water & brine solution, they are left immersed **in olive oil** with **lemon** or **Seville tangerine** slices for a further **six months** until they develop their **signature flavors**.

In this way, during these six months, the olive fruit and olive oil keep interacting and exchanging and adding flavors, bringing each other to a perfect combination and true pinnacle of flavor and taste.

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C) Olive Tea (from the leaves of organic olive trees)

The use of the products derived from the olive tree in human health dates back centuries. The polyphenols present in olive leaves, olives, and virgin (unrefined) olive oil exert. Oleuropein, the molecule responsible for unprocessed olive's characteristic bitter taste, is the most prevalent phenolic component in olive leaves.

In the case of COVID-19, apart from helping to improve the health of the body overall, some studies documented that oleuropein elicits anti-inflammatory effects, inhibiting the biosynthesis of pro-inflammatory cytokines and therefore may prevent or reduce the severity of cytokine storms. The presence of oleuropein in several parts of the plant confers to *Olea europaea* L.'s natural resistance to microbe attack. Oleuropein also possesses a well-documented antiviral activity by either reducing the infectivity or binding of different viruses. (*Int. J. Mol. Sci.* **2014**, *15*, 18508-18524; doi:10.3390/ijms151018508).

60-90 mg/g of oleuropein can be found per 1 gram of dried olive leaf. The oleuropein has a half-life of 24 hours, so oleuropein once enters the body, it keeps effectiveness for one full day. Oleuropein from the olive leaf can be ingested by making/brewing an olive tea or by chewing the leaves themselves.

Most of the chemicals that might have been used during the year are collected from the soil while absorbing water and when the water is transferred into the leaves for photosynthesis, it gets collected in the leaves. For this reason, the olive leaves need to come from a certified organic source.



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D) Cosmetic & Health Products Made with Olive Leaf Extract

Olive leaf contains various phenolic compounds more dense than olive oil and for this reason a good source for anti-oxidants not dissimilar to olive oil. Condensing these useful substances as an extract gives other opportunities for creating some other exciting products.

Olive Leaf Extract Mouth Spray

Formulated solely by the Akarca Farm, olive leaf extract mouth spray aims to promote the dental health naturally as a support product. Depending on the other added herbal ingredients such as miswak, the product can be finely tuned to three different intensities;

- Light Intensity for eliminating bad breath
- Medium Intensity for general improvement of the dental hygiene
- High Intensity for fighting against tooth decay

Other products such as hair care, body wash, facial care and similar products can also be made with the olive leaf extract.

E) Organic Olive Oil & Organic Dried Figs Mixture

Olive Oil and Figs are two natural miracle foods that pack a lot of vitamins and anti-oxidants. The powerful combination of these two foods known for thousands of years. Apart from lots of vitamins and minerals, the combination of both products has, the major benefit of them is that between the two they contain quite hefty amounts of Omega 3, Omega 6, and Omega 9. For this reason, Olive Oil + Dried Fig mixture is like a natural anti-oxidant pill to be taken daily.

Each jar contains approximately 200 grams of organic sliced dried figs and 100 grams of organic virgin olive oil. Each jar contains between 32 – 48 pieces of dried figs, two servings a day provide 16 – 24 days of product, and a serving a day provides 32 – 48 days of the product.



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F) Cosmetic Products Made with Olive Oil

Olive oil is one of the principal ingredients in the Mediterranean diet, and it constitutes the main source of nutritional fat. Aside from the high nutritional content of olive oil, it is also known for its cosmetic and therapeutic properties.

Vitamin E is a powerful antioxidant that may be effective at reducing UV damage in the skin and when vitamin E is applied topically may help nourish and protect skin from damage caused by free radicals. Because of this, it is most commonly known for its benefits for skin health and appearance. It can be applied topically to the face to reduce inflammation and make the skin look younger.

The anti-bacterial properties of olive oil may help to treat acne and other skin infections.

When applied topically to the hair, it can stimulate capillary growth in the scalp, supports hair growth; prevents breakage and undesirable split ends; its antioxidants even boost hair's elasticity and shine.

In cosmetics, oleic acid is used as a cleansing agent and texture enhancer. It's among the more stable fatty acids and has a unique ability to preserve the effectiveness of more delicate ingredients such as antioxidants by helping to protect them from light and air degradation.

Akarca Farm 100% Natural Olive Oil Soap

Akarca Farm produces organic olive oil soap using traditional methods which has been used for hundreds of years for making soap with olive oil. Olive Oil soap is naturally very good for the skin and hair due to the unique properties of olive oil.

We have taken the production method a little further to make a product that is as natural as possible. So our soap is made using only **organic olive oil, olive tree ash & collected rain water**.

There are three types of Akarca Farm olive oil soap that can be made;

- Plain
- With Organic Sage added
- With Organic Oregano Leaves added

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Squalene Beauty & Health Products

Squalene is a product that is produced naturally by human body. However as we get old, as many other compounds produced in the human body, the production of gets slower.

Squalene is an important compound for healthy skin. On average mammals born with approximately 12% squalene content in their skin. This squalene makes the skin softer and healthy. This is one of the reason why the newborn babies have such a soft and beautiful skin.

In organic chemistry terms, squalene is a polyunsaturated hydrocarbon with a formula of $C_{30}H_{50}$. In nature it is found in abundance in the liver shark oil. However, this situation resulted in hunting of literally millions of sharks and ecologically deemed unsustainable. The next source in which the squalene is abundant (0.6%) is olive oil.

It is non-allergenic and a skin identical compound and a natural moisturizing factor.

Up to date, anticancer, antioxidant, drug carrier, detoxifier, skin hydrating, and emollient activities of these substances have been reported both in animal models and in vitro environments. According to promising results from recent studies, squalene is considered important substances in practical and clinical uses with a huge potential in nutraceutical and pharmaceutical industries.

(<https://www.sciencedirect.com/science/article/abs/pii/B9780124160033000147>)

Another similar compound squalane which is the saturated version of squalene is used by the cosmetics industry extensively. However unsaturated Squalene has a stronger anti-oxidant properties as it can eliminate the free radicals.

One of the main compounds of squalene is isoprenoid which is by itself is a very strong anti-oxidant. This compound attaches itself to the cell walls and act as a protective barrier against harmful free radical compounds.

This compound is also found in olive oil in much smaller amounts and the squalene products offered by the Akarca Farm are made from olive oil.

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Some other unmentioned products that can be created with olive oil are;

Product Name	Function	Description
Olive Tree Leave Extract Shampoo	Hair Care / Cosmetic	
Olive Tree Leave Body Wash	Body Care / Cosmetic	
Olive Oil Hair Lotion	Hair Care / Cosmetic or Therapeutic	Blending Olive Oil into a rich moisturizing lotion that conditions and protects the hair from blow dryers and curling irons. With consistent use, the hair will begin to show improved elasticity, hydration, and shine.
Olive Oil Serum against Hair Loss	Hair Care / Therapeutic	Strengthen hair follicles and fight against hair loss
Olive Oil Hair Nourishing Spray	Hair Care / Cosmetic or Therapeutic	Nourishes Hair
Olive Oil Hair Mask	Hair Care / Cosmetic or Therapeutic	Repairs and nourishes hair
Olive Oil Skin Care Body Lotion/Cream	Body Care / Cosmetic or Therapeutic	Moisturizer, mild anti-aging properties, nourishes skin, generally, hand lotion/cream version is stronger formulated
Olive Oil Face Moisturizer Lotion	Face Care / Cosmetic or Therapeutic	A milder version of the product above

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Olive Oil Skin Care Hand Lotion/Cream	Hand Care / Cosmetic or Therapeutic	Moisturizer, mild anti-aging properties, nourishes skin, generally stronger formulated in comparison to body lotion version
Olive Oil Hand Moisturizer Lotion/Cream	Hand Care / Cosmetic or Therapeutic	A milder version of the product above
Olive Butter Lotion	Body Care / Cosmetic or Therapeutic	Moisturizer, mild anti-aging properties,
Olive Oil Massage Lotion	Body Care / Therapeutic	
Olive Oil Massage Oil	Body Care / Therapeutic	
Olive Oil Cleansing Gel	Face Care / Cosmetic or Therapeutic	Olive oil helps re-balancing the excess oil on the face. It can be regular gel or anti-acne
Olive Oil Cleansing Soap	Face Care / Cosmetic or Therapeutic	Olive oil helps re-balancing the excess oil on the face. It can be regular soap or anti-acne
Olive Oil Face Exfoliant	Face Care / Cosmetic	
Olive Oil as Facial Oil	Face Care / Cosmetic	Help revitalize and nourish face
Olive Oil Make-up Remover	Face Care / Cosmetic	Help the make-up applied parts of the skin revitalized

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Olive Oil Anti-Aging Serum

Face Care /
Therapeutic

Can be made with the
addition/combination of various
ingredients.



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OLIVE OIL HEALTH EFFECTS

(The following information was copied from the peer-reviewed academic article from **Ana Karkovi´c Markovic, Jelena Tori´c, Monika Barbari´c * and Cvijeta Jakobuši´c Brala * - Hydroxytyrosol, Tyrosol and Derivatives and Their Potential Effects on Human Health**)

The traditional Mediterranean diet (MD), characterized by regular intake of olive oil (OO), has been associated with many health-benefiting effects experienced by Mediterranean populations. Reduced incidence of di_erent chronic degenerative diseases, major cardiovascular events, type 2 diabetes mellitus (DM) and some types of cancer, improved cognitive function, and protection against overall morbidity and mortality are confirmed by a respectable number of trials and epidemiological studies in humans that adhere to the MD.

Virgin OO presents a valuable source of highly abundant unsaturated fatty acids and minor components like fat-soluble vitamins, chlorophylls, phytosterols, and polyphenols. The olive oil polyphenols are shown to possess antioxidant, anti-inflammatory, cardioprotective, neuroprotective, anticancer, antidiabetic, antiobesity, antisteatotic, antimicrobial, and many other effects.

Antiatherogenic and Cardioprotective Effect

Olive oil has therapeutic potential for the treatment of atherosclerosis. Atherosclerosis (Abnormalities developing on the artery walls eventually causing plaque formations and coronary disease) is considered an inflammatory disease, and the vascular endothelium is involved in many of the processes related to the development of atherosclerosis. Olive oil is very effective in preventing lipid peroxidation and protecting LDL from oxidation as LDL oxidation starts the steps of forming the plaques. It also has a beneficial effect on HDL. Olive Oil improves blood lipids profile, due to its ability to lower serum total cholesterol (TC), triglycerides (TG), and LDL levels.

Anticancer Effects

Over the last decade, a vast number of in vitro and in vivo studies have shown significant anticancer effects of Olive Oil against various types of malignant cells. Much of the research was focused on colon cancer, the third most common cancer worldwide, with rising incidence and mortality in developing countries. Olive oil affects the colon cancer cells and slows or prevents their growth. Similar effects were also observed in breast and prostate cancers.

Hepatocellular carcinoma (HCC) is the most common type of primary liver cancer in adults and is currently the most common cause of death in people with cirrhosis. Olive Oil has inhibitive effects on cancerous cell growth also.

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Neuroprotective Effects

The brain accumulation of some compounds found in olive oil suggested its neuroprotective activity by the reduction of oxidative stress at the neuronal level. The compounds in olive oil were found to be promising in Parkinson's and Alzheimer's Diseases.

Antidiabetic, Lipid-Regulating, and Antiobesity Effects

The compounds in olive oil demonstrate hypoglycemic activity in various diabetic animal models. An animal model experiment showed that these compounds could effectively prevent diabetic neuropathy and it was shown that these improve insulin sensitivity and restore proper insulin signaling. These compounds exert a protective effect on the liver also. They prevent early inflammatory events responsible for the onset of insulin resistance and steatosis, by reducing the hepatic inflammation and nitrosative/oxidative stress and restoring glucose homeostasis and intestinal barrier integrity.

These compounds inhibit **Lipogenesis** (the conversion of fatty acid and glycerol into fats) and are beneficial against **Hyperlipidemia** (abnormally elevated levels of any or all lipids (fats, cholesterol, or triglycerides) or lipoproteins in the blood). This is why olive oil has a beneficial effect on obesity.

Antimicrobial and Antiviral Effects

It was demonstrated that olive oil possesses in vitro antimicrobial properties against infectious agents of the respiratory and gastrointestinal tracts and many other microbial diseases.

The compounds in olive oil were identified as a unique class of HIV-1 inhibitors that prevent HIV from entering the host cell and it was reported that they inactivated influenza A viruses.

The antifungal activity of the olive oil works by having an unprecedented efficiency in fungal plasma membrane destruction. It has antitrypanosomal and antileishmanial activity (parasites).

Other Effects

With the olive oil's strong anti-inflammatory capabilities, a beneficial role in several inflammatory diseases was proposed. It may be advantageous in rheumatoid arthritis, an autoimmune disease characterized by chronic inflammation, with a significant impact not only on chronic inflammation but also on acute inflammatory processes. Exerts an anti-inflammatory Effect on acute ulcerative colitis and a protective effect on lung inflammation.

It shows osteoprotective effects. It has beneficial effects on the formation and maintenance of bone, as it can stimulate the deposition of calcium, inhibit the formation of multinucleated osteoclasts in a dose-dependent manner, and suppress the bone loss of spongy bone.

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Olive oil demonstrates its ability to affect an allergen-specific immune response by potentiating a suppressive immune response towards an allergen.

It was shown that HTyr has a protective effect on UV-B irradiated keratinocytes (outer layer of skin). UVB radiation represents the major cause of serious skin disorders and genotoxic damage.

The compounds in the olive oil have broad free radical sweeping abilities (antioxidant) from the bloodstream.

They have hepatoprotective activity (protecting the liver).