

Olive



Olives contain Vitamin E and tiny amounts of other vitamins and minerals. Olives also have oils which that is a good fat; it contain antioxidants not found in other oils

Olives only have one seed inside them. The seeds look similar to an almond.



Olives are not locally grown in Hawaii. They are imported and usually come in cans.

Olives grow on trees that can live to over a thousand years old.

