



Irish Rapeseed Oil ...the healthy option!



What is Rapeseed Oil?

Rapeseed Oil is a culinary oil which is produced when the small black seeds are passed through a mechanical press. The yellow fields of rapeseed in May are harvested in the summer and then cold pressed into oil over the winter on our farm in Co. Louth. There is nothing added or subtracted from the oil, it is just filtered and bottled. Our oil is a totally natural product.



The Health Benefits of Rapeseed Oil

Rapeseed Oil is a healthy alternative to olive oil with less than half the saturated fat and it has a perfect balance of mono-unsaturated fat and poly-unsaturated fat. Rapeseed Oil is naturally enriched with Omega 3, having over 10 times the level found in olive oil as well as higher levels of Vitamin E which acts as an antioxidant.



Lower Cholesterol with Rapeseed Oil

Omega 3, 6, 9 and Vitamin E are all known to help reduce cholesterol levels, which in turn leads to healthy living. Derrycamma Farm Rapeseed Oil is rich in all these.

Cooking with Rapeseed Oil

Rapeseed oil is ideal for baking, roasting, frying and drizzling on salads. Because rapeseed oil does not burn until 220 degrees C, it is ideal for frying and roasting. Olive oil will burn and smoke at 180 degrees.



Zero Air Miles - Local Food

Derrycamma Farm Rapeseed Oil is grown from non-GM seed in Co. Louth and then cold pressed to extract the oil naturally. No chemical solvents are added during this process.

Castlebellingham
Co. Louth
Tel: 00353 87 822 3875



www.rapeseed-oil.ie