ASSORTMENT

Vegetable Oils · Vital Oils · Spice Oils · Vinegars · Spreads · Flours & Seeds · Kernel & Nuts · Natural Cosmetics









DEAR READERS,

e are the Ölmühle Solling, a family-run manufactory for high quality organic oils. As founders, Gudrun and Werner Baensch accompany the manufactory since 1996. Today, their children Sarah and Sebastian lead the manufactory into the next generation. Currently, more than 60 employees belong to the team.

Sustainability, social fairness and organic cultivation are values that define our entrepreneurial activity since day one. Our precious oils are always cold pressed in small batches with small screw presses. "Fresh from the mill" is one of our quality standards: The organic raw material is processed as fresh as possible, directly bottled and immediately shipped.

24 years of tradition and experience make it possible for us today to produce a great variety of organic products of the highest quality. In our assortment you will find almost 100 different organic edible oils such as finest plum kernel oil, pumpkin seed oil or hot chili spice oil. A large selection of vinegars, flours, nuts and seeds, spreads and our Solling natural cosmetics complete our offer.

We do not compromise on the development and quality of our products. Traditional manufacturing processes are supplemented by modern food technology standards in quality assurance. We attach great importance to fair and long-term cooperation with suppliers. We maintain personal contact with many suppliers in our worldwide cultiva-

tion projects. In addition, we have been a partner of the Naturland cultivation association and a supporting member of Slow Food Deutschland e. V. since the beginning of the history of our manufactory.

Convince yourself of the quality and the good taste of our products. We look forward to your visit in our mill shops in Boffzen and Cologne. At oelmuehle-solling.de/en you will find all products, information and many recipe ideas.

We hope that you have fun discovering our world of oils fresh from the mill.

Sincerely,

the team of Ölmühle Solling and

Juhan Baensch Westus Baeusch

Samh Baensch

Gudrun, Werner, Sarah and Sebastian Baensch

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PURCHASING · ORDERING · SERVICE

YOU CAN BUY OUR PRODUCTS IN SELECTED SHOPS, DIRECTLY AT OUR MANUFACTORY SHOPS AND ONLINE

ORDERING AND SERVICE

Monday to Friday 8 am to 5 pm

Phone +49 [0] 5271.96666-0

Webshop oelmuehle-solling.de

E-Mail info@oelmuehle-solling.de

Fax +49[0]5271.96666-66

Our Service for you:

- · no minimum order quantity
- · bulk sizes on request
- · delivery ex works
- 8 % discount for orders above the value of € 120
- · fresh delivery within a few days
- pay comfortably either by advance payment or with PayPal

Information

Detailed information on all our products, product ranges, suppliers and projects can be found on our English website oelmuehle-solling.de/en

Visit and Experience

Our manufactory is located in Boffzen in the beautiful Weserbergland region, between Göttingen and Hanover, very close to Höxter and Holzminden. Visit our shop or join us at information events (only with appointments) and find out how our organic oils are pressed. We are looking forward to your visit!

For events in Boffzen, please make an appointment with us. T + 49 [o] 52 71 . 9 66 66-o or besucher@oelmuehle-solling.de

MANUFACTORY SHOP IN BOFFZEN



Höxtersche Straße 3 37691 Boffzen Germany T +49 52 71.9 66 66-0

MANUFACTORY SHOP



Friesenwall 29 50672 Cologne Germany T +49 2 21 . 29 84 88 78

Gift vouchers and gift sets for your loved ones

Give away the enjoyment of fine organic products from the Ölmühle Solling. Your loved ones can easily choose their favourites from our great variety of oils and other delicacies.





Regulations for food informations

The Food Information Regulation (LMIV) 1169/2001 requires that as of immediate effect and before purchase all customers are to be provided with mandatory information such as an index of ingredients, nutritional values and allergenic information. For this reason, we are publishing all the mandatory information to each individual product on our website oelmuehle-solling.de

Jumping dispenser

Our 100, 250 and 500 ml bottles are fitted with a dispenser which makes it easy to dose. The tube jumps up when you open the bottle and is easily pressed in when the lid is screwed on.



EDIBLE OILS



ALMOND OIL

VIRGIN



This mild vegetable oil is from cold pressed sweet almonds. This preserves the valuable ingredients and the typical flavour particularly well. Our almond oil has a high content of monounsaturated fatty acids. This versatile and very digestible oil is also a good alternative to butter or margarine

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when baking.

Art. No	. Unit	Price in €
16511	100 ml bottle (4,95 € / 100 ml)	4,95
16521	250 ml bottle (3,56 € / 100 ml)	8,90
16551	500 ml bottle (25,80 € /11)	12,90

APRICOT KERNEL OIL

VIRGIN



Cold pressed from the aromatic kernels of ripe apricots. This preserves the valuable natural ingredients and the typical flavour particularly well. Apricot kernel oil excites with an discreet aroma and the flavour of almonds and marzipan. A delicious taste not only for sweet dishes also for salad dressing.



Art. No.	Unit	Price in €
26711	100 ml bottle (7,90 € / 100 ml)	7,90

ARGAN OIL

MILDLY ROASTED



Made from Moroccan argan nuts which are harvested, cracked and roasted all by hand before being cold pressed. This allows a nutty exotic taste experience to develop. Moroccos liquid gold is suitable for hot and cold dishes and ideal for the final touches in North African cuisine.



Art. No	. Unit	Price in €
15411	100 ml bottle (9,50 € / 100 ml)	9,50
15421	250 ml bottle (7.56 € / 100 ml)	18 90

ARGAN OIL

VIRGIN



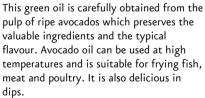
Made from Moroccan argan nuts which are harvested and cracked all by hand before being cold pressed. This preserves the valuable natural ingredients and the typical flavour particularly well. Moroccos liquid gold is suitable for hot and cold dishes.



Art. No.	Unit	Price in €
25411	100 ml bottle (9,50 € / 100 ml)	9,50
25421	250 ml bottle (7,56 € / 100 ml)	18,90

AVOCADO OIL

FROM FRUIT PULP





Art. No.	Unit	Price in €
27711	100 ml bottle (7,90 € / 100 ml)	7,90

CANOLA OIL

VIRGIN





Cold pressed from unshelled canola. Our canola oil has a high content of monounsaturated fatty acids. It can be heated to high temperatures and is particularly versatile.

Art. No	. Unit	Price in €
14021	250 ml bottle (1,58 € / 100 ml)	3,95
14051	500 ml bottle (11,80 € /11)	5,90
14063	2,5 canister (5,40 € /11)	27,00

CANOLA OIL

FROM PEELED CANOLA



COOKING AND FRYING OIL FOR HIGH TEMPERATURES





Cold pressed from shelled canola seeds. This preserves the valuable ingredients and typical flavour particularly well. Our canola kernel oil has a high content of monounsaturated fatty acids. It is mild in flavour, can be heated to high temperatures and is particularly versatile.

Art. No.	Unit	Price in €
14851	500 ml bottle (11,80 € /11)	5,90

Brakt

Our high oleic cooking oil is cold pressed from shelled sunflower seeds. Due to its high content of oleic acid, it is particularly heat-resistant and therefore ideal for baking and frying.

Art. No. Unit		Price in €
19721	250 ml bottle (1,58 € / 100 ml)	3,95
19751	500 ml bottle (11,80 € /11)	5,90

GRAPE SEED OIL VIRGIN



Cold pressed from grape seeds which have been freed from the grape pulp and then dried. This preserves the valuable ingredients and typical flavour particularly well. With its mildly fruity flavour grape seed oil adds that special touch in gourmet dishes.



Art. No. Unit		Price in €
18811	100 ml bottle (9,90 € / 100 ml)	9.90

HAZELNUT OIL



MILDLY ROASTED



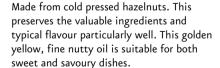
VIRGIN

An oil speciality gained from gently roasted hazelnuts which have been gently pressed. This preserves the valuable ingredients and typical flavour particularly well. This strong nutty oil is ideal for both sweet and savoury dishes.

Art. No.	. Unit	Price in €
10811	100 ml bottle (6,90 € / 100 ml)	6,90
10821	250 ml bottle (5,16 € / 100 ml)	12,90

HAZELNUT OIL

VIRGIN





Art. No.	Unit	Price in €
16211	100 ml bottle (6,90 € / 100 ml)	6,90

MACADAMIA NUT OIL



Cold pressed from the noble macadamia nut, also called the queen of nuts. This preserves the valuable ingredients and the typical flavour particularly well. With its unique flavour macadamia oil is something for gourmets and chefs who love something special.



Art. No.	Unit	Price in €
16911	100 ml bottle (9,90 € / 100 ml)	9.90

COCONUT OIL





Fair

A virgin coconut oil, carefully pressed from ripe, dried coconuts. Coconut oil can be heated to high temperatures but is also an ideal alternative to butter and margarine.



Art. No.	Unit	Price in €
18231	30 ml jar (3,33 € / 100 ml)	1,00
18219	100 g jar (3,90 € / 100 g)	3,90
18221	250 ml jar (2,36 € / 100 ml)	5,90
18251	500 ml jar (19,80 € / 1 l)	9,90
18203	1 tub (18,90 € / 1)	18,90
18271	1 jar (17,90 € / 1 l)	17,90
18202	1 jar (19,90 € / 1 l)	19,90

COCONUT FLOWER SUGAR

Coconut flower sugar is produced from the sap of the coconut flower. When you cut into the flower of the coconut palm, a sugary sap leaks out. This sap is carefully boiled down and then crystalizes to brown sugar with a strong caramel aroma. The human body processes coconut flower sugar slower than other high glycaemic



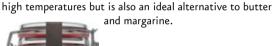
sweeteners (e.g. cane sugar) and leads to a slower energy release. As a result, you are saturated for a longer time while having a relatively stable blood sugar. This is why coconut flower sugar is perfect for diabetics.

Art. No.	Unit	Price in €
58521	170 g jar (2,29 € / 100 g)	3,90
58531	350 g jar (19,71 € / 1 kg)	6,90

COCONUT OIL VIRGIN

WHOLE KERNEL NATURLAND FAIR

A virgin coconut oil, carefully pressed from ripe, dried coconuts. This preserves the valuable ingredients and the delicate coconut flavour particularly well. Coconut oil can be heated to





Art. No.	Unit	Price in €
15831	30 ml jar (3,33 € / 100 ml)	1,00
15821	250 ml jar (2,36 € / 100 ml)	5,90
15855	500 ml jar (19,80 € / 11)	9,90
15851	1 jar (19,90 € / 1 l)	19,90
61161	2 x 1 l jar (19,50 € / 1 l)	39,00

COCONUTS FROM SRI LANKA

Since the founders of the Ölmühle, Gudrun and Werner Baensch, have been involved in agricultural development projects for many years, they are committed to supporting organic farming and fair trade. Since 2004, the family manufactory has supported the Naturland Fair certified partner project »Serendipol« in Sri Lanka. The cultivation and processing of coconuts are an important factor for local agriculture. Coconut plantations that are organically farmed create the best conditions for sustainable development. Around 1,300 farmers have joined the project to cultivate over 8,200 hectares of organic coconut plantations. This creates important jobs. Fair pay for the workers and ecological management of the plantations create conditions for sustainable development in Sri Lanka.

COCONUT FLOUR

PARTLY DEOILED

Coconut flour is produced from fresh coconut flesh which is gently dried, deoiled and finely ground. It still contains approximately 10 g coconut oil per 100 g, is rich of vegetable protein and has a high content of approximately 34 g dietary fibre per 100 g. The coconuts which are used



for this exotically aromatic flour originate from plantations in Sri Lanka and the Philippines. Ideal for muesli and for thickening shakes. Gluten free.

Art. No.	Unit	Price in 6	
48253	500 g pouch	(9,90 € / 1 kg)	4.95

COCONUT RASPS

Freshly harvested coconuts are finely rasped and then gently dried. This way, the authentic coconut aroma as well as the natural vitamins and minerals are maintained. Coconut rasps are naturally free from gluten, lactose and cholesterol, are neither sulphurated, nor bleached, nor do they contain preservatives.



Art. No.	Unit	Pric	e in €
48256	300 g pouch	(16,50 € / 1 kg)	4.95

MUSTARD OIL

VIRGIN



Mustard oil is a culinary discovery, cold pressed from mustard seeds. Our mustard seed oil has a high content of unsaturated fatty acids. Its mild spiciness makes it particularly distinctive. Ideal for potato and sausage salads, fish and meat dishes or spicy salad dressings.

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Art. No.	Unit	Price in €
16711	100 ml bottle (6,90 € / 100 ml)	6,90
16721	250 ml bottle (5,56 € / 100 ml)	13,90

PALM OIL RED

NATURLAND FAIR

This palm oil does not originate from monocultures in South East Asia or Africa but from organic plantations and farms which use intercropping. It is carefully pressed from the ripe flesh of the oil palm. This preserves the valuable

ingredients and the typical flavour particularly well. Red palm oil is ideal for African and Asian cuisine.



Art. No.	Unit Pri	ce in €
12231	30 ml jar (3,33 € / 100 ml)	1,00
12221	250 ml bottle (2,60 € / 100 ml)	6,50
12202	1 iar (19,50 € / 1 l)	19.50

PASSION FRUIT OIL VIRGIN



Passion fruit oil is extracted from the dried kernels of the passion fruit. The mild and nutty taste goes well with muesli, rice pudding and desserts. Combined with fresh lemon or lime juice, passion fruit oil can make a delicous dressing for salads.



Art. No.	Unit	Price in €
27611	100 ml bottle (7,90 € / 100 ml)	7,90

PEANUT OIL





VIRGIN

Made from cold pressed peanuts. This preserves the valuable ingredients and typical flavour particularly well. Our peanut oil is rich in vitamin E. The light, slightly nutty oil is very versatile and is ideal for frying, deep fat frying and for wok dishes.

Art. No.	Unit	Price in €
15111	100 ml bottle (3,95 € / 100 ml)	3,95
15121	250 ml bottle (2,60 € / 100 ml	6,50
15151	500 ml bottle (19,80 € /11)	9,90

PLUM KERNEL OIL VIRGIN



This exceptional oil speciality is from cold pressed plum stones. This preserves the valuable ingredients and typical flavour particularly well. Plum oil naturally has a slight flavour of marzipan and is a delicious enrichment for sweet dishes and pastries.



Art. No.	Unit	Price in €
27511	100 ml bottle (8,50 € / 100 ml)	8,50

POPPY SEED OIL



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Cold pressed from blue poppy seeds. Thanks to the gentle pressing, valuable ingredients and the fine taste are well preserved. The light yellow oil is great in dressings, fruit salads, cereals or desserts. For sweet and hearty meals.

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Art. No.	Unit	Price in €
16311	100 ml bottle (5,95 € / 100 ml)	5,95
16321	250 ml bottle (4,76 € / 100 ml)	11.90

OLIVE OIL/ITALY

EXTRA VIRGIN







High grade gained directly from the olive using only mechanical processes. This preserves the valuable ingredients and the typical flavour particularly well. The light greenish oil impresses with its fruity flavour and mild acidity and is ideal for Mediterranean cuisine.

Art. No	. Unit	Price in €
13011	100 ml bottle (4,50 € / 100 ml)	4,50
13021	250 ml bottle (2,76 € / 100 ml)	6,90
13051	500 ml bottle (25,80 € /11)	12,90

OLIVE OIL/GREECE VITA VERDE



EXTRA VIRGIN

This oil is pressed from Koroneiki olives which have ripened in ideal conditions on the Greek peninsula, Peleponnese. The Koroneiki olive is a small, firm olive and known for its fruitiness which is the basis for this tasty, fruity but not bitter olive oil.

Art. No.	Unit	Price in €
72348	250 ml bottle (3,16 € / 100 ml)	7,90
13961	500 ml bottle (25,80 € /11)	12,90

OLIVE OIL/ITALY MEDITERRANEO



EXTRA VIRGIN

Olive oil virgin extra Mediterraneo is pressed exclusively from sun ripened Calabrian olives. Thanks to decades of experience in organic farming our partner Mediterranea Foods has built up an intensive partnership with many farmers in their area. The result of their common harvest is this special olive oil which is only bottled after an order has been placed. Ideal for Mediterranean cuisine.

Art. No	. Unit	Price in €
13071	750 ml bottle (19,87 € / 1 l)	14,90
13083	5 can (20.48 € / 11)	102 40

OLIVE OIL/ITALY PRINCIPE DI GERACE



EXTRA VIRGIN

The extraordinary olive oil Principe di Gerace is made exclusively from selected Calabrian olives which grow on the property of the Anastasi Family. The ripe olives are harvested by hand and pressed after just a few hours. The result is a full-bodied, distinctive olive oil that impresses gourmets and friends of Mediterranean cuisine.

Art. No.	Unit	Price in €
70941	500 ml hottle (27.80 € /11)	13.90

OLIVE OIL/PALESTINE CANAAN



EXTRA VIRGIN NATURLAND FAIR

This Palestinian olive oil is a true rarity. It is made from cold pressed, ripe olives and has a slighty sweet aroma and a touch of spice. We support Palestinian farmers in the marketing of their delicious Rumi olive oil.

Art. No.	Unit	Price in €
70104	500 ml bottle (29,80 € /11)	14.90

OLIVE OIL/SPAIN VALDERRAMA



EXTRA VIRGIN



A first class olive oil from the ocal variety which is distinguished by a mild but fresh and fruity flavour. Olives have been cultivated in the grounds of the Valderramas finca near Córdoba since 1853 and some of the trees are more than one hundred years old. The olives are carefully processed locally and thus retain their finely nuanced fullness of flavour. Ideal for tapas, Mediterranean salads and for flavouring hot dishes.

Art. No.	Unit	Price in €
71278	500 ml bottle (35,80 € /11)	17,90

PUMPKIN SEED OIL

VIRGIN



From cold pressed Styria pumpkin seeds. Our pumpkin seed oil is rich in vitamin E. This preserves the valuable ingredients and typical flavour particularly well.



Art. No.	Unit	Price in €
19811	100 ml bottle (6,50 € / 100 ml)	6,50
19821	250 ml bottle (5.00 € / 100 ml)	12 50

PUMPKIN SEED OIL

MILDLY ROASTED



This oil speciality from Styra is carefully pressed from gently roasted pumpkin seeds. The dark green, intensive nutty oil enhances not only salads and (pumpkin) soups but also gives sweet dishes that extra something.

Art. No.	. Unit	Price in €
16811	100 ml bottle (6,90 € / 100 ml)	6,90
16821	250 ml bottle (5,16 € / 100 ml)	12,90

SAFFLOWER OIL

VIRGIN



This classical oil for the natural kitchen is cold pressed from shelled safflower seeds. This preserves the valuable ingredients and the typical flavour particularly well. Tip: Safflower oil contains circa 80 g linoleic acid per 100 g.

Art. No.	Unit	Price in €
14251	500 ml bottle (27,60 € /11)	13.80

SALAD OIL HEARTY



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An aromatic composition of nutty sunfloweroil, unshelled canola seeds and aromatic olive oil with that certain something. Our salad oil hearty is rich in vitamin E. Perfect not only for seedy salad dressings but also for dips, marinades and for vegan nutrition.

Art. No.	Unit	Price in €
83011	100 ml bottle (4,50 € / 100 ml)	4,50
83051	500 ml bottle (15,80 € /11)	7,90

SESAME SEED OIL

MILDLY ROASTED



Carefully pressed from gently roasted sesame seeds. This preserves the valuable ingredients and typical flavour particularly well. Our roasted sesame seed oil has a high content of unsaturated fatty acids. It gives cold and hot dishes a warm, subtle oriental flavour.

Art. No	. Unit	Price in €
14611	100 ml bottle (4,50 € / 100 ml)	4,50
14621	250 ml bottle (2.76 € / 100 ml)	6 90

SESAME SEED OIL

VIRGIN



Cold pressed from sesame seeds. This preserves the valuable ingredients and typical flavour particularly well. Our virgin sesame seed oil has a high content of unsaturated fatty acids. It is an important ingredient for Ayurvedic and macrobiotic cuisine.

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Art. No.	Unit	Price in €
14311	100 ml bottle (4,50 € / 100 ml)	4,50
14321	250 ml bottle (2,76 € / 100 ml)	6,90
14351	500 ml bottle (19,80 € / 1 l)	9,90

SUNFLOWER SEED OIL

VIRGIN





Cold pressed from shelled, sunflower seeds. This preserves the valuable ingredients and typical flavour particularly well. Our sunflower oil is rich in vitamin E and has a high content of polyunsaturated fatty acids. Ideal for fresh salads, vegetable dishes or for oil swishing according to Ayurvedic therapies as a mouth wash.

Art. No.	Unit	Price in €
11051	500 ml bottle (11,00 € /11)	5,50
11063	2,5 can (4,50 € /11)	22,50



WALNUT OIL

VIRGIN



WALANDA WALAND

This fine oil speciality is from cold pressed walnuts. This preserves the valuable ingredients and typical flavour particularly well. Our walnut oil has a high content of polyunsaturated fatty acids. It has a distinctive, tangy flavour and is ideal not only for salads and vegetable dishes, but also for sweet dishes.

Art. No.	Unit	Price in €
16111	100 ml bottle (5,90 € / 100 ml)	5,90
16121	250 ml hottle (476€ /100 ml)	11 90

WOK OIL

VIRGIN





Wok oil is a mixture of cold pressed peanut and coconut oils and can be heated to high temperatures. It has a high content of monounsaturated fatty acids. Our wok oil is ideal for frying meat, fish or vegatables and for wok cooking. note: Wok oil is only fluid at temperatures above 24 °C

Art. No. Unit Price in € 83451 500 ml bottle (17,80 € /11) 8,90



VITAL OILS



BLACK CUMIN SEED OIL

VIRGIN . EGYPTIAN





This freshly milled, intensively aromatic oil is from cold pressed Egyptian black cumin seeds. This preserves the valuable ingredients particularly well. It contains essential oils and fatty accompanying substances. Enjoy it straight from the spoon. It can also be used for skincare. Black cumin seed oil is a natural tick remedy.

Art. No. Unit		Price in €
14911	100 ml bottle (7,50 € / 100 ml)	7,50
14921	250 ml bottle (5,96 € / 100 ml)	14,90
14951	500 ml bottle (49,80 € /11)	24,90
61152	4 x 250 ml bottles (56,90 € /11)	56,90

BLACK CUMIN SEED OIL UNFILTERED





VIRGIN . EGYPTIAN

This unfiltered organic black cumin seed oil is cold-pressed from Egyptian black cumin seeds. It contains valuable sediments and essential oils and fat polyunsaturated fatty acids. The oil has a dark color and a strong, slightly spicy taste. Because of its strong taste, the oil should be carefully dosed. Shake well before use.

Art. No.	. Unit	Price in €
15911	100 ml bottle (7,50 € / 100 ml)	7,50
15921	250 ml bottle (5,96 € / 100 ml)	14,90
15951	500 ml bottle (49,80 € /11)	24,90

BORAGE OIL





This freshly milled pure oil is from cold pressed borage seeds. This preserves the valuable ingredients particularly well. Borage oil is rich in polyunsaturated fatty acids and contains approximately 21 g gamma-linolenic acid per 100g.

Art. No	. Unit	Price in €
27811	100 ml bottle (9,90 € / 100 ml)	9,90
27821	250 ml bottle (7,96 € / 100 ml)	19,90

CAMELINA OIL

VIRGIN



This pure camelina oil is freshly pressed cold from freshly harvested camelina seeds, to preserve the valuable ingredients. It has a fresh, vegetable-like taste and is characterized by its high content of omega-3 fatty acids, also called linolenic acid (about 40 g per 100 g).

Art. No.	Unit	Price in €
19911	100 ml bottle (4,50 € / 100 ml)	4,50
19921	250 ml bottle (2,76 € / 100 ml)	6,90
19951	500 ml bottle (19,80 € / 1 l)	9,90
19903	1 can (21,50 € / 1 l)	21,50
61193	4 x 500 ml bottles (19,50 € /11)	39,00

CHIA OIL



Chia was already valued by the Aztecs as a power food. The mild oil of chia seeds is rich in polyunsaturated fatty acids, especially omega-3 fatty acids. It resembles linseed oil. Although chia seeds have been used as food for millennia, in the EU they are only approved as Novel Food.



Art. No. Unit Price in €
23211 100 ml bottle (6,90 € /100 ml) 6,90

EVENING PRIMROSE OIL VIRGIN





This freshly milled oil is cold pressed from evening primrose seeds. This preserves the valuable ingredients particularly well. Evening primrose oil has a high content of polyunsaturated fatty acids and contains approximately 10 g gamma linolenic acid per 100 g.

Art. No	. Unit	Price in €
27111	100 ml bottle (9,50 € / 100 ml)	9,50
27121	250 ml bottle (7,80 € / 100 ml)	19,50

HEMP SEED OIL

VIRGIN



Cold pressed from freshly harvested hempseeds. This preserves the valuable ingredients and typical flavour particularly well. Our hemp seed oil is rich in vitamin E, polyunsaturated fatty acids and contains approximately 2 - 3 g gamma-linolenic acid per 100 g. The olivegreen, nutty oil is very digestible.

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Art. No.	Unit	Price in €
14511	100 ml bottle (4,95 € /100 ml)	4,95
14521	250 ml bottle (3,96 € / 100 ml)	9,90

LINSEED OIL

VIRGIN. NATURLAND



This linseed oil is cold pressed from organic linseeds daily in small batches. It contains 50 g per 100 g omega-3 fatty acids. Tasty with with jacket potatoes and cottage cheese.

Art. No.	Unit	Price in €
14111	100 ml bottle (4,50 € / 100 ml)	4,50
14121	250 ml bottle (2,76 € / 100 ml)	6,90
14151	500 ml bottle (19,80 € /1 l)	9,90
14103	1 canister (21,90 € / 1)	21,90
61162	4 x 500 ml bottles (19,50 € /11)	39,00

MILK THISTLE OIL

VIRGIN



This pure edible oil is cold-pressed from the fruits of the milk thistle. It belongs to the group of bitter herbs and was cultivated in monastery gardens because of its bitter substances such as silymarin, which are rarely found in today's nutrition. The milk thistle is rich in vitamin E and unsaturated fatty acids. This oil is very popular in folk medicine.

Art. No	o. Unit	Price in €
83511	100 ml bottle (6,90 € / 100 ml)	6,90
83521	250 ml bottle (5,56 € / 100 ml)	13,90

OMEGA BALANCE OIL

WITH 30 % LINSEED OIL



A mixture of 11 high grade, cold pressed organic vegetable oils (Virgin Eleven). Our omega balance oil is rich in polyunsaturated fatty acids and contains essential omega-6 and omega-3 fatty acids at an optimum ratio of 3:2 together with numerous phytochemicals and the rare punicic acid (about 3,7 g per 100 g).



Art. No.	Unit	Price in €
23611	100 ml bottle (8,90 € / 100 ml)	8,90
23621	250 ml bottle (7,16 € / 100 ml)	17.90



OMEGA DHA OIL

LINSEED + CHIA



LINSEED + SEA BUCKTHORN

OMEGA DHA OIL



Price in €

21,90



A composition of mill-fresh linseed oil and chia seed oil enriched with docosahexaenoic acid (DHA) from marine

microalgae. DHA contributes to a normal cardiac function and the maintenance of normal vision and brain function. The positive effect sets in with a daily intake of 16 g of the oil mixture.

100 ml bottle (8,90 € / 100 ml)

250 ml bottle (7,96 € / 100 ml)

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Section 1

A combination with docosahexaenoic acid (DHA) from marine microalgae, mill fresh linseed oil and sea buckthorn fruit oil. DHA contributes to a normal cardiac function and the maintenance of normal vision and brain function. The positive effect is achieved with a daily intake of 250 mg to 16 g of the oil

%	DHA, v mixtur	vhich corresponds to 16 ; e.
SE CALLED THE SECOND SE	Art. No	. Unit
Samuel Samuel	20911	100 ml bottle (9,90 € /100 ml)
02000	20921	250 ml bottle (8,76 € / 100 ml)

OMEGA DHA OIL

LINSEED + WALNUT



Price in €

8,90

19,90

A mixture of DHA, mill-fresh linseed,

Art. No. Unit

20711

20721

walnut and wheat germ oil. DHA (docosahexaenoic acid) belongs to the omega-3 fatty acids. This valuable fatty acid is needed for normal heart, vision and brain functions. The positive effect is achieved with a daily intake of 250 mg DHA, which corresponds to 16 g of the oil mixture.

Art. No	. Unit	Price in €
20811	100 ml bottle (8,90 € / 100 ml)	8,90
20821	250 ml bottle (7,96 € / 100 ml)	19,90

POMEGRANATE SEED OIL VIRGIN



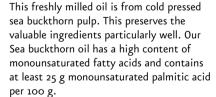
Dried pomegranate seeds are carefully cold pressed for this pure oil. It is rich in polyunsaturated fatty acids and contains approximately 85 % punicic acid. For dressings and dips, enjoy it straight from the spoon or use it for skincare.



Art. No.	Unit	Price in €
22111	100 ml hottle (1990 € /100 ml)	19.90

SEA BUCKTHORN OIL

FROM FRUIT PULP





Art. No. Unit Price in € 100 ml bottle (35,00 € / 100 ml) 35,00

WHEAT GERM OIL

CONVENTIONAL



Cold pressed from wheatgerm and ultrafiltered. The yellowish gold oil is rich in vitamin E along with further secondary phytochemicals and is a traditional part of a healthy food diet. We offer this oil in conventional quality because organic wheat germ is not available permanently or often enough at the suitable quality levels.

Art. No.	Unit	Price in €
15011	100 ml bottle (8,90 € / 100 ml)	8,90
15021	250 ml bottle (7,96 € / 100 ml)	19,90

SPICE OILS



ALMOND-VANILLA

ALMOND SPICE OIL



SPICE OIL





This mild spice oil is a composition of cold pressed sweet almonds with bourbon vanilla. It has a high content of monounsaturated fatty acids. Our almond-vanilla spice oil gives cakes, gateaux, biscuits, desserts and whipped cream a soft traditional taste of genuine vanilla.



vegetables. The subtly flavoured vegetable becomes even better with this composition of freshly milled, cold pressed canola seed and lightly roasted hazelnut oil which are rounded off with a fine bouquet of spices and herbs. Simply drizzle the oil over the cooked asparagus before serving. By the way: Asparagus Spice Oil harmonises beautifully with any fine and pale coloured vegetables such as kohlrabi, cauliflower, carrots or salsify.

Asparagus is probably the epitome of spring

Art. No.	Unit	Price in €
15311	100 ml bottle (4,95 € / 100 ml)	4,95

BARBECUE

PEANUT SPICE OIL



For this spice oil peanuts are cold pressed and enhanced with pepper, rosemary, caraway, bayleaf, juniper and garlic. Our barbecue spice oil is rich in vitamin E.



Art. No. Unit Price in €
13621 250 ml bottle (2,76 € /100 ml) 6,90

BASIL

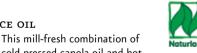
CANOLA SPICE OIL



Freshly harvested basil combined with mill fresh, cold-pressed canola oil our basil spice oil is a pledge for a full-bodied taste experience. Our basil spice oil has a high content of monounsaturated fatty acids. It gives salads, pizza and pasta a typical Italian flavour. Ideal for tomato-mozzarella salad.

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H CANCELLO	Art. No	. Unit	Price in €
1.10	13211	100 ml bottle (4,50 € / 100 ml)	4,50
	13221	250 ml bottle (3,56 € / 100 ml)	8,90

CHILI CANOLA SPICE OIL





cold pressed canola oil and hot chili peppers promises a fiery taste experience. Our chili spice oil has a high content of monounsaturated fatty acids. It gives any dish an intensive note. Store out of childrens reach and dose sparingly.

Art. No	. Unit	Price in €
12911	100 ml bottle (4,50 € / 100 ml)	4,50
12921	250 ml bottle (3,56 € / 100 ml)	8,90

CINNAMON-ALMOND

ALMOND SPICE OIL



This mild spice oil is a fine composition of sweet cinnamon with freshly pressed almonds. Our cinnamon-almond spice oil refines smoothies and ?golden milk?, rice pudding and muesli and gives fine cinnamon notes to desserts, ice cream and whipped cream.



Art. No.	Unit	Price in €
17511	100 ml bottle (7,90 € / 100 ml)	7.90

COFFEE

ALMOND SPICE OIL



CANOLA SPICE OIL

This spice oil combines

CORIANDER FENNEL DILL

cold-pressed canola oil with

coriander, fennel and dill. This creates a full-bodied taste experience. This spice oil

a perfect match for fish dishes, mixed salads, vegetable terrines, dips and sauces.

is rich in monounsaturated fatty acids. It is

Naturiand

The taste of sweet almonds and mildly roasted coffee beans characterize this aromatic spice oil. Our almond spice oil is rich in monounsaturated fatty acids. Ideal for refining fine pastries, whipped cream, sweet desserts and dips.



Art. No. Unit Price in €

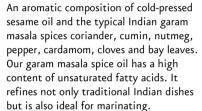
100 ml bottle (4,50 € / 100 ml)

 Art. No. Unit
 Price in €

 25011
 100 ml bottle (9,90 € / 100 ml)
 9,90

GARAM MASALA

SESAME SPICE OIL





Art. No.	Unit	Price in €
12711	100 ml bottle (4,50 € / 100 ml)	4,50

GINGER-LEMONGRASS

17911

CANOLA SPICE OIL



4,50

This spice oil is a combination of mill-fresh canola oil and spicy ginger as well as refreshing lemongrass - a full-bodied taste experience. It has a high content of monounsaturated fatty acids. The aromatic, exotic spice oil is ideal for tofu, rice and wok dishes a delicious, refreshingly spicy flavour.

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ı	402

Art. No.	Unit	Price in €
17111	100 ml bottle (4,50 € / 100 ml)	4,50
17121	250 ml bottle (3,56 € / 100 ml)	8.90

GREEN PEPPER

CANOLA SPICE OIL

Cold-pressed rapeseed oil, fresh from the mill, meets green pepper and thus becomes a full-bodied and spicy taste experience. It has a high content of monounsaturated fatty acids. This very versatile spice oil is good with all savoury dishes. A clever twist is to add to fresh strawberries!



Art. No.	Unit	Price in €
26611	100 ml bottle (5,95 € / 100 ml)	5,95

HERB AND GARLIC

SPICE OIL





Our popular Herb-Garlic Oil captivates through its intense yet not overwhelming garlic note. Herbs typical of the German cuisine like pepper, caraway, mustard seed, rosemary and bay give this delicious oil its characteristic taste. This composition of fresh from the mill, cold-pressed canola, sunflower and thistle oil can be moderately heated. It is also perfect for marinades and seasoning.

Art. No	. Unit	Price in €
12311	100 ml bottle (4,50 € / 100 ml)	4,50
12351	500 ml bottle (15,80 € / 1 l)	7,90

HERB SPICE OIL



This hearty spice oil is a composition of cold pressed canola, sunflower and safflower oils with aromatic spices and herbs. It can be heated to moderate temperatures and is also ideal for marinating and seasoning.

Art. No.	Unit	Price in €
11351	500 ml bottle (15,80 € /11)	7,90

HERBES DE PROVENCE

CANOLA SPICE OIL

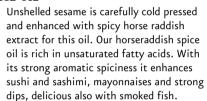


Native rapeseed is cold pressed for this spice oil and refined with marjoram, parsley, thyme, and tarragon. This is how the freshly-harvested herbs de Provence create a full-bodied taste experience with authentic spices. This aromatic spice oil is rich in monounsaturated fatty acids. It adds a finishing touch to the Mediterranean in meat, fish and vegetable dishes, e.g. ratatouille.

Art. No.	Unit	Price in €
12611	100 ml bottle (4,50 € / 100 ml)	4,50
12621	250 ml bottle (3,56 € / 100 ml)	8,90

HORSERADDISH

SESAME SPICE OIL





Art. No. Unit $Price in \in$

100 ml bottle (7,50 € / 100 ml)

MEDITERRANEAN

CANOLA SPICE OIL



This tasty spice oil contains cold-pressed canola oil combined with the natural aroma of paprika, oregano, pepper, basil, coriander, rosemary, mustard seeds, thyme, onions and marjoram. It has a high content of monounsaturated fatty acids. Our Mediterranean spice oil is well suited to recipes from the Mediterranean, e.g. pizza and pasta.

Art. No.	. Unit	Price in €
19311	100 ml bottle (4,50 € / 100 ml)	4,50
19321	250 ml bottle (3,56 € / 100 ml)	8,90

NANA-MINT CANOLA SPICE OIL



7,50

A convincing combination of fragrant nana mint (Mentha spicata) and cold pressed canola oil. Our nana-mint spice oil has a high content of monounsaturated fatty acids. It gives sweet dishes, vegetables or lamb an exotic fresh minty flavour.



Art. No.	Unit	Price in €
13311	100 ml bottle (4,95 € / 100 ml)	4,95

OLIVE-LEMON





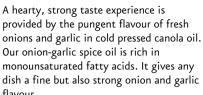


This spice oil combines extra virgin olive oil and a fine fruity lemon and orange note. A freshness to fish dishes and salads - as well as anywhere a lemon flavour is required.

Art. No.	Unit	Price in €
13111	100 ml bottle (4,50 € / 100 ml	4,50
13121	250 ml bottle (3,16 € / 100 ml	7,90
13151	500 ml bottle (25,80 € / 11)	12,90
13131	500 mi dolle (25,80€/11)	12,9

ONION-GARLIC

CANOLA SPICE OIL





Art. No.	Unit	Price in €
22011	100 ml hattle (4505 (100 ml)	4.50

SALAD OIL FRUITY

Selection of the second of the

A culinary option to our hearty salad oil. The exquisite combination of nutty sunflower oil, unshelled canola and aromatic olive oil is enrich by a freshfruity aroma of orange, lemon and lime. Our fruity salad oil is rich in vitamin E. A delicious extra for salads, dips, marinades or smoothies.

Art. No.	Unit	Price in €
83111	100 ml bottle (4,50 € / 100 ml)	4,50
83151	500 ml bottle (15,80 € / 11)	7,90

SALAD OIL SPICY

Selate where A fine spicy mixture of cold pressed sunflower seed and canola oil with extracts of dill, basil and tarragon. Our spicy salad oil is rich in vitamin E and has a high content of unsaturated fatty acids. It is not only good in salads, dressings and dips of all kinds but also enhances fish dishes, quark dishes or vegetable soups.

Art. No	o. Unit	Price in €
12511	100 ml bottle (4,50 € / 100 ml)	4,50
12551	500 ml hottle (1780 € / 11)	8 90

SMOKED PEPPER

CANOLA SPICE OIL



Savoury red paprika, a hint of spiciness and fine smoke aroma:
The smoked red pepper spice oil gives every dish a touch of bonfire. The delicious combination of roasted-smoked spicy pods and fresh from the mill rapeseed oil convinces not only lovers of classic smoked pepper but everyone who likes a savoury flavour. It is rich in monounsaturated fatty acids. Perfect for fish and meat, vegetarian or vegan dishes.

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Art. No.	Unit	Price in €
92011	100 ml hottle (600 6 / 100 ml)	6.00

SOUP GREENS

CANOLA SPICE OIL

Popular soup herbs give this cold-pressed canola oil, fresh from the mill, a strong, aromatic taste. Our green spice oil has a high content of monounsaturated fatty acids. It is not only ideal for a traditional minestrone soup, but also for various vegetable soups and stews together with potato dishes.



Art. No.	Unit	Price in €
25211	100 ml bottle (4,95 € / 100 ml)	4,95

TANDOORI

SESAME SPICE OIL



Unpeeled sesame seeds are gently cold-pressed for this seasoning oil and refined with an Indian spice mixture of cumin, turmeric, ginger, garlic and chilli. It has a high content of unsaturated fatty acids. With a fine spiciness and mild flavour of garlic our Tandoori spice oil gives roast or grilled poultry, meat, fish or tofu dishes a typical Indian flair in no time at



Art. No.	Unit	Price in €
13811	100 ml bottle (4,95 € / 100 ml)	4,95

THYME-SAGE

CANOLA SPICE OIL

Mill fresh cold-pressed rapeseed oil is refined with thyme and sage. Our thmye-sage spice oil is rich in monounsaturated fatty acids. With its warm, spicy herbal note it is ideal for Greek dishes, e.g. with lamb or fish, for marinating sheeps cheese, drizzling over Greek salad or white bread.



Art. No. Unit Price in € 17711 100 ml bottle (4,50 € / 100 ml) 4,50

TRUFFLE

OLIVE SPICE OIL

This truffle spice oil is a balanced of organic white truffles. Truffles are a rare specialty. The fine truffle spice oil is ideally



combination of organic extra virgin olive oil from Italy with the unmistakable aroma suited for risotto, pasta as well as meat and fish dishes.

Art. No. Unit Price in € 83811 100 ml bottle (11,90 € / 100 ml) 11,90

VENISON

CANOLA SPICE OIL

Our wild spice oil is a hearty and spicy composition of mill-fresh rapeseed oil and a mix of green pepper, juniper, coriander, rosemary, fennel and lemon. It has a high content of monounsaturated fatty acids. This spice oil is not only ideal for deer, venison, hare or wild boar dishes but also for roasts and mushrooms dishes.



Art. No. Unit Price in € 100 ml bottle (6,50 € / 100 ml) 6,50

WILD GARLIC

CANOLA SPICE OIL

This seasoning oil is a spicy composition of cold-pressed canola oil, fresh from the mill, and spring-fresh wild garlic, that promises a full-bodied flavor. It is rich in monounsaturated fatty acids. Wild garlic oil enhances quark, salads and vegetables as well as soups, sauces and dips.



Art. No. Unit Price in €

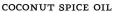
4,50

100 ml bottle (4,50 € / 100 ml)



CHINESE FIVE SPICES





Our native coconut oil, enriched with spicy cayenne pepper, ginger, turmeric and blends into a composition for the South Asian cuisine. With its sharpness and the typical Chinese spices, it gives spring rolls and wontons fillings a Chinese flair in an instant.



Art. No.	Unit		Price in €
18319	100 g jar	(5,50 € / 100 g)	5,50

CURRY

COCONUT SPICE OIL



The spice composition in our coconut oil is characterized by the balance of Indian flavors, which harmonize perfectly with the typical coconut taste. This spice oil an be used wherever Asian flair is required. Especially delicious with meat and rice dishes.



Art. No.	Unit	Price in €
17819	100 g jar (5,50 € / 100 g)	5,50

GINGER-LEMON

COCONUT SPICE OIL

In this coconut spice oil the intensive aroma of ginger and lemon myrtle combines with the fine, typical coconut flavour to give a rounded composition for a tangy, citrus touch.



HARISSA

COCONUT SPICE OIL



The characteristic spices of a Moroccan Harissa mixture combine with the fine, typical coconut flavour to give a perfect mixture for North African cuisine.



Art. No.	Unit	Price in €
18519	100 g jar (5,50 € /100 g)	5,50



t. No.	Unit	Price in €
419	100 g jar (5,50 € / 100 g)	5,50

RAS EL HANOUT

COCONUT SPICE OIL

This coconut spice oil is an Oriental creation. The fine coconut flavor goes well with spices such as turmeric, nutmeg, cinnamon, anise, ginger and cardamom. The perfect composition for the North African cuisine.



TANDOORI

COCONUT SPICE OIL



In this coconut spice oil fragrant spices, mild spiciness and a hint of garlic combine with the fine, typical coconut flavour to give a rounded composition for Indian cuisine.



Art. No.	Unit	Price in €
10619	100 g jar (5,50 € / 100 g)	5,50



Art. No.	Unit	Price in €
17619	100 g jar (5,50 € / 100 g)	5,50

VINEGARS



ACETO BALSAMICO

Made from freshly pressed grape juice in the style of a true traditional Aceto. The grape juice is first fermented to wine and then to vinegar. A sweet grape must is added, giving the vinegar its lovely touch. The vinegar matures in oak barrels.



Art. No.	Unit	Price in €
3/1021	250 ml hottle (158€ / 100 ml)	3 05

APPLE VINEGAR

NATURALLY CLOUDY

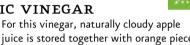




Our apple cider vinegar is made from freshly pressed, naturally cloudy apple juice without the addition of sweeteners. After it has been fermented with cider vine to cider, it is converted by vinegar bacteria into an apple cider vinegar with at least 5% acid. The vinegar is neither filtered nor pasteurized and contains the vitamins and minerals of the apple. For salads and with mineral water.

Art. No.	Unit	Price in €
35021	250 ml bottle (1,40 € / 100 ml)	3,50

APPLE-ORANGE BALSAMIC VINEGAR



- Carlon Carlon

juice is stored together with orange pieces in small oak barrels after completion of the fermentation steps until it has adopted the natural, refreshing aroma of citrus fruits. The delicious apple-orange balsamic vinegar is an enrichment for salads of all kinds, dips, sauces and vegetable dishes.

Art. No.	Unit	Price in €
32221	250 ml hottle (316€ /100 ml)	7 90

APPLE-QUINCE BALSAMIC VINEGAR



Andrew Carlos Ca Carlos Two local fruits meet each other: The freshly pressed juice of apples and quince is fermented first to wine and then to vinegar. The vinegar is free of sweeteners, is not filtered and unpasteurized. This keeps the natural ingredients and the typical, fragrant aroma particularly well preserved. A real find for fruity-tasting dips and dressings.

Art. No.	Unit	Price in €
32111	100 ml bottle (4,50 € / 100 ml)	4,50
32121	250 ml bottle (3,16 € / 100 ml)	7,90

APPLE BALSAMIC VINEGAR



The vinegar is produced in the way of the Aceto Traditionale from pure apple juice, which is first pressed into cider and then fermented to vinegar. Our apple balsamic vinegar receives its sweet and mild taste by the addition of carefully simmered apple syrup. In small oak barrels it slowly turns into a fine balsamic vinegar. The mild acidity gives dressings a fruity note.

Art. No.	Unit	Price in €
37021	250 ml bottle (2,20 € / 100 ml)	5,50

BLACK CURRANT VINEGAR



Produced from the pure premium juice of black currants (Cassis). Once fermented using acetobacter (up to an acidity of approx. 5 %), the vinegar matures in small oak barrels producing a unique fruity vinegar with the strong and unmistakable aroma of ripe black currants. For spicy dressings, ideal in combination with nutoils, rapeseed, sunflower or olive oil.

Art. No.	Unit	Price in €
31211	100 ml bottle (3,95 € / 100 ml)	3,95
31221	250 ml bottle (2,60 € / 100 ml)	6,50

CONDIMENTO BIANCO

Made from freshly pressed white wine, in the style of a true traditional Aceto. The grape juice is first fermented to white wine and then to vinegar. The young vinegar is added to a gently squeezed grape must. It is then stored in small oak barrels and matured to a harmonious balsamic vinegar. A classic for cold and hot dishes.



Art. No.	Unit	Price in €
36021	250 ml bottle (1,58 € / 100 ml)	3,95

CREMA DEL BORGO

ACETO BALSAMICO





This sweet and creamy Aceto Balsamico is made from freshly pressed grape juice of the Pinot Noir variety, in the style of a true Aceto Traditional. It is stored in small oak barrels and matured to a mildly harmonious and sweet balsamic vinegar. The ideal ingredient for tomato mozzarella, salads and strawberries.

Art. No.	Unit	Price in €
38121	250 ml bottle (6,36 € / 100 ml)	15,90

DILL VINEGAR

Freshly harvested, hand-picked dill blossoms from local organic farming give this white wine vinegar its typical and fresh note and make it a classic for cucumber salad. Even a small amount refines a vinaigrette, mayonnaise or marinade. Ideal for pickling cucumbers.



Art. No. Unit Price in € 31521 250 ml bottle (2,20 € /100 ml) 5,50

ELDERFLOWER

BALSAMIC VINEGAR



This vinegar has the subtle, fruity aroma and flavour of elderflower which is popular in Germany. Elderflower syrup is fermented naturally and then enriched with Riesling vinegar and lemon.



Art. No.	Unit	Price in €
32311	100 ml bottle (4,50 € / 100 ml)	4,50
32321	250 ml bottle (3,16 € / 100 ml)	7.90

HERB VINEGAR

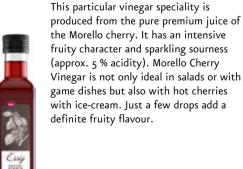
A bunch of Mediterranean herbs comprising marjoram, thyme, tarragon and chervil forms the basis for the harmonious flavour of this spicy wine vinegar to which each and every herb contributes its own authentic flavour. Ideal in Mediterranean cuisine, for example in Mediterranean dishes, meat and fish marinades, soups, sauces and salad dressings.



Art. No. Unit Price in €
31321 250 ml bottle (1,80 € /100 ml) 4,50

MORELLO CHERRY VINEGAR





Art. No.	Unit	Price in €
31621	250 ml bottle (2,60 € / 100 ml)	6,50

PRINCIPE DE GERACE ACETO BALSAMICO DI MODENA



SUPERIORE



This balsamic vinegar from Modena is made according to traditional methods from organically grown, ripe grapes and is matured for at least three years.

Art. No.	Unit	Price in €
70946	250 ml bottle (3,16 € / 100 ml)	7,90

RASPBERRY VINEGAR



Our Raspberry Vinegar is produced from the pure premium juice of freshly picked organic raspberries. Is has an intense fruity aroma and an acidity level of approximately 5 %. A culinary classic for salads and to flavour sauces. It harmonises particularly well with roasted hazelnut, poppy seed or walnut oil.



Art. No. Unit Price in €

31121 250 ml bottle (3,16 € / 100 ml) 7,90

RED WINE VINEGAR

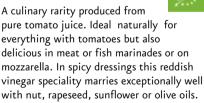


This classical wine vinegar develops from a cuvee of various dark red varieties of grape. In the first step the grape juice is fermented to red wine and in the second step acetobacter ferments it to a subtle, aromatic vinegar (acidity approx. 6 %). By the way, the sugar which occurs naturally in the grape juice is completely converted into vinegar. Our Red Wine Vinegar is not pasteurized (heated). An all-rounder in the kitchen ideal for all dishes which require a subtle splash of sourness.

Art. No. Unit Price in €

250 ml bottle (1,40 € / 100 ml) 3,50

TOMATO VINEGAR





Art. No. Unit Price in € 250 ml bottle (3,00 € / 100 ml) 7,50

WHITE WINE VINEGAR



A traditional vinegar with the mild, natural aroma of a choice white wine. This sugar-free wine vinegar is produced from a grape juice cuvee of various white wine grapes which are light in colour. In the first step the grape juice is fermented to white wine and in the second step acetobacter ferment the wine to an acidity of 6 %. The vinegar is neither filtered nor pasteurised (heated). An all-rounder in the kitchen ideal for all dishes which require a subtle splash of sourness.

Art. No. Unit Price in € 250 ml bottle (1,40 € / 100 ml) 3,50

HERB AND SPICE OILS

This selection of cold pressed spice oils in decorative mini bottles opens up a variety of culi-nary coffee almond oil, ginger possibilities. lemongrass canola spice oil, mediterranean rapeseed spice oil, basil canola spice oil and fruity salad oil.



Price in € Art. No. Unit

61150 5 x 20 ml Set (11,90 € / 100 ml) 11.90

VINEGAR SELECTION

This set is a selection of fine vinegars in mini bottles. Contains: apple-and-orange balsamic vinegar, condimento bianco, Crema del Borgo, raspberry vinegar and elderflower balsamic vinegar.



Price in € Art. No. Unit 5 x 20 ml Set (12,90 € / 100 ml) 12,90

ECHT! REGIONAL CLASSICS

We recommend our spice oils made from regional traditional herbs when cooking local cuisine: basil, greens and wild garlic spice oil. Just a few drops transform e.g. salads, vegetables, sauces, soups, stews, potato dishes and dips into local delicacies. High-quality,



cold-pressed rapeseed oils with the authentic flavour of fresh herbs and the necessary splash of essential omega-3 fatty acids.

Art. No. Unit Price in € 3 x 100 ml Set (46,50 € /11) 13,95

SEED AND NUT OILS

This selection of seed and nut oils in decorative mini bottles offers a variety of culinary possibilities. Contains: Argan oil mildly roasted, Pumpkin seed oil mildly roasted, Plum kernel oil, Mustard oil, Walnut oil.



Price in € Art. No. Unit

13.90

5 x 20 ml Set (13,90 € / 100 ml) 61151

ASIAN CUISINE

With the coconut spice oils Chinese Five Spice, Curry, Ginger-Lemon and Tandoori, we have put together a small and fine selection of the most popular spices of the Asian cuisine. With just one teaspoon you can add a touch of magic to Asian meat, fish or vegetable dishes, for example in the pan or wok.



Art. No. Unit Price in €

4 x 30 ml Set (8,25 € / 100 ml) 9,90

FRENCH CUISINE

French cuisine is known for its diversity in aromatic herb marinades. This set is a selection of the three spice oils of the most popular creations of French cuisine Herbes de Provence, Mediterranean and Herb-Garlic.



Price in € Art. No. Unit 13,50

60411 3 x 100 ml Set (45,00 € /11)

FRUITY VINEGARS

You can get to know the wide range of our vinegars made of fruits, blossoms and berries from local gardens with this vinegars set. Perfect for everyone who loves culinary sensations and an exceptional intensity.



Art. No.	Unit	Price in €
611.49	3 x 100 ml Sat (42176 /11)	12.05

MEDITERRANEAN CUISINE

These three spice oils Basil, Herbes de Provence and Mediterranean enhance your Mediterranean dishes with a fine, spicy, typical herb aroma just like a small herb garden. Ideal for salads and soups, fish, meat and vegetable dishes. Just a few drops suffice also ideal as seasoning on the table.



Art. No.	Unit	Price in €
60111	3 x 100 ml Set (4500 € /11)	13 50

OIL & VINEGAR

This set consisting of two oils and one vinegar creates endless culinary dressing possibilities. For salads and where a fresh citrus touch is wished, olive lemon spice oil sets accents. The fruity elderflower balsamic vinegar combined with the golden roasted hazelnut oil makes every salad dressing a fine and nutty taste experience.



Art. No	. Unit	Price in €
61149	3 x 100 ml Set (53,00 € /11)	15,90

ORIENTAL CUISINE

These three authentic spice oils Chili, Garam

Masala and Tandoori are ideally suited for the Indian and
Asian cuisine and enhance fish, meat, vegetable and wok
dishes.



Art. No. Unit		Price in €
60311	3 x 100 ml Set (46,50 € /11)	13.95

SALAD OILS

This set of three salad oils offers a variety of delicious dressing options. The fruity salad oil with orange, lime and lemon oils sets fresh accents to salads, smoothies and dips. Mill-fresh sunflower oil, canola and olive oil give the hearty salad oil its certain something. The spicy salad oil is a fine mixture of cold pressed



sunflower and canola oil with extracts of dill, basil and tarragon.

Art. No.	Unit	Price in €
61171	3 x 100 ml Set (45,00 € /11)	13,50

GIFT BOX

Our high quality oils are a great present for anyone who loves to cook. At oelmuehle-solling.de/en/set you can create your own idivididual gift set. Just order three 100 ml bottles from our range together with this gift box.



Art. No.	Unit	Price in €
93002	3 x 100 ml Set (0,00 € /1l)	0,00

PESTOS AND SPREADS

Our three pesto variants are true favorites:

A blend of chopped walnuts, walnut oil, Parmesan cheese and herbs give our walnut pesto its strong and nutty taste. The spicy cherry tomato Pesto convinces with its Mediterranean note. Our cashew pumpkin seed pesto convinces with a touch of apple.

Additionally, on the basis of our delicious coconut oil, we produce delicious spread compositions. They bring along a variety of fatty acids, vitamins, minerals and secondary plant compounds and are made with natural ingredients.

CHERRY TOMATO PESTO

A savoury and spicy pesto with cherry tomatoes, Parmesan cheese and cashew nuts. Topped with a fine note of Italian herbs and spices with a touch of our own mediterranean and chili spice oils.



Art. No.	Unit	Price in €
70619	110 g jar (7,18 € / 100 g)	7,90

COCOLINO SPREAD

WITH 33 % LINSEED OIL

Pure vegetable spread made from virgin coconut oil, sea buckthorn pulp oil and mill-fresh, cold-pressed linseed oil. With a content of about 15 g omega-3 fatty acids.



Art. No.	Unit	Price in €
18411	160 g jar (3,09 € / 100 g)	4,95

COCONUT FRIED ONION

WITH 29 % LINSEED OIL

Hearty, vegan organic spread with coconut oil and mill-fresh, cold-pressed linseed oil, refined with spicy roasted onions and apple chips.



Art. No.	Unit	Price in €
18711	150 g jar (3,30 € /100 g)	4,95

CASHEW PUMPKIN PESTO

A hearty pesto variation with fine cashew nuts and pumpkin seeds, seasoned with parmesan cheese, roasted onions, a fruity touch of apples and our own roasted pumpkin seed oil. This extaordinary pesto tastes great with pasta, as a spread, and with hearty courts from the German kitchen such as mashed potatoes.



Art. No.	Unit	Price in €
71802	110 g jar (7,18 € / 100 g)	7,90

WALNUT PESTO

A delicious variation on pesto with chopped walnuts, walnut oil and parmesan, perfectly rounded off with Mediterranean herbs and a mild garlic flavour.



WALNUSS		
O.H.	Art. No. Unit	Price in €
	70564 110 g jar (7,18 € / 100 g)	7,90

COCONUT BUTTER

"The whole coconut in a jar": This is the best description for this fine, mildly sweet spread. This exotic coconut butter is made by grinding the flesh of freshly dried coconuts and lightly deoiling it. Coconut butter is free from sweeteners or other additives and offers pure enjoyment with all the valuable ingredients of the



Art. No.	Unit	Price in €
18211	160 g jar (3,09 € / 100 g)	4,95

COCONUT PUMPKIN SEED

This purely vegetable based spread is made from virgin coconut oil and original Steiermark pumpkin seed oil. According to folklore pumpkin seeds are particularly recommended for the prostate and this spread makes it possible to take it easily. It contains vitamin E. A good alternative to butter or margarine and particularly popular with men.



Art. No.	Unit	Price in €
18911	160 g jar (3,09 € /100 g)	4,95

FLOURS & SEEDS KERNELS & NUTS



ALMOND FLOUR



PARTLY DEOILED

Almond flour is made from almonds which are gently deoiled and finely ground. For our flour we use only sweet almonds. It still contains approximately 10 g almond oil per 100 g and is rich in vegetable protein as well as in dietary fibre (approximately 18 g per 100 g). This flour has



a high content of monounsaturated fatty acids. Gluten free.

Art. No. Unit Price in € 46553 500 g pouch (29,80 € /1kg) 14,90

CHIA FLOUR

PARTLY DEOILED



The flour from the South and Central American chia seeds is a source of vital substances and contains about 7 g of chia oil per 100 g. It is rich in vegetable protein and fiber. Ideal for binding soups and sauces and as a baking ingredient. A daily intake of 15 g should not be exceeded.



Art. No. Unit Price in € 43253 500 g pouch (9,90€ /1kg) 4,95

COCONUT FLOUR

PARTLY DEOILED

Coconut flour is produced from fresh coconut flesh which is gently dried, deoiled and finely ground. It still contains approximately 10 g coconut oil per 100 g, is rich of vegetable protein and has a high content of approximately 34 g dietary fibre per 100 g. The coconuts which are used



for this exotically aromatic flour originate from plantations in Sri Lanka and the Philippines. Ideal for muesli and for thickening shakes. Gluten free.

Art. No. Unit Price in €
48253 500 g pouch (9,90 € /1kg) 4,95

HAZELNUT FLOUR



PARTLY DEOILED

Hazelnut flour is made from fresh, hazelnuts which are gently deoiled and finely ground. It still contains approximately 17 g hazelnut oil per 100 g and is rich in vegetable protein and dietary fibre (23 g per 100 g). The nuts for this aromatic flour are bought from organically



run plantations in the sun-spoilt regions along the coast of the Black Sea.

Art. No. Unit Price in € 46253 500 g pouch (13,00 € /1 kg) 6,50

HEMP SEED FLOUR

PARTLY DEOILED

Hemp flour is produced from fresh edible hemp seeds which is carefully deoiled and finely ground. It contains approximately 10 g hemp oil per 100 g and has a high content of vegetable protein and fiber (20 g per 100 g). Farming this ancient type of hemp with low THC levels



has only been permitted with a special licence in Germany since the 1980s. For our hemp flour we favour hemp seed from France Ideal for thickening soups and sauces.

Art. No. Unit Price in €
44553 500 g pouch (11,90 € /1kg) 5,95

LINSEED FLOUR

PARTLY DEOILED

Linseed flour is made from brown linseed which is gently deoiled and finely ground. It still contains approximately 10 g linseed oil per 100 g and is rich in vegetable protein as well als in dietary fibre (approximately 40 g per 100 g). This flour has a high



content of polyunsaturated fatty acids. The fresh linseed used for this flour speciality comes from Naturland producers. Ideal in muesli, for bread and rolls.

 Art. No. Unit
 Price in €

 44153
 500 g pouch (5,90 € /1kg)
 2,95

MUSTARD FLOUR



PARTLY DEOILED

Mustard flour is made from yellow mustard seeds, which are gently deoiled and finely ground. It still contains about 8 - 10 g of mustard oil per 100 g. The mustard flour develops its sharpness only in contact with water. It gives a variety of food an oriental flavor. Ideal as an ingredient



for homemade mustard, marinades, sauces and soups as well as for meat and fish dishes.

Art. No.	Unit	Pri	ce in €
43053	500 g pouch	(13,80 € / 1 kg)	6,90

PUMPKIN SEED FLOUR



PARTLY DEOILED

Pumpkin seed flour is made from pumpkin seeds which are gently deoiled and finely ground. It still contains approximately 12 g pumpkin seed oil per 100 g and has a high content of vegetable protein (approximately 45 g per 100 g) and dietary fibre (approximately 15 g per 100 g).

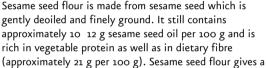


Just like pumpkin seed oil, pumpkin seed flour is naturally greenish and a culinary rarity. Ideal as an ingredient for bread or rolls. Gluten free.

Art. No.	Unit	Price	in €
49853	500 g pouch	(9,90 € / 1 kg)	4,95

SESAME SEED FLOUR







pleasant nutty flavour and a hint of oriental flair. Ideal for musli and desserts! Gluten free.

Art. No.	Unit Price in 6		in €
44353	500 g pouch	(7,90 € / 1 kg)	3.95

WALNUT FLOUR



PARTLY DEOILED

Walnut flour is made from walnuts which are gently deoiled and finely ground. It contains still approximately 15 g walnut oil per 100 g and is rich in vegetable protein (approximately 45 g per 100 g) as well as in dietary fibre (approximately 13 g per 100 g). Ideal for fine pastries and biscuits. Gluten free.



Art. No. Unit Price in € 46153 500 g pouch (11,90 € /1 kg) 5,95

ROSEHIP POWDER

FINELY GROUND

Raw rosehip powder is made from valuable rosehips that are gently milled. It contains about 63 g per 100 g fiber and is rich in vitamin C. The rose hips are organically grown in Patagonia. The rosehip powder is ideal as an ingredient for muesli, smoothies, as a baking ingredient and can be infused as a tea.



Art. No. Unit Price in €
48453 500 g pouch (19,80 € /1 kg) 9,90

TURMERIC POWDER

FINELY GROUND

Our turmeric powder is gently produced in raw food quality from controlled organic turmeric roots. The yellow roots are peeled after harvest, dried at a maximum of 40 C and ground to a fine powder.



Art. No. Unit Price in €
72432 500 g pouch (19,80 € /1 kg) 9,90

HEMP PROTEIN

FINELY GROUND, PARTLY DEOILED

Our hemp protein is produced gently from controlled organic hemp seeds in raw food quality. Its high protein content of about 50 g per 100 g makes it an ideal supplement to the daily diet for bodybuilders and athletes.



Art. No. Unit Price in € 44558 500 g pouch (19,80 € / 1 kg) 9,90

BLACK CUMIN SEEDS

NIGELLA SATIVA



Fully matures Egyptian black cumin seeds from organic farming. The small, black seeds of the black cumin (Nigella sativa) are characterized by their intense, spicy and peppery taste. They contain bitter substances and tannins. Its high content of essential oils is remarkable. Black

cumin is highly valued in both folk and oriental cuisines.



Art. No. Unit Price in € 44956 500 g pouch (15,80 € /1kg) 7,90

CHIA SEEDS

SALVIA HISPANICA

Chia seeds have been appreciated by the Aztecs, Mayas and Incas as a source of nutrients. The chia oil is rich in omega-3 fatty acids (19 g per 100 g). Chia seeds swell with water to a gel-like mass. According to the EU Regulation on Novel Foods EC 258/97, a maximum of 15 g chia seeds per day is recommended.



Art. No. Unit Price in € 43256 500 g pouch (13,80 € /1 kg) 6,90

HEMP SEEDS

UNPEELED



These unpeeled hemp seeds come from certified organic cultivation in Europe and they are rich in fibre. The seeds also have a high content of polyunsaturated fatty acids. Food hemp has no intoxicating effect. The seeds should not be used for sowing. Keep well closed, cool and dark.



Art. No. Unit Price in € 44556 500 g pouch (13,80 € /1 kg) 6,90



ALMONDS

The natural fresh almond kernels from certified organic farming contain 21 g of valuable protein per 100 g. Because of their mild, nutty taste they are particularly suitable for refining desserts, yoghurt and muesli or can be used as a baking ingredient for bread, rolls and cakes.



Art. No. Unit Price in €
72412 500 g pouch (29,80 € /1kg) 14,90

BRAZIL NUTS

Our Brazil nuts come from certified organic farming and contain monounsaturated and polyunsaturated fatty acids. Because they have vegetable protein, they are ideal for vegetarians and vegans. Their sweetish taste makes them suitable for desserts, cakes and pastries. Even salads and vegetables can be refined with



Art. No. Unit Price in € 72406 500 g pouch (31,80 € /1 kg) 15,90

CASHEW NUTS

Our natural cashew nuts in raw food quality come from certified organic cultivation and contain valuable fiber and vegetable protein. They are neither roasted nor salted. Cashew nuts are ideal as a snack in between and to refine cereals, salads and Asian dishes.



Art. No. Unit Price in €
72408 300 g pouch (39,67 € /1kg) 11,90

NUT AND FRUIT MIX

A colorful mix of different nuts and fruits from organic farming for the perfect snack in between. The blend includes a variation of nuts, grape berries, cashews, hazelnut kernels, almonds, dried cranberries, bananas, goji berries, physalis and sour cherries. Also to refine muesli and yogurt or cakes and pastries.



Art. No. Unit Price in € 72410 200 g pouch (3,45 € /100 g) 6,90

PUMPKIN SEEDS

Our organic pumpkin seeds contain valuable fiber. They are ideal for muesli, to refine salads and vegetable dishes. They also give soups, especially an autumnal pumpkin soup, that certain something. Pumpkin seeds are an ideal baking ingredient for bread and rolls.



Art. No. Unit Price in €
72409 500 g pouch (19,80 € /1 kg) 9,90

WALNUT KERNELS

The natural walnut kernels in raw food quality come from certified organic cultivation and contain valuable fiber. Walnuts can be enjoyed both as a pure snack, as well as in bread and pastries. Especially delicious for salad, vegetable dishes and for garnishing ice cream.



Art. No. Unit Price in €
72405 500 g pouch (25,80 € /1kg) 12,90



ALMOND SKIN CARE

Our organic almond oil is a moisturizing skin care oil for face and body with a skin-protecting effect. The oil is considered as one of the most precious skin care oils. It penetrates deep into the skin and soothes dry skin. In addition, it convinces by its



good compatibility. Almond oil is suitable for daily care and as a gentle massage oil and is also suitable for baby care.

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Art. No.	Unit I	Price in €
16559	50 ml bottle (19,80 € / 100 ml)	9,90

APRICOT KERNEL SKIN CARE OIL

Cold pressed from the kernels of

fresh organic apricots. A mild oil which naturally exudes a fine note of marzipan and is particularly well tolerated by the skin. Ideal for sensitive skin, as a baby oil and make-up remover.



Art. No.	Unit	Pri	ce in €
26759	50 ml bottle	(19,80 € / 100 ml)	9.90

ORGANIC

ARGAN SKIN CARE OIL

Our organic argan oil is a nourishing oil for face and body. It convinces with its natural content of vitamin E and valuable phytonutrients. The oil prevents dehydration of the skin and promotes its suppleness. It is also suitable for the gentle removal of make-up and

> regenerates dry and mature skin overnight. Also suitable for hair



Art. No. Unit Price in € 50 ml bottle (21,80 € / 100 ml) 10,90

BABY SKIN CARE OIL

ORGANIC COSMETICS

The soft baby oil from organic

almond and organic apricot kernel oil is free of fragrances and additives. It convinces with a good compatibility and its skin-protecting and calming characteristics. The fine oil mixture leaves a tender feeling on the skin. For daily care,

> suitable as a massage and bath oil for babies.



Art. No. Unit Price in € 27359 50 ml bottle (17,80 € / 100 ml) 8,90

EVENING PRIMROSE SKIN CARE OIL

Our organic evening primrose oil is a care for very dry skin and has a soothing effect, especially on irritated skin. It is one of the few vegetable oils that contains a combination of essential linoleic acid and gamma-linolenic acid (10 g per 100 g). It protects



sensitive skin and regulates the moisture balance. It is recommended especially for irritated skin.

Art. No. Unit Price in € 50 ml bottle (19,80 € / 100 ml)

JOJOBA SEA BUCKTHORN BODY OIL



This valuable organic jojoba sea buckthorn oil maintains the natural elasticity of the skin. With its waxy texture jojoba oil forms wa delicate and protective lipid film that binds the moisture of the skin. Sea buckthorn fruit oil



contains natural carotenoids, vitamins A and E as well as palmitoleic acid. Due to the carotenoid content, the oil has a slightly toning effect om the skin.

Art. No. Unit Price in € 50 ml bottle (21,80 € / 100 ml)

JOJOBA SKIN CARE OIL

The organic jojoba oil moisturizes and protects all skin types from drying out. With its waxy, light texture, it forms a delicate, non-sealing lipid film that binds the moisture of the skin leaving it breathable. Jojoba oil absorbs quickly into the skin and provides

long-lasting moisture.



Art. No.	Unit	Price in €
28859	50 ml bottle	(19,80 € / 100 ml) 9.90

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ROSEHIP SKIN CARE

ORGANIC A particularly precious oil from the

seeds of the wild rose Rosa mosqueta, refined with genuine essential rose oil. Wild rose oil is ideal for the care of dry and very dry skin and for use on pigmentation marks and scars. Essential fatty acids support the



regeneration of the skin and help the skin to retain moisture. In this way, natural resistance is maintained. For a bath, mix the oil with cream or milk. Do not apply before sunbathing.

Art. No.	Unit	Pri	ice in €
28259	50 ml bottle	(35,80 € / 100 ml)	17,90

ALMOND BATH OIL

Our bath oil with organic almond and apricot kernel oil is a soothing

care for the skin and at the same time pampers the senses with a delicate scent of amber. Aweet, slightly woody notes characterize this fragrance. Tip: mix with cream or milk and stir in the warm water.



Art. No.	Unit F	Price in €
28759	50 ml bottle (19,80 € / 100 ml)	9,90

ARGAN HAIR CARE OIL

ORGANIC COSMETICS

Our organic hair oil with argan and broccoli seed oil is an intensive and moisturizing care for healthy and shiny hair. A composition of natural, essential oils gives the hair oil a sensual scent of amber. With its light texture, it is suitable for all hair types and can be



Art. No. Unit Price in € 50 ml bottle (25,80 € / 100 ml) 12,90

ORGANIC

COSMETICS

LAVENDER SKIN CARE OIL

The relaxing organic lavender oil pampers the skin and senses. Fine-tuned essential oils give the body oil a soothing lavender scent. The oil leaves a soft feeling on the skin. It provides the skin with essential vitamins, essential fatty acids and phytochemicals. For

> daily skin care, suitable as bath and massage oil.



Art. No. Unit Price in € 50 ml bottle (19,80 € / 100 ml)

LIME SKIN CARE

Essential oils give our lime body oil a fruity and invigorating fragrance. The oil unites with the skin's own lipid film and provides the skin with essential vitamins, essential fatty acids and phytochemicals. The oil leaves a tender skin feeling and has a revitalizing effect.



Art. No. Unit Price in € 50 ml bottle (21,80 € / 100 ml) 10,90

MASSAGE OIL BERGAMOT

Our organic massage oil Bergamot consists of a composition of cold-pressed almond, macadamia, jojoba and argan oil. A blend of fruity-fresh essential oils gives a refreshing scent of bergamot. As a massage oil, it leaves a long-lasting, smooth feeling on the

skin and prevents it from drying

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Art. No.	Unit	Pric	e in €
23559	50 ml bottle (23,80 € / 100 m	nl)	11,90

COCONUT COCOA BUTTER LIP BALM

ORGANIC

The organic lip care with coconut oil, cocoa butter, pomegranate seed oil, broccoli seed oil and natural beeswax is a rich care for the lips. With its soft texture it creates a delicate protective film and leaves a soft feeling. Cocoa butter gives the lip balm a natural



Art. No.	Unit	Price	in €
24329	5 g stick (138,00 € / 100 g)	6.90

APRICOT COCONUT SKIN BALM

24-hour protection for face and lips.

For day or night nurture. Naturally fragrant. Rich in regenerating vital substances like vitamin A and E as well as secondary plant substances. In the cold season, the breathable Coconut apricot skin balm protects your skin



from cold and drying out, in the summer it improves the skins own UV protection and is soothing in case your skin was exposed to too much sun.

 Art. No. Unit
 Price in €

 82259
 50 ml pot (19,80 € /100 ml)
 9,90

SACHA INCHI COCONUT SKIN BALM



ORGANIC

COSMETICS

Sacha Inchi oil is a botanical treasure from the jungle of the Amazon. The content of omega-3 fatty acids protect the skin from free radicals. Virgin, unrefined shea butter, virgin coconut oil and mango butter provide the necessary



nourishment. The skin stays soft. Jojoba oil and beeswax stop the skin from drying out. Red palm oil provides it with antioxidants (vitamins A and E). Perfume free.

 Art. No. Unit
 Price in €

 80759
 50 ml pot (2180 € / 100 ml)
 10,90

AMBER COCONUT SKIN BALM

Our organic skin balm with coconut oil, shea butter and natural beeswax is a rich care for face and body. The fine composition of natural essential oils gives the skin balm a sweet scent. With its soft-melting texture it is suitable for daily care and protects the skin day by day.



 Art. No. Unit
 Price in €

 80159
 50 ml pot (19,80 € / 100 ml)
 9,90

LIME COCONUT

The organic skin balm with coconut oil, almond oil, beeswax and a fine composition of natural essential oils with the fruity scent of lime and bergamot is a rich care for the body. The balm with a soft melting texture is suitable for daily care and provides the skin with



long-lasting moisture and elasticity.

 Art. No. Unit
 Price in €

 80259
 50 ml pot (19,80 € / 100 ml)
 9,90

COCONUT OIL SOAP **PURE**

COLD-STIRRED

The addition of natural pure silk makes this soap to a particular care for the skin. Used as a natural hair shampoo the soap makes smooth and shiny hair.



Art. No.	Unit	Price in €
20110	100 g niece (500 € /100 g)	5.90

COCONUT OIL SOAP ALMOND

COLD-STIRRED

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ORGANIC COSMETICS

The moisturizing soap made of organic Virgin Coconut Oil nourishes the skin and convinces with its sensual fragrance of almond paste and blossoms. It is worth a temptation!

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Art. No.	Unit	Price in €
29319	100 g piece (5,90 € / 100 g)	5,90

COCONUT OIL SOAP LAVENDER

COLD-STIRRED

The mild and smooth foam of this moisturizing coconut soap nourishes the skin, gives softness and a lovely scent of lavender.



Art. No	. Unit	Price in €
29719	100 g piece (5,90 € / 100 g)	5,90

COCONUT OIL SOAP

LEMON BALM

COLD-STIRRED

The mild and smooth foam of thie moisturizing coconut soap nourishes the skin with the invigorating lemony fragrance of fresh lemon balm.



Art. No	. Unit	Price in €
29219	100 g piece (5,90 € / 100 g)	5,90

COCONUT OIL SOAP ROSE

COLD-STIRRED

Coconut soap with a fine fragrance of blooming roses from natural essential oils. The cold-stirred coconut soap cleanses the skin mildly and has a moisturizing effect.



Art. No.	Unit	Price in €
29519	100 g piece (5,90 € / 100 g)	5,90

COCONUT OIL SOAP SANDALWOOD

ORGANIC COSMETICS

COLD-STIRRED

The tempting scent of natural essential oils awakens memories of the adventures of the Arabian nights. A foaming bath experience with pleasure and good skin care properties.



Art. No.	Unit	Price in €
29619	100 g piece (5,90 € / 100 g)	5,90



ORGANIC PRESS CAKE FOR HORSES

In our manufactory we process organic seeds, such as linseeds and black cumin seeds, by gentle cold pressing into press cake. Press cake is a valuable feed for ponies and horses.

BLACK CUMIN CAKE

Our organic black cumin cake for horses is made from Egyptian black cumin seeds. It is free of additives and contains valuable unsaturated fatty acids and bitter substances. The essential oils can have a positive effect on the immune system.



Art. No. Unit Price in €
44981 5 kg bucket (3,18 € /1kg) 15,90

LINSEED CAKE

NATURLAND

Our organic linseed cake is obtained from
Naturland linseeds by gentle cold pressing. It is
free of additives and contains lignans and unsaturated
fatty acids, especially alpha-linolenic acid, an omega-3
fatty acid. Supports metabolic processes of the horse and
ensures a shiny coat.

Art. No. Unit Price in €
44181 5 kg bucket (3,18 € /1kg) 15,90

EVENING PRIMROSE CAKE

Organic evening primrose cake for horses is obtained by gentle cold pressing. The fatty acids of the evening primrose cake can have a positive effect on skin elasticity and strengthen the immune system of the horse. In addition, the coat change can be supported with a regular feeding.



Art. No. Unit Price in € 47281 5 kg bucket (3,78 € /1 kg) 18,90

MILK THISTLE PRESS CAKE

The organic milk thistle seed cake contains bitter substances and supports the liver and bile as well as the growth of the hooves. It is free of additives and contains valuable unsaturated fatty acids and vegetable protein.



Art. No. Unit Price in €
40281 4,5 kg bucket (3,18 € /1 kg) 15,90



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GENERAL TERMS AND CONDITIONS FOR CONSUMERS

Please read these General Terms and Conditions carefully before submitting your order.

1.) Scope of these General Terms and Conditions

These General Terms and Conditions shall only apply to customers within the meaning of Section 13 of the German Civil Code (Bürgerliches Gesetzbuch - BGB). A customer is any natural person who enters into a legal transaction for purposes that are predominantly outside his trade, business or profession. The business relationship between Ölmühle Solling and you as a customer shall be subject to these General Terms and Conditions exclusively even where the order is placed from outside of the Federal Republic of Germany. Ölmühle Solling does not accept or acknowledge general terms and conditions that are contrary to or deviate from these General Terms and Conditions and hereby expressly rejects them. Conflicting terms and conditions of the customer are only valid if Ölmühle Solling agrees to them explicitly and in text form.

2.) Payment

We offer our customers a variety of payment options, e.g. by invoice, PayPal and direct debit. In individual cases and for initial orders, we reserve the right to exclude certain payment methods. Our prices include the value added tax currently applicable in the Federal Republic of Germany. Additional charges such as packaging, transport and insurance charges are not included in the prices. Our offers are subject to change without notice. Insofar as not otherwise agreed the purchase price shall be due within ten days of delivery. If the customer grants us a SEPA Core Direct Debit Mandate, payment shall be by direct debit four banking days after the invoice date. The customer shall ensure they have sufficient funds on their account. Costs which arise from payment failure or return of the debit note shall be borne by the customer, provided the payment failure or return was not caused by Ölmühle Solling. The customer shall be charged a bank fee of € 5.00 for each returned debit note or failure to honour a direct debit. The customer has the possibility to furnish proof that less damage was incurred or that no damage was suffered. Interest on late payments shall be calculated at 5 percentage points above the prevailing basic interest rate per annum. Ölmühle Solling reserves the right to claim compensation for any greater damage or loss. Where we assert any higher damage or loss due to late payment, the customer shall have the right to provide us with proof that the asserted damage or loss due to late payment was not incurred or at least to a significantly lower extent.

3.) Retention of title

We retain title to the delivered goods until all receivables arising from the delivery contract have been paid in full.

4.) Shipping charges for the customer

We detail all shipping charges on our homepage. Packages up to a merchandise value of € 500.00 are insured for transport. On receipt, the shipment must be checked for transport damage and the courier must be informed of any transport damage. Hidden damage must be reported to Ölmühle Solling in text form within three working days. Damaged packages and damaged delivered items must be retained as proof of transport damage.

5.) Terms of delivery

Unless a different delivery address is specified, goods ordered will be sent to the invoice address provided. Typically, deliveries are handled by a parcel service. If an alternative method of dispatch is desired, we shall inform you of any additional costs on request.

6.) Delivery period

The commencement of the delivery period stated by us presupposes the timely and proper fulfilment of the obligations of the customer. We reserve the right of defence of non-performance of contract.

7.) Offsetting and retention

The customer only has the right of offset if his counter-claims have been ascertained as legally valid or if they are undisputed. Furthermore, the customer is only entitled to exercise a right to offset against our claims insofar as his notices of defects or counter-claims are based on the same contract. The customer is entitled to exercise a right of retention only insofar as his counter-claim is based on the same contractual relationship.

8.) Warranty and notice of defects

Insofar as the goods supplied are not of the quality agreed between us and the customer or are not suitable for the use provided for in our contract or generally or do not have the properties which the customer could expect based on our public statements, we are obliged to subsequent performance. This shall not apply if we are entitled by law to refuse subsequent performance. The customer shall first decide whether subsequent performance shall be by means of repair or replacement. However, we are entitled to refuse the type of subsequent performance selected by the customer if it is only possible with disproportionate costs and the other type of remedy does not inflict significant disadvantages on the customer. A reduction in the purchase price or the withdrawal from the contract by the customer is excluded during subsequent performance. A repair shall be deemed to have failed on the second unsuccessful attempt, if nothing to the contrary results, in particular, from the nature of the item or the defect or other circumstances. If subsequent performance has failed or we have altogether refused subsequent performance, the customer can, at his discretion,

demand a reduction in the purchase price (reduction) or withdraw from the contact. The customer may only assert claims for damages due to a defect according to the following provisions, if the subsequent performance has failed or we have refused subsequent performance. This does not affect the customer's right to assert further claims for damages according to the following provisions. Notwithstanding the aforementioned provisions and the following restrictions on liability, we shall assume unlimited liability for any loss of life, injury or illness which occurs due to a grossly negligent or intentional breach of duty on the part of our legal representatives or our vicarious agents. Inasmuch as we have provided a guarantee for the quality and/ or durability of the goods or parts, we shall also accept liability within the scope of that guarantee. However, we shall only assume liability for damage resulting from the absence of the guaranteed quality or durability, but by which the goods are not affected directly, if the risk of such damage evidently falls within the scope of the quality/durability guarantee. We shall also assume liability for damage caused by ordinary negligence insofar as this negligence concerns the infringement of contractual obligations the fulfilment of which is of particular importance for the attainment of the contract's purpose (cardinal obligations). However, we shall only accept liability for damage which is typical associated with the contract and which is foreseeable. We shall not be liable for simple negligent breaches of collateral obligations that are not essential to the contract. The above limitations of liability shall also apply insofar as liability for legal representatives, executives and other vicarious agents is concerned. Any further liability is excluded regardless of the legal nature of the claim asserted. Insofar as our liability is excluded or limited, this shall also apply to the personal liability of our employees, workers, staff, representatives and vicarious agents. The warranty period shall be two years, calculated from the passing of risk. This period shall also apply to claims for compensation for consequential harm caused by a defect, unless claims are asserted on the basis of tort.

9.) Partial deliveries

If the customer requests partial deliveries, the amount of the shipping costs is calculated according to the number of partial deliveries and their respective value. If, for technical or logistical reasons and not at your express request, a shipment is made in a number of partial deliveries, we will charge the shipping cost share only once.

10.) Revocation policy

Right to revoke

You have the right to withdraw from this contract within fourteen days without stating reasons. The revocation period is fourteen days from the date on which you or a third party other than the carrier designated by you took possession of the goods. To exercise your right to revoke, you must inform us (Ölmühle Solling GmbH, Höxtersche Str. 3, 37691 Boffzen, Germany, phone: +49 (0)5271/9 66 66-0, fax: +49 5271/9 66 66-66, e-mail: info@oelmuehle-solling.de) of your decision to revoke this contract, by means of a clear declaration (e.g. by post, fax or e-mail). To do so, you can use the attached model revocation form, but this is not mandatory. In order to comply with the revocation period, it is sufficient that you send the notification of the exercise of the right of revocation before the expiry of the revocation period.

Consequences of revocation

If you revoke this contract, we shall refund to you all payments we have received from you, including delivery charges (other than additional charges resulting from your choosing a different method of delivery from the cheapest standard delivery offered by us), immediately and no later than fourteen days from the date on which we receive notice of your revocation of this contract. For this refund, we shall use the same means of payment that you used for the original transaction, unless expressly agreed otherwise with you; in no event will you be charged for this refund. We may refuse to make this refund until we have received the goods back or until you have proved that you have sent the goods, whichever is earlier. You must send back or hand over the goods to us (Ölmühle Solling GmbH, Höxtersche Str. 3, 37691 Boffzen, Germany) immediately and no later than fourteen days from the date on which you inform us of the revocation of this contract. The deadline is met if you dispatch the goods before the expiry of the fourteen-day period. You shall bear the direct costs of returning the goods. You only have to pay for any loss in value of the goods if this loss in value is attributable to their being handled in a way that is not necessary for their condition, properties and functionality to be checked.

Reasons for exclusion or expiration

Revocation is not possible for contracts for

- the delivery of goods which are not non-prefabricated and which are manufactured predominantly on the basis of the consumer's individual choice or decision and which are clearly tailored to the consumer's personal needs;
- the delivery of goods which can perish quickly or whose "best before" date has been exceeded;
- the delivery of newspapers, periodicals and magazines with the exception of subscription contracts. The right of revocation expires early for contracts for
- the delivery of insured goods which, for reasons to do with the protection of public health or hygiene, are not suitable for return when their seal has been removed subsequent to delivery:
- the delivery of goods where, subsequent to delivery, these have by reason of their nature been inseparably mixed with other goods;
- the delivery of sound or video recordings or computer software in a sealed package where the seal has been removed subsequent to delivery.

11.) Miscellaneous

This contract and all legal relations between the parties shall be governed by the laws of the Federal Republic of Germany to the exclusion of the UN Convention on Contracts for the International Sale of Goods (CISG). Should individual provisions of these General Terms and Conditions be or become ineffective or contain a gap, the remaining provisions shall remain unaffected by this.

Ölmühle Solling GmbH Höxtersche Straße 3 D-37691 Boffzen



ORDERING UND SERVICE

T +49 [o] 5271 . 9 66 66-o \cdot info@oelmuehle-solling.de \cdot Monday to Friday 8:00 am - 5:00 pm Ölmühle Solling GmbH \cdot Höxtersche Straße 3 \cdot 37691 Boffzen

MANUFACTORY SHOP BOFFZEN

Höxtersche Straße 3 · 37691 Boffzen

Opening hours: Monday to Friday 9:00 am — 5:30 pm and Saturday 9:30 am — 2:30 pm

T +49 [0] 5271 · 9 66 66-0 · info@oelmuehle-solling.de

MANUFACTORY SHOP COLOGNE

Friesenwall 29 · 50672 Cologne

Opening hours: Monday to Friday 11:00 am - 7:00 pm and Saturday 11:00 am - 6:00 pm T +49 [0] 221 . 29 84 88 78 \cdot koeln@oelmuehle-solling.de

oelmuehle-solling.de





