

Les Arcs sur Argens

Sainte Cécile



How to produce olive oil without mills



In every place at every time, with or without a mill, the method to make olive oil had always been and is still essentially mechanical. Unlike the wine-making process, no chemical transformation is necessary.

You need to:

- “Triturate” olives, that is to say, crush them to tear the skin, release the olive oil and form a paste.
- Press the paste to extract the juice of the fruit.
- Separate oil from the fruit vegetation waters called “margins”.

Olives could be ground with a pestle in a mortar or put in a bag that was stomped with wooden sandals or clogs and then twisted. They also could be ground thanks to a stone that two people rolled on each other.



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Bastide Sainte Cécile



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Place Général De-Gaulle
83 460 LES-ARCS-SUR-ARGENS
Accueil : **04 94 47 56 70**
Police : **04 94 47 56 95**
Astreinte eau : **06 76 72 78 74**
Astreinte voirie : **06 78 52 04 86**

