

SHEABUTTER COTTAGE

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In fact, there are **two** types of argan oil:

1. **Non-roasted** argan oil: This oil is like **golden** coloured and is for skincare.
2. **Roasted** argan oil: This is an edible **dark** coloured oil. In Morocco, it's eaten with bread. It is used in salads in Italian/Canadian cuisine.

The story of goats is old - before new industries discovered the virtues of argan oil.

The following text from **New York Times**:

'The New York Times recently featured a story describing how evergreen argan tree (*Argania spinosa*) fruit, is emerging as a novel antiaging ingredient and valuable source of income for a poor region in North Africa.

According to the report, for centuries, the Berbers in the coastal area of North Africa followed goats as they climbed the evergreen argan trees to eat the leaves and olive-sized fruit. The undigested pits that the goats spit out or excreted were collected and split open to extract the bitter kernels inside. These kernels were then ground and pressed to make "nutty" oil used in cooking and in cosmetics.

The tree is said to grow in only a few other places in the world and can live up to 200 years. But it has never been germinated from seed or transplanted from cuttings on a wide scale, so there has been alarm that the tree may be headed for extinction, along with its related oil. Khaddouj Erraiss, who promotes argan oil in coastal Agadir, said the people in the area are poor, and if they understand the value of the tree, they'll protect it, according to the story. Prince Albert II of Monaco sponsored cooperatives to encourage the export of the oil. Chefs and society matrons reportedly took up the cause, praising the culinary qualities of the oil and its antiaging effect on the skin.

The cosmetic oil is said to be rich in vitamin E and essential fatty acids. It is used for massage, facials and as an ingredient in antiaging cream. The edible oil, extracted from roasted kernels, is used in a Berber condiment called amlou'



Machine used in the extraction of argan oil as sold by Sheabutter Cottage

