

ECONOMIC BENEFITS

Because of its great stability, our customers find that our safflower oil lasts longer in their fryers than other oils before breaking down and needing to be replaced. It also has a long shelf-life meaning it stays fresh for many months.

NOTICEABLE DIFFERENCES

If you are reusing your cooking oil, you may notice this oil darkens quicker because of its high antioxidant content. This does not mean that the oil has reached the end of its fry life. The best method to determine oil performance is by sampling your food; use it as long as the wonderful aroma and taste of fresh oil remains.

1 "You Can Control Your Cholesterol: A Guide to Low-Cholesterol Living". Merck & Co. Inc. Retrieved 2009-03-14

2 Enig, Mary G. *Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils, and Cholesterol*. Bethesda: Bethesda Press, 2000. Print.

* Safflower numbers reflect typical fatty acid profile for high-oleic safflower oil from The Oil Barn. Jerry Bergman, Superintendent, Eastern Ag. Research Center, Sidney, MT.

The Oil Barn is a small, farmer owned operation nestled between the beautiful Bear Paw Mountains and the mighty Missouri River, southeast of Big Sandy in North Central Montana.

THE OIL BARN, LLC
325 Kamut Lane
Big Sandy, MT 59520
406-378-2106
info@theoilbarn.com

*Certified Organic by
Montana Department of Agriculture*



ORGANIC HIGH-OLEIC SAFFLOWER OIL

COLD PRESSED • UNREFINED



ORGANIC AND NATURAL

At The Oil Barn we believe that organic and natural is better. We never use any chemical solvents in our extraction process. Our oil is all natural, low-temperature, expeller crushed from hi-oleic safflower grown on our farm.

Unlike many other companies, The Oil Barn does not use any chemicals or materials to refine, bleach or deodorize our oil. We leave it exactly how it comes out of the seed to give you the full value of 100% natural oil in high nutrition, mild, clean taste, pleasing aroma and golden color.



COOKING BENEFITS

In addition to being all natural, our oil also has great cooking benefits because of the varieties we use and our soil and climate. It has an oleic-acid content normally between 80% and 85%, one of the highest of all cooking oils on the market (see chart for comparison of typical dietary fats), giving it stability that makes it one of the best oils for high-temperature cooking.

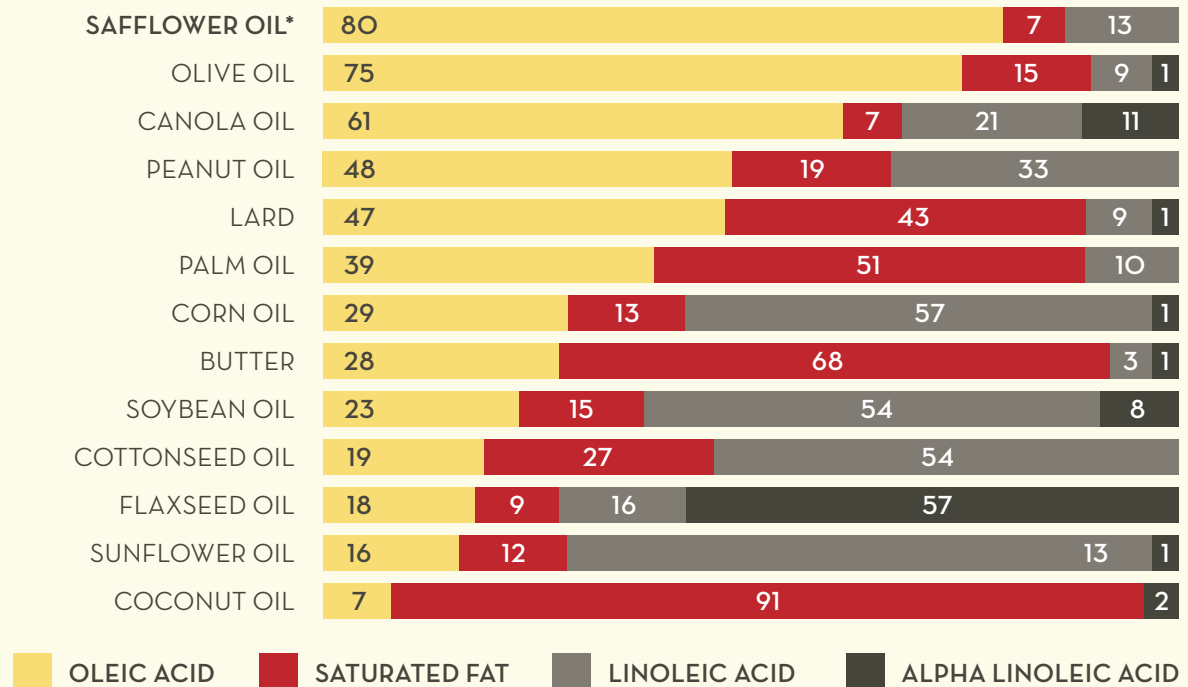
Whether you are deep frying, baking, stir frying or sautéing our oil is right for you. Its mild flavor also makes it a great choice for salad dressings.

NUTRITIONAL BENEFITS

Our safflower oil also has great nutritional benefits. Research has found that the high oleic acid content also contributes to lowering bad (LDL) cholesterol and maintaining good (HDL) cholesterol.¹

Safflower oil naturally contains the antioxidant Vitamin E² (alpha-tocopherol) and because our oil is unrefined (meaning we do not use any bleaching or deodorizing chemicals or materials in our production), that nutrient is not removed. At the same time it is also low in saturated fat.

COMPARISON OF DIETARY FATS



Source: POS Pilot Plant Corp.