



How GirOrganic Makes Wood-Pressed Groundnut Oil: Understanding the Traditional Process

At GirOrganic, pride is taken in the production of traditional, [wood-pressed groundnut oil](#), full of heritage and values. This timeless art preserves the fresh, original taste of the groundnuts while retaining their nutritional value. The company stands out in a world that seems ruled by quick methods of processing, sticking to the age-old methods that have served communities for generations.



Wood Pressing: Its Origins

Wood pressing, also referred to as cold press, refers to the crushing of seeds or nuts with massive force without heating to release oil. This is assumed to be a discovery made several years ago when people wanted to have oil from nuts and seeds using simple tools. Groundnuts, also referred to in most local languages as peanuts, are the commonly used sources in most cultures for the extraction of oil.

This is the most important thing concerning wood-pressed groundnut oil: it is pure. Unlike modern methods using certain chemical solvents or excessive heating, wood pressing leaves it in its natural form the health benefits intact. GirOrganic has been continuing with this very tradition, believing that such a way of production not only yields better oil but also contributes to the well-being of the local farmers and the community.

Extraction Using Conventional Technique

At GirOrganic, the wood-pressed groundnut oil is prepared with a lot of precision in several steps:

1. Selection of Appropriate Varieties of Groundnuts

Selection of quality groundnut is the first step to preparing quality oil. GirOrganic sources high-quality organic groundnuts that are free from pesticides and chemical fertilization. Selection is of prime importance, as the nut determines the flavour profile and nutrition profile of the oil itself.

2. Cleaning and Preparation of Groundnut

Soon after the procurement of groundnuts, they are cleaned well. It removes dirt or dust or other impurities that might be present on the groundnuts. Clean groundnuts ensure purity and safety in the final product. After cleaning, the groundnuts are often dried to remove excess moisture, which might affect the oil extraction process.

3. Wood Pressing Process

The extraction of oil by a wood pressing process is the heart of production. GirOrganic uses a traditional extraction wood ghani-a kind of oil press for the extraction of the oil. The groundnuts are put into the ghani where a big wood pestle slowly and steadily crushes them.

What comes first and foremost is the slow and gentle process. This would not allow the temperature to rise too high, a factor that may affect the oil's nature. The pressure applied by the wood pestle squeezes the oil from the groundnuts, consequently allowing it to flow out while leaving the solid residues behind. Quite often, the residue referred to as cake could be used for other culinary applications or as animal feed.

4. The Collection of the Oil

This extracted wood-pressed groundnut oil is allowed to be collected in clean containers. The oil at this stage may appear cloudy owing to the natural sediments it may contain. GirOrganic does not believe in causing damage to the state of the oil; thus, they leave it unfiltered, so that it can retain all the nutrients.

5. Bottling and Storage

The oil, after collection, is then stored away under dark and cool conditions that would prevent spoilage. This is an important mode of storage, as the quality of oil deteriorates with time if exposed to light and heat. GirOrganic bottles the oil in environmentally friendly containers so that the best quality product reaches the consumers.

6. Quality Control

Organic Gir is very particular in quality control throughout the process. Every batch of wood-pressed groundnut oil goes for testing to meet the brand's standards. This is one way of paying attention so that the consumers will get a product that is frankly tasty and nutritious.

Benefits of Wood-Pressed Groundnut Oil

There are several advantages associated with choosing wood-pressed groundnut oil. Here are some of the possible reasons it is favoured over others:

- **Nutritional Value:** Wood-pressed oil retains all the essential nutrients of groundnut, including vitamin E, antioxidants, and healthy fats. These components are vital to maintain your overall health.

- **Rich Flavor:** The traditional method of pressing improves the natural flavour available in groundnuts. This oil contributes a delicious nutty flavour to dishes, and hence, this is a vital edible oil used in cooking.

Unfortunately, versatile uses include frying, sautéing, and salad dressings; high smoke point makes it usable for high-temperature cooking.

- **Health benefits:** The oil contains monounsaturated fats; hence, it is considered heart-healthy. These reduce the level of bad cholesterol, ensuring good health of the heart.

Supporting Local Farmers and Sustainability

With wood-pressed groundnut oil, GirOrganic is not only a quality product but also provides for the local farmers who produce for them, along with encouraging sustainable farming methods. This brand has kept its focus on small-scale farmers who are organic farmers and makes sure that fair wages are paid and better livelihoods are accorded to the farmers. This commitment to sustainability is also being carried out beyond the production process. Especially, GirOrganic is especially into community development by teaching farmers better ways of farming, aiming for environmental conservation.

Conclusion

With [GirOrganic](https://girorganic.com/), the commitment to the traditional production of wood-pressed groundnut oil means consumers get only purity and nutrition. Selection of the best groundnuts to process by age-old techniques is religiously followed to maintain the quality and flavour of the oil. By choosing this oil, you are not only enriching your cooking but also reaching out and supporting a brand that values tradition, community, and sustainability. Get ready to experience the advantages of wood-pressed groundnut oil today, with its real taste and nutritional value.

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