



## Characteristics

The oil enjoys a light, earthy flavour and the distinctive yellow colour of the plant it is extracted from. Away from direct sunlight and stored at room temperature, the oil has a long shelf life. With a high smoke point, rapeseed oil retains many of its health benefits during roasting or frying.

## Application & Use

- Facial moisturisers and treatments
- Soap bars
- Anti-ageing products
- Body wash, cleansers and shower gels
- Sunscreens
- Shampoos and conditioners
- Culinary uses include frying, marinades, baking and sauce bases



# Rapeseed Oil

## Brassica Napus Plant Oil

**Grades: Refined, Cold Pressed**

**Pack Size: 5kg, 25kg, 200kg and IBC**

## Background

Rapeseed oil, alternatively referred to as Colza or Canola oil, is a versatile oil with numerous uses across the culinary and cosmetic industries. It is extracted from the seed of the rape plant, a bright yellow flowering member of the family Brassicaceae, also known as the mustard or cabbage family.

## Benefits

Among the most nutritionally balanced oils in use today, rapeseed oil is rich in vitamin E, an anti-oxidant that studies suggest could have an anti-ageing and emollient effect on skin. Rapeseed oil is also considered to be low in LDL cholesterol and is thought to nourish the skin, bones and heart.

Rapeseed is one of the healthiest cooking oils available, containing 59% mono-unsaturated fats and 31% poly-unsaturated fats. It has a subtle, delicate flavour and a high smoke point, making it a versatile choice in the kitchen. Kerfoot offers both conventional and organic Rapeseed Oil.

## Origin

Popularised during the middle ages, the first recorded instance of rapeseed on record was at the end of the 14th century. After widespread growth over the last few decades, rapeseed is now the third largest source of vegetable oil in the world. Historically used in the production of margarine, Rapeseed has recently seen considerable demand as an all-purpose vegetable oil.

## Extract method

Rapeseed oil is obtained by the cold pressing of the rape plant, retaining as many valuable nutrients as possible.

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