Fruit: Olives
Group: Girls
Age: 10 – 12
Teacher: Sajidah Hameer

The Olive - الزَّيْتُونِ

Where is 'the olive' mentioned in the Holy Qur'an?
Allah (swt) mentions olives in several places in the Holy Qur'an.
- Surah Anam - 6:99 & 141
- Surah Nahl - 16:11
- Surah Nur - 24:35 (known as Ayatun Noor)
- Surah Teen - 95:1
- Surah Abasa - 80:29

When Allah makes an oath, it is to draw attention to the importance to that which He swears by.
He says in Surah Teen (95:1):
I swear by the fig and the olives

As regards to the olive tree, Allah says in the Holy Qur'an in Surah Mu'minoon (23:20):
And a tree that grows on Mount Sinai which provides oil and enjoyment for those who eat it.

And as mentioned in Surah Nur (24:35), Allah says:
A blessed tree, the olive, neither of the east nor the west, the oil whereof almost gives light though fire does not touch it.

Where is the Olive found in the world?
The olive is symbolic Jerusalem. It is a tree most cited in recorded literature and has been cultivated since ancient times. It is native to the coastal areas of the eastern Mediterranean region from Lebanon, Syria, and parts of Asia Minor and northern Iran at the south end of the Caspian Sea.
The roots of the olive tree are so extensive and strong that in time of drought, when other trees die, the olive tree is still standing because it draws from deep within the earth when the heavens with holds their life-giving water.

Are there any hadiths on Olives?
Prophet Muhammad (pbuh) has said: 'Use olive oil and anoint yourself with it, because it is from a blessed tree.' Again, he has quoted from Surah Nur which says 'shajaratin mubaarakatin zaitoona'. So, it's not only used as a food, but the Prophet referred to using it to massage your body and using it on your skin.
Imam Ali (as) has said that people who use olive oil and vinegar will not be afflicted with poverty.

What are the benefits of eating Olives?
- Aids Digestion
- Drinking olive oil helps the digestive system, soothes pain and combats constipation
- Strengthens immune system, reducing the severity of asthma, cancer, osteoarthritis and rheumatoid arthritis
- Prevents premature aging as well as delaying the effects of ageing

- Applying olive oil soothes aches and pains
- Applying olive oil is effective on boils, rashes and itching
- Applying olive oil moisturises skin and prevents dandruff
- Applying olive oil mixed with salt is a remedy for teeth and gum diseases

Historical Facts

The olive tree is said to refer to the time of Prophet Nuh(pbuh) when, after the flood, he sent a pigeon to search for the signs of land; the pigeon returned with a small branch of olive tree. That is the reason for the olive branch being a symbol of peace and security.

The olive tree is a very ancient tree and goes back a long time and because of their hardiness enables them to live for hundreds of years and continuously bear fruits, though they may be wrinkled and old.

As mentioned earlier, the olive tree is a symbol of Jerusalem and Palestine, and for 1000's of years, this tree is being continuously grown. In all that it symbolises, it is something that makes the Palestinians widely plant it. The plant it in all areas, it has important social economic impact during the harvest seasons. It is a basic component of the daily meal for Palestinians. Every morning, they will gather to have the traditional breakfast of 'zaitoon' and 'zaytaar', that is, olives and thyme with fresh bread.

Facts about Olive Trees

- The olive wood is the best kind of wood used for creating sculptures and shapes to make gifts.
- Used as a main heat source throughout the Palestinians territories.
- Its fruit produces the olive oil
- Its wood used for sculpting and as a heat source
- both humans and animals take shade in the heat of the day from the tree.
- It also has an enormous root system, it maximises its exposure to underground water supply, and sustains it in dry desert conditions.
- if you have a strong olive tree, and you plant a weak olive tree near it, it strengthens it.