

LIVE THE PROCESS

Meanwhile, Back at the Ranch

January 11, 2021 | Physical

My name is: Sue Glasscock.

I'm known for being: Co-founder and chief creative director at [The Ranch](#).

I'm talking about: The Ranch's [Culinary Collection](#).

You can find it at: Starting November 2020 on [theranchmalibu.com](#).

What inspired me to launch it was: Our guests! They are so enthusiastic about taking home anything they get to experience while at The Ranch. As a result, we are always looking for ways to provide them with the products that we enjoy, which come directly from nature, to support their health at home.

What makes it special is: Each of the items in this new collection are derived from nature, offer profound health benefits, can be easily incorporated into any kitchen and taste delicious.

Our 100% organic olive oil is a rich blend of frantoio, leccino, maurino, manzanillo and sevilano olives, grown organically in The Ranch's California groves, all harvested by hand. Our olive oil has a distinct flavor that is fresh, floral and grassy with notes of lemon and light pepper finish. It is also loaded with antioxidants, is anti-inflammatory and gives the body a boost of vitamins E and K!

Our honey is cultivated from our very own beehives at The Ranch. Our bees feast on plants native to the Santa Monica Mountains, primarily different types of sage, which results in an unprocessed, light amber honey with a subtly sweet flavor that's rich in antioxidants and supports a healthy immune system.

The Ranch Caviar, or black sea salt, is a staple on The Ranch's morning hikes and throughout the day to help detoxify and cleanse the body. It's made from coarse black sea salt from the Pacific Ocean, which has activated charcoal from lava, providing essential minerals and improving digestion.

One thing you can't miss is: I am obsessed with the flavor of our olive oil! It took a little time to perfect, but I just love how it came out.

My favorite secret detail is: I actually help in harvesting the honey! It is an amazing process and makes me feel very connected to nature and its beautiful intricacy.

To me, a "reset" means: Resetting can be as simple as treating your body to a meal filled with clean, nourishing ingredients. These products were introduced to help to support your overall diet with everyday staples, while connecting you with nature's healing elements.

These can help you in resetting because: Honey is rich in antioxidants, improves cholesterol and can lower triglycerides. The antioxidants are linked to other beneficial effects on heart health.

Olive oil is rich in antioxidants, has strong anti-inflammatory properties and is protective against heart disease.

The Ranch Caviar helps with digestion, relieves bloating and gas.

Read more about The Ranch founders [here](#).