

## NYC Olive Oil Coop Newsletter #003

To my Olive Oil Connoisseur friends:

The NYC Olive Oil Coop presents its' 3<sup>rd</sup> EVOO newsletter. Enjoy!

Please continue to let us know what else interests you for future newsletters. If you wish to contribute some of your ideas, recipes and expertise, please feel free to contact us. (Please forward this newsletter to your friends and family).

This month's newsletter is co-sponsored by Coop members Steven Lowey and Marina Belica. They have a Romantic hideaway rental property in the Windham Woods of southern Vermont they would like to share with other members. Marina is a fantastic singer songwriter with the band October Project and Steve is a critically acclaimed artist-photographer.

“Charming A-frame outfitted to perfection on 3+ acres in the quiet hamlet of South Windham. Full kitchen (gas stove, microwave, dishwasher), a/c, fireplace with firewood provided, stereo, DVD, large deck w/picnic table, screened-in tent on lawn with bistro table & 2 chairs. Cozy Master bedroom and sleeping loft. Sleeps 2-5. Golf, tennis, hiking, swimming, skiing, shopping, antiquing and gourmet dining all close by. DISCOUNTS FOR FIRST-TIME RENTERS”  
<http://www.vermontproperty.com/rentals/bromley/belilowbromley.html>

If you wish to co-sponsor the next newsletter, please contact me.

For those who are observant, we wish you all a Buona Pasqua - Happy Easter – Joyous Purim

Cheers,

micheal CASTALDO

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<http://www.vermontproperty.com/rentals/bromley/belilowbromley.html>

Romantic Hideaway rental property in the Windham Woods of southern Vermont.

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## 1- EVOO Clever Tips

Use EVOO Spread instead of cream cheese/butter or margarine. Take a small 4 oz plastic container and fill it up with 3oz of EVOO and then freeze it. Once frozen...take the container out of the freezer but keep it in the fridge, it will have the same consistency as a soft spread. Instead of using cream cheese on an "everything" bagel, try the EVOO spread. It's heavenly ... mixed with the poppy seeds, garlic, onion and other spices in the bagel.

Try this... next time you prepare your next EVOO Pesto pasta dish. Take your extra Pesto and pour it into an ice cube tray. Place in freezer. Whenever the mood hits you for another pesto dish, take out however many Pesto cubes from the tray that you need. Defrost in microwave for 30 seconds and mix well with your pasta. et Voilà!

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## 2- Factoid #3 – EVOO Reduces The Risk Of Developing Rheumatoid Arthritis

Results of a study of people living in southern Greece suggest that eating hearty amounts of EVOO and cooked vegetables may reduce the risk of developing rheumatoid arthritis, researchers report.

Rheumatoid arthritis is a chronic inflammatory disease of the joints. Its cause is unknown, but genes, infectious agents, hormones, and diet have been suggested as possible causes.

Some reports have suggested that fish oil and vegetable oil in the diet may help relieve arthritis symptoms, but research has not confirmed that these foods have a protective effect. The new study findings suggest that olive oil and cooked vegetables may, in fact, reduce arthritis risk.

"Consumption of both cooked vegetables and olive oil was inversely... associated with risk of rheumatoid arthritis," according to the team of Greek and U.S. researchers, meaning that individuals who had higher levels of these oils in their diets had a lower risk of developing rheumatoid arthritis.

The team did not find evidence that fish consumption reduced the risk.

The study was based on data from 145 patients with rheumatoid arthritis and 188 people who did not have the disease. All of the study participants lived in southern Greece and provided demographic, socioeconomic, family and medical information.

The consumption of more than 100 food items was determined through interviews. The research team, led by Athena Linos of the University of Athens Medical School in Greece, estimated the number of days per year that subjects consumed olive oil and tallied these numbers to estimate consumption over a lifetime. They then calculated the likelihood of developing rheumatoid arthritis in relation to consumption of olive oil, fish, vegetables, and other food groups.

The investigators found that people who consumed the least olive oil were 2.5 times more likely to develop rheumatoid arthritis than those who consumed the most olive oil.

Further, those who consumed the most cooked vegetables had a 75% lower risk of developing rheumatoid arthritis, they note.

Although the mechanism by which these foods might lower the risk remains unclear, the authors suggest that antioxidant substances could play a role. Olive oil is rich in vitamin E, which has "a beneficial biological role as (a free) radical quencher." Free radicals are molecules involved in several chronic diseases as well as aging.

"It is possible that heat destroys the cell walls of cooked vegetables, helping the body to absorb more of a potentially beneficial substance," the team writes in the December issue of the American Journal of Clinical Nutrition. But they add that the "specific beneficial substances in cooked vegetables remain to be identified."

Linus and colleagues also note that the typical American diet is rich certain types of fat that are broken down to hormones that promote inflammation. The fatty acid in olive oil, on the other hand, is broken down to hormones that inhibit inflammation.

SOURCE: American Journal of Clinical Nutrition 1999;70:1077-1082.

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## 3- Calabrian Recipe #3 – Swordfish in Lemon and Capers

- ? 4 fresh swordfish steaks
- ? 1/2 cup bread crumbs
- ? 2 to 3 Tbs EVOO
- ? juice of 1 lemon
- ? 1/2 3 oz jar capers -- drained
- ? 1/2 cup dry white wine
- ? 1 lemon -- sliced



Coat swordfish steaks with bread crumbs. Brown each side in EVOO in skillet over medium heat. Pierce each steak twice with fork. Drizzle with lemon juice; sprinkle with capers. Pour in wine. Cook over medium-low heat for 25-30 minutes or until fish flakes easily, shaking skillet from time to time to avoid sticking. Remove with slotted spatula to serving plates. Spoon liquid from skillet over steaks. Top with lemon slices and parsley.

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## 4- Did You Know?

Nothing goes to waste during the olive oil milling process. Once all the oil is extracted...the PIT is finely ground down (called pomace) and pressed to make BRICKS and dried; it makes a good fuel as well. Ha!

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Villetta Mimma Vittoria Private Reserve EVOO...

Founded in 1920's by Michelangelo Pellegrino & Maria Antonia Frisina. The Pellegrino's produce Organic Olive Oils in Italy along the Tyrrhenian coast of Calabria in the foothills of Aspromonte. Proprietors of a vast amount of olive trees some from 20 to over 300 years old. Pellegrino farming methods comply with European certification bodies. Pellegrino Certified Organic Oil has a brilliant dark green hue, scent of green olive, a wonderful buttery texture and subtle peppery finish. Through traditional farming methods the Pellegrino's maintain a special relationship with: Mother Earth and her resources.



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