

NYC Olive Oil Coop Newsletter #004

To my Olive Oil Connoisseur friends:

The NYC Olive Oil Coop presents its' 4th EVOO newsletter. Enjoy!

Wishing all of our Coop members a wonderful Earth Day! You already did your part in helping to make the earth greener this year... How?... Having purchased our Coop EVOO in bulk and recycling the same bottle. Yeah!

This month's newsletter is co-sponsored by Coop members Lezlee Peterzell & Capitan Rob Bellanich of New York Boat Charters. Bozena and I celebrated our NYC wedding party (May 2003) on their wonderful Yacht 'The Festiva' and a great time was had by all as we circled around Manhattan. Lezlee is a talented singer songwriter and recently produced a children's lullaby CD. This January they had a baby boy "River" and I was surprised to hear how they are using our estate EVOO. Read our clever tip below to find out more. Visit their website and consider hosting your next party with them.

The Festiva motor yacht, previously of Atlantic Highlands New Jersey, is a spacious 85 foot yacht. With it's two decks each with a full bar, large dance floor on second deck with built in sound, light, karaoke system, and Plasma TV's throughout. A large open bow, and a removable canopy top for dancing under the stars. Looking for an affordable luxury yacht, Festiva is ideal. <http://www.nyboatcharter.com/>

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).

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

Cheers,

micheal CASTALDO

www.NewYorkCityOliveOilCoop.com/

April 22, 2005

www.NewYorkCityOliveOilCoop.com/ Newsletter # 004

CONTENTS

- 1- EVOO Clever Tip – Soothing Cradle Cap
- 2- Factoid #4 – Health Tips - EVOO Is Great For Your Skin And Hair.
- 3- Calabrian Recipe #4 – Spaghetti With Fresh Tomatoes, Sauce and Basil
- 4- Did You Know?...

NYC Olive Oil Coop Newsletter Co-Sponsors:

Affordable luxury yacht, around Manhattan. <http://www.nyboatcharter.com/>

1- EVOO Clever Tip – Soothing Cradle Cap

“My husband Rob and I have a beautiful 3 month old boy named River. He has cradle cap which is dry skin on the top of his head. The doctor told us to use Olive Oil. We received the fabulous Castaldo olive oil as a gift and found it incredibly tasty! It gives so much flavor to food and I enjoy cooking more often. Recently, I put a little oil on my son's head and noticed how much it helps his cradle cap. The only problem is, he's so cute and now he smells and tastes even better that I kiss him so much and want to eat him up even more!” *Lezlee Peterzell & Capitan Rob Bellanich*

www.NewYorkCityOliveOilCoop.com/

NYC Olive Oil Coop Newsletter Co-Sponsors:

Affordable luxury yacht, around Manhattan. <http://www.nyboatcharter.com/>

2- Factoid #4 – Health Tips - EVOO Is Great For Your Skin, Hair & Infant.

EVOO AND HAIR - Extra-virgin olive oil is good for skin and hair. Skin and hair are the tissues that our bodies replace most often and quickly. Their health, therefore, depends, in great part, on a correct intake of nourishing substances. Extra-virgin olive oil supplies fatty acids that our organism cannot produce on its own and also helps the body absorb vitamins. For this reason, especially if we consume it raw, it serves as an excellent dressing for vegetables and salads, foods that are equally beneficial to our organism.

EVOO AND INFANCY - Extra-virgin olive oil is also ideal for the diet of infants and young children. Its perfectly balanced acid content renders it a highly digestible food and an important element in the formation of bones and the development of the brain. It is for these reasons that, beginning around the fourth or fifth month of life, baby foods should be dressed with extra-virgin olive oil.

www.NewYorkCityOliveOilCoop.com/

NYC Olive Oil Coop Newsletter Co-Sponsors:

Affordable luxury yacht, around Manhattan. <http://www.nyboatcharter.com/>

3- Calabrian Recipe #4 – Spaghetti With Fresh Tomatoes, Sauce and Basil

Ingredients: 400 grams of spaghetti, 6 large tomatoes, a small red onion, EVOO, grated parmesan Cheese and some basil leaves. (serves 4)



Procedure: Cut the onion in thin slices and brown it in a pan with EVOO. Then add the tomatoes cut in pieces... gently cooking and being careful not to overcook it. Strain the spaghetti (al dente) cooked in plenty of salted water. ALWAYS add the spaghetti (pasta) into the pan and mix well with sauce. NOW you can pour the pasta in a bowl and serve. Cover spaghetti with some left over sauce, grate the parmesan cheese and add a few leaves of fresh basil. Mangia!

www.NewYorkCityOliveOilCoop.com/

NYC Olive Oil Coop Newsletter Co-Sponsors:
Affordable luxury yacht, around Manhattan. <http://www.nyboatcharter.com/>

4- Did You Know?

“An olive-oil-rich diet is more effective than a low-fat diet in controlling and treating obesity. Moreover, it leads to longer-lasting weight loss and it is easier to keep to because it tastes good.” Frank Sacks Harvard School of Public Health

www.NewYorkCityOliveOilCoop.com/

NYC Olive Oil Coop Newsletter Co-Sponsors:
Affordable luxury yacht, around Manhattan. <http://www.nyboatcharter.com/>

Villetta Mimma Vittoria Private Reserve Estate 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.



www.NewYorkCityOliveOilCoop.com/

NYC Olive Oil Coop Newsletter Co-Sponsors:

Affordable luxury yacht, around Manhattan. <http://www.nyboatcharter.com/>

This New York City Olive Oil Coop Newsletter is Copyright (C) 2005 by micheal CASTALDO, New York, NY, USA. Ph: 212-947-7271 (9AM-5PM EST, Business Days).

New York City Olive Oil Coop Research & Editor: micheal CASTALDO (Ideas?)
mcastaldo@nyc.rr.com