

NYC Olive Oil Coop Newsletter #005

To my Olive Oil Connoisseur friends:

The NYC Olive Oil Coop presents its' 5th EVOO newsletter. Enjoy!

Wishing all of our Coop members a wonderful up and coming Fathers Day! Idea... Think about giving a wonderful bottle or can of EVOO to your father on June 18th. He will think of you every time he drizzles it all over the wonderful meats and veggies while barbequing this summer ☺

This month's newsletter is co-sponsored by Lauren Kinhan of the Grammy award winning jazz vocal group New York Voices. Lauren and I go way back when we studied at Berklee College of Music in Boston. Lauren just ordered her second 10 liter can of EVOO. (she was so generous with her coop share that she gave out most of her EVOO to friends and family). Because Lauren is truly spreading the EVOO love...we're giving her a spotlight in this issue, so please check out her groups website and add their latest CD to your fav turntable/I-Pod this summer.

New York Voices is the Grammy Award winning vocal ensemble renowned for their excellence in jazz and the art of group singing. Like the great groups that have come before, such as Lambert, Hendricks and Ross, Singers Unlimited, Manhattan Transfer and Take 6, they have learned from the best and taken the art form to new levels. Their interests are rooted in jazz, but often Brazilian, R and B, classical, and pop influences are included with equal creativity and authenticity.

In 1999 Lauren recorded her debut solo project, *Hardly Blinking*, an eclectic set of original songs. They are lush with story, built on a musical palate ranging from earthy acoustic settings to cleverly layered productions. Produced by three musical powerhouses, Phil Ramone (Billy Joel, Phoebe Snow), Frank Filipetti (James Taylor), and Rob Mounsey (Steely Dan, Paul Simon) it was an opportunity for Lauren to stretch her wings in a genre that is as interesting to her as the jazz artform. Phil Ramone describes Lauren as a true songstress, like Joni Mitchell and Pheobe Snow: "She is musical, lyrical and really delivers vocally. I am a devoted fan of Lauren Kinhan." To purchase *Hardly Blinking* visit NYV's catalogue. <http://www.newyorkvoices.com/>

This newsletter is about 2 weeks behind schedule due to an overwhelming very busy May schedule. 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 or running low on your EVOO, please contact me.

Cheers,

micheal CASTALDO

www.NewYorkCityOliveOilCoop.com/

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1- EVOO Clever Tip – Clean Wax Off Candleholders

“How to prevent wax from forming on the interior of a candleholder with...what else...olive oil. Placing a few drops of olive oil into the interior of the candleholder will prevent the buildup of wax. We have all had the experience of removing candle wax from candleholder the day after a party, and this trick makes this often time-consuming task a breeze!” [*Carol Frenze – The Passionate Olive - Ballantine Books*]

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2- Factoid #5 – Health Tips - Caloric Content Of EVOO

CALORIC CONTENT OF OIL - Olive oil is a highly digestible fat. The advantage of using olive oils in food preparation lies in the fact that by utilizing an extra-virgin olive oil, which is undoubtedly the most agreeable and flavorful form, one can use a reduced amount, thereby limiting the total caloric content of a dish in which it is used, with benefit not only to the figure... but to the palate as well.

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3- Calabrian Recipe #5 – Pasta & Broccoli

Ingredients: 400 grams of pen-shaped pasta, 2 cloves of garlic, 1 hot red Pepper, anchovies, salt and EVOO.



Procedure: Wash the broccoli, cut in small pieces, and boil in plenty salted water. Strain in a colander keeping the water in which you must cook the pen-shaped pasta. In a pan, put the cloves of garlic, hot red pepper, EVOO and anchovies. When they are brown add the broccoli and the pasta mixing well. You can sprinkle parmesan if you like. Mangia!

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4- Did You Know?

"New Italian research finds olive oil contains antioxidants, similar to those in tea and red wine, that combat disease processes, including LDL cholesterol's ability to clog arteries."

Jean Carper, leading authority on health and nutrition, an award winning correspondent for CNN, author of "The Food Pharmacy" and "Food-Your Miracle Medicine" and a nationally syndicated column

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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.



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