

To my Olive Oil Connoisseur friends:

The NYC Olive Oil Coop presents its' 6th EVOO newsletter. Enjoy!

Wishing all of our Coop members a wonderful & safe up and coming 4th of July! As well Happy July 1st (Canada Day) to our Canadian friends and family ☺

Please review the latest newsletter from NYC Dept of Health & Hygiene on "Healthy Heart: Eat less Trans Fat" The article mentions the importance of choosing a Good Fat such as Olive Oil in reducing heart disease. (Lowers LDL – Raises HDL)

<http://www.nyc.gov/html/doh/downloads/pdf/public/dohmhnews4-02.pdf>

This newsletter is co-sponsored by the musical group October Project.

EVOO Coop member Marina Belica is one of the founding members of the musical group October Project. <http://www.octoberproject.net/> Signed to Epic Records in 1993, the group has enjoyed international acclaim and has sold close to half a million copies of their two albums ("October Project" and "Falling Farther In"). The albums continue to sell and attract new listeners to this day. In 2002, "Falling Farther In" made the top five (along with Creed, Jars of Clay & U-2) in a list of "Music With A Message" in Borders Bookstores' magazine. October Project headlined sold-out shows across the U.S. and toured with such platinum-selling acts as The Crash Test Dummies and Sarah McLachlan. The band performed live on TV's Late-Night with Conan O'Brien as well as on numerous nationally syndicated radio shows, and was featured in an Emmy Award-nominated PBS Special, Just Passing Through, with Shawn Colvin and Julia Fordham. October Project's music appears in the feature film Blown Away starring Tommy Lee Jones and Jeff Bridges, and has appeared on such TV shows as The Real World, Extra!, The Rosie O'Donnell Show, Baywatch and One Life to Live.

Caviar for the sophisticated palate.. Lovely... Billboard.

Marina and OP are having a Summer Weekend Workshop in Soho on July 16-17
Good Vibrations: Experience the Power of Your Creativity through Music!

I hope you will check out their website and add their CD's to your list of music... to own.

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, sponsor and Olive Oil Tasting Workshop or running low on your EVOO, please contact me.

Cheers,

micheal CASTALDO

www.NewYorkCityOliveOilCoop.com/

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CONTENTS

- 1-EVOO Clever Tip – EVOO Instead Of Butter On Popcorn
- 2-Factoid #6 – Health Tips – EVOO Reduces Cholesterol
- 3-Calabrian Recipe #6 – Pasta & Beans (AKA. Pasta - Fagoli)
- 4-Did You Know?...

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1- EVOO Clever Tip – EVOO Instead Of Butter On Popcorn

“Use EVOO instead of butter on popcorn, and for cooking eggs. It tastes so much better, and is better for you! You can also make herb-flavored EVOO (store in a closed container with some fresh herbs or garlic), and use that on your popcorn for an extra gourmet touch.” Contributed by EVOO coop member (musician/songwriter) Clare Cooper.

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2- Factoid #6 – Health Tips – EVOO Reduces Cholesterol

CHOLESTEROL - Extra-virgin olive oil helps reduce the excess of cholesterol. More specifically, it does not produce whatsoever the so-called "bad" cholesterol (LDL) favoring, instead, the formation of "good" cholesterol (HDL). The latter helps to protect our arteries: it eliminates arterial plaque already formed by LDL and prevents it from adhering further to the arterial walls, reducing and eliminating arterial blockages. A number of studies have shown that Mediterranean populations, who historically have consumed great quantities of olive oil, are less subject than others to cardiovascular disease, cancer and gall bladder disease.

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3- Calabrian Recipe #6 — Pasta & Beans (AKA. Pasta - Fagoli)

Ingredients: 200 grams of white beans, 300 grams of shell-shaped pasta, EVOO, salt, celery, ground red pepper, 1 clove of garlic.



Procedure: Keep the beans in cold water for a whole night. Rinse and put them in a saucepan with fresh water and salt to cook. When the beans are half cooked add garlic, sliced celery, letting them simmer until ready. Cook the shell shaped pasta in plenty salted water, strain and then pour it in the same pan where the beans are. Sprinkle EVOO, a pinch of ground red pepper and mix very well. Wait a few minutes before serving.. Mangia!

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4- Did You Know?

Olives are harvested as early as late September until late April, five to eight months after their spring blossoms appear. They require very warm average temperatures, and cannot tolerate cold

below 10° F (-12° C). They do well in very dry climates, and can tolerate droughts and high winds. Not surprisingly, they grow beautifully in the Mediterranean, with its mild winters and long, hot summers, where 98% of world's olive oil is harvested. Spain is the largest producer of olive oil, followed by Italy and then Greece. Other major producers include France, Turkey, Tunisia and Morocco.

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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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Other Castaldo Projects:
www.VillettaMimmaVittoria.com/ (Stylish Villa Rental in Southern Italy)
www.michealCASTALDO.com/ (Your Favorite Classic 'n Timeless Italian Songs)

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