

To my Olive Oil Connoisseur friends:

The NYC Olive Oil Coop presents its' 7th EVOO newsletter. Enjoy!

We hope all of our Coop members are enjoying their summer making new friends, bonding with their families, relaxing with a good book, indulging in delicious foods and vibing to great music!...and of course I forgot...staying cool as well ☺

The new USDA Pyramid is complete, a politically correct pyramid with no one food group (or lobby group) on the top or bottom. The chart depicts food groups as rays ending at the top of pyramid. There are 6 rays and 5 headings; Grains, Vegetables, Fruits, Milk and Meat and Beans. The miniscule sixth unlabelled ray is for fats. <http://www.mypyramid.gov/>

One of the goals for the new pyramid was to discourage consumption of trans fatty acid fats and encourage beneficial fats such as those found in fish and EVOO. Trans fatty fats are vegetable in origin but have been hydrogenated to make them more stable at room temperature for better spreadability such as in margarines, or for better shelf life such as in cookies and other baked and snack foods. Studies show trans fats can increase risk of heart disease.

This newsletter is co-sponsored by our villa rental property in southern Italy. Villetta Mimma Vittoria. Visit our new quick loading splash page photo gallery and updated amenities list, as you consider your upcoming travel and vacation options. www.CalabriaVilla.Homestead.com

Please let us know what 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 an Olive Oil Tasting Workshop or running low on your EVOO, please contact me.

Cheers,

micheal CASTALDO
www.NewYorkCityOliveOilCoop.com/

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1- EVOO Clever Tip – Rejuvenate a Palm or Fern plant.

“Use EVOO to wipe the leaves of your plants so as to give them moisture and make them shine. Once a month add a teaspoon of EVOO to the soil of your Palm or Fern plants.

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2- Factoid – Health Tips – EVOO and sports

OIL AND SPORT - EVOO is beneficial for anyone who practices sport. Not only does it ensure the intake of particular nutritional substances from a natural source, it also has a number positive effects on the digestive process: it contributes to a quick emptying of the stomach, reducing the time it takes for digestion to occur; it stimulates the secretion of substances that reduce gastric acidity; it favors the functioning of the gall bladder; and it facilitates the digestion of fats within the intestines.

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3- Calabrian Recipe – Potatoes, eggplants and peppers

Ingredients: 4 large potatoes, 4 green or red or yellow peppers, 1 large tomato, 1 eggplant, 1 clove of garlic, EVOO.



Procedure: Peel the potatoes, clean the peppers and eggplant cutting them into small pieces. Take a frying pan and slightly brown the clove of garlic and EVOO. Add the vegetables and when they are half cooked add the sliced tomatoes and a pinch of salt. Now let them cook until ready... Mangia!

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4- Did You Know?

"EVOO has a protective effect against some types of malignant tumors: prostate, breast, colon, squamous cell, and oesophageal."

Dr. Dimitrios Trichopoulos, chairman of the Department of Epidemiology, Harvard University School of Public Health

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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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www.VillettaMimmaVittoria.com/ (Stylish Villa Rental in Southern Italy)

www.michealCASTALDO.com/ (Your Favorite Classic 'n Timeless Italian Songs)

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