

To my Olive Oil Connoisseur friends:

Pardon the delay in receiving September's monthly EVOO newsletter. We were traveling in Poland during the last week of September and I'm now glad to bring it to you a week later.

October is Italian Heritage month. Wishing all of our EVOO coop members a wonderful Columbus Day weekend with friends and family. There are many events taking place this month. Please visit "New York's Italian American Community Calendar" The Most Comprehensive Listing of Italian and Italian American Events for New York. <http://www.qc.edu/calandra/community>

Courtesy reminder - I'm planning to take a trip to Calabria, Italy in late November to visit my Pellegrino relatives olive orchard & mill to get a tasting of the new harvest EVOO (olio nuovo) Mmmmm! My goal is to have it shipped by December 20, 2005. (In time for Christmas) Based on this year's experience, it will be sold in 10 liter cans only. To cut down on shipping costs, I plan to order once...So please RSVP your 10 liter can(s) by November 1, 2005.

This newsletter is co-sponsored by EVOO members Stephen & Sondra Beninati. Stephen is a senior investment management specialist at Smith Barney – Citigroup [www.fc.smithbarney.combeninati](http://www.fc.smithbarney.combeninati) and Sondra runs their newly acquired Green Gables Inn & Restaurant in Beach Haven, LBI NJ. <http://www.lbi.net/greengables/index.htm> The century old Inn will be going through extensive renovations and will re-open for the 2006 summer season.

At times they donate their vacation home rental properties on LBI to worthy causes such as <http://www.worldhungeryear.org/> Visit their vacation homes at [www.Newjerseysummerhouse.com](http://www.Newjerseysummerhouse.com) and [www.Newjerseysunflowercottage.com](http://www.Newjerseysunflowercottage.com)

Please let us know what interests you for future newsletters. (Please feel free to 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 advise.**

Cheers,

micheal CASTALDO  
[www.NewYorkCityOliveOilCoop.com/](http://www.NewYorkCityOliveOilCoop.com/)

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**October 7, 2005**

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## 1- EVOO Clever Tip – Use it as a facial mask

Getting ready for a special night out? Want your skin to positively glow? A simple face mask made of EVOO and mashed avocados is easy to make and apply, and just wait until you see the final result! Your friends will simply marvel. Here is what you need... ½ cup of EVOO, 1 mashed small ripe avocado, Mix together for smooth consistency, Apply to face, Leave on for 12 minutes and Rinse off to see how great your skin looks.

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## 2- Factoid – Health Tips – EVOO Precious Food

EVOO is no less digestible than other oils. On the contrary, it has been scientifically proven that it is the only oil with a digestibility of 100%, compared with 85% for sunflower oil, 81% for peanut

oil and 36% for corn oil. Compared to other fats, particularly those of animal origin, extra-virgin olive oil is digested more quickly and easily.

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### 3- Calabrian Recipe — Spaghetti and fried eggs

**Ingredients:** 400 grams of spaghetti, 4 eggs, 100 grams of bacon, salt, ground red pepper and EVOO.



**Procedure:** Chop the bacon browning it with a little EVOO, set aside. Cook the spaghetti in plenty salted water, pour it in a bowl adding the bacon. Now add the eggs on each plate sprinkling the ground red pepper. Serve in hot plates..... Mangia!

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## 4- Did You Know?

The olive tree is a slow growing ever green tree, which fills during the first 7 years of its life and has a growing productivity between the age of 7 and 35 years. From 35 to 150 years the tree reaches maturity and full production and beyond 150 years the olive tree starts aging with a remarkable productivity for centuries and sometimes for thousands of years. The olive trees production is cyclical with more production in one year and significantly less in other years. Between April and June a multitude of small, white perfumed flowers appear in groups under the preceding year's leaves. They only last a few weeks. One olive is born for every 20 flowers.

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

[www.michealCASTALDO.com/](http://www.michealCASTALDO.com/) (Your Favorite Classic 'n Timeless Italian Songs)

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