

To my Olive Oil Connoisseur friends:

I'd like wish all of our EVOO coop members and their families a fun filled Halloween night and All Saints Day coming up soon.

I just heard some great news. Fellow EVOO Coop member Ed Silver's cholesterol level went down 42 points in 6 months. Wow! He says that the only lifestyle change was the addition of our Coop EVOO to his salad almost every night! We LOVE testimonials like this. If any other coop member has a great story to share, please e-mail it to me and I will add it to the subsequent newsletters.

Update on the NEW oil, Yeah! – I'll be traveling to Calabria, Italy on November 24th (we're having an earlier Thanksgiving dinner) to visit my Pellegrino relatives olive orchard & mill. I've already been given a heads up that they don't expect to yield as much olive oil this year. (The olive tree naturally yields less olives every other year) Hence in order to satisfy most Coop members re-orders, those that have already placed an order for a 10 liter can (cost is \$200) will expect to get theirs. However any EVOO Coop member that places their order after November 1st will only get a 5 liter can (cost is \$125). As mentioned in the previous newsletters, my goal is to have the EVOO shipped by December 20, 2005. (In time for Christmas) ...**So please RSVP your 10 liter can(s) by November 1, 2005 otherwise you'll only get a 5 liter can.**

Exciting news! Mark your Calendars---There will be a couple of Olive Oil Tasting workshops / music performances coming up next month. Chef Central (culinary super store) will have me do 'my thing' at their Paramus, NJ store on Saturday November 12th @ 2pm and at their Hartsdale, NY store on Saturday November 19th @ 2pm. Visit their website to find directions and more info <http://www.chefcentral.com> hope to see many of you there.

This newsletter is co-sponsored by EVOO members Dr. Nina Kiani (my wonderful new dentist) and her husband Ed Silver (a superb songwriter). Nina has a wonderful dental practice on West 34th Street in NYC and any member looking for professional dental treatment should contact me for more info. Ed, was a former Newsweek Journalist, and now an aspiring songwriter. Ed writes intelligent lyrics and memorable hit oriented melodies. If you want to hear his work, drop me a line and I will send you an MP3 of his songs.

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
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Dr. Nina Kiani D.D.S. And Ed Silver (Songwriter)

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1- EVOO Clever Tip – Use it to treat earaches

Whenever I mention my interest in olive oil to friends, they invariably tell me “My mother used to put warm olive oil in my ears when I was a child to help with earaches”. This natural oil soothes the pain. EVOO can be used to clear “stopped up” ears or for painful earaches. To clear ears, put a few drops of warm EVOO in the affected ear. Lie down for a few minutes, affected ear upward and with your head on a towel, then turn over so that the EVOO can seep out into the towel. *CAUTION: never put anything liquid in your ear if you think there is a chance at all that you may have a perforated eardrum or any other serious medical condition, and never treat a child or infant without medical advice. Check with your doctor or pediatrician immediately!*

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2- Factoid – Health Tips – EVOO ANTI-OXIDANT ACTION

Extra-virgin olive oil, the only edible fat obtained from the simple crushing of a fruit, is a natural anti-oxidant. Among the many chemical reactions carried out by our organism, oxidation is the one which produces substances called "free-radicals". These are substances which have been proven harmful in that they contribute to the development of heart disease and cancer. In order to protect

our organism from the effects of free radicals we need to ingest substances rich in anti-oxidants. A Mediterranean diet offers such substances in great amounts since it includes plentiful use of EVOO, which is rich in vitamins A, D and E, phenols and pigments. All of these are substances that defend against the harmful effects of free radicals and slow down the aging process of our cells.

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3- Calabrian Recipe — Squids in soup

Ingredients: 1 kilo of squids, garlic, parsley, ground red pepper, salt, and EVOO.



Procedure: Clean the squids cutting them in large rings. Fry them in a frying pan with EVOO and a clove of garlic. Pour some white wine then salt to taste and let them boil gently. When they are ready sprinkle some ground red pepper and chopped parsley..... Mangia!

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4- Did You Know?

My relatives in Italy have an orchard of over 20,000 olive trees. This is surprising to most people, but the regions of Calabria and Puglia in southern Italy produce more than 50% of the olive oil in Italy. The trees are planted in rows of 16x16 feet, allowing for proper cultivation and cross

fertilization. Some trees are very young 10-15 years of age when they begin to produce their first olive fruits. While others are over 300 years old.

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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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