

To all my Olive Oil Connoisseur friends:

Wishing all of our EVOO coop members and their families a heartfelt and glorious Holiday Season – Merry Christmas & Happy Chanukah & Celebratory Kwanzaa and A Prosperous New Year!

My trip to Italy a few weeks ago was short and sweet! I was able to accomplish a lot and had our Italian friends & relatives coming and going in a New York minute ✍. Perhaps some of you know that southern Italy has it's own particular pace... I love it...but only when I'm on vacation. I was on a mission to get our coop members their EVOO before the holidays! Mission was accomplished. Click on our website www.NewYorkCityOliveOilCoop.com/ to view some of the photos taken on this trip.

Thanks to all coop members that have already picked up or made arrangements to have their 2005 EVOO delivered yesterday. There are still a few of you that I have not heard from...so please contact me to get your olio nuovo!

This newsletter is co-sponsored by the incomparable EVOO coop member Ann Ruckert. On every Grammy show, most singer-songwriters have two things in common, a microphone and Ann Ruckert. Now after many years in the recording business, on over 3,000 commercially release recordings and jingles, she is now most famous for her acclaimed lecture series called "Making Money, Making music," She is a well known business coach for the music industry, with a long list of private clients and corp. accounts, that include Warner bros., Atlantic records, and Zero Hour records, and ASCAP. She is on the board of the recording academy as well as the Jazz Foundation of America and World Hunger Year. Visit... www.ruckertmusic.com/ to read more about this incredible and dynamic woman.

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 please advise.

Cheers,

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1- EVOO Clever Tip – Stop wheel in a hamster cage from squeaking.

I don't know how many hamster owners are in the EVOO coop, but the following tip comes from EVOO coop member Clare Cooper. It's interesting to see how many uses there are for olive oil. "I saw something on TV the other day that you might find interesting, on the show "Petkeeping." The host was talking about how to stop the wheel in a hamster cage from squeaking (since the hamsters run on it at night, it can keep their owners awake). He advised using olive oil so if the hamster licks it, not only is it non-toxic, it will be healthy for them and make their fur shiny!" Clare Cooper <http://home.earthlink.net/~clarepearl/>

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2- Factoid – Health Tips – EVOO BENEFICIAL EFFECTS

Extra-virgin olive oil exerts a number of beneficial effects on our organs. It protects, stimulates and reduces inflammation in the lining of the stomach and intestines. It helps the liver, the gall bladder and the pancreas and their functions. It protects against diabetes, arteriosclerosis, cardiovascular disease and gall bladder disease. It also reduces cholesterol levels, favors the absorption of vitamin E and regulates peristalsis, improving the digestive process.

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3- Calabrian Recipe – Spaghetti Arriganati

Ingredients: 400 grams of spaghetti, plenty of oregano, pieces of peeled tomatoes, garlic, HOT red pepper, parmesan cheese and EVOO.



Procedure: Put garlic, EVOO, oregano and hot red peppers in a frying pan. After a few minutes add the pieces of peeled tomatoes, salt and gently simmer. Cook the spaghetti in plenty of salted water, strain, pour in a bowl covering it with the sauce and sprinkling parmesan cheese..... Mangia!

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4- Did You Know?

"Max. Acidity" on a olive oil label: This refers to the proportion of oleic acid, a monounsaturated fatty acid: the lower the acidity, the finer the oil, up to a point. The difference between two and three hundredths of 1%, for example, is indistinguishable. Remember, if the label says "Extra Virgin", the acidity of the oil must be less than 1%.

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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/ (la Dolce Vita musical ambiance at your next event)

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