

To all my Olive Oil Connoisseur friends:

Wishing all of our EVOO coop members a wonderful upcoming Happy Valentines Day!

All 5 and 10 liter cans of our olive oil have been sold out. As customary, the few remaining cans were decanted into 1 liter bottles and made available to new and current members who don't have the physical space to store a can in their apartment. Visit our website to view the latest comments about the oil www.NewYorkCityOliveOilCoop.com/. Contact us if you want to purchase a 1 liter bottle.

This newsletter is co-sponsored by my family's villa rental property in southern Italy... www.VillettaMimmaVittoria.com/ We recently had a long term vacation rental cancellation and our 2006 rental season has just opened up. Visit our extensive photo gallery, as you consider your upcoming travel and vacation options for 2006. SPECIAL #1: For all EVOO coop members only. Book 2 or more weeks by February 21st and receive a 10% discount. SPECIAL #2: Book any week during February or March, (low season) and receive an additional 40% discount.

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 educational Olive Oil Tasting Workshop please advise.

Cheers,

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CONTENTS

- 1- EVOO Clever Tip – Improve the appearance of nails and cuticles.
- 2- EVOO Factoid – Higher organic scores
- 3- Calabrian Recipe – Thick maize porridge (polenta) served with sausages and beans
- 4- Quote of the Month

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1- EVOO Clever Tip – Improve the appearance of nails and cuticles.

Throughout history, well-manicured nails were a symbol of refinement, culture and civilization – distinguishing the commoner from the aristocrat. Olive oil applied to one's nails and cuticles will create a healthy glow and generally improve the overall appearance of both fingernails and cuticles. The following olive oil treatment is based on an old Egyptian recipe, possibly even from Cleopatra, who certainly knew how to take care of her body, her kingdom, and also her nails.

Nail and Cuticle Treatment:

- *Mix 1 tablespoon of EVOO, 1 teaspoon of honey, and 1 ½ teaspoons of sea salt.*
 - *Massage a small amount into your nails and cuticles.*
 - *Wipe off any excess with a clean cloth and lightly buff.*
 - *End the treatment with a few drops of EVOO massaged onto your hands*
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2- EVOO Factoid – Higher organic scores

Olive trees need very little water, and can search it out at great distances from the tree. Olive trees have an almost titanic resistance, a vital force that renders them nearly immortal. Despite the near 10 degree winters and burning summers, despite truncations, they continue to grow, proud and strong reaching towards the sky, bearing fruit that nourishes and heals inspires and amazes. Temperate climactic conditions, characterized by warm dry summers and rainy winters, favor plentiful harvests; stone, drought, silence, and solitude are the ideal habitat for the majestic olive tree. Olive trees planted near the sea can produce up to 20 times more fruit than those planted inland, in mountainous areas like Calabria. It is in these geographic areas that the olive trees' habitat is pushed to the extreme; if the conditions were just a little more severe, the trees would not survive. Extra-virgin oils produced from these trees have higher organic scores.

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3- Calabrian Recipe –

Thick maize porridge (polenta) served with sausages and beans

Ingredients: 400 grams of maize flour, pork sausages, white beans and extra virgin olive oil.



Procedure: Boil half liter of salted water, add the maize flour and mix very well. Sauté the sausage and the beans in EVOO in a frying pan. When the thick maize porridge is ready, pour it on a large plate adding the sausages, the beans and drizzle some EVOO to taste on top ...then serve. Mangia!

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4- Quote of the Month

"I love the whole idea of olive oil's versatility. I use it for baking, as well as salad dressings and sautéing. Olive Oil has been around for a long time, and the more we know about it, the more we learn about its great contribution to good health."

Pat Baird, dietician and nutrition consultant, author of "The Pyramid Cookbook: Pleasures of the Food Guide Pyramid"

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

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