

To all my Olive Oil Connoisseur friends:

Wishing all of our EVOO coop members a Happy upcoming Mother's Day! (Think Green Stems & Rose Petals – Think EVOO). We also send our very best wishes to the following family-friends-members (Taurus) who are celebrating their upcoming birthdays. **Tanti Aguri Per Cento Anni Di Questi Giorni!** To: Cathy Castaldo, Steve Lowery, Claire Papoulis, Ilaria Pellegrino, Rich Winter, Teresa Stern and my mom Mimma Castaldo,

In this newsletter we'll be spotlighting producer/songwriter & EVOO coop member 'Hollywood' Steve Gaspár of Hollywood Music East. SESAC affiliated writer "Hollywood" Steve Gaspár's most recent Hit project is with Peak Records Recording artist and American Idol finalist Latoya London. <http://www.latoyalondon.com/sites/ll/index.html> Gaspár's Billboard charting song "I Can't Hide (What's In My Heart)" was the featured single on her debut release "Love & Life".

SAVE THE DATE... June 17, 2006 at 8:00PM – Under the Tuscan Sunset – Special summer concert performance in the park by Micheal CASTALDO in Sayville, Long Island NY. Sponsored by Suffolk County Legislator William Lindsay.

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,

Micheal CASTALDO  
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## 1- EVOO Clever Tip – Reduce the Effects of Alcohol

Another positive effect of EVOO is to reduce the effects of alcohol. Take 2 teaspoons of EVOO before going out on the town drinking. The EVOO prevents alcohol from entering your bloodstream so quickly. “it acts like a cork to the stomach”. This tip has been verified by the *Global Hangover Guide*, which also suggests swallowing two spoonfuls of EVOO before drinking. This guide rather humorously notes: “But that leaves all the alcohol you drank for naught (if getting drunk is, in fact, your objective)”.

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<http://www.kirstenthien.com/>

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## 2- EVOO Factoid – When are the olives picked?

Harvesting starts in October; the olives must be picked before they become fully ripe as the resulting oil will have a deep dark green hue, be rich in un-saturated fat, retain anti-oxidation substances, with lower acidity and better organic properties. Olive groves require care throughout the year and the work is very labor-intensive. Almost all operations are totally manual and that is the most important reason for the higher prices of good quality olive oil.

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## 3- Recipe – Penne al Pomodoro Fresco

12 oz dried penne pasta (about 8 cups cooked)

1/4 cup EVOO

1 lb (about 3 cups) cherry or Campari tomatoes

1/2 cup shredded fresh basil

1/2 cup freshly grated parmesan

Salt and freshly ground pepper



Cook penne according to package directions. While pasta is boiling, shake the EVOO thoroughly and pour 1/4 cup into large serving bowl. Halve the cherry tomatoes or quarter the Campari tomatoes and toss with basil in the EVOO. Drain pasta and add to the bowl; toss well with grated parmesan and salt and pepper to taste. Serves 4-6 Mangia!

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## 4- Quote of the Month

"Olive oil 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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Other Castaldo Projects:

[www.michealCASTALDO.com/](http://www.michealCASTALDO.com/) (la Dolce Vita musical ambiance at your next event)

[www.VillettaMimmaVittoria.com/](http://www.VillettaMimmaVittoria.com/) Villetta Mimma Vittoria – Villa Rental In Calabria, Italy

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