

To all my Olive Oil Connoisseur friends:

Wishing all of our EVOO coop members a relaxing and fun grilling Memorial Day weekend and Happy Fathers Day on June 18th! For those of you still looking to get your dad a gift...consider a bottle of EVOO and a weekend concert in Long Island. We also send our very best wishes to the following family-friends-coop members who are celebrating their upcoming birthdays. **Tanti Aguri Per Cento Anni Di Questi Giorni!** To: Gunter Scharer, Lisa Zahn, Penny Dann, Joe D'Urso and my mother in-law... Cristina Kowalik.

I will be taking pre-orders for next years 'Olio Nuovo' new harvest by mid August, 2006. we anticipate that it's going to be a great year...So please contact me if you wish to place your order.

...Imagine a warm summer eve as the sun begins to set, the scent of fresh cut grass and flowers in the air... You and your father arrive in Sayville, Long Island ...you make your way to Gillette Park...with a lawn chair or a blanket and some thing to nosh on... with spectacular views of 'Vision of Italy' projected onto a huge screen in The Common Ground Gazebo... the sun begins to fade... and the music begins...

Set your calendar for Father's Day weekend..."Under the Tuscan Sunset" ... June 17, 2006 at 8:00PM ...for more info <http://thecommonground.com/events.html> and www.michealcastaldo.com/

In this newsletter we'll be spotlighting the husband and wife musical team of Sofia J. (producers /songwriters/artists) I heard them perform several months ago in the village (NYC) and they blew me away! After touring more than 35 states and having huge success with independent albums, they released a record with WORD/EPIC, the largest Gospel record label. Sofia J traveled for several years as full time artists, where a 100,000 fans witnessed her gift of music. SOFIA J's captivating voice and stage presence soon filtered into the world of pop and soul, bringing her back to her roots--New York City. To find out more visit their website at <http://www.sofiajmusic.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 or sponsor a fun and educational Olive Oil Tasting Workshop please contact me.

Cheers,

micheal CASTALDO
www.NewYorkCityOliveOilCoop.com/
212-947-7271 or 917-330-7271

May 24, 2006

Newsletter # 017

To read past newsletters please visit...www.NewYorkCityOliveOilCoop.com/

CONTENTS

- 1- EVOO Clever Tip – Prepare favors for weddings
- 2- EVOO Factoid – Distinct differences in flavor?
- 3- Calabrian Recipe – Yogurt Antico
- 4- Quote of the Month

www.NewYorkCityOliveOilCoop.com/

1- EVOO Clever Tip – Prepare favors for weddings

How would like your guests to remember your special day? Look no further for that unique and interesting flavor for your wedding. You can arrange to have a ‘privately labeled’ small bottle of EVOO made for each guest, or you can make your own favors using small bottles and filling them with your own EVOO. Before I started the EVOO Coop I attended several weddings where bottles of EVOO were favors. They were a great hit, and you can well imagine the many clever comments made at the dinner tables about how the guests were going to use the oil after the reception ✍

www.NewYorkCityOliveOilCoop.com/

2- EVOO Factoid – Distinct differences in flavor?

Just as fine wines are made from a vast variety of grapes that determine their flavor, so are fine olive oil also made from a vast variety of olives that produce distinct differences in flavor. Some oils are made from a single fruit. Other more complex oils are made from several types of olives. The actual proportions that makes a specific oil unique is a closely guarded secret. Some times, some oils from certain orchards will change in flavor ever so slightly from year to year based on the cross pollination and wind pattern.

www.NewYorkCityOliveOilCoop.com/

3- Recipe – Yogurt Antico

...1/2 gallon of fat free organic milk (bring to a bubbling boil, but don't over boil)
 ...turn the stove off and let the cool to luke warm.

...2 tablespoons of yogurt as a starter in a container that has a lid (Plain ERIVAN is an excellent yogurt that can be purchased in health food stores)
 ...put a finger in the warming milk and if you can count to ten with out it being to hot, pour thru a strainer, the milk into the container with starter and stir well, but not
 ...vigorous. Cover container with top.
 ...Sit the container into a blanket that was folded in half twice, and then wrap the rest of the blanket around the container, completely covering it.
 ...Place the covered container in a closet, close door and let sit for at least 24 hours.
 ...Take container from closet and blanket, put in refrigerator to cool.



Once chilled...pour yourself a cup of yogurt add a teaspoon of EVOO, stir and manga!.

(Thanks jazz song stylist/chanteuse and coop member Antoinette Silicato for providing us with the above recipe).

www.NewYorkCityOliveOilCoop.com/

4- Quote of the Month

"Olive oil prevents insulin resistance and ensures better control of the glucose in the blood."

A.A. Rivellesse, G. Riccardi, M. Mancini Institute of Internal Medicine and Metabolism Disease University of Federico II, Naples, Italy

www.NewYorkCityOliveOilCoop.com/

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.



www.NewYorkCityOliveOilCoop.com/

Other Castaldo Projects:

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

www.VillettaMimmaVittoria.com/ Villetta Mimma Vittoria – Villa Rental In Calabria, Italy

This New York City Olive Oil Coop Newsletter is Copyright (C) 2006 by micheal CASTALDO,
New York, NY, USA. Ph: 212-947-7271 (9AM-5PM EST, Business Days).

New York City Olive Oil Coop Research & Editor: micheal CASTALDO (Ideas? mcastaldo@nyc.rr.com)