

To all my Olive Oil Connoisseur friends:

Wishing all of our EVOO coop members a relaxing upcoming Labor Day weekend! For those preparing your BBQ for some serious grilling...don't forget to drizzle some of your EVOO on the vegetables and meats.

The NYC Olive Oil Coop Newsletter was not circulated for the month of July due to extensive travel commitments. Thus we send our very best present and belated wishes to the following family-friends-coop members who celebrated/ or celebrating their upcoming birthdays. **Tanti Aguri Per Cento Anni Di Questi Giorni!** To: Clare Cooper, Alyssa Nightingale, Raheem Clark, Caryl Papoulis, my sister Toni Pellegrino-Raso, my uncle Mike Genua and my to 'super woman' wife Bozena, for all I try to do would not be possible, without her never ending support.

Per the June newsletter, I will be taking pre-orders for next years 'Olio Nuovo' new harvest. I'll be traveling to Italy in late fall to check out how the EVOO will turn out. I hope that it's going to be a great year...So please contact me if you wish to place your order.

In this newsletter we'll be spotlighting OSIA --- Order of Sons (and Daughters) of Italy In America. (Centennial Lodge). In 2004, on a hot summer night in New York City, a small group of young artistic Italian Americans got together to talk about how to better serve their community, share their talents and expertise, and learn more about their rich and beautiful culture. Over a dish of pasta and a bottle of Chianti, they wondered where the next generation of Italian Americans has gone and brainstormed about how to bring them all back together. I personally serve as a Trustee in this lodge and many of my fellow Brother and Sister lodge members have enjoyed our EVOO.

Rediscover your roots and meet up with your extended Italian American family in the Big Apple. To find out more about this wonderful organization please click on <http://www.osiacentennial.org/>

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 EVOO Tasting Workshop please contact me.**

Cheers,

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To read past newsletters please visit...[www.NewYorkCityOliveOilCoop.com/](http://www.NewYorkCityOliveOilCoop.com/)

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### 1- EVOO Clever Tip – Mist it – Spray it

Fill a plastic spray bottle with your favorite EVOO and spray it into a pan, saucepan, or griddle for great sautéing and stir-frying results. An EVOO spray bottle sprays the oil in a focused stream; for a different spray pattern, you can try a mist sprayer. In our home we prefer the spray bottle and mist sprayer to commercially prepared cooking sprays, which contain propellants and chemical additives. (we use the MISTO stainless steel can... available in fine food stores). One of my wife's favorite uses of the sprayer is to prepare a pan for scrambling eggs in the morning. Wait until you taste the difference!

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### 2- EVOO Factoid – What happened in 1700 B.C.?

In 1700 B.C. the olive tree is introduced to Egypt by traders from the Middle East. Tutankhamen wears a garland of olive branches as a mark of honor.

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### 3- Recipe – Garlic Puree

Ingredients: Tsp. sugar, Dash of salt, 1/4 cup EVOO, 10 - 12 Garlic bulbs, Fresh (or dried) thyme.

Simmer garlic, EVOO and thyme until golden brown. Drain the oil and allow the garlic to cool down. Mix garlic, salt and sugar in food processor adding extra EVOO as needed until it forms a smooth paste. Pour into ice cube tray and let it freeze... when you feel a cold coming on or ready to cook up a storm... just pop them out and do your thing. Ahhrr!

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## 4- Quote of the Month

*"Olive oil has been shown to strengthen the immune system in mice. Diets high in olive oil do not suppress lymphoblastogenesis, CD11a and CD18, and increase expression and capping of CD44 and CD25."*

D. Peck --- School of Medicine University of Miami

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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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