

To all my Olive Oil Connoisseur friends:

November is a bittersweet month in Italy. It's the month where families pay their respects at cemeteries for all loved ones who have passed away. (All Saints day is on November 2<sup>nd</sup>). It's also a period of re-growth and abundance as it's the official start of the Olive Oil harvest season as well. Many olive oil producing orchards and mills throughout the Mediterranean Olive Oil producing countries are watching with much anticipation if their hard work along with mother nature's blessings will come to fruition. There are many festivals throughout the countryside and many folks (salt of the earth type) bring out their EVOO (Olio Nuovo- freshly pressed EVOO) to share with family and friends. I'm very excited for the shipment of our EVOO and if all goes well, it will arrive in mid-December. If you have not yet placed your order...now would be an ideal time to do so. Remember ...Nothing makes a great holiday gift like a bottle of fresh EVOO.

We send our very best birthday wishes to the following family-friends-coop members who will celebrate their upcoming birthdays. **Tanti Aguri Per Cento Anni Di Questi Giorni!** To Greg Riccio Jr., Stephen Beninati, my uncle Antonio Castaldo and my cousin Pietro Pellegrino.

In this newsletter I wish to re-aim the spotlight on our very own coop member, the outstanding Ms. Ann Ruckert. The Jazz Foundation of America will paying a tribute to Ann (A Song for Ann) this coming Sunday November 5<sup>th</sup> at St. Peters Church (54<sup>th</sup> Street & Lexington Ave) New York City starting at 7pm. Bozena and I will be there to help celebrate Ann and we hope you'll attend as some great artists such as Nnenna Freelon, Dr. Billy Taylor, George Coleman, Gene McDaniels, Mike Longo and coop member Pepper Swinson will be performing. To find out more about Ann and JFA please visit <http://www.ruckertmusic.com> & <http://www.jazzfoundation.org/index.php>

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.**

Oh Yeah...and Happy Halloween ☺

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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 – Hard –To –Enforce Olive Oil Tasting Rules

- Don't taste if you have a cold
  - Do not use perfumes or scented deodorants
  - No tasting after tobacco, coffee or a heavy meal
  - Best time to taste is in the morning after breakfast (wait at least 1 hour) --- taste and olfactory perception is highest in the morning hours.
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### 2- EVOO Factoid – Early Days Of Olive Oil In The Mediterranean

Archaeologically, the Etruscans are famous for their tombs, frescoes and pottery, and it is via these vase paintings and frescoes that some interesting glimpses of the Etruscan life emerges, including their agriculture. Etruscans, young and old, were harvesting olives by beating the tree branches with long sticks to make the fruit fall to the ground, where they were collected by young boys with baskets. Other scenes show boys climbing the trees and shaking the olive branches to make the fruit fall. However, at that time olive oil was used not so much for food, but rather for lighting, cosmetics and ointments. Olive trees were planted in the entire Mediterranean basin under Roman rule. According to the historian Pliny, Italy had "excellent olive oil at reasonable prices" by the first century A.C, "the best in the Mediterranean," he maintained. Actually, olive oil was the hottest commodity in the ancient world, and advanced ships were built for the sole purpose of transporting it to trading posts around the Mediterranean.

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### 3- Recipe – Pasta With Lemon Olive Oil

Serves 4-6 people

**Ingredients:**

Zest of 1 lemon

1/3 cup lemon juice  
 1/2 cup EVOO  
 1-2 large garlic cloves minced  
 1/2 cup Kalamata Olives, pitted and sliced  
 2 tablespoons fresh chopped thyme or basil  
 Salt and freshly coarse ground black pepper  
 1 pound favorite pasta (we suggest penne rigate)



**Directions:**

You can use a lemon olive oil or add the lemon: Zest or grate the lemon and combine with the lemon juice, EVOO, garlic cloves, olives, thyme, and the salt, and pepper in a large serving bowl. Toss the hot cooked pasta with the sauce.

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## 4- Quote of the Month

*"Dietary intake of olive oil polyphenols may lower the risk of reactive oxygen metabolite-mediated diseases such as some gastrointestinal diseases and atherosclerosis. Olive oil hydroxytyrosol protects human erythrocytes against oxidative damage."*

*Patrizia Galletti Facolta di Medicina e Chirurgia Seconda Universita degli Studi di Napoli*

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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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