

To my Olive Oil Connoisseur friends:

Wishing all of our EVOO coop members a relaxing, exciting, grilling and perhaps working ☺ Labor Day weekend with friends and family.

There will be various festivals throughout North America to attend during Labor Day week and one specific music festival I wish to shamelessly plug is listed below. It should be an exciting evening, I hope to see many EVOO members there ☺

September 7, 2005 (Wednesday) 8::00 pm

‘AN EVENING IN TUSCANY’: micheal CASTALDO... IN CONCERT. ... Sponsored by Suffolk County Legislator Bill Lindsay

Singing the timeless and classic songs of Bocelli, Pavarotti and beyond. The Common Ground, Rotary Park (opposite Gillette Park) Gillette Avenue at Candee Avenue and Main Street in Sayville, LI, New York. Admission: free (bring a blanket or lounge chair to enjoy this concert in the park)

Attenzione - I'm planning to take a trip to Calabria, Italy in late November to visit my Pellegrino relatives olive orchard & Mill to get a tasting of the new harvest EVOO (olio nuovo) Mmmmm! My goal is to have it shipped by December 20, 2005. (In time for some holiday giving) Based on this year's experience, it will be sold in 10 liter cans only. To cut down on shipping costs, I plan to order once...So please RSVP your 10 liter can(s) by November 1st.

This newsletter is co-sponsored by my very good friend, coop member Jim Papoulis and his family's non-profit organization 'Foundation For Small Voices Calling'.

Published by Boosey & Hawkes, Jim Papoulis composes, orchestrates, produces and conducts music from many genres and is best known for work that combines contemporary and world sounds with traditional and futuristic styles.

Jim was recently, named the Most Distinguished Alumnus by the University of Miami, School of Music. To read more about his work visit [www.soundsofabetterworld.org](http://www.soundsofabetterworld.org).

Jim will be conducting the 2005 Symphonic Eurythmy Tour. Visit the following site to read more about this exciting concert. [www.newworldtour.org](http://www.newworldtour.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, sponsor an Olive Oil Tasting Workshop or running low on your EVOO, please advise.**

Cheers,

micheal CASTALDO

[www.NewYorkCityOliveOilCoop.com/](http://www.NewYorkCityOliveOilCoop.com/)

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**August 26, 2005**

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## CONTENTS

- 1-EVOO Clever Tip – Message The Body
- 2-Factoid – Health Tips – EVOO and Sports
- 3-Calabrian Recipe - Spaghetti and Tuna Fish
- 4-Did You Know?...

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## 1- EVOO Clever Tip – Message The Body

Use EVOO as a base for a body message. The basic goal of message is to help the body heal itself and increase health and well-being. Message improves circulation, increase blood flow, and brings oxygen to body tissues. Once you use EVOO to message the body, add rosemary oil for relaxation and mint oil for stimulation of muscles.

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## 2- Factoid – Health Tips – EVOO And Pregnancy

OIL AND PREGNANCY - During pregnancy, it can be beneficial to add two tablespoons of extra-virgin olive oil to the diet. Such an amount is considered a "controlled" increase. The fatty acids contained in the oil contribute to the formation of the cells and the nervous system in the developing fetus. Additionally, when consumed raw, extra-virgin olive oil can help reduce some of the symptoms associated with the irritating constipation that many women experience during pregnancy.

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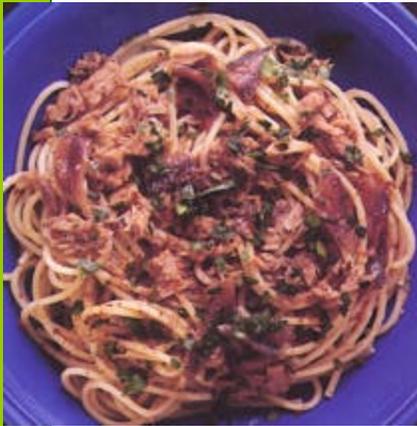
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### 3- Calabrian Recipe — Spaghetti and tuna fish

**Ingredients:** 400 grams of spaghetti, 200 grams of fresh tuna fish, 250 grams of sliced tomatoes, 2 cloves of garlic, parsley and EVOO.



**Procedure:** Brown the cloves of garlic and EVOO in a pan, add the fish already cleaned, washed and cut in small pieces. Let it cook for a few minutes, then add the sliced tomatoes and simmer until ready. Cook the spaghetti in plenty of salted water, pour in a bowl covering it with the tuna sauce, add parsley and hot red pepper mixing well.... Mangia!

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## 4- Did You Know?

The ancient Israeli Hebrews were the first in the olive oil business.

The worlds oldest known olive tree is estimated at 2200 years of age. Some legendary olive facts are as follows: The word Messiah (Moshiach in Hebrew) means anointed in Israeli olive oil. History has it that the original anointing oil from the time of Moses (Moshe) is still preserved in an underground section of the holy temple. The first house of worship was written about in Bereshith (Genesis) and speaks of olive oil being poured upon a pillow or pillar of rocks and that area then being pronounced Betel. The holiday of Hanukkah or "Chanukah" celebrates the miracle of one bottle of olive oil lasting eight days instead of one. There are hundreds of other writings in the torah that pertain to Israel and her olive oil. The next time you are in Eretz Israel be sure to say hello to the trees that have said hello to the world.

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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.VillettaMimmaVittoria.com/](http://www.VillettaMimmaVittoria.com/) (Stylish Villa Rental in Southern Italy)  
[www.michealCASTALDO.com/](http://www.michealCASTALDO.com/) (Your Favorite Classic 'n Timeless Italian Songs)

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