

To all my Olive Oil Connoisseur friends:

Wishing all of our EVOO coop members a celebratory upcoming St. Patrick's Day! (Think Green – Think EVOO). We also send our very best wishes to the following family-friends-members (Pisces) who celebrate their upcoming birthdays. **Tanti Aguri Per Cento Anni Di Questi Giorni!**  
To: Ania Palenga, Peter Genua, George Wurzbach, Steve Nowack, Ann Ruckert, Brian Muni, John Engwerda, Stacy Ringernary, Nino Pellegrino, Frank Raso, Amanda McKenzie and my dad Pasquale Castaldo.

This newsletter is co-sponsored by jazz song stylist/chanteuse and coop member Antoinette Silicato. My wife and I are excited to hear Antoinette perform at Danny's (NYC) next month. We invite many of our EVOO coop members to join us for this memorable performance as Antoinette pays homage to our friend (Mama Corleone) - the great jazz song stylist, Morgana King.

**MUSIC IS HEALING TO THE SOUL!** A belief jazz song stylist/chanteuse, Antoinette Silicato has always possessed. She says, "When I sing my greatest pleasure comes from striking a chord deep within someone's heart and moving them on a visceral level." Her latest project is paying homage to the great jazz song stylist, Morgana King. Antoinette deliciously puts her personal signature on some of Ms. King's greatest recordings. Antoinette along with Music Director Mario Sprouse on Piano, Bill Moring on Bass, and Earl Williams on Drums will be playing at Danny's (346 West 46th Street New York City).

On Thursday 's March 23,2006 -7:00pm / March 30,2006 -7:00pm & April 6,2006 -7:00pm

Reservations (212)265-8133 - Music Charge \$15.00 - Food/Drink Minimum \$12.00  
Pre-Show Dining Will Apply To Your Minimum - Credit Cards Accepted  
For more info please contact Antoinette Silicato at [antoinette.silicato@earthlink.net](mailto:antoinette.silicato@earthlink.net)

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  
[www.NewYorkCityOliveOilCoop.com/](http://www.NewYorkCityOliveOilCoop.com/)  
212-947-7271

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February 26, 2006

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## 1- EVOO Clever Tip – Foot Massage Remedy

Good news for those of us on our feet for long periods of time: EVOO can relieve and revive tired feet. EVOO has excellent emollient and moisturizing properties, and massaging the feet with EVOO will help with cracked heels. You can give yourself a foot massage, or, better yet, get someone else to give you a foot massage (and then return the favor). Rumor has it that our co-sponsor - jazz song stylist/chanteuse and coop member Antoinette Silicato is also a certified & licensed foot Reflexologist. Contact her directly at [antoinette.silicato@earthlink.net](mailto:antoinette.silicato@earthlink.net) for a session ✉

*Relaxing Foot Massage Treatment:*

- *Mix in a small bowl: 2 teaspoons of EVOO, 3 drops of lavender essential oil, 1 drop of chamomile essential oil and 1 drop of geranium essential oil.*
  - *Wash the feet thoroughly and adopt a comfortable position*
  - *Rub the mixture all over each foot with a rotating motion*
  - *Put on socks after massage to absorb the excess oil*
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## 2- EVOO Factoid – What does 'Cold Pressed' mean?

"Cold pressed" is an anachronistic and largely unregulated label description for olive oil. Fifty years ago when most oil was made in vertical presses, the paste was pressed to make olive oil and then

mixed with hot water or steam and pressed again to remove more oil. This "second pressing" was not as good; the heat had evaporated some of the delicate flavors.

Today the paste is almost always warmed to room temperature during the malaxation process before being centrifuged using horizontal decanters (Olives are harvested in the winter when it is cold). According to IOOC regulations this is still considered "cold pressed". Heating the paste excessively increases yield but degrades flavor. Producers would lose money by attempting to extract a little more oil by overheating and degrading the flavor of the oil to the point where it would not qualify as more profitable extra virgin.

Regulation 1019 of 2002 determines the use of the term "Cold Pressed" in the EU. During Malaxation and Extraction the olive paste must be kept under 27°C (80°F).

After the oil is pressed out of the paste, the dry pomace (pits and flesh) is sometimes sold to refineries where steam and solvents are used to remove any residual oil. This oil is called olive pomace oil.

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### 3- Calabrian Recipe — Spaghetti ajo-ojo peperoncino; aglio olio

**Ingredients:** 6 quarts water, salt to taste, 1 lb spaghetti, linguine, vermicelli, or other long thin pasta, 1/2 cup EVOO, 4 plump garlic cloves, minced, 1 small dried hot red chili, broken into 2 or 3 pieces, or 1/4 t hot red pepper flakes or more to taste, 3/4 cup minced flat-leaf parsley, freshly ground black pepper to taste



**Procedure:** IN a large pasta kettle, bring the water to a rolling boil. Add a couple tablespoons of salt and plunge the pasta in. Give the pasta a stir with a long-handled spoon and cover the pan. As soon as the water boils again, remove the lid and cook - linguine will probably take about 10 minutes, thinner pasta a little less.

WHILE the pasta is cooking, heat the oil in a pan that will hold all the drained pasta over medium-low heat. ADD the garlic and cook very gently until the garlic softens and just begins to turn golden-about 10 minutes. ADD the red pepper and parsley together with a ladleful of the pasta

cooking water, turn the heat up a little, and let the sauce simmer for about 5 minutes. When the pasta is almost done, drain it in a colander and turn it immediately into the pan, mixing the pasta and sauce together well. Let it simmer together for about a minute or so-nothing need be too exact here-and then serve it immediately with salt and pepper. Mangia!

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## 4- Quote of the Month

"American women might actually experience as much as a fifty percent (50%) reduction in breast cancer risk if they consumed more EVOO in place of saturated fats."

*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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