

To all my Olive Oil Connoisseur friends:

Wishing all of our EVOO coop members a Happy upcoming Easter! (Think Easter Basket – Think EVOO). We also send our very best wishes to the following family-friends-members (Aries) who celebrate their upcoming birthdays. **Tanti Aguri Per Cento Anni Di Questi Giorni!** To: Slawek Palenga, Antoinette Silicato, Cornelio Montano and my wonderful nephew Marc Castaldo.

In this newsletter we'll be spotlighting singer/songwriter & coop member Kirsten Thien. I've had the pleasure to perform with Kirsten several times over the past few years. A while back she sent me her new CD entitled 'You've Got Me' which I thoroughly enjoyed. *Allmusic.com* says: "*Bluesy singer/songwriter Kirsten Thien may have graduated college with a finance degree, but it's her sultry croon that's earned her respect within the music community.*" Kirsten performs constantly on the East Coast... for more info on Kirsten check out the following website at <http://www.kirstenthien.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, sponsor an educational Olive Oil Tasting Workshop please advise.**

Cheers,

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## 1- EVOO Clever Tip – Use as a Natural Laxative

Another positive effect EVOO can have on the digestive system is that it reduces the chance of constipation by aiding in the passage of food through the digestive track and bowel. The mild vegetable mucilage in EVOO protects the body's digestive tract and acts as a natural laxative. Take EVOO alone: if you don't like the taste (I can't imagine that!), you may wish to mix it with lemon juice.

- *Take 1 teaspoon of EVOO mixed with the juice of a medium-sized lemon on an empty stomach.*

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## 2- EVOO Factoid – What does "Filtered" or "Non-Filtered" mean?

If the label says, "unfiltered", it means that the oil has been left to naturally decanter and remaining sediments will slowly settle on the bottom on the storage tank before bottling. A light deposit might be present at the bottom of the bottle. If the label says "filtered", the oil has undergone a filtering process to remove all minute particles of olive.

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## 3- Recipe – Fennel, EVOO and Blood Orange Salad

**Ingredients:** 3 fennel bulbs, 2 cup mesclun salad mix, 2 Sicilian blood oranges, segmented, 1 orange for juice, 1/3 cup pitted olives, 1/2 cup Italian parsley leaves, 1/3 cup EVOO, 1 lemon, juiced, 1/4 lb Parmesan salt and pepper.



**Procedure:** Trim the tops from the fennel and any bruised outer leaves. Cut in half lengthwise and slice thinly (a mandolin works well here but watch the fingers). Toss with a squeeze of lemon juice. In a small bowl whisk together the orange juice, olive oil, and salt and pepper.

Combine the fennel, mesclun salad mix, orange segments, olives, and parsley leaves in a bowl. Toss gently with the vinaigrette. Shave the Parmesan over the top and serve. Serves 6 Mangia!

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## 4- Quote of the Month

"I like the taste of olive oil. And, because olive oil is so flavorful, a little goes a long way while cooking, which is great for people like me who watch their fat intake."

*Dr. Barbara Levine, director of the Nutrition Information Center at the New York Hospital-Cornell Medical Center and Memorial Sloan-Kettering Cancer Center*

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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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