

To all my Olive Oil Connoisseur friends:

The EVOO has landed!

I'm hoping you are all doing well completely recovered from your Thanksgiving celebrations and gearing up for the Hanukkah, Christmas, Kwanzaa and New Year.

It's been crazy busy here for the past 45 days and that's why you didn't receive the November newsletter. I'm very excited to inform you that the EVOO has ARRIVED and will be released from customs tomorrow (Friday December 15th) I will need a few days to get your orders in place and will begin shipping immediately thereafter. If you've scheduled to p/u the EVOO please contact me ASAP to make final arrangements. I ordered some extra EVOO from Italy, so 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 or can of fresh EVOO.

We send our very best birthday wishes and belated wishes to the following family-friends and coop members who will or have celebrated their birthdays. **Tanti Aguri Per Cento Anni Di Questi Giorni!** To Marina Belica, John Ficcarotta, Jim Papoulis, Christian Cuda, Giovanna Zaffina, Marlon Saunders, Loretta Collins, my uncle Ralph Pellegrino, my adopted brother Michele Pellegrino, father in-law Henry Kowalik and big brother Joe Castaldo.

In this newsletter I wish to publicly thank and focus the spotlight on my wonderful energetic wife Bozena Castaldo, whom without her loving and tireless support, I could not accomplish all the various passionate projects I've endeavored to undertake. Bozena you are Superwoman...thank you, thank you thank you... for all that you do. Love MC.

Because there's so much work ahead, we're keeping this Newsletter short and sweet. The next full Newsletter will be going out at the end of January 2007. 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.

May your holidays be full of joyful surprises ☺

Cheers,

micheal CASTALDO

www.NewYorkCityOliveOilCoop.com/

212-947-7271 or 917-330-7271

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1- EVOO... Did You Know?

- EVOO is 77% monounsaturated fat and is naturally cholesterol-free.
- EVOO contains no salt.
- EVOO goes well with herbs and spices. Use them as a substitute for salt in food preparation.
- Because EVOO is so flavorful, not as much is needed to provide flavor in many foods. All food oils have the same number of calories per tablespoon - about 120 - but, for both cooking purposes and flavor, less EVOO is needed than other vegetable oils to add flavor.
- EVOO contains 1.6mg, or 2.3 IU (International Units), of Vitamin E (a natural antioxidant) per tablespoon (14g serving).
- One tablespoon provides 8% of RDA for Vitamin E.
- EVOO may be used as a substitute for butter or margarine in many recipes.
- Botanists claim that the normal life span of an olive tree is 300 to 600 years; some claim there are even trees alive in the Mediterranean Basin that are over 1000 years old.
- The olive tree is an evergreen.
- There are currently about 800 million olive trees in the world.
- Olive trees do not bear fruit until 5 to 8 years old and don't reach full development until 15.
- They mature and are at full production from 35 to 150 years of age, after which they will bear irregular crops almost indefinitely.
- The average tree produces 33 to 44 pounds of olives per year, or the equivalent to 3 to 4 liters of oil per year. (It takes about 11 pounds of olives to make 1 liter of oil.)
- More than 240 varieties of olives are grown throughout the world.
- Green olives are actually unripe black olives. Black olives are green olives that have been left to ripen on the tree.
- Revered for its fragrance, the oil of the olive was used in ancient civilizations as a body ointment and to heal wounds.
- The early Egyptians used EVOO to ease the movement of the great stones used to build the pyramids.
- Throughout the Mediterranean Basin the luster and beauty of wood from the olive tree is prized by cabinet makers.
- The ancient Greeks burned olive oil in lamps as a source of light.

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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.



www.NewYorkCityOliveOilCoop.com/

Other Castaldo Projects:

www.michealCASTALDO.com/ (la Dolce Vita musical ambiance at your next event)

www.VillettaMimmaVittoria.com/ Villetta Mimma Vittoria – Villa Rental In Calabria, Italy

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