

To all my Olive Oil Connoisseur friends:

I'd like wish all of our (USA) EVOO coop members and their families a wonderful Thanksgiving Holiday. If you use EVOO in any of your Thanksgiving dishes share them with other coop members and we'll post it online or feature it in the next newsletter.

Thanks to all coop members that placed their 2005 harvest EVOO orders. I'll be traveling to Calabria, Italy on Thursday November 24<sup>th</sup>. I'll be back on December 3<sup>rd</sup> and hope to connect with everyone to make delivery/shipping arrangements. As mentioned in the previous newsletters, my goal is to have the EVOO shipped by December 20, 2005. (In time for the Christmas Holidays).

Thanks to all the coop members that attended the Olive Oil Tasting workshops / Music performances at Chef Central in Paramus, NJ and Hartsdale, NY. It was a lot of fun and we had some more culinary experts sign up and join our ever growing EVOO coop.

This newsletter is co-sponsored by Vital Records. The follow-up to the Villa CD is coming along nicely and I would like to share with you an MP3 of one of the songs on the new CD. 'Nessun Dorma' from Puccini's Opera Turandot. I worked on this song with musician/producer extraordinaire Dave Hab. I love singing this aria and I've been closing most of my performances with Nessun Dorma to standing ovations. Please respond to this e-mail and upon my return from Italy I will send you the MP3.

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  
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November 22, 2005

Newsletter # 011

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## 1- EVOO Clever Tip – Use it to polish furniture

To maintain a deep lucido (shine) on your furniture, use lemon juice, olive oil and water. Furniture Polish Formula: A) mix the juice of one lemon with 1 teaspoon each of EVOO and water in a bowl. B) Dip a clean cloth into the solution and squeeze out excess. C) Using a circular motion and following the grain of the wood, apply a thin coat to the wood surface. Let it stand for 5 minutes. Then, using a clean dry, soft cloth, buff to a deep shine.

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## 2- Factoid – Health Tips – EVOO Daily Requirements

EVOO, given its vegetable origin, is rich in unsaturated fats which are indispensable to our organism, since they are a growth component for cell tissues and also permit these tissues to assimilate other useful substances. The recommended daily amount of unsaturated fats needed by our organism corresponds to 2 tablespoons. There are no side effects and, indeed, as we are learning, the beneficial effects are numerous and varied.

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### 3- Calabrian Recipe — Carrots and Potatoes

**Ingredients:** 4 large potatoes, 3 carrots, salt, 1 onion, ground red pepper and EVOO.



**Procedure:** Peel the potatoes and the carrots, cut them in small pieces then wash. In a frying pan put the sliced onion, some EVOO and let it brown, then add the vegetables, half glass of white wine, some water to cover them. Simmer to cook. Sprinkle ground red pepper and serve with lettuce torn in large slices..... Mangia!

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### 4- Did You Know?

One would think that the older trees produce a better olive, but that is not so. For centuries olives were hand picked, however some farmers were not pruning the trees. As these trees grew it was hard to harvest the olives, so they invested in this machine that literally grabs to trunk of the tree and shakes the olives. When the olives hit the ground, they mar and hence this adds to a higher acidity level and lower quality of olive oil.

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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)

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