

Tithorea

Providing Rockwood and its surrounding regions with the best Extra Virgin Olive Oil, Tea, Pastries, Honey, Spices, Herbs, Pottery, desserts, fresh cooked meals and so much more, that Greece has to offer. With majestic Mount Parnassos looking over the valley, the art of making superior olive oil has been passed down from generation to generation. For over a century, our family has cultivated the land by hand. Much like our artisan forefathers, we have continued this proud tradition. By applying innovative new practices to traditional processes, which has not only elevated our craft but our product, we continue to bring our products to market that help people heal and grow.

We believe that primary prevention of disease through the expanded use of integrative and lifestyle medicine represents the best hope for global health care reform. We produce olive oil for our children to eat. Our vision is to create a healing food of the highest biological value. To reconnect with the ancient land and its people. To build a sustainable farming model that supports the earth and heals those living on it.

My grandparents were the visionaries and architects in the power of the olive tree and more importantly our land.



@Tithoreaoliveoil



@tithorea_rockwood

Spanakopitakia



These spinach-and-cheese pies yield 48 rolls.

Spanaki = spinach
Pita = pie
Pitakia = mini pies

Spinach and Feta Cheese Filling

This is a fabulous filling, and once you've worked with it, you will undoubtedly find countless uses for it besides this one. Yields about 4 cups.

NOTE: There are 27-30 sheets of phyllo in a 1-pound box, each measuring about 12x17 inches. Generally, ½ cup (1 stick) of melted butter is needed to brush the sheets of phyllo.

½ cup plus 1 tablespoon extra-virgin olive oil

1 medium-size onion, shredded (1/2 cup)

1 medium-size leek, chopped (white part only)

2 packages (10 ounces each) frozen chopped spinach, thawed and drained and squeeze between palms of hands to remove most of the liquid

2 tablespoons chopped fresh dill, or 2 teaspoons dried dill

1 teaspoon salt

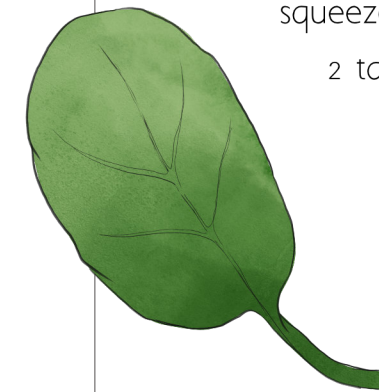
¼ teaspoon white pepper

2 eggs

1 cup crumbled feta cheese

1 tablespoon grated Parmesan cheese

1 tablespoon dry bread crumbs



Heat 1 tablespoon of the olive oil in a large skillet. When it is hot, add the onion and leek and cook over medium heat, stirring frequently, until lightly browned.

Stir in the spinach and the remaining ½ cup olive oil. Continue to cook, stirring, until the mixture stops steaming.

Stir in the dill, salt, and pepper until well blended.

Turn the mixture into a large bowl and refrigerate until cooled.

When ready to proceed, stir in the eggs, cheese, and bread crumbs until very well blended.

