

# D'O

DI ORIGINE

 English version

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and Luppolo&Farina  
Caput Mundi

Nature in numbers,  
*Gianmarco Odifreddi*  
at Flora Cult

A wine journey: flavors  
and culture along the  
Appian Way

N.2/024

SUMMER  
QUARTERLY



*Alfredo Cetrone*  
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per l'eccellenza.**

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*the publisher*

## DREAMTIME

Every new release of our magazine is a journey that begins with a thought, a dream, a moment suspended in time. In this issue, I invite you to pause for a moment, to let yourself be enveloped by the calm, the quiet that precedes every great enogastronomic experience.

The world of enogastronomy is a poem written by time. It is the patience that transforms grapes into wine, the slow change of milk into cheese, the ripening of fruit under the sun. Each product tells a story of waiting, care, and respect for the natural rhythms that cannot be rushed without losing the essence of quality.

We live in a frenetic era where everything seems to have to happen immediately, yet true luxury today is taking the time. It is not money that makes an experience precious, but the time dedicated to living it, understanding it, and fully savoring it. In our rush to chase the future, we often forget that true pleasure lies in the present moment, in the waiting that sublimates desire.

Enogastronomy teaches us to respect seasonality, to recognize the right moment for everything. Nature offers us its best fruits only when they are ready, and so we too must learn to be ready to receive, without haste, without forcing.

Let's learn from the masters of wine and food the art of knowing how to wait. Let us be guided by the rhythms of the earth, by the cycle of seasons that mark the times of agriculture. Every wait enriches the experience, every taste becomes a moment of deep connection with what surrounds us.

In this new edition, we invite you to immerse yourself in the world of food and wine with new eyes, with a heart open to discovery and patience. Take the time to savor every article, every story, every piece of advice.

**Let dreamtime guide you on this journey of flavors and traditions.**

Welcome to D'O, where art begins and is shared.



# JUNE 24TH: THE FOURTH EDITION OF DIVINUM

**M**onday, June 24, the enchanting **Hotel Cavalier D'Arpino** in Arpino will host an unmissable event for wine lovers: the fourth edition of **Divinum**. This prestigious event, which has already won the hearts of many in previous editions, promises to be even more extraordinary this year.

Divinum 2024 will be entirely dedicated to **biodynamic wineries**, with or without certification. Around **30-35 producers** will be present, each offering their finest selections, totaling over **120 labels**. This is a unique opportunity to explore the world of **biodynamic wine**, meet the winemakers, and learn the stories behind each bottle.

An oasis of flavors and knowledge  
From **6:00 PM to 11:00 PM**, the event will be open to everyone, from

enthusiasts to industry professionals, with a special discount on the entry fee. Attendees will be able to taste all the available labels, engage in discussions, and interact directly with the producers. **Divinum** is not just a tasting but a true sensory journey through the territories, traditions, and innovations of biodynamic wine.

Not only wine: **Divinum** will also feature a food corner with local products. There will be dishes of meat, cheese, and other local delicacies, perfect for accompanying the tastings and making the experience even more complete and satisfying.

The event is organized by **Enoteca Barnaba of Arpino** in collaboration with **Mabi Wine Selection, Triple A, The Great Giga in the Wine, Proposta Vini, and Arke**. This synergy among industry

professionals ensures an event of the highest quality, meticulously curated to offer the best to enthusiasts and experts alike.

Attending **Divinum** means immersing yourself in a unique atmosphere where **biodynamic wine** is the undisputed star. It is an opportunity to expand your knowledge, discover new labels, and meet the producers who work with passion and dedication to offer excellent wines. The **Hotel Cavalier D'Arpino**, with its historic charm, will provide the perfect backdrop for an unforgettable evening.

Don't miss this opportunity: mark your calendars and prepare to experience a sensory journey like no other. The fourth edition of **Divinum** awaits you with a glass in hand and a world of flavors to discover.

# DIVINUM

QUARTA EDIZIONE

**LUNEDÌ 24 GIUGNO** dalle 18:00 alle 23:30

**35 VIGNAIOLI**  
**OLTRE 120 ETICHETTE IN MESCITA**

Giardino **Hotel Cavalier d'Arpino**

Via Vittoria Colonna, 21 - Arpino (Fr)

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**N. 2**  
**summer 024**



# THE ENCHANTMENT OF FLORA CULT

# 42

photo: Barbara Pinchii





# THE THINGS WE PUT IN OUR BODIES

**N**ourishment encompasses everything we introduce into our bodies, both emotionally and spiritually. It is the world we engage with, the relationships we build, avoid, or are repelled by. It includes the images we see, the sounds we hear, the messages we receive and send, the books we read, the stories we attract, and the discoveries and surprises we embrace.

One of the earliest forms of nourishment, crucial both because it begins during the fetal stage and

**FAUSTO RUSSO**  
Psychiatrist, analyst  
of communication

significantly shapes an individual's personality, is auditory nourishment. The fetus, cradled in the amniotic fluid of the womb, is enveloped by all the vibrations the mother collects. The mother becomes a stage for the sounds and vibrations that pass through her. These sound traces eventually organize to form an alphabet and a language, almost

the only means through which the fetus can communicate with its environment.

In the mother's womb, the fetus receives signals from its own rudimentary sensory perceptions indicating the existence of a world, even though, lacking self-awareness, it does not yet perceive the world as separate from itself.

What forms in the womb is a true sonic universe, where the only signals the fetus can use for communication pass through. These signals, though



rudimentary, give a sense of existence. In the maternal womb, the human being is immersed in a sonic universe of pulsation, breath, voice, water noises, and vibrations.

The mother's voice, her movements, the vibrations produced when she travels in a vehicle, even the creak of a chair she sits on, are all clearly perceived by the fetus and structure its personal universe, which is essentially sonic.

A significant experiment conducted at a French university clinic involved about three hundred pregnant women between their third and fourth months. They were asked to read a fairy tale

had listened to for a month because it was well fixed in their memory. The first form of memory, auditory memory, had been born.

Everything happening in their fetal world, in the amniotic fluid, translated into vibrational impulses: traces that remained present within them and constituted the only sensory signs of what was happening. Those signs were the world.

This explains why, whenever we sing, listen to music, or dance, we are recreating and reliving that condition we first experienced in utero. We produce a healthy regression to the fetal period, a time of fundamental

the first cries at birth, forming the phonetic basis for a gradually more structured language.

Hearing, therefore, is the first sensory ability the fetus develops and hones, and it is the presence of these varied sounds that reveal the existence of a universe around it. Specifically, the fetus, from the fourth month, recognizes sounds and can memorize them due to the presence of nascent auditory memory.

In conclusion, it is evident how a person becomes a reservoir of inherited sonic energies, capable of leaving a mark, a testimony, and structuring their own identity.

When we are at lunch and a violinist comes to play, we can now understand that something very significant happens. While we nourish ourselves with food from the plate, another form of nourishment reaches us: that auditory nourishment that, no less, made us become a person.

*This explains why, every time we sing, listen to music or dance, we do nothing but recall and relive that condition that we primarily experienced in utero.*

for a month and then a different one the next month. The results were astonishing.

All the expectant mothers reported that their fetuses kicked noticeably when the story was changed. The researchers concluded that the fetuses recognized the change in vibrations from the new story and perceived it as new and threatening, kicking in response to the change.

The most significant conclusion was the evidence that the fetuses had developed the ability to remember. If these beings could discern a difference between the first and second sound stimuli, it was because they had imprinted the first stimulus in their memory and recognized the second as different. They could compare the second stimulus to the first one they

abandonment and bliss. During that period, two fundamental processes occur: we learn movement and language.

Movement develops as the fetus, suspended in the amniotic fluid, gradually acquires a sense of space and, floating, learns to make increasingly purposeful movements.

Language begins when the fetus resonates with the amniotic sounds surrounding it. These primitive sound traces are assimilated by the fetus and translate into



# SOUR CHERRIES: THE SEASONAL FRUIT TO DISCOVER AND SAVOR



**T**he season for sour cherries has finally arrived, bringing an explosion of flavors and traditions that deserve to be explored. These small red fruits, often mistaken for the more common sweet cherries, possess unique characteristics that make them special. In this article, we will discover the differences between cherries and sour cherries and highlight an exceptional product: DF Gocce's Visciole Ratafia.

## **One fruit, two different trees**

Although cherries and sour cherries look similar, they come from different trees. Sweet cherries, harvested from the sweet cherry tree (*Prunus avium*), are well-known for their sugary taste. Sour cherries, on the other hand, grow on a type of tart cherry tree (*Prunus cerasus* var. *austera*), often confused with the sour cherry tree that produces tart cherries. This botanical distinction is fundamental to understanding the differences in flavor and use of these fruits.

## **Taste and appearance**

Flavor is key to distinguishing sour cherries from sweet cherries. Sour cherries have a more acidic taste, but not as sharp as tart cherries, making them perfect for specific culinary uses. Sweet cherries, in contrast, are sweet and enjoyable to eat fresh.

Visually, sour cherries are smaller, with a diameter of 1-1.5 cm. The mature skin of sour cherries is dark red, with flesh and juice of the same intense, blood-like color.

## **Culinary uses of sour cherries**

Thanks to their acidity, sour cherries are widely used in the kitchen. They are ideal for making syrups, jams, candied fruit, and liqueurs. Special mention goes to sour cherry wine, or *visciolata*, a sweet drink from the Marche region, perfect as a dessert. In Roman cuisine, the sour cherry jam tart is an unmissable delight.

## **Ratafia: an exquisite liqueur to try**

Among the various delicacies made from sour cherries, **DF Gocce's Visciole Ratafia** deserves a place of honor. This artisanal liqueur, produced with an ancient recipe, best represents the essence of sour cherries. DF Gocce's Visciole Ratafia is a sweet and aromatic nectar, ideal for enjoying at the end of a meal or as a special ingredient in pastry.

Its unique and enveloping flavor pairs perfectly with chocolate desserts, ice cream, and panna cotta, adding a sophisticated and delicious note. It is also an excellent choice for creating refined cocktails or simply to sip on its own, to fully appreciate its nuances.

This June, let yourself be tempted by sour cherries. Explore the endless possibilities they offer in the kitchen and do not miss the chance to savor DF Gocce's Ratafia, a true gem of our gastronomic heritage. Whether you are a passionate chef or simply a food lover, sour cherries will win you over with their unique taste and versatility.

Sour cherries, available starting in late spring, are a fruit not to be missed. Their short season makes each bite even more precious.

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RATAFIÀ



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# SEASONAL FOOD

SUMMER DELIGHTS



Summer brings a burst of colors, flavors, and aromas that awaken the senses. It's the ideal time to rediscover the importance of seasonal food by choosing fresh and natural products. This not only enhances the taste of our dishes but also benefits our health and the environment.

#### *Why choose seasonal food?*

Eating seasonal food means consuming products at their peak freshness and nutrition. This translates into more intense flavors and higher amounts of vitamins and minerals. Additionally, seasonal products are more economical because they are abundant and do not require costly preservation and transportation methods.

From an environmental perspective, choosing seasonal food reduces the ecological footprint by decreasing the distance products travel to reach our tables and reducing the energy required for off-season cultivation.

#### *Summer's red fruits: a burst of flavor and health*

During summer, red fruits are the undisputed stars of our tables. Cherries, raspberries, currants, and blueberries are not only delicious but also packed with antioxidants, vitamins, and fiber. These natural treasures help combat free radicals, aid digestion, and improve heart health.

- **Cherries:** Sweet and juicy, perfect as a snack or to enrich salads and desserts. They are rich in vitamin C and potassium.
- **Raspberries:** With their slightly tart taste, they are ideal for jams, desserts, and smoothies. They contain high amounts of dietary

fiber and vitamin C.

- **Currants:** Both red and black, perfect for juices and jams. Black currants, in particular, are an excellent source of vitamin C.
- **Blueberries:** Delicious on their own or as an ingredient in countless recipes, known for their antioxidant properties and support for memory and vision.
- **Sour Cherries:** These wild cherries are a bit more tart compared to common cherries, but they are perfect for making jams, syrups, and traditional desserts. Harvested mainly between June and July, they are known for their intense and slightly acidic flavor.

#### **Other summer fruits**

- **Apricots:** Sweet and juicy, perfect for jams, cakes, or simply fresh.
- **Watermelon:** Refreshing and hydrating, perfect for hot days.
- **Peaches and Nectarines:** Soft and

aromatic, great on their own or in fruit salads.

- **Melon:** Sweet and juicy, ideal as an appetizer with prosciutto.

#### **Summer vegetables: color and health on your plate**

Summer vegetables are just as varied and beneficial. Tomatoes, zucchini, eggplants, peppers, and cucumbers are just some of the fresh and flavorful produce available. These vegetables not only add vibrant colors to our dishes but are also essential for a balanced diet due to their content of vitamins, minerals, and fiber.

#### **Summer fish: taste and nutrition**

Summer is also the perfect time to enjoy fresh grilled fish. Mackerel, sardines, sea bream, and white tuna are just a few of the varieties available in our markets. Rich in omega-3, these fish are essential for heart and brain health.



# Shades of raw

CRISTINA TODARO



“ **Simplicity is the ultimate sophistication.** ”  
*Leonardo da Vinci*

## PROCEDURE

### Preparation of berry marinade

Place the berries in a pan and cook over the heat.

Add a little water and cook for 10 minutes.

Blend everything and strain the mixture.

Pour the mixture into a tall, narrow container, leaving some aside for decorating the dish.

Lay the salmon fillet lengthwise in the container and let it marinate in the refrigerator for at least 12 hours.

### Preparation of salmon and fennel

The next day, remove the salmon from the marinade and place it on paper towels to drain the juices.

Finely slice the fennel and leave it in a bowl with some water in the refrigerator to make it crisper.

Pat the fennel dry and season with extra virgin olive oil, salt, pepper, and a little lemon.

### Preparation of crème fraîche

Mix the yogurt with the mayonnaise to prepare a crème fraîche.

### Preparation of peaches

Peel the peaches and dice them, using the pieces as the base for plating.

### Slicing the salmon

Cut the salmon evenly, preferably on a bias.

Place the salmon pieces on top of the peaches.

### Plating

Garnish the salmon and peaches with the crème fraîche.

Decorate with the remaining berry coulis.

Serve immediately and enjoy.

This recipe will lead you to discover new shades of flavor and texture, offering a refined and surprising gastronomic experience. Enjoy!

*Cooking is an art that reaches its peak when it balances flavors, colors, and textures in a single dish. “Shades of Raw” is a celebration of this culinary philosophy, combining the freshness of raw salmon, the sweetness of peaches, and the acidity of berries. This dish not only delights the palate but also captivates the eye with its vibrant and harmonious contrasts. Preparing it is an invitation to discover how simple ingredients, when treated with care, can transform into a culinary masterpiece.*

## INGREDIENTS

- 400g of defrosted salmon fillet (frozen for 96 hours)
- 300g of mixed berries
- 4 white peaches
- 1 jar of whole milk yogurt
- 2 teaspoons of mayonnaise
- 1 fennel
- Extra virgin olive oil
- Salt
- Pepper
- Lemon





# DE-FINING FERMENTATION

MARIE JOVENEAU

Discussing fermentation means delving into history, anthropology, gastronomy, and biology. It means touching upon tradition, science, and empiricism that have shaped human history, revealing the true protagonists of this millennia-old process: microorganisms. Fermentation bridges the past, present, and future, connecting different eras.

The word “define,” composed of de- (a linguistic reinforcement) and fine (boundary), implies setting boundaries. But how can one confine the many areas fermentation touches? It’s an almost impossible task, explaining why it’s difficult to define fermentation without reducing, simplifying, or overlooking its complexity and charm. But let’s try... Let’s try opening the door to food transformation to enter the world of fermentation.

Fermentation is a food transformation process that, if executed properly, enhances the starting food’s organoleptic and nutritional characteristics. The transformation during fermentation improves the starting product’s

organoleptic qualities, like grape juice becoming wine, and its nutritional qualities, like milk becoming yogurt. Defining fermentation this way might make it seem like a recent practice, created to satisfy modern needs for pleasure and health. However, fermentation is as old as humanity and has always addressed a primary need: survival.

Fermentation, if executed properly, enhances the starting food’s hygienic, nutritional, and preservative characteristics. For millennia, access to food was not guaranteed and was not just about organoleptic pleasure. Without fermentation, humans wouldn’t have had healthy and preservable food to survive during periods of famine or extreme seasons. Again, defining fermentation as a mere human technique is reductive. Fermentation wasn’t invented by humans. Who transforms the starting food into something better, i.e., preservable, hygienic, nutritious, edible, and enjoyable?

Fermentation is a food transformation

process that, if executed properly, enhances the starting food’s characteristics thanks to the intervention of microorganisms (bacteria, yeasts, molds). This definition is essential because it shows fermentation as a collaboration between two actors: the microorganisms that transform the starting food and the human who, with their knowledge, directs this transformation towards a desired outcome.

This way of viewing fermentation, one among many, allows us to define this food transformation technique without reducing, simplifying, or overlooking its complexity, while respecting its essence. Approaching fermentation this way, one can grasp its charm, seeing it as a millennia-old collaboration between the invisible (microorganisms) and the visible (humans).

This complex and respectful perspective allows for a comprehensive understanding of fermentation, embracing its history, science, and vital role in human survival and evolution.



# Octopus celebration with strawberries

CRISTINA TODARO



“ The secret of happiness is to  
continuously vary the pleasures.”

*Voltaire*

*Strawberries, with their perfect balance of acidity and sweetness, are not just a delightful dessert but also a surprising ingredient for savory dishes. This is the ideal season to explore new culinary combinations and experiment with fresh and colorful ingredients. This recipe combines the delicate flavor of octopus with the freshness of asparagus and the vibrancy of strawberries, creating a perfect summer dish. I hope you enjoy it and try it out. Happy cooking with strawberries!*

## INGREDIENTS FOR 4 PEOPLE

• 1 kg octopus • 300 g asparagus • 300 g strawberries • 100 g almonds • 1 lemon • Extra virgin olive oil • Salt • Pepper

## PREPARATION

### Preparing the Octopus

Clean the octopus by removing the central beak and the inside of the head.

Wash the octopus and cook it in boiling salted water for at least 20-25 minutes, until tender.

### Preparing the Asparagus

Clean the asparagus by removing the hard part and washing them under running water.

Boil water with a little salt and immerse one-third of the asparagus, trying to keep them standing. Cook for 15 minutes.

### Preparing the Salad

Use the remaining asparagus and strawberries (set aside 150 g of strawberries), previously washed, to make a salad by cutting them into small pieces.

Dress the salad with oil, salt, pepper, and lemon juice.

### Preparing the Asparagus and Almond Cream

Blend the almonds with a tablespoon of oil.

Once the asparagus is cooked, cool them and place them in a container, add a little oil, and blend with a hand blender.

Strain the mixture.

Combine the blended almonds with the strained asparagus cream. Put everything back in the container and, with the addition of oil, emulsify with the hand blender to create a mayonnaise.

### Preparing the Strawberry Coulis

Use the strawberries set aside earlier to make a coulis by blending the strawberries without the stems, adding a little oil, and straining to remove the seeds.

### Plating

Once cooked, the octopus will be ready when it does not resist being pierced with a knife. Let it cool.

Use the asparagus and strawberry salad as the base of the dish.

Place the sliced octopus on top of the salad.

Garnish with the almond mayonnaise and strawberry coulis.

Enjoy your strawberry-infused meal! This recipe will allow you to explore new flavor dimensions and enjoy a fresh and innovative dish, perfect for summer.

# THE ANCIENT APPIAN WAY

*a journey through history, monuments, and tourism*

MARCO CAVACCHIOOLI

Archaeologist

## A Glimpse into the History of the Appian Way

The construction of the Appian Way was a monumental event in ancient times, not only from an engineering and political perspective but also for its historical significance. This road traversed the entire ancient Italy, linking the Tyrrhenian Sea to the opposite sea, crossing Lazio, Campania, Samnium, Lucania, and Apulia—regions that constituted the richest and most civilized part of the Peninsula.

## The Creation and Evolution of the Appian Way

The road was first built up to Capua (today's Santa Maria Capua Vetere) by the censor Appius Claudius in 312 B.C. Capua was then the third most important city in Italy after Rome and Taranto and was the key communication hub towards the south. The Via Appia was later extended as Roman arms advanced in southern regions: to Benevento in 268 B.C., then to Venosa, Taranto in 272 B.C., and finally to Brindisi, which it reached before 191 B.C.

By the time the road reached Capua at the end of the 4th century B.C., Rome had become one of the major cities of the Mediterranean. With victories over the Etruscans and Sabines, and after subduing the Latin League in 338 B.C., Rome faced the conquest of Campania. In this context, Appius Claudius Crassus, later called the Blind, emerged as a prominent figure, known for his bold political, social, and religious reforms.

## The Impact of the Appian Way on Communication and Trade

When initially constructed up to Capua, the Appian Way was a groundbreaking model of communication, designed as a major route of great importance, cutting through various territories. It was meticulously planned to ensure direct paths, minimizing technical challenges to shorten and expedite the journey.

Built for military purposes, the Appian Way, connecting Italy to Greece, the Near East, and Africa, quickly became a vital commercial route and a primary conduit for cultural exchange. The road was diligently maintained, restored, and improved throughout the late and very late Roman Empire, becoming an unmatched model for all roads radiating from Rome to the farthest regions of the known world. Hence, it was proudly called the Regina Viarum—the Queen of Roads.

Here is a map of the route of the Ancient Appian Way from Rome to Castel Gandolfo. The map shows the main stops and monuments along the way. You can use this map to follow the route and visit the various points of interest described in the article.

## *Tourist Route and Historical Monuments*

### Porta Capena

Begin your journey at the historic Porta Capena, an ancient gateway to Rome. Located at the start of the Archaeological Walk, this gate marked the exit from the republican-era walls and the beginning of the Via Appia. Imagine the pilgrims, merchants, and soldiers who passed through this gateway to start their millennia-old

journeys.

### Baths of Caracalla

A few steps beyond Porta Capena, you will find the imposing Baths of Caracalla. Built between 212 and 216 A.D., this grand thermal complex offers a glimpse into the opulence and luxury of Imperial Rome. Admire the vast pools, the rooms for hot and cold baths, and the remnants of mosaics that decorated the floors and walls.

### Porta San Sebastiano

Continuing along the Appian Way, reach Porta San Sebastiano, one of the best-preserved gates of the Aurelian Walls. Built in the 3rd century A.D., this gate marks the beginning of a 90 km straight path that crosses the Roman countryside. Climb the walls for a panoramic view of the road stretching south.

### Valley of Caffarella

Descending into the Valley of Caffarella, enter an oasis of green and tranquility. This natural park, traversed by the Almone river, hosts the Temple of Mars Gradivus and the Nymphaeum of Egeria, a sanctuary dedicated to the nymph Egeria. Explore the paths winding through flowered meadows and ancient ruins, immersing yourself in nature and mythological and historical stories.

### Mausoleum of Cecilia Metella

Proceeding along the road, find the Mausoleum of Cecilia Metella, an imposing cylindrical tomb built in the 1st century B.C. in honor of the noblewoman Cecilia Metella. Its massive travertine walls and sculpted frieze testify to the



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“  
*Il vino è poesia imbottigliata*

grandeur and wealth of ancient Rome.

### Villa of the Quintili

At the fifth mile, explore the Villa of the Quintili, a sumptuous patrician residence built in the 2nd century A.D. Known for its beauty and grandeur, this villa had private baths and lush gardens. The Quintili brothers, owners of the villa, were unjustly accused of treason by Emperor Commodus.

### Mausoleum of Gallienus

At the ninth mile, visit the Mausoleum of Emperor Gallienus, built in the 3rd century A.D. This monument marks one of the main relay stations along the Appian Way, where travelers could change horses and rest before



continuing their journey. Admire the imposing structure and reflect on the logistics and organization of Roman transportation.

### Frattocchie

Reach the Frattocchie area, where you can admire the remains of the city of Bovillae. This ancient city, situated at

an important crossroads, was a vital center of trade and communication. Explore the remains of mausoleums and public structures, and enjoy a breathtaking view of the surrounding countryside.



### X Mile and Sepulcher with Torre Secchi

In the municipality of Ciampino lies the tenth mile of the Appian Way, located between Via Capanne di Marino and the railway underpass of Santa Maria delle Mole. This stretch has interesting historical and topographical features. Among the main attractions is the

sepulcher with Torre Secchi, a unique monument both historically and geodetically. Additionally, the tenth mile is a convergence point of three historical routes of the Via Appia: the ancient Appian, the “old site” Appia of 1574 commissioned by Pope Gregory

XIII, and the New Appian Way of 1928. This area preserves original dry stone walls that demarcate public from private property, offering an authentic view of how the road looked in ancient times.

### Castel Gandolfo

The route culminates at Castel





Gandolfo, the summer residence of the popes. Visit the Villa of Domitian, one of the most spectacular and panoramic imperial residences on the Appian Way. Stroll through the well-kept gardens and enjoy the view of Lake Albano, reflecting on the historical continuity that connects ancient Rome to the present day.

## *Associations and Tourist Support*

### **Regional Park of the ancient Appian**

The Regional Park of the ancient Appian manages and enhances the historical and natural heritage of the road. Join one of their guided tours, excursions, or educational activities to discover the secrets of the Regina Viarum.

### **Friends of the Caffarella Association**

This volunteer association is dedicated to protecting the Valley of the Caffarella. Participate in one of their events, walks, or activities to promote the knowledge and sustainable use of the park.

### **Legambiente Appian south Il Riccio**

Collaborating with the Regional Park, they promote initiatives to improve the accessibility and safety of the Via Appia. Join one of their activities to help preserve this important heritage.

### **Walk of the ancient Appian**

Follow the itinerary that connects Rome to Brindisi, tracing the path of the ancient Appian way. Various groups and associations offer logistical

support and assistance along the route, making the journey smoother and more informative.

*The road indeed came to travel the whole way ancient Italy, lacing the sea Tyrrhenian sea on the opposite side*

### **Archaeological Park of the ancient Appian**

Attend one of the exhibitions, conferences, or cultural activities organized by the Archaeological Park of the Appia Antica to deepen your knowledge of this historical heritage.

These associations provide valuable support to tourists, making the experience along the Via Appia an unforgettable journey through history, culture, and nature.

Bon voyage!



A close-up photograph of a bunch of ripe, yellow-green grapes hanging from a vine. The grapes are clustered together and are surrounded by large, vibrant green leaves. The lighting is bright, creating a warm, golden glow on the grapes and leaves. The background is softly blurred, showing more of the vine and leaves.

# A wine journey

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**FLAVORS AND CULTURE  
ON THE APPIAN WAY**

ALFIO MIRONE

Journalist, Food Writer  
Researcher of Excellence



**M**arking on a journey along the Appian Way, from Rome to the Castelli Romani, is an immersion into the flavors and aromas of a land rich in history and traditions. This path invites you to discover the heart of Roman cuisine and oenology, following in the ancient footsteps of the Romans.

Each stop offers encounters with natural and cultural wonders, where the cuisine celebrates local flavors with creativity and respect for tradition. The wineries here are a growing excellence. In these vineyards, the passion for viticulture translates into wines that tell the story and identity of this land. The visited cellars are animated by people dedicated to producing extraordinary wines, symbols of renewed oenological splendor.

In this journey, each glass of wine offers a unique sensory experience, creating

a deep connection with the territory. This path is not just a guide but a life experience to savor with all senses.

And it is precisely with this spirit that we venture into the discovery of the Tor Carbone Hotel School: a gastronomic journey between tradition and innovation. Our journey begins here, in the heart of the Appian Way, at a true educational institution in the capital, now named after the young and talented chef Alessandro Narducci.

I am here for the closing event of Author's Markets, an ambitious project that transforms local markets into gastronomic stages. In the historic villa of director Rossellini, now home to the Tor Carbone institute, the Narducci-Puleio award ceremony took place during the day. This contest, established in memory of the two young men who passed away prematurely, saw the

participation of students from five hotel institutes and the supervision of renowned chefs such as Daniele Lippi, Giuseppe Di Iorio, and Iside De Cesare. In this evocative setting, I had the fortune to meet Maurizio Narducci, Alessandro's father, a man who has never stopped believing in young people, establishing a prize for the best students precisely to celebrate the conclusion of Author's Markets. His words during the presentation, filled with gratitude and emotion, underscored the importance of supporting the new generations and keeping Alessandro's memory alive.

The Tor Carbone Institute reaffirms itself as a beacon in enogastronomic education in Rome, promoting innovative projects that celebrate the culture of food and wine, while honoring the memory of talents lost too soon.



Just wait. Just think. Just pink.



WINERY SINCE 1976

**COLLE PICCHIONI**

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Frattocchie di Marino (RM)  
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## The First Stop in the Castelli Romani is Striking

In a land of poetry and tradition, nestled among the gentle hills of the Castelli Romani, lies a precious gem that whispers tales of passion and innovation: the Colle Picchioni winery. Here, in Marino, Frattocchie, unfolds a story of love for the land and family dedication.



It all began with Paola Di Mauro, a visionary of the 1950s who saw a challenge to be met and an opportunity to be seized in these lands. She transformed a simple plot into a forge of viticultural excellence. Her first harvest in 1974 marked the start of an extraordinary adventure. From that moment, Colle Picchioni was no longer just a winery, but an open-air laboratory frequented by personalities

like Luigi Veronelli and Daniele Cernilli. Every step, every choice, reflected a commitment to uncompromising quality. And so, under her wise guidance first, and her son Armando's thereafter, the winery flourished, earning a place of honor in the Italian oenological panorama. Today, the torch is in the hands of Valerio and his wife Laia, who continue to intertwine tradition and innovation with unmatched grace.

Located in a stunning position, Colle Picchioni enjoys a unique microclimate influenced by the sea and Lake Albano. This, combined with sustainable cultivation techniques, helps create wines that are authentic expressions of the territory.

But the magic doesn't stop at the wine. The restaurant and gastronomic events offer sensory experiences that blend the flavors of wine with culinary art. These special moments celebrate the perfect union between food and wine, creating unforgettable memories for those who experience them.

Valerio continues the mission to create wine experiences that go beyond simple tasting. Every bottle is a journey through time,

a tribute to tradition and innovation, an homage to the passion of a family that has dedicated its life to viticulture.

Come explore a world of authentic and refined flavors, where every detail is lovingly and dedicatedly curated, to offer you a unique and engaging experience.

After savoring the essence of Colle Picchioni, our journey continues towards another winery: Dino Limiti.

Located in Marino, famous for the "Sagra dell'Uva" and its connection to the Colonna family, Dino Limiti embodies the perfect union between tradition and innovation.

Dino Limiti, a name that encapsulates the essence of the territory, has deep roots that sink into the heart of vineyards tended with love and care. Here, every grape tells the story of a family that has transformed the work of the vine into sublime art. From the times of grandfather Tullio, through father Tito, to Dino, each generation has added a precious piece to the history of this winery.

In this corner of paradise, the company's philosophy is clear: sustainability, quality, and respect for the land. A blend of traditional and modern techniques that harmonize, creating wines with fruity notes and herbal hints that whisper the poetry of the territory. Every bottle is the result



tradizione, esperienza, selezione

DINO LIMITI  
MARINO ITALY



[www.dinolimiti.it](http://www.dinolimiti.it)



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of constant commitment, meticulous study, and careful selection of grapes. In the viticulture landscape, Dino Limiti has made a name for itself, earning recognition in Italy and abroad. Labels like “Campo Fattore,” “Colle del Turchetto,” and “Costa Rotonda” are symbols of excellence, the fruit of a vision that looks beyond borders, working with both international and indigenous vineyards.

The company is not just a wine producer but a guardian of tradition, an innovator who looks to the future without forgetting its roots. Here, among the rows that dance to the rhythm of the wind, the “Sagra dell’Uva” is celebrated, where the fountains of Marino flow with wine, an homage to a generous land and a community that lives with passion.

Come discover Dino Limiti, where every sip is a journey into authentic flavors, where the past and present intertwine in a unique sensory experience. Here, wine is more than a drink: it is a love story, a tale of dedication and innovation.

We stay in Marino, where the “Sagra dell’Uva” is celebrated, during which wine flows from the fountains, and head to lunch at the Ristorante For de Porta.

### The Gastronomy of the Territory: An Added Value

Imagine crossing the threshold of the Ristorante, where Marco Fabi’s passion transforms every meal into a journey through time. The typical Roman and Castellano cuisine comes to life in a context rich with traditions and fascinating stories.

Territoriality is the beating heart of the

cuisine. This direct connection with the land allows offering simple yet extraordinary dishes, maximizing every ingredient. It is not just a trend: it is a lifestyle choice that aims at health and sustainability.

For De Porta, created from a historic cellar, preserves its wine storage caves,

which are still visitable today. These spaces offer a suggestive underground path that connected the entire historic center of Marino during World War II. But the crown jewel is the Wine Museum, a private collection curated by Marco Fabi. Holding the keys to the museum, Marco organizes guided tours



inside. The museum collects typical oenological and viticultural equipment from the area, used until a few years ago. Visiting For De Porta is not just a gustatory experience but a true emotional journey that will make you live centuries of history and traditions, in a perfect balance between flavors and culture.

From Marino, we move towards Grottaferrata to continue our journey of discovering local excellence. The first stop is the Azienda Agricola Depau Silvio, guided by Demetrio Depau, before heading to La Torretta, a winery that takes us into an ancient history.

## An Ode to Tradition and Quality

In picturesque Grottaferrata, the Azienda Agricola Depau Silvio represents an authentic jewel of tradition and quality since 1978. This family business, specializing in sheep farming and the production of sheep milk cheese, lovingly preserves and perpetuates the ancient cheese-making arts, respecting nature and its ancestral rhythms.



Demetrio leads the company with passion and dedication. Inheriting a deep respect for quality and authenticity from his parents, he has been able to instill innovations that have brought the company to new heights of excellence. Every day, the fresh milk from the sheep is transformed into a symphony of delicious and genuine cheeses, among which we find primo sale, aged pecorino, and fresh and velvety ricotta.

Among these creations, a soft cheese stands out that enchants the palate, a gustatory experience that recalls the sweetness of taleggio and the delicacy of stracchino. Every bite is an emotional journey, a rare pleasure that only a few cheeses can offer.

Let yourself be captivated by their excellent cheeses.

## A Journey Through History and Nature

La Torretta is not just a farm but a real journey through time and nature. Certified organic and biodynamic, this company produces natural wine by vinifying only grapes grown in its own vineyards. They use natural materials such as terracotta for amphoras and local chestnut wood for barrels, maintaining a strong connection with the traditions of the territory.

Maria and Riccardo, the minds and hearts behind this wonderful adventure, firmly believe in doing things naturally. They are proud to bring new luster to the agricultural production of these historic and enchanting lands.

Vinifying in an ancient hand-carved tuff cave, dating back to before the age of Christ, is one of La Torretta's distinctive features. This cave offers



an ideal environment for wine barrels, protecting them from excessive temperature fluctuations. Besides wine, the company is also dedicated to producing honey and extra virgin olive oil, maintaining a constant commitment to quality and sustainability.

Visiting La Torretta means immersing yourself in a millennia-old history and an agricultural culture with deep roots. We conclude this first episode by visiting two other gems of the Castelli Romani: Enoteca Verdesкуро and Norcineria Bernabei.

Enoteca Verdesкуро is a cozy wine bar offering an exceptional selection of natural wines by the glass, craft beers, and spirits. It is the ideal place to relax and enjoy a quality wine in a pleasant and refined atmosphere. Beatrice's passion for excellent products is reflected in every detail, from the careful selection of labels to the warm welcome given to guests.

But we cannot leave the Castelli Romani without stopping by Norcineria Bernabei in Marino. This historic charcuterie, founded in 1912, is famous for producing traditional

Roman cured meats and innovative products like its renowned sausages and porchetta. Vitaliano Bernabei and his family, who have managed the norcineria for generations, are known for their dedication to quality and the use of reared black pigs from Rieti.

I would also like to mention the company L'oro delle donne, a reality that represents the essence of tradition and passion for agriculture. The company, led by a group of determined women, is dedicated to producing high-quality extra virgin olive oil. Every bottle tells a story of dedication and love for the land, reflecting the commitment of its founders to preserving and enhancing ancient cultivation techniques.

As I conclude this extraordinary journey along the Appian Way and through the wonderful landscapes of the Castelli Romani, I wish to express my gratitude to those who have made this experience unforgettable.

Thank you to the archaeologist Marco Cavacchioli for his help and engaging historical narrative on the Appian Way. A heartfelt thank you to Marco Fabi for his availability and hospitality, and to



Tiziana Marinelli for the valuable advice about the territory. I hope to have conveyed at least a little of the magic I experienced along this path. See you at the next meeting, ready for new discoveries and adventures!



# THE WINE MUSEUM

*Fabi Family Collection*



**T**he Wine Museum of Marino is a private collection of oenological and viticultural equipment typical of the Marino area and the Castelli Romani, used until a few decades ago. This collection, conceived and realized by Marco Fabi, heir to an ancient local farming tradition, is housed in a cellar in the historic center, located on a characteristic street along which carriages traveled from Rome to Naples since the Middle Ages.

The collection of objects and farm tools belonging to the Fabi family, partly their property and partly collected, testifies to

through the display of tools from the past. Among the tools preserved in the museum are: baskets, sulfur sprayers, spray pumps, sickles, billhooks, scissors, and then: crushers, presses, barrels, small barrels, casks, bottles, vats, tubs, filters, funnels, spigots, and many other objects of various shapes and eras, whose existence and use are now almost forgotten. Among all the objects on display, an authentic cart from the mid-20th century used for transporting wine stands out.

Beyond the initially conservative intent of the collection, it now serves other



**Located in the historic center of Marino and of great historical and cultural importance. The Wine Museum hosts guided tours to discover the ancient farming and wine-growing traditions.**



the processing techniques of a centuries-old winemaking activity that still characterizes the economy of a city like Marino. The initial intent of the collection was to prevent the definitive dispersal of the work tools used by our ancestors in the vineyards and cellars before they disappeared forever. The material is arranged following an ideal path of the processing phases in the vineyards and the subsequent vinification of the grapes

specific functions of an educational and informative nature. For a long time, demology has aimed to study the function of household objects and work tools in relation to the time and society that produced them. With these purposes, museums of peasant civilization, wine, folklore, and industrial archaeology have appeared all over Italy and Europe. The Wine Museum of Marino fits into this context, partly

antiquarian, partly anthropological, and educational.

Therefore, the Fabi family's museum collection is primarily aimed at schools, scholars in the field, but also at tourists who, visiting the historic center of Marino, wish to appreciate not only the monuments but also the cuisine and fine wines, for which it is essential to understand the material culture that originated them.

## FEAR GIVES WINGS TO COURAGE

MARCO SARGENTINI

*"The idealism, the dignity of pure research, the desire to pursue the truth in all its forms, are all beautiful things, but sooner or later a moment comes when you begin to suspect that there is some real truth, and that this truth is that the entire infinite multidimensional Universe is almost certainly governed by a bunch of lunatics. And if you have to choose between spending another ten million years trying to discover this simple truth and taking the money and running, I personally would take the latter option..*

D.Adams

**D**ecifrare Deciphering language often means understanding truths about ourselves that we can't grasp in our daily lives. This is why, when we dream, we have a much more balanced perception of what is happening in our lives. Feeling that something is missing but not being able to define what it is, is a very common sensation. We feel this way because we all have a missing piece; for some, it's a small fragment, for others, it's a huge

puzzle piece. Everyone, at some point in life, has left a part of themselves behind.

Some people travel the world to find the missing piece, while others try many experiences. Yet, almost no one ever finds peace.

The Hitchhiker wanders through life preferring untraveled roads, seeking sublime experiences and emotions. He chooses where to stop and rest and where to slow down and reflect,

knowing that his journey is not a race; competition exists only with himself because his path is meant to be unique. Through his journey, he has chosen not to be a slave to others' expectations, to understand what truly makes him happy.

Considering the infinite possibilities life offers and following both intellect and heart, the Gastronomic Guide for Hitchhikers arrives at Osteria Forte de Porta [www.ristorantefordeporta.com](http://www.ristorantefordeporta.com)

it. Twenty-three years of activity in the historic center of Marino, where Marco, an Artisan as he likes to call himself, offers simple cuisine made with local and seasonal products.

The premises of the Osteria, an old cellar where wine was produced until 25 years ago, and which before that was a passage gallery (look up and see) next to a 17th-century convent, host diners every evening who come to appreciate the local flavors; to get lost at the end of the bacchanal among the underground caves: cisterns walled 40 meters underground dating back to about 500 years ago.

Here and Now, the flavors touch the dreamlike: Wild Boar Stew (strictly white). A rich, flavorful dish, contemplating a nearly forgotten genuine perfection. The dish paired with Colle del Turchetto Dino Limiti @dinolimitiwine is the sublimation of taste. The wine, 50% Merlot, and 50%



Cabernet Franc, aged in Allier oak barrels and later in bottles, has a deep ruby red color with hints of forest fruit, soft and persistent. It is characterized by the right sugar and alcohol content and good fixed acidity, which helps enhance its aromas.

We can choose to wander as a tourist, observing the world with the filter of detachment, without feeling compassion or empathy.

We can walk alone as Rousseau describes: "So I am alone on earth, without brothers, relatives, friends, or other company than myself. (...) But I, separated from them, what am I? This I must still seek." — J. J. Rousseau, *Reveries of a Solitary Walker*, 1782.

We can also wander like a Baudelairean flâneur, without hurry, observing what happens around us, feeling emotions for what we see and in which we immerse ourselves.

But it will only be when we let go of the walking stick at the end of the journey that we will satisfy the sensation of having lived a full life true to our personality, rather than a life wasted pleasing others.

"The path we are taking has nothing to do with all the others, where precise paths and the exact directions provided by the inhabitants prevent us from making mistakes: it is precisely the most beaten and frequented roads that lead us astray. There is therefore nothing worse than following, like sheep, the herd of those who precede us, because they lead us not where we should go, but where everyone goes. Nothing entangles us more in worse evils than conforming to the customs of the crowd, believing excellent what the majority approves, and copying the example of many, living not according

to reason, but according to the current. It is the examples of others that ruin us: only if we know how to stay away from the crowd, can we save ourselves."

**Lucio Anneo Seneca**, *On the Happy Life*, 58 AD.



### THE CHEF'S RECIPE

Wild Boar Stew (strictly white)

After cutting the meat into pieces, marinate it for 12 hours with red wine, black pepper, juniper, and rosemary. Prepare a soffritto of onions and carrots. Cook for about 4 hours and serve in a terracotta dish.



# POETIC GOBLETS AMONG VALLEYS AND HILLS

*Rosé and white wines from Lazio to enjoy in summer*

*This month, we invite you to discover our territory through tales that resonate with emotions, tinted with the hues of rosé and sparkling like bubbles of joy. We will journey through Lazio, from the enchanting hills of the Castelli Romani, where each sip is a kiss stolen from the sun, traversing Piglio, Serrone, and Monte San Giovanni Campano, until we reach the splendid Valle di Comino. We will be accompanied by stories of wineries that, with sacrifice and wisdom, have transformed their wines into liquid poetry. They have turned their white and rosé wines into a path of love and dedication, tradition and innovation, striving to compare these wines of Lazio with the best in the world.*

SARA SEPAHI HASSANABADI  
Sommelier

In this romantic journey through the world of wine, each glass becomes a verse, and each sip a rhyme. Let yourself be enveloped by the magic of wine, where passion blends with the earth for an eternal toast.

We begin with **Malvasia del Lazio**, easily recognizable by the dark spots on its skin during ripening. This grape variety, one of the most representative of Lazio, has experienced an extraordinary evolution in terms of quality and elegance. Today, thanks to numerous single-varietal productions, Malvasia reveals itself in all its intensity and enveloping character, offering a unique and rich experience.

Discover the **Dino Limiti winery**, a gem in the Castelli Romani. In Marino, winemaking tradition and innovation create extraordinary wines. The pure Malvasia Puntinata, with its vibrant sapidity, aromatic notes, and freshness, offers a unique experience of the volcanic soil. Each sip reveals Dino Limiti's passion for the vineyard, with a bright straw color and a bouquet of apple blossom, loquat, and white peach. Come discover an enological experience

that will make you fall in love with this land.

In Castel Gandolfo, we meet the **Colle Picchioni winery**. Here, Hèkos is born, a rosé from Cabernet Franc, distinguished by its structure and fullness. Hèkos reveals elegance, refined minerality, and notes of small red fruits and citrus. Each bottle of Hèkos is a tribute to Colle Picchioni's tradition and Valerio Di Mauro's passion.

In Grottaferrata, the **La Torretta winery** embodies ancient passions for wine. An example of tradition and innovation, it has transitioned to biodynamics with a focus on sustainability. The winemaking process follows natural methods with Georgian amphorae, transforming grapes like Malvasia Puntinata and Trebbiano into Vino Torretta. This wine stands out for its complex structure, acidity, and bitter finish. It faithfully reflects the company's philosophy: a tribute to the land and winemaking.

But here we arrive in beloved Ciociaria, land of Cesanese DOCG, where the

dance begins with the rosé bubbles of the **L'Avventura winery**. These bubbles, brilliant as stars that "swarm" in the sky, fall sparkling into our glasses, offering a unique experience. This is Sciamante, a 2021 vintage rosé method made with Cesanese grapes, delighting the palate with immediate references to that red grape, the pride of the region. Despite the very recent disgorging, Sciamante stands out for the crunchiness of the red fruits and a fine and persistent perlage. This supports a beautiful and firm acidity, making each sip a vibrant and refined pleasure. The freshness and liveliness of this wine reflect the dedication and passion with which the L'Avventura winery works its lands, combining tradition and innovation to create organic wines that speak to the heart of Ciociaria.

We stay in the Piglio area and talk about ROSÈSI from **Petrucca and Vela**, an enological gem produced from the fermentation of Cesanese grape must. This rosé wine enchants with its rich and lively sip, offering an intriguing sensory experience. Fresh

*continua a pag.38*





Chi ha radici forti, ha sempre una storia da raccontare

**L'avventura**  
PRODUTTORI DI FELICITÀ



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# PETRUCCA E VELA

Passione e tradizione  
nel bicchiere:  
l'Eccellenza del  
Cesane



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notes of elderflower and green apple harmoniously intertwine, offering an olfactory complexity that immediately captures attention. ROSĒSI is a wine that satisfies the senses, thanks to its vibrant fresh-sapidity that persists long into the finish. Each sip celebrates the unique qualities of the Cesanese grape, an authentic expression of the Piglio territory. Petrucca and Vela's care and dedication in winemaking are reflected in every bottle, making this rosé an unmissable choice for wine lovers seeking authenticity and refinement.



Moving up to the Municipality of Serrone, we find the newly born Dorè in the historic **Giovanni Terenzi winery**. This rosé, made from Cesanese grapes, stands out for the freshness typical of rosé wines, combined with an extraordinary body characteristic of the source grape. Dorè captures the essence of the Ciociaria territory, with its balance between liveliness and structure. Each sip reveals fruity

and floral notes that refresh the palate, while its body offers depth and complexity, making it an important and fascinating rosé. Giovanni Terenzi's winery, with its long winemaking tradition, continues to innovate and produce wines that proudly represent the richness of the Piglio territory.

We are about to conclude our journey through Lazio's vineyards and wines, stopping in San Giovanni Campano, where we discover the extraordinary **Cantina Monticiana**. This biodynamic

winery embodies the essence of natural viticulture, producing wines that express the territory and respect for the environment. Among their excellences stands out Malvasia Puntinata, paired with Trebbiano. The result is a wine that enhances the unique characteristics of native grape varieties, with a complex and enveloping aromatic profile. Cantina Monticiana's philosophy values time and connection with nature, giving

their wines unparalleled quality. Each sip reflects the harmonious balance between tradition and innovation, with meticulous dedication to biodynamic cultivation.

To conclude our enological journey, we focus on two wines from the **Cominium winery**, which express the strength and passion of the Valle di Comino. We start with the rosé "La Casetta," produced from Cabernet Sauvignon grapes, which immediately conquers with its immediacy and the joy of its wild fruit and flower aromas. Its lightness invites drinking and experimenting with pairings with typical local dishes, making each tasting a convivial and pleasant experience. Following this is the Maturano Bianco, made in purity from this ancient grape variety that always surprises with its multifaceted character. Regardless of the different vinifications, this wine presents an intense and fragrant nose, with enveloping fruity notes. The sip is full, sapid, elegant, and extraordinarily long, offering a complexity that fascinates and invites continuous discovery.

In short, regardless of which wine or sparkling wine you choose to open tonight, enjoy the wines of Lazio, deepening your knowledge of a territory that is truly starting to make a name for itself. Lazio wines, with their rich history and growing attention to quality and innovation, represent an exciting discovery for lovers of good drinking. Each glass is a journey through the flavors and aromas of a generous land, capable of offering authentic emotions. Let's toast to these excellences, celebrating the beauty and passion that Lazio winemakers put into every bottle.





# Cominium

*l'anfore per la terra.*



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# Nature by numbers

## THE ENCHANTMENT OF FLORA CULT

ALFIO MIRONE

Food writer and journalist

*In a world increasingly dominated by artifice and frenzy, events like Flora Cult serve as vital reminders of the importance of reconnecting with the deep and authentic roots of human existence: nature and its inexhaustible richness.*

**T**his year, I had the fortune to immerse myself in this extraordinary meeting of botany and sustainable culture, not only as a nature lover but also as a food writer and journalist, bringing with me a visceral passion for everything green and living. Gianmarco Odifreddi, mathematician, academic, and science communicator, added a particular charm to Flora Cult, making the event even more irresistible for me. Listening to his unique approach to applying mathematics to the natural world greatly enriched



my experience. Odifreddi possesses the rare talent of transforming numbers into poetry, making equations dance with the same grace as leaves moved by the wind.

Flora Cult is not just an event; it is a living manifesto demonstrating how culture can and should integrate with the environment. Every stand, every discussion, and every plant on display testifies to how human creativity



can coexist harmoniously with the natural world, enriching it rather than exploiting it. It is a place where sustainability principles are not only theorized but also practiced, where art meets science, and where the beauty of plants touches the deep chords of ethics and well-being.

Moreover, this four-day event serves as a powerful catalyst for broader

societal change, promoting a more environmentally respectful way of living and a greater awareness of the infinite possibilities offered by nature.

## FLORA CULT: HORTICULTURAL AND SUSTAINABILITY FAIR

### An event celebrating nature and mathematics: Gianmarco Odifreddi at center stage

In the green heart of the capital, the thirteenth edition of Flora Cult, the annual event celebrating the synergy between nature and culture, took place. Born from the vision of Ilaria Venturini Fendi and curated by green experts like Antonella Fornai and landscape architect Francesco Fornai, it represents a true crossroads between nature and culture. What started as an experiment to bring greenery back to the forefront of daily life, especially in degraded urban areas, has evolved into a celebration of environmental sustainability through the exhibition of unusual plants, rare flowers, and fruits, combined with meetings, workshops, and practical gardening advice. Hosted at I Casali del Pino, an oasis of greenery on the northern outskirts of Rome, the event is a living laboratory inviting everyone, from novices to expert gardeners, to rediscover the joy and importance of integrating nature into their daily lives.

Every year, the nurseries participate with an array of unusual botanical proposals, exploring new seeds



and sprouts not only as aesthetic challenges but also ethical ones. Flora Cult celebrates the way we interact with plants and cohabit with them, highlighting the reciprocal exchanges that can enrich both the natural and human environments.



**CHIARA D.**

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NEW COLLECTION BEACHWEAR 24

**MaxMara**

## Noteworthy exhibitors

Among this year's exhibitors were names known for their excellence and innovation in botany and sustainable design. Aqua Domina presented their artistic aquariums that combine bonsai culture with aquariums, creating landscapes inspired by large forests, lakes, rivers, and coral reefs. Vertical Farm Italia introduced Pixel Farm, an innovative modular vertical farm aimed at reinventing urban agriculture. Additionally, BMW showcased its range of electric vehicles, promoting sustainable urban mobility.

## Mathematics and nature: an open dialogue

Il 25 aprile ha visto Odifreddi protagonista di un viaggio affascinante attraverso i numeri e le loro applicazioni nel mondo naturale. La sua capacità di rendere accessibili concetti complessi attraverso un linguaggio chiaro e coinvolgente ha illuminato gli occhi di un pubblico variegato, composto tanto da appassionati di matematica quanto da amanti della natura. L'evento ha offerto una prospettiva unica su come la matematica modelli forme e fenomeni naturali, dalla geometria delle foglie alla distribuzione degli alberi in una foresta, dimostrando che la natura è il primo grande matematico della storia.

## Between mathematics and Poetry: The Harmony of Words

The second day was dedicated to the relationship between mathematics and poetry. Odifreddi eloquently explored how mathematical principles intertwine with poetic rhythm and meter, offering examples of how great poets have used mathematical structures to compose



their works. This session particularly fascinated those in the audience who seek beauty not only in the written form of words but also in the order and precision that mathematics can bring to creative thinking.

During this occasion, Barbara Pinchi's Poetryon project stood out, a poetic installation where words chosen by the poet were literally planted in the ground by participants, creating a tangible and powerful connection between poetic language and the natural world. This approach allowed poetry to be experienced in a completely new and interactive dimension, further enriching the event.

## An Event of Cultural Resonance

The presence of Gianmarco Odifreddi and the poetic contribution of Barbara Pinchi not only enriched the event but also elevated its cultural profile,

confirming the festival as an essential meeting point for those who wish to explore the connections between different disciplines in a context of great aesthetic appeal. Ilaria Venturini Fendi's mastery in organizing an event that blends nature, art, and science remains a shining example of how culture can be conveyed in innovative and engaging forms.

The thirteenth edition of Flora Cult proved to be a triumph of intelligence and sensitivity, celebrating the intrinsic beauty of interdisciplinary knowledge. The participation of prominent figures like Gianmarco Odifreddi not only enhanced the participants' experience but also strengthened the bond between the event and its audience, leaving an indelible mark that invites continuous reflection on the world around us.



## WHO IS MISTER ALESSANDRO LUPO?

*The anonymous reviewer of our magazine, is a unique and intriguing character. He doesn't call himself a professional, nor does he boast of any qualifications in the culinary field. His strength lies in the awareness that each of us possesses a keen sense of smell and a refined palate, senses to which he attributes the utmost credit, provided they are trained. Our reviewer/taster does not seek technical perfection but surrenders to his personal sensations and experiences, offering readers a genuine and unfiltered perspective. Mister Lupo is an explorer of experiences before flavors, a lover of surprises, and a narrator of the emotions that arise from taste and aroma. His reviews are an invitation to rediscover the pleasure of food through the senses, without being influenced by preconceptions or professional standards. Each article is a personal journey, often eccentric and always sincere, that leads readers to experience food in a new and passionate way.*



ALESSANDRO LUPO  
Reviewer



# POP CONCERT

It's always fascinating to observe how, in the dubious charm of the industrial era of food, where much is mechanized, automated, and artificial, one can still have an enjoyable experience. Large spaces, quick and courteous service, and technology create a pleasant atmosphere of conviviality. Welcome to a sushi restaurant in Frosinone, and my first chance to get to know it. The menu offers a wide selection, and the experience, surprisingly, turns out to be satisfying, even though the initial expectations were low. It's a play of perceptions that enchants, blending reality and fantasy. You don't quite know where you are, and sometimes not even what you're eating. What is the pleasure of taste, after all, if not the mental processing of sensations from the senses? Various factors contribute to creating pleasant or unpleasant experiences, regardless

of the dishes served. Sweet, Salty, Sour, Bitter, and the countless Aromas are the Nobles of Taste that need a castle and a proper welcome to be appreciated fully. Indeed, in this crowded venue, one feels well-disposed, not overly disturbed by noise and close distances.

However, the scent, though not predominant and only at the center of the room, evokes the typical small and worn sushi place. A neglected aspect. And so, sitting at a smooth and shiny table, I begin a gastronomic journey with a meal of sushi, sashimi, and other oriental delights, where each bite is sometimes a discovery or a typical, predictable flavor. Sometimes it arrives as a meticulously composed artwork, with the vibrant colors of fish and aromas contrasting with the simplicity of white rice. Surprisingly, on the palate, each ingredient is "readable," and the

tasting experience is harmonious with small bursts of flavor. Surprisingly, because each ingredient alone lacks emotions.

The thin slices of raw fish in the sashimi are gracefully arranged on a bed of ice, each perhaps with its cutting story to tell by experts. This time, however, they are thicker than the usual dish served, leaving more room for the typical fresh and slightly salty taste. An impact on the palate that makes one forget to eat them with those insignificant sauces I call flavor covers. The end of the meal, let's call it Dessert&Co, alas, has nothing noteworthy in its industrial banality. Yet it doesn't betray an overall pleasant experience. So, let yourself be seduced by pop and lightness, not always ready for jazz or symphonic harmonies. I returned home satisfied, but don't ask difficult questions about why. This is a Pop concert.

# ROMA E ISOLA LIRI PIZZA CAPITALS OF THE WORLD

GASTRONOMIC EDITORIAL STAFF

*Every month, we will take you on a journey to discover the best pizzerias, master bakers, and pizza chefs making waves in Italy and beyond. Pizza, with its simplicity and versatility, represents a culinary art that combines tradition and innovation. We will share the stories and secrets behind each creation.*

*In Pianeta Pizza, we will meet the protagonists who transform simple ingredients into gastronomic masterpieces, exploring their techniques, inspirations, and challenges in maintaining*

*high quality. Whether it's a traditional wood-fired oven or a gourmet pizzeria, we will explore every corner of this fascinating world.*

*In the heart of Rome and the picturesque Isola del Liri, two pizzerias are rewriting the rules of Italian pizza. This month, we take you on a sensory journey through Pizzateca and Luppolo & Farina, two gastronomic gems winning over the most discerning palates with unique creations.*

## PIZZATECA: THE ART OF PIZZA ALLA PALA

Located in the heart of Casal Bertone, Rome, Pizzateca has quickly become a landmark for pizza lovers. Under the guidance of master pizzaiolo Andrea Gallizzi, it has achieved world-renowned excellence. Gallizzi, recently awarded as the best pizzaiolo in the world in the Pizza alla Pala category, captivated audiences and judges with his innovative eggplant pizza.

### A Sensory Experience

This pizza is a true feast for the senses. Each bite is a journey of flavors, where the dough, resulting from a long fermentation, offers perfect crispiness and unparalleled lightness. The intoxicating aroma of ingredients like slow-cooked tomato, eggplant prepared three ways, salted ricotta, buffalo stracciatella, semi-dry red

tomato, spherified parsley chlorophyll, and fresh basil creates an orgy of goodness.

Each creation by the chef is a masterpiece of fresh, seasonal ingredients. The careful selection of local products ensures not only quality but also sustainability. The ingredients are chosen with the utmost care: from tomatoes to artisanal cheeses, fresh vegetables to freshly picked herbs. This attention to detail is reflected in the 40 pizzas on the menu, from classic to refined, with off-menu additions depending on the season. This commitment offers a sense of authenticity and genuineness that enhances the culinary experience.

Beyond the extraordinary pizzas, Pizzateca boasts a well-stocked wine cellar, offering a selection of wines carefully chosen to pair perfectly with the dishes. The cellar includes local and national labels, allowing guests to pair

each pizza with a wine that enhances its flavors. This attention to detail makes the dining experience in the restaurant complete and refined, satisfying even the most demanding palates.

Each visit is a sensory journey that engages taste, smell, and sight, providing moments of pure culinary joy.







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# SIMONE TAGLIENTI'S INNOVATION REACHES NEW HEIGHTS



Located in Isola del Liri, in the province of Frosinone, Luppolo & Farina is winning over pizza lovers with the innovation and passion of master pizzaiolo Simone Taglienti. This place is not just a pizzeria but a true taste laboratory where tradition blends with experimentation, leading to the creation of unique and unforgettable pizzas.

## The Arcimboldo d'Oro

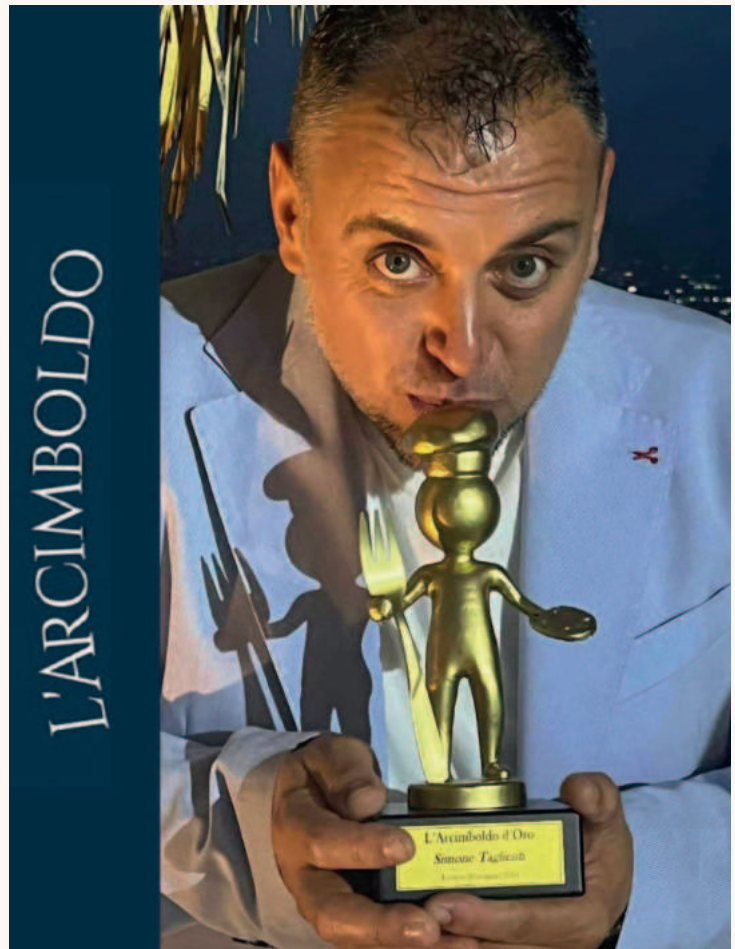
The excellence of Luppolo & Farina was recently recognized nationally with the prestigious Arcimboldo d'Oro award. This award, equivalent to the Golden Brush symbol used by artists to create their works, acknowledges exceptional culinary artists. Simone Taglienti received two brushes for 2024, a recognition

reserved for those who excel in innovation and quality.

## A Sensory Experience

Each pizza is an explosion of flavors, where the dough's texture perfectly complements the freshness of seasonal ingredients. The aroma of the beer used in the dough mixes with the scent of carefully chosen extra virgin olive oils for each creation. The EVO oil menu is a distinctive feature of the place: each pizza is paired with a specific oil, enhancing the flavors and adding a touch of elegance and refinement.

Luppolo & Farina, under the guidance of Simone Taglienti, represents innovation in the world of pizza, combining tradition and experimentation to create gastronomic masterpieces.



## THE MAGIC OF APPENNINE PENNYROYAL: A TREASURE FROM COLLEPARDO

# Pennyroyal

## mojito



### A bond with the territory

The Roman Pennyroyal, cultivated in the fertile lands of the Apennines, enhances the flavors of mushrooms and artichokes and is indispensable in many traditional recipes. This liqueur embodies the essence of these lands, bringing with it the fragrance of the mountains and the warmth of local traditions. The manual harvesting and artisanal infusion ensure that each bottle is a tribute to nature and the dedication of its producers.

### The history of Sarandrea

Founded over a century ago, Sarandrea has become a symbol of quality and passion. Their attention to detail and respect for tradition have allowed Sarandrea to emerge in the international mixology scene. Each sip of the Appennine Pennyroyal Liqueur tells a story of family, territory, and artisanal mastery.

*To celebrate this liqueur in a modern and sophisticated way, we propose a variation of the classic Mojito:*

### INGREDIENTS:

- 50 ml of Appennine Pennyroyal Liqueur by Sarandrea
- 20 ml of fresh lime juice
- 10 ml of sugar syrup
- Fresh mint leaves
- Soda water
- Ice

### PREPARATION

- Place the mint leaves and lime juice in a glass.
- Add the sugar syrup and gently muddle.
- Fill the glass with ice.
- Pour in the Pennyroyal Liqueur and top up with soda water.
- Stir gently and garnish with a sprig of mint.

This cocktail is a tribute to tradition, blending the past and present in a unique tasting experience. The freshness of the pennyroyal, combined with the liveliness of lime and the sweetness of sugar, makes the Pennyroyal Mojito a perfect choice for any occasion. Enjoy!



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# Gianni

*Before revealing the essence of Gianni, a work that deeply touched my soul, I want to share a moment that intensified my theatrical experience: the encounter with Caroline Baglioni and Michelangelo Bellani. Talking with these extraordinary artists, I further appreciated the theater as a formidable channel of emotional communication, a visceral bond between the stage and the audience. It was during the last performance, which I had the privilege to see in Rome, that I felt the magic of this connection with greater intensity. This introduction invites you on a journey that unfolds not only through the words used to describe Gianni but also through the very essence of theatrical art, where every emotion and every pause speak directly to the soul.*

THEATRICAL STORYTELLER



Allow me to guide you through an unparalleled experience where the boundary between stage and reality blurs in the presence of tangible emotions, and memories subtly intertwine with the life of each person. Gianni, born from the creativity of Caroline Baglioni and Michelangelo Bellani, transcends simple representation: it becomes an emotional adventure that exceeds traditional boundaries, inviting the audience into a place where every heartbeat resonates with echoes of the past. The first encounter with the performance happens through a scenic installation of scattered shoes, each telling its own

the memory of this towering man with intensity, but with a fragile heart. The scenography, enhanced by the lighting of Gianni Staropoli, creates an atmosphere that invites the audience to immerse themselves completely in the story. The light, alternating in intensity, accompanies the emotional variations of the work, delineating the changes in Gianni's life on stage. The melodies envelop the environment, giving shape to silences, unspoken words, broken dreams, and the protagonist's hopes. The uniqueness of this performance lies in its ability to create a profound connection with the human being, stimulating reflection on our own

moments of shadow and light. Through her interpretation, Caroline invites us to probe the depths of the bond that unites existences, revealing how, in the end, each of us has an "inner Gianni," a part of ourselves marked by internal conflicts, hidden desires, joys, and sorrows. When the lights go out and silence envelops the hall, what persists is a deep emotional connection, a feeling of gratitude for having shared a fragment of existence with Gianni. The final standing ovation is not just a tribute to the artistic mastery of those who made this magic possible but also to the resilience, hope, and love that the protagonist embodied. Baglioni and Bellani have created not just a performance but an emotional bridge between souls, a work that shakes, moves, and leaves a mark on the hearts of the audience. As a theatrical storyteller, it is my duty to capture and convey these stories and emotions so that even those who have not yet seen the performance can feel part of this profound emotional experience, capable of making eyes shine and touching the soul with its universal humanity.

# An emotional journey beyond the stage

story, a step, a moment in life. This is not a random detail but a powerful symbol of the life of Gianni Pampanini, Caroline's uncle, a man marked by internal conflicts, continuously oscillating between self-discovery and the desire to escape. These shoes inaugurate the performance with surprising visual and conceptual strength.

Imagine being thirteen years old when your father comes home one day announcing that it's time to take care of Gianni. A giant not only in stature but also in his internal battles, tormented by a manic-depressive condition that accentuated his emotional complexity and daily struggles. Caroline conveys



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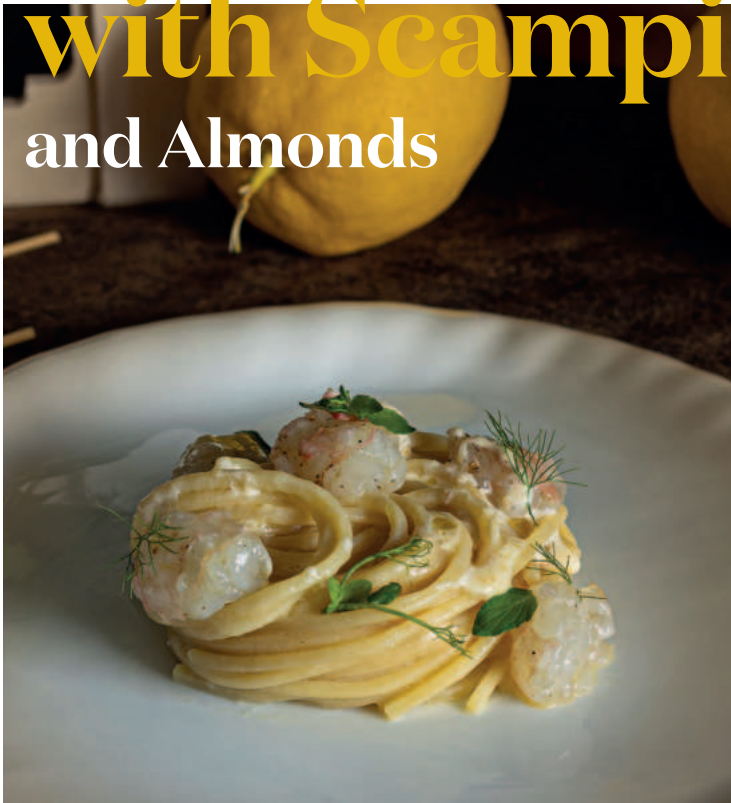


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PAMELA LICCARDO

# Lemon Spaghetti with Scampi and Almonds



## INGREDIENTS

- 320 g spaghetti • 6 frozen scampi • 1 clove of garlic • 3 untreated lemons • Fresh mint • Extra virgin olive oil • Salt • Black pepper • 100 g fresh cream • 100 g milk • 100 g blanched almonds • Butter

*In the simplicity of Italian tradition, there often lies a world of complexity and intense flavors. Lemon spaghetti with scampi and almonds is a perfect example of this culinary philosophy. This dish combines the freshness of citrus, the delicacy of seafood, and the creaminess of almonds, creating a harmony of flavors that can surprise even the most discerning palates. Preparing this recipe will not only bring a refined and delicious dish to your table but will also allow you to experience the joy of cooking as an art form.*

## INSTRUCTIONS

### Cleaning the Scampi

Clean the scampi by removing the heads, shells, and the black intestinal vein. The discarded parts can be used to make a fish broth for another recipe.

Cut the scampi and season them with salt, oil, pepper, and lemon zest.

### Preparing the Aromatic Broth

Peel the lemons, removing the bitter white pith.

Prepare an aromatic broth with the lemon peels in which you will cook the spaghetti.

### Cooking the Pasta

Cook the spaghetti in the aromatic broth until half-cooked.

In a pan, melt the butter.

Add the spaghetti, still al dente, to the pan with the butter.

Add the juice of one lemon and toss the pasta to coat.

Turn off the heat, add the scampi, and toss for a few seconds.

### Preparing the Almond Cream

Toast the almonds in the oven at 180°C for about 5-6 minutes. In a saucepan, prepare a base with oil and garlic.

Add the toasted almonds, pour in the milk, and cook until done.

Blend everything and add the cold cream.

Strain the resulting cream.

### Plating

Combine the spaghetti, scampi, and almond cream.

Add fresh mint leaves and a grating of lemon zest.

Serve immediately and enjoy your meal.

This recipe will guide you through a journey of unique flavors, where each ingredient is maximized to offer you an unforgettable culinary experience.



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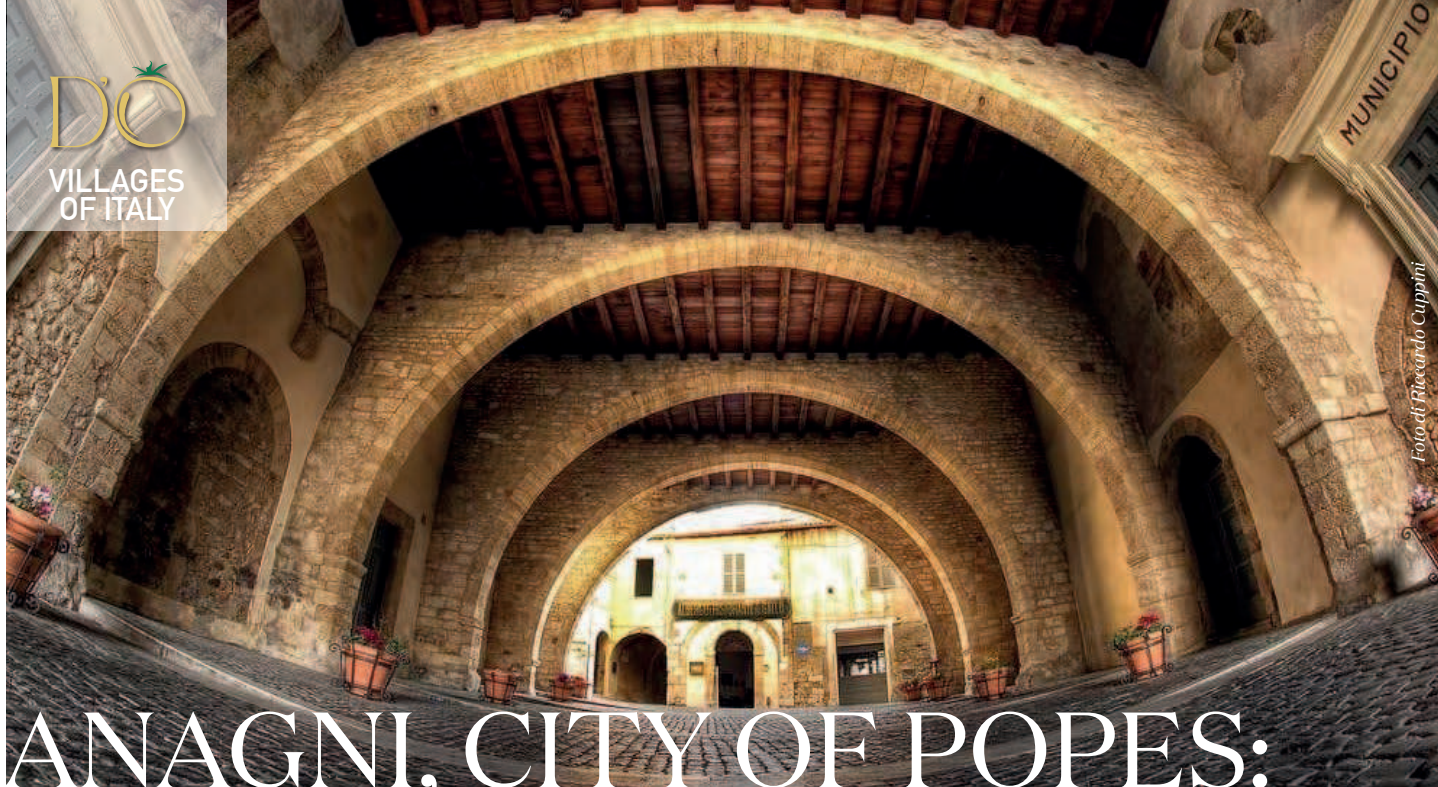
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# ANAGNI, CITY OF POPES:

## THE GREAT EPISODES OF MEDIEVAL HISTORY IN CIOCIARIA

NICOLETTA TRENTO  
Tourist guide

The area of our itinerary is the northernmost part of the province of Frosinone, winding through the hilly territories of the Ernici mountains along the southern Via Francigena and the Cesanese del Piglio DOCG Wine Route. The city of Anagni stands on a hill at 470 meters above sea level, dominating the Sacco Valley. It has been inhabited since the 8th-7th centuries BC by the Hernici, an Italic people who, united in a federation with the inhabitants of nearby cities, designated Anagni as their religious capital. This city was chosen as the site of numerous temples and meeting

places for assemblies.

From the Roman period, the city walls, some substructures, fragments of buildings, and precious inscriptions preserved in the MuCa and the Cistercian Nuns' Monastery, which also houses the Palazzo of Boniface VIII, are still visible. In the lower part of the city, near Osteria della Fontana, was the Compitum anagninum, a stop on the ancient Via Latina, one of the oldest roads built by the Romans, stretching 200 km to connect Rome to Capua.

By the 5th century, the city was cited among the episcopal sees belonging to the Patrimony Labicanum, included

in the donations of Emperor Louis to Pope Paschal. From the year 1000 until 1303, significant historical events for the city and European politics were recorded. In 1159, envoys from Lombard cities, in conflict with Emperor Frederick I Barbarossa, met in Anagni with Pope Adrian IV, who received them in the Cathedral's rectory, signing an anti-imperial alliance pact. In 1160, Pope Alexander III issued a bull of excommunication against Emperor Barbarossa, and the following year canonized Edward the Confessor, King of England. In 1174, he elevated St. Bernard of Clairvaux to sainthood and

consecrated Bishop Richard as the successor of St. Thomas Becket. After the defeat at Legnano, Barbarossa's envoys went to Anagni to sign the peace agreement. On that occasion, the Pactum anagninum was signed, later ratified with the signing of the Peace of Venice.

The 13th century began with the pontificate of the first pope from Anagni, Innocent III, who canonized St. Peter, the hermit of Trevi, in 1215. Around the 1220s, major beautification work on the Cathedral began, including the flooring. In 1227, another pope from Anagni, Gregory IX, ascended the papal throne. In September of the same year, he announced from the Cathedral's altar the excommunication of Frederick II, who had not yet complied with the pope's request to join the crusade. In 1230, Gregory IX received the emperor in Anagni, lifting his excommunication following the Peace of San Germano. However, relations deteriorated again, leading to a second excommunication in 1239. Gregory IX also founded a Florentine abbey, whose remains are still visible in Contrada Gloria.

### Description of the Monuments

In the late 1100s, the construction of the Romanesque Cathedral (1072-1104) began, strongly desired by Bishop Pietro da Salerno, who, after healing Byzantine Emperor Michael VII from a sudden illness through the intercession of St. Magnus, protector of Anagni, received funds from the grateful emperor to complete the Cathedral. The main facade is very simple, with three doors topped by arches and enriched with materials from the previous church. Inside, the magnificent Cosmatesque pavement, the twisted candlestick, and the

episcopal chair by Vassalietto date back to the 13th century. The Caetani Chapel houses a beautiful Gothic marble canopy.

The jewel of the Cathedral is the Crypt of St. Magnus, frescoed in the 13th century by painters of the Roman-

who, after wars against the Philistines, anointed Saul as king through Priest Samuel's intervention. This story also has a political message, reminding rulers that they need the Pope's anointing to be recognized as kings and emperors.



Foto da sito della Parrocchia di Frosinone

Benedictine school. The frescoes, covering 540 square meters, depict the history of human salvation from Creation to Judgment, illustrating the metaphysical, scientific, and theological knowledge of the time, from Platonism with the four elements (fire, air, water, earth) to the Apocalypse of John the Evangelist. Central scenes of the Ark of the Covenant symbolize the covenant between God and the Jewish people,

In the elegant Piazza Innocenzo III, one can admire the Loggia of Benedictions, the exterior of the Caetani Chapel, the Baptistery Chapel supported by a daring arch, and the scenic staircase behind the apses. Beside the staircase is the museum-atelier of Tommaso Gismondi, a sculptor from Anagni highly regarded by Pope John Paul II. The Palazzo of Boniface VIII is where the 1303 outrage known as the

photo: Carlo Ribauda



“Slap of Anagni” took place. William Nogaret and Sciarra Colonna, following orders from King Philip IV of France, imprisoned the pope for four days in his palace: “the vicar of Christ on earth was insulted,” and as Dante reminds us, “he was killed by the hand of the lily.” This episode marked the end of theocracy and the rise of nation-states in Europe. From 1309 to 1377, the papal seat moved from Rome to Avignon under the French king’s control. Walking along Via Vittorio Emanuele II, many buildings recall medieval Anagni, but one particularly worth visiting is the 12th-century Town Hall, designed

by Iacopo da Iseo. He connected two buildings with a series of arches supporting the large Sala della Ragione, where city justice was administered. From Piazza Cavour to Porta Cerere, the facades of Anagni’s buildings reveal their 18th-century origins, while steep medieval alleys run alongside. Of particular interest is the facade of the medieval Tomaso house, with a wide arched portico, an elegant mullioned window, and a staircase with a profferlo. Purchased by Baron Barnekow in the mid-1800s, it was frescoed by him with mystical and magical meanings in Swedish and Latin. Recent restorations

have restored the splendor of the paintings and inscriptions. Outside the city walls and beyond Porta Cerere is the church of San Pietro in Vineis, a monastery of the Poor Clares later inhabited by the Capuchins (1575-1873), who expanded it

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# CASA BARNEKOW - ANAGNI

CHIARA CARLA NAPOLETANO  
Journalist, photographer

Casa Barnekow is a historic residence located in the center of Anagni. It showcases a unique style of medieval architecture and was built during the pontificate of the Pope anagnino Gregory IX, but the name recalls a Swedish nobleman and alchemist named Baron Alberto Barnekow. In the second half of the 19th century, in 1860, after marrying a model of Anagnine origin, Barnekow purchased the house and adorned its façade with frescoes and plaques featuring religious and esoteric themes written in various languages, following his conversion to Catholicism. The façade was named “Tribuna Albertina” by the baron himself, and it took 25 years to complete. Today, the illustrations, inscriptions, and alchemical meanings are explained in detail inside the house, alongside the

history and life of the baron. This gives the house its distinctive and unique appearance at first glance.

Before Barnekow, the residence had several owners from various noble families of Anagni: the Tomasi, the Ciprani, and the Gigli families. For this reason, the house is also known as “Casa Gigli”, as presented by the German medieval historian Ferdinand Gregorovius in his work “In giro per l’Italia”, where he recounts and describes the cities he visited during his travels, including Anagni, which he described as one of the most beautiful terraces in Europe. The house was also mentioned by historian R. Ambrosi De Magistris in his “Storia di Anagni” from 1889 and P. Zappasodi in “Anagni attraverso i secoli” from 1907. More recently, archaeologist G. Viti published “Casa Barnekow,

tribuna di un alchimista”. The residence also belonged to the renowned Anagnine artist Tommaso Gismondi, who used it as an exhibition space for his works and undertook partial restoration of the property.

The exterior of the house is very picturesque, with a staircase leading to the first floor. The entire structure is covered by large round arches supported by a column topped with a capital decorated with acanthus leaves. The house stands out for its features that resemble the loggias (profferli) typical of the Viterbo area. On the ground floor, beneath the stairs, the segmental arch doorway is a modern addition. Above the arches, there is a decoration of small arches supported by corbels. Today, the residence is a visitable museum, truly a gem of Ciociaria.





  
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## Half sleeves with a Scapece



*Half sleeves with a Scapece is a perfect dish to savor the flavors of summer, combining fresh, seasonal ingredients with preparation techniques that enhance their aromas. This recipe incorporates the sweetness of zucchini, the intensity of Cantabrian anchovies, and the freshness of mint, creating a balance of flavors that will surprise your palate. It's an ideal dish for a summer dinner, light yet rich and satisfying.*

### INGREDIENTS FOR 4 PEOPLE:

- 400g half sleeves pasta • 4 zucchinis • 1 clove of garlic
- Extra virgin olive oil • Salt and pepper to taste • Vinegar • Cantabrian anchovies to taste • Mint to taste

### PREPARATION

#### Zucchini cream:

In a pan, sauté a whole clove of garlic with a few mint leaves.

Add the thinly sliced zucchinis, season with salt and pepper.

Let them cook for about 20 minutes.

Set aside some zucchini for decoration and blend the rest with a tablespoon of vinegar to create a cream.

#### Pasta cooking:

Cook the mezze maniche pasta until it reaches the desired doneness.

At the end of cooking, drain the pasta and incorporate it into the zucchini cream, stirring well to blend the flavors.

#### Anchovy sauce:

Blend the anchovy fillets with a bit of water until you obtain a creamy sauce.

#### Plating:

Arrange the pasta on the plate.

Add the anchovy sauce, the zucchini rounds, a few fresh mint leaves, and a grating of black pepper to finish.

*This dish not only delights the palate with its balanced flavors but is also a visual pleasure with its vibrant colors and elegant presentation. Enjoy your meal!*



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A photograph of the band MALINA MALINA performing live on stage. A woman in a white dress is singing into a microphone, while a man in a dark shirt plays a keyboard. The stage is lit with warm, reddish-pink lights, and a large projection of a classical painting is visible in the background.

# MALINA MALINA:

EDOARDO CIERVO

A FASCINATING  
FUSION OF SOUND  
AND VISUAL ART

On May 16th, at the Arci Fanfulla Club - located in the heart of the Pigneto district - the young Berlin trio MALINA MALINA performed an innovative mix of ambient music and experimental pop, all framed within a concept exploring the duality of the human being (hence the repetition in the collective's name). Despite their Berlin base, the group is only one-third German, as it consists of Polish singer Maja Olendrek, Italian keyboardist Michelangelo Contini, and Berlin-born bassist Lea Nielmann. These diverse origins reflect a totally original sound with a strong European imprint.

Framing the "impressionist picture" of MALINA MALINA was the mystical and evocative atmosphere of the Arci Fanfulla Club, a historic venue in the capital, renowned as a hub for emerging and independent artists from all over Europe. The venue itself is modest in size, which contributes to the intimate and familiar atmosphere that has always distinguished this little gem of Rome's nightlife.

After a musical "appetizer" of downtempo (a subgenre of electronic music born in England, characterized by heavy, slow, and hypnotic rhythms) served by resident

DJ Albertino, the audience gathered in front of the stage. The lights dimmed, and the three members of MALINA MALINA took their positions. Behind them, at the back of the stage, a screen projected black and white film clips: rural buildings in snowy landscapes, close-ups of animals, and eccentrically dancing human figures. These were the main subjects of a visual journey that perfectly fused with the Berlin trio's sound.

The group began their performance: it was the keyboardist who started with minimal synthesizer sounds that created an ethereal, almost mystical atmosphere, broken only by some arrhythmic beats (also by

*To frame the  
“impressionist  
painting” of  
MALINA  
MALINA there  
is the mystical  
and evocative  
atmosphere of  
the Circolo Arci  
Fanfulla.*

the keyboardist) that brought the audience back to “reality.” About a minute passed, the electronic beats of the synth progressively “found” their rhythm, and the offbeat bass notes



completed this “wall of sound.” After this instrumental introduction, the group’s voice made its entrance; a clear, almost angelic tone with remarkable vocal range, at times reminiscent of the renowned Icelandic singer Björk. What certainly stands out during MALINA MALINA’s performance is the diverse range of musical influences, reflected in their varied repertoire: while the main genre remains experimental pop, there are touches of techno, 70s pop rock, and even hints of early Bauhaus post-punk (referring to the British band

named after the well-known German art school).

The roughly forty-five minutes of the performance flew by, with the trio’s modern sound and the evocative images projected on the stage backdrop, in a musical journey that finds its completeness in the visual element. All that remains is to thank MALINA MALINA for this authentic experience and the Arci Fanfulla Club for providing a space for young, emerging, and independent artists once again.

A photograph of a wine cellar with rows of wooden barrels on racks. The cellar has a vaulted stone ceiling and warm, ambient lighting. The barrels are in the foreground, slightly out of focus, leading the eye into the depth of the cellar.

# THE POWER OF WINE AND FOOD TOURISM

A journey to discover the coolest areas  
for the Ciociaria summer

ALFIO MIRONE

Researcher of Excellence  
Journalist, Food Writer

We'll start our gastronomic journey in **Piglio**, immersed in history and nature. Here, besides the renowned wineries producing the famous Cesanese del Piglio, we can visit the suggestive **San Lorenzo Convent** and the **Piglio-Fiuggi cycle path**, ideal for nature and sport enthusiasts. Continuing towards **Serrone**, we encounter the **Museum of Theatrical Costumes**, offering a dive into local culture and traditions. Nearby, the **Regina della Pace Sanctuary** and the **San Michele Hermitage** invite moments of reflection and spirituality, while **Monte Scalambra** offers breathtaking views for hikers.

From Serrone, we head towards **Acuto**, known for the Michelin-starred chef **Salvatore Tassa**. His restaurant "**Le Colline Ciociare**" is a temple of

gastronomy where tradition meets innovation. From here, we move to **Fiuggi**, famous for its therapeutic thermal waters, perfect for a regenerating break. Anagni, with its **Cathedral of Santa Maria** and the **Crypt of San Magno**, offers a journey back in time through its rich historical testimonies. Finally, **Fumone**, with its medieval castle, tells stories of kings and queens, offering spectacular views over the valley below.

Beyond the province of Frosinone, we explore other places where the coolness welcomes us. A journey through **Alvito**, **Atina**, **Veroli**, and **Guarcino** offers a rich experience of history, culture, and natural beauty. Starting in Alvito, a charming village in the **Valle di Comino**, known for the **torrone di pasta reale** from the

Di Tullio pastry shop. Key attractions include the **Castello Cantelmo** and the **Church of San Simeone**. From here, we can explore nearby locations in the valley, like Atina and San Donato Val Comino, and various hiking trails offering splendid panoramas.

Our next stop is **Veroli**, a city that perfectly combines history and spirituality. Veroli is famous for its **Basilica of Santa Maria Salome** with the **Scala Santa**, a place of great religious significance. The well-preserved historic center offers a journey back in time through its ancient streets and squares, and the **Abbey of Casamari** is worth a visit.

Finally, we head to **Guarcino**, a perfect refuge between history and nature. From here, it's easy to reach beautiful villages like **Vico nel Lazio**, **Colleparado**, and **Alatri**.



### *L'Avventura e Casale Verde Luna: a journey between wine and nature*

L'Avventura in Piglio is a place where passion for wine intertwines with the beauty of nature and tradition. Founded on September 15, 2015, the company is dedicated to cultivating Cesanese del Piglio DOCG. Visitors can stroll through the lush vineyards, discovering the organic and regenerative farming techniques adopted by the company. Guided tastings offer the opportunity to savor the various labels, each with its personality and story to tell, from robust red wine to fresh and aromatic white.

Casale Verde Luna represents an oasis of peace where you can enjoy the surrounding nature and the authentic flavors of local cuisine, offering unforgettable culinary experiences. Strolling through the vineyards, enjoying an aperitif at sunset, or relaxing by the pool are just some of the experiences that make the stay unique and memorable. To book your stay, visit the official website [casaleverdeluna.it](http://casaleverdeluna.it) or call 0775 503051.

### *Petrucca e Vela: tradition and innovation in the heart of Piglio*

In Piglio, the company founded in 1969 is committed to enhancing the Cesanese del Piglio DOCG grape variety, the only red wine from Lazio to have obtained the prestigious DOCG designation. Each wine produced tells a story of passion and dedication, an authentic expression of the territory and its rich winemaking tradition. Visits to the winery and tastings are an invitation to discover the secrets of winemaking while savoring the quality

and elegance of Petrucca e Vela wines.

### *Giovanni Terenzi wines: a journey between tradition and quality*

The Giovanni Terenzi winery is a symbol of the winemaking tradition of Serrone, where each bottle is a tribute to the passion and dedication that the Terenzi family has for viticulture. The winery visit offers an immersive experience in the world of wine. Visitors can explore the vineyards located at an altitude of 400 meters and learn about winemaking techniques that combine traditional

### *Cominium winery and restaurants in Atina*

Moving to Valle di Comino, in Alvito, we find the Cominium Winery, founded in 1999. The winery's philosophy is centered on sustainability and harmony with the environment, ensuring that each bottle of wine is an authentic reflection of the land it comes from. Guided tastings offer a sensory journey through the vineyards, allowing exploration of winemaking techniques and savoring fine wines paired with typical local products.

For a fresh and relaxing stay,



methods with modern innovations. Continuing in picturesque Serrone, the Macelleria Salumeria Minori is a landmark for those seeking high-quality meats and typical products of the Ciociarian norcineria tradition. Founded over a century ago, this historic butcher shop celebrates the art of norcineria with unparalleled mastery, handed down from generation to generation.

Agriturismo Cerere in Alvito is the ideal place. Located in Valle di Comino, the agriturismo offers excellent local cuisine with dishes that enhance traditional flavors. The property offers comfortable accommodations immersed in the tranquility of the hills, providing a regenerative refuge in contact with nature.

In Valle di Comino, in Atina, we find two renowned restaurants: Le Cannardizie,



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known for its dishes that combine tradition and innovation using fresh and local ingredients, and Il Vicolo, offering a cozy atmosphere and dishes linked to tradition revisited in a gourmet way, choosing high-quality ingredients. Both restaurants represent the best of the gastronomy of Valle di Comino, offering culinary experiences that respect traditions with a touch of creativity.

### *Veroli: between history and gastronomy*

In Veroli, two distinct places deserve special mention: the Domus Hernica restaurant and the Hotel Relais Filonardi, two gems in the heart of this charming village. Mario Quattrococchi, a renowned chef, is the soul of the Domus Hernica restaurant in the historic center of Veroli. His cuisine is a sensory journey that enhances the gastronomic culture of the territory, making every meal unforgettable.

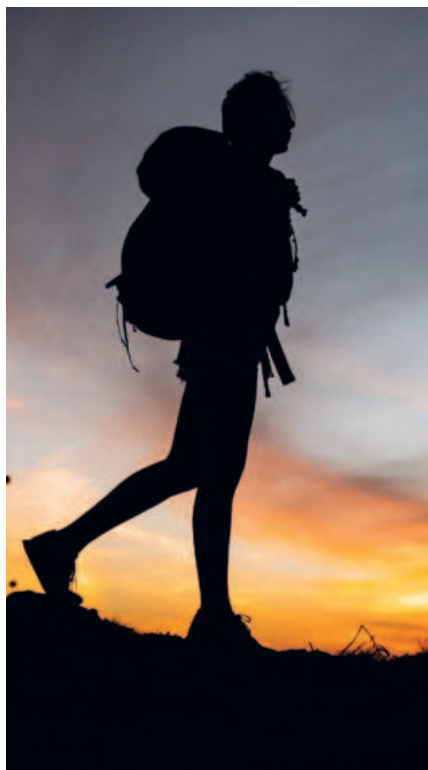
The Hotel Relais Filonardi offers a unique experience in a former 17th-century convent. With vaulted ceilings decorated and period furniture, the hotel combines historical charm and modern comfort. Here, your wedding will be a tribute to the most beautiful day of your life, surrounded by a suggestive and rich historical atmosphere

### *Guarcino: a refuge between history and nature*

During the summer, the coolness of the mountains transforms Guarcino into a perfect refuge to escape the city heat. Who hasn't heard of Erzinio, the ancient ham factory of Guarcino? This historic company offers a wide range of traditional cured meats such as ham,

sausages, and salami. Today, Erzinio has included catering, a camper area, and accommodations for an unforgettable stay among the mountains of Ciociaria. Casa Erzinio, with its four double rooms, is perfect for those seeking a weekend of nature and tranquility. Retrobottega offers a delicious menu, enhancing the authentic flavors of Ciociaria. For more details and to book your stay, visit the official website [erzinio.it](http://erzinio.it) or call 0775 46286 - 392 1536260.

The Hotel Ristorante Giuliana, located in Guarcino along the road leading to Arcinazzo, offers a perfect combination of hospitality and culinary tradition. Immersed in beautiful mountain landscapes, this hotel is ideal for those seeking a relaxing and



regenerating stay. The Hotel Giuliana features cozy and comfortable rooms. The hotel's restaurant is renowned for its typical Ciociarian cuisine, prepared by chef Alessia Martufi, offering an authentic gastronomic experience. For more information and to book your stay, you can visit the official website [hotelgiuliana.it](http://hotelgiuliana.it) or call 0775 459825.

The Ristorante Rocca di Rivituro, located at the foot of Campo Catino, is a must-visit for those who wish to enjoy a suggestive environment. Surrounded by a mountain landscape, this restaurant offers a breathtaking view that perfectly complements the excellence of its dishes. The cuisine is superb, with a menu ranging from appetizers to desserts, all prepared with fresh and high-quality ingredients. For further details and to book, you can visit the official website [roccadirivituro.it](http://roccadirivituro.it) or call 0775 46565.

Federica Verdecchia is the talented artisan behind the renowned Amaretto di Guarcino, a sweet that has achieved levels of excellence recognized internationally. Thanks to her dedication and skill, the amaretto has become a symbol of Guarcino's confectionery tradition. This sweet, with a crunchy surface and a soft heart, is made with high-quality almonds, sugar, and egg whites, following a traditional recipe. The production of amaretti takes place in an artisanal laboratory that avoids the use of industrial machinery, maintaining the product's authenticity.

Moreover, in Guarcino, there is the Caffè Campetelli roasting company, where coffee is roasted artisanally over wood, one origin at a time, respecting the cooking times to enhance



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D'O

WORDS

# THE GRAND TOUR

LIVIA GUALTIERI

*As an enthusiast of the idea of travel, whether physical or emotional, I couldn't resist telling the story of what has been, over the course of two centuries, the ultimate journey: the Grand Tour.*



This term referred to the long itinerary that Europe's aristocratic and wealthy youth – primarily English, French, and German – undertook through various countries, ultimately reaching Italy, the most coveted destination of all time. It was a journey of cultural formation and growth, aiming to draw from our immense heritage the knowledge that would enrich and lend prestige to the education of young aristocrats. The first to coin the term was the English priest Richard Lassels in his “The Voyage of Italy,” published in 1670.

Traveling through Italy had already been a long-standing tradition since the Middle Ages, primarily involving pilgrimages along the paths of faith, such as the Via Francigena. From these journeys, we are left with posting stations and votive shrines. Later, the journey to Italy began to take on the contours we are more familiar with today, becoming cultural and educational. Our country was seen abroad as an immense open-air museum, with an innumerable quantity of artworks, monuments, and archaeological remains from a past – that of the Roman Empire – characterized by absolute dominance in terms of extent, culture, and civilization. An undeniable advantage, then as now, was Italy's milder and more pleasant climate compared to the gloomy and northern weather of many travelers' home countries. Not to mention our traditional highlights of scenic beauty and excellent cuisine. These Grand Tourists did not shy away from masking their quest for culture with the pursuit of entertainment and pleasures that our country offered to young people, who would assume leadership roles in more serious and

scheduled lives once they returned home.

As it is today, the favorite destinations were the cities of art, foremost among them Venice and Rome; the former preferred by the English and the latter by the French. However, in the mid-18th century, thanks to the archaeological discoveries of Pompeii and Herculaneum, other attractive locations with historical significance began to emerge. The 18th century also had the merit – if we may call it that – of introducing female travelers. Women began to partake in these journeys,



and their accounts have remained in literature alongside those of their male counterparts. And referring to written works, we certainly cannot forget Goethe's famous “Italian Journey,” which remains a milestone in travel literature and has greatly contributed to the romantic and passionate image of our country, even among his contemporary compatriots.

The tour through our magnificent beauties also contributed to the birth of artistic genres such as veduta painting, which focused on the environment not merely as a backdrop

for human endeavors but as the true protagonist, depicting it in its reality as the canons of the Age of Enlightenment and scientific research dictated. It played an important role in art, thanks to the fact that wealthy young men were often accompanied by tutors and artists who were responsible for guiding them in their learning and taking care of them during the journey. Artists were also encouraged to refine their training in Italy, a place of worship for artistic tradition. This led to the foundation of institutions such as the French Academy in Rome in 1666,

contributing to the arrival of numerous artists who studied in our country and disseminated its beauty and treasures through their works.

Today, instead of the accounts of Goethe, Lord Byron, or Stendhal, who have entered the pantheon of timeless literature, we find guidebooks or online reviews, and mass tourism has replaced the elite or bohemian romanticism of artists. But the charm and attraction of our country remain unchanged, with its most famous treasures and those hidden in every small village, every alley or district, every forest or path.



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D'O  
ART



# CAPTURING LIGHT AND GIVING A FACE TO THE SOUL

BIANCAMARIA VALERI

On April 27, 2024, the art exhibition by Maestro Enzo Arduini was inaugurated, showcasing a decade of his work

of Impressionism, Expressionism, Primitivism, Futurism, Cubism. But these are merely echoes, the cultural and artistic substratum that

from which Arduini draws the soul to give it a face. In his works, it is no longer just earth; it seems like something else: it appears as gold

## *Art Exhibition by Enzo Arduini in Ferentino*

from 2015 to 2024: “Giving a Face to the Soul.” How to describe this exhibition, this vernissage by Enzo Arduini in Ferentino? It is a “monumental” show where the artworks are expressed with the scratch of compositional originality, artistic genius, sentiment, and refined technique. Visitors, free from any prejudicial hindrances, are captivated by the marks, shapes, colors, and light emanating from and enveloping the works in their entirety. Astonishment arises as one senses the mysterious and subtle voice of poetry, revealing a profound reading of the soul that connects in new and rational forms, both abstract and material, the intricate natural world emerging from within, unfolding in the sensitive, emotional, and sentimental vision of the universe around us.

The current exhibition's path is outlined by Arduini himself, who has numbered each of his displayed works and indicated the trajectory of light we must follow to achieve a clearer, more transparent understanding of his seemingly simple art, composed of few marks, few colors, few shapes, often diluted and blurred, almost dematerialized, in the paintings where one senses echoes

solidly supports Arduini's personal expression.

Arduini's art captures light, spreading



it in broad strokes of colors that vibrate with the sunlight that touches and illuminates them, making them shine, especially when the Maestro uses not only colors but also metals. The material is animated and bursts powerfully in Arduini's plastic works, a material manipulated, molded, forged, transformed from the Earth

but is bronze, appears as paper but is silver, appears as a wall but is fabric, appears as copper, an iridescent metal but is porcelain, appears as transparent glass but is porcelain metallized with appropriate colors. The porcelains become sculptures and, at the same time, fully rounded paintings, immersed in a three-dimensional reality that induces you to rotate around the figure, which rotates with you as you observe it. The vase becomes similar to a matryoshka: inside it, though the sensation is apparent because the design is on the surface, dances a graceful figure where the design and lines impart a whirling and ascending dynamism.

Arduini has named his works, but he chose not to display their names in this exhibition. He identified the works only in numerical series. Follow the numbers; they are rhythm. Follow

the path your soul suggests because this exhibition aims to give a face to the soul; and this face must be yours. “Giving a Face to the Soul” ... It is the title of the exhibition. Arduini has succeeded in realizing this dream. He has given a face to the soul and to the soul of each of us who views his works.

# Symphony of the Sea



## PREPARATION

### Preparing the Squid:

Thoroughly clean the squid under running water, removing the innards and skin.

Cut them open and make light incisions from head to tail, forming small diamonds. This step not only makes the squid more visually appealing but also more tender during cooking.

### Preparing the Prawns:

Shell the prawns, leaving the tail intact for a more elegant presentation.

Drizzle them with a little extra virgin olive oil and a pinch of salt.

Finely chop the aromatic herbs (such as parsley, thyme, and rosemary) and mix them with the breadcrumbs.

Coat the prawns in the aromatic breadcrumbs, ensuring they are well covered.

### Cooking the Prawns:

Heat plenty of oil for frying in a large pan.

Fry the breaded prawns until golden and crispy, then drain them on paper towels to remove excess oil.

*With the arrival of summer, fresh and light flavors take center stage on our tables, and seasonal seafood dishes are the perfect option to delight the palate without weighing us down. Today, we present a recipe that celebrates the sea and its extraordinary variety of flavors: Squid and Prawns with Mixed Greens and Grapefruit. This dish not only combines the delicacy and succulence of seafood but also the crunchy freshness of summer vegetables and the citrus note of grapefruit. Each bite is a sensory journey through different flavors and textures, coming together in perfect harmony.*

## INGREDIENTS FOR 4 PEOPLE

- 8 squid • 12 prawns • Mixed greens to taste • Walnuts to taste • 1 grapefruit • Cherry tomatoes to taste • Salt to taste • Extra virgin olive oil to taste • Vinegar to taste
- Breadcrumbs to taste • Aromatic herbs to taste

### Cooking the Squid:

In a well-heated non-stick pan, add a drizzle of extra virgin olive oil.

Sear the squid on both sides. You will notice they curl up quickly; sauté them for a few minutes until cooked, then lightly salt and remove from heat.

### Preparing the Mixed Greens:

Wash and dry the mixed greens well.

In a large bowl, combine the mixed greens with halved cherry tomatoes, broken walnut pieces, and peeled grapefruit segments.

Dress with extra virgin olive oil, a pinch of salt, and a splash of balsamic or apple cider vinegar.

### Plating the Dish:

Arrange the mixed greens in the center of each plate.

Place the seared squid and fried prawns on top.

Finish with a final drizzle of extra virgin olive oil to enhance the flavors.

***Bon appétit! This refined and flavorful dish is perfect for bringing the best of the sea to your table with a touch of freshness and crunchiness.***



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# EATING WITHOUT UTENSILS

## A JOURNEY INTO HANDS-ON CULINARY TRADITIONS

ALESSIA MIRONE  
Sommelier and Engineer

**B**envenuti Welcome to a new sensory journey in our column “GastroNotes,” where today we challenge some of the most deeply rooted conventions of the culinary world. Often, dining etiquette imposes strict rules on how to enjoy food, but there are dishes that escape these dictates, offering a completely different experience when savored directly with your hands. From the personal touch of sushi to rustic fish soups, we will explore how using your hands can transform a simple meal into a unique and unforgettable experience. Get ready to get your hands dirty and immerse

yourself in a celebration of taste that goes beyond forks and knives.

The art of touch: when eating with your hands elevates flavor

**In-Depth Description:** Explore the sensory magic of dishes like sushi and fish soups, often best enjoyed without the mediation of utensils. Discuss how the direct contact of fingers with food not only enhances the flavor but also elevates the eating experience itself, creating a more intimate and authentic connection with what we consume. **Expert Quote:** “Physical contact with food intensifies the perception of flavors”.

**A journey through time: the untold history of utensils**

Narrate the cultural and social transition brought about by the introduction of the fork in Europe, originating from the Byzantine courts. Describe how this utensil, once a symbol of refinement, became a common dining tool, reflecting changes in social structures and culinary practices. **Historical Anecdote:** “The fork was first seen at a dinner in Venice in the 11th century but was initially mocked as an unnecessary frivolity.”



### Breaking the rules: foods to eat without utensils

List and describe dishes from various cultures traditionally consumed with hands, such as Japanese sushi and Neapolitan spaghetti. Highlight how these culinary traditions not only challenge modern dining conventions but also celebrate a return to the more authentic roots of food consumption. Cultural Curiosity: “In Japan, sushi is meant to be eaten with the hands to fully appreciate the temperature and texture of the rice.”

### The charm of hands: chicken, ribs, and other pleasures

Delve into how eating meat directly with your hands, such as roasted chicken or ribs, can be both practical and intensely satisfying. Expert Quote: “Eating with your hands liberates an instinctive and primal part, making food more gratifying,” says food anthropologist Marco Bellini.



### From the oven to your hand: pizza and other street delights

Celebrate pizza, the emblem of street food, emphasizing how the practice of folding it and eating it with hands is rooted in Neapolitan culture and positively influences the tasting experience. Historical Anecdote: “In the 18th century, travelers in Naples consumed pizza folded like a wallet, a practice born out of necessity that has become an iconic tradition.”



### The joy of simplicity: finger-sweets

In-Depth Description: Explore how some desserts, such as panettone during Christmas, are traditionally enjoyed without utensils, offering direct contact that amplifies the pleasure of the sweet. Cultural Curiosity: Tearing a piece of panettone with your hands is a practice that dates back hundreds of years in Italy, designed to share the joy and simplicity of the moment.

We have journeyed through flavors, stories, and traditions, discovering that sometimes, rules are meant to be broken, especially at the table. The act of eating with our hands connects us not only with the food but also with centuries of history and culture that resonate in every bite. In this article of GastroNotes, we have rediscovered the sensory pleasure and freedom that come from touching, feeling, and tasting food in its purest and most direct form. We hope these stories inspire you to set aside utensils, at least occasionally, to reconnect with the most authentic essence of culinary pleasure. Until our next installment, keep exploring, savoring, and above all, enjoying every moment of your gastronomic journey.



# Crudit  in Tamari with Coconut, Pepper, Mint, and Jasmine Sorbets

STEFANIA PELOSIO

*The magic of cooking lies in its ability to transport us to new worlds with a single bite. This dish captures the essence of summer, an explosion of freshness and aromas that celebrates the beauty and purity of nature. It is a dance of contrasts and harmonies, where the freshness of crudit s meets the creaminess of sorbets, creating a balance that surprises and delights. It's not just about nourishing the body, but offering an experience of pleasure and well-being, demonstrating how extraordinary simple and natural food can be.*

## METHOD

Toast the sesame seeds and oregano.

Cut the bread into small squares.

Slice the carrot and zucchini into rounds and marinate them in coconut oil and tamari for about 1 hour, then add the bread and mix. Blend the yogurt and pepper. Divide the mixture into two parts. To one part, add 10 jasmine flowers and blend again; to the other part, add mint leaves and blend. Freeze until it reaches a sorbet consistency (depends on the freezer temperature).

## PLATING:

On skewers, alternate carrot, zucchini, and bread pieces until used up. Roll them in the sesame and oregano, and decorate with jasmine flowers. Serve with the two coconut sorbets.

Enjoy a refreshing summer appetizer!

## CURIOSITIES IN THE DISH

**Zucchini** (*Cucurbita pepo* L.) is best consumed fresh to preserve its nutritional properties. Rich in water (about 95%) and potassium, it is very digestible and can be eaten raw or briefly cooked.

**Carrot** (*Daucus carota* L.) is rich in water, fiber, minerals, and vitamins, particularly beta-carotene, which is beneficial for eyesight. It has protective roles for the digestive mucosa and is often used in cosmetic products.

## INGREDIENTS FOR 2 PEOPLE

• 125 g unsweetened creamy coconut yogurt • 100 g zucchini, carrot, yellow pepper • 2 slices whole wheat bread • 3 tbsp tamari • 1 tsp coconut oil • 30 jasmine flowers • 10 Roman mint leaves • 1/4 tsp dried oregano • 2 tbsp raw sesame seeds

**Yellow Pepper** (*Capsicum annum* L.) is hydrating, antioxidant, and rich in vitamins C, A, K, and lutein. It's best eaten raw to preserve vitamin C.

**Roman Mint** (*Mentha spicata* L.) is digestive, helps with bloating and nausea, and has antispasmodic properties.

**Jasmine** (*Jasminum officinale* L.) has a highly fragrant essence and is used in various applications, including aromatherapy and cosmetics.

**Oregano** (*Origanum vulgare* L.) is rich in vitamins and minerals, antioxidant, aids digestion, and has anti-inflammatory properties.

**Coconut** (*Cocos nucifera* L.) is rich in medium-chain saturated fats, which are beneficial for health. It also contains nutrients that support metabolic and digestive functions.

**Sesame Seeds** (*Sesamum indicum* L.) are an important source of organic calcium. Light toasting or grinding them improves their assimilation.

**Tamari** is a fermented soybean sauce that aids digestion and is a gluten-free, flavorful alternative to salt.

Enjoy this delightful and healthful summer appetizer that brings together the best of nature's flavors and nutritional benefits.

# FONDI ENCHANTED

*A Journey Among  
Heirs of Time and  
Earthy Delights*

TOURISM EDITORIAL TEAM



Fondi is a city rich in history, culture, and natural beauty, where every corner tells an ancient story, and the culinary tradition intertwines seamlessly with the rich artistic and architectural heritage. A journey to Fondi is an immersion into a glorious past, among medieval castles, ancient churches, and Roman vestiges, all harmoniously coexisting with the vibrancy of modern life.

The historic heart of Fondi is dominated by the imposing Castello Baronale, whose towers and crenellated walls evoke images of battles and noble deeds. Built in the 14th century on Roman foundations, the castle has been the scene of significant historical events and now stands as a fascinating monument where time seems to have stopped. Strolling through its courtyards and halls, it's easy to imagine oneself in medieval Fondi, a crossroads of cultures and peoples. Another gem of Fondi is Palazzo

Caetani, an exquisite example of Renaissance architecture, with its elegant gardens representing an oasis of peace and beauty. The city also boasts numerous churches of great artistic value, among which the Church of San Pietro stands out, housing priceless works of art that testify to the profound spirituality and refined art characterizing this territory.

After exploring the historical wonders of Fondi, the journey can continue with the discovery of local gastronomic excellence, brilliantly interpreted by Chef Fausto Ferrante. His cuisine is a tribute to the land of Fondi, a journey through authentic flavors that highlight local products, from fresh fruits and vegetables to seafood, fine olive oils, and wines. Food lovers will be enchanted by the variety and quality of the culinary offerings, ranging from fresh, savory seafood dishes to creations based on inland products, paired with Olio

DOP Colline Pontine and local wines that perfectly complement each meal, enriching the tasting experience.

Visits to farms and wineries allow a close look at the production of these excellent products, and gastronomic walks offer the unique opportunity to savor local cuisine amidst incomparable beauty, among ancient alleys and breathtaking views.

Fondi is situated in a privileged location, just a short distance from the crystal-clear waters of the Tyrrhenian Sea. This proximity to the sea enhances the city's tourist offer, allowing visitors to combine the discovery of historical and cultural heritage with the pleasure of relaxing days on the beach, under the Lazio sun.

The exploration of Fondi and its wonders, both historical and natural, can continue towards Gaeta, another gem of the Lazio coast. Located on a promontory jutting into the deep blue Tyrrhenian Sea, Gaeta offers a perfect mix of history, culture, and natural beauty.

This ancient maritime city is rich in monuments and historical sites reflecting its glorious past. One of the most significant examples is the majestic Castello Angioino-Aragonese, overlooking the city and offering spectacular views of the gulf. Gaeta is also famous for its medieval historic center, a maze of narrow streets and squares leading to surprising discoveries, such as the Cathedral of San Erasmo, with its splendid bell tower, and the Grotta del Turco, a natural wonder where the sea enters directly into the rock.

The beaches of Gaeta, with their fine sand and crystal-clear waters, are among the most beautiful in Lazio. Serapo Beach, the city's largest, is perfect for families, while the more secluded Arenauta Beach offers almost wild scenery, ideal for those seeking tranquility and contact with





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nature. Monte Orlando, with its Regional Park, offers trails for hiking or mountain biking, where ancient fortifications such as the Mausoleum of Lucius Munatius Plancus can be discovered, and breathtaking views of the gulf can be enjoyed. The proximity of Fondi to Gaeta enriches the travel experience, allowing the combination of exploring the historical and cultural heritage of the hinterland with the relaxation and fun that only the sea can offer. Moreover, Gaeta's culinary tradition, with its fish-based specialties, the famous

Gaeta olives, and the delicious tiella, a sort of savory pie filled with various ingredients, perfectly integrates with Fondi's enogastronomy, creating a gastronomic path of exceptional richness and variety. Visiting Fondi and its surroundings, therefore, is not just a journey through beauty and history, but also a culinary adventure celebrating the flavors of the Mediterranean, inviting travelers to fully immerse themselves in the traditions and way of life of this fascinating region of Italy.



# WHAT ARE FOOD ALLERGIES?

ALESSIA FEOLA

In recent years, food allergies have garnered significant attention, particularly among children. An allergy occurs when the immune system mistakenly identifies a harmless substance (allergen) as a threat, producing IgE antibodies and triggering an allergic response. Symptoms can include skin rashes, itching, sneezing, coughing, nausea, cramps, and diarrhea. Fortunately, fatal food allergy reactions are rare. It is crucial to differentiate between allergies and intolerances. Allergies involve the immune system and manifest

shortly after consuming the allergen, while intolerances, such as lactose intolerance, do not involve the immune system, and symptoms take longer to appear.

The most common food allergens include peanuts, gluten, shellfish, milk, sulfur dioxide, lupins, mollusks, nuts, fish, celery, sesame, mustard, soy, and eggs. Identifying a universal threshold value for these allergens is challenging due to individual differences. Research is focused on predicting the severity of reactions.

Currently, there is no cure for food allergies other than avoiding allergens. The European Commission requires that the 14 main allergens be indicated on labels, even if present only in trace amounts.

A simple method for identifying adverse reactions is the rotation diet, which involves eating only certain foods and changing them every 3 or 4 days. This can help link symptoms to specific foods and allergens.

Food allergies remain a field of intense research, aiming to improve the management and prevention of allergic reactions.

# THE KEY TO A HAPPY AND HEALTHY LIFE

The concept of “relaxation” is often misunderstood or overlooked in the frenzy of everyday life. However, its importance is fundamental for both mental and physical well-being. We talk about freeing the nervous and muscular system from accumulated tensions, embracing positive thoughts and smiling spontaneously. Imagine welcoming only pleasant thoughts into your mind, looking at life with serene eyes and smiling easily. It might seem trivial, but you’d be surprised how many people struggle to even smile without tension. Smiling is not only a gesture of courtesy, but it is also an act that brings happiness. A study shows

that the simple physical act of smiling can trigger a feeling of joy. So, why not learn to relax your jaw muscles and smile more often?

Relaxation not only affects our mental well-being, but has profound implications on our physical health. Let’s look at the cat: he doesn’t go on holiday, he doesn’t go to the cinema, he doesn’t play cards, yet he rests perfectly. We can learn a lot from this simple observation.

When we learn to relax, we obtain two benefits: we enjoy life more and we become people who are more appreciated by others. Furthermore, there is an interesting aspect that goes beyond our immediate well-being: the lengthening of

telomeres.

Telomeres are protein caps found at the two ends of DNA. Their shortening is a hallmark of cellular aging and age-related diseases. In recent years, several studies have shown that mental relaxation not only improves cognitive functions, but also acts on the epigenetic modification of DNA, thus reversing the epigenetic clock linked to aging.

So, remember: “relax” is the key word. It’s not just a question of pleasure, but of health and longevity. Take time for yourself, learn to relax and you will enjoy the benefits for a lifetime.

Dott. ANTONIO COLASANTI



# DIH

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# THE MAGIC OF TUSCIA'S CUISINE

## A GASTRONOMIC JOURNEY IN CAPRAROLA

*Caprarola, with its enchanting landscape and the majestic Palazzo Farnese, is a hidden gem in the heart of Tuscia Viterbese. Beyond its architectural and natural wonders, there is another treasure worth discovering: Trattoria del Cimino. As a food writer and culinary journalist, my visit to this restaurant was an experience that awakened the senses and celebrated the culinary tradition of Lazio.*

VITERBO EDITORIAL TEAM

## A story of family and tradition

Trattoria del Cimino is not just a restaurant but a piece of living history. Founded in 1940 as Frascetteria del Cimino, it has retained its original spirit, evolving from a simple tavern to an establishment of excellence. The soul of the kitchen is Maria Assunta, who inherited the culinary knowledge of the women who preceded her. Every dish that emerges from the kitchen carries the flavor of past generations and respect for tradition.

## Caprarola: a village to discover

Before indulging in the flavors of Trattoria del Cimino, take some time to explore Caprarola. This jewel of a village is dominated by the majestic Palazzo Farnese, a Renaissance masterpiece that deserves a thorough visit. A few steps away is Palazzo Riario, a historic building that narrates the town's history since 1370. These places enrich the spirit and prepare the palate for the culinary experience that awaits.

## A menu celebrating Lazio

The cuisine at Trattoria del Cimino pays homage to the flavors of Lazio. The dishes are generous in portions and rich in flavors, with a particular focus on the quality of the ingredients, all carefully selected and seasonally appropriate. Among the must-try specialties, the picci all'amatriciana stand out as a true masterpiece, a benchmark for anyone who loves this famous Lazio recipe. Awarded as the Best Amatriciana in Italy by Vinous, this ancient Etruscan recipe of pasta made with just water and ancient grains is enhanced by a sauce that simmers for four hours, made with San Marzano DOP tomatoes and free-range pork cheek. Each bite is

an explosion of authentic flavors, a true tribute to traditional Lazio cuisine.

I also tried the ravioli with mint-infused dough, filled with Viterbo pecorino and sheep ricotta, served with fava beans and guanciale. The freshness of the mint and the creaminess of the filling blend perfectly, creating a dish that is both refined and comforting.

Among the main courses, the Panino dei Romani is a bold and delicious reinterpretation. The tripe, cooked with Torre Guaceto Fiaschetto tomatoes, a Slow Food presidium, and Roman mint, is served in a homemade five-grain loaf. This dish, which defies modern burger trends, offers a unique and authentic taste experience, celebrating the culinary traditions of the region.

## Wines and hospitality

The passion for the territory is also reflected in the wine cellar of Trattoria del Cimino. Samuele, the son of Colombo and the fourth generation

of the Calistri family, guides guests on an unparalleled oenological journey. Without a predetermined wine list, you will be invited to choose directly from the cellar carved into the rock, among hundreds of bottles at the perfect temperature, ranging from local gems to great Italian and international names.

## An experience not to be missed

Visiting Trattoria del Cimino means immersing yourself in a culinary experience that goes beyond a simple meal. It is a journey through history, tradition, and a love for good food that the Calistri family has cultivated for generations. There is no better way to conclude your visit to Caprarola than to sit at one of their tables, let yourself be carried away by the authentic flavors of Lazio, and toast to the beauty of Tuscia. Enjoy your meal



ANGELICA BALDASSARRA

*Are you looking for the perfect summer breakfast for your kids? Want to make it with your own hands but don't know where to start? Don't worry, you're in the right place! Angelica's Super Soft Croissants are the ideal solution: delicious, fluffy, and above all, healthy, thanks to the use of wholesome ingredients like whole wheat flour and brown sugar.*

*This recipe is simple and quick, allowing you to prepare perfect croissants in just 10 minutes to enjoy for breakfast or as a snack. By following the step-by-step instructions, you can make these irresistible homemade croissants and impress the whole family.*



## INSTRUCTIONS

### Prepare the dough:

In a bowl, combine the whole wheat flour, all-purpose flour, yeast packet, and 2 teaspoons of brown sugar. Mix all the ingredients with your hands.

In another bowl, pour the warm water and add a tablespoon of honey.

Then add 50 g of brown sugar, the grated lemon zest, 80 g of melted butter, and 1 egg. Mix with a fork and gradually add the dry ingredients.

Transfer the mixture to a work surface and continue kneading with your hands until you obtain a smooth and elastic dough.

### Let the dough rise:

Place the dough ball in a bowl and cut a cross on the surface with

# Super Soft Croissants by Angelica

## Snack time is served!

### INGREDIENTS FOR 8 CROISSANTS

**For the dough:** • 250 ml of water • 1 tablespoon of honey • 50 g of brown sugar • 1 egg • 80 g of melted butter • Grated zest of 1 lemon • 250 g of whole wheat flour • 250 g of all-purpose flour • 1 packet of instant yeast • 2 teaspoons of brown sugar

**For the layering:** • 50 g of brown sugar • 30 g of melted butter

**For brushing before baking:** 1 egg yolk

a knife.

Cover with plastic wrap and let it rise in a warm place for about 2 hours, until it doubles in size.

### Form the dough balls:

After the rising time, divide the dough into 8 balls of about 120 g each.

### Prepare the faux puff pastry:

Roll out each dough ball to form 8 discs, 2 mm thick. Sprinkle each disc with melted butter and brown sugar, stacking them one on top of the other.

After stacking the last disc, roll out the dough with a rolling pin until you get a round sheet about 0.5 mm thick.

### Form the croissants:

Using a kitchen cutter, cut the dough sheet into 8 wedges. Make a small cut on the outer part of each wedge at the tip.

Roll each wedge from the base to the tip to form the croissants and place them on a baking tray lined with parchment paper.

### Brush and bake:

Brush the croissants with the egg yolk.

Bake in a fan oven at 170°C (338°F) for about 20 minutes or in a static oven at 180°C (356°F) for about 20 minutes, until golden brown.

And voilà! Your super soft croissants are ready to be enjoyed. Happy snacking!



*Angelica*  
-BALDASSARRA-

ANTICO MULINO

1936

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A photograph of an elderly man with a grey beard and a dark cap, wearing a brown scarf and a dark jacket. He is holding a large, round loaf of bread in his hands. He is in a bakery, with several baskets of various breads on a wooden table in front of him. The background is slightly blurred, showing more breads and the interior of the bakery.

# GIVE US THIS DAY OUR SUPERSUBSTANTIAL BREAD

I'd like to begin this space with a brief autobiographical note about my maternal grandfather, Alfonso Cataldi, who supported his family by baking and selling bread from his bakery in a small village in the Cassinate region. Next to the fire and the dawn oven, my grandfather, after kneading and baking the bread in the afternoon, loved to indulge in his true alchemical art, carpentry. With the simple yet essential tools of that time, he gave shape to his intuitions and life to artifacts that he sold. One could say that the bread laboratory and the

carpentry workshop also served to nourish the inner places of the anima mundi. It was the post-war era when the Sacred played an ethical rather than an aesthetic role, providing meaning to the existence of both individuals and the collective.

In a papyrus from the 1st and 2nd centuries AD, it is written: "The heart of God rejoices when the poor are satisfied before Him." I like to remember my grandfather and those families of bakers like the Pane e Cacio family from Veroli, who recently closed their family business that provided

wood-fired bread made with organic flours to the G.A.S. of Frosinone due to high costs, as good makers of the Sacred, literally priests of good dietary practices who nourished the needs of the body and the soul. To nourish also means to know and share one's psychic life with that of others, establishing emotional relationships between the self and the world. What better moment is there than breaking bread with someone to feel in communion with the Whole, with the elements of the earth, plants, minerals, water...? Eating is not only an experience of

founding individuality but also of civilizations and communities. Just think of the legend of the founding of Rome and the twins who were suckled by the Capitoline Wolf. The Mother Goddesses – Juno, Venus, Fortuna, and Mater Matuta – are the Roman matrons of female fertility, protectors of fertility and pregnancy, childbirth, and birth. With the advent of agriculture, the Mother Goddess became the dominant deity because the main source of sustenance was domestic cultivation.

Domestic bread-making was reserved for the mater familias, and one of the oldest traditions in bread production is still the

Our Father, which in the Latin translation, faithfully followed by the Christians of the Eastern Churches, is expressed as: «Panem nostrum supersubstantialem da nobis hodie» meaning: “nourish our higher aspirations, to discover, to do, to want, to create, and to go beyond.” Asking the Divine for the «panem supersubstantialem» teaches people to beg for what is most precious and essential in our lives, symbolized by the image of bread.

The beneficial effects of bread and food have today become part of the obsession with diets and cholesterol but have



so-called “sourdough starter.” The yeast of bread symbolically reconnects us to our deceased relatives, friends, and ancestors, becoming memory and a memorial of a myth like that of making bread from cereal, which in different cultures is renewed through the completion of a rite. Food forms have always been the most eloquent and widespread form of sacrifice; every sacrifice is originally a sacred banquet in which man recognizes that his life proceeds from the Divine and can only be renewed through continuous exchange with this dimension. The ritual of the Mass actualizes and makes present in every celebration the Last Supper, in which Jesus expresses the mystery of the Eucharist by looking at the bread and pronouncing the words: “This is my body.” Consider also Jesus’ words: “I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give is my flesh for the life of the world” (John 6:48-51) or the prayer of the

been disconnected from the continuation of that spiritual and cultural tradition, linked to bread with Demeter and to wine with Dionysus, which in the Eleusinian Mysteries reunites with Demeter, the Goddess of bread, through a ritual culminating in the symbolic birth of a child. As the Goddess of the earth, to which she gives fertility, Demeter is characterized by her nurturing function: Saint Demeter is the Hellenic forerunner of the Mother of God. Taking the forms of Eve and Demeter, the eternal feminine generates, nourishes, and feeds the hunger for bread. Food offerings to the Deities symbolize not only deprivations but also express the need that the individual’s self continuously requires something greater to nourish and renew its life and every phase of existence to transmute something ordinary into something extraordinary, to open up to the transpersonal, the transgenerational, and to savor the flavors of supersubstantial bread.

A wide-angle landscape photograph of Umbria, Italy. The foreground is dominated by a field of vibrant red and orange flowers, likely poppies. The middle ground shows rolling hills covered in green trees and fields of yellow and red flowers. In the background, there are blue mountains under a clear sky. The overall scene is bright and colorful, capturing the essence of the Umbrian landscape.

# TRUFFLES, LENTILS, AND TAVERNS

## ALL THE FLAVORS OF UMBRIA'S PARKS

### UMBRIAN EDITORIAL TEAM

One of the most anticipated events of the year in Castelluccio di Norcia is approaching: the flowering season. At the end of May, the plateau is colored by the blossoms of local lentils, which mix with a rich variety of wild herbs such as narcissus, peony, mountain tulip, asphodel, wild orchid, mustard, chamomile, poppies, and cornflowers. This spectacle for the eyes is followed by a feast for the palate for those passing through this area. Within the framework of the Sibillini Mountains National Park, which in Umbria rhymes with Norcia and Cascia, there are typical products for every season and taste.

These are just a few of the highlights that lead into the journey of “Parks of Umbria: The Eight Wonders of Nature.” The route crosses the region, telling the stories of its green areas, rivers, lakes, and hidden attractions nestled between woods and valleys. Then there are the villages, sports, street festivals, trails, bike paths, key figures, and crafts. All accompanied by hundreds of recommendations on where to eat, sleep, and buy local specialties. For purchasing the lentils of Castelluccio di Norcia, whose producers proudly cultivate the gastronomic pride of the area along with other varieties

of legumes and cereals, such as spelt, roveja, grass pea, and barley, strictly following organic farming methods. The flowering season also becomes an opportunity for the production of honey from “Il Tesoro dei Sibillini.”

In the city of Saint Benedict, it is impossible not to stop by the shops offering another highlight of local flavors: cured meats. Notable names to remember are Brancalone da Norcia, Ansuini, and wild boar from Norcia. And then there's the truffle, with the prized black truffle standing out among the offerings of local shops.

From one plateau to another, we arrive



at Colfiorito, whose regional park is enriched by a marsh that transports visitors to a world populated by white water lilies and the multifaceted songs of birds. Special lentils are also cultivated here, alongside another major player: the red potato. With an oval and elongated shape, it stands out for its red skin and firm light-yellow flesh. Unsurpassed in gnocchi preparation – traditionally served here with lamb sauce – it is also excellent roasted, fried, boiled, and added to bread and focaccia doughs. Irresistible are the sweet fritters, a delightful attraction at the Red Potato Market Show held in Colfiorito in August.

From Colfiorito, we move towards the beauties of Foligno and the flowers that color Spello, where the “Gold of Spello,” an extra virgin olive oil of the highest quality, enhances the local gastronomy. This oil, obtained from local olive varieties, is famous for its fruity aroma and balanced flavor, making it an essential element of Umbrian cuisine. Additionally, the surrounding vineyards produce fine wines, with the Sagrantino di Montefalco standing out – a red wine of great structure and complexity, perfect for accompanying traditional local dishes.

The journey continues to Assisi, in an itinerary that takes you to the slopes of Monte Subasio. Among the memories of Saint Francis (a visit to the Hermitage of the Prisons, the retreat where the Poverello prayed, is a must). In nearby Cannara, the renowned onion takes center stage, with cultivation dating back to the 16th century. There are three types grown: red, golden, and flat, all sharing the same sweetness, tenderness, and digestibility. The soil, microclimate, and abundant water have made it the local crop par



excellence. Since 2003, the Cannara Onion Consortium has been working to enhance its value. Since 1981, the town has hosted the Onion Festival in mid-September.

Next, head towards the capital, Perugia, and then to the shores of Lake Trasimeno. The countryside and hills surrounding the lake are fertile ground for specialties like the fagiolina. This small bean, about the size of a grain of rice, is oval and comes in various colors: cream, black, salmon, and all shades of brown, even speckled. It can be found on the menus of restaurants enhancing this corner of the region; for example, at the Molo in Passignano sul Trasimeno, it accompanies the “lake sausage.”

If you head towards Gubbio, you arrive at

the Monte Cucco Regional Park; among the municipalities in the area is Costacciaro, where every year, on August 17th and 18th, the traditional Sagra dei Bigoli and Monte Cucco Park Products Festival is organized by the local Pro Loco. Bigoli are a typical long pasta, similar to thick spaghetti, made with flour and water and served with tomato sauce and ricotta. Heading south, you follow the region’s major waterways, starting with the Tiber River, whose Regional Park finds one of its focal points in the marvelous Lake Corbara. Located between Todi and Orvieto, the artificial lake was created in the early 1960s by damming the river at the spectacular Forello Gorges. The reservoir is set in a natural context of rare beauty.

Equally fascinating is the Nera River Park, which culminates at the Marmore Falls. A visit to nearby Casteldilago, a medieval castle situated 326 meters above sea level, is a must; here, the delicious stop is at the Osteria dello Sportello.



# AN ORANGE TINTED DREAM



È così che è così come potremmo descrivere l'extraordinaria avventura di sei amici, uniti dalla loro passione per il tennis e da quella di un giovane campione italiano, **Jannik Sinner**. Questo sogno è venuto alla luce nelle pagine del loro primo libro, **Sogno Arancione. Sei amici e un pazzo amore per Jannik Sinner**, pubblicato da Rizzoli, presentato il 16 maggio all'Open Baladin di Cuneo.

**Gianluca Bertorello, Alessandro Dedominici, Lorenzo Ferrato, Francesco Gaboardi, Alberto Mondino, e Enrico Ponsi**, noti come i **Carota Boys**, hanno trasformato una passione condivisa in una storia indimenticabile. **Six boys from Revello**, una piccola città in Piemonte, legati da una solida amicizia e da un amore viscerale per il tennis, hanno perseguito i loro sogni con determinazione e un pizzico di follia.

Tutto iniziò il 12 maggio 2023, al **Foro Italo in Roma**. Indossando costumi di carota acquistati online, i cinque amici decisero di sostenere **Jannik Sinner** durante la sua partita contro **Kokkinakis**. Un gesto quasi scherzoso che, in pochi giorni, li trasformò nei famosi **Carota Boys**. Alberto era l'unico mancante, avendo difficoltà a trovare il suo costume all'ultimo momento, ma presto si unì al gruppo con rinnovato entusiasmo.

Il punto di svolta arrivò il 26 maggio, quando ricevettero un'email inaspettata da **Lavazza**, che li invitava a sostenere **Jannik Sinner** al **Roland Garros**. Così iniziò un'avventura che li portò

in giro per il mondo, attraverso tornei internazionali e momenti indimenticabili. **Parigi, Rotterdam, Torino**: ogni tappa era un capitolo di una moderna favola, piena di passione, amicizia e sogni che si avverano.

**Sogno Arancione** non è solo la cronaca di un'extraordinaria avventura, ma una storia di vita, di sogni condivisi, di amicizia indistruttibile e di legami che non si rompono mai. Le 238 pagine del libro offrono un'immagine autentica e coinvolgente dei **Carota Boys**, dalle loro gioie e celebrazioni alle sfide che hanno superato insieme. La loro storia dimostra come la passione possa diventare un motore potente, capace di cambiare le vite di chi li circonda.

Il 16 maggio, all'Open Baladin di Cuneo, i Carota Boys hanno condiviso i dettagli dietro le quinte della loro avventura con il pubblico, in un dialogo con **Giulia Poetto**. Era un'occasione per conoscere da vicino i protagonisti di questa straordinaria storia e per essere ispirati dalla loro passione e dal loro entusiasmo.

**Sogno Arancione** è un omaggio alla forza dei sogni e alla bellezza dello sport. Dimostra che con passione e determinazione, anche i sogni più grandi possono avverarsi. I **Carota Boys** ci hanno insegnato che l'amicizia e l'amore per un'idea possono trasformare la vita in una favola, rendendo ogni giorno un'avventura da vivere intensamente. Questo libro è un testamento emotivo su come, inseguendo un sogno con tutto il cuore, si possa raggiungere l'impossibile.

# CHILDREN OF PEOPLE ANCIENT

MASSIMO SERGIO

Nanti “We are children of ancient people!”. Many times, too many perhaps, you will have heard such a statement. But it’s the truth: “We are heirs of ancient and warlike people!”. Volscia people, tenacious and warriors. So bellicose and combative that the Romans had to sweat the proverbial sweats (just seven, like the hills on which their city was built), to tame it and induce it to take more gentle advice. She was enslaved to herself as a *civitas sine suffragio* (i.e. without prerogatives or benefits of any kind, or rather without the right to vote). Such warlike people that it took bloody clashes and bloody battles to make them more docile, despite the fact that the Roman army was helped by other populations hostile to the Volscians. We are also and above all talking about the Ernica League, which gathered under its banners and banners ancient and bold cities such as Anagni, Alatri, Ferentino and Veroli, sworn enemies of their bellicosity. People whose origin and provenance is uncertain. Who says it is autochthonous, native to the place; others who say they come from the sea and are therefore called Pelasgians; still others assert that the first human nuclei settled in the Sacco Valley and were of



Umbrian/Sabellian origin. But the Volsci also present Etruscan elements, according to other historians who tell us “relatives” of mysterious Etruria, who with equally mysterious language define us as FRUSNA, from which the name GENS ETRUSCA FURSINA was taken, then Latinized by the Romans into FRUSINO. They call us Frusna, that is, “land watered by rivers”. In fact, the Sacco and the Cosa river, or rather the Còsa, cross or lap it, together with other small rivers or streams, such as the Rio Cenicia, the Rio Cavariccio and the Rio Pescara. It is perhaps only tradition to say that we are also children of the Trojan Aeneas, who escaped from the fire of his city and who found what he was looking for or only hoped to find on the coasts of Lazio. Then we are also children of Queen Camilla, indomitable Amazon, warrior among warriors, daughter of the Latin king, Metàbo: she is the first enemy of Aeneas and the Trojans. I have dealt with all this, even if in a summary manner, because I often and inappropriately hear local government representatives say that our city, Frosinone, is looking for its own identity, and they fill their mouths with high-sounding statements. But unfortunately they smuggle village festivals and traditional squandering of public money as culture. I repeat, and I conclude. We are children of ancient people: this is our identity!...

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