

**Project: Chosen UNESCO theme: Sustainable development**

**Title: ‘The ancient vegetable gardens’**

**Class:** **IV ENO Section F**

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**School Year:** **2017/18**

**Project Duration:** **annual**

**Addressee:** **Classe IV ENO Section F (18 students)**

### **The History of the Vegetable Gardens**

The vegetable garden represents the symbol of Paradise, Heaven and the recalling of the lost Paradise.

The vegetable garden as such is a closed space separated ‘from the outside’ by a border, and the garden, as the re-establishment of Paradise, is an always blooming space, while the ‘outside’, nature, follows the cycle of seasons.



### **The most ancient vegetable gardens: The Egyptian Gardens**

The most ancient gardens are the Egyptian ones. In a tomb in Thebes, a fresco was found representing a luxurious villa dating back to the 1405-1370 B.C. where the house and garden here represented is seen confined by a surrounding wall, first example of closed vegetable garden (Hortus conclusus).



## The Assyro-Babylonian Gardens

The Assyrian gardens, in which 'plants' were part of spoils of war, were equally famous but, the most famous gardens of the Assyro-Babylonian civilization were the Hanging Gardens in Babylonia.



## The Greek Gardens

In Greece, at the end of the VI century B.C., they started to have green spaces in towns, annexed to temples, stadiums, gyms and schools, while there were few private gardens in towns.

## The Roman Gardens



Around the II century B.C. the distinction between country villa and town villa started to spread: 'hortus' or villa indicated the rural garden, instead the whole buildings and gardens built around and in the centre of Rome were called 'horti'.

Originally the conception of the ancient vegetable gardens was that of beauty and harmony for a 'happy and joyful living' or for holy

purposes.

## The Medieval Garden

Every aspect of Medieval life was permeated by spiritual and Christian values, in opposition to the earthly values of the classical civilization.

Thus gardens were small, fenced and they rose in convent cloisters and in the reduced spaces of castles courts. The convents had a quite complex conformation: a surrounding wall contained buildings, gardens and everything that was necessary to the autonomy of convent life, as Saint Benedict had prescribed.



The gardens arisen inside the surrounding walls were generally neatly distinct among them: an area was reserved to the medicinal herbs cultivation for the relief of the sick; in the vegetable garden horticultural species and aromatic herbs grew; another area was reserved to fruit trees.

## Hortus deliciarum

The deliciarum vegetable garden or the troubadours garden is the ‘secular’ garden, typical of castles or big villas, which will be sung in the chivalry novels and which is the symbol ‘of the path the knight takes to reach happiness’, therefore it is the metaphor of courteous love.



## The Monasteries Vegetable Gardens

Like the *Villae Rusticae* of the Roman countryside, religious buildings were accompanied by four typologies of cultivated spaces: vegetable gardens, orchards (*pomaria*), tree gardens (*viridaria*), herbal gardens (*herbaria*).

At the centre of the cloister a tree arose, the *arbor vitae* of the Genesis, with four water paths, reminiscence of the four rivers of Paradise.

But it was only thanks to the work of the IX century monk Valafrido Strabone, from Reichenau, that the first model of medieval Garden occurred:

- Raised square or rectangular flowerbeds will contain vegetables and flowers in a chequerboard disposition.
- The trees produce fruit that satiate and quench thirst, while those of the tree of life give immortality.

## Symbology of the Hortus conclusus



The gardens of the Genesis, those in the Gospel and the new heavens and new earth of the Apocalypse of Saint John are models of reference for all the early medieval experience. Its square shape reflects the four corners of the universe, the heavenly Jerusalem, its centre is constituted by a tree (the tree of life) or by the well or fountain (fountain of knowledge, symbol of Christ and of the four rivers of Paradise).

In the mystic early medieval symbolism, it often becomes metaphor of the bride, the Virgin Mary and the Church itself, a re-enactment in a Christian sense of what the 'sacred wood' meant to the ancient.

### **How important vegetable gardens arose:**

The 'Orto dei Semplici' of the University of Pisa rose in 1544. The 'Orto Botanico di Padova', founded in 1545, is the most ancient University Botanical Garden in the world, still being in its original seat. The symbolism of the 'Orto dei Semplici' in Padua is very striking. The circle represents the sky, the sacred, the spiritual world; the square represents the matter and the earthly condition.



Divine symbol: the circle becomes square, the Spirit becomes matter.

The garden is divided into four avenues reminding the four rivers of Paradise, while its orientation respects the four cardinal directions because man must advance in life in the two holy directions.

### **In the Nineteenth Century**

From the XIV century and for half of the XX century the majority of the products used in pharmacies and in hospitals were herb-based, subsequently supplanted by the pharmaceutical industry.

### **Nowadays**

Starting from the Eighties we saw the return of the use of plants and herbs, such as the use of techniques reunited under the term 'natural medicine'. Urban vegetable gardens were born.

The urban gardens consist in an actual answer to many of the issues of the urban communities and environment. In the urban vegetable gardens the beauty of the places and of the gestures is cultivated. Good practices, new ideas, ancient knowledge merge in the name of sustainability, of social cohesion and of a better quality of life for everyone.

## Assisi and its ancient vegetable gardens

Between the 14<sup>th</sup> and the 15<sup>th</sup> century in Assisi, in the area enclosed between the Roman walls and the perimeter of the medieval walls, the great complexes of the mendicant orders settled down and, starting from the 16<sup>th</sup> century, other convents and monasteries arose, typical expression of a mobilized society. All these



housing complexes enclosed in their inner part cloisters, vegetable gardens, ‘pomeri’, dooryards, little gardens. The widest green area of episcopal and convent property, also the most ancient,



belongs to the Cathedral of Saint Rufino and to the convents of St. Francis and St. Clare, whose vegetable gardens stretch until the homonym doors and until the beginning of the Nineteen hundreds it will represent one of the widest green spaces in the urban context, of great utility, but also of rest and adornment, the green and the flowers,

in fact, stimulate, in the public mentality, the idea of freshness and beauty. Among the most important we can remember:

- *Vegetable gardens of the bishopric and of the Cathedral,*
- *Vegetable garden and forest of the convent of St. Francis.*
- Numerous are also the vegetable gardens belonging to private citizens which appear in the sources, often simply in the quality of boundary between properties.

## The Cathedral of Saint Rufino and its Vegetable Garden ‘Olea Mundi’

The Cathedral of Saint Rufino is one of the most important holy churches in Assisi, besides being an artistic and architectonic evidence of great value. The front, in particular, is one of the most significant and beautiful examples of the Umbrian school Romanesque art, with its rose windows and the elaborated decorations.



It was built on a terrace of Roman era, probably being the very ancient Roman forum of the city of Assisi.

The beginning of the building of the Cathedral of Saint Rufino dates back to the year 1140. The direct attribution is to the architect Giovanni da Gubbio.

The Church was destined to keep the spoils of the *Bishop Martyr Saint Rufino*. In the lower band, divided into three squares, three arched portals open with lions and column-bearing griffins. The bell tower is built on a solid Roman foundation, consisting of enormous blocks of travertine.



The inside of the Cathedral presents the typical structure with three naves divided by pillars, with apse and central altar. From a small fissure adjacent to the Baptistry, it is possible to go down the stairs leading to the Crypt of Saint Rufino.

The crypt is a real subterranean church, with a Greek cross shape divided into three naves and an apse with cross vaults. The Cathedral of Saint Rufino can surely be defined, under a chronological profile, the first sanctuary of Franciscanism. In fact, in the baptismal font, here preserved, Francis



and Clare were baptised. The museum of the Cathedral is extremely interesting. The Museo Diocesano was instituted in 1941. In 2013, in the vegetable garden of the cathedral of Saint Rufino a collection of olive trees coming from 25 countries of the world was inaugurated. This collection, of high symbolic value,



aims to send a message of Peace through the olive tree, always a symbol of peace and light, to illuminate the minds of the powerful in this moment of great uncertainty.

#### **Class IV Eno F discovering the ancient vegetable gardens in Assisi: 28<sup>th</sup> April 2018 field trip**

On the 28<sup>th</sup> April we went, leaving from school, to the Cathedral of Saint Rufino Bishop, to visit the inside vegetable garden.

Firstly we visited the inner part of the Cathedral and the Museum. Then we entered the museum. The museum treasures archaeological finds, paintings and decorations coming from the Cathedral. In particular we lingered inside the Sermei Hall, inaugurated in 2014, where we could admire the painting by Sermei, who depicted the return of Saint Francis, already very ill, from Nocera to Assisi.



In this picture through the eyes of the dying Saint Francis blessing Assisi, it is possible to see the marvellous surrounding vegetable gardens inside the boundary walls of the Assisi at the time.



Then we went up to the bell tower where the marvellous gardens that are inside the town opened to our sight, full of fruit plants and olives; and the green Umbrian valley reveals itself in its full spring vigour.

Coming down the bell tower, we entered the Cathedral vegetable garden, where recently a small collection of 'Olea Mundi' olive trees coming from 25 world nations has been inaugurated. The initiative started from an idea born in 2013, with the intention of combining the work of great scientific relevance of the CNR activities with the 'Parco Tecnologico Agroalimentare' with the promotion of the Town Councils.



The visit ended in the vegetable garden 'St. Anthony Convent American Hospice' of the Franciscan nuns. The vegetable garden presents century-old olive trees and vines, there are also laurels, cherry trees and acacia trees. In the middle of these beauties we were able to admire the precious sculpture 'dancing Francis' by the American sculptor Paul Granlund. The sculptor conceived his work of art as a dancing Francis. Francis dances for his love to God, his wonder towards the universe created by Him and which he expressed in his 'Cantico delle Creature'.

### **The orange cultivation: origins and diffusion**

According to the Greek mythology, Juno, given in marriage to Jupiter, took as a dowry some little trees whose fruits were marvellous golden globes, that is oranges, symbol of fecundity and love. Jupiter, worried that thieves could steal that precious gift, treasured them in an extraordinary garden watched over by Hesperides nymphs. Hence the Greek name of 'hesperides' given to all citrus fruit. Originating in China, it was introduced by the Arabs in Asia Minor, in Egypt, in north Africa and in Europe. It seems that the first sweet orange introduced in Italy came from Spain imported in 1220 by Saint Dominic, who imported a rootsucker that he planted in the cloister of the basilica of St. Sabina in Rome, on the Aventine Hill.



The original tree does not exist anymore, but it never completely died, since, at its foot, numerous rootsuckers are generated, one of which is still in the cloister. The Portuguese were the first to spread the cultivation of oranges in Europe. The Iberian origin of the oranges cultivation is given by the name by which this fruit is nowadays still called in numerous Italian dialects, such as 'Purtualli' or 'Portugaj'. Soon after, the leisured classes and the nobles appreciated this fruit so much that it became all the rage during the renaissance period to cultivate, to an ornamental purpose more than for utility citrus plants, specifically for their beauty and rarity. For this reason nowadays in Sicily, the term 'Gardens' is still used to indicate orange trees. The orangeries of the powerful Medici family from Florence, who cultivated citrus fruit, became famous in all Europe. In Italy the area where these citrus fruits were cultivated stretched from Sicily to Campania, especially in the Naples

area and along the Amalfi Coast, along the coasts of Liguria where, in winter, the mild climate permits the cultivation of orange trees in the earth, along the shores of the Lake Garda and naturally in Tuscany.

The orange, anyway, was not only an ornamental plant, but its fruits were gathered and used for the preparation of pastry and marmalade.

The first orange described with a red pigmented flesh can be found in the work 'Hesperides' which the Jesuit Ferrari printed in 1646.

It seems like it was brought to Italy by a Genoese after a long journey to the East, that probably reached the Chinese territory where this variety comes from.

Nevertheless, in order to see the red orange become available to everyone, it will be necessary to wait until the beginning of the 1900s.

The red orange, for Sicily, consists of a fundamental part of the territory, its red orange production is concentrated in the eastern part of Sicily, in the territories around Mount Etna. The nature of the land, the climate and the remarkable temperature excursions, precisely due to the presence of the volcano, confer the oranges their typical 'red pigmentation'.

The definition 'Arancia Rossa di Sicilia' (IGP) includes some orange varieties with Indicazione Geografica Protetta (IGP) cultivated in numerous centres of the provinces of Catania, Enna and Siracusa.

### **The cultivation of oranges: characteristics of the plant**

The orange belongs to the family of the Rutaceae plants and its scientific name is 'Citrus aurantium' 'sinensis' variety. It is an evergreen tree with a compact and naturally round foliage, which, in certain cultivar, can also reach the 8 metres high, but that in general it stops at 5 metres high. Its white flowers emanate an intense and particular scent called 'zagara', they bloom between April and May, single or gathered into groups holding up to 6 flowers per raceme. They are very welcomed by the bees that extract a highly qualitative honey. The maturation of the fruits happens in autumn or in the following winter, depending on the varieties and it is not unusual to find fruit of the previous year on the plant, still present at the moment of the blooming, so that the last fruits can be gathered in May-June.

### **The orange nutritional properties:**

The orange most important quality is its high vitamin C content. The variety which contains it in the highest measure is the 'Tarocco' variety, a red flesh orange that owns up to 90 mg of vitamin C.



This vitamin is very important for the safeguard of our health because it protects us from the cold temperature and chills and enhances the defences of our immune system, it also has a preventive action towards tumorous diseases. Vitamin C is not the only vitamin contained in oranges, in fact they are also rich in vitamin A and vitamins of the B group. It is very useful to consume oranges, because, with their high potassium content, together with a low sodium content, they contribute in keeping blood pressure low.

### **A MERANGOLO HISTORY: ‘merangolo’ in Umbria**

*‘Le cerque non fanno le merangole’ or*

*‘Anche le cerque fanno le merangole’*

(Popular sayings from the High Tiber Valley).



In Umbria, until few decades ago, on Christmas day, children did not use to wait for presents from Father Christmas or from the Baby Jesus: the presents were ‘produced’ by the log and on Christmas morning, the precious gifts, that the big still smoking log of oak, ‘cerqua’, had ‘produced’, could be found by the fireplace.

The most desirable gift were the ‘merangolo’, so shining and rare as citrus fruit had been until few decades ago in our cold areas. The ‘merangolo’, reached the Mediterranean coasts coming from the far East, taken by the Arabs around the X century and it was introduced in Italy from Palestine in the XI century, perhaps by the Crusaders as ornamental tree.

From its beautifully fragrant flowers an essential oil is extracted, which is commercialized by the name of ‘zagara essence’, also called ‘neroli’. The ‘merangolo’ plant is cultivated in the hottest areas in Umbria, especially in the province of Terni and it was a very important product for various centuries. Used in gardens with an ornamental aim, the ‘merangola’ had a good use in the kitchen too: in marmalades, liqueurs, for the seasoning of ‘bruschette’, salads and dishes based on pork or veal meat. In our areas, little pieces of its zest appeared in ‘coppa’, ‘porchetta’ and ‘mazzafegati’. Its juice helps take the fat from roast meat, but it’s also excellent to season beans or boiled cauliflowers.

In the central regions of Italy the harvesting of the bitter orange was once in perfect synchrony with the production of the new olive oil happening much later in comparison to the present days. With the newly produced olive oil a tasty ‘bruschetta’ was made together with the slightly bitter juice of this citrus fruit, used on toasted bread as a substitute for garlic.

## Oranges in the kitchen

The orange is a citrus fruit utilized in numerous recipes for its utterly scented peel and to enhance dishes with its colours and flavours.

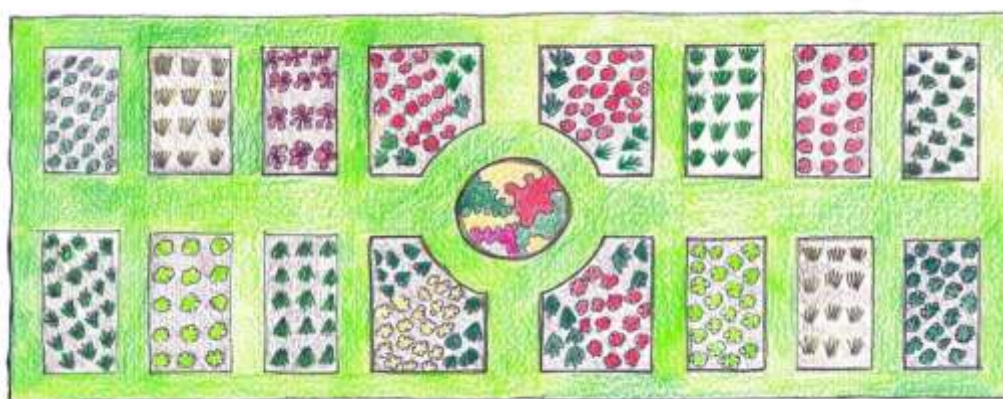
This tasty fruit is accompanied in equal measure to pastry and quiche, thanks to its zest's aroma, which is often grated in some dishes, like in the case of potato little doughnuts, or simply using its juice, enriching yellow rice or with pork meat. It is perfectly combined with fish but also with particular meats such as duck and with many vegetables. Other delicious uses of the orange are those seeing it as a protagonist of appetizing marmalades or flavoured mustards, even in company with unusual ingredients, as in the case of onions and oranges mustard. The orange zest can also be candied.

Oranges can obviously be used in slices too, in particular they can be found in salads with tuna fish, fennels or 'puntarelle' chicory.

Even in Umbria the use of oranges in the kitchen plays an important role for many recipes from the tradition. The dishes of the Umbrian cuisine are essentially poor, derived from the farmers' tradition. Among the ancient recipes using oranges, we remember the Umbrian 'castagnole', the black olives seasoned with orange zest, the pork head 'coppa' and the orange flavoured 'mazzafegati'.



## The VEGETABLE GARDEN inside the Hotel and Catering Institute of Assisi



The Vegetable Garden of the Hotel and Catering Institute in Assisi was designed and realized by the central seat of the school starting from November 2015. This Project came to life thanks to a 'dream' shared by many teachers in our Institute who for many years have been working in contact with the students and the many professional figures characterizing the school, with the aim of

understanding the continuous evolutions in act in society. A Vegetable Garden is the place of direct experimentation.



territorial realities.

A vegetable garden is finally the place of union of various types of knowledge linked to the disciplines, not only workshop, but also scientific, humanistic, historical and economic learning.

The Vegetable Garden does not utilize fertilizers and herbicides of chemical origin and it was provided of an effective drip irrigation implant, which permits a parsimonious use of the water resources.

The vegetable garden inside the school is precious, since it allows us to have at our disposal aromatic herbs and numerous season vegetables, by which it is possible to experiment dishes from the tradition, revisiting them in the light of the new trends.



On the 21<sup>st</sup> April of the current year, we, the young students of class IV eno F, together with our teacher, thanks to the products found in our vegetable garden, were able to create tasty and refined dishes, with a different taste, in comparison to that we could have obtained using industrial products.

### **The preservation of biodiversity in Umbria**

With biodiversity it is meant the conservation of all that exists in all shapes, because the survival and the natural evolution of all of us is based just on this richness: the great and mysterious heterogeneity of life.

As we know, biodiversity of agricultural interest represents a component of biodiversity, linked to natural ecosystems modified by man with the aim of making them productive through agriculture.

Ancient fruits are those which, over the last 30-40 years, have known a slow neglect because of the affirmation of modern, that is industrial, fruit farming. Biodiversity, both plant and animal, can also be seen as a process of evolution and relation between environmental and cultural diversity. Italy is, among the European countries, the richest in diversity, for its geomorphological conformation, for



the climatic diversity and for the numerous environmental typologies, ranging from the semi-desert habitats of the South to the alpine ones of the North.

The Italian State, signer of important international agreements on the subject (CBD, ITPGRFA), has entrusted the Regions of taking care of its realization on the territory, promoting actions of safeguard and enhancement of the genetic resources threatened with extinction.

Among the first in the Italian panorama, the Umbria Region has issued the Regional Law 25/2001, ‘Preservation of the autochthonous genetic resources of agricultural interest’ which recognises the importance of local territories preservation and development of plant cultivar and autochthonous animal breeds. To this day the previously mentioned law is fully in force. The Registro Regionale is



the official tool provided by the Regional Law 25/2001 to register the autochthonous genetic resources of agricultural interest of the Umbria Region.

The management of the Register and of the Network has been entrusted, with D.G.R. 11/07/2012 n.842, to the society “In house” 3A-PTA and is based on the scheduled institution of a specific technical-scientific Commission,

constituted by experts in various sectors of biodiversity of agricultural interest, coming from the scientific and academic world, to be entrusted of the task of evaluating the application for the inscription to the Regional Register.

The most significant sources of research were convent archives and the literary production of the monks themselves.

Another group of sources of remarkable relevance are the iconographic ones, in particular the pictorial tradition of still lives, which, starting from Caravaggio and Arcimboldo, have somehow permitted us to know the existing fruit varieties.

Another documentary tradition on which it is possible to draw is represented by the scientific publications specialized in botanic, agronomy, plant pathology. We cannot underestimate, for the

researches on the pomological varieties of our region, the agricultural almanacs, commercial fruit and vegetable catalogues, ancient commercial catalogues of garden centres, tourist food and wine guides, as in the case of the ‘Guida Gastronomica d’Italia’ from the ‘Touring Club Italiano’, which, in its first edition in 1931, points out, for example, the extra-regional reputation boasted at the time by the peaches produced in the Marsciano territory (PG).



## THE GENETIC RESOURCES PRESERVED in Umbria by L.R. 25/2001

The Umbria Region has appointed the Consortium 3A-PTA as actuator subject with the task of:

- **MANAGEMENT of the Regional Register**
- **PROMOTION of the registered resources**

The Genetic Resources protected by L.R. 25/2001 can be:

- **Autochthonous**, that is originated in the Umbrian territory
- **Non-autochthonous**, but in existence in Umbria for at least 50 years
- **Currently disappeared**, but preserved in botanical vegetable gardens, farms, experimental institutes.

The farmers enrolled to the preservation and safety network can exchange or commercialize at local level, that of the traditional cultivation or breeding of species, a modest quantity of material of diffusion.

Up till now 28 genetic resources are regularly enrolled to the Regional Register, divided into:

- 19 ARBOREAL species
- 5 ERBACEAL species
- 4 ANIMAL breeds
- A dozen in phase of inscription



**Among the Registered Autochthonous Genetic Resources, or in phase of inscription, we can recall:**

### **MERANGOLO**

Species: *Citrus aurantium* L.



About to be enrolled to the Regional Reg.

### **GRERO VINE:**

Species: *Vitis vinifera* L.



The name derived from the fusion of the two words composing the names by which the variety is locally known: GREco neRO (en. trans. black Greek)

It is an ancient autochthonous vine of the Todi district, improperly called Greco Nero (denomination already in use for a Calabrian vine). It was nearly gone, but at the beginning of the 2000s it was object of a research project and recovery by the Università degli Studi di Perugia. A vine can be defined autochthonous 'only if locally obtained by natural crossbreds adapted with time'.

### **RAJO OLIVE TREE:**

Species: *Olea europaea* L.



About to be enrolled to the Regional Reg.

It is a variety typical of the Colli Amerini Hills territory (TR)

It represents an important component of the olive-growing patrimony of the Narni, Amelia, Giove and Penna in Teverina municipalities. Its presence is occasional in the neighbouring municipalities.

In the past it was about to disappear, but nowadays attention is being given again for the production of a mono-varietal olive oil.

## **FAGIOLINA from TRASIMENO**

Species: *Vigna unguiculata* L.

It is a 'Presidio Slow Food' since 2000



Enrolled to the Regional Reg. since 2013

Also known as 'fagiolina', 'fagiolina del Lago' (of the Lake), 'fagiolo dall'occhio' (black-eyed bean), fagioli cornetti (green beans) (fresh product).

It was the only species of 'bean' to be cultivated in Europe before the advent of the American varieties.

In Umbria, it has already been cultivated by the Etruscans, but only in the climate and in the humid soil around the Trasimeno basin it has found ideal conditions of development. Among the species historically present in Lake Trasimeno, the most interesting cultivations are beans and 'fagiolina'.

## **SPELT from MONTELEONE di SPOLETO**

Species: *Triticum turgidum* L. (subs. *dicoccum*)

It obtained the DOP denomination in 2007



It is registered in the Regional Reg. since 2014

Spelt has been cultivated in Italy since the V century B.C., and spread by the Romans all over the peninsula. It found its market space, being resistant to diseases and thanks to its good result on dry and poor lands. Particularly in Monteleone di Spoleto, archaeological finds of cereals have been found inside an Etruscan tomb dating back to the VI century B.C., the tomb of the 'biga' (i.e. chariot), among which spelt kernels, almost certainly belonging to the species cultivated nowadays in the Umbrian small town.

## **ROVEJA of CIVITA di CASCIA**

Species: *Pisum sativum* var. *arvense* L.

It is a Presidio Slow Food since 2006

Enrolled to the Regional Reg. since 2015



Also known as: 'Roveglia', 'Rubiglio', 'Pisello dei campi' (en. trans. Pea of the fields), 'Corbello'  
Little pulse originating from the Middle East, where it has already been cultivated since the Neolithic Era, ancestor of the common pea. In the past centuries it was cultivated on all the central Apennine ridge, in particular on the Sibillini Mountains. It was the food of the shepherds and peasants who lived at high altitude.

### **FAGIOLO DI CAVE (i.e. bean from Cave)**

Species: *Phaseolus vulgaris* L.

About to be enrolled to the Regional Reg.



In the production regulation it is represented with the identification card of the 'Agroalimentari Tradizionali dell'Umbria' products (Umbrian Traditional Agrifood).

Cultivated in Cave since the beginning of the 1900s in its two typologies: 'Giallino' and 'Verdino'. Cave, more than a district, is a suburb of Foligno. It is situated on a little hill nearly 200m high, on the right bank of the Topino. Between the two, the cultivation of the yellow or yellowish would seem more ancient, dating back to the early 1900s.

Principal sometimes the only nutrient of the farmers' families until the Fifties.

The very thin skin makes it a bean of easy cooking, pleasant and of great versatility for the preparation of dishes such as soups, pasta and side dishes. A real delicacy among the many, the extraordinary 'fagioli all'uccelletto' with tomatoes, olive oil, sage, garlic, salt and pepper.

### **GENTIL ROSSO (i.e. gentle red)**

Species: *Triticum aestivum* L.

About to be enrolled to the Regional Reg.



It is a variety of a particularly rare ancient grain. The Gentil Rosso (i.e. gentle red) variety is originating from central Tuscany, widely spread even in Emilia Romagna already from the 1800s. The Gentil Rosso was, at the beginning of the XX century and for 30 years, the most cultivated wheat in Italy. The Gentil Rosso has a very low gluten content.



## **THE APENNINE SHEEP**

Species: *Ovis aries*,

Also known as Vissana, Casentinese, Perugina of the plain

Enrolled to the Regional Reg. since 2013



The risk of erosion is the threat of withdrawal.

It derives from the crossbred of the Bergamo and the Apennine breeds.

The origin of the breed can be dated back to the end of the XIX century, when ovine animals of Bergamo breeding were imported in Tuscany, Umbria, Romagna, Marches and Abruzzo, a breed born in northern Italy, probably already since the V century. These animals were crossbred with the pre-existing Apennine populations, with the aim of intensifying the production of meat.

## **THE SOPRAVISSANA SHEEP**

Species: *Ovis aries* or Maremmana

Enrolled to the Regional Reg. since 2013



The risk of erosion is the threat of withdrawal.

It derives from the crossbreeding of Merinos breed ram with the Apennine transhumant breed. It is important for meat supply.

## **THE VALNERINA GOAT**

Species: *Capra hircus* L

About to be enrolled to the Regional Reg.



The risk of erosion is the threat of withdrawal.

Also known as 'Rigatina', white 'Facciuta', 'Capra dalla mascherina' (i.e. goat with the mask)

In the past it was largely widespread in family farming with few heads of cattle. The Valnerina goat is reared with traditional systems of semi-free pasture, with brief periods of winter stalling. Very interesting is the production of the kids, because of the dimensions reached in a short time, that's why the breed is more for meat than for milk.

## WHITE LIVORNO CHICKEN

Species: Gallus gallus L.

Also known as Livornese bianca, Italian chicken



Enrolled to the Regional Reg. since 2015

The risk of erosion is the threat of withdrawal.

It is believed that the Livorno breed is originating from central Italy, selected using light chicken: its name derives from the port from which, in 1828-34, these animals left for North America.

It has a good aptitude for egg laying, about 280 eggs a year, but neatly inferior if compared with the hybrid ones, with 330. The egg shows a white eggshell and minimum weight of 55g.



**Giornata Nazionale della Biodiversità**  
**AgroBiodiversità**  
**Memoria, tradizione e sviluppo sostenibile dei territori**  
Sabato 19 maggio ore 9:00  
Assisi  
Via Enrico dalle Carceri, 19  
Presso l'Istituto Professionale di Stato Servizi per l'Albergo e la Ristorazione e l'Edilizia Alberghiera, Servizi Commerciali

**Programma**

09:00	Apertura e benvenuto
09:30	Introduzione alla giornata
10:00	Presentazione delle esperienze regionali
10:30	Formazione continua
11:00	Pranzo
11:30	Attività di laboratorio
12:00	Chiusura della giornata

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**11:30** Attività di laboratorio  
**12:00** Chiusura della giornata

## AGROBIODIVERSITY ENTERS THE KITCHEN



The Consortium 3APTA, that on behalf of the Umbria Region, deals with the management of the Regional Register and the enhancement of resources registered in it, during the school year, proposed the Istituto alberghiero di Assisi a collaboration to elaborate some recipes with these products in order to promote the autochthonous Genetic

Resources of the Umbria Region, by the means of a didactic activity aimed to foster its use in high quality catering.

For the students it has been a very significant and important experience, because it has permitted them to acquire the knowledge of the



autochthonous Genetic Resources of the Umbria Region enrolled to the Regional Register, to retrieve traditional recipes, introducing elements of innovation and modernity, but, most of all, they could promote the raw materials used in the preparations by the production of some video-recipes. The research was then enriched by cues thanks to the lessons given in the classroom by experts operators of the consortium 3APTA, who explained the principal characteristics of the products enrolled to the Regional Register. The following phase was carried out both in the classroom and in the laboratory with study and realization of recipes that, drawing on tradition, can supply innovative elements on the basis of new styles of food consumption.

Everything was presented on the 19<sup>th</sup> May, on the occasion of the ‘Biodiversity National Day’, with a convention held by the Institute in Assisi.

The day was concluded by a sample tasting of dishes prepared by the students of the Hotel and Catering Institute in Assisi, who showed their creativity in the use of the genetic resources enrolled to the Regional Register taking account of their connection with the regional territory, local history and traditions.

### **UNESCO CONTEST 2018**

**‘Club Unesco Foligno e Valle del Clitunno’ and ‘Club Unesco Enna’**



Our school, again this year, has continued the collaboration with ‘Club Unesco Foligno e Valle del Clitunno’, that for the current year, availed itself of the collaboration of ‘Club Unesco di Enna’.

On 9<sup>th</sup> February 2018 the tenth edition of the manifestation in memory of the Umbrian chefs Angelo Paracucchi and Francesco Barbini, entitled ‘Gli agrumi di Sicilia’ was organized.

The competitors, students of the fourth and fifth classes of the ‘Enogastronomico’ and ‘Sala/Vendite’ courses, put themselves to the test on this theme.

## ‘THE ANCIENT VEGETABLE GARDENS: Citrus fruits of Sicily’



The students, according to the Regulation, proposed preparations involving the use of Umbrian autochthonous products, among which at least one referable to the ancient vegetable gardens, in addition with the use of one or more ingredients offered by the Club Unesco of Enna, with the aim of creating a twinning between the two lands.

After an in-school selection, the dishes chosen for the oeno-gastronomical sector were presented by the students to the panel that determined the winners:



First classified for the oeno-gastronomic sector:

**Students: Serpericci Federico (cl. 5<sup>^</sup> F Eno.) / Salomoni Chiara (cl. 5<sup>^</sup> B Sala)**

Name of the dish: ‘*Umbricelli with pesto of sow thistle, Cannara red onion and orange of Sicily*’

Wine: ‘*Grechetto IGT Donna Sabina*’

Second classified :

**Students: Orologio Lorenzo (cl. 5<sup>^</sup> F Eno.) / Coppola Riccardo (cl. 5<sup>^</sup> B Sala)**

Name of the dish: ‘*Delicacies of Cascia saffron mousse and oranges from Sicily with Perugina chocolate and mint*’

Wine: ‘*Passito di Pantelleria DOC*’

The prize-giving ceremony took place on the 27<sup>th</sup> April by the municipality hall in Foligno, in the presence of Doctor Antonella Cassise, Responsible for CNI UNESCO for the Associated Schools, on the occasion of the ‘Festa di Scienza e Filosofia Virtude e Canoscienza’.