



TUSCANY, EXCELLENCE IN TASTE

All tuscan PDO
and PGI trademark products

Regione Toscana





Tuscany, excellence in taste

Quality, regional identity, food safety and environmental protection, these are all fundamental values for agricultural products and foodstuffs in the Region of Tuscany, values which are substantiated in a constant commitment by the Regional Government for the development and promotion of quality certification: DOP/PDO (*Denominazione origine protetta*, Protected Designation of Origin), IGP/PGI (*Indicazione geografica protetta*, Protected Geographical Indication), *Agriqualità* (Agri-quality) and *Biologic* (Organic).

Moreover, it is precisely the quality that has always been Tuscany's trump card, with 31 food products and 58 wines, it is among the regions with the most certified products in Italy.

But these typical products, protected by the European Union, are only a small part of the great heritage of agricultural products and foodstuff quality in Tuscany. There are approximately 460 traditional food products listed by the Italian Ministry of Agriculture.

These products cannot boast Designation of Origin but represent a vast cultural heritage of flavours, skills and traditions which bear witness to the importance of food quality in Tuscany.

What do DOP/PDO and IGP/PGI mean?



The Protected Designation of Origin – PDO (DOP) – and the Protected Geographical Indication – PGI (IGP) – are special protection denominations recognised by the European Union (Reg. (EU) No. -1151 / 2012) for some agricultural and food products based on their geographical origin as well as the possession of specific characteristics derived in whole or in part from the production area and local traditions.

The geographical name that identifies them is used exclusively and gives the consumers a certainty about the production area and the provenance of the raw materials that it is made from, based on the provisions of the corresponding product specification.



Protected Designation of Origin (PDO)

This is used to describe an agricultural product or a foodstuff whose production, processing and preparation take place in a specific geographic area and whose quality or characteristics are essentially or exclusively due to a particular geographical environment with its inherent natural and human factors.



Protected Geographical Indication (PGI)

This is used to describe an agricultural product or a foodstuff whose production and/or processing and/or preparation take place in a specific geographic area and whose quality, reputation or other characteristics are attributable to that geographic origin with its inherent natural and human factors.



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Tuscan Cantuccini / Tuscan Cantucci PGI



The origin of the cantuccini/cantucci dates back to at least the sixteenth century and the name seems to derive from "canto", (singing) part of a set, or "cantellus", "piece or slice of bread" in Latin, a savoury biscuit that Roman soldiers ate during campaigns. The biscuit in its "sweet" form follows in the wake of the new production and consumption of confectionery that established itself, first in Tuscany and then in the rest of Europe from the fourteenth century, as a result of what historians have called "the sugar boom". In Tuscany, at the centre of the main trade and spice routes, sugar was used especially in bakery products. Sweet cantuccini were most certainly consumed in the House of the Medici. In dictionaries the name "cantuccio" or "cantuccino" appears already in 1691, in the third edition of the Accademia della Crusca Dictionary, that described it as a "biscuit slice of fine flour with sugar and egg white". This type of biscuit was clearly from the Tuscan region: Francesco Redi, in many epistolary exchanges from Pisa, used to

accompany his missives with cantucci. At the time they were considered not just a delicacy, but biscuits with healing and restorative properties.

Almonds make their appearance in the recipe in the second half of the nineteenth century, so much so that Ferri asserts, "the term cantucci was not used inappropriately in describing the biscuits with almonds". In the early twentieth century, thanks to the increasingly large-scale production





by many bakers in the region, "Cantuccini Toscani/Cantucci Toscani" are considered a specialty known even beyond the regional boundaries. Today they are among the most popular Italian biscuits in the world, more than 35% of the total production being exported.

The product

The preparation of "Cantuccini Toscani/Cantucci Toscani" requires the use of ingredients in amounts related to one kg of dough: wheat flour, whole natural almonds (unpeeled), pasteurised chicken eggs and egg yolk, butter, granulated or crystalline sugar, wildflower honey, raising agents.

Production area

The production area of the "Cantuccini Toscani/Cantucci Toscani" includes the entire administrative territory of Tuscany.

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Castagna del Monte Amiata PGI



The cultivation of sweet chestnut trees for their fruit has always been widespread in the area around Mount Amiata, thanks to the highly favourable climate of the area. As early as the 14th century, the Statutes of the Amiata Communities provided for rigid regulations for protecting their resources, when harvesting or for producing timber. The statutes prohibited damage or the felling of young plants or old trees still standing, imposing very costly sanctions on transgressors. Sweet chestnut harvesting had to conform with a precise calendar which allowed a period for the exclusive harvest by the owner of the sweet chestnut grove, followed by a period of harvest open to anyone, which lasted until Carnival time in order to allow even the poorest to gather food.

The cultivation of sweet chestnuts in the Mount Amiata area takes place between 350 and 1000 metres above sea level on ground based on acidic volcanic rock. Such optimal environmental conditions give the sweet chestnut its particular organoleptic characteristics. During the production period, no synthetic fertilisers or phyto-pharmaceuticals may be used and harvesting, between mid-september and mid-november, must be done by hand or with the aid of such mechanical means as to protect the produce. The maximum yield permitted by the rules is of 12 kg per plant

and 1800 kg per hectare. The conservation of the sweet chestnuts can be effected using various methods: soaking in cold water for a maximum of seven days, sterilisation in hot water and later soaking in cold water or freezing. No additives or other substances may be used.

The varieties of sweet chestnuts included in the Mount Amiata Sweet chestnut PGI include the *marrone*, *bastarda rossa* and the *cecio* and when sent to market must be sold by variety, mixing being prohibited. The net minimum size of sweet chestnut allowed is the equivalent of 80 sweet chestnuts per kilo in their fresh state and sale is by means of nets for foodstuffs.





The product

Sweet chestnuts are often the star feature of local culinary traditions such as *castagnaccio*, *necci* and *polenta* «it is the favourite and most economical food for the People, being so nutritious that they who do such hard work as sawing, axing and hoeing, live on no more than polenta and water, as they jokingly say up here, bread made from timber and wine from the clouds...»

(G. SANTI, *Viaggio al Monte Amiata*, 1795).

Production area

The area of production of the Mount Amiata Sweet chestnut includes all areas of the municipalities of Arcidosso, Casteldelpiano, Santa Fiora and Seggiano in the Province of Grosseto and part of the area of the municipalites of Cinigiano and Roccalbegna in the Province of Grosseto and of the municipalities of Castiglione d'Orcia, Abbadia S. Salvatore and Piancastagnaio in the Province of Siena.

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Cinta Senese PDO



Cinta Senese is the meat obtained from pigs reared in the wild or semi-wild state and fed mainly through grazing, throughout the Tuscan territory, where the ancient breed has been preserved to this day having avoided its extinction thanks to a public programme at the end of the 70s, which has helped its recovery and enhancement by spreading it throughout Tuscany and preserving the traditional breeding, resulting in a meat whose reputation is known worldwide. It has ancient origins in Tuscany testified by famous works, "Effects of Good Government" (1338-40) by Ambrogio Lorenzetti, in the town hall of Siena and frescoes in the " Cappella di Casanuova di Ama" (1596). The characteristics of the homonymous race are black skin and slightly thick bristles, and a telling pinkish white band encircling the chest, shoulders, withers and forelimbs. It is well suited to grazing being of a medium size, with long and thin snout, small ears angled forward and a little downward, to cover their eyes against brambles and weeds. Their rearing consists in "grazing" the animals that mainly feed on what comes from grazing in the forest and/or bare land sown with forage and cereals. This allows a significant reduction in health problems, lack of stress, and determines positive compositional, bromatological and quality features of the meat that is characterised by a greater intramuscular fat content; furthermore, the grazing influences a greater positive water retention capacity when cooking or in processed products. The grazing also influences the composition of unsaturated fatty acids, favouring a greater amount of oleic acid, the precursor of aromas favourable to the organoleptic characteristics of the meat, and a lower percentage of linoleic acid, excessive amounts of which lead to a deterioration of the product's quality.

The product

The Cinta Senese meat is particularly tasty, tender and juicy, bright pink or red in colour, whose organoleptic characteristics are positively influenced by a greater





Cinta Senese D.O.P.



amount of oleic acid and by feeding on the typical plants in the Tuscan woods and pastures. Marketed in different cuts, it is widely used from ragout to roasts, but finds its main use in traditional Tuscan delicacies such as finocchiona, Tuscan salami, capocollo, rigatino and many others.

Production area

Cinta Senese meat is obtained from farms throughout the Tuscan territory up to an altitude of 1,200 meters above sea level, beyond which altitude the environmental conditions are unfavourable for breeding.

Consorzio di tutela della Cinta Senese

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Sorana Bean PGI



The area where the Sorana bean is cultivated covers around 660 hectares along 4.5 km of the banks of the Pesca di Pontito torrent between the villages of Stiappa, Castelvecchio and Sorana in the Province of Pistoia. The altitude of the area, whose name, "Valleriana", according to some experts means "area of many streams", varies between 220 and 750 metres above sea level.

The beans came from America, together with maize and, unlike the potato and the tomato, were immediately accepted. This is a summer harvest fruit needing the same care as any vegetable, especially large supplies of water. In Tuscany cultivation spread widely as a means of exploiting and gaining greater return from the "new lands", those reclaimed and planted between the 16th and 17th centuries. In the Sorana area, the bean was very often grown on small pockets of land of a few hectares along the shores of streams or between ditches and hummocks, protected from flooding by walls and channels. The reputation of the Sorana bean was documented during Gioacchino Rossini's time; in a letter to his friend, Maestro Giovanni Pacini of Pesca, Rossini expressly requested payment for the review of a number of music score in this rare and precious legume. From Napoleon's time onwards and with the arrival of the paper mills, the farmer cum mill-workers reconciled their new occupation whilst continuing to cultivate the bean together with those full-time farmers remaining.

The product

The white bean of Sorana is known for its thin, almost non-existent skin which does not come off during cooking.

Smaller than the normal Cannellino bean, the Sorana is also known locally as the piattellino because of its squashed shape. It is pearl white with pink vein and, once cooked becomes a tasty, easily digestible purée. The particular consistency of the shell of the Sorana bean is due



mainly to the pedo-climatic features of the area, which, in its central band along the river, is characterised by high rainfall (1850 mm, 600 mm more than the nearby town of Pescia) and by a high level of air humidity. The abundant surface levels of hardness (<math><10^{\circ}\text{F}</math>) and alkalinity; the *calcium*, *magnesium*, *sulphate* and chloride ion concentrations are considerably lower than the average for other areas of the Province of Pistoia. Sorana beans are best served boiled and seasoned with extra-virgin olive oil, a little salt and pepper. The beans should first be left to soak in spring water before slow cooking with a few sage leaves, a clove of garlic and a little extra-virgin olive oil.

Production area

The area of production covers approximately 660 hect-ares and includes part of the municipality of Pescia (Pistoia) lying on the eastern and western banks of the Pescia di Pontito torrent.

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Farina di Neccio della Garfagnana PDO



The term *neccio* used in the Garfagnana region refers to the “sweet chestnut” and has a long history. The cultivation of sweet chestnut fruit trees in Garfagnana began in the 11th century when, in order to confront the rise in population, large expanses began to be cultivated and the sweet chestnut, the “bread tree”, took hold. Cultivation of sweet chestnut trees in the Province of Lucca continued to spread, thanks also to the grafting of cultivars more appropriate to the milling of flour, to such an extent that the fruit soon became the main source of food for the population.

Drying of sweet chestnuts traditionally takes place in specially built huts, or *metato*, for the purpose. These stone-built features of the sweet chestnut grove can still be found today in varying sizes; they would have two storeys divided by a wooden ceiling where the sweet chestnuts were spread to dry over a slow-burning chestnut wood fire; the smoke would rise and gradually dry out the sweet chestnuts over a period of around 40 days, after which they were ready for shelling and grinding. In the Garfagnana region alone more than 7000 *metati* survived to the 1950's along with approximately

250 mills where the dried sweet chestnuts were ground.

In the Garfagnana region sweet chestnut cultivation covers an area of approximately 5000 hectares at altitudes ranging from valley floor to 900 metres above sea level on acid or sub-acid soil. The varieties include Carpinese, Pontecosi, Mazzangaia, Pelosora, Rossola, Verdola, Nerona and Capannaccia, each of which being suitable for flour-milling





and giving a distinctive taste and flavour. The maximum production allowed is 3500 kg per hectare.

The product

The Farina di Neccio della Garfagnana (chestnut flour) is fine to the touch and to the palate, with a colour that varies from white to dark ivory with a typical smell of chestnuts. Among typical recipes are the neccio flour polenta, the *manafregoli* (neccio flour cooked with milk), the *castagnaccio* (baked chestnut cake obtained by simply mixing water and neccio flour with a pinch of salt and garnishing it with nuts or other dried fruit, or with just rosemary) and, finally, what might be called the bread of Garfagnana called simply "neccio" (a waffle of about 20 cm, obtained by cooking a batter made from neccio flour, water and salt, between two very hot steel plates, the "Testi").

Production area

The area of production includes the following areas of the Municipalities of the Province of Lucca: Castelnuovo di Garfagnana, Castiglione Garfagnana, Pieve Fosciana, San Romano di Garfagnana, Sillano, Piazza al Serchio, Minucciano, Camporgiano, Careggine, Fosciandora, Giuncugnano, Molazzana, Vergemoli, Vagli, Villa Collemantina, Galliciano, Borgo a Mozzano, Barga, Coreglia Antelminelli, Fabbriche di Vallico and Bagni di Lucca.

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Farina di castagne della Lunigiana PDO



In Lunigiana, in the Middle Ages, the art of cultivating chestnut trees got a big push thanks to countess Matilde di Canossa. For centuries, the chestnut has fed generations of inhabitants in Lunigiana and formed the staple food of the rural populations that found in it a remedy against famine and poverty. Its wood was used to heat the homes, to provide essential tannins for leather tanning, bedding and foliage for cattle, raw materials for construction, poles and everyday tools. Lunigiana can be said to be covered with a huge chestnut grove; in fact the chestnut tree is the typical tree of Lunigiana and derivative products are a typically seasonal, but quite important market. As a provider of a food of primary importance, it became "the breadfruit tree" over the centuries in areas of greater demographic pressure. So chestnuts became an alternative to cereals, mainly as a popular food, because of its easy availability and preservability. Furthermore, its low price and high nutritional value have earned it the

name of "bread of the poor", as its fruits are used and

cooked in many different ways. Roasted or

boiled in water or milk, they substituted

bread, especially in the mountains;

they were eaten hot with milk

or wine as a soup; ground,

they constituted flour to

be used as substitutes

for the more

expensive cereal

flours in the

preparation of

polenta,

purees,

focaccia,

castagnacci,

soups.





The product

The Lunigiana chestnut flour stands out through its very fine texture and an ivory-cream colour. It has a sweet taste and an intense aroma of chestnuts. The product's traditionality is linked to the organoleptic characteristics of the local cultivars that are well adapted to the territory and to the ancient technique of slow drying by means of a fire constantly fed with chestnut wood, which takes place in the "gradili", typical, dedicated drying constructions scattered throughout the chestnut groves.

Production area

The "Farina di Castagne della Lunigiana" D.O.P. production area falls within the province of Massa Carrara and comprises the entire administrative territory of the municipalities of Aulla, Bagnone, Casola in Lunigiana, Comano, Filattiera, Fivizzano, Fosdinovo, Licciana Nardi, Mulazzo, Podenzana, Pontremoli, Tresana, Villafranca in Lunigiana and Zeri.

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Garfagnana Spelt PGI



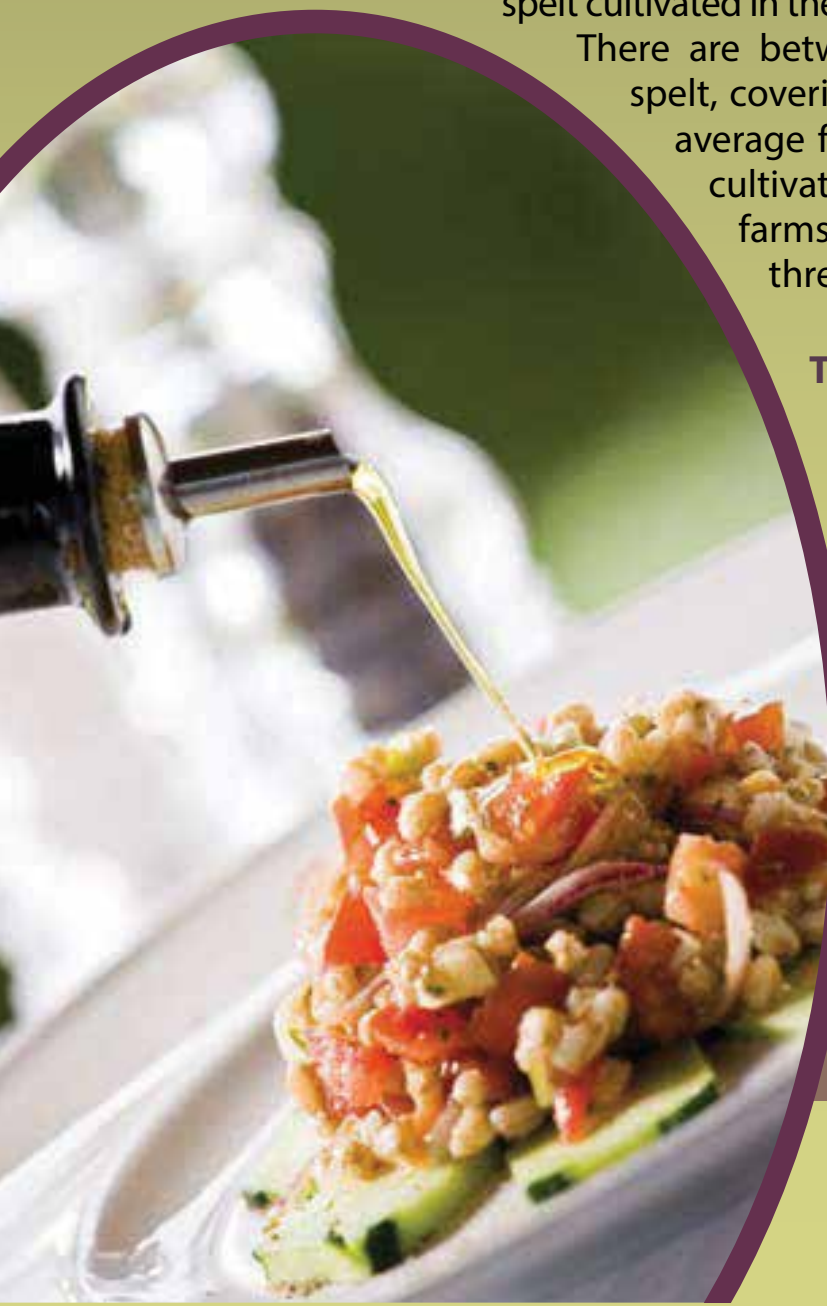
Spelt (*Triticum dicoccum*) is the longest surviving grain known to us today. It originally came from parts of Asia, Mesopotamia, Syria and Palestine and also Egypt. Changes in eating habits lead to greater appreciation for the new varieties of husk less grain and lesser demand for spelt, deemed “poor”, gradually diminishing the areas where it was cultivated to the point where, by the end of the last century, it had all but disappeared. In the Garfagnana region, however, spelt was still produced and in such quantities, thanks to the cold climate offered by the slopes of the Garfagnana hills, as to be traded. The fact that no pesticides or fertilisers are needed makes the spelt produced here an organic product. Today Garfagnana Spelt is a significant part of the local economy and contributes greatly to the incomes of many families.

Whereas other areas offer a mixture of varieties, *Triticum dicoccum* is the only variety of spelt cultivated in the Garfagnana region.

There are between 80 and 90 farms today growing spelt, covering an area of around 100 hectares. The average farm size is quite small and many farms cultivate less than one hectare, 10% of the farms grow spelt over an area greater than three hectares.

The product

Used in many of tasty, traditional, local recipes of the Garfagnana, spelt is now also part of the gastronomy of the whole mother Province of Lucca and beyond. A highly nutritious component of a healthy diet, spelt satisfies hunger, gives energy and is easily digested. It is especially suited for savoury tarts but its main culinary use is in soups. Having undergone significant efforts to recoup and develop its





production, Garfagnana Spelt has been granted its GPI status.

Production area

There are many areas of production around the municipalities of the Province of Lucca belonging to the geographic area known as the Garfagnana region.

Consorzio Produttori del Farro della Garfagnana IGP

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Finocchiona PGI



Finocchiona is a cured meat that has such a reputation among its admirers everywhere that some of the historical evidence that brings it to mind have the sole purpose of satisfying ... the historically greedy! There are several historic testimonies from as early as the fifteenth century to the preparation and use of sausages in the Tuscan cuisine. In one text, attributed to a Tuscan author, entitled "The book of fifteenth century cuisine. Language text never printed so far", the filling of pork or veal intestines with pork fat or other meat, with spices and odoriferous herbs is mentioned. The Finocchiona certainly falls among these sausages, which has a long history because in the Middle Ages fennel was used in place of pepper, at that time very expensive and rare. Anton Francesco Grazzini, a Florentine writer in the 1500s, in one of his poems spoke of the use of fennel in a type of sausage that was produced and consumed in Florence. In his textbook at the end of the nineteenth century, Sir Giuseppe Lancia recognised that in Italy each region, indeed every province, had its own and special type of cold cut and Florence had the *mortadella finocchiata*. The nineteenth and twentieth centuries, are especially rich in testimonies of the "Finocchiona", to name just a few remember its presence in the vocabulary of the spoken language, Rigutini and Fanfani 1875, and in the Dictionary of the Accademici della Crusca, 1889 edition. The publication "Atlante dei Prodotti Tipici: I Salumi" (Atlas of Traditional Products:

Cured Meats) by INSOR (2002) devotes a data sheet to the Finocchiona and the publication "Alla ricerca del pane perduto" (In search of lost bread) (1989) refers to this extraordinary product too.

Finocchiona is characterised by the original choice of adding to quality meat, from meat cuts of heavy Italian pigs, or the Cinta Senese, other Tuscan specialty, fennel that is featured in many regional recipes, and which is part of the endemic Tuscan flora, from the coast up to the sub-mountainous regions, often present at the foot of the dry-stone walls and at the foot of country "lanes". The skilful hands and craftsmanship, make a difference, even





when wine is used in the mix of the historical method, a product for which Tuscany is world famous.

The product

Finocchiona stands out through the unmistakable aroma of fennel used in seed and/or flower form in the mix (hence the name "Finocchiona") and through the local and expert workmanship that gives the slice a particular softness, which tends to crumble. Unavoidable in the Tuscan cold cuts appetizer, and accompanied by a slice of Tuscan bread "sciocco" (unsalted) and a good red wine.

Production area

The Finocchiona production area includes the entire Tuscan continental territory, excluding the islands, which is the area in which the production of this typical cold cut has consolidated over time.

Consorzio di tutela della Finocchiona IGP

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Lardo di Colonnata PGI



Some believe that the name of *Colonnata* originates from the colony of Roman slaves working in the marble quarries, and that the origin of the methods for preserving pork dates back to that era. It is known that the Romans were well aware of the importance of lard in the diet, especially to those with strenuous jobs. Legionnaires received, according to the Justinian Code, one ration of lard every three days. There was no avoiding the many uses of high quality local marble in other such objects, apart from in architecture and sculpture, as those for daily life, such as the pestle and mortar for grinding salt, and the famous basins, locally known as *conche*, destined for use in the conservation of lard. Sources say that the transformation of pork also became widespread in Longbard times. However difficult it might be to establish the exact origin of the conservation of lard in marble *conche*, whether it be Celtic, Roman, Longbard or even the era of the Communes, there is no doubt that it is an age-old and sound tradition. This is proven by the fact that marble basins for seasoning lard have been found and dated to the 17th, 18th and 19th centuries. It is also significant that 19th century bas-reliefs depicting St Antonio Abate, a hermit living between the 3rd and 4th centuries and who, in the 11th century was attributed as the healer of "Holy Fire" or "Saint Anthony's Fire", the common name for herpes zoster, can be seen on a number of buildings. The application of lard on the skin was for centuries believed to be the only remedy for the disease. For this reason, the Saint is very often portrayed with a pig. The dedication of the parish church to Saint Bartholomew, the patron saint of butchers, might not be certain, however the popular annual "Lard Festival", attracting many visitors from other parts of Italy and abroad, falls on the Saint's Day. The production, consumption and, therefore, the culture of lard in Colonnata have nevertheless always been linked to the daily life and work of the quarrymen. For the production of Colonnata Lard, cuts are taken of the adipose layer covering the back from the back of the head to the buttocks and laterally to the bacon.





Lardo di
Colonnata
IGP



The product

The main characteristics of the product are its rectangular shape and thickness of no less than 3 cm, a lower rind and an upper surface covered in seasoning salt flavoured with aromatic herbs and spices. Some cuts contain a strip of meat. The product has a soft, damp, even texture and is usually white with a hint of pink or brown. The scent is fragrant and rich, the flavour delicate and fresh, almost sweet and with a fine savour if cut from the buttocks, enriched with the aromatic herbs and spices used to season the lard.

Production area

The geographic area where Colonnata Lard is produced is in the part of the municipality of Carrara, in the Province of Massa Carrara, called Colonnata. The lard is made from cuts of pork meat originating pigs reared in the regions of Tuscany Emilia Romagna, Veneto, Friuli-Venezia Giulia, Lombardy, Piedmont, Umbria, The Marches, Lazio and Molise.

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Marrone del Mugello PGI



The cultivation of sweet chestnut groves for fruit in the Mugello area dates back to Roman times but it is from the Middle Ages onwards that the significance of the sweet chestnut, especially the *marrone* variety, can be seen in documents. The centuries-old sweet chestnut groves of the area continued right up to the end of the 1950s to be a vital source of food and income for the local population, to such an extent that the sweet chestnut was known as the “bread tree”. After a period of regression over 30 years, during which a marked decline in the number of people inhabiting the mountain area, changes in eating habits and

the appearance and diffusion of sweet chestnut cortex cancer drastically reducing the size of the sweet chestnut groves, the 1980s saw the start of a come back in sweet chestnut production.

The Mugello Marrone sweet chestnut is grown on trees belonging to a series of local eco-types all belonging to the Marrone Fiorentino variety. The 3,322 hectares of groves are situated between 300 and 900 metres above sea level with a maximum density of 120-160 plants per hectare. No phyto-pharmaceuticals nor fertilisers are used during cultivation and the fruit is conserved without the use of chemical treatment or additives. The sweet chestnuts can be simply soaked in cold or hot water or both to preserve them for longer. A fresh Mugello Marrone sweet chestnut still in its shell is medium to large in terms of size (no more than 80 per kilo) and is mainly oval in shape with a slightly pointed tip marked by a tomentum, one side is usually flat whereas the other is very convex, the scar on the base is rectangular and generally flat and much lighter in colour than the rest of shell, which is reddish-brown with around



25 to 30 vertical streaks and can easily be removed from the epispem.

The product

The nut, usually one per fruit, has a white crispy interior with hardly any grooves and pleasant, sweet taste. The Marrone del Mugello chestnut is sold fresh, with shell and shelled, and as chestnut flour, particularly suitable for use in the preparation of sweets.

Production area

The production area covers part of the territory of the province of Florence, corresponding to part of the Mugello area, comprising the entire territory of the municipalities of Dicomano, Marradi, Palazzuolo sul Senio and part of the municipalities of Borgo San Lorenzo area, Firenzuola, Londa, Rufina, San Godenzo, Scarperia and Vicchio.

Consorzio di Tutela del "Marrone del Mugello IGP"

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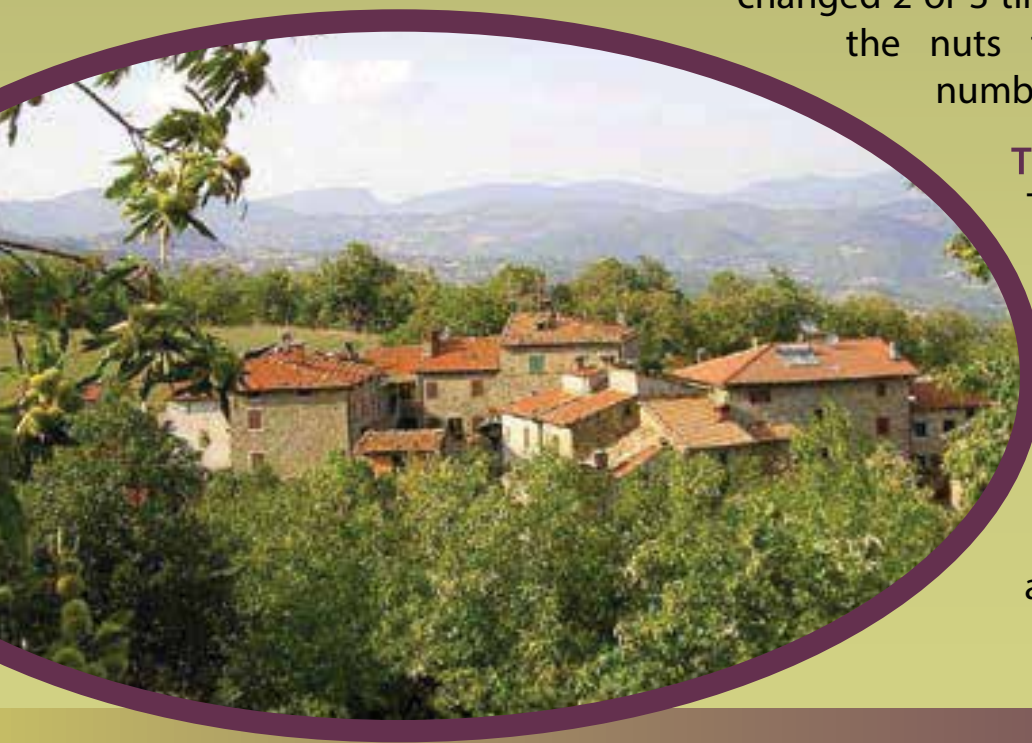


Marrone di Caprese Michelangelo PDO



The sweet chestnut has probably since Roman times fulfilled a fundamental role in the lives of the people of the Caprese area, not only as a significant source of food but also for timber to make tools, furniture, beams and wine barrels, and mention of sweet chestnut cultivation has been found in 11th century archives. The main variety is the *Marrone*, whose fruit has an intense brown colour with streaks of darker brown, which can be slightly raised near the base. The nuts, from one to three per burr, are usually oval–rounded or square in the central fruit, a flat face and convex back for the side nuts.

Soil management is based on the elimination of wild herbaceous vegetation and shrubs for the main purpose of preparing the ground for the harvest of the sweet chestnuts. This is carried out either from off the ground or from the tree of the closed or slightly open burrs which are then placed in piles called *pegliai*. Once the natural drop has finished, the piles are beaten using a large wooden rake (*rigio*) which also serves to remove the nuts from the burrs (*peglie*). The fruit is then carefully sorted to remove any damaged by insects, cracked or empty shells, and to divide the nuts into two sizes, the larger for sale as fresh produce and the smaller for drying. Sweet chestnuts for the farmer's own domestic use are usually left to soak for 8 to 10 days in water, which is changed 2 or 3 times. This treatment enables the nuts to be conserved from a number of months.



The product

The *Caprese Michelangelo Marrone* has a medium to large size (70-85 nuts/kg) and a particular scent and sweet taste. Its properties make it especially good for baking, glazing, peeling and boiling.



Production area

The geographic area of production, drying and conditioning of the Caprese Michelangelo Marrone lies in the following territory: the entire administrative territory of the Municipality of Caprese Michelangelo; the northern part of the territory of the Municipality of Anghiari from the crossroads between the administrative boundary of Caprese Michelangelo delimited by the "strada provinciale n. 57 Catenaia" and up to the start of the boundary with the Municipality of Subbiano.

Comitato promotore per il riconoscimento della DOP Marrone di Caprese Michelangelo

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Miele della Lunigiana PDO



There are numerous historical references to the origin of beekeeping in Lunigiana, its close ties to the territory, and how the centuries-old tradition of using honey in the local gastronomy, the use of products derived from beekeeping, such as medicines, and the local tradition of candle-making came to be of considerable importance.

The Lunigiana offers an ideal environment for beekeeping due to its largely natural state, low population density and extremely limited industrial development.

Lunigiana Honey PDO is limited to only two types of honey: from acacia or sweet chestnut flowers.

The product

Lunigiana acacia honey stays clear and runny for a long period of time and can be found like this throughout its shelf life. It might become cloudy because of the formation of crystals but it will never become completely crystallised.

The honey is very pale in colour from almost colourless to pale yellow. The scent is light, not persistent, fruity and similar to the flower. The taste is decidedly sweet with a slight acidity and lack of bitterness. The aroma is very delicate, typically of vanilla, only a little

persistent and with no aftertaste. The consistency is always viscous according to the water content. Lunigiana sweet chestnut honey stays clear and runny for a long period of time and can be found like this throughout its shelf life. It might much later become slightly crystallised. It is dark amber in colour with reddish tones, the scent strong and penetrating and the flavour persistent with a bitter note and aftertaste similar to its scent. Beekeeping is widespread throughout the area, as the declarations beekeepers must make under Regional Law No. 69/95 show; 225 beekeepers and 4324 hives producing over 100 tons annually. The Lunigiana is almost completely devoid of pollutants,



and this factor, combined with a favourable succession of flowering and a presence of precious plant essences permits the production of honey having special qualitative characteristics above the national average. The remarkable number of acacia and sweet chestnut trees permit the production of their respective honeys with especially evident purity, which is further enhanced by the traditional methods of extraction, transformation and bottling. The purity of the aromas and compliance with standards of flavour are long-established features of Lunigiana Honey.

Production area

The Lunigiana Honey area of production, processing, preparation and packaging comprises part of the territory of the province of Massa Carrara in the Tuscany Region, corresponding to the Lunigiana Mountain Community range.

Consorzio Tutela del Miele della Lunigiana DOP

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Mortadella di Prato PGI



Mortadella di Prato is a cooked sausage, whose origins probably date back to the first half of the eighteenth century, even though its processing was consolidated in the early years of the twentieth century. Among the first reliable evidence relating to the consumption of Mortadella di Prato, are the documents relating to the banquet organized in 1733 for the beatification of Sister Caterina de 'Ricci from the Dominican nuns' of the monasteries of Prato, in which they prepared a dinner where the mortadella and figs course stands out (a combination that is kept alive to this day). In 1880, the Mortadella di Prato along with other products which are representative of the Prato economy was taken to the Artistic Industrial Exhibition which took place in the city itself. The increase in production and consumption dates back to the early twentieth century when, with the spreading of the textile industry and the consequent development of the economy and increasing prosperity,

the spread of foods that were previously reserved for special occasions was favoured. Mortadella di Prato was made using the less valuable parts of the pig, and the processing of other meats which were strongly flavoured with spices and alkermes. Only since the eighties of the last century has there been a revival of this product with slight variations to





the original recipe to make it more suited to the new market.

The product

Mortadella di Prato preparation calls for a mixture of pork, sea salt, garlic, spices and alchermes, made into a sausage and cooked. The product can be sold whole or in slices up to a weight ranging from 500 grams to 10 kg. This sausage is characterised by a sharp and spicy aroma with a hint of alchermes, which determines the characteristic dark pink colour in which the white cubes of fat stand out. The use of alchermes (cochineal dyed purple liquor called "the dyer's ruin"), recalls the two ancient crafts, dyer and butcher. Mortadella di Prato is a truly distinctive sausage, recommended for refined appetizers. In the kitchen, it enhances mixes and fillings.

Production area

The "Mortadella di Prato" production and packaging area includes the entire territory of the municipality of Prato, and the municipalities of Agliana, Montale and Quarrata in the province of Pistoia.

Associazione Mortadella di Prato c/o Confartigianato Prato

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Chianti Classico Extra-Virgin PDO

Chianti Classico olive oil has a very long tradition, handed down from generation to generation, and the production of olive oil has been heavily influenced over the years by virtue of its nutritional value, use in religious rites and ceremonies and the demographic increase, when large areas of woodland were turned over to vineyards and olive groves, exalting the extraordinary Tuscan landscape between the cities of Florence and Siena. One particular recognition of the area of production was the promulgation of an edict of 1716 by means of which Duke

Cosimo III established the current boundaries of the area, recognising the quality of the olive oil and wine made in the area. In

1819 the *Trattato teorico-pratico completo sull'ulivo* ("Complete theory and practice of the olive tree") by G. Tavanti identified the main cultivars existing in the Chianti Classico area.

Chianti Classico Extra-Virgin Olive Oil is made from olives grown in registered olive groves made up by at least 80% of trees of the varieties Frantoio, Correggiolo, Moraiolo and Leccino either singly or jointly and of a maximum of 20% of other varieties of the area. The unique





flavour and tradition of the olive oil is derived from this harmony of olive varieties.

The product

The oil has an intense green colour with tones of gold, a clear, fruity olive oil scent, and a spicy, slightly bitter flavour. Aromatic notes make this oil perfect for dressing salads, soups made from legumes and on traditional Tuscan dishes such as ribollita and panzanella.

Production area

The Chianti Classico oil production area extends to numerous municipalities in the provinces of Siena and Florence: Castellina in Chianti, Gaiole in Chianti, Greve in Chianti, Radda in Chianti, Barberino Val d'Elsa, Castelnuovo Berardenga, Poggibonsi, San Casciano in Val di Pesa and Tavarnelle in Val di Pesa, in accordance with the demarcation shown in the product specification.

Consorzio di Tutela della DOP Olio extravergine di oliva Chianti Classico

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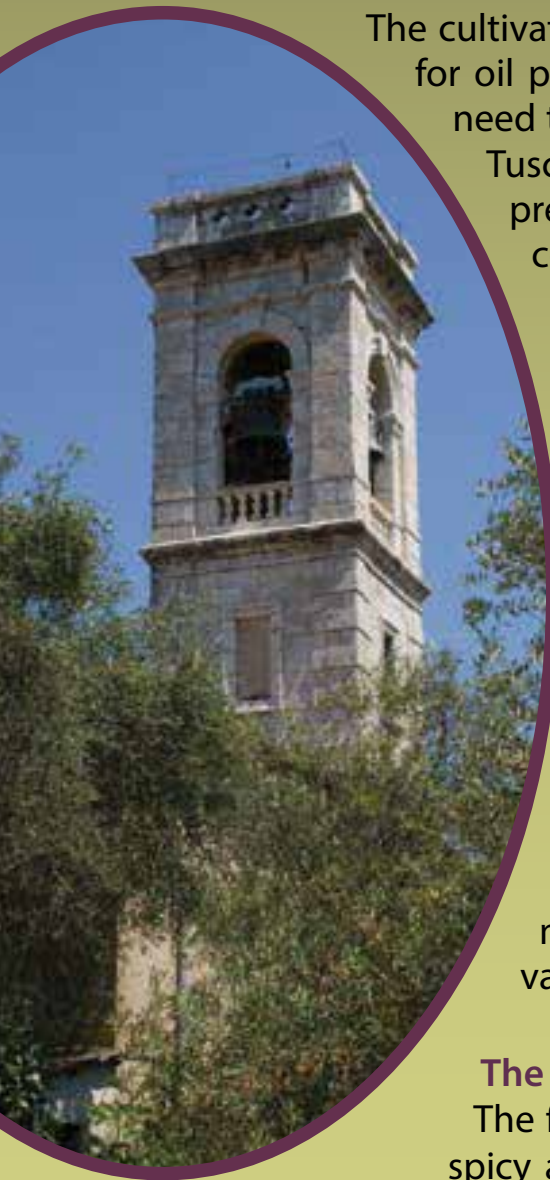
Lucca Extra-virgin PDO

The wealth of olive groves throughout the Province of Lucca dates back centuries as proven by the many place names referring to the olive such as “Ulettori” near to the hilltop village of Pieve a Elici, “Ulivella” near to Camaiore, “Oliveto” near to Arliano and “Olivetecci” near to Varno.

The cultivation of olive trees grew in importance both for food and for oil production in the 14th-15th centuries, at a time when the need to increase and protect olive growing was strongly felt in Tuscany. Statutes were written in the communities detailing precise rules of behaviour which influenced the quality and could also identify the most commonly cultivated varieties. Several of those appearing in the census taken at that time in the Province of Lucca are still cultivated today. Over the course of time and thanks to the skill and tenacity of those involved oil became a trade opportunity. Lucca, as the city’s historian Cesare Sardi stated, established itself as a major olive oil producer and trader, prohibiting sale outside the Lucca area without a licence and the withholding of oil to provoke price rises. Throughout the Lucca area the olive and oil have traditionally not only been a constant source of income but also have had a strong impact on the lifestyle and social customs of the population. The percentage use of the cultivars used in the production of Lucca Extra-Virgin Olive Oil are the Frantoio or Frantoiano or Frantoiana to a maximum of 90%, the Leccino up to 30% and other minor varieties up to 15%.

The product

The fruity, light to medium olive taste, is basically sweet with spicy and bitter sensations linked to the intensity of the yield and to the state of the fruit at the time of harvest, between late





october and late december. The colour is yellow with green tones of varying intensity.

Production area

Includes the municipalities of:

Capannori, Lucca, Montecarlo, Altopascio, Porcari and Villa Basilica for the plain of Lucca and the municipalities of Camaiore, Massarosa, Viareggio, Forte dei Marmi, Pietrasanta, Seravezza and Stazzema for the Versilia coastal area and the municipalities of Bagni di Lucca, Borgo Mozzano, Pescaglia, Barga, Coreglia Antelminelli and Minucciano for the Media Valle and Garfagnana areas, according to the limits indicated by the production regulations.

Consorzio di Tutela Olio DOP Lucca

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Voicemail/ Fax +39/1786003932

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Seggiano Extra-Virgin PDO



The name "Seggiano" has been related to the olive tree since ancient times, as evidenced in a document by Abbot Fatteschi which speaks of land located in the "Seggiano Castle", "olivellati" (studded in olive trees) by the Abbot of the Abbey of S. Salvatore in the year 858

A.D. or, according to others in the year 903 A.D. the Seggiano PDO is

obtained from the Olivastra di Seggiano variety, "Olivastra" from the

Latin "Oleaster" = wild olive or the name "Slavo", which seems

originally to have been introduced from Dalmatia by the

monks of the Abbey of S. Salvatore and then spread on

Mount Amiata as it yielded a good quantity of oil. The

Seggiano oil history and its importance for its people,

who have based their survival on chestnuts, olive trees

and vines, has important examples over the centuries:

Gherardini, in his report on the "Visit to the State of

Siena" (1676 -77) notes that in Seggiano "they will

get about 800 stara of oil (i.e. over 160 tons, the

Siena stara being 20.80 litres), and when fully

harvested almost 1500 stara (almost double)";

Pecci, (18th century, "The State of Siena ancient

and modern") reported: "in the court of Seggiano

there are enough farming families who cultivate

their lands and others", ... "traffic in oil and in other

industrious work". Santi ("Trip to Monte Amiata" in

the late eighteenth century) relates that "its

(referring to Seggiano) hill is topped by beautiful

olive groves, with old olive trees of an extraordinary

size, no doubt, then, centuries-old". As early as the

late nineteenth and early twentieth century the

cultivation of the olive had focused on intensive and

specialised forms which together with the cultivation



of the vine had already contributed to the peculiarities of the current Seggiano rural landscape.

The product

At least 85% of the extra virgin olive oil is obtained from the "Olivastra Seggiano" cultivar (also called "Olivastra Seggianese"); the fruits of other Tuscan varieties present in the olive groves are allowed up to a maximum of 15% of the business total. The product has the following organoleptic characteristics: colour from green to gold; a fresh, clean aroma of olives; flavour: a hint of sweetness, medium-low load of pungency and bitterness.

Production area

The production area of the olives destined for Seggiano D.O.P. oil includes olive groves in the municipalities of Arcidosso, Castel del Piano, Seggiano, Cinigiano, Santa Fiora, Roccalbegna, Semproniano and part of the municipality of Castell'Azzara.

Consorzio di Tutela dell'Olio di Seggiano DOP

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Terre di Siena Extra-virgin PDO



The cultivation of olive trees in the Siena area dates back centuries, with the olive featuring in works of art and paintings of the late Middle Ages, when writers also mention the presence of olive trees on the hills throughout the province.

The importance of the cultivation of olive trees in the Siena area is also testified by men of culture such as *il Repetti*, who in 1835 was appointed by the Grand Duke of Tuscany to supply historic-economic data about the Grand Duchy, underlining the importance of olive grove cultivation in the municipalities of the Siena area, both in terms the farming economy and as a tradition.

Terre di Siena oil is made using olives from at least two of the following varieties each singly to the value of at least 10% and jointly to the value of at least 85%: Frantoio, Correggiolo, Moraiolo and Leccino. Other varieties may be used but to no greater than 15%. This oil ranges in colour from green to yellow and varies over time, has a fruity scent and a flavour which presents bitter and spicy notes. The maximum acidity allowed is 0.5%. Terre di Siena Extra-Virgin Olive Oil must be produced exclusively from healthy olives harvested directly from the tree by 31 December and can be stored if necessary for a maximum of three days in cool, ventilated places before being processed within twenty-four hours by the oil mill.

The product

Straight from the bottle culinary uses include salad dressing and pouring onto regional dishes of legumes (bean soup), over ribollita, the traditional panzanella, crudités and bruschetta. The oil is also used for roasting, steaming and frying.





Production area

The Terre di Siena oil producing area includes the entire administrative territories of the following municipalities: Abbadia S. Salvatore, Asciano, Buonconvento, Casole d'Elsa, Castiglione d'Orcia, Cetona, Chianciano, Chiusdino, Chiusi, Colle Val d'Elsa, Montalcino, Montepulciano, Monteriggioni, Monteroni d'Arbia, Monticiano, Murlo, Piancastagnaio, Pienza, Radicofani, Radicondoli, Rapolano Terme, San Casciano dei Bagni, San Gimignano, San Giovanni d'Asso, San Quirico d'Orcia, Sarteano, Siena, Sinalunga, Sovicille, Torrita di Siena, Trequanda and part of the territories of Castelnuovo Berardenga and Poggibonsi.

Consorzio dell'Olio extravergine di oliva DOP "Terre di Siena"

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Fax +39-0577-1503071
consorzio@olioterredisienadop.it
www.olioterredisienadop.it



Tuscan Extra-Virgin PGI



Olive trees are synonymous with the Tuscan landscape and are known to have been a part of that landscape since at least the 6th century B.C.

An environmental, economic and cultural heritage which survives as such thanks especially to the people who have cultivated olive groves over the centuries and now, more than ever, thanks to the people working on the more than ten thousand farms who continue to care for over six and a half million trees on over fifty-five thousand hectares of land according to the strict regulations adopted by the Consortium for the safeguarding of Tuscany Extra-virgin Olive Oil PGI.

To obtain this designation, all the phases of production, from harvest to the oil extraction to bottling, must be carried out exclusively within the region's territories and the chemical and organoleptic qualities of Tuscany Extra-virgin Olive Oil PGI must conform with production standards.

The number impressed on the neck of the bottle enables the identification of original Tuscany Extra-virgin Olive Oil PGI and to trace every phase right back to the place of origin of the olive, guaranteeing a clear traceability for the product.

As the strong olive oil tradition of Tuscany commands, the varieties used are normally moraiolo, frantoio, leccino and pendolino, however other native varieties of the great olive tradition may also be used in the production of Tuscany Extra-Virgin Olive Oil PGI.





The product

A typical composition, depending on the percentage of the various cultivars used, the location of the olive groves, the period of harvest, the methods of production and extraction can imbue the oil with odours of artichoke, almond or ripe fruit to a greater or lesser degree, accompanied by bitter, spicy notes. An extremely versatile product, with many sensorial overtones, it can be as easily used in classical, traditional and contemporary recipes as in haute cuisine.

Production area

The area of production includes the entire area of the Region of Tuscany.

Consorzio per la Tutela dell'Olio extravergine di oliva Toscano IGP

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Pane Toscano PDO



The very history of Tuscany has led to the emergence of a different bread to that normally produced in the other Italian regions, because Tuscan bread is without salt. This absence seems to go back to a historical dispute in the twelfth century, throughout Tuscany, between the then rival cities of Florence and Pisa. Besides the dispute it would seem to be a choice arising from salt's high price and therefore intended primarily for storage of pork for the year. A first written record on the production of "sciocco" bread, that is without salt, was provided by Pierandrea Mattioli in the sixteenth century. Subsequently, Manetti spoke of it and also referred to the use of yeast, in Tuscany "Formento", made up of sour dough that was stored in the so called "madia" or "bread case", as Leon Battista Alberti calls them in "De re aedificatoria", in the middle of the flour. The wheat varieties used to produce flour for Tuscan bread derive largely from those that were the subject of study and genetic improvement in Valdichiana, since the beginning of 1900. These varieties when grown in Tuscany, offer those values suitable for rising with yeast sourdough thus determining the characteristic taste of the bread prepared without salt. Bread production took on an almost ritual symbolism, still partly preserved. If "placing the bread in the opposite way to cooking" was considered to be a lack of respect for a staple, it was grave sin, and still is, to throw away leftover bread. Hence, probably, the richness of popular recipes related to the use of stale bread: the panzanella, already known in



the 1500s, the panata, a soup known since the fourteenth century, the ribollita, the acqua cotta, pappa col pomodoro, bruschetta or garlic bread, the black cabbage soup to name a few.

The product

The «Pane Toscano» has an aroma of toasted hazelnuts, unsalted and slightly sour flavour of the inside, with a white or ivory-white, uneven, crunchy crust. Proper raising preserves it for a far greater period than today's bread, plus it has a high nutritional value due both to its high digestibility, related to the use of a low-gluten flour mixture and the nutrient supply of its wheat germ (not added), and from the historical absence of salt among the ingredients.

Production area

The area of provenance of the wheat, flour and the yeast, of production and packaging of «Pane Toscano» PDO includes the entire administrative territory of the Tuscany Region.

Consorzio di Promozione e Tutela del Pane Toscano a Lievitazione Naturale

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Panforte di Siena PGI



Symbolic of the Siena cuisine, the Panforte has a history whose origins date back to the Middle Ages. The forerunner was the "Pane Melatos", a kind of flat bread with flour, water and figs, grapes and honey; rich and tasty when fresh, with time it tended to sour and take on a strong flavour, hence its name of "Panis Fortis "or Panforte. The first official document which speaks of "panes melati et pepati" is a parchment at the Siena State Archives, dated 7 February 1205, where the product is mentioned among the gifts that servants and farmers were obliged to bring to the nuns of the Abbey of Montecelso, in the province of Siena. We find other mentions of the "Panforte di Siena" around 1280 in the Statute of the Corporation of bakers, but its fame is not noted until the 1400s. Many documents of that era quote its presence on the menu of sumptuous banquets given by wealthy "signori" in every part of Italy and abroad. In a paper from 1383 in the Archives of Genoa, Panforte di Siena is indicated among the most renowned Italian desserts. In 1400 in Venice it was customary to eat the classic panforte during the most important and solemn occasions. Up to 1599 at least, the production of this sweet remained the exclusive domain of Apothecaries (Speziali). At the time there were only 12 of them in





the city. By the early nineteenth century Panforte creation moved from pharmacies to the first factories opened in Siena. The white version has a precise date of birth, 1879, when, in honour of Queen Margherita visiting Siena for the August Palio, the sweet was made for the first time with less spices and was covered with powdered sugar and renamed "panforte Margherita." Its immediate success gave it an undisputed fame under the name of «panforte bianco» used to distinguish it from the traditional version or "panforte nero".

The product

Panforte di Siena PGI is round in shape if sold whole, cut into wedges if sold in pieces. The surface is uneven, white ("white" or "Margherita" version) through the layer of sugar, or brown ("black" version) through the mixture of spices that covers it. The consistency is doughy, the taste is sweet, with aftertaste of candied fruit, almonds and a hint of spice.

Production area

The area of production and packaging of "Panforte di Siena" includes the entire administrative territory of the Province of Siena.

Comitato promotore Panforte di Siena IGP

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www.coripanf.org



Pecorino delle Balze Volterrane PDO



"Pecorino delle Balze Volterrane" is a cheese made exclusively from raw, whole sheep's milk coming from animals raised using the half-wild grazing system, vegetable rennet and salt, and has always been recognised through the use of rennet taken from the flowers of the thistle plant or wild artichoke (*Cynaria cardunculus*), present in abundance in the area, that gives the product a sweeter flavour. The climatic conditions of the production area are particularly favourable in obtaining the product. In fact, through its internal position that's not too far from the sea (the Volterra territory has a sub-coastal climate), with rainy autumn and spring, quite mild winter and breezy summer helping the development of local plant species that are the main source of sustenance for the grazing sheep, and that give the milk volatile aromas that are transferred to this much-loved cheese. Some mid-1700s testimonials, refer to correspondence between Monsignor Mario Guarnacci, a Volterra scholar, and

his master philologist Anton Maria Salvini who, from Rome, thanked for the receipt of the cheeses writing at the bottom of one

of the letters: "thank you very much for the Volterra cheeses sent to me, whose milk comes from the breasts full of that sauce, given up by these green and pleasant pastures. Yours faithfully", and again according to Salvini, pecorino di Volterra "covers up and beats every other cheese" so much as to decant it in two sonnets. Even the Frenchman M. De La Lande in his "Voyage in Italie",





Paris 1786, describes the customs and traditions of the Italian people and in chapter XXIII, devoted to cheese "Des Fromages d'Italie", reports on the «cacio marzolino» produced in a part of Tuscany, probably Volterra, through the use of vegetable rennet made from thistle flowers («il y a en Toscane un fromage doux, appelé cacio marzolino, parce qu'il se fait principalement au mois de mars, pour le quel on fait prendre le lait avec une fleur de chardon»).

The product

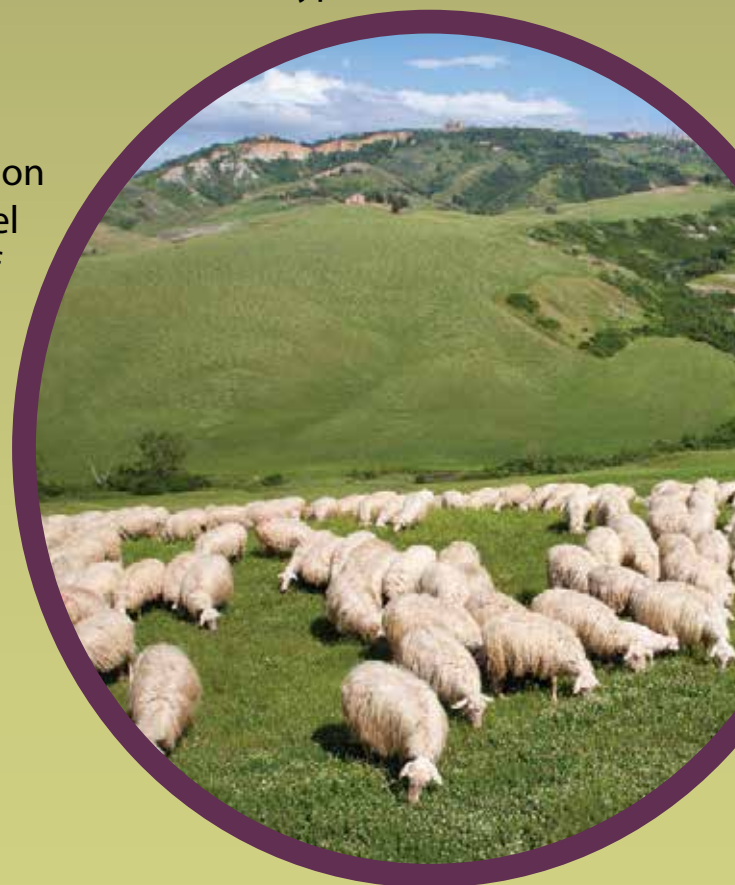
The taste is fragrant, with flower and plant aromas, characteristics that become more and more intense by increasing the maturing period from "fresco" (fresh) to "semi-fresco" (semi-fresh), accompanied by a strong pungency and flavour and a slight sharpness in the "stagionato" (matured) and "da asserbo" types matured for over 12 months.

Production area

The sheep breeding area and that of production and maturing of "Pecorino delle scogliere del Volterra" is just in the municipal territories of Volterra, Pomarance, Montecatini Val di Cecina, Castelnuovo Val di Cecina, Monteverdi, all to be found in the province of Pisa.

Associazione tra i produttori di latte e pecorino Balze Volterrane DOP

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Prosciutto Toscano PDO

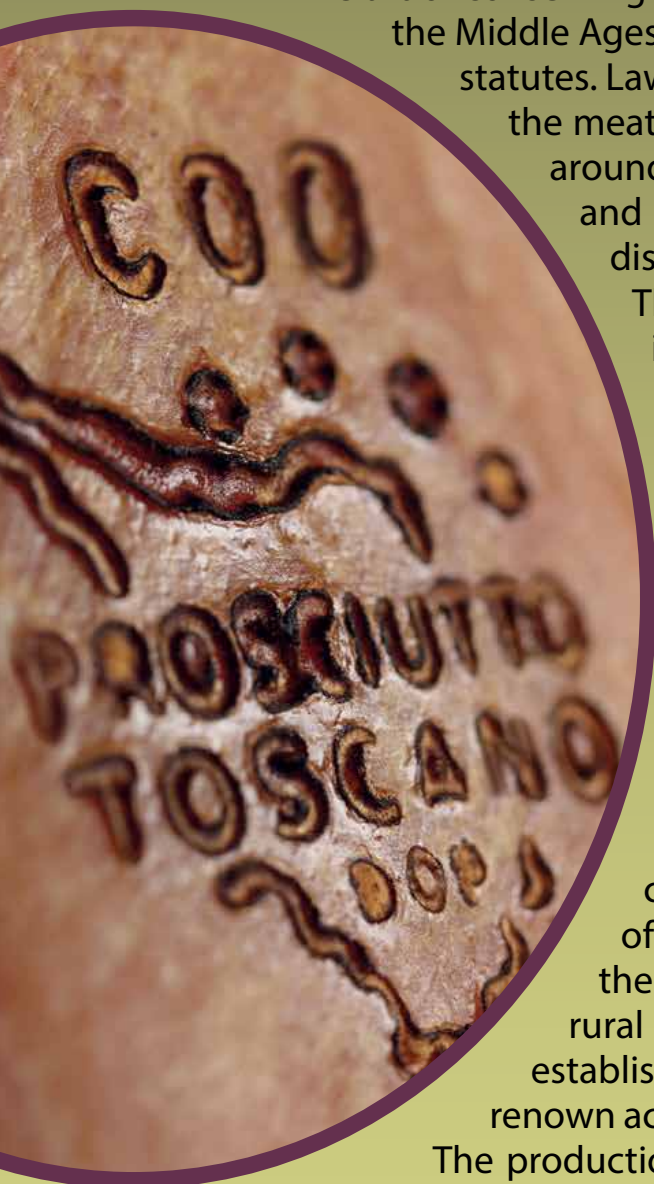


The art of conserving pork in the Region of Tuscany was consolidated in the Middle Ages when the corporations or *Arti* were established by statutes. Laws governing pig slaughter and the conservation of the meat were already in force at the time of Charlemagne; around the 15th century saw the regulation of Tuscan Hams and rules governing the whole process from rearing to distribution.

The history and evolution of the production of pork in Tuscany is noteworthy because of the singular features of the rearing and use of this species.

As a primary activity, Tuscany specialised over the centuries in rearing sows which were mainly left to graze and used for raising piglets for fattening elsewhere. The measure of this phenomenon is given by a number of simple data: 85-90% of piglets born in a region which raised around 15-16% of all piglets in Italy were sent to pigsties in the North. As such, the production of fat pigs for domestic consumption soon took on an almost ritual meaning and was elevated to the level of ceremony where the wholesomeness, and flavour of the final product had to reach excellence. Outside the family circle, hams and dried meats typical to rural areas gave life to many craftsman-like enterprises established on the basis of the farming tradition and the renown acquired by the original, organoleptic characteristics.

The production of Tuscany ham PDO currently uses the legs of fresh pork raised and butchered according to regulation standards in the following regions: Emilia Romagna, Lombardy, The Marches, Umbria, Lazio and Tuscany.





The product

The phases of production of Prosciutto Toscano include dry salting, washing and drying, sugnatura and seasoning; the final product is rounded, with an arch at the top and normally weighs around 8-9 kg; the average slice has a bright red colour with little fat between the muscle. It is an extremely versatile ingredient in snacks, starters and main courses and is perfectly accompanied by Chianti and Sangiovese wines and other full-bodied red wines.

Production area

Pigs must be born, raised and slaughtered in the traditional pig farming regions: Tuscany, Emilia Romagna, Lombardy, Marche, Umbria and Lazio. Processing and all slicing operations take place exclusively within the Tuscany Region.

Consorzio del Prosciutto Toscano

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www.prosciuttotoscano.com



Ricciarelli di Siena PGI



The origin of the name "Ricciarelli" is uncertain. According to legend it is linked with the nobleman Ricciardetto della Gherardesca who brought the recipe back from the Crusades. For others, the term Ricciarelli can be attributed to their slightly ruffled appearance. However, there is no doubt that they are the direct descendants of the highly acclaimed "marzapane" and the popular Siena "marzipanetti", which were widespread since the 1400s on the most sumptuous tables in Italy and France. There are documents that prove the predominance of Siena marzipan at various wedding banquets such as that of Costanzo Sforza and Camilla d'Aragona (1475), of Caterina Sforza and Girolamo Riario (1477) or at banquets for delegations, such as that of Cardinal Borghese and the Duke of Ferra when visiting the Pope (1477). Amongst fifteenth century deeds in the Estense family archives, the Siena marzipan is often remembered with praise. In Siena, in 1536, during Charles V's visit to the Tuscan city, one hundred marzipans were offered. We also learn from some seventeenth century deeds regarding administrative activities of the University of Siena, that upon graduating it was customary to give a gift to the Dean of "two bottles of wine and marzipan". They have been mainly called "Ricciarelli" since the 1800s. Pellegrino Artusi reproduces the recipe at no. 629 of *La scienza in cucina e l'arte di mangiar bene* (the science of cooking and the art of eating well) (1891, first edition) thus definitively consecrating the designation "Ricciarelli di Siena". The Ricciarelli Siena PGI is obtained from a mixture made with almonds, sugar, egg white, then baked in the oven.





The product

They are shaped like an oval lozenge, the surface is white due to the icing sugar cover, with possible presence of slight cracking, while the edge is lightly browned. Inside is a light golden beige colour. The taste and smell are typical of almond paste.

Production area

The area of production and packaging of "Ricciarelli di Siena" includes the entire administrative territory of the Province of Siena.

Comitato Promotore Ricciarelli di Siena IGP

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Zafferano di San Gimignano PDO



There is much documentary evidence, dating as far back as the 13th century, of the origins of San Gimignano Saffron, whose quality and renown was documented not only by virtue of the quantities exported to other market places in Italy (Pisa 1238, Genoa 1291), but also by the new trade with the Orient and Africa (Alexandria in Egypt, Tunisia, Damietta, Accra, Tripoli and Aleppo between 1221 and 1247). Income from the saffron trade was so great as to enrich the fortunes of many families, some of whom, as sources tell us, built the famous towers, still today a great source of pride for the town. Saffron was also used as a gift; in 1241, for example, 25 pounds weight were sent by the Community to Emperor Federico II who was camped nearby. Historic records on the cultivation of the *croco*, the popular term for *crocus sativus*, in San Gimignano are so extraordinarily rich as to enable us to trace the location of the lands used for cultivating the flower. From the 13th century onwards, various sources confirm the use of saffron not only for culinary purposes but also in dyestuffs, medicines and paints. Mention is also made in Medieval accounting documents and contracts as well as in the laws and municipal regulations of the time.

Many sources confirm the tradition of cultivating saffron in San Gimignano, as the following brief bibliography shows:

A. PETINO, *Lo zafferano nell'economia del Medioevo (Saffron in the Medieval economy)*, p. 172; D. ABULAFIA, *Crociati e zafferano (The Crusades and saffron)*; E. FIUMI, *Storia economica e sociale di S. Gimignano (The economic and social history of San Gimignano)*; V.R. CIASCA, *L'arte dei medici e degli speziali nella storia del commercio fiorentino dei sec. XII e XV (The art of medical practitioners and apothecaries in 12th and 15th century Florentine trade)*.

Although it no longer has the major financial importance of the past, today saffron is still considerably important in the gastronomy and

pharmaceutical field. Currently the San

Gimignano saffron is the subject of a

significant rediscovery both on a

culinary level and a

pharmaceutical one. In

the territory, its use in

production as well as





in processing are those established by tradition according to fair and consistent methods. Many operations are still carried out by hand as in the Middle Ages: the selection of bulbs, picking flowers in the early morning hours, husking, drying by the fire. This carelessness towards saffron is due mainly to a reversal of customs, which in recent decades has greatly affected traditional practices and products. Luckily, today we are witnessing a reversal of the trend, giving life to a series of initiatives and events. For several years, in the autumn, during Crocus husking operations, a party "yellow as gold" has taken place in San Gimignano, in order to draw public attention to the cultural aspects related to the consumption of the product.

The product

It is present in catering and in some local specialties, also in connection with other typical products from San Gimignano, such as bread with Vernaccia white wine and saffron, and the saffron flatbread. In looking through some texts such as the fourteenth century Libro della cucina di Anonimo Toscano, we see how the importance of saffron in cooking is more scaled down today than in the past. In fact saffron was an essential ingredient of dishes such as "pestelli", "peverata", "agliata", "porrata" as well as of certain cheeses.

Production area

The area of production is limited exclusively to the Municipality of San Gimignano.

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***PDO and PGI
products
not exclusive
to Tuscany***



Agnello del Centro Italia PGI



Agnello del Centro Italia is the meat from lambs bred on central Italy's pastures, where the succession of historical events marked the ups and downs of sheep farming. Under the Roman Empire, the sheep was considered an excellent bargaining chip which was interrupted with the fall of the Empire through plagues and wars, then, under the Papal State, they resumed when Pope Bonifacio IX built the Pecudium Customhouse in 1402 allowing the free passage of herds through the state by charging a fee for safe conduct. Transhumance is linked with the production of lightweight lambs: their movements limited the lambs' growth by up to 3 months. The production of heavy lamb is the result of sedentary farming or sharecropping with numerous small flocks. The agnello del Centro Italia is obtained from the slaughter of lambs less than 12 months old, belonging to the following local or cross-bred races, and used in the production of meat or for dual purpose (meat/milk): Appenninica, Bergamasca, Biellese, Fabrianese, Merinizzata Italiana, Pomarancina, Sopravissana, Zerasca; Comisana, Cornella Bianca, Cornigliese, Garfagnina Bianca, Gentile di Puglia, Massese, Pagliarola, Pecora delle Langhe. The lambs are weaned exclusively on breast milk and then fed with fodder made up of wild meadow plants, sown pasture, greens and/or grasses, wholly provided by the geographical area. A limited amount of mineral and/or vitamin supplements are allowed. Slaughter takes place in the production area and the

carcasses of lambs, marked for identification, are divided into three categories: light (weight not exceeding 13 kg down to a minimum of 8 kg), heavy (weighing more than 13 kg) and castrated (minimum weight of 20 kg).





The product

The tenderness of the meat and the good meat/bone ratio is achieved thanks to the productive attitude of the breeds used, intensified by the good quality feed, the pastures where they feed for at least 8 months a year and where there are also distinguishing herbal essences.

Production area

The Agnello del Centro Italia production area covers all the territories coming within the following regions: Abruzzo, Lazio, Marche, Tuscany and Umbria, and Emilia Romagna part of the territories of the provinces of Modena, Reggio Emilia and Parma.



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Fungo di Borgotaro PGI



A.C. Cassio (1669-1760), native of Borgotaro and Canon at the Papal Court, wrote about an "odourless *boletus*" describing it as good source of income for local families. From the late 1800s, thanks to the firms of Colombo Calzolari and Bruschi Lazzaro, the foundations were laid for modern and systematic harvesting and sale of the mushroom.

"Fungo di Borgotaro" includes four varieties. The *Boletus aestivalis* (or "*fungo rosso*" - red mushroom), has a convex hemispheric cap, the pubescent cuticle is dry and reddish brown in colour; the stalk, firm and large at the base, is similar in colour to the cap but is lighter in shade and has a spongy consistency. The cap of the *Boletus Pinicola* (or "*moro*" - dark mushroom) has a pruinose-off-white cuticle and is red-wine-brown in colour. The stocky, firm stalk varies in colour from white to ochre to red-brown. The *Boletus aereus* (or "*magnan*") has a hemispheric cap which later becomes convex and broad and a dry, copper-bronze velvety cuticle. The stalk is firm and ochre-brown with fine veining and the flesh is firm and white with intense flavour and odour. The *Boletus edulis* (or "*fungo del freddo*" - cold mushroom) is similar in shape to the *aereus* and the cuticle cannot be removed; the colour ranges from cream-white to chestnut brown and dark brown; the stalk, firm and squat later lengthening, is off-white to hazelnut in colour and the flesh is firm and white.

Boletus aestivalis grows in chestnut groves between May and September; *Boletus pinicola* grows in chestnut groves in summer and in beech groves and under the silver fir in autumn. *Boletus aereus* grows in oak woods and chestnut groves between July and September. *Boletus edulis* grows in beech, fir and chestnut woods between the end of September and the arrival of snow.





The product

The Fungo di Borgotaro is characterised by a fragrant aroma and a «clean smell, not pungent and without inflections of hay, liquorice, fresh wood»; organoleptic characteristics of quality and value that differentiate it from similar products from other areas. The Borgotaro mushroom can be sold fresh or dried under three different qualifying wording: "extra", "special" and "commercial".

Production area

The production area includes the territory of the municipalities of Pontremoli and Zeri in the province of Massa Carrara and Borgotaro, Albereto, Berceto, Compiano, Tornolo and Bedonia in the province of Parma.

Consorzio del Fungo di Borgotaro

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Mortadella "Bologna" PGI



The origin of the term "*Mortadella*" dates back to Roman times and some experts believe the name either refers to the "*mortarium*", the mortar used for chopping pork or perhaps to the "*murtada*", which was seasoned with myrtle, a native plant of the Mediterranean basin. The history of Bologna Mortadella, the most famous dried meat of the city's gastronomic tradition, dates back to the 16th century and many literary and historic references can be found from the latter period of the Rinascimento onwards. In more recent times, the tradition of the mortadella continued and was produced in surrounding areas due to the expansion of the food trade.

Bologna Mortadella is made from a blend of finely chopped pork meat cut from the layered muscle on the carcass, the addition of cube-shaped pork fat, salt and whole and/or crushed pepper grains. The ingredients are left to dry in natural or synthetic sheathes and cooked slowly in special dry-air stoves at no lower than 70°C. Then the meat is cooled under cold water showers and placed in a refrigerator to "stabilize" before being thinned down, homogenized and finely ground at a temperature of no more than +1°C.

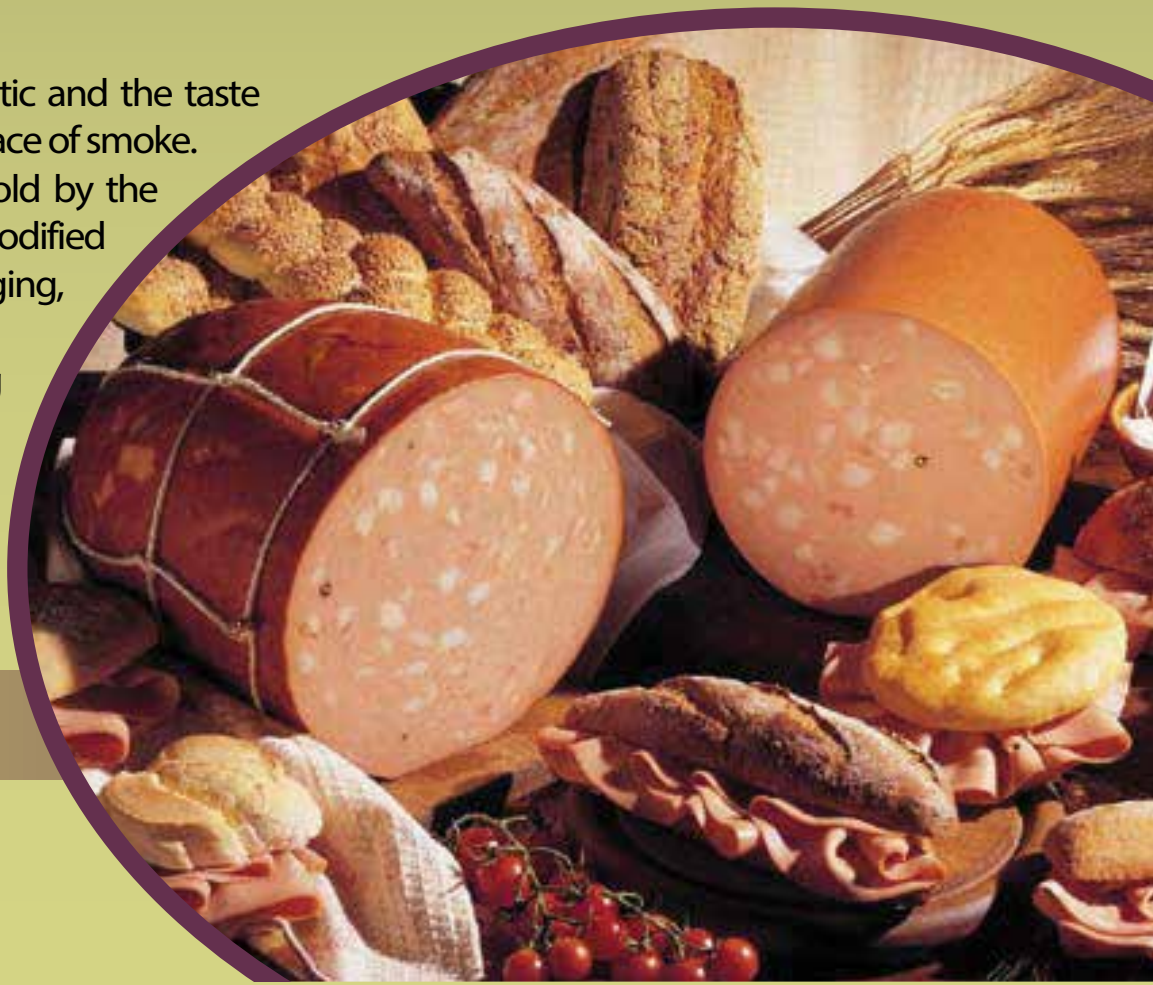
The final oval or cylindrical shaped product has a compact consistency; the cut surface is velvety and bright pink in colour. Each slice must contain no less than 15% of pearl-white squares of adipose tissue.

The product

The flavour is aromatic and the taste is delicate without trace of smoke.

Mortadella can be sold by the slice or vacuum- or modified atmosphere packaging, whole or sliced.

Packaging, slicing and cutting must take place exclusively in the area of production.





Bologna Mortadella can be served in many ways, sliced on warm bread or cheese crackers, mixed into pasta or salad dishes. It is an excellent companion to fresh vegetables and cheese.

Production area

The area of production of Bologna Mortadella includes Tuscany, the entire territory of the region of Emilia Romagna, Piedmont, Lombardy, Veneto, the Province of Trento, the Marches and Lazio.

Consorzio Mortadella di Bologna

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Pecorino Romano PDO



Pecorino Romano cheese boasts a long tradition and in the Imperial Palaces in Ancient Rome it was considered to be the perfect accompaniment to dishes served during banquets. Its nutritional value and long life made the cheese a basic part of rations during the campaigns of the Roman legions as it was seen to fortify tired soldiers. Today we understand why Pecorino Romano is a shot of easily digestible energy. Made exclusively from the milk of sheep raised on the natural pasture land of Lazio, in Sardinia and in the Province of Grosseto, Pecorino Romano has become a vital ingredient in many regional and national dishes because of its versatility and nutritional content. To warmed whole sheep's milk is added an inoculation of autochthonous thermophilic milk bacteria. Curds, obtained by the addition of lambs' curd, are then broken down to the size of a grain of rice and heated to a temperature of 45-48°C and then pressed. The cheeses in special moulds are left to mature, after which they are branded, salted and left to season, for a period which varies according to the type of cheese. Seasoning determines the organoleptic characteristics of the cheese, accentuating, the longer the period, the spicy flavour of the cheese.

The product

After just 5 months of seasoning, Pecorino Romano can be served with fresh fruit and vegetables as table cheese. After 8 months the cheese can be grated over traditional Rome cuisine dishes such as "l'Amatriciana" or spaghetti "cacio e





pepe” and even on first course dishes of fish. The bond with the environment is based both on natural factors, as the sheep graze on open pastures which are rich in natural essences, and on human factors by virtue of the traditional methods of cheese-making used by the farms.

Production area

Pecorino Romano cheese is made in the Province of Grosseto in Tuscany and in the Regions of Lazio and Sardinia.

Consorzio per la tutela del formaggio Pecorino Romano

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Pecorino Toscano PDO



The origins of Pecorino cheese in Tuscany can be traced as far back as Etruscan times and later Pliny the Elder wrote about the cheese in the Luni area, now known as the Lunigiana. Sheep farming and sheep rearing continued to spread throughout Tuscany during the Middle Ages and the episode of Giotto painting on rocks whilst grazing his flock near to Vicchio in the Mugello is emblematic. Over further centuries, writing and documents celebrate the importance of pecorino cheese in Tuscany, when it was called *cacio marzolino* because the start of cheese-making was traditionally in March and continued throughout the spring.

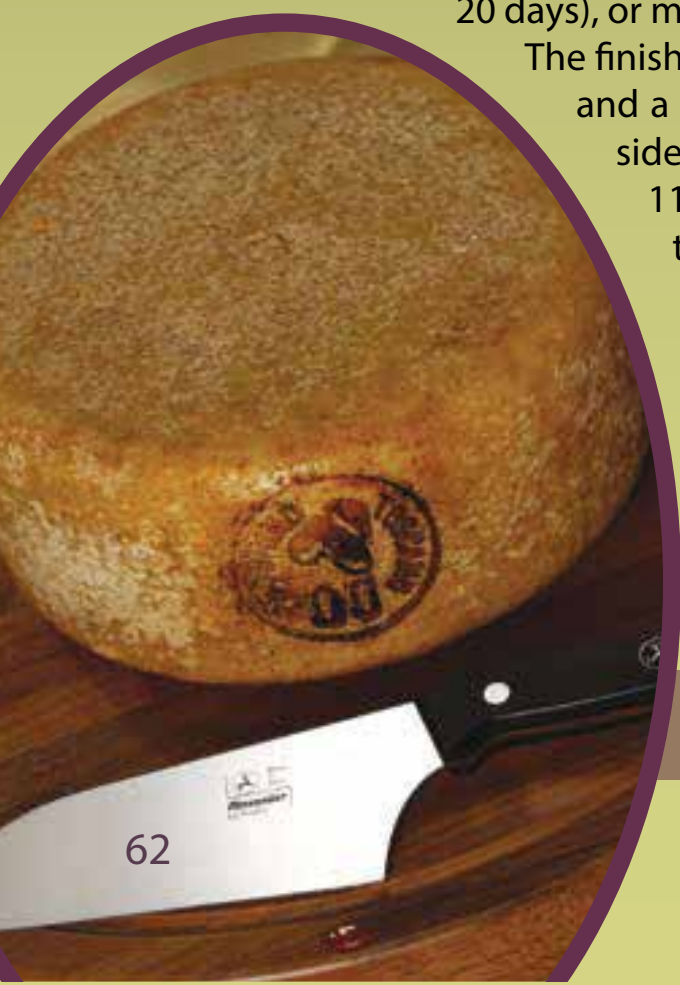
Apart from during the times of crisis which hit sheep farming in Tuscany from 1918 to after the war, drastically reducing the number of heads of sheep and the quantities of pecorino produced, sheep rearing in Tuscany saw continual development with the foundation of the first dairies and the distinction between the figures of the shepherd, the sheep farmer and the dairyman, the true producer of the cheese.

Pecorino Toscano PDO cheese is made from whole sheep's milk with added calf or vegetable rennet; the mix is subjected to breaking up to form curd granules of variable sizes from that of a grain of maize for the "semi-hard" type of mix to that of a hazelnut for the "soft" type. Subsequently, salting is carried out, followed by a variable period of maturing depending on whether it is soft (minimum 20 days), or matured (at least 4 months).

The finished product has a cylindrical shape with flat sides, and a variable diameter of between 15 and 22 cm; the sides are slightly convex, the height between 7 and 11 cm and the weight of the forms varies from 0.75 to 3.5 kg. The rind colour is varying shades of yellow while inside is straw-white with a delicate flavour, never pungent.

The product

Tuscan Pecorino can be served as a cheese,





grated over dishes such as ribollita or main course meat dishes, depending on the maturity and consistency of the cheese. Fresh or mature, a slice of pecorino is well accompanied by honey, jam and fresh seasonal fruit and vegetables. "Bianco di Pitigliano" or "Monteregio Bianco" white wines are perfect with soft Tuscan Pecorino and "Morellino di Scansano", "Chianti Classico" and "Montecucco Rosso" are best for mature pecorino. "Brunello di Montalcino" is recommended with pecorino matured for longer than eight months.

Production area

Pecorino is made in Tuscany and a number of bordering municipalities in Lazio and Umbria (Allerona and Castiglione del Lago in Umbria and Acquapendente, Bolsena, Capodimonte, Farnese, Gradoli, Grotte di Castro, Ischia di Castro, Montefiascone, Onano, San Lorenzo Nuovo and Valentano in Lazio).

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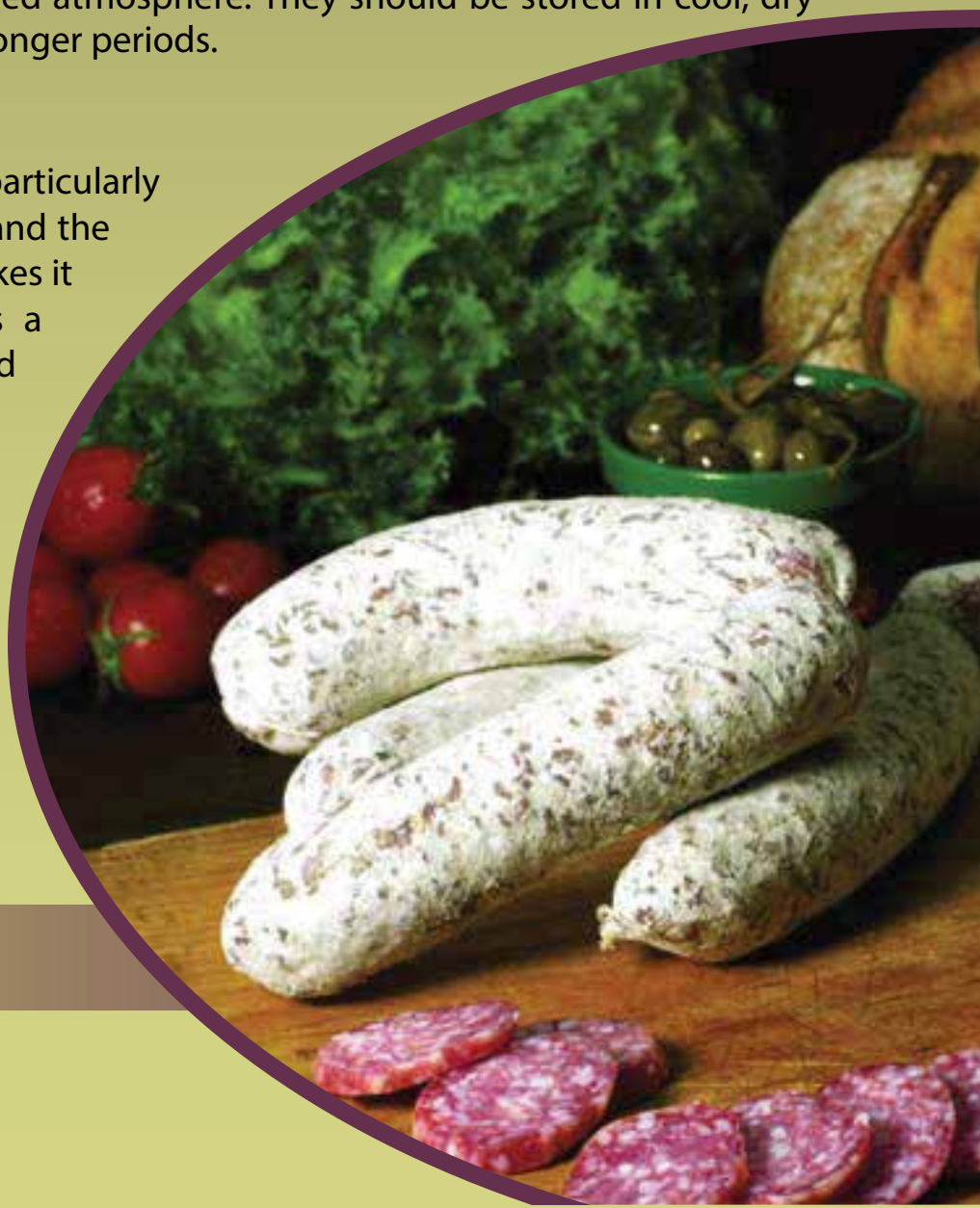
Salamini Italiani alla Cacciatora PDO



The production of this salami began in the hilly areas of Lombardy at the time of the Longobard invasions. The barbaric peoples took mainly pork-based food, which would last a long time, with them during their migrations. The small salami meats are called huntsman's salami and are short, dry and compact, with a ruby red meat and speckles of pork fat throughout. The name comes from the tradition of hunters to take small sized salami with them. The main ingredient is lean meat cut from the layered muscles of the pig carcass, hard pork fat, salt, whole grain or ground pepper and garlic are also added. Some varieties also contain wine, sugar (dextrose, fructose and lactose), milk (whole or powdered) or caseins, also a culture for starting fermentation, sodium and potassium nitrate, ascorbic acid and their sodium salts. The ingredients are placed in natural or artificial guts with a diameter of no greater than 75 millimetres, sometimes tied with string, and length no greater than 350 millimetres. They are sold singly, vacuum-packed or in modified atmosphere. They should be stored in cool, dry places and in the fridge for longer periods.

The product

The size of the salamini is particularly suited to modern nutrition and the freshness of the product makes it ideal for snacks. Served as a starter with other meats and salamis or cheeses, best accompanied by red wine.





Production area

Throughout the Region of Tuscany and also the following regions: Friuli Venezia Giulia, Veneto, Lombardy, Piedmont, Emilia Romagna, Umbria, Abruzzo, Lazio and Molise.

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Vitellone Bianco dell'Appennino Centrale PGI



The term describing the “white bull of central Italy” first appears in the 1st century A.D. in Giunio Moderato Columella’s work *De Re Rustica*, when he refers to the majestic white cattle of the Etruscan Chianina. This is probably the origin of the current name, which also refers to a further two indigenous breeds of cattle, the Marchigiana and the Romagnola. The application of term “White Breeds of Central Italy” or “of the Apennines” to the Chianina, Marchigiana and Romagnola breeds of cattle can be widely found in texts. The affirmation of a common term is justified by the profound affinity and similarities between these breeds arising from the common evolutionary origin and the degree of homogeneousness between areas of breeding. The three breeds possess significant common characteristics such as black apical pigmentation and a white coat, which is fromentino at birth and during the first three months of life and they are also similar in reproduction, especially for their preciousness, in rearing characteristics, meat yield and in the excellent quality of the cuts, which are lean, savoury and low in cholesterol. The Chianina, Marchigiana and Romagnola also have a common “agricultural” history as all three breeds were brought to the apex of their evolution in the days of sharecroppers. The breeds were perfected on the typical share-cropping farms of the hilly regions of central Italy where they were originally used as draught animals for the tilling of fields. It was not until the middle of the nineteenth century that the cattle began to be bred specifically for their meat. With just reason

therefore, these three breeds were considered as a single “type” of animal over the centuries, to the point of coining the term “Vitellone Bianco dell’Appennino Centrale” as a commonly used collective name and part of traditions. The genetic lineage, rearing methods and feeding techniques of Vitellone Bianco dell’Appennino Centrale together combine to give the meat its distinctive and readily identifiable character. Rearing methods can be mainly traced back to the traditional methods of the fixed or semi-free posting of the animals being fattened and the feed used during rearing and fattening is mainly produced on the farm itself. The very small size of the farms has not acknowledged recent feeding technologies nor types of feed used for the sole





purpose of lowering costs and the cattle has kept its role of user and transformer of the farms resources.

The product

The meat dynamically absorbs the environmental influences, that determine the differences not just from the organoleptic point of view but also in terms of muscle mass and fibrous and fatty parts. Since the animals mainly live freely, their biological cycle is closely linked to the geographical environment that surrounds them. The meat obtained in this way is highly appreciated both in the many traditional dishes (*peposo*, *stracotto*, *francesina*, etc.) and for cooking the traditional grilled "bistecca alla fiorentina".

Production area

The geographical production area concerns the territories of the following provinces: Bologna, Ravenna, Forlì-Cesena, Rimini, Ancona, Ascoli Piceno, Fermo, Macerata, Pesaro-Urbino, Teramo, Pescara, Chieti, L'Aquila, Campobasso, Isernia, Benevento, Avellino, Frosinone, Rieti, Viterbo, Terni, Perugia, Grosseto, Siena, Arezzo, Florence, Prato, Livorno, Pisa, Pistoia, while just certain municipalities are concerned in the provinces of Rome, Latina and Caserta.

Consorzio di tutela del "Vitellone Bianco dell'Appennino Centrale I.G.P."

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Regione Toscana

