

MANGIA PARCO



Gargano National Park



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EXPO and REGIONS

FROM THE PROTECTION
OF BIODIVERSITY
TO THE QUALITY PRODUCTIONS

Paddaccio, cacioni, tritico and lampascioni. And more, lucanica, pappaluni, giuraje, farrate, solina, gruttazzo. Strange names, often ancient and mostly unknown, but hiding extraordinary cheeses, delicious desserts, rare vegetables, exquisite sausages, old cereals. In other words one of the most precious treasures of Italy: our excellent food.

What few people know is that many of these delicacies are produced and guarded in the Italian's Parks, where protected nature and human labor have been inextricably linked since thousands of years. Some of these products were already part of the typical regional cuisines, others have been saved from extinction and are back on the tables thanks to the tenacity of expert farmers whose work has been promoted and supported by their own parks and local administrations.

What comes out is a scenario characterized by tastefulness, healthy food and local agricultural traditions which are perfectly bound together with natural landscapes and flora and fauna conservation.

From the protection of biodiversity to quality productions: **Expo and Regions** is an initiative designed to discovery Italian gastronomic delights and to connect Milan Expo with small villages, fields and kitchens of Italian families. A journey across the places where food is produced, across our

cultural and natural heritage, across Italian traditions and warm hospitality. But it is also the story of the connection between each local product with its territory: history, art, lifestyle. This initiative will allow us to discover over 80 high quality products, many different flavors and many different regions, all rich in beauty and valuable natural diversity.

The initiative is coordinated by the President of the Council of Ministers - Department for Cohesion Policies and performed with the operational support of Invitalia, the National Agency for inward investment and economic development. The project involves all the Italian regions which have conceived a local package, and five ministries: Foreign Affairs; Agriculture, Food and Forestry Policies; Heritage, Cultural Heritage Activities and Tourism; Education, Universities and Research; Environment and Protection of Land and Sea.

GARGANO

★ THE PARK ★

The Gargano National Park is a land shaped by man and nature. With an incredibly rich fauna and flora, the vast territory goes from the sea coast, to the valleys, to the mountains, to the lagoons, to the steppes, which fauna and flora, which make up for a unique scenic beauty. To the Park's great habitat diversity corresponds a thriving vegetation (representing one third of the Italian flora) and animal life. 172 of the 250 kinds of birds in Italy nest in the park. There are five different species of woodpecker and, on the cliffs of the Tremiti (authentic pearl of the Adriatic with its natural marine reserve) colonies of shearwaters make their nests. The Park's wetlands, the Salso lake and the Lesina lagoon, hide a faunistic treasure of great significance. The Gargano area is a well known tourist destination valued not only for its environmental features, but its spiritual, archeological and historical elements.

The hills, the mountains, the sea, the lakes, the islands as well as the terraces, the farms, the pastures, the olive-trees and the citrus-trees, the gorges, and the dolines create an intricate natural mosaic ready to be absorbed by the visitors. This mosaic is made up of a mixture of nature, spirituality, culture and history, marked by monasteries, shrines, castles, villages, imprint of human life in the area.

The Sanctuary of St. Michele Arcangelo, which was already pilgrims' destination in the Middle Ages, the high number of abbeys and convents, the Swabian and Aragonese castles, the coastal towers, as well as the archaeological artifacts such as the Paglicci cave murales constitute the Park's extraordinary cultural value.

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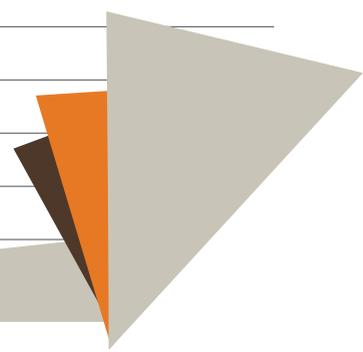


www.parcogargano.it



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GARGANO

★ THE PRODUCTS ★

Extra virgin olive oil Dauno DOP*

Only the olive oil made with a specific type of olive from the Dauno area has the right to the DOP title, more specifically the *Ogliarola Garganica*. This olive comes from ancient trees of giant size and is often seen with other kinds of olive trees such as the *Coratina* - frequently present in recent plantation zones -, the *Peranzana*, and the *Rotondella* - which can be found in mixed plantations and can only take up to 30% of the production in order for the oil to maintain its DOP designation. The crop is hardly assisted by irrigation systems and harvesting is done by hand. The final product varies a lot from region to region and is highly affected by the soil's texture, the distance from the sea and, of course, by the composition of the different plant varieties. The result is an oil which can go from green to yellow, with a mild fruity scent and grassy feel, and a fruity taste with an almond aftertaste. The plantation area includes almost all the municipalities of the Park, and covers a territory of about 20,000 hectares, including the plains and hilly areas of *Gargano*.

* Protected Designation Origin.

Gargano's citrus fruits

The Gargano gardens were once orchards placed near the manor houses, protect from the wind by stone walls or barriers made of reeds, oak or laurel. Nowadays, the area is still so rich in fruit trees that it creates a unique landscape, a citrus oasis. Unfortunately, the production is small when compared to the 19th Century, when one could find important citrus society in the Gargano area, which took the aromatic Apulian fruits to American and British markets by sea.



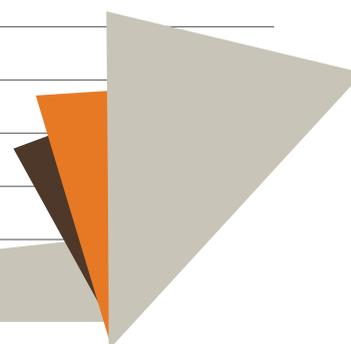
The countryside depopulation has resulted in the abandonments of these 'gardens'. However, the trees in the area continue to give juicy and fragrant

fruits which ripen all year long. One can find there the sweet pomegranate, *Gargano's blonde orange* - which ripens from April to May but can be picked from the tree up to September -, *Gargano's Duretta* - an orange with a hard, crunchy flesh which is in danger of extinction -, and *Gargano's Femminello*, the oldest lemon in Italy. Some of these citrus products can be made into great jams, candied fruits and *limoncello*. Gargano's citrus fruits are a Slow Food Presidium sustained by the Park.



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Farrata

The *farrata* is a traditional dessert from the city of Manfredonia. It is named after its original primary ingredient: the spelt (*farro* in Italian), which nowadays has been replaced with wheat. It is a rustic cake filled with *ricotta* cheese and cinnamon, flavoured with marjoram.

How to prepare:

Remove the twigs from the marjoram, leaving only the leaves. Mix the ricotta cheese, the cooked wheat and the marjoram (freshly cleaned) in a bowl. Add the pepper and cinnamon and stir until the mixture is even. Let it sit for 30 minutes while the spices season the *ricotta* cheese.

Meanwhile, mix the flour slowly adding water and salt. Mix well until the dough is not too soft, but elastic. Prepare the sheets of dough, making them no thicker than 2 mm and cut them into round shapes. The forms obtained will be used in pairs, one for the bottom and one to cover the filling of the *farrata*.

Fill each pastry with two tablespoons of the *ricotta* cheese mixture and cover it with another sheet of pastry. United the two sheets by folding the dough towards the inside of the *farrata* like you would with a calzone. Whip the two egg yolks and sprinkle the top of the *farrata* with a small brush (in olden times, they used a shaving brush). Before baking making holes on the *farrata* with a fork to avoid the formation of air bubbles inside. Bake for 30 minutes at 180°.

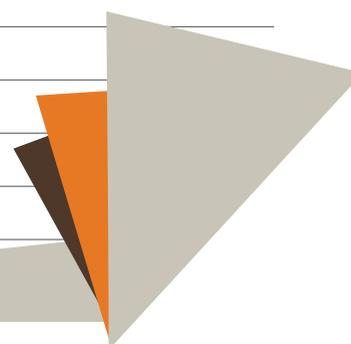
cooked durum wheat
(or spelt) 500 g.
2 bunches of marjoram
flour 1 kg.
pepper 15 g.
2 tablespoons of salt
2 cups of water
2 egg yolks
cinnamon to taste





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Carpino broad bean

The broad bean (*Vicia faba maior*) is a vegetable with great nutrient values: it has one third of the caloric value of other beans, it is high in protein, vitamins, minerals and fiber. Its ancient cultivation meets its ideal growing conditions in the Carpino countryside, which is argillaceous and rich in calcium. The area is responsible for the most valued broad beans in the Apulia region. The beans were once sun-dried and shelled by letting them be stepped on by a horse, which



peeled them without crushing them. Nowadays, they are still sun-dried but peeled by hand. After that, they are separated from the straw with wooden

forks and - for all the particles to be removed - thrown into the air with wooden shovels, taking advantage of the afternoon breeze. Small and with a dimple at the bottom, the *Carpino* broad beans are green when harvested and slowly turn sandy-white. Due to difficulties related to management and marketing problems, the cultivated area was reduced in recent years. However, manufacturers and public administrators have undertaken a number of initiatives to enhance the value of the *Carpino* broad bean, including the Park's support for the Slow Food Presidium.



GARGANO

★ THE PRODUCTS ★

Gargano's capers

Native variety of the Gargano, the *Capparis spinosa* looks bushy, with slender branches and pendulous with thick rounded leaves. The buds are deep green, similar to peas but larger. Once they are harvested, they are left to mature in brine, covered in sea salt and stirred for a few days. The widespread presence of limestone cliffs makes the caper a very common species in the Gargano area. Here the plant grows in the Mediterranean maquis, pine forests and often on the dry walls of the olive grove terraces. There is not even a real cultivation but rather a harvest of the product which grows spontaneously, combined with small pruning interventions and the elimination of herbs which hinder the harvesting operation. Areas close to the sea are particularly suited for the production of capers. The harvesting goes from the end of May to mid-September, period during which the buds are picked, washed and salted. In the village of Mattinata common the terminal jets of the plant (tops of the capers) are also harvested by cutting tender twigs to a length of around 10-15 cm, following tradition.



Monte Sant'Angelo bread

With 300 different varieties of wheat (hard, soft, semi-hard) still cultivated, Apulia is the Italian region with the most diversified production of wheat. For this reason, a lot of bread - made mostly with durum wheat flour - is produced in the area. In Gargano, the durum wheat flour or wheat flour type 0 is mixed,



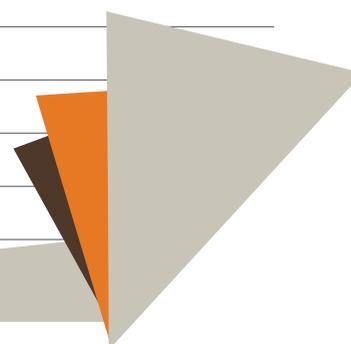
in two stages, with water, salt and yeast, without additives. Perhaps the most well-known Gargano bread is the Monte Sant'Angelo one. It is very big - with a diameter ranging from 30 to 50 cm - and weighs about 5/6 kilos.

Furthermore, in some bakeries around the town - according to a traditional custom - the bread is hooked and hung outside the store.



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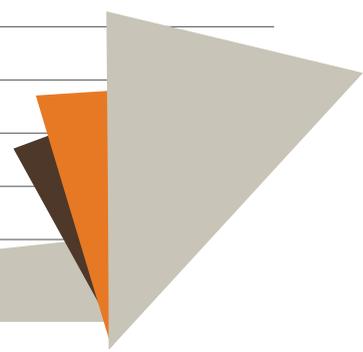
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GARGANO

★ THE PRODUCTS ★

Podolic cow meat

A herd of Podolic cows grazing in the Gargano pasture is a scene to remember. With their large horns and grey coats which stand out against the backdrop of woods and Mediterranean maquis, these cows inspire a kind of sacred tranquility. But their breeding is far from simple. The extraordinary adaptability of this breed, its resistance to disease and its rusticity have initially favoured its widespread dissemination throughout the country. These characteristics, however, are precisely what makes the breed so unsuited to modern farming, and the reason why there have been notable reductions in its breeding. The Podolic is a wild breed, with poor propensity to housing. Its production of milk, though tasty and aromatic, is minimal. Its meat is savory, healthy, rich in minerals, but not to the taste of today's customer: its yellow lard - product of a diet based on herbs rich in carotene - has a fibrous texture and the pieces require a high level of maturation. Nowadays, the Podolic cow can only be found in Italy's Southern regions (Campania, Calabria, Basilicata and Apulia), mostly crossed with other breeds. In 1983 there were 100 thousand registered pure breeds in the country, but nowadays the number has fallen to 25 thousand. The Podolic cow is a Slow Food Presidium protected by the Park.

Gargano's Podolic Caciocavallo cheese

There are many scrumptious cheeses one can make with Podolic milk but the most notable one is the *caciocavallo* cheese, though its production is small and limited to certain times of year. It is no surprise, then, that this breed - once so widespread around the country - is now confined to the few Southern areas with poor pastures, little water and hard surviving conditions. Even the cheese processing isn't easy. In order to mold the *caciocavallo* cheese into its traditional round flask-like shape, one must cut the cheese paste into small slices and soak it in boiling water. The Podolic *caciocavallo* cheese, a Slow Food Presidium

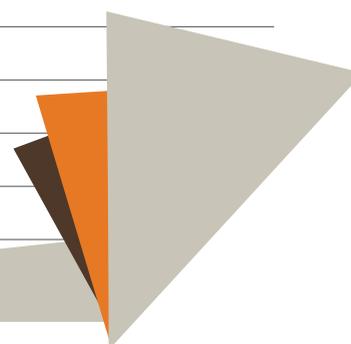


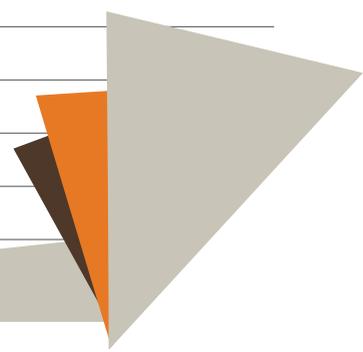
protected by the Park, is a noble table cheese, which can't be used for cooking. It is left to mature tied in pairs and arranged "on horseback" on a plank of wood. Once it is mature - and the process can take from a few months to a few years - it reveals complex, broad aromas of spices and pasture and a unique lingering taste.



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Pancotto

How to prepare:

The *pancotto* is a vegetable soup made with a typical ingredient of the Gargano countryside: stale homemade bread made with hard wheat. Its main characteristic is its seasonal nature, for it is made with seasonal vegetables.

For this reason, the recipe does not have fixed ingredients other than the stale bread and the aromatic herbs, which are fried in a pan with olive oil and garlic and added to the vegetable soup 4-5 minutes before it is done, like the bread. However, the presence of legumes - the most popular of which are the broad beans - together with the vegetables, is often guaranteed.



GARGANO

★ THE PRODUCTS ★

Garganica goat

Only fifteen years ago this goat breed counted over 30 thousand heads; this number has now drastically fallen to 3 thousand. Tied to Gargano, the land that gives it its name, the *Garganica goat* is particularly wild, perfect for a free life of grazing in dry pastures and in the stubbles. This breed is easily recognisable thanks to its jet black, long fur, as well as its big, stocky



head, with a tuft on its forehead and a long beard under its chin. The horns are imposing and open up slightly towards the end, in an arc shape. It is a

breed used both for its meat and milk. The kids are highly sought after during the Christmas and Easter periods, while it is an August tradition to cook elderly goats, either grilled or stewed. The meat can also be sliced into strips and dried to make *muschika*, another typical Apulian product. The products derived from the milk are *caprini* cheeses, *cacioricotta* and an incredibly light fresh *ricotta*. In order to protect this native breed, another Slow Food Presidium supported by the Park was created.

Filled host and Farrate

Legend has it that the *chjéne* hosts were created around the 17th Century in the monastery of the Poor Clares of Monte Sant'Angelo, where there is a famous shrine to the Archangel Michael. It is said that a group of nuns was preparing the dough for the Communion hosts when a few almonds fell into a bowl of warm honey. To collect them, they used two pieces of host. The almonds covered in honey attached themselves to the hosts immediately, forming



a single compound. Nowadays, the ovoid waffles, of the width of 7 cm and length of 15 and which sometimes have the surface decorated with sacred images, are stuffed with honey, toasted

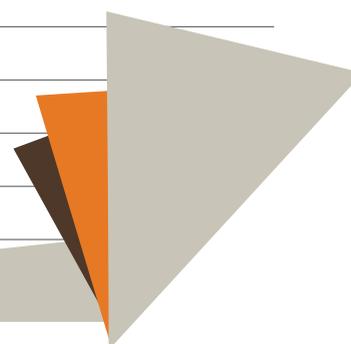
almonds, cinnamon, sugar and pressed two by two with marble or wooden tablets.

The *farrate*, typical Manfredonian pastries, are prepared at home or in small town bakeries from the end of Autumn to late Winter. The dough is prepared with *ricotta* cheese, wheat grains (which substitutes the spelt), pepper and cinnamon. The mixture is then brushed with egg yolk and left to bake in the oven.



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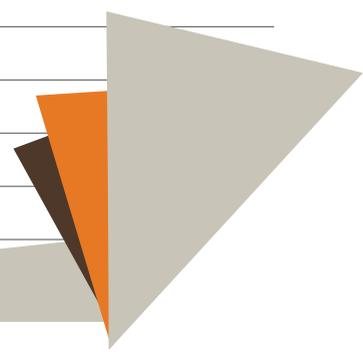
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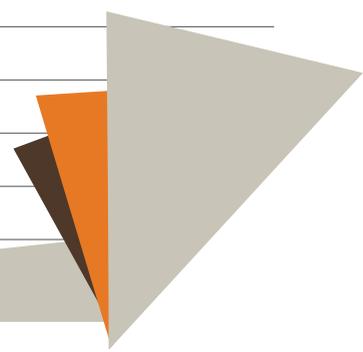
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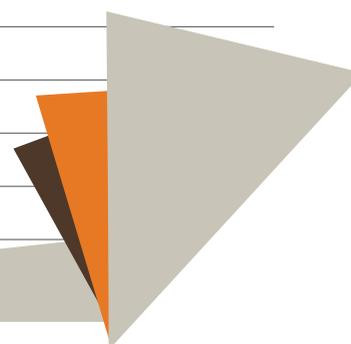
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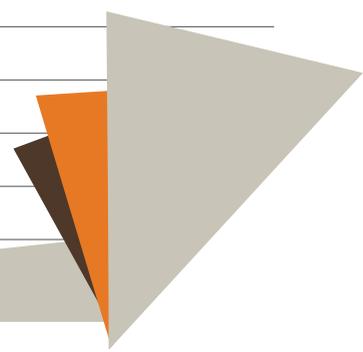




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MINISTERO DELL'AMBIENTE
E DELLA TUTELA DEL TERRITORIO E DEL MARE

 **Federparchi**
FEDERAZIONE ITALIANA PARCHE E RISERVE NATURALI



 **UNIONCAMERE**

CAMERE DI COMMERCIO D'ITALIA



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