



Gran Paradiso National Park



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.

GRAN PARADISO

★ THE PARK ★

A Park that's home to alpine ibex. A species that has been relentlessly hunted to extinction since Middle Ages, with no more than 100 individuals remained in the wild, because it was considered as a diabolical incarnation and miraculous powers were attributed to some body parts.

Thanks to a special protection granted throughout the Savoy in the mid nineteenth century and thanks to the Gran Paradiso National Park establishment, on December 3th 1922, the mountain goat is now successfully returned master of the peaks.

The alpine ibex history allows to measure nature conservation efforts carried out within this wide protected area (about 70.000 hectares in Italy and 53.000 in France) located in Piedmont and Valle d'Aosta at the borders with the French Vanoise National Park.

The preservation of the mountains habitat gradually strengthened the presence of this species, almost threatened to extinction during second world war due to poaching. Later, the Park understood that wildlife protection is part of a larger strategy that uses unitary approaches by bringing together conservation of biodiversity and ecosystems.

Furthermore, how not to fall in love with this landscape, marked by glaciers, alpine meadows, snowfields, wild streams, hundreds meters high cliffs. Gran Paradiso National Park is named after Gran Paradiso mountain, which is the only mountain - entirely within the boundaries of Italy - that is over 4.000 meters. It is an high altitude ecosystem, where only 6% of the Park's surface area is covered by forests. An environment rich in wildlife: during summer marmots go into and come out of their burrows. Chamois hops on the grassy lawn and the dark red heads of Nigritella, the white edelweiss, the opaque gold of Artemisia glacialis, the pinky shades of Linnea borealis show up as soon as the snow has melted.

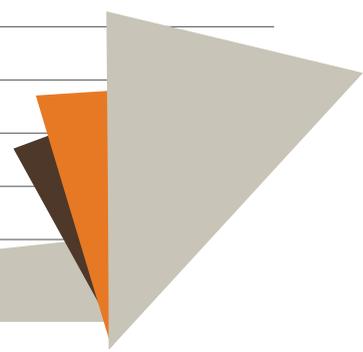
Alpine chaffinch, wheatears, Alpine choughs, eagles and vultures (reintroduced, after being almost extinct) twirl in the sky. On the ground, is it possible to see traces marked by mountain hare or stoat.

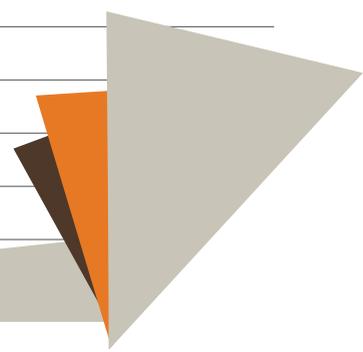
Traditional food is also a typical feature of the Park. Salami, cured meats and cheese are produced in a traditional way. Old traditions and local varieties that are maintained by nature conservation, and represent either a challenge and an opportunity for the future.

www.pngp.it



Foto: archivio PNGP





GRAN PARADISO

★ THE PRODUCTS ★

Rhododendron Honey

Rhododendron honey is one of the varieties produced in this area thanks to the rich alpine flora that can be found in the Park. The name of the plant derives from the Greek *rhòdon* (meaning rose) and *déndron* (tree), for its characteristic pink color (other kinds of plants can be white or yellow). The honey is collected through hives placed between 800 and 1300 meters above sea level. In addition to Rhododendron honey, we can taste alpine wildflower, chestnut and valley lime tree honeys. Not to forget that pollinating insects, like bees, also play a critical role in maintaining natural plant communities and ensuring production of seeds in most flowering plants. Furthermore, traditional beekeeping is a closed circuit energy model with no environmental impact!

D.O.P* Fontina cheese

One of the most famous Italian cheeses, Fontina was - and is still - traditionally made from unpasteurized milk of the Red Spotted (Pezzata rossa) cows, grazing during summer on the floral, scented lawn of high altitude pastures. Some sources suggest the word derives from an alpine cheese called Fontin, while others link the cheese name with the village of Fontinaz. Its name could also come from the ancient French word "fontis" or "fondis," referring to the special ability of this cheese to melt when heated.

It seems that the first mention of Fontina dates back to 1477 in the "Summa Lacticinorum", written by Panteleone di Confienza, a doctor from Vercelli.

Founded in 1957, the Consortium of Producers and Protection of Fontina DOP watches over production and marketing of the Fontina product and ensures that the branding is accordingly made. The Consortium marked 75,000 forms in its first year of activity and 150,000 ten years later, doubling it again by the end of the 1980s. In 1995, The European Union Commission awarded Fontina

- and 6 other Italian cheeses - the Protected Designation of Origin status. Fontina is made with milk from a single milking, which is heated to 36°, and mixed with liquid animal rennet. After 20 - 40 minutes, the milk begins to coagulate and the curd is coarsely broken. The curd is then stirred to a paste with small lumps the size of grains of rice, drained in nets and put into round moulds for 12 hours. The wheels of Fontina are stored in cool places for about three months: during this period the cheese is salted, washed with brushes dampened with salty water, and turned every day. Once matured, the rind can vary in color from a dark golden brown to a dark yellow or a reddish-brown. The cheese inside is soft, buttery, with small holes in the texture and a pale yellow paste.



It has a mild taste which gets nuttier with aging. Fontina has long been used in the kitchen to prepare many dishes, especially traditional fondue.

* D.O.P. (Protected Designation Origin).

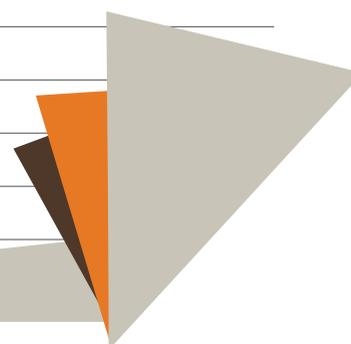
Pont ham

This kind of ham has a unique and savory taste, resulting from the combination of two simple ingredients (meat and salt) and a long, slow aging period. To get the very best flavour from this ham it is important to select the best pig legs, prepared with a dry salting process (the legs are entirely covered with sea salt), and to age them for 15 months. During this period will be periodically checked by experts.



Blank lined writing area on the left page.

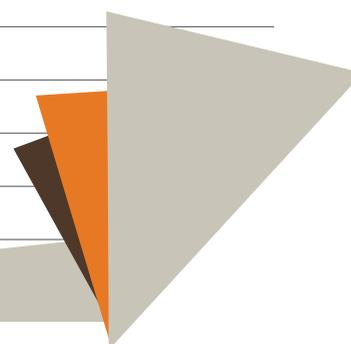
Blank lined writing area on the right page.





Blank lined writing area on the left page.

Blank lined writing area on the right page.





Cabbage soup

Typical recipe of the valleys of north Piemonte and low Valle d'Aosta regions. It is prepared with the most popular local vegetable: the savoy cabbage. The local fair which take place in November - harvest period of this plant - in the village of Montalto Dora is dedicated to this recipe. The soup is usually tasted with a glass of red rough wine, such as Barbera.

How to prepare:

Wash and clean the cabbage, cut into strips, removing the hardest part and boil for 15-20 minutes. Cook the sausage in a pressure cooker for at least 1 hour, let it cool and then cut into slices. When the cabbage is ready, drain it and let it to cool.

Cut bread and cheese. Place a single layer of bread slices on the bottom of a buttered pan, then add a layer of cabbage, one of sliced sausage, one of cheese. Repeat the operation without adding the sausage.

Last layer should be made of cabbage covered with cheese and a sprinkle of grated Parmesan cheese over the top.

Pour meat broth on the layers and bake at 200-220 °C for 20 minutes or until the cheese has melted, creating a golden crust.

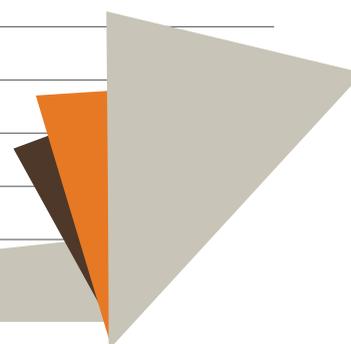
- Savoy cabbage 1 kg.
- 1 medium-sized sausage
- homemade stale white bread 400 gr.
- fontina or toma cheese 300 gr.
- beef broth 1 liter (at least)
- grated parmesan q.s.

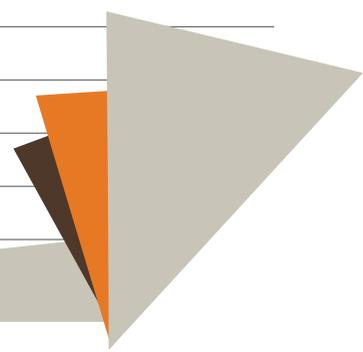




Blank lined writing area on the left page.

Blank lined writing area on the right page.

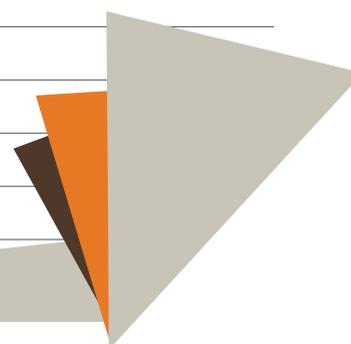






Blank lined writing area on the left page.

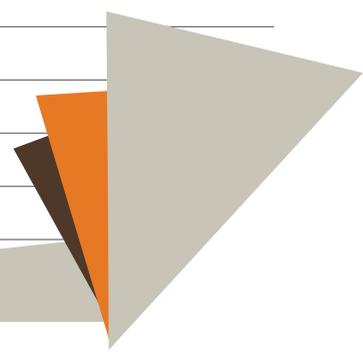
Blank lined writing area on the right page.





Blank lined writing area on the left page.

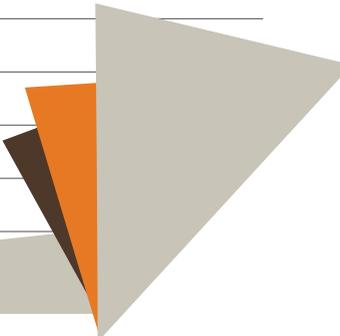
Blank lined writing area on the right page.





A series of 25 horizontal grey lines spanning the width of the left page, providing a ruled area for writing.

A series of 25 horizontal grey lines spanning the width of the right page, providing a ruled area for writing.





Programma realizzato nell'ambito dell'Accordo di Programma Quadro (APQ) Stato-Regioni EXPO E TERRITORI in attuazione della Delibera CIPE del 10 novembre 2014, e della Convenzione Attuativa delle azioni per Expo 2015 di cui agli accordi quadro del 3 febbraio 2015 e dell'11 febbraio 2015.



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

 **Federparchi**

FEDERAZIONE ITALIANA PARCHI E RISERVE NATURALI



UNIONCAMERE

CAMERE DI COMMERCIO D'ITALIA



EXPO
E TERRITORI



Gran Paradiso National Park
Via della Rocca, 47 - 10123 Torino (TO) - Tel. 011/8606211 - www.pngp.it