



# Plemmirio Marine Protected Area



MANGIA PARCO

# 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.

PLEMMIRIO

## ★ THE PARK ★

Plemmirio holds one of the most rich in history parts of the Italian coastline, although it is one of the youngest marine protected areas in Italy, born only in 2005. Fifteen kilometers of sea extending in the south of Syracuse, along the Maddalena Peninsula from Capo Castelluccio to Fanusa, crossing Capo

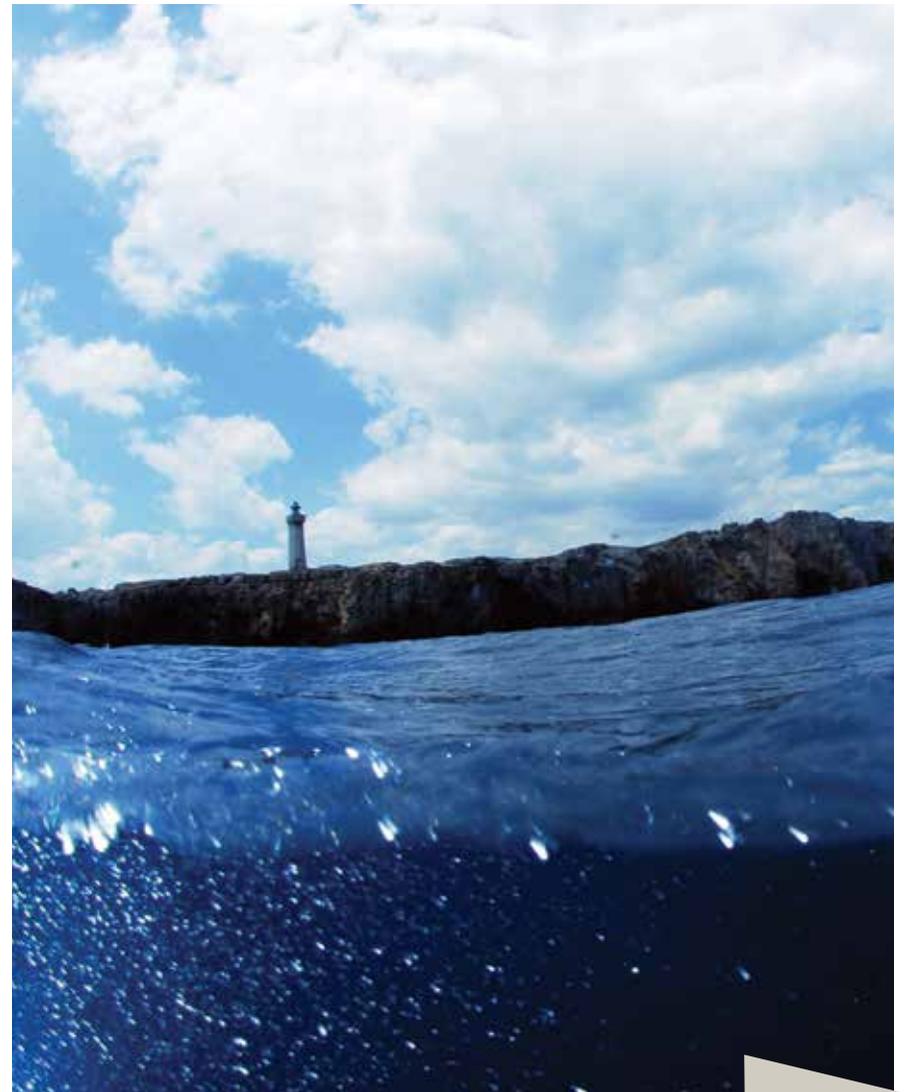
Murro di Porco.

Natural landscapes, high and rocky coasts, small bays and caves following one another. This area, which has 35 access points to the sea, is surrounded by the evidences of human presence from prehistoric times to the present day. During ancient times, its sea was crossed by Carthaginians, Greeks and Romans fleets: artifacts of those times are still in the sea bottoms and can be seen during amazing diving activities. The depths of the Ionian sea provides habitat for Posidonia meadows, large specimen of *Pinna nobilis*, the rare Mediterranean bivalve, and colonies of the scleractinian corals. Marine fauna is characterized by the presence of stone basses, tunas, kingfishes, dolphins and sperm whales.

When we discover the Plemmirio mainland, the surroundings are equally amazing: Mediterranean scrub includes the presence of dwarf palm, while in the wet and salty marshes, once used as a salt mine, it is possible, during spring and autumn, to watch pink flamingos flying.

Then Syracuse, the main city of Magna Graecia, the ancient commercial and trading centre which is still influencing the surrounding area thanks to its cultural, artistic and gastronomic heritage.

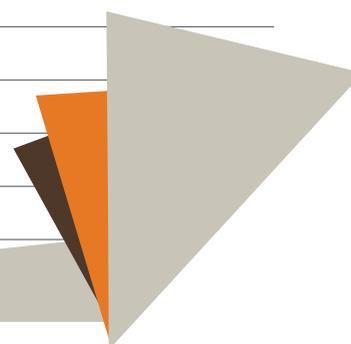
[www.plemmirio.it](http://www.plemmirio.it)





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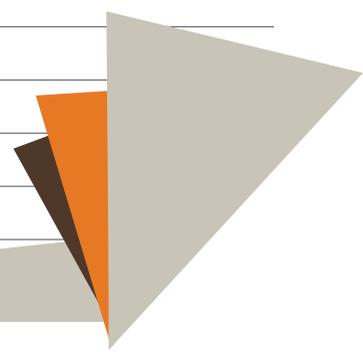






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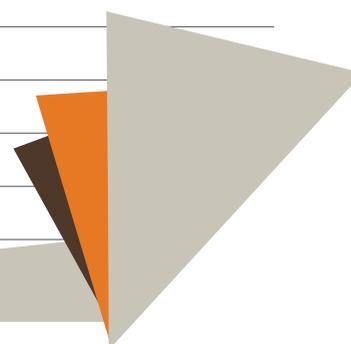






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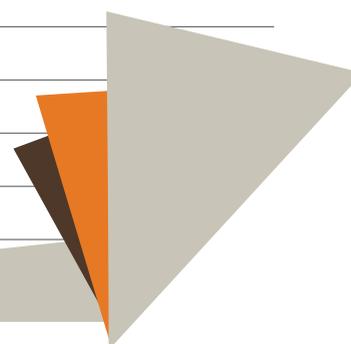






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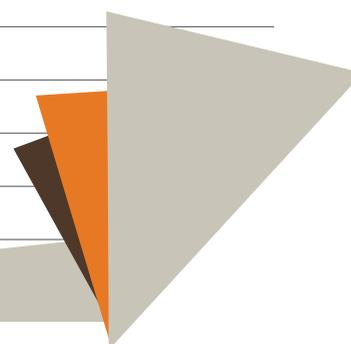
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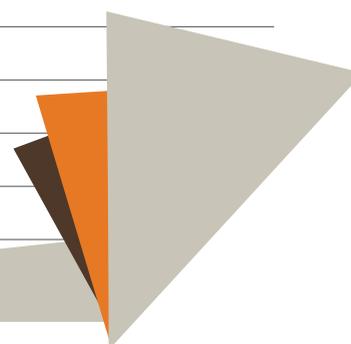
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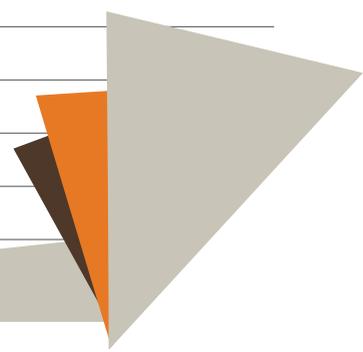


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## Bavette alla lampuga (Dolphin fish pasta)

### How to prepare:

In a pot prepare water to cook pasta. Separately, fry over low heat garlic and parsley then add diced tomatoes, saffron, salt and pepper. Cook for 10 minutes. When ready, stir into the sauce the dolphinfish cut into pieces, adding oil and chopped basil. Drain the pasta “al dente” and put it back into the pan with the sauce for one minute.

Bavette, 500 gr.  
(Bavette are a kind of flattened spaghetti, virtually identical to linguine)

4 dolphin fish fillets

½ garlic clove

parsley q.s.

cherry tomatoes 300 gr.

saffron q.s.

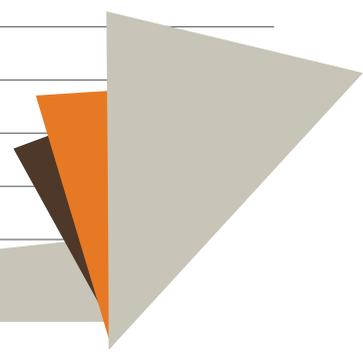
oil q.s.

salt q.s.

pepper q.s.

basil q.s.



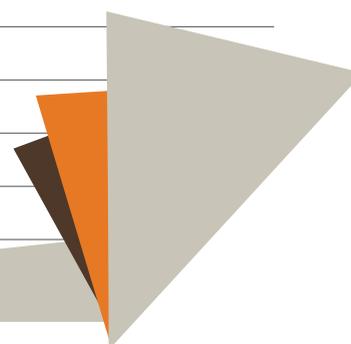






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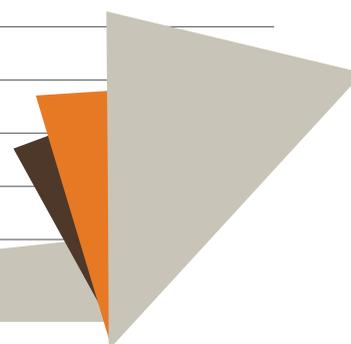






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Programma realizzato nell'ambito dell'Accordo di Programma Quadro (APQ) Stato-Regioni EXPO E TERRITORI in attuazione della Delibera CIPE del 10 novembre 2014, e della Convenzione Attuativa delle azioni per Expo 2015 di cui agli accordi quadro del 3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



Plemmirio Marine Protected Area  
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