

MANGIA PARCO



Torre Guaceto Marine Protected Area



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.



Established in 1991, the Marine Protected Area is a gem nestled in the coast of Apulia (southern Italy), between the villages of Penna Grossa and Apani, about 17 kilometres north of Brindisi. The protected area holds in a single territorial unit both a land reserve - relevant because of its important humid area, protected on an international level by the Ramsar Convention - and a marine park. It is named after the majestic Aragonese Tower which overlooks the bay and which has always been an important docking site for sailors primarily because of the area's affluence of fresh water. In fact, "Guaceto" comes from the arab *gaw sit*, which means "site of fresh water". This characteristic has favoured the presence of human beings in the area since Prehistory, as confirmed by the plurality of archaeological testimony on the matter. The protected marine area includes a great variety of ocean seabed - from the sandy ones in the bay area to the deeper zones offshore - characterised by coral formations. To the complexity of this soil corresponds a wide floral and faunal biodiversity: sea grass, coral, colored algae, sponges, and then octopi, lobsters, crabs, shrimp, and conger eels.

The protected area is an example of perfect integration between human activity and environmental protection. 70% of its surface is devoted to agriculture: the ancient olive trees protected by the "L'Oro del Parco" (the Park's gold) project produce organic extra-virgin olive oil, while in the flatter zones of the coast tomatoes, grapes, artichokes, cantaloupes and many other typically mediterranean fruits and vegetables are grown, also in an organic way.

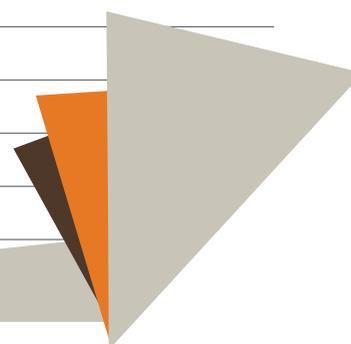
In the "C" zone of the protected marine area, professional fishermen resident in Brindisi and Carovigno are responsible for local coastal fishing. With the Park's Authority there has been developed a sustainable fishing agreement in order to avoid a negative impact on the ichthyic community. The implementation of this scheme allowed a profit far superior to the one in the marine zones outside of the protected area while still preserving its many species.

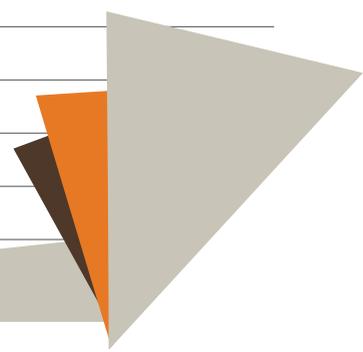
www.riservaditorreguaceto.it



Blank lined writing area on the left page.

Blank lined writing area on the right page.





TORRE GUACETO

★ THE RECIPES ★

Maritati with turnip greens, crumbs and sauteed anchovies

Maritati is a kind of pasta traditionally made in the Brindisi area. It is the union of the two most typical pasta shapes in Apulia (reason why its name means 'wedded'): *orecchiette* and *maccheroncini*. One can make them by preparing the dough for *orecchiette* and then giving it its shape by rolling the dough on a cylindrical iron.

How to prepare:

Clean, wash and boil the turnip greens. In the meantime, in a pan, fry garlic, oil and red pepper. When the garlic begins to colour add the crumbs of stale bread crumbled and anchovies and fry it all for a few more minutes.

Drain the turnip greens (keeping the cooking water, which will be used to cook the *maritati*). Add the turnip greens to the mixture previously prepared and stir it on low heat.

Cook the *maritati* and sauté it in a pan with the sauce made out of turnip greens, bread crumbs and anchovies.

Maritati made with durum wheat Senatore Cappelli 400 g.
turnip greens 2 kg.
5 anchovy fillets in oil
bread crumbs crumbled (add to taste)
oil (add to taste)
2 cloves of garlic
crushed red pepper (add to taste)
salt (add to taste)

TORRE GUACETO

★ THE RECIPES ★

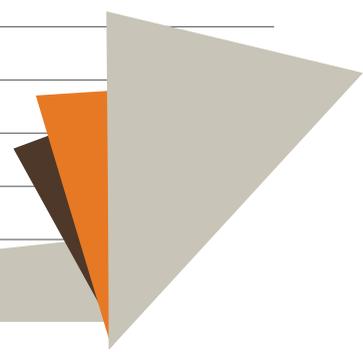
Spelt soup with Susumaniello wine

The *Susumaniello* is a black grape vine traditional of Salento. It is used in this recipe to mix and enhance the flavour of the preparation.

How to prepare:

Boil the spelt in plenty of lightly salted water for about 15 min (70% of the total cooking time) and drain. In a pan fry the garlic and bay leaves. Add the bacon, previously cut in strips, and cook it until it is softened and shiny. Remove the garlic and bay leaves and add the wine. Once it starts boiling add the barley to complete its cooking. Put the soup in a dish and garnish it with abundant flakes of cheese and a generous grinding of black pepper.

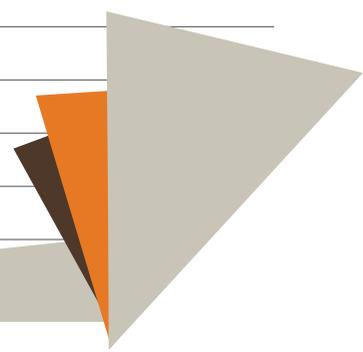
300 grams of pearl spelt
70 grams of bacon 'Martina Franca'
100g of caciocavallo cheese seasoned for 18 months
300 cl of *Susumaniello*
1 clove of garlic
2 bay leaves
salt, olive oil and pepper to taste





Blank lined writing area on the left page.

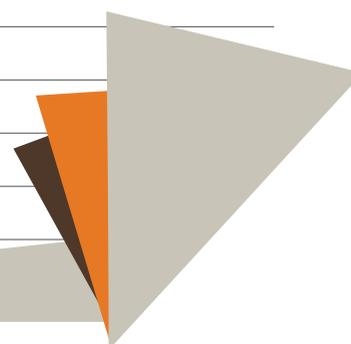
Blank lined writing area on the right page.





Blank lined writing area on the left page.

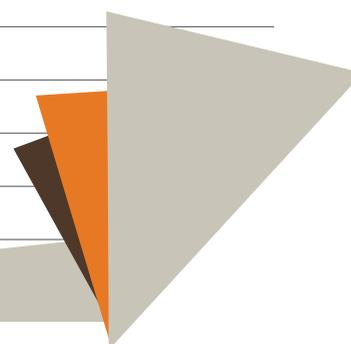
Blank lined writing area on the right page.





Blank lined writing area on the left page.

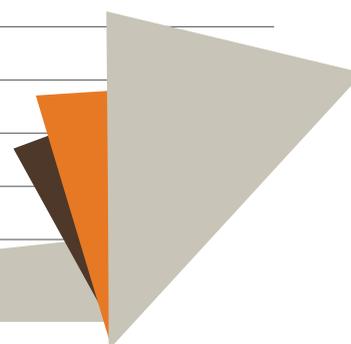
Blank lined writing area on the right page.





Blank lined writing area on the left page.

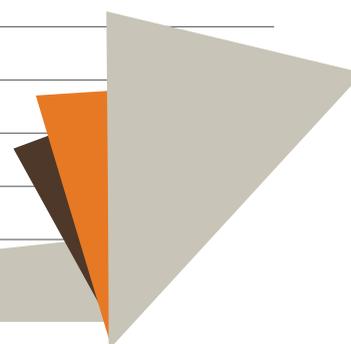
Blank lined writing area on the right page.





Blank lined writing area on the left page.

Blank lined writing area on the right page.





Marinated Mullet fillet

How to prepare:

Clean the mullets, scrape off the scales, remove the innards, remove the bones and cut the fillets. Wash and dry them gently. In a tall container prepare the marinade by pouring 60 g. of olive oil, peppercorns, salt, lemon juice, marjoram and crushed parsley. Mix it all and proceed to dip the fillets of mullet in the mixture, turning them gently in the marinade.

Add the cloves and leave to marinate for about 3 hours, turning the fillets from time to time.

Pull the fillets out of the marinade, place them in a frying pan and put them on the stove. Scald in this way the fillets for a few moments from both sides and leave them to cool. Arrange the mullet fillets on plates, dusting them with a pinch of freshly ground pepper.

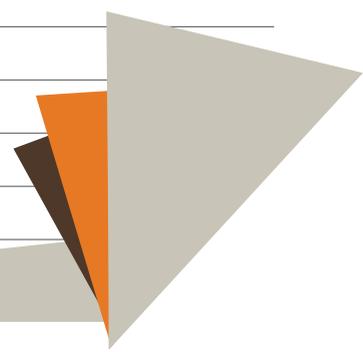
Mullet 800 g.
parsley
marjoram
2 lemons
2 cloves
olive oil (add to taste)
salt (add to taste)
peppercorns (add to taste)

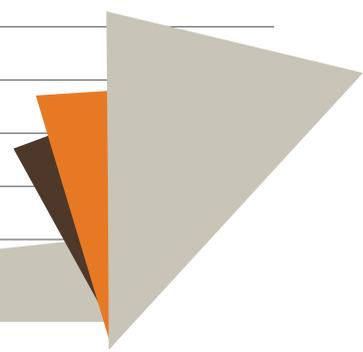




Blank lined writing area on the left page.

Blank lined writing area on the right page.

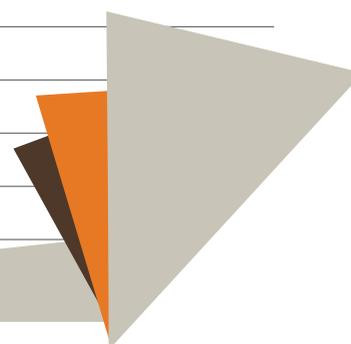






Blank lined writing area on the left page.

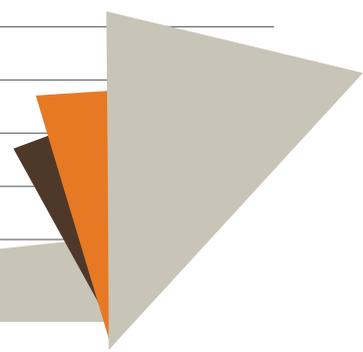
Blank lined writing area on the right page.





Blank lined writing area on the left page.

Blank lined writing area on the right page.





A series of horizontal lines for writing, consisting of 25 evenly spaced lines that span the width of the page.



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



Guaceto Tower's Park
Via Sant'Anna 6, Carovigno, Italia - Tel. +39 0831 990882 - www.riservaditorreguaceto.it