



Tuscia at the table

*Products of the
Tuscia Viterbese
Brand*



W

hen you live in a place that is rich in history and culture, monuments and traditions, and landscapes and environmental values that are still uncontaminated, it is natural to strive in order to transfer these immediately apparent and enjoyable values to the quality products and services of the same territory.

The “Tuscia Viterbese” Collective Trademark is the tool that can allow this transfer, as it is capable of containing all these values in one single symbol and slogan.

Established by the Viterbo Chamber of Commerce in 2003 to differentiate and promote products and services made in the province of Viterbo (meeting specific requirements of quality and typicality), the Tuscia Viterbese brand was created in order to meet the operators’ need of being visible on the scene of broader markets, including international ones, which are not always within the reach of small local businesses. It is now common knowledge that the brand, in its graphic presentation, perfectly suits our history and culture, so much so that it could become the very symbol of our territory; the symbol of historical Tuscia in the Italian province of Viterbo.





In the historical region of Tuscia, vegetables grow in abundance. Thanks to the mild climate and excellent water quality, they are particularly flavourful. These vegetables are great to accompany or complete any local dish, like the famous “Acquacotta,” which is a traditional soup based precisely on vegetables and herbs, found in many variations throughout the Viterbo area.



1

Cavolfiore bianco

White Cauliflower

The White Cauliflower of the Tuscia region is a crunchy vegetable with a delicate flavour. This cauliflower is characterized by a vigorous cold-resistant plant, and it has a very dense and compact head. It is appreciated at its best when fried, giving visitors one of the typical dishes of the winter season.

The crops of the White Cauliflower and of the Romanesco Broccoli of the Tuscia Viterbese brand present exclusive quality

features that depend on the combination of favourable pedo-climatic conditions of the area and the professional skills of the producers.

In the municipalities of Tarquinia, Montalto di Castro, Canino, and Monte Romano, the cauliflowers and broccoli are harvested in December, January, and February; while in Viterbo and the inner municipalities, the harvest takes place from August to May.



- The “Sagra della Frittella al Cavolfiore” (Cauliflower Fritter Festival) is a traditional festival that takes place every year in January, in the town of Tuscania. It is part of the celebrations in honour of Saint Anthony the Abbot, protector of livestock and farmers. The stars of the festival are the tasty Cauliflower Fritters, fried in a large skillet in the main square of the town. However, the traditional procession, with the saint surrounded by animals and followed by shepherds and herdsmen in typical attire, is just as worthy of attention.

• One of the traditional Tuscia dishes in which this particular type of vegetable is used is called "Broccoli strascinati." Here, the Romanesco Broccoli is beefed up to form a main dish, enriched with broth-boiled meats or with pork sausages.



Cavolo broccolo romanesco

Romanesco Broccoli

The Romanesco Broccoli of Tuscia is grown in large areas of certain specialized agricultural holdings in the province of Viterbo. Originally from Asia Minor, this particular vegetable from the cabbage family arrived in Italy thanks to the commercial traffic of the Etruscans. In a short time, it attained great success in Roman cuisine, so much so that it was considered sacred and even used to treat various diseases. It was

also consumed raw before grand banquets in order to absorb alcohol.

It is a typical product of the Lazio countryside still today. This cabbage variety has a flavour that is somewhere between that of cauliflower and common broccoli, although more delicate, and should be steamed to best maintain its nutritional properties. It is also a low-calorie and filling food, which makes it suitable for many weight-loss diets.

Patata dell'Alto Lazio Viterbo Potatoes

The potato that is included in the Tuscia Viterbese brand is grown in the border area between the regions of Umbria and Tuscany, north of Lake Bolsena, which includes the municipalities of Grotte di Castro, S. Lorenzo Nuovo, Gradoli, Latera, Bolsena, Onano, Acquapendente, and Valentano. The territory, part of the Vulsini Volcanic District, is characterized by soils of volcanic origin, which are rich in potassium, and by a microclimate that

is affected by the nearby lake. This PGI potato finds ideal growth conditions in this part of Tuscia, given the product's natural preference for loose permeable soils with low limestone content and rich in potassium and nutritional elements. It is a tuber with a regular shape and size, oval or elongated, with smooth yellow skin and light yellow flesh. It has high contents of starch, potassium, and vitamin C.



- Until the 1960s, the Viterbo Potato was grown at a family level. Only recently has there been an exponential increase in crops, and today this tuber is appreciated both locally and nationally. The ancient cultural and gastronomic connection with the Tuscia region is evident in the wide use of these potatoes in numerous typical recipes of local tradition such as "Pasta e Patate," a poor dish of the Viterbo area of peasant tradition.



The products from the northern part of the Tuscia region that are included in the Tuscia Viterbese brand (holding a PAT - Prodotto Agroalimentare Tradizionale seal of approval) are: the Aglio Rosso di Proceno (Proceno Red Garlic), the Farro del Pungolo di Acquapendente (Acquapendente Farro), the Cece del Solco Dritto di Valentano (Valentano Chickpeas), the Fagiolo del Purgatorio di Gradoli (Gradoli Beans), and the Lenticchia di Onano (Onano Lentils). The deep and ancient connection between these products and the local populations is confirmed by the continuous use of production techniques that respect the environment and by many consolidated culinary traditions, often celebrated in year-round festivities and town festivals.



Aglio rosso di Proceno

Proceno Red Garlic

The Red Garlic of Proceno, a village of ancient production like the nearby Acquapendente, has a medium-sized bulb with reddish outer skin, hence the name. What makes it unique is its strong spicy flavour and its very intense and persistent aroma, combined with its tendency to preserve itself better than any other variety. The distribution and quality features that make it a peculiar product depend on the type of soil that is found at 400-500 metres above sea level, given that the environment is characterized by a mild temperate-sublittoral climate.

For centuries and from year to year, local farmers have set aside part of the production for sowing, which takes place between December and February, thus preserving the garlic's organoleptic qualities over time. After the harvest, which is carried out between June and July, follows a drying period of about two months, at the end of which the new garlic may be consumed raw (it is delicious simply scrubbed on a bruschetta with some extra virgin olive oil) or cooked, as a key ingredient in many local recipes.

- This particular garlic has a very long history: it has been used to season dishes since the time of the Etruscans. It initially grew spontaneously on the hills of the Tuscia region, but time taught man to cultivate it and fertilize it with ash. There is also historical evidence telling us that in the 16th century it was not only one of the most popular ingredients in the kitchen but it was also used for pharmaceutical and therapeutic purposes.

• The ancient Mediterranean people used farro as a primary food product for soups and bread which they integrated with meat, milk, and derivatives. The cultivation of this cereal has represented the prevalent if not the only cereal crop that is widespread in Tuscia since the time of the Etruscans. During the Roman Empire, farro was given as a reward to heroes, as a symbol of honor and glory. It was also used in propitiatory rites, especially by Vestals. Finally, the Italian name for flour (farina) comes from the Latin name for farro (far).



Farro del Pungolo di Acquapendente Acquapendente Farro

The Acquapendente Farro is a cereal that has been cultivated in Tuscia since time immemorial. Its original name, "Farro del Pungolo," owes its name to the "pungoli" (goads), the iron-tipped sticks that were used to spur or guide the livestock pulling the plows. The peculiarities of the local product are primarily given by the pedo-climatic conditions of the area, characterized by the loose soils with low limestone

and rich potassium content found at 450 metres level. The sowing of the Acquapendente Farro is relatively late but it is carried out no later than mid-December, while the harvest takes place between the end of July and August. It is a great source for the production of spelled flour, made with either broken or whole farro depending on the recipe.

Cece del solco dritto di Valentano

Valentano Chickpeas

The Valentano Chickpeas have light cream-coloured seeds weighing around 260-300 mg. The cultivation areas of these chickpeas are characterized by temperate climates, ventilated and not humid, with premature spring heatwaves. The best soil for this crop is of volcanic origin, presenting a fine loose texture and rich in potassium and phosphorus.

The presence of this legume within this area dates back to ancient times: there is evidence of its presence in the Etruscan era, which is also confirmed by medieval documents. It is still an essential ingredient for local cuisine today, often used in salads and soups like the chickpea and chestnut soup that often appears in Christmas menus.



- The original name of this legume, "Cece del Solco Dritto," comes from local farming tradition: every year, on 14 August, there is the traditional plowing of the "solco dritto" (straight furrow) in the plain of the river Olpeta, below the town of Valentano. Today, these furrows are plowed by tractors but originally they were made by oxen-pulled carts. Tradition has it that the success of future harvests depends on the straightness of each year's furrows: the straighter the furrow, the more abundant the future harvests.

• The cultivation of the Gradoli Beans has deep roots in the history of the town. Its original name, "Fagioli del Purgatorio," comes from ancient local tradition: the "Pranzo del Purgatorio" (Purgatory Lunch) has been prepared on Ash Wednesday every year since the year 1600. The star of the main dish of this luncheon is the bean, served with rice in broth and with soups of lake fish. The tradition dates back to the end of the 16th century when the Brotherhood of the Purgatory began organizing this event to raise funds for its relief activities and families in need.



7

Fagiolo del Purgatorio di Gradoli

Gradoli Beans

Gradoli Beans are a local type of bean that has been sown since time immemorial. This bean is famous for its refined taste, similar to the Cannellino variety, perfect for the production of dry grains. Still today, parts of the sowing and harvesting processes of the Gradoli Beans are carried out by hand. Measuring between 5 and 10 mm, these beans have very thin bright-white skins and a particularly delicate flavour. These

qualities are given by the cultivation techniques and by the peculiarities of the volcanic soils in which they grow, which are low in limestone and rich in potassium content. They also depend on the features of the environment, which presents temperate climates, ventilated and not humid, with premature spring heatwaves. The harvest of the crops is carried out in July and August when the pods begin to dry out.



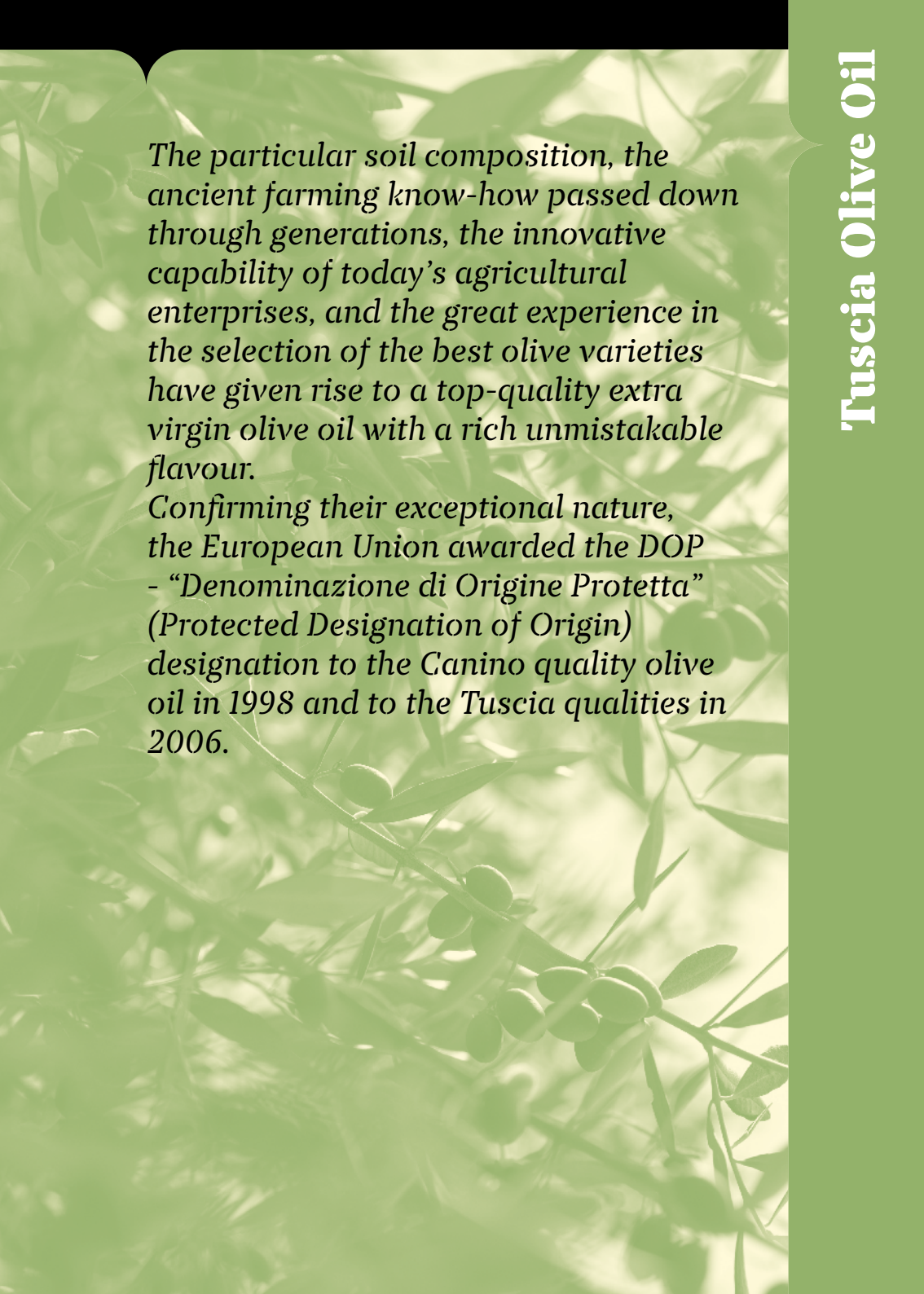


Lenticchia di Onano Onano Lentils

Also known as the “Lenticchia dei Papi” (Lentil of the Popes), the very tasty Onano Lentil presents a lenticular shape that varies between 3 and 6 mm in size, and its skin has a variety of colours ranging from a dark lead grey to a reddish ash tint. Today it is cultivated in small plots at 400 to 600

metres above sea level. In addition to its genetic background, this lentil’s organoleptic qualities derive from the light sandy volcanic soils of Onano and neighbouring towns. This feature makes the soil of the upper Viterbo area particularly suited to the cultivation of legumes.

- Farmed for its high iron content, which was cherished by local farmers to make up for the shortage of meat in their diets, the cultivation of lentils has developed in the Viterbo area since the Middle Ages. An annual festival is dedicated to the Onano Lentil. This festival has taken place every year, apart from exceptional circumstances, since 1964. Organized by the municipality of Onano among the rites to the cult of S. Trifone, the festival takes place during the week of Ferragosto (15 August).



The particular soil composition, the ancient farming know-how passed down through generations, the innovative capability of today's agricultural enterprises, and the great experience in the selection of the best olive varieties have given rise to a top-quality extra virgin olive oil with a rich unmistakable flavour.

Confirming their exceptional nature, the European Union awarded the DOP - "Denominazione di Origine Protetta" (Protected Designation of Origin) designation to the Canino quality olive oil in 1998 and to the Tuscia qualities in 2006.

Olio EVO di olive della Tuscia


Tuscia EVO Olive Oil

The Tuscia EVO Olive Oil is a true excellence among the typical products of the province of Viterbo. Every year, it receives international awards and prizes, which also recognize the exceptionality of this extraordinary land between the sea and the Apennines, halfway between Tuscany and Rome. The great qualities of this oil are to be found in the soil upon which the olive groves extend: a rich volcanic

soil, full of nutrients, that makes this product of the highest quality. But the exceptionality of Tuscia EVO Olive Oil also stems from the constant efforts of producers and oil mills to achieve the highest quality standards. Only extra virgin olive oil obtained from the crops of the Viterbo province and processed in the olive mills of the same region can bear the Tuscia Viterbese quality mark.



- The cultivation of olive trees in Tuscia has very ancient origins: it began to spread as early as the 6th century BC, thanks to the trade exchanges between the Etruscans, Greeks, and Phoenicians. Many archaeological finds testify to the knowledge of this type of production in this region: frescoes and paintings on ancient vases and furnishings represent the harvest and olive pressing. They are an important testimony to the reconstruction of the history of Tuscia olive oil.



• DOP Tuscia EVO Olive Oil is versatile, since the different varieties of olive trees it comes from make it possible to obtain a range of oils with different flavours, able to satisfy the needs of any palate. Appreciated for its delicacy and flavour, it goes well with many dishes of Italian gastronomy.

10



Olio extravergine d'oliva DOP Tuscia

DOP Tuscia EVO Olive Oil

DOP Tuscia EVO Olive Oil is mainly obtained from olives of the three varieties of Frantoio, Canino, and Leccino. These are present for at least 90%, monocultivar or mixed together according to the individual olive groves. DOP Tuscia is an olive

oil with an unmistakable emerald green colour and golden reflections. It is characterized by an aroma recalling the healthy fresh olive fruit and by a medium fruity flavour, with a balanced bitter-spicy aftertaste of varying intensity.

Olio extravergine d'oliva DOP Canino

DOP Canino EVO Olive Oil

This is an extra virgin olive oil that is obtained from the Canino, Leccino, Pendolino, Maurino, and Frantoio olive varieties, alone or mixed together. It presents a maximum acidity of 0.50% and an emerald green colour with golden reflections. Its aroma is fruity, recalling the healthy fresh olive fruit, and its flavour is strong, with a

bitter and spicy aftertaste with hints of wild thistle and artichoke.

The production area of this oil is among the municipalities of Canino, Arlena di Castro, Cellere, Ischia di Castro, Farnese, Tessennano, and part of the municipalities belonging to the areas of Montalto di Castro and Tuscania.



- The Canino cultivar is a plant variety that has been present since the time of the Etruscans. It is characterized by its rich foliage, hardiness, ability to adapt to the soil, and high productivity. For this reason, this variety stands out for its natural resistance to many parasites, which allows cultivating the olive grove with environmentally friendly techniques and, therefore, is good for both the environment and the health of the consumer.



Saffron

Saffron

Saffron is a refined and precious spice deriving from the dried filaments of the *Crocus Sativus* flower. This cormous plant is native to Asia Minor and belongs to the iris family called Iridaceae. It is cultivated in the areas of the Tuscia region with the most fertile and light soil.

The plant's flowering phase occurs between October and November and lasts for at least 20 days. The best time to pick the flowers, exclusively by hand, is in the early hours of the day

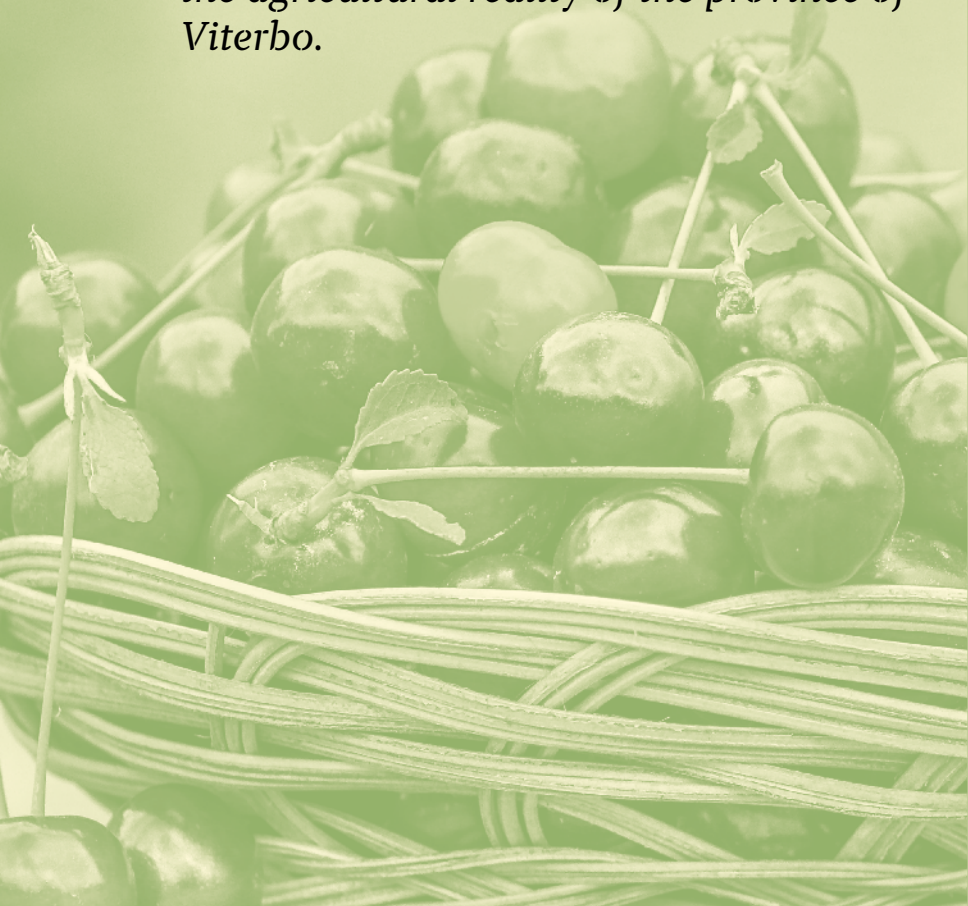
when they are still closed or barely open, cutting them ever so slightly at their base and placing them in wicker baskets.

The process of separating the stigmas and preparing them to dry out must be carried out within the same day of harvest, so as to avoid any possible loss of quality. Once the drying process is complete, the stigmas are left to season for a period of three months in special containers that protect them from the light and any external contamination.



- Saffron has many antioxidant properties, it promotes high spirits, it helps digestion, and it protects the eyes from typical old-age macular degeneration. In cooking, it is used in the preparation of first courses and in combination with white meat or fish. In recent years, it has been used as "gold dust" in the preparation of cocktails, jams, honeys, and aromatic oils.

Thanks to their volcanic origin, the soils of the Tuscia region are particularly fertile and, therefore, are suitable for the cultivation of many varieties of fruit. The chestnut groves present throughout the Monti Cimini area and the cherry groves in the Celleno province are all renowned Tuscia realities. Together with those of the “Tonda Gentile” Hazelnut and Tuscia Almond, these crops form the basis of the agricultural reality of the province of Viterbo.



Tuscia Cherries

The Tuscia Cherry is produced in the territories of the municipalities of Viterbo (including the areas of Sant'Angelo and Roccalvecce) and Celleno. The latter is known as the production area of the "Ciliegia di Celleno", which holds a PAT - "Prodotto Agroalimentare Tradizionale" (Traditional Agri-Food Product) seal of approval. Almost all cultivation follows traditional methods and includes many types of cherry varieties. This is a key aspect for the preservation of a high level of environmental biodiversity in the production

areas. The Tuscia Cherry denomination in fact includes the fruits from the cultivation of various native and traditional cultivars such as the Bella di Pistoia, Biancona, Buonora, Cellanense, Core, Crognolo, Durone, Maggiolina, Morona, Ravenna a Gambo Corto, and the Ravenna a Gambo Lungo varieties. The traditional operation of the land also favours eco-friendly management of the crops, promoting and preserving the human sociability and product flavours of ancient memory.



- The cherry harvest is carried out by hand, generally between the end of May and the beginning of June. Celleno hosts the famous "Sagra delle Ciliegie" (Cherry Festival) with its exciting cherry pit-spitting contest, its parade of allegorical floats, and the production of the famous 15-metre long "Crostatona" (big cherry tart).

• In Roman times, hazelnut wood was burned atop the local Carbognano hill during sacrificial rites to the god Janus. During wedding celebrations, the wood was used to create auspicious torches. To celebrate the long history of local hazelnuts and the important role they play in the culture and economy of the Tuscia region today, the “Sagra della Nocciola” (Hazelnut Festival) is organized in the town of Caprarola to inaugurate the beginning of the harvest season. Here you can find a triumphant offer of delicious hazelnut-based sweets and baked goods.



14

Nocciola dei Monti Cimini

Monti Cimini Hazelnuts

The Monti Cimini Hazelnut is mainly represented by the local “Tonda Gentile Romana” cultivar, to which a small part of the “Nocchione” variety is added. It is assumed that the common hazelnut tree has been present in the underbrush of the area since Roman times. However, the first mentions of hazelnut cultivations only date back to the 15th century. Today, the hazelnut represents one of the

most important agri-food products of the province of Viterbo, both in terms of revenue and in terms of quantity produced. The hazelnut of the Tuscia region in fact thrives in its growth and produces a seed of remarkable quality and high-oleic content. Since 2009, this Roman Hazelnut holds the DOP - “Denominazione di Origine Protetta” (Protected Designation of Origin) designation.



Mandorla della Tuscia Tuscia Almonds

Almond trees for private use have been present in the Tuscia region for many centuries. However, it was not until the 1980s that attempts at experimental farming were carried out in private agricultural holdings. The cultivars that are included in the Tuscia Viterbese trademark

are Tuono, Guara, Genco, Lauranne, Belona, Penta, Soleta, and Makako. Apart from being a great vitamin source, these fruits help slow down the body's absorption of sugar and carbohydrates, so they favour keeping blood sugar levels in balance throughout the day.



- Almond trees have been cultivated for thousands of years and almonds have always been a fundamental ingredient in culinary traditions, especially in pastry. The tree is native to the Middle East, North Africa, and the Indian subcontinent. It was introduced in Sicily by the Phoenicians and then spread throughout the Italian peninsula. Almonds were considered a delight for Egyptian pharaohs, who enjoyed almond bread, but they were also much appreciated by the ancient Romans.

Meat has been quite present in Tuscia's culinary history since Etruscan times. Farm, farmyard, and wild animals have been in the diets of rich and poor alike in all historical periods.

The Tuscia Viterbese brand only certifies meat from farms that care for the needs and well-being of the animals, feeding them only locally sourced food and avoiding genetically modified organisms or antibiotics that force the animals' natural development.



Fresh Beef, Sheep meat, Pork, and Poultry

Local beef and sheep meat have unique, unmistakable flavours, thanks to the great care of the Tuscia farmers who check and follow the animals at every stage of their growth, guaranteeing a top-quality product. The animals are raised in semi-wilderness, sheltering them in covered stalls only during feeding and resting. The production of Tuscia Viterbese poultry—such as

duck, capon, guinea fowl, cockerel, chicken, goose, quail, and turkey—requires exclusively free-range farming, where animals are not closed in cages but can move freely inside their shelters or outdoor. Finally, pork has been one of the most consumed meats in the area since ancient times and still plays an important role in local gastronomy.

- Many shepherd families dealing with sheep breeding in Tuscia are originally from the Italian region of Sardinia, from which they imported traditions relating to cheese production and strong cultural ties with this type of farming. Furthermore, up until a few years ago, the ancient art of transhumance was still practiced in the Viterbo area. This ancient practice involves the movement of flocks from hilltops and mountains towards flat coastlines along pathways called “tratturi.” This journey is seasonal and lasts several days, with stops in pre-established “post stations.”

• One of the most characteristic cured meats of the Tuscia region is undoubtedly the "Susianella", an ancient sausage that today is a Slow Food presidium. It seems that its recipe dates back to Etruscan times. Originally prepared exclusively during the winter using pork innards, this sausage presents typical liver flavours softened by a slightly spicy, wild fennel aftertaste. It was most common during the Middle Ages, when its recipe began to be passed down verbally to the point that, today, it is identified as a niche product of the Lazio region pork butcheries.



17

Processed Meat



Processed meats of the Tuscia Viterbese brand come from pigs and cattle that are farmed and processed in the province of Viterbo. Processed meats can be preserved in different ways, depending on whether the meat is raw, cooked, cured, or smoked. The types of products that fall under the Tuscia

Viterbese brand are cured meats, prosciutto (ham), porchetta (roast pork), mortadella (bologna sausage), and similar products. The brand's aim is that of promoting products that are typical and long present in the territory, resulting from long-standing artisanal processing.

Viterbo “Coniglio Verde Leprino” Rabbit Meat

Viterbo’s “Coniglio Verde Leprino” is a particularly high-quality rabbit meat since it is rich in protein and low in fat content. The peculiar characteristics of Viterbo’s “Coniglio Verde Leprino” Rabbit Meat are essentially due to two factors: the animal belongs to the “Leprino di Viterbo” breed (carefully selected on the initiative of Tuscia University’s Faculty of Agriculture) and it requires particular breeding methods.

The animals are fed balanced, non-medicated feed or fresh hay and fodder. The breeders of the “Coniglio Verde Leprino” belong to a Consortium that assists during the various breeding stages, providing purebred animals. The Consortium refers to the Experimental Centre for Alternative Rabbit Farming of Tuscia University for all supervision on the breeding and health status of the animals.



- Why is the “Coniglio Verde Leprino” so great? It is a breed that is very disease-resistant. Is raised in outdoor cages positioned above the rabbit hole and underground den, recreating the animal’s natural habitat. This allows the animal to wander freely from one environment to the other, so as to optimize health conditions and avoid the animal’s meat from absorbing unpleasant scents.

• Snails were highly appreciated by the Romans, so much so that Pliny the Elder mentions them in his *Naturalis Historia*, both from a nutritional and medical point of view since they were used to cure various kinds of diseases.

It seems like the first snail farming business was established in Tarquinia in the 1st century B.C., at the initiative of a certain Fulvio Lippino, who had even developed a shipment service to import snails from all parts of the known world.

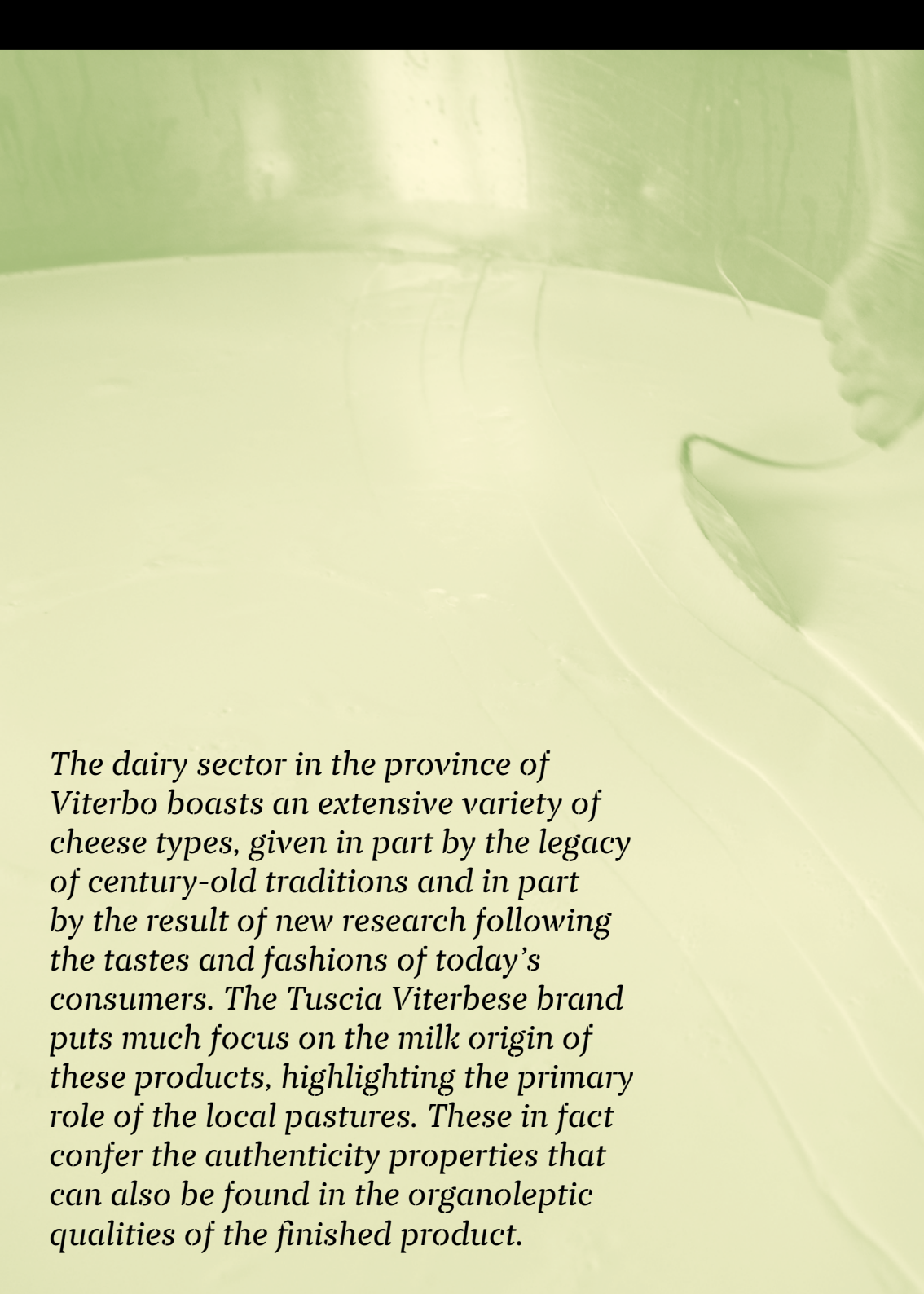


Tuscia Snails

This Tuscia Viterbese brand specification requires a completely organic breeding process. The snails must be of exclusive Italian origin and of the *Helix* species. As regards their nutrition, it essentially consists of the following plants that are grown in the breeding enclosures: white clover (*Trifolium repens*), turnip rape (*Brassica campestris*), kale (*Brassica oleracea*), and chicory (*Cichorium intybus*).

This small animal also presents interesting nutritional qualities itself: it is rich in mineral salts, protein, and has a low fat content.

From the point of view of cosmetics, snail slime is used in skin products for its powerful antioxidant properties, given by its high concentration of vitamin E. This vitamin in fact is a prime weapon against the harmful action of free radicals and against cellular aging.

A background image showing a person milking a cow, overlaid with a green filter. The image is slightly blurred, focusing on the action of milking.

The dairy sector in the province of Viterbo boasts an extensive variety of cheese types, given in part by the legacy of century-old traditions and in part by the result of new research following the tastes and fashions of today's consumers. The Tuscia Viterbese brand puts much focus on the milk origin of these products, highlighting the primary role of the local pastures. These in fact confer the authenticity properties that can also be found in the organoleptic qualities of the finished product.



Dairy Products



20

Pecorino Cheese

The Pecorino Cheese of the Tuscia region is not only one type of cheese: there are many varieties that change significantly according to the production area. Each variety presents different characteristics and a unique flavour. The singularity of each variety lies in its individual attributes but also in its common, shared feature with the other varieties: quality. The universe of the Tuscia Viterbese Pecorino Cheese includes different cheese types, which vary according to their age and the amount of time they spend aging in caves.



21

Mixed Caciotta Cheese

The Mixed Caciotta Cheese is a product that is tied to the ancient traditions of transhumance in the Tuscia region. It is a fatty, hard cheese obtained from a mix of more than 50% sheep's milk and a smaller percentage of cow's milk. The rind is smooth and straw-coloured, while the texture is compact, soft, and white or pale straw-coloured. Depending on the duration and type of maturation process, it can be soft cheese, semi-mature cheese, or aged cheese with medium or long cave-aging maturation.

Goat Cheese

There have always been several cheese varieties exclusively based on goat milk in the Tuscia region. The local production of this variety is growing rapidly thanks to the characteristics of goat milk, which is particularly light and digestible and, therefore, very attractive to the market. The Mixed Goat Cheese is obtained from a mixture of more than 50% sheep's milk and a smaller percentage of other types of milk.



23

Mixed Goat Cheese



22

This cheese is obtained from a mixture of more than 50% goat milk and a smaller percentage of other types of milk.



24



25

Cow's Milk Cheese

The presence of cows in the Tuscia region is quite consolidated, especially given the region's proximity to the territory of the Maremma, which has always been suited to this type of farming. The availability of cow's milk, therefore, gave rise to a great dairy production reality.

Today, many Tuscia dairy farms produce fresh, hard, and aged cheeses in cow's milk. Depending on the duration and type of maturation process, the brand product can either be soft cheese, semi-mature cheese or aged cheese with medium or long cave-aging maturation.

Mozzarella Cheese

In the field of fresh cheeses, the Tuscia Viterbese brand recognizes the quality of its Mozzarella Cheese, which can either be from cow's milk or from buffalo. Buffalo Mozzarella has a round but irregular shape, sometimes even oval. It has a very thin and smooth rind, and its white porcelain colour differentiates it from cow-milk Mozzarella. The latter in fact has a more yellowish colour.

The amount of whey in buffalo Mozzarella is a usual indicator of its freshness. In fact, like any other fresh cheese, the more time passes the more it tends to dry out. The whey in Mozzarella Cheese does not only enhance its flavour but also its aroma.

The fish fauna of Lake Bolsena is quite rich and varied. In addition to the two most prestigious species, the “Coregone” Whitefish and the Eel, there is a whole series of fish that is difficult to find in other Italian lakes. The lake counts both native fish species and species that were introduced in time: the tench, the chub, the carp, the rudd, and the big-scale sand melt, which are all mainly herbivorous or insectivorous. Other species like the northern pike, the perch, and the eel are instead voracious predators that feed on other fish.





26

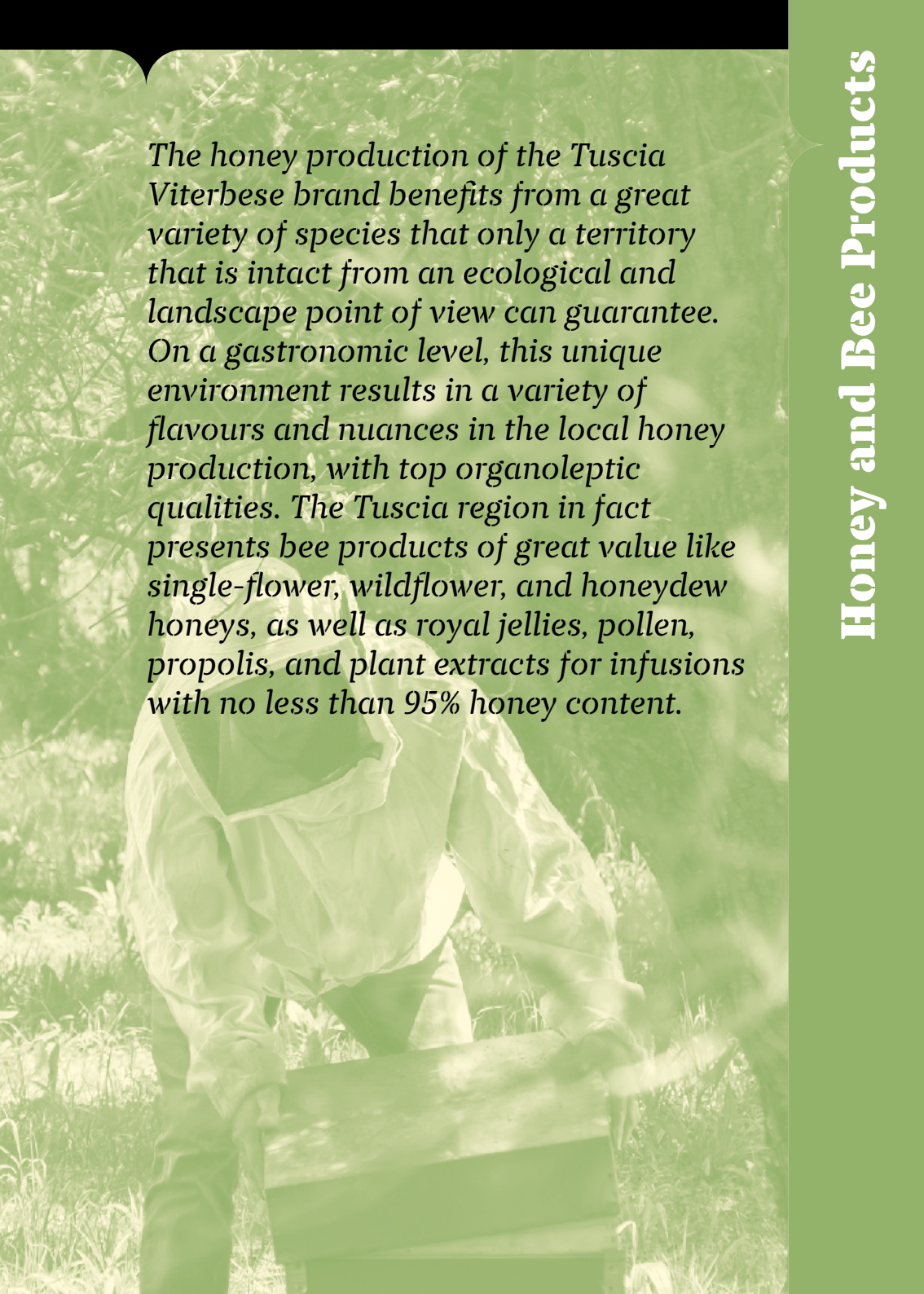


27

The “Coregone” Whitefish Eel

The “Coregone” Whitefish, belonging to the Salmonidae family, is fished by lowering special flying nets (called *altane*, *retone* or *vòllere*) in the evening hours, so as to retrieve them very early the following morning. Although it is the most common species in Lake Bolsena, it is not a native breed. It was introduced about one century ago since the fresh lake waters (where the temperature remains a constant 7°C, even during the summer, already at 25 metres of depth) present an ideal microclimate, which is essential for its survival.

It is one of the most common and valuable species in Italian freshwaters. The Bolsena Eel can be fished throughout the year. Fishing is carried out with bottom nets, fish traps, and carp sacks, or even with long handlines armed with hooks called *palamidi* or *filaccioni*. Although the colour may vary depending on the environment and development stage, this Eel usually has a brown back and a yellowish-white belly.



The honey production of the Tuscia Viterbese brand benefits from a great variety of species that only a territory that is intact from an ecological and landscape point of view can guarantee. On a gastronomic level, this unique environment results in a variety of flavours and nuances in the local honey production, with top organoleptic qualities. The Tuscia region in fact presents bee products of great value like single-flower, wildflower, and honeydew honeys, as well as royal jellies, pollen, propolis, and plant extracts for infusions with no less than 95% honey content.



28

Tuscia Honey, Pollen, Propolis, and Royal Jelly

Apiculture has a long history in the region of Tuscia, as evidenced by both Roman and medieval finds showing the widespread presence in the Viterbo area of ancient apiaries intended for the production of both honey and wax. This ancient practice is still thriving today. There are many companies that are dedicated to the production

of honey and derivatives according to the indications of the Tuscia Viterbese brand. The collective trademark in fact focuses on the territorial origin of the bee products, exclusively obtained from flower essences that are persistent in the Viterbo province territory, whether the beekeeping activity is of sedentary or nomadic type.

- Honey has been used both as a natural sweetener and as a condiment since ancient times. The use of honey also extends to cosmetics (as an ingredient in aromatic oils and perfumes) and to medicine (as an antiseptic, cicatrizant, and purgative).

The products of the pastry shops and bakeries of the Tuscia region represent an expression of the age-old religious festivals and celebrations, as they have always been special occasions in which more elaborate and rich foods were served. The products included in the Tuscia Viterbese brand have been selected on the basis of the artisanal methods used in production, starting from the selection and processing of the raw ingredients.

Pastry and Bakery Products

Closely tied to religious or secular holidays and festivities—and to the seasonality of the products—Tuscia's sweets and baked goods can now be enjoyed all year round, although they maintain their festive character. At Christmas, the “Pangiallo della Tuscia” and the “Pane del Vescovo” are still very popular, while at Easter we find that the “Pizza di Pasqua” has made a comeback, and the classic anise “Ciambelle” (doughnut-shaped biscuits) can be found

everywhere for each Patronal feast day. Outside the holidays, among the typical desserts that are appreciated and served at the end of a meal we find wine and anise “Ciambelline” (small doughnut-shaped biscuits), bitter almond Amaretti macaroons, the ring-shaped cakes “Ciambella dolce Civitonica” and “Biscotto di Sant’Anselmo di Bomarzo”, Monterosi lemon pastries, and the Viterbo “Maritozzo” and “Mostaccioli” pastries.



- The sweets and pastries made from Monti Cimini Hazelnuts deserve a separate, special mention. Among these, we find the “Tozzetti” biscuits, which—dipped in the DOC Aleatico di Gradoli dessert wine—are a worthy closing act of a review of Tuscia Cuisine. Not to forget the “Brutti e Buoni” (Ugly and Good) and the nougat-honey “Torrone”, always based on hazelnuts. Fans of savoury also have means to celebrate with gastronomic excellences such as Monteromano Black Bread, Unsalted Homemade Bread, Pizza with Potato and Cloves, and Pizza “Corchianese”.

In addition to being produced in artisan ice-cream laboratories located in the province of Viterbo, the Gelato Ice Cream of the Tuscia Viterbese brand must include local raw ingredients, free of preservatives, emulsifiers, and other non-natural additives.



Tuscia's Gelato Production

Lazio has always been among the top regions in Italy for the production of Gelato Ice Cream. Tuscia—a land known for the excellence of its food products—stands out as the birthplace of great ice-cream making tradition.

Local raw ingredients are obviously the feature that marks the deliciousness and authenticity of the ice cream of the Viterbo province. The Gelato Ice Cream of the Tuscia Viterbese brand is

produced from local milk, which includes not only cow's milk but also sheep, goat, or buffalo milk. Fresh Ricotta Cheese made from sheep or cow's milk is also used as a base for the ice-cream preparation. Monti Cimini hazelnuts, chestnuts, fresh eggs, honey, extra virgin olive oil, wine, and fresh local fruit complete the list of ingredients for an authentic "Tuscia Gelato Experience".



- The first master ice-cream maker in Viterbo seems to have been a certain Dante Costantini, known as "Pizzeccacio". During the winter season, he was known in the city for roasting chestnuts; in the summer, however, he became the dream of every child and adult, turning into a seller of artisanal ice-creams that he personally produced. He wore a white jacket, like a real ice-cream maker, and served excellent vanilla and lemon ice cream in small cups for 10 cents, and in rolled or rectangular wafers, for 20 cents and 50 cents respectively.

Thanks to the climatic conditions and morphological features of the ground, viticulture has become so deeply rooted in the province of Viterbo that it is a rising star in the agri-food sector. The Tuscia Viterbese brand includes all DOC - “Denominazione di Origine Controllata” (Controlled Designation of Origin) and IGT - “Indicazione Geografica Tipica” (Typical Geographic Indication) wines that are present in the area.



DOC and IGT Tuscia Wines

Several interesting native grape varieties are grown in the province of Viterbo. Thanks to the research activity of Tuscia University—which has dedicated the last thirty years to the study of local varieties—many local producers have rediscovered ancient vines that, as single-varieties, still produce excellent wines.

The region of Tuscia in fact boasts seven DOC and three IGT wines: DOC Aleatico di Gradoli, DOC Colli Etruschi Viterbesi, DOC Tuscia, DOC Est! Est!! Est!!!, DOC Vignanello, DOC Cerveteri, DOC Tarquinia, DOC Orvieto, IGT Civitella D'Agliano, IGT Colli Cimini, and IGT Lazio.



- The story of the DOC Est! Est!! Est!!! Wine is quite fascinating. According to legend, in 1111 AD, a German bishop named Johannes Defuk—while traveling to the Vatican with Holy Roman Emperor Henry V—would send his servant ahead on a reconnaissance mission with the specific task of finding and tasting the best wines. The two agreed on a code signal: if the servant had found good wine, he would write “Est” (meaning “There is” good wine) near the tavern door. When he arrived in Montefiascone, near Lake Bolsena, the wine he found was so good that he wrote “Est! Est!! Est!!!”

The richness of the lands of the Tuscia region combined with the entrepreneurial ability of the local agricultural holdings brought to the recent development of a large market of processed plant-based products made from vegetables, fruit, and mushrooms. These products are a way of longer preserving, consuming, and enjoying all the goodness of these lands. The Tuscia Viterbese brand is responsible for guaranteeing the best laboratories for the production of jams, vegetable preserves, juices, and ready-to-eat vegetable products.

Plant-based Food Products from Tuscia

According to the indications of the Tuscia Viterbese brand, the extra virgin olive oil found among the ingredients of the preserves must be extracted from olives that are grown and processed in the province of Viterbo. In the same way, hazelnut oil used in these food products also must be extracted from fruits that are grown and processed in the same province.

The other vegetable oils and vinegars must be of Italian origin, preferring those made in the province of Viterbo. To ensure the top quality and artisanal value of the product, the brand specification requires that most of the processing steps be carried out by hand.



- Truffles, raspberries, hazelnuts, garden products, mushrooms, olives, asparagus, and any other agricultural product produced in the Tuscia region are at the heart of the many tasty recipes carefully devised by local companies, who also often produce the raw ingredients. These products can be found in the form of jams, creams, oil preserves, vinegar preserves, pickled preserves, sauces, juices, vegetable extracts, and many other sweet and savoury specialties.

The ceramic tradition that has developed over the centuries in the Tuscia region resulted in the strong artistic connotation of today's artifacts, which are often expressive, iconographic proof of the main historical events and cultural currents that have occurred over time. Traditional production techniques and handcraft labor must be preponderant elements in the production cycle in order to fall under the Tuscia Viterbese brand.

Ceramics

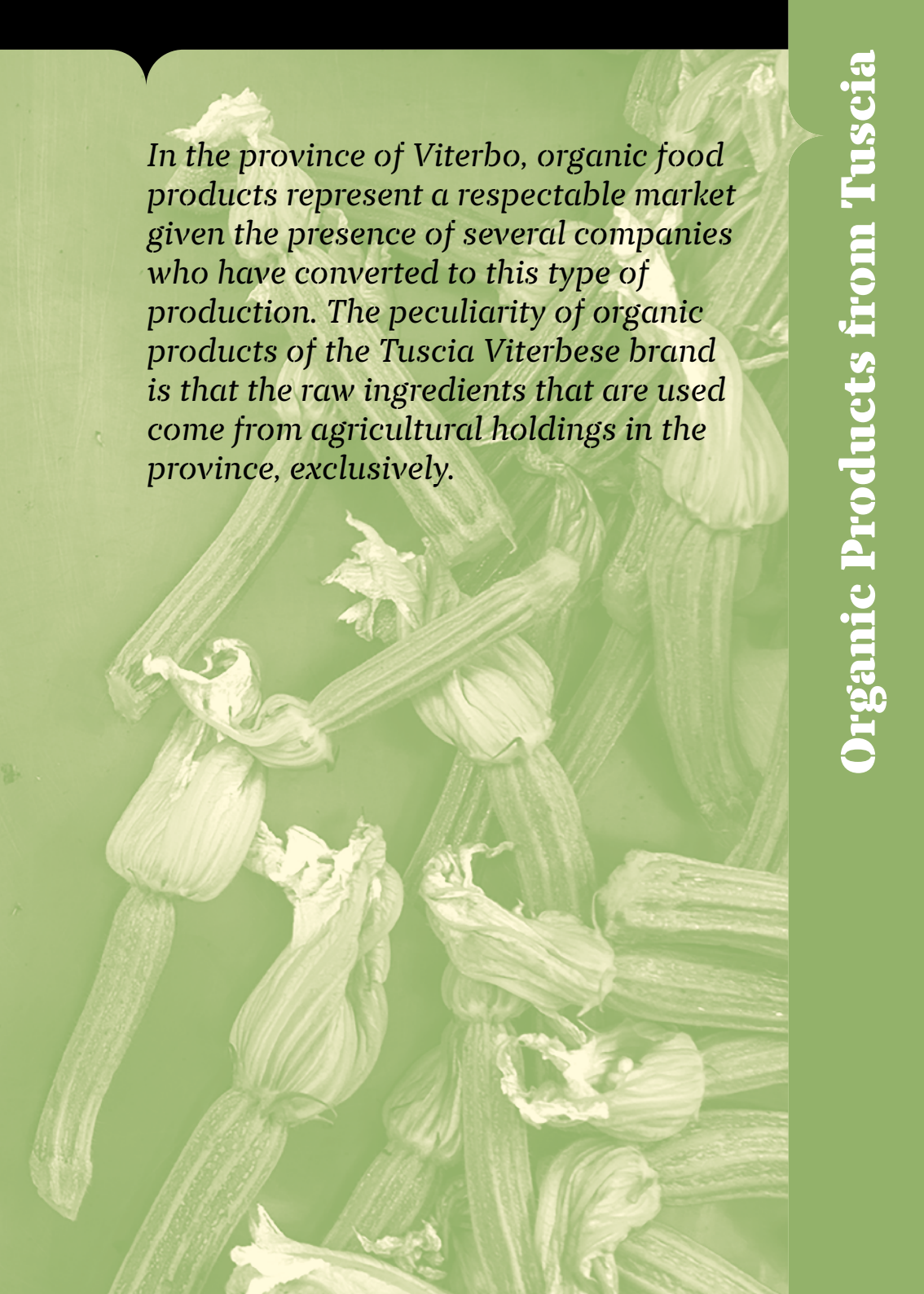
The ceramic Tuscia Viterbese artifacts include items that find the roots of their artistic styles and production techniques in different historical periods, even archaic ones like the Villanovan and Etruscan periods.

The production of ceramic objects today is divided into two different styles, the traditional one and the innovative one. Traditional ceramics essentially reproduce the techniques

and aesthetics of historical artifacts, some of which are visible in museums in the city of Viterbo and province. These traditional ceramic artifacts must present hand-made decorations. Innovative ceramics include items that—due to their shape, style, and production technique—can be considered as deriving from a natural development and update of traditional models and techniques.



- The “Bucchero” certainly stands out among the most interesting artifacts that characterize the region’s original ceramic production. It is a sort of vase obtained from particular manufacturing and firing processes, which are carried out in the absence of oxygen. The Bucchero is made from a mixture of fine-grained clays with high iron content; this mixture has a fragile porous consistency and the clay colour changes from its natural red colour to dark grey or black following the peculiar firing process. The final object may be made shiny by polishing it through a “liscitura a stecca” technique.



In the province of Viterbo, organic food products represent a respectable market given the presence of several companies who have converted to this type of production. The peculiarity of organic products of the Tuscia Viterbese brand is that the raw ingredients that are used come from agricultural holdings in the province, exclusively.

Organic Products from Tuscia

Photographic credits:

Italian Stories, Zaira Zarotti, Marco Camilli,
Perle della Tuscia, Mararie, Salumificio Coccia
Sesto, I Giardini di Ararat, Azienda agricola
Dario Grassetto, Wikimedia (LigaDue, Alfeuss)

Cover: Zaira Zarotti





**Camera di Commercio
di Rieti - Viterbo**

Via F.lli Rosselli 4 - 01100 Viterbo

Tel. +39 0761 234403

marketing@rivt.camcom.it

www.tusciawelcome.it



CAMERA DI COMMERCIO
RIETI VITERBO

