

WELCOME to the Umbrian Appetites tour. During your stay in Umbria you will be put in touch with an enchanting, beautiful and relatively undiscovered part of Italy, with a varied history and rich architectural and artistic heritage. We are delighted that you are coming on our program and this letter will fill you in on a few details about your arrival and the tour in general, as well as some advice on what to bring. We also need some information about you so that we can do our best to make sure that you have a wonderful holiday. Please fill out the enclosed form and send it back to your travel agent who will then forward it on to us.

ARRIVAL

You will be collected on the first day of the tour from outside **FOLIGNO** station at the **main taxi point**, at **11am**, or – on request – from a Foligno hotel at 10.30am.

To arrive at Foligno station you take the Rome-Ancona line. There is more detailed information about trains at www.trenitalia.it

In case of any problems the mobile phone numbers of the people collecting you are **+39 333 66 800 26** or the office numbers in Italy are **+39 0742 378399** or **+39 0743 254063**

From Foligno station you will be transferred directly to Montefalco in a private coach. Unless there are unexpected delays you will leave by about 11.15am and arrive at the accommodation before 12 noon, in time for lunch.

Alternatively we can collect you from a hotel in Foligno, **before** the station pick up. This can be by arrangement only and must be indicated clearly on the final information form !

Please specify your arrival preference on the attached form. In case of any problems or change of plans please contact us on By text to +39 333 6680026 or T / F ++39 0742 378 399 or email info@livingitaly.com at least 24 hours before your anticipated arrival.

HOW TO CONTACT PEOPLE ON UMBRIAN APPETITES TOURS

FABRIZI FAMILY AGRITURISMO HOTEL
06036 MONTEFALCO (PG), ITALY
TEL: +39 0742 379 492 FAX: +39 0742 371 077

The **time difference** between Italy and Australia from March to the end of October is **8 hours**. The best time for phone contact between Italy and Australia is from 4pm to 8pm Australian time, which is 8am to noon on the same day in Italy.

If you have a digital **mobile phone** it is possible to request installation of 'global roaming' and to take your phone to Italy. However people calling to the mobile phone will pay the normal international rate and the receiver of the call in Italy also pays significant charges.

The hotel has one central phone with a **public pay phone** in the office. You can buy **telephone cards** for Euro 5 (\$8 approx). You need one of these to make reverse charges or Telecard calls though the telephone card will not be debited. Faxes are one of the best ways of keeping in touch.

The tour organiser in Italy can be contacted on the following numbers:

TEL: +39 0742 378 399 or 0011 39 335 8196106. **FAX:** +39 0742 378 399

EMAIL: info@livingitaly.com

SELECTED READING LIST

www.livingitaly.com/reading.htm

Cook Books

An Appetite for Umbria: The People, the Places, the Food **Christine Smallwood, Eddie Jacob**

An Appetite for Umbria is a collection of short stories, a selection of recipes and a travel guide all rolled into one superbly written and illustrated volume. Interesting and attractive use of background colour differentiates introducing a town, visiting a restaurant or enjoying a specialty dish. The photography, by Eddie Jacob, is a harmony of snapshots capturing the friendly hustle and bustle and vibrant dedication of restaurant life. Sincere, careful, simple describing so many restaurants, ingredients and dishes without becoming repetitive. The book itself is an adventure. Page 91 begins: "Down a small pedestrian road, a truffle shaving away from Piazza San Benedetto, you'll find ..." Every page is a discovery.

Umbria: Regional Recipes from the Heartland of Italy **Julia Della Croce**

Synopsis

Experience Umbria--explore the simple, yet refined cuisine of this undiscovered region of Italy with award-winning author Julia della Croce. Replete with stunning beauty and rich in natural resources, Umbria relies on its abundant fields and forests to provide wholesome ingredients for its hearty dishes: vegetables, lentils, and farro; pungent herbs, wild mushrooms, and black truffles. The surrounding hill towns of Orvieto, Assisi, and Trevi produce some of the finest wine and olive oil in all of Italy. It's a wonder that the cuisine of Umbria is only now being brought to light in this delightful cookbook. Julia della Croce, a leading authority on Italian cooking, unveils the foods, recipes, and culinary folklore of a region that has its roots in Etruria, Italy's oldest and most fascinating civilization. Beginning with the classic ingredients of the Umbrian pantry, she presents delicious, authentic recipes for the home cook. From simple basics, such as black truffles on bread toasted over an open fire to more challenging dishes, including pollo in porchetta (Chicken Roasted in the Manner of Suckling Pig), Umbrian flavours are distinctively robust and uncomplicated. Pasta varieties unique to Umbria are particularly delectable topped with unusual sauces made with asparagus or a savoury blend of sausage, lemon and nutmeg. Lush colour photos of the Umbrian countryside, village markets, and--of course--the food, are highlighted by tidbits of history and quotes from the locals - this comprehensive volume is more than a cookbook. It's an inviting look at one of the most enchanting regions of Italy.

Ciao Italia in Umbria: Recipes and Reflections from the Heart of Italy **Mary Ann Esposito**

The Tuscan Year – Life and food in an Italian Valley – Elizabeth Romer – Weidenfeld and Nicholson, London (1984)

Novels

[Where the Cypress Rises](#) - recently written by one of our expatriate Australians Virginia Ryan. A valid personal interpretation of real life in the Umbrian hill town of Trevi. Virago press.

[Eyewitness Guide – Italy](#)

- contains an interesting chapter on Umbria with small but helpful illustrations

[Blue Guide – Umbria](#)

- densely packed information in small print but excellent for reference

[Insight Guides – Umbria](#) (APA Publications)

- many enticing full-page colour photos and an enthusiastic text by a number of writers

[Umbria: Jonathan Keates](#) (Philip's Travel Guides) - out of print but available in some libraries

- beautiful photographs with a lively, personalized text

[Rough Guide](#) and [Cadogan Guide](#) - Tuscany and Umbria in the same volume – both excellent and available

[The Hill Towns of Italy](#) - also by Chronicle Books, San Francisco. (large coffee table book in paperback about Tuscany & Umbrian towns - Perugia, Assisi Orvieto, Todi, Spoleto, Gubbio)

Editorial - 'High on the Hog'

by Tricia Welsh

Published in Gourmet Traveller December 2001

While most Italian shops and homes are prettily bedecked with bright balcony flowers and window boxes of red geraniums, the little town of Norcia boasts its own signature style – the preserved heads of wild boar. It's not as gruesome as it sounds – and, since much of the economy of the town relies on the thriving industry that surrounds the *cinghiali*, or wild boar that are caught in the dense forests of the region, it seems a natural emblem.

Situated high in the Appennines, in the Sibylline Mountains National Park, Norcia – the birthplace in 480 AD the founder of Christian monasticism, Benedict, is a real surprise. Sitting comfortably within its ancient and well-preserved town walls, it appears more modern and better laid out than most towns in the Italian countryside with an almost English charm about it – except for the boars' heads.

But as if to make up for the curly-fanged snouts, there is usually an abundance of other visual distractions – sheaves of wheat, garlands of flowers and, of course, clusters of *salami* and strings of sausages, *salsicce* – all made from the same wild beast.

In fact, the town gives its name to the Italian generic dictionary term for a pork butchery, *norcineria*. And naturally, there are plenty of them to choose from here.

Since I am part of a Umbrian Appetites group of food-loving Australians enjoying the expert knowledge and generous hospitality of fellow Australians Carol Searle and her artist husband Neil Moore who have made Umbria their home for the past 12 years, we head straight for the largest *norcineria* in town, *Moscatelli*, in the main street. It has forever been a butcher's shop, and for the past seven years, has specialised in the regional speciality -- wild boar prosciutto, salami and other pork sausages as well as.

Carol has already organised with store manager Michele Mariotti for us to taste their famed smallgoods, as well as other gastronomic products for which the area is noted – sheeps milk cheese, *pecorino*, and the highly-prized truffles, *tartufi*, which are found in the same mountainous forests as the wild boar. In fact, *prosciutto* of wild boar that have been grazing on truffles is the ultimate taste sensation. Those particular legs of *prosciutto* still sport their bristly hides and decorate the shop proudly.

We savour *salami* of all sorts of pork cuts and flavours: truffle-flavoured *salami* made from the wild boar, *corollina* whose recipe has been used for the past 500 years, *coglioni di mulo* made from cuts from the spine of the pig, *capo collo* an interesting *salami* made from meat from the pig's back, *ciauscolo*, a soft salami made from a mixture of cured fatty pork and, of course, the piece de resistance – *cinghiale prosciutto* which Signor Mariotti cuts expertly from the preserved leg, held captive in its traditional old wooden stand.

Next we taste test *pecorino*. There is sweet fresh *pecorino*, *pecorino* that is four-months-old, another that is aged for a year and a hard salty *pecorino* that is 18-months-old. There is *pecorino* flavoured with truffles and a mouldy crusty *formaggio di fossa* or fossilised cheese, that has been allowed to mature for four months underground. Two-month-old fresh and slightly salty ricotta is delicious on thin slices of sweet bread.

And then we try the prized black truffles – in a luscious paste with olive oil and spread thickly on slices of fresh bread . Carol buys up big for a picnic lunch planned for the next day and we all purchase jars of truffles so we can savour the flavour once more back home.

Like most of the *norcineria* in Norcia, *Moscatelli* is a family-owned business, with all their produce home-made using traditional and closely-guarded techniques.

According to Signor Mariotti, various family members themselves actually go out and catch the wild boar during the season which begins on October 1 and lasts for three months. Each year several thousand are caught around Castelluccio, San Marco and the mountains of the Sibylline Mountain National Park.

Norcia is a delightful walking town with lovely boutiques, interesting old churches, a central piazza honoring St Benedict with his statue, traditional homewares shops, stores selling the famed lentils from nearby Castelluccio and several excellent restaurants that serve the regional specialties. The town is now most accessible for tourists with the opening of a new road and through-mountain tunnel that follows the picturesque Nera River from the Valley of Umbria.

A Umbrian Appetites is just one of the many specialised tours that ex-patriots Carol and Neil conduct each year in and around Umbria through their tour operations company, Living Italy.

UMBRIAN APPETITES

Via Porta Camiano 3, Montefalco 06036 PG ITALY T/F: +39 0742 378 399 M +39 333 66800 26
email: info@livingitaly.com www.livingitaly.com

CLIENT INFORMATION FORM

To confirm your reservation please return this form to your travel agent or direct to Living Italy; fax +39 0742 378 399, or email: info@livingitaly.com

TOUR DATES

NAME ON PASSPORT

PREFERRED NAME

ADDRESS

COUNTRY

POSTCODE

TELEPHONE (H)

(WORK)

MOBILE

FAX

EMAIL

ACCOMMODATION DETAILS: Please advise your preference for twin share, double or single room

SINGLE

TWIN
Sharing with

DOUBLE

ARRIVAL DETAILS: Please confirm **FOLIGNO STATION at 10.30am** or a **FOLIGNO HOTEL 10am (Please specify)**

EMERGENCY CONTACT DETAILS in case of accident or illness

ESSENTIAL MEDICATIONS Please be sure to let us know if you have any food allergies or a pre-existing medical condition that may be relevant to us in an emergency. In such a situation it is essential that we have a record of any medication that you are required to take

TERMS AND CONDITIONS

TOUR CANCELLATIONS

CANCELLATIONS: must be in writing

Cancellation fee as a proportion of the total amount as follows:

Over 45 days prior to Day 1: 10%; 45 days: 25%; 21 days: 100%.

Should Living Italy be forced to cancel the tour all payments will be refunded

TRAVEL INSURANCE

Insurance cover is a prerequisite of participation in the tour. Please provide details

INSURER:

POLICY NUMBER:

DISCLAIMER

Living Italy is operating as booking agent only for the accommodation, various tour excursions, transport, meals and other arrangements. By booking a tour the passenger acknowledges and agrees that though every effort will be made to ensure your personal well being, no liability is accepted should you fall ill, suffer accident, misfortune, delay, damage, detention, death, or loss. All claims are expressly renounced should you incur additional expense as a direct or indirect consequence of the tours, foods or beverages, or transport or any ancillary service provided throughout the tour, or for any additional charges, including transport, meals or accommodation costs, incurred as a result of fault, misdemeanour or third party failures, the non-provision of services, strikes, cancellations, delays, illness or accident. Though all practical assistance will be given, no responsibility is assumed or undertaken for loss of money, credit cards, traveller's cheques, baggage or personal belongings. Though every effort will be made to fulfil commitments as per the itineraries, no liability is undertaken should circumstances beyond our control prevent such undertaking being possible. Living Italy reserves the right to change the itinerary, prices, concerts, meals or other inclusions in whole or in part, at any time without prior notice and will not be liable to refund passengers for any reason whatsoever, including failure to reach expectations, or inability to participate in activities or inclusions.

Please sign below, indicating that you have read and accept the terms and conditions and return this form to your travel agent/Living Italy.

SIGNEDDATE.....