



## **Cook the Farm 2021 Projected Program January 21 to March 22, 2021**

### ***Intro: January 21 - January 24 // Welcome to Cook the Farm***

Get settled into your new hometown of Valledolmo and join us at Case Vecchie to get a lay of the land. We will get to know each other and go over course aims and objectives.

### ***Week 1: January 25 - 31 // Systems + Landscape***

Dive into the Sicilian food landscape with a taste for Sicily's staple crop: wheat. Get familiar with wheat varieties, processing practices, and uses.

**Explore:** wheat: origin, diversity, and uses - farming systems - pasta making (northern and southern techniques) - bread baking - couscous making

**Visit:** local flour mill - Ethnographic Museum of Valledolmo

**Guest presenters:** Professional pasta-making master Rina Poletti - professor of agroecology Paola Migliorini - agronomist and seed specialist Gea Galuzzi

### ***Week 2: February 1 - 7 // Food Communication***

Starting from the idea of taste, we'll explore what taste means scientifically and culturally. We focus on language as a tool for narrating our personal food experiences.

**Explore:** a taste of citrus (history) in Sicily - icons of Sicilian cooking - sensorial analysis - the language of food

**Visit:** Torronificio Geraci - Forno Santa Rita - Agrigento's Kolymbetra Gardens and the Valley of the Temples - local vegetable farms

**Guest presenters:** flavor specialist Nikki Welch - horticulturist and citrus expert Cassandra Fusten - author and Sicilian historian Mary Taylor Simeti - Guardian food columnist and cookbook author Rachel Roddy

### ***Week 3: February 8 - 14 // Animals, Identity and Ethics***

A focus on animals and animal products. A chance to think about how our food consumption shapes our identity and question the ethics of meat-eating.

**Explore:** small batch cheese making - the art of butchering - a Sicilian BBQ - taste starting from the pasture

**Visit:** a three day trip to western Sicily - two nights in Trapani - visiting salt flats, the island of Mozia, Cantina Florio, Erice, pastry icon Maria Gramatico and at home in Alcamo with Mary Taylor Simeti

**Guest presenters:** goat cheese maker and breeder Giacomo Gati - Palermitan butcher Emmanuele Cottone - semiotics professor Gianfranco Marrone

### ***Week 4: February 15 to 21 // The Value of Food***

Step back and consider how we give value to food and what we consider quality.

**Explore:** all things honey related - the role of a shepherd - how to make marmalades and candied citrus

**Visit:** a day in the life of a shepherd

**Guest presenters:** food educator Barny Houghton and Mario Traina - honey maker Andrea Paternoster - beekeeper Carlo Amodeo

### ***Week 5: February 22 - 28 // Wine Week***

Wine starting from the vine. An in-depth look at winemaking and the development of a Sicilian wine identity. We examine the concept of terroir, what is “natural,” and communicating the wine experience.

**Explore:** vine pruning, soil tilling and treatment - technicalities of winemaking - Sicilian grape varieties - the pairing of wine and food - natural wine vs. “not natural”- sustainability in wine - wine tasting and talking with winemakers

**Visit:** the winery at Tasca D’Almerita - pruning in the vineyards

**Guest Presenters:** professional pruner Livio Tognon - enologist Laura Orsi - author, professor and natural wine expert Sandro Sangiorgi - Sicilian winemakers Nino Barracco and Marco Sferlazzo - Tasca winery Sustainability manager Vanessa Dioguardi and agronomist Davide Bacchiega

### ***Week 6: March 1 - 7 // Exploring Local***

A chance to experience and understand the local Valledolmo food system. Get inspired by community-based projects like Slow Food. Then dive into the vast world of olive oil.

**Explore:** interview and observe local food purveyors of Valledolmo - preparation of Sicilian cassata - the history of Slow Food - olive oil: history, the making of, tasting for defects and quality

**Visit:** Valledolmo food systems (site visits to local producers of pasta, tomato products, wine and more)

**Guest presenters:** Slow Food presidium president Francesco Sottile - cultural heritage and olive oil expert Sarah Wolferstan

### ***Week 7: March 8 to 14 // The Mediterranean Diet and Exploring Etna***

Take some time to contemplate the history and implementation of the Mediterranean diet. Take a comparative look at differences in cuisine between Sicily and this year's featured country, Egypt.

**Explore:** differences in preparation and ingredients within the Mediterranean (in comparison with Egypt) - the science of nutrition - the commodification of food labels

**Visit:** 4 days and three nights in the Etna area - hiking on Mount Etna - visiting two different wineries - the best granita around - pistachio cultivation - cuisine of Etna

**Guest presenters:** Egyptian chef Omar Marsafy and Egyptian historian Mennat-Allah El Dorry

### ***Week 8: March 15 - 21 // Gardens, Greens and Party!***

A look into spontaneous and cultivated greens of Sicily. Learn how to grow, maintain and harvest a kitchen garden. Understand what it means to bring Cook the Farm home with you. Then get ready for our final party and theater presentation!

**Explore:** foraging for wild greens - how to grow a kitchen garden - Sicilian traditions in fine dining - cooking for a crowd - bringing Cook the Farm back home

**Visit:** local landscapes - the Case Vecchie garden

**Guest presenters:** Michelin starred chefs from Ciccio Sultano's Duomo ristorante - local forager Calogero Vallone