



Italian gastronomy heritage - CASE STUDIES

CASA ARTUSI

Casa Artusi is the very first centre of gastronomic culture to be established, devoted entirely to Italian home cookery.

Casa Artusi was founded in the name of cultured gastronome from Forlimpopoli, Pellegrino Artusi (Forlimpopoli 1820-Florence 1911), author of the very bestseller “Science in the kitchen and the art of eating well). This book, meant as a teaching manual where recipes are enriched with considerations and short stories, has gone through 14 editions since its first publication in 1891 and has been translated into English, French, German, Spanish, Dutch, Portuguese, Russian, Polish and Japanese.

Casa Artusi is a “living museum” split into different areas with a range of functions, all dealing with different aspects of gastronomic culture. Casa Artusi – library, restaurant, cookery school, wine cellar, bookshop, museum and location for events.

Around Artusi’s cultural gastronomy heritage a “slow”/sustainable tourism offer has been developed, matching cultural events and cuisine.

Casa Artusi is one of the promoters of the candidature of Italian Cuisine as UNESCO intangible cultural heritage submitted in March 2023.

SUSTAINABILITY

Casa Artusi is part of the network of regional Taste Museums, conceived as dynamic places to animate the territory, the perfect combination of tradition and innovation, for a tourism that wants to discover the local culture through its food and wine products.

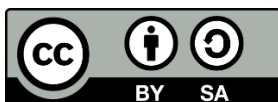
It offers authentic Italian experiences through the discovery of Italian values, such as hospitality and home cooking. At its cookery school, furnished with 20 individual fully equipped cooking stations, visitors can learn how to make pasta and cook delicious local recipes. Many of Artusi’s dishes can be enjoyed at Casa Artusi restaurant, prepared with local products, paying great attention to both the season and the quality of the ingredients.

Casa Artusi works in partnership with the Region Emilia Romagna to promote the quality products of the territory: food & wine (this region is famous as the “food valley”), but also other thematic tourism attractions such as 15 natural parks, cycling paths, 9 UNESCO sites, 110 museums, crafts (ceramics, fashion) and arts (mosaics), automotive excellences (Emilia Romagna is also recognised as “Motor Valley”, since it’s home to Ferrari, Lamborghini and Ducati), historical assets and villages.

Casa Artusi is the beating heart of the Artusian Festival: an annual Festival that interweaves a tasty gastronomic offer with a rich programme of shows, concerts, entertainment, exhibitions and cultural events that stimulate the palate and delight the intellect. All the gastronomy offered in the Festival must be traditional and respect a list of requirements about their quality, sustainability, seasonality and are encouraged to privilege local/autochthonous breeds /varieties, neglected bluefish, products from small local producers.... Strict rules are also given for selective waste collection, reduction of packaging, use of biodegradable/compostable materials.

www.casartusi.it

www.festartusiana.it



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SLOW FISH

As Liguria stretches along the Coast, fishery has become an important part of the income of the region and seafood is commonly used in everyday's cuisine, both at home and in restaurants.

The conformation and the morphology of the region, combined with specific climatic conditions, make it possible for big varieties of flora and fauna to flourish in this area of the Mediterranean sea.

There are 6 protected marine areas in Liguria:



Many protected species live in this territory, such as dolphins, whales, royal shrimps, corals, sponges, and many more. Among these, there are also various species of fish that are part of our daily eating habits and in order to allow them to continue to be a constant source of income, there are rules, regulations and limits to follow for the fishing.

The Slow Food Foundation for biodiversity coordinates and promotes Slow Food's projects to protect food biodiversity across the world and in Liguria, among 16 others, there are 2 strictly connected to sustainable fishing:

<https://www.fondazione Slow Food.com/en/slow-food-presidia/camogli-tonnarella/>

<https://www.fondazione Slow Food.com/en/slow-food-presidia/noli-gulf-artisanal-fishers/>

It is thanks to the Slow Food Foundation and to Regione Liguria that Slow Fish was born.

Slow Fish is a 4 day food market and the producers at the Market of Slow Fish are ambassadors of the Slow Food philosophy and sell products that are good, clean and fair.

Exhibitors follow guidelines that Slow Food has elaborated in order to select exhibitors that adhere to the organization's philosophy. The guidelines document is in continuous evolution, in order to make it more useful to producers and more coherent with the principles of Slow Food.

During this 4-day festival it is possible to participate in conferences and debates, workshops, to taste delicious products, to speak with chefs who daily operate according to the philosophy of Slow Food, and to dine on spot or in restaurants in Genova that respect the criteria and offer top quality seafood according to total respect of the environment.

The event does not only regard fish and sea products but also all those ingredients that are necessary for its preparation, cooking and preservation such as salt, aromatic herbs and extra virgin olive oil.

<https://slowfish.slowfood.it/en/>