



**160 YEARS OF HISTORY,
160 YEARS OF FUTURE!**



THE EDITORIAL

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This year, we celebrate the 160th anniversary of the beginning of the diplomatic relationships between Italy and the United States of America. Back in 1861, Italy was formally a newborn Country, but it was rich in culture and values accumulated in thousands of years of history, while the USA was a fast-growing Country with huge potential, the dynamic expression of the “New World”.

Today, these relationships are stronger than ever, a testimony to the underlying harmony and to the shared values through time not only between the Governments but, most of all, between the citizens of the two Nations. With the Italian immigration in the USA giving a strong contribution to its cultural melting pot and to the development of the Country as well as with the USA making possible the liberation and the political and economic re-building of Italy after the second world war.

The unification of Italy and the increased international opportunities following the establishment of diplomatic relationships with the USA, led many Italian entrepreneurs already in the final part of the 19th century to venture in the New World. I have had the privilege in my career to work for two such Companies – Filippo Berio Olive Oil and De Cecco Pasta – whose visionary founders took the opportunity of the Chicago World Columbian Exposition of 1893 to present their products and, by winning product quality awards at the Exposition, to start their successful business in the USA; businesses that still today contribute greatly to the work of these two Italian Companies and continue to make available quality food products to the American consumers.

The commercial opportunities of the late 19th century are still open now in the early 22nd! Opportunities that new visionary entrepreneurs on both sides of the Atlantic can and should develop by investing with courage in quality products that can be appreciated by the Italian and the American consumers.

I also have the honor of being a citizen of both Countries and I consider essential, and strongly hope, that the relationships between Italy and the USA will continue to be strong in order to contribute together to the development of a free, peaceful, sustainable world.

The Italian history, values and culture gain strength when combined with the dynamic energy of the USA, and my wish for the next 160 years of relationship between the two Countries is for a continued mutual, reciprocal strengthening in a common path of social and economic development. The historical friendship between Italy and the USA can and must be the springboard for new, ambitious and challenging goals.

THANKS ITALY, THANKS AMERICA!



SPRING TIME!

Spring time is a time of rebirth in nature, with the first buds and shoots ready to sprout like asparagus, artichoke and the start of a balmy season much like Stanley Tucci's Searching for Italy series on CNN. The show highlights the wonderful pleasures of beautiful food throughout Italy's distinguished regions.

What a delight to be transported to the charms of Italy especially now. What transpires is also the timeless endurance of tradition, of biodiversity, of innovation in Italian culture. UNESCO for instance, has already nominated the Mediterranean diet on the Representative List of the Intangible Cultural Heritage of Humanity, showcasing the blend of our cultural values of food, agriculture and sustainable diet. The Mediterranean diet indeed promotes the growth of a comparatively recent concept: bio-cultural diversity. This definition covers biological diversity at all levels as well as cultural diversity in all of its forms. It is the co-evolution between human society and our natural environment resulting in local ecological knowledge for processes and skills that assist diverse communities in resource management.

This is more than just a diet, rather, more-so representative of a common way of life between Italy, Spain, Greece, Morocco because it extends the environment to the table, including crops, farming, fishing, conservation, manufacturing, planning, and, most importantly, food consumption. The Mediterranean diet is distinguished by a dietary paradigm that has not evolved over time and space. It consists primarily of olive oil, cereals, fresh or dry fruit and vegetables, a moderate amount of fish, dairy, and beef, as well as several condiments and spices, all supplemented by wine or infusions while still honoring each community's values. However, the Mediterranean diet (from the Greek "diaita," which means "way of life") entails more than just food. Since communal meals are the base of social traditions and festive occasions, it facilitates social contact. It has spawned a vast body of knowledge, poems, maxims, myths, and stories. Sustainable diets are habitats and habitats protective and compassionate, culturally appropriate, accessible, economically equal and affordable; nutritionally sufficient, secure, and healthy; and maximize natural and human resources. They have minimal environmental effects and lead to food and nutrient sustainability as well as a balanced lifestyle for current and future generations.¹ What better time to cultivate health promoting sustainability in America when a whopping 74% of adults are overweight or obese.²

References:

1Burlingame, Barbara, and Sandro Dernini. Sustainable diets and biodiversity directions and solutions for policy, research and action. Food and Agriculture Organization of the United Nations Headquarters, Rome, 2012.

2U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2020 – 2025 Dietary Guidelines for Americans. December 2020. Available at <https://health.gov/our-work/food-nutrition/current-dietary-guidelines>.

in the picture:

Lucrezia Scarampi, Nutritionist



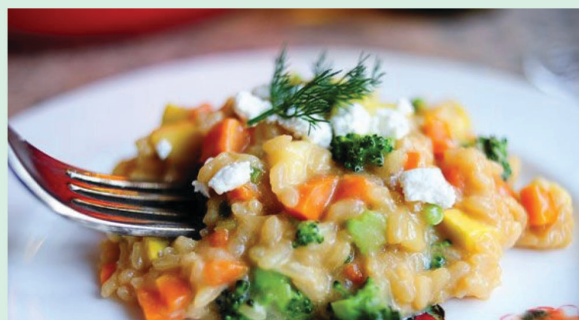


CHEF ANDREA ZANIN
NEW YORK

Ingredients:

Rice Carnaroli	200 gr
Vegetable stock.	600 gr
With wine glass	
Green peas	100 gr
Carrot small cube	80 gr
Asparagus	150gr
Green zucchini small dice	150gr
Medium withe onions fine dice	30 gr
Butter	80 gr
Parmiggiano reggiano	100gr
Fresh time	
Fresh chives	
Fresh marjoram	
Extra Vergine Olive oil	

RISOTTO PRIMAVERA



Procedure :

Dice the onions fine, peel the carrot and dice in a small cube, pell the asparagus and cut in a small piece
Keep the tips of asparagus, cut the zucchini in a small cube

In a pot take to boil the veggie broth, in another pan sauté separately the veggie with Extra vergin olive oil and salt and pepper ,cook fast and keep the veggie crunchy .

In a pot put the rice and TOST the rice for few minutes a medium fire, add a glass of white wine ,wait 30 sec add the onions dice ,and broth ,bring to boil add the other veggie previously sauté ,continue to cooking adding the necessary broth, at 18 minute cooking time lower the flame and add the butter ,Parmiggiano and the fresh aromatic herbs ,stir in the rice until it became creamy, shut off the flame ad cover the rice for 2/3 minute .

Served the rice and finish with Parmiggiano cheese, fresh herbs and a touch of Extra Vergin Olive oil

LA PASTA DEL MAESTRO

The Taste of Tradition

The idea of la Pasta del Maestro was born combining the typical agriculture and the ancient Apulian traditions, from the desire to make one of the most appreciated product in the entire world using only Gluten Free ours, 100% Made in Italy. The meeting between Maria Teresa Sassano with Carlo Fusco, the Master of Pasta, has allowed to give life to a gluten free artisan product: La Pasta del Maestro. A bronze-drawn pasta dried at low temperature, with an inimitable flavor.

Carlo Fusco the Master of Pasta

He started his career when he was only 12 years old, working in one of the first pasta factories, using automated machines for pasta production. In 1956 he moved to France, where he started to teach the art of making traditional pasta. In 1970 he returned to Italy where he collaborated with various pasta factories until the meeting with Sassano family, with which he started a new project:

"to teach to new generations how to make traditional gluten-free pasta, bronze drawn and dried at low Temperatures".

Our Pasta

We only use certied-flours, naturally gluten-free, with the highest quality, also from organic crops with the aim of producing a artisan product with an excellent taste. We personally and carefully select and collect all the raw materials, certifying all the stages of the production of our pasta, in order to get a 100% made in Italy product.

We produce our pasta close to the sea ... and is on the sea that we welcome our customers. We carry out the whole production cycle in Manfredonia, the heart of Gargano, in Puglia. From grinding to dough, from the drawing to the drying up until the creation and realization of all our recipes, which you can taste with us by the sea in our summer home, an amazing structure overlooking the gulf.

Bronze Drawn - As usual, the wire bronze drawing gives pasta a lot of qualitative benefits. The bronze allows our pasta to acquire a larger surface porosity.

Slow Drying - Long drying times, from 24 to 36 hours, allow not to affect organileptic qualities and nutriyional properties of raw materials: mineral, vitamins, falvors and aromas.

All the fours we use are naturally gluten free, and without any additives. Our working process allows us to avoid thickeners and emulsifiers.

Meal after meal, day after day, our body maintains balance and health based on what we assume in our diet, its nutritional value and its genuineness. la Pasta del Maestro was born from a particular care of our eating behaviors, which allowed us to create the perfect mix, the real winning recipe: a complete, natural tasty and digestible range of products.





North American Olive Oil Association Files Standard of Identity Petition with the U.S. Food and Drug Administration

NEPTUNE, NJ – May 26, 2020 – The North American Olive Oil Association (NAOOA), whose members represent the majority of olive oil sold in the United States, today filed a standard of identity petition (“Industry Petition”) with the U.S. Food and Drug Administration (FDA). Such a standard would eliminate confusion among consumers and promote fair dealing in the industry.

“Olive oil is recognized as the healthiest cooking oil by a wide majority of Americans, but less than half of households use it,” said NAOOA Executive Director Joseph R. Profaci. “According to consumer research we recently conducted, confusion over olive oil labels and terminology are leading causes. We’ve filed our Industry Petition to help address these concerns.”

As part of its petition-development process, the NAOOA asked 1,500 U.S. consumers about their perceptions of olive oil, and the findings demonstrate significant confusion. For example, 60 percent of those surveyed were not sure of the meanings of “virgin” and “refined” cooking oil, despite there being significant differences in the two. (Virgin oil is extracted mechanically without the use of heat or solvents.) Only one-third of consumers believe the term “extra” when applied to “virgin olive oil” is anything more than marketing. (It is a specific grade of olive oil that has to meet strict parameters.) Nearly one in three people do not believe or are not sure that olive oil comes from olives. (It does!)

Additionally, despite peer-reviewed research conducted by scientists from the U.S. Food and Drug Administration (FDA) showing a low prevalence of adulterated olive oil in our country’s retail stores, many Americans are concerned that their olive oil might not be the real deal.

“Paving the way for more consumption of heart-healthy olive oil in America would be to our mutual benefit. The scientific consulting firm Exponent found that just a 20 percent increase in adherence to a Mediterranean-style diet, of which olive oil is the cornerstone, would save our country \$20 billion in healthcare costs,” said Profaci. “The way we remove longstanding barriers to people consuming this wholesome, delicious food is through a standard of identity.”

The NAOOA has been advocating for a standard of identity since the organization was founded, first filing a petition with FDA in 1990 and again in 2012. It initiated a process to develop the latest petition two years ago and sought a range of voices from regulators and scientific experts to consumers and industry players (domestic, international, large and small alike).

With the benefit of consumer research, the Industry Petition takes concrete steps to bring clarity to olive oil labels and restricts the use of potentially misleading terms like “pure” and “extra light.” It also focuses on assuring olive oil authenticity by using the latest scientifically backed standards and methodologies.

naooa.wildapricot.org

BRAINSTORMING

the section dedicated to your ideas, requests and proposals.

Write to create our newsletter together.

We are waiting for your emails to
thegreenfitpr@gmail.com

NAOOA
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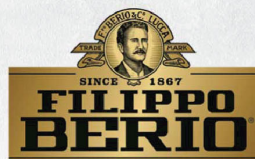


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