

## SABINA EXTRA VERGIN OLIVE OIL D.O.P.



### ORIGIN OF THE NAME:

The etymology of the name dates back to the Latin *oleum* and further yet to the Greek *ἐλαιον*, from *λείος* = smooth, to indicate in the root *λι* the main feature which is that of liquefaction.

### HISTORY:

The legendary olive tree and the oil extracted from its fruits have accompanied the history of Man: 8,000 years ago the olive was grown in Asia Minor. Subsequently, the Phoenicians introduced the farming of olive trees along the coasts of the Mediterranean Sea, in Africa and southern Europe. Olive growing assumed such an importance for the Greeks that in his poems, Homer mentioned that olive oil was used for cleaning and personal hygiene. It was the Romans who extended the use and cultivation. The Romans devised the first implements for pressing olives and perfected techniques for preserving the oil; they used olive oil not only as food, but also in the preparation of cosmetics and in religious rites. Ancient Rome received tributes in oil from the nearby Sabine territory: archeological digs in Cures have proved that in Sabina, the olive was cultivated and utilized as far back as the VIIIth century B.C. The Sabine olive production flourished thanks to the dedication of imperial agronomists and became a structural element of the developing patrician villae during the Romanization of the territory willed by Manlius Curius Dentatus. Such was the agricultural importance of the area that Virgil, Horace and Strabo all cited Sabina as the favoured land of woods, vineyards and olive groves, but it was Claudius Galenus, father of the modern pharmacopeia, author of comments and the completion of the "Corpus Hippocraticum," who called Sabine olive oil "the best in the world," recommending it as a base for curative remedies. The destinies of the Roman Empire have always marked that of Sabine olive cultivation: neglected during the barbaric invasions, it began to thrive again under the Lombard occupation through the efforts of the Benedictine fathers in the Farfa Abbey who reorganized the quantity and quality of the local olive oil as well as its widespread diffusion.



### DESCRIPTION:

Olive oil is an edible oil obtained from the fruit (drupe or stone fruit) that derives from the transformation of the blossoms of the olive tree. In the Mediterranean area there are over 500 cultivar (varieties) of olives, and in Italy about 395. D.O.P. Sabina olive oil, the first in Italy to have received the DOC acknowledgement, is obtained from at least 75% of the following varieties of olives in the Sabina olive groves – either singly or mixed: Carboncello, Leccino, Raja, Pendolino, Frantoio, Moraiolo, Olivastrone, Salviana Olivato and Rosciolo. The soil where the olives are grown is calcareous, loose, permeable, dry but not arid. The systems of implantation, forms of cultivation or modes of pruning follow classical schemes. The yield of the specialized olive groves in the zone do not exceed 6,300 kg per hectare.

### ORGANOLEPTIC PROPERTIES:

When placed on the market, Sabina DOP extra virgin olive oil respects the following standards: colour: greenish yellow with shades of gold; aroma: fruity; flavour: fruity, smooth, uniform, aromatic, sweet; freshly pressed oil is bitter and tangy; total maximum acidity expressed in oleic acid, weight not exceeding 0.6 grams per 100 grams of oil; oleic acid: minimum 68%.

### NUTRITIONAL VALUE:

The most important lipidic component of olive oil is a monounsaturated fatty acid, oleic acid, that represents 65-80% of the total fatty acids present in olive oil. The consumption of oleic acid, polyunsaturated fats, antioxidants, vitamins, and particularly vitamin E, has an undisputed value in the prevention of cardiovascular diseases linked to arteriosclerosis as it increases the body's capacity to remove cellular cholesterol, is beneficial to hepatobiliary problems and ailments of the digestive tract as well as to osteoporosis. Other features of olive oil are its minor components, particularly vitamins and phenols which, albeit present in minimum quantities, confer properties to olive oil that render it interesting from a therapeutic point of view as they are powerful natural antioxidant agents.

### PRODUCTION PROCESS:

After defoliation, the olives are washed in cold water; they are then ground and reduced to a dense paste that goes through a kneading machine, a tank with a corkscrew feeder that slowly and constantly moves the paste so that the oily part is gradually divided from the heavier parts. During the final phase of processing, the oil passes through a moderately accelerated centrifuge where it is separated from the vegetation water and the oil residue.

### USE:

Olive oil is used in nutrition as a condiment that substitutes animal fat, in personal hygiene and cosmetics, in medicine and natural therapies, in Catholic religious rites, as a lubricant as well as a combustible oil.

## RIETI TROUT



### ORIGIN OF THE NAME:

The etymology of the word 'trout' goes back to the Latin *tructa* and to the Greek *τροκτός* designating a sea fish; this name has the same root as *τροκτός*= good to eat.

The trout is a salmonoid fish found in fresh waters belonging to the order of the salmoniforms.

### HISTORY:

The mountainous province of Rieti is characterized by a great quantity of waters: sources, streams, lakes, and rivers like the Velino, a tributary of the Tiber River, upon whose banks once stood ancient Reate. The dominant feature of the territory is the abundance of trout, a salmonoid capable of swimming countercurrent and the presence of organized fish farming.

In 271 B.C. the Roman consul and censor, Manius Curius Dentatus, ordered a canal to be dug in order to channel off the waters of the river to drain a marshy area to the east of the Terni plateau towards the Marmore waterfall. Traces of the Rieti trout can be found in the book *De pesci romani* by Monsignor Paolo Giovio, translated into Italian in 1560; in 1932, Palmegiani's Rieti e la regione Sabina described the Peschiera ichthyological post and neighbouring rivers for the Stoli and Gianfelice families. There is an effigy of a trout in a net on the coat of arms of the city of Rieti and in two important paintings in Cittaducale.

The bond between product and territory is further confirmed by numerous documents that are witness to the leasing of the S. Susanna di Rivodutri trout-farming establishment, as well as by the fact that numerous archeological digs and documentary evidence confirm the hypothesis of the existence of fish-farming – especially trout-faring – as a significant tradition in the area.



### DESCRIPTION:

The Rieti trout, spontaneous in the local rivers and streams, but also bred on fish farms, derives from a trout belonging to the *Trota Iridea* species (*Oncorhynchus mykiss*), with white or salmon-coloured meat, as well as from the *Trota Fario* species (*Salmo trutta*). The fish farms are situated at 10 kilometres from the sources and the temperature of their waters remains constant from 8°C to 13°C. with free oxygen from 8-9 ppm and a pH of from 7,0 to 8,0.

### ORGANOLEPTIC PROPERTIES:

The Rieti trout (*Trota Reatina*) arrives on the market weighing at least 300 grams at a biological age of from 12 to 26 months.

The texture of muscle tissue is uniform, compact and elastic and is usually white, or pink in the case of salmon trout. The eye is transparent and brilliant, while the gills are bright red.

### NUTRITIONAL VALUE: (per 100 grams)

• Carbohydrates:	0	• Proteins:	14.7
• Fats:	3.0	• Water:	80.5
• Calories:	86	• Edible parts:	55
• Net calories:	47		

### PRODUCTION PROCESS:

The breeders are kept separately in special hatcheries where each batch of fry is identified by a code; the acceptable density is 4-8 kilos per cubic metre. A constant flow guarantees the clearness of the water; in its entrance phase, the water replacement is 5 litres per second per ton of biomass, with a maximum of two manipulations during the breeding cycle. Nutrition is provided by integrated compound fish food pellets that have not undergone genetic modification. The capture and slaughter by thermic shock occur after at least two days of fasting.

### USE:

Trout can be consumed either directly as a main dish or conserved and smoked.

## “COLLI DELLA SABINA” WINES D.O.C.



### ORIGIN OF THE NAME:

The name ‘wine’ most certainly derives from *óvov*, a drink obtained from the fermentation of the fruit of the vine, *óvñ*, that the Greeks are said to have received from the Phoenicians, and before that, from the ancient Arians. The Latin translation, *vinum*, comes from *vitis=vine*; the beverage has been popular in Western civilization from the Etruscans up to the present day.

### HISTORY:

The grapevine was known to the Sumerian civilization over 6,000 years ago and was cited in the Gilgamesh epic poem as an element linked to immortality. Cultivated in ancient Egypt since 3,000 B.C., vines began to be grown in southern Italy in the second Millennium B.C.; the use of wine became so widespread, that in the VIIIth and VIIth centuries B.C. the Greek colonists named Italy ‘Enotria’, the land of wine. The Greeks believed wine was a gift of the gods and the cult of Dionysus, son of Zeus, derived from this credence. Grapevines were also present in the Etruscan celebrations, whence comes the word ‘oinos’; the toponym ‘Chianti’ probably is a modernized version of the Etruscan word ‘clante.’ The Roman divinity associated with wine was Bacchus with the related Bacchanal festivals. Traces of vine-growing dating back to the VIIIth century B.C. have been found in the entire Lazio region and surely in the Sabine territory, which was indicated by Virgil, Horace and Strabo as the choice land for woods, olive groves and vineyards.



### DESCRIPTION:

The production of D.O.C. wine varies from natural White to Sparkling White, from Rosato (rosé) to Sparkling Rosato, to Sparkling Red and Sparkling White. The Colli della Sabina White and Sparkling White (Bianco Spumante) come from 40% Tuscan and/or Yellow Trebbiano grapes and a minimum 40% of Lazio Malvasia and/or Candia Malvasia, mixed or separately, and with no more than 20% of other species of white grapes authorized by the provinces of Rieti and Rome. The Red, Rosato and New Red (Rosso Novello) wines, contain from 40% to 70% Sangiovese grapes and from 15% to 40% Montepulciano. Occasionally other white grapes authorized by the provinces of Rieti and Rome are added, but never in quantities exceeding 30%.

### ORGANOLEPTIC PROPERTIES:

**ASPECT:** varies from limpid to crystal-clear to brilliant, normally clear.

**COLOUR:** Varies according to the typology. White wines: from straw-yellow with glints of green, to bright yellow; red wines and nectars: from dark ruby red to ruby red with intense violet reflection.

**AROMA:** varies from Malvasia di lemon, banana, rose, apple and wild berries.

**ALCOHOL LEVEL:** from 10° to 10.5° in white wines and from 10.5° to 11° in red wines and new wines.

**MINIMUM TOTAL ACIDITY:** from 4.5/1000 to a maximum of 5/1000 in Rosato and White wines.

### NUTRITIONAL VALUE:

The edible parts of the wines are equal to 100 grams in the quality scale for reds and whites; average values: vegetable proteins 0.1 mg; carbohydrates from 0.1 to 0.2 in red wine and 2 in the “rosato” wines; fibres from 0.9 to 1%, iron from 7 to 9 mg; calcium from 7 to 9 mg; vitamin C (up to 2 mg in white wines); fats 0 mg. I valori medi riscontrati danno la presenza di proteine vegetali pari 0,1, carboidrati da 0,1 a 0,2 per i rossi, e a 2 per i rosati; fibre da 0,9 a 1%, ferro da 7 a 10 mg, calcio da 7 a 12 mg, vitamina C (fino a 2 mg nei bianchi) grassi 0.

### PRODUCTION PROCESS:

The production of wine differs according to the typology of the final product and the colour of the grapes. White grapes are conveyed by a corkscrew feeder into the wine press, where they are crushed to obtain two types of must (grape juice). The first pressing produces a high quality delicate must, while the second pressing, called ‘torchiato’ is of inferior quality and less delicate. There follows a slight heating – no more than 3-4 degrees centigrade – to consent static depositing of the grosser dregs; then begins the process of fermentation with selected yeasts: this is the moment when the basic aromatic substances are created and exalted. The red grapes go directly into the fermentation vats (fermentini) and must is poured over the grape dregs (rimontaggio process) in order to irrigate the mixture of juice, skin and pips that form on the upper parts of the vats, thus guaranteeing constant oxidation and, consequently, the uniformity and quality of the product.

### USE:

Red wine accompanies all forms of pasta with meat or mushroom sauces, red meats and game; it is also used in the preparation of stewed and salted meats. White wine is better suited to fish dishes (seafood as well as fresh-water fish), vegetable soups and fresh cheeses. The rosé (rosato) is excellent with salamis, fish and vegetable dishes; it is also excellent for basting and enhancing the flavor of savoury dishes.

