



COMUNE DI FOLIGNO



FOLIGNO

*A journey
to the center of the world
amidst nature, art, traditions and gastronomy.*

6

EVENTS AND FOOD



***A journey to the center of the world
amidst nature, art, traditions
and gastronomy.***

Foligno is a blend of art, history, nature,
gastronomy, quaint villages, unique
paths and atmospheres.

This brochure guide leads you to the
discovery of the wonders of our territory.

Texts, photos, and videos come together
to provide an unforgettable experience.

Bon voyage!

FOLIGNO

1 FOLIGNO INSIDE ITS WALLS

↓ PDF

2 FOLIGNO OUTSIDE ITS WALLS

↓ PDF

3 MUSEUMS

↓ PDF

4 COLFIORITO PARK

↓ PDF

5 THE MENOTRE VALLEY

↓ PDF

6 EVENTS AND FOOD

↓ PDF

 To watch the video content, click on the player icons.

 For more information on visits, click on the icons with the letter *i*.



SUMMARY

EVENTS AND FOOD	5
EVENTS	8
CARNEVALE DI SANT'ERACLIO (SANT'ERACLIO CARNIVAL)	9
DANTE DAYS	14
FOLIGNO CITY RALLY	15
SCIENCE AND PHILOSOPHY FESTIVAL	16
LA GIOSTRA DELLA QUINTANA – LA SFIDA (THE JOUST OF QUINTANA - THE CHALLENGE)	17
SUMMER AT TRINCI	26
LA NOTTE BAROCCA (THE BAROQUE NIGHT)	28
LA GIOSTRA DELLA QUINTANA – LA RIVINCITA (THE JOUST OF QUINTANA - THE REMATCH)	31
FIERA DEI SOPRASTANTI	32
LA FRANCESCANA CICLOSTORICA DELL'UMBRIA	33
I PRIMI D'ITALIA	37
SPORT FESTIVAL	40
MIELINUMBRIA	42
CHRISTMAS IN FOLIGNO	44
THEATER SEASON	49
GASTRONOMY AND EXCELLENCE PRODUCTS	50
ROCCIATA OF FOLIGNO	51
RED POTATO OF COLFIORITO	53
LENTIL OF ANNIFO	55
CAVE BEAN	56
EXTRA VIRGIN OLIVE OIL	57



Lady's dress of the historical parade - The Joust of Quintana

EVENTS AND FOOD

Foligno and its surrounding area offer a lot in terms of tourism related to events and historical reenactments. The city, with its beautiful historic center, ancient villages scattered through the countryside, hills, mountain hamlets, natural oases, and excellent gastronomy, make this part of Umbria **a complete tourist destination** from every perspective.

Being a flat city, easily explored on foot or by bike, and centrally located, Foligno serves as an ideal and **strategic starting point for exploring the entire region.**

Thanks to its schedule of events, exhibitions, concerts, shows, festivals, and initiatives promoted by the municipal administration and the rich city's associative fabric, **Foligno is a lively and active city throughout the year.**

The streets and squares of the historic center and the hamlets are perfect open-air stages for various events. In the city, historic buildings, auditoriums, oratories, and museums serve as valuable and excellent “venues” for **art events, live performances, cultural, scientific, and gastronomic festivals.**

Another highlight in Foligno is **sports**, with national and international events such as the Giro d’Italia, Tirreno-Adriatico, the half marathon, the Foligno City Rally, and European and world championships in numerous sports disciplines.



Traditionally a city of commerce, Foligno, since medieval times, has hosted large fairs that attracted merchants who, staying for months, built splendid residences contributing to Foligno's nickname "city of palaces."

Today, Foligno maintains this spirit, renowned for shopping in its beautiful stores, and throughout the year, it hosts some traditional fairs, including the **Fair of San Feliciano** in January, the **Fair of Santo Manno** in September, and the **Plestia Fair** in Colfiorito from May to September.



Foligno also boasts significant **culinary traditions**, welcoming tourists to experience culture, nature, good food, and entertainment.

The city and its villages are dotted with small eateries where one can savor the local excellences.

Visiting Foligno is a pleasure in every sense.



The Baroque night

EVENTS

Below are descriptions of the now traditional and established events in the city of Foligno. Thanks to the rich and lively local associative network, the event calendar is always full of novelties.

A useful tool to stay updated is the municipality's website page, "This Month in the City", where all scheduled events are published. 



Sant'Eraclio Carnival

January - February

CARNEVALE DI SANT'ERACLIO (SANT'ERACLIO CARNIVAL)

The Carnival of Sant'Eraclio is the oldest carnival in the region. The earliest records of this tradition date back to the 16th century, while in the 18th century there were reports of the crowds of people that this celebration attracted, causing concern among the clergy who disapproved of the citizens' joyful masked activities.

Since 1961 Sant'Eraclio has celebrated the Carnival, to which a summer edition has recently been added. The event is organized by a Voluntary Association founded in 1960 thanks to Monsignor Luciano Raponi and other carnival enthusiasts who had participated in the "Masquerades".

The Carnival of Sant'Eraclio, which attracts an average of about 15,000 people each year, adults and children alike, is one of the most significant in Umbria, especially due to the care that the **master papier-mâché artists** put into the creation of the **allegorical floats**, mainly focusing

on satirical and **topical themes**. For three consecutive Sundays, the floats, accompanied by numerous masked groups, parade joyfully through the streets, accompanied by music that fills the village. Additionally, among the spectators, jugglers, stilt walkers, fire eaters, majorettes, and other small groups of masks enliven the event, which is also enriched by performances organized on the stage in the main square of the village.





Sant'Eracleo Carnival



Sant'Eraclio Carnival



Sant'Eraclio Carnival

Given the increasing importance of the Carnival of Sant'Eraclio, over the years, the organizing committee has initiated a series of projects and collaborations with schools, youth centers, and organizers of masked processions from other cities, including a Circus Academy that presents shows and animations during the parade of the allegorical floats.

An essential meeting point for participants in the festival is the **Osteria del Carnevale (Carnival Tavern)**, a convivial place where simple and genuine local traditional foods can be enjoyed.

www.ilcarnevale.net



March - April **DANTE DAYS**

An important cultural event honoring Dante Alighieri and the **editio princeps of the Divine Comedy**, the first printed edition that originated in Foligno in 1472. Throughout March and April, the city commemorates the birth of the editio princeps with events, conferences, exhibitions, shows, and manifestations. Lectures by experts in the field, themed Dantean excursions, and artistic projects inspired by the Divine Comedy contribute to a rich program that continually engages new guests and spaces within the city. Since 2006, the municipal administration, for the occasion, commissions an artist to create engravings inspired by the three canticles to be included in an anastatic print produced and kindly provided by Editoriale Campi. Among the contemporary artists who have worked on the project are names such as Mimmo Paladino, Omar Galliani, and Ivan Theimer.

A rich program that is renewed annually involving new guests in new spaces of the city, in order to offer the public always original attractions and contents.

www.giornatedanteschefoligno.it



Dante and the first printed edition of the “Comedy” - Trinci Palace

March

FOLIGNO CITY RALLY

Since 2022, Foligno has hosted the Foligno City Rally, a rallying event promoted by the municipal administration, steadily growing in prominence within the national motorsport scene.

The rally, which has featured renowned drivers and attracted an increasing audience of four-wheel enthusiasts, extends beyond the city to involve the territory of Nocera Umbra.

www.rallyfoligno.it



Foligno City Rally - Podium



Science and Philosophy Festival

April

SCIENCE AND PHILOSOPHY FESTIVAL

An annual gathering on the themes of science and philosophy held in Foligno since 2011.

Named “Virtue and Knowledge,” the festival pays homage to Dante and humanity’s aspiration to expand its knowledge horizons.

Additionally, it celebrates the first printed edition of the Divine Comedy in Foligno in 1472.

The festival, revolving around a different theme each year, features **meetings with academics and experts from various disciplines**, workshops, cultural paths, and numerous conferences for both adults and students.

www.festascienzafilosofia.it

June

LA GIOSTRA DELLA QUINTANA – LA SFIDA (THE JOUST OF QUINTANA - THE CHALLENGE)



The Giostra della Quintana in Foligno takes place annually in a double edition of challenge and rematch, respectively on a Saturday night in mid-**June** and on a Sunday afternoon in mid-**September**. The city adorns itself with the colors of the 10 districts, decorating streets and squares. In the two weeks leading up to the Giostra, the Quintana

*The Joust of Quintana*

community fills the streets, the district taverns open, and a rich program of events and cultural initiatives organized by the Ente Giostra della Quintana and the individual districts enlivens the city, anticipating the most awaited event.

Defined as the “*Olympics*” of ancient regime games, the Giostra della Quintana is one of the most important historical reenactments in Umbria and Italy. Originating in 1946, the Giostra revives a seventeenth-century equestrian tournament and involves a challenge among the city’s districts. The first mention of the Quintana in Foligno dates back to 1613, with the current version established in 1946. The name “Quintana” comes from the fifth road of the Roman camp where soldiers trained in lance combat.

The seventeenth-century reenactment centers around a horse race among the 10 districts of the city: **Ammanniti, Badia, Cassero, Contrastanga, Croce Bianca, Giotti, Mora, Morlupo, Pugilli, Spada.** The essential pairing of horse and rider navigates the challenging 8-shaped course, marked by flags in the competition field known as “Campo de li Giochi.” At the center of the field stands a replica of the ancient wooden statue depicting the God Mars, called the Quintanone. The original statue, created between the late sixteenth and early seventeenth centuries, is displayed in the section dedicated to Jousts and Tournaments at Palazzo Trinci. **Rings** of decreasing sizes, starting from 6 to 5.5 and finally 5 centimeters, are hung on the extended right arm of the God Mars for the knights to thread. The winner is the knight who completes the course without penalties and in the shortest time.

The entire audience, especially the locals, holds their breath during each round, erupting in cheers for exceptional performances. The winning district is awarded the Palio, a banner created by contemporary artists.



Historical Parade



Historical Parade



Details of Historical Parade



Details of Historical Parade

The Giostra della Quintana is not just about competition; on the day of the race, a sumptuous historical parade precedes the event, featuring 800 participants in splendid Baroque attire faithfully following the fashion and iconography of the time. They parade through the main squares and streets of the historic center, accompanied by the rhythmic sound of drums played by each district's drummers. The night before the Giostra, the ceremonial enrollment of the knights, their blessing, the mayor's greeting, the drawing of the starting order for the first round of the Giostra, and the reading of the "**Bando**" take place in Piazza della Repubblica. The Bando is a communication addressed to the public, read by an official known as the "Banditore." In the past, it served as a means to make institutional decisions known to the public. The first modern edition of the Giostra had its public announcement



Cerimoniale in Repubblica Square

on September 14, 1946. The recitation of the text, still performed on the evening of the parade in Piazza della Repubblica and at the Campo de li Giochi before the start of the Giostra, is a particularly emotional moment cherished by the audience.

The festival also has a gastronomic aspect. For two weeks, the ten district **taverns**, housed in ancient and suggestive locations in the historic center, offer the opportunity to taste typical dishes of seventeenth-century cuisine with local products. A visit to the taverns is a must to immerse oneself in the most authentic atmosphere, carried away by the enthusiasm and passion of the “popolani” (locals) and the Quintanaro people.

Within the context of this grand festival, one of the most spectacular and challenging moments is the event “**Il Gareggiare dei Convivi**”.



Gareggiare dei Convivi



Gareggiare dei Convivi

A detailed study of texts from the **Baroque Banquet** era, the secrets of food preparation, as well as the decoration, presentation of dishes, and the accompaniment of musicians and actors entertaining the Prince and his guests, now become a splendid theatrical and culinary display presented by the various districts to a panel of experts.

In summary, visiting Foligno during this period represents an unforgettable journey back in time to discover the lavish and astonishing Baroque period, where the districts and the entire city put their hearts into inviting outsiders to the celebration.

www.quintana.it



Noble Garments



Statue depicting the God Mars - Joust of Quintana

To immerse oneself in the Quintana atmosphere throughout the year, one can visit the **Quintana Museum** set up in the rooms of the ancient Palazzo Candiotti, home to the Ente Giostra della Quintana. The museum offers an interactive **multimedia exhibition dedicated to the Giostra della Quintana**, utilizing augmented reality and virtual reality techniques.  



July - August
SUMMER AT TRINCI

Summer at Trinci, promoted by the municipal administration, takes place during the months of July and August in the magnificent courtyard of Trinci Palace.

The festival, which gathers proposals from the creative and associative realities of the territory, has become a prominent cultural moment in recent years.

The rich calendar of events includes entertainment shows, theatrical and dance performances, concerts, readings, and meetings with artists and authors.



Summer at Trinci

August - September

SEgni BAROCCHI FESTIVAL

Established in 1981 with the aim of evoking the atmospheres of the Baroque period, the Segni Barocchi Festival serves as an ideal continuation of the Giostra della Quintana.

The festival highlights **the “signs” that the Baroque style has left in our time** and on the city of Foligno, from the architecture of palaces and churches to artistic and literary production. Organized by the municipal administration with the assistance of a prestigious artistic direction, the festival offers a rich program of high-level events, including concerts, dance shows, organ recitals, street performances, and masterclasses set in the most characteristic and evocative historic locations of Foligno, culminating in the spectacular “Notte Barocca” (Baroque Night). Over the years, it has attracted an ever-growing number of spectators, becoming one of the prominent events in the Umbrian cultural landscape.

www.segnibarocchifoligno.it



Segni Barocchi Festival

September

LA NOTTE BAROCCA (THE BAROQUE NIGHT)



La Notte Barocca (The Baroque Night), organized by the Municipality of Foligno in collaboration with the Ente Giostra della Quintana, is the **grand square event** that concludes the Segni Barocchi Festival. La Notte Barocca is a blend of art, knowledge, and entertainment that showcases Foligno in all its beauty. Historic palaces host musical concerts, and the squares become theaters for **majestic displays of Baroque art, aerial dance performances, living statues, musicians, fire eaters, and acrobats**. Celebrated during the night between Saturday and Sunday of the first week of the September edition of the Giostra della Quintana, it is a magical experience filled with enchantment and wonder.

During the night, the district taverns welcome patrons until late at night, offering their typical gastronomy, accompanied by games, shows, and music. Shops, restaurants, and museums in the city also remain open.



La Notte Barocca (The Baroque Night)



La Notte Barocca (The Baroque Night)



La Notte Barocca (The Baroque Night)



La Notte Barocca (The Baroque Night)



La Notte Barocca (The Baroque Night)

September

LA GIOSTRA DELLA QUINTANA – LA RIVINCITA (THE JOUST OF QUINTANA - THE REMATCH)

As mentioned earlier, the Giostra della Quintana in Foligno takes place annually in a double edition: the challenge in June and the rematch in September. The rich schedule of the event is the same as described in the section dedicated to the June event, except for some exclusive events during this period: **La Fiera dei Soprastanti** and the second round of the **Gareggiare dei Convivi**.

www.quintana.it

The Quintana captivates both adults and children. Dedicated to the little ones are the two **Quintanelle** events held in the hamlets of **Scafali** and **San Giovanni Profiamma**, eagerly awaited by many children who want to experience the Joust as protagonists. The Quintanelle program also includes the opening of district taverns, the historical parade in Baroque costumes, and the Joust challenge, which takes place on bicycle.



Historical Parade

*September***LA FIERA DEI SOPRASTANTI**

Unlike the June edition, the September edition includes an event called La Fiera dei Soprastanti, a **reenactment of the ancient fair conceived by the Trinci family** in the mid-fifteenth century.

The “soprastanti” were an extraordinary magistracy consisting of six illustrious citizens appointed by drawing lots each year, responsible for ensuring fair rules.

Starting from 1998, in collaboration with the Ente Giostra della Quintana, the aim was to reconstruct, based on historical foundations, the large market that took place for two months in Foligno since the fifteenth century.

In 1998, the reenactment was set up in the suggestive courtyard of Palazzo Trinci and was an immediate success due to the variety of stalls, jugglers, and fire eaters.

The fair now takes place on **the opening Sunday of the September edition of the Quintana** among some of the most picturesque alleys of the historic center.

It has become a fixed appointment, attracting numerous and qualified exhibitors from all over Italy with their products. The uniqueness lies in the fact that only the Quattrino, the coin coined in the Papal State under Pope Paul V (Camillo Borghese 1605-1621), is accepted among the stalls.

Quattrini can be obtained at the currency exchange stations located at the entrance of the fair.



La Francese Ciclostorica dell'Umbria - Historical bike event

September

LA FRANCESCANA CICLOSTORICA DELL'UMBRIA



La Francese Ciclostorica dell'Umbria, organized since 2015 by La Francese Ciclostorica ASD, is a **non-competitive cyclo-tourist event**, a **vintage bike rally** with participants dressed in period or vintage style. La Francese takes place once a year, usually on the second or third weekend of September, crossing the Umbria Valley, dotted with medieval villages perched on the hills with Foligno at the center of the plain.

The cyclo-tour begins in the central Piazza della Repubblica in Foligno, where in 1026, the young St. Francis performed his first act of public conversion: he sold his horse and his father's precious fabrics (his father was a rich merchant in Assisi) to find the money needed to rebuild the church of San Damiano in Assisi.

Three loop routes are proposed for cycling: from the easiest of 35

km, completely flat and suitable for everyone, including families, to the most challenging of 75/80 km that climbs to the hillside villages. A festive procession begins, with a strong scenic impact, featuring cruiser bicycles, nineteenth-century velocipedes, racing bikes ridden by women with hats and billowing skirts, and men in clothes from the '30s, '40s, '50s, or with wool racing uniforms used in the '70s. Each route traverses the places where St. Francis lived his life and faith experience, leading to the discovery of **landscapes and gastronomic specialties**.

The routes are interspersed with splendid refreshment stops, located in cellars nestled among vineyards or in the squares of marvelous medieval villages, where you can taste precious local products, such as the highly prized Sagrantino wine, cold cuts, extra virgin olive oil,



La Francescana Ciclostorica dell'Umbria - Historical bike event



La Francescana Ciclostorica dell'Umbria - Historical bike event



La Francescana Ciclostorica dell'Umbria - Historical bike event

cereals, legumes, and much more.

La Francescana is also a **permanent route starting from Foligno, crossing twelve municipalities in the Umbria Valley**, from Assisi to Spoleto: Foligno, Trevi, Campello sul Clitunno, Spoleto, Castel Ritaldi, Giano dell'Umbria, Gualdo Cattaneo, Montefalco, Bevagna, Cannara, Assisi, and Spello.

www.lafrancescana.it



La Francescana Ciclostorica dell'Umbria - Historical bike event



I Primi d'Italia

Settembre - Ottobre



I PRIMI D'ITALIA

I Primi d'Italia is the first and only **National Festival of First Courses** held in Foligno every year between late September and early October. This large-scale event, organized by Epta - Confcommercio Umbria, aims to enhance Italian agri-food culture.

Pasta, rice, soups, gnocchi, polenta from all over the peninsula, as well as essential agri-food products for creating a tasty first course, are the protagonists of Italy's most appetizing culinary marathon.

In a journey through the entire historic center of Foligno, the charming taverns of Quintana are transformed into **Taste Villages** for four days and host continuous **tastings**.

The program is extensive and involves many indoor and outdoor spaces in the historic center: **cooking classes, workshops** for adults and



I Primi d'Italia



I Primi d'Italia

children to learn to make fresh pasta, **cooking shows** with star chefs proposing tasting menus of first courses paired with prestigious wines, a **market exhibition** of high-quality food productions where you can meet producers from various regions, and **moments of entertainment** that promote the culture of the first course on the table.

www.iprimiditalia.it





October

SPORT FESTIVAL

The municipal administration and the sports world of Foligno usually promote the Sport Festival in early October. The event takes place over two days: the first day is dedicated to the awarding of the **Golden Lily for Sport** to all the athletes from Foligno who have distinguished themselves in national and international sports championships.

The second day is a real celebration, with the **Sport White Night**, where all the sports associations and clubs in the area fill the squares and streets of the historic center with exhibitions, demonstrations of their sports disciplines, information booths, children's games, audience trials, and much more, bringing the entire city together around sports and its values.



Sport White Night



Sport White Night

*Mielinumbrìa**November***MIELINUMBRIA**

In Foligno, known as the “bee-friendly municipality” and the “City of Honey,” Palazzo Trinci hosts Mieleinumbrìa, a trade show that promotes this important production, featuring around 1,000 producers with approximately 30,000 beehives in Umbria.

The exhibition is a unique event in the regional panorama. Numerous events are scheduled, from the traditional **trade show** to conferences, **children’s workshops**, and **honey tastings**.

Mieleinumbrìa is also a crucial moment for meeting, **raising awareness**, and **promoting direct knowledge of the world of bees and honey**. Among the various goals of the event is to sensitize the public to the importance of protecting bees, a precious asset for our ecosystem as it is fragile. The event is organized by the Municipality of Foligno and the Umbrian Beekeeping Producers Association in collaboration with Felcos, Aes Umbria, Miele in cooperativa, Naturalmiele, and the network of “Bee-friendly Cities”.



December - January

CHRISTMAS IN FOLIGNO

Foligno is always beautiful but at Christmas it is even more so! The city and its surrounding villages adorn themselves with sparkling lights, large light installations, and come alive with numerous initiatives organized for the occasion.

Every year, the municipal administration in collaboration with various entities and associations in the region creates a **rich calendar of free events** for both adults and children.

The festivities include nativity scenes, Santa's house, shows, concerts, workshops, guided tours, exhibitions, and other activities throughout the holiday season, culminating in the spectacular **New Year's Eve event in the square**, usually organized by the Paiper association, and ending with Epiphany celebrations. With each edition, the program adds new attractions to engage those who want to take advantage of the holidays to discover (or rediscover) the beauties of the region.



Christmas in Foligno



Christmas in Foligno



Christmas in Foligno



Christmas in Foligno



Christmas in Foligno



Christmas in Foligno

From October to May
THEATER SEASON

The Municipality of Foligno, in collaboration with the Fondazione Teatro Stabile dell'Umbria, organizes the annual theater season, presenting a series of high-level events featuring niche artists and illustrious figures from the world of entertainment. From the re-proposing of classic works to contemporary performances, including dance shows, the variety of themes and styles caters to the tastes of various audience segments.

www.teatrostabile.umbria.it



Theater season

GASTRONOMY AND EXCELLENCE PRODUCTS

Umbria is renowned for its excellence in food and wine, and Foligno, with its unique history, tradition, and geography, is certainly one of the prime expressions of this culinary richness within the region.

The local **culinary traditions** are deeply rooted, following a rhythm marked by the seasons and the **agricultural produce**, offering outstanding products such as Cave beans, “gobbi” (cardoons) used for succulent parmigiana, and extra virgin olive oil from the Moraiolo variety typical of the area.

The region also produces multifloral honey, deriving from nectar of various botanical species such as sunflower, chestnut, acacia, and more.

In the Colfiorito plateau, agriculture has thrived through specialized productions like red potatoes, dairy products, typical cereals such as spelt, and unique legumes like lentils and chickpeas.

For those eager to savor **Foligno’s characteristic dishes**, must-try items include **strangozzi with truffles, tagliatelle and gnocchi with castrato (young sheep) sauce, pigeon Foligno-style, Menotre river trout porchetta, cheese pizza with salami**, and the traditional Easter morning breakfast dish, **coratella d’agnello** (lamb offal). **Lentils and red potatoes from Colfiorito** are used in various preparations, and the culinary journey concludes with the typical dessert, **rocciata**.

Foligno is also at the heart of **important wine-producing areas**, such as Sagrantino di Montefalco (dry and passito), Rosso di Montefalco, Grechetto (White), and Trebbiano (White).

ROCCIATA OF FOLIGNO

La Rocciata is a typical dessert prepared during the winter holidays, especially Christmas, in the Foligno dialect. Its name comes from **“roccia” or “rocciu”, meaning “round”** in reference to its spiral shape resembling a coiled snake.

The dessert's base is **thin puff pastry**, and the filling consists of apples, nuts, cocoa, as well as figs, jam, sultanas, pine nuts, almonds, cinnamon, and vanilla.

There are numerous variations across the region, incorporating ingredients like hazelnuts, candied fruits, crushed amaretti biscuits,



La Rocciata

and dried plums. Its origins are thought to date back to the barbarian invasions after the fall of the Roman Empire.

La Rocciata di Foligno is recognized as a traditional agri-food product of Umbria, and a festival dedicated to it is celebrated in the San Giovanni Profiamma hamlet in July.

 **FOCUS: Sagra della Rocciata – San Giovanni Profiamma**

FOCUS: Rocciata Festival – San Giovanni Profiamma In the month of July, in San Giovanni Profiamma, a hamlet of Foligno, the Rocciata Festival organized by the Forum Flaminii Sports Club revives ancient traditions. During the festival, highly appreciated by the locals, gastronomic stalls are set up, while on stage, musical groups invite attendees to dance.

www.sagradellarocciata.com

RED POTATO OF COLFIORITO

The A highly esteemed typical production, which has also received European recognition as a **PDO (Protected Geographical Indication)**, is the Red Potato of Colfiorito, an excellent product of the territory that takes center stage in August during the Market Show and Festival of the Red Potato. The Red Potato of Colfiorito PDO refers to the mature tuber, with red skin and light yellow flesh, of the species *Solanum Tuberosum L.* It is characterized by a whole, completely unblemished exterior, free from frost damage, with an elongated and irregular oval shape; the red, opaque skin is thin and rough, while the flesh is firm and straw-yellow in color.

The earliest evidence of red potato cultivation in the Colfiorito plateau area dates back to the second half of the XVIII century.

The area was a mandatory stop for armies heading towards the Marche region, and the potato was likely brought by imperial troops during their passage through the Papal State and subsequent French occupation during the Napoleonic period; armies indeed heavily consumed potatoes as a food source.



Red Potato of Colfiorito

To preserve its characteristics intact, it must be stored away from light and at low temperatures. It is used in a large number of recipes; the most typical example being gnocchi with lamb sauce; but it is also excellent boiled, roasted, fried, or grilled. A highly appreciated preparation is sweet red potato donuts.

FOCUS: Exhibition Market and Red Potato Festival

Since 1978, the red potato has been honored with a festival organized by the Pro Loco of Colfiorito, held for 10 days in the month of August. The red potatoes from the plateau are presented in various preparations, ranging from classic gnocchi to phenomenal fried donuts. Dancing evenings, art exhibitions, and stands provide the backdrop for the entire duration of the festival.

www.sagrapatatacolfiorito.it



Cultivated fields in Colfiorito

LENTIL OF ANNIFO

Lentil is one of the oldest food plants known to man, originating in the fertile Middle East at the dawn of agricultural civilization and then spreading throughout the world.

In Umbria, this legume is located in restricted plateau areas including **Annifo and Colfiorito**.

Annifo is a small mountain hamlet in the municipality of Foligno (PG), located on the eastern plains of the Colfiorito Plateau, on the border between Umbria and Marche, at an altitude of 800 meters. Here, the climatic and soil conditions give the product **exceptionally high quality** in terms of flavor and ease of cooking. The lentils from the Umbrian plateaus do not lose their skin, do not become mushy, and are suitable for various preparations

FOCUS: Sagra della Lenticchia di Annifo (Lentil Festival)
The Lentil Festival organized by the Pro Loco of Annifo in August celebrates this legume, emphasizing its historical importance in sustaining the local population and showcasing the beauty of the mountainous territory.



Lentils of Annifo

CAVE BEAN

At Cave, located on the right bank of the Topino River, for over a century, two extremely rare varieties of beans have been cultivated: **the yellow and the greenish.**

The fertile soil with little limestone typical of this area gives the Cave beans a unique organoleptic profile and taste.

In the 1950s, production reached up to ten tons, but with the depopulation of the countryside, cultivation has decreased to the point of making this product an absolute rarity of unique value.

It is cultivated **without the use of chemical fertilizers, pesticides, or herbicides.** Harvesting takes place between August and September, by mowing. Then, once dried in the sun, the pods are threshed and shelled (hence also the definition of “shelled bean” from Cave).

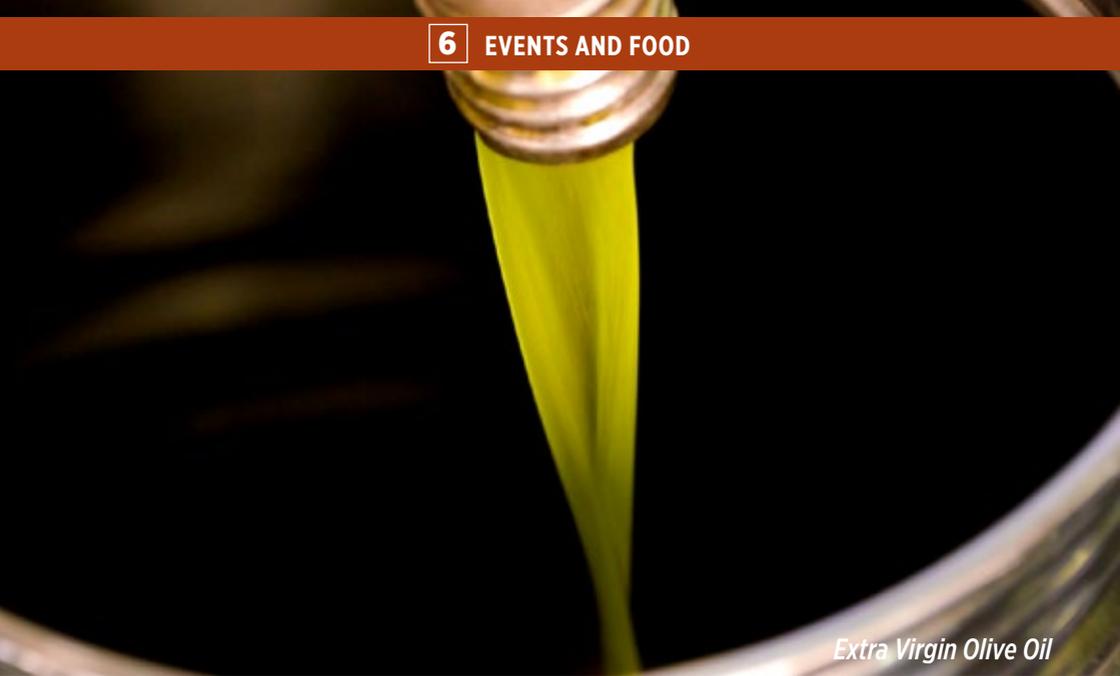
After drying, which takes place in special premises, it is stored for about a year from harvest, taking care to keep it in airtight glass jars. It has a very thin skin, making it easy to cook and digest, and is used for preparing dishes such as soups, pastas, and side dishes.

One of the many delights is the amazing “beans all’uccelletto” with tomatoes, oil, sage, garlic, salt, and pepper.

FOCUS: Sagra del fagiolo di Cave (Bean Festival of Cave)

The Sagra del Fagiolo di Cave (Bean Festival of Cave) takes place in late October, offering a rare opportunity to savor dishes prepared with this unique and prized bean.

www.prolococave.it/sagra

*Extra Virgin Olive Oil*

EXTRA VIRGIN OLIVE OIL



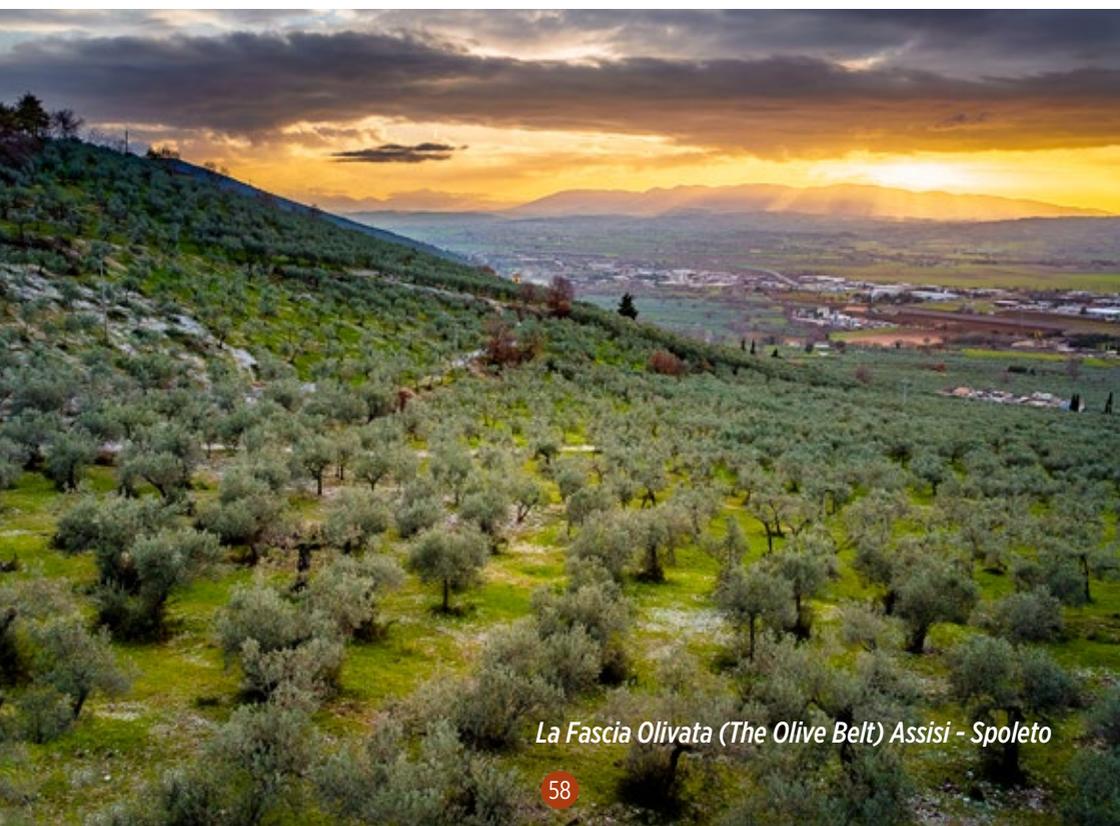
With a predominantly mountainous landscape, Foligno and its territory are part of the circuit of the National Association “City of Oil” and the Regional Association “Strada dell’Olio Extravergine di Oliva DOP Umbria.”

Ascending through the first hills of Foligno’s territory, one enters a protected area: the “**Fascia Olivata Assisi - Spoleto**”, a rural heritage of nine thousand hectares cultivated with olive trees and almost one and a half million plants that characterize the territory of six municipalities (Assisi, Spello, Foligno, Trevi, Campello sul Clitunno, Spoleto), the same that give life to the renowned DOP Umbria extra virgin olive oil.

A true “living cultural landscape,” a millennia-old work resulting from the combined actions of nature and man, guardian of biodiversity and sustainable agricultural practices. Not only in the six municipalities, but throughout the entire Olive Strip system, landscape, art, and territory merge, ensuring stability of historical and landscape integrity.

The **Franciscan sites**, the **monastic hermitages** (with magnificent examples such as the Hermitage of the Carceri in Assisi and the Hermitage of Sant'Antonio in Trevi), the **Benedictine abbeys** (San Masseo and San Benedetto in Assisi, San Silvestro in Spello, Sassovivo in Foligno, Santo Stefano and San Pietro in Trevi, San Ponziano in Spoleto), the countless **Romanesque churches** scattered along medieval paths, the **villages**, the **castles**, all enriched by **terraces**, **lunettes**, and **cliffs** as well as the **monumental oaks** that delimit the arable land in the flat part, form a unique and congenial whole to the territorial organization.

In this area, due to environmental characteristics, **olive production** is of the **highest quality**. There are many initiatives that highlight this fundamental agricultural production, especially during the harvesting and milling period (October and November) when the mills open their doors, revealing the secrets of processing.



La Fascia Olivata (The Olive Belt) Assisi - Spoleto

Fascia Olivata Assisi - Spoleto

The “Fascia Olivata Assisi - Spoleto” is the first Italian site included in the GIAHS program (Globally Important Agricultural Heritage Systems), obtaining in 2020 the prestigious recognition that ranks it among the **FAO’s Globally Important Agricultural Heritage Systems**. The six municipalities are also moving towards an ambitious goal, namely the recognition of the Olive Strip as a UNESCO World Heritage Site. The olive-growing territory of Foligno extends for about 1465 hectares of olive groves, with approximately 477,790 olive trees and is characterized by the predominant presence of **Moraiolo cultivar** olives, a cultivar that distinguishes the **DOP Umbria extra virgin olive oil from the subzone of the Assisi Spoleto Hills**. The large percentage of the Moraiolo variety impacts production by producing oils with a greater intensity of herbaceous olfactory character and more pronounced bitter and spicy notes.

To promote and enhance the olive landscape and extra virgin olive oil produced among the hills of Foligno, the municipality participates every year in the **“Camminata tra gli olivi” (Walk among the Olive Trees)**, an initiative promoted by the City of Oil Association held on the last Sunday of October, taking walkers along trekking paths among the olive trees with stops to visit mills and taste oil and other local products.

www.camminatatragliolivi.it





COMUNE DI FOLIGNO



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the website of the Municipality of Foligno**



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