

### Courgette

This variety of courgette differs from the others by its curved shape and pronounced ridges, a light green colour, and an intense and slightly bitter taste. Its flowers, known as Romanesco courgette flowers, are widely used in the Roman cuisine; traditionally, they are stuffed with cheese and anchovies, battered and fried.

### Romanesco Artichoke

This variety of artichoke, called "cimarolo" or "mammola", is characterised by a round and compact shape, with a diameter greater than 10 centimetres; it is thornless. The product is protected by the Protected Geographical Indication (PGI) and the Romanesco Artichoke Consortium has been specifically founded.

### Kiwi

The kiwi fruit (actinidia) originates from China, but its name derives from the national New Zealandian bird. The plant was imported in Italy in the forties as a garden plant, and only in the sixties it was cultivated as a fruit tree. In the Latium region, the production is divided between the provinces of Rome and Latina, and is centred in the Agro Pontino. The product has recently obtained the Protected Geographical Indication (PGI).

### Broccolo

This variety of broccoli, whose name comes from "brocco" (the Italian word for bud), is typical of the Roman countryside and differs from other varieties for the sprouting and characteristic pointed shape. It has a sweet taste.

### Chestnut

Chestnut (Castanea) is a genus of nine species of trees and shrubs in the beech family Fagaceae. The nuts can be eaten candied, boiled or roasted. An easy method for roasting is to cut a slit in the top of each nut and heat in a shallow container, at 200°C for 10-15 minutes.

### Fennel

Fennel is crunchy and slightly sweet, adding a fresh contribution to Italian cuisine. "Foeniculum vulgare" is the scientific name for fennel. Fennel is an excellent source of vitamin C, folate, potassium, manganese and molybdenum.

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Fruit Logistica Berlin - February 8-10, 2007

# The Chamber of Commerce of Rome

is pleased to invite you to tasting of oenogastronomical products

Hall 2.2 Stand n. B-05/1

thursday  
february

8

10.00-12.00

- Inauguration with snack
- Mixed fried vegetables and oenogastronomical products

13.30-14.00

- Boiled or steamed **broccoli**
- Fried **broccoli** in batter
- **Kiwi** fruit salad

15.00-15.30

- Stewed **fennel** with tomato
- **Fennel** salad
- **Kiwi**

16.00-17.00

**Courgette**: Agronomic presentation, commercial information, interventions, **courgette** tasting

during the day

Roasted **chestnut** tasting

friday  
february

9

11.00-12.00

**Artichoke**: Agronomic presentation, commercial information, interventions, **artichoke** tasting

12.30-13.00

- **Cauliflower** purée
- **Cauliflower** au gratin
- **Kiwi**

14.00-14.30

- Jumped **broccoli** in frying pan
- Steamed **broccoli** with oil and garlic
- **Kiwi**

15.30-16.00

- Boiled or steamed **fennel**
- Jumped **fennel** in frying pan
- **Kiwi**

16.30-17.00

- Boiled or steamed **cauliflower**
- Fried **cauliflower** in batter
- **Kiwi**

during the day

Roasted **chestnut** tasting

saturday  
february

10

10.30-11.30

- Boiled or steamed **cauliflower**
- Jumped **cauliflower** in frying pan
- **Kiwi** fruit salad

12.30-13.00

- Boiled or steamed **broccoli**
- **Broccoli** purée
- **Kiwi**

14.30-15.30

**Kiwi**: Agronomic presentation, commercial information, interventions, **kiwi** tasting

during the day

Roasted **chestnut** tasting