



# SICILY

## WITH ALL YOUR SENSES

*tasting the travel*



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# GLI AROMI

## INTRODUCTION

### **What is Gli Aromi?**

Gli Aromi is a herb garden.

A farm where hundreds of different kinds of aromatic and medicinal herbs are grown, and many activities are organised. It is a specialised family business which started up over twenty years ago; the energetic and enterprising CEO and spokesman is Enrico Russino.

### **Position**

Gli Aromi lies in the extreme southeast of Sicily, on a dazzlingly beautiful plateau overlooking the sea. On a clear day you can see Malta from here. The countryside is typical of this area of Sicily, usually dedicated to the cultivation of vegetables, carobs, almonds, and raising sheep and dairy cattle. The climatic conditions are absolutely ideal for growing herbs: the weather is prevalently hot and dry, with almost constant sunshine. At the same time, the salty breeze from the sea gives the plants of Gli Aromi their unique strength and fragrance, and enriches their aromatic and medicinal qualities.

### **The plants that are grown**

At Gli Aromi you will find the familiar kitchen herbs, such as basil, thyme, mint, sage, oregano, coriander, chilli

pepper, parsley and rosemary, together with lavender and geranium, perhaps less familiar for use when cooking. Hundreds of different varieties: orange or lemon-scented thyme, pineapple-scented sage, the rare Greek oregano and many others: it is a very long list. Herbs used for medicinal purposes are also to be found here, such as melissa and hyssop. Depending on what time of the year you come to visit Gli Aromi, you might be able to pick and eat bananas and passion fruit, or even pick some cotton!

### **Tasting, smelling and experimenting**

A pleasurable experience is to stroll through the herb garden accompanied by one of the members of the Russino family, to smell the plants and to learn about their different characteristics and how they can best be used, and how to experiment at home. At Gli Aromi tasting events are frequently organised, for a variety of products: wines and liquors, cheeses, bread, cakes and biscuits for example.

### **Cooking school and cooking demonstrations**

Learning how to cook Sicilian dishes is a useful accomplishment, which will be a joy for you, when you return home. The lessons learned in these ideal surroundings will certainly be unforgettable.

# 2019

## TOURS

### SCENT STROLL

Duration 45 minutes

### SCENT STROLL + LUNCH/DINNER

**The lunch/dinner menu includes:**

Sage leaves fried in batter, focacce (flatbread), cucciddati (Sicilian pizza), paté, oven-baked ricotta with preserves, Ragusa-style salad, black olives, dessert, water, local red or white wine from the cask

### SCENT STROLL + COOKING DEMO + LUNCH/DINNER

**The cooking demo includes two recipes:**

Pisci fritti ri terra (fried vegetable or sage leaves fried to imitate fish), cavati alla Norma (pasta dressed with fresh tomato, aubergines, basil and ricotta).

**The lunch/dinner menu includes:**

Sage leaves fried in batter, oven-baked ricotta with preserves, caponata, cavati alla Norma, black olives, Ragusa-style salad, cheese with thyme-blossom honey, dessert, water, local white or red wine from the cask.

### SCENT STROLL + COOKING CLASS + LUNCH/DINNER

**The cooking class includes three recipes:**

*Pisci Fritti ri Terra* (vegetables or sage leaves fried to imitate fish), cavati alla Norma (pasta dressed with fresh tomato sauce, aubergines, basil and ricotta), focacce siciliane (Sicilian flatbread).

**The lunch/dinner menu includes:**

Sage leaves fried in batter, oven-baked ricotta with preserves, caponata, cavati alla Norma, Ragusa-style salad, black olives, cheese and thyme-blossom honey, dessert water, local red or white wine from the cask.



### STROLLS WILL TAKE PLACE AT THE FOLLOWING TIMES:

- April and May at 11:00 am and 4.30 pm
- from June to August at 6:00 pm
- September and October at 11:00 am and 4.30 pm
- from November to March at 11:00 am
- Tours do not take place on Sundays

All strolls for individuals, from 2 to 10 people, are organised exclusively on WEDNESDAY or FRIDAY, choosing between the morning or the afternoon tour. We may cancel the tour in case of bad weather. Some products to be sampled could vary according to availability.

#### CHILDREN

- Children aged from 0 to 6 are free
- from 7 to 13 pay €25.00 aged 14 and over pay full price

#### EXTRA SERVICES

- Barman for serving cocktails prepared with fresh aromatic herbs
- Yoga, Tai Chi or Pilates lessons on thyme mats
- Team-building