



Conserve d'altri tempi



Handcrafted Products  
100% made in Puglia



## OUR PRODUCTS

All stages, from sowing to packaging, are strictly **carried out by hand**, with the care and love that characterises everything we do, to offer you our organic extra virgin olive oil and the best of our preserves, jams, marmalades, compotes and jellies.

We place great emphasis on the **quality of our products**, which is why we only use oil produced by us in our preserves and pickles, bringing the aromas and flavours of our beloved land to your table.





## Red Onion Compote

To make this product, as with all our ORGANIC red onion compotes, we follow a natural growth cycle that lasts about 9 months. The onions are planted in open fields in the winter months of October and November and then harvested in June or July. The cultivation processes are carried out strictly by hand, as are the harvesting, selection and cleaning. The finished product is not only sweet, delicious, easily digestible and highly beneficial for our body, but also repays all our efforts in an excellent way! Simply delicious!

<b>Nutritional Information</b> <b>Average values per 100g of product</b>	
Energy	260kcal 1100kj
Fat	0,9g
Saturated Fat	0,2g
Carbohydrate	54,6g
of which Sugar	44,9g
Dietary Fiber	6,8g
Protein	5,4g
Salt	0,3g

In this particular version, red wine and balsamic vinegar are used to acidify the product, nothing could be simpler. The difficulty lies in finding the right balance between sweetness, savouriness and acidity, and our Chef has succeeded in doing so, offering you a product that is unlike any other on the market! Oh, we almost forgot, it's our onion that makes the difference.

### Chef's recommendation:

This unique compote pairs well with various types of cheese, both mature cheeses with a strong flavour and semi-mature cheeses with a more delicate flavour. Thanks to its degreasing properties, it is an excellent accompaniment to grilled meats, boiled meats and game in general.

### Ingredienti:

Red onion 54%, red wine, sugar, balsamic vinegar (wine vinegar, concentrated and cooked grape must, caramel colouring E150d, antioxidant E220). Thickeners: carob seed flour. Contains **SULPHITES**.

FORMAT	PCS PER BOX	EAN CODE
100 g - 3,53 Oz	12	8050513170303
240 g - 8,47 Oz	6	8050513170297 *
1,1 kg - 2,43 Lbs	2	

## Onion and Thyme Compote



To make this product, as with all our ORGANIC red onion compotes, we follow a natural growth cycle that lasts about 9 months. The onions are planted in open fields in the winter months of October and November and then harvested in June or July. The cultivation processes are carried out strictly by hand, as are the harvesting, selection and cleaning. The finished product is not only sweet, delicious, easily digestible and highly beneficial for our body, but also repays all our efforts in an excellent way! Simply delicious!

Nutritional Information	
Average values per 100g of product	
Energy	103kcal 430kj
Fat	0,1g
Saturated Fat	0,0g
Carbohydrate	27,0g
of which Sugar	26,5g
Dietary Fiber	1,0g
Protein	0,8g
Salt	8,3mg

To stay true to our region, we had to use two of Puglia's most representative aromatic herbs: thyme and rosemary. These two ingredients, combined with onion, give this product the typical aromas and flavours of Mediterranean cuisine. You'll feel like you're back on holiday in Puglia!

### Chef's recommendation:

This unique compote pairs well with various types of cheese, both mature cheeses with a strong flavour and semi-mature cheeses with a more delicate flavour. Thanks to its degreasing properties, it is an excellent accompaniment to grilled meats, boiled meats and game in general.

### Ingredients:

Red onion 70%, sugar, red wine vinegar, red wine, balsamic vinegar (wine vinegar, concentrated and cooked grape must, caramel colouring, E150d, antioxidant E220), salt, thyme 0.1%, rosemary, pepper, bay leaf. Thickeners: locust bean gum. Contains SULPHITES.

FORMAT	PCS PER BOX	EAN CODE
100 g - 3,53 Oz	12	8050513170440
240 g - 8,47 Oz	6	8050513170457 *



## Onion and Apple Compote

To make this product, as with all our ORGANIC red onion compotes, we follow a natural growth cycle that lasts about 9 months. The onions are planted in open fields in the winter months of October and November and then harvested in June or July. The cultivation processes are carried out strictly by hand, as are the harvesting, selection and cleaning. The finished product is not only sweet, delicious, easily digestible and highly beneficial for our body, but also repays all our efforts in an excellent way! Simply delicious!

The sweetness of the apple and the crunchiness of the onion are two qualities that make this product uniquely delicious. The artisanal production process preserves the organoleptic qualities of the raw ingredients, allowing you to distinguish all the flavours as you enjoy it.

### Chef's recommendation:

Its sweet but not overly sweet flavour makes it an ideal accompaniment to red meat or for filling gourmet sandwiches and burgers. Like all our compotes, it can also be used to accompany cheese platters.

### Ingredienti:

Red onion 52%, apples 20%, sugar, red wine vinegar, balsamic vinegar (wine vinegar, concentrated and cooked grape must, caramel colouring, E150d, antioxidant E220), salt, pepper, bay leaves. Thickeners: locust bean gum. Contains SULPHITES.

Nutritional Information	
Average values per 100g of product	
Energy	108kcal 452kj
Fat	0,1g
Saturated Fat	0,0g
Carbohydrate	27,8g
of which Sugar	27,0g
Dietary Fiber	1,2g
Protein	0,6g
Salt	7mg

FORMAT	PCS PER BOX	EAN CODE
100 g - 3,53 Oz	12	8050513170402
240 g - 8,47 Oz	6	8050513170419 *

## Onion and Orange Compote



To make this product, as with all our ORGANIC red onion compotes, we follow a natural growth cycle that lasts about 9 months. The onions are planted in open fields in the winter months of October and November and then harvested in June or July. The cultivation processes are carried out strictly by hand, as are the harvesting, selection and cleaning. The finished product is not only sweet, delicious, easily digestible and highly beneficial for our body, but also repays all our efforts in an excellent way! Simply delicious!

Nutritional Information	
Average values per 100g of product	
Energy	133kcal 556kj
Fat	0,01g
Saturated Fat	0,0g
Carbohydrate	34,2g
of which Sugar	33,8g
Dietary Fiber	1,1g
Protein	0,8g
Salt	7,0mg

The oranges are peeled one by one, cut into cubes and cooked with onion to preserve the different textures of the products. We believe that these two ingredients, flavoured with a pinch of chilli pepper to enhance their taste, create an ideal compote to accompany your platters and impress your guests.

### Chef's recommendation:

The combination of red onion and orange stems from the desire to create a product that is ideal for accompanying cheese. The compote pairs well with both strong-flavoured mature cheeses and milder semi-mature cheeses. Thanks to its degreasing properties, it is an excellent accompaniment to grilled meats, boiled meats and game in general.

### Ingredients:

Red onion 50%, sugar, orange 21%, red wine vinegar, orange peel 1.5%, balsamic vinegar (wine vinegar, concentrated and cooked grape must, caramel colouring, E150d, antioxidant E220), salt, chilli pepper, bay leaf. Thickeners: carob seed flour. Contains SULPHITES.

FORMAT	PCS PER BOX	EAN CODE
100 g - 3,53 Oz	12	8050513170426
240 g - 8,47 Oz	6	8050513170433 *

## Chilli Pepper Cream / Hot Pepper Ketchup



Cornaletti red peppers and Guardacelo chillies are used to make this artisan chilli cream. Cornaletti peppers, also known as friggitelli, are a native variety from Puglia with a sweet and intense flavour. They have an elongated horn shape, which is where they get their name cornaletti from. Our company grows them organically in open fields; planted in April, they are harvested between August and October. Hand-picked to select the reddest and sweetest ones, they are washed and cut to remove the seeds and make them easier to digest. They are then cooked with chillies, salt and sugar; nothing could be simpler. The skill lies in finding the right balance between sweetness, spiciness and flavour, and our chef has succeeded in doing so, offering you a product that is unique in its kind!

Nutritional Information Average values per 100g of product	
Energy	132kcal 559kj
Fat	0,4g
Saturated Fat	0,1g
Carbohydrate	30,7g
of which Sugar	29,6g
Dietary Fiber	1,8g
Protein	0,7g
Salt	1,0g

This cream has been designed to offer you a healthy and genuine alternative to ketchup and other industrial sauces on the market. To enhance its Apulian origins, the product has a spicy but very delicate flavour. At first taste, it has a sweet flavour, given by the red pepper, then it gives the palate a very pleasant and balanced spicy note.

### Chef's recommendation:

It is ideal with dairy products, semi-mature and very mature cheeses with an intense, strong flavour. Thanks to its sweet balance and spicy character, it goes well with grilled meats, roasted meats and breaded meats. It can also be used with chips and various snacks or as a filling for rolls and sandwiches.

### Ingredients:

Sweet red peppers, chilli peppers 13%, salt, sugar.  
Thickener: carob seed flour.

FORMAT	PCS PER BOX	EAN CODE
100 g - 3,53 Oz	12	8050513170372

### Prickly Pear Extra Jelly



Nutritional Information	
Average values per 100g of product	
Energy	150kcal 636kj
Fat	0,1g
Saturated Fat	0,0g
Carbohydrate	35,8g
of which Sugar	33,9g
Dietary Fiber	1,1g
Protein	0,9g
Salt	0,1g

OUR JELLIES are a line of products that can be used for purposes similar to those of honey, despite having different properties. This product, obtained by pressing fresh fruit and removing its solid parts, has a 'HONEY-LIKE' CONSISTENCY and is not too thick, making it ideal for accompanying fresh dairy products and mature cheeses, sweetening low-fat yoghurts and herbal teas, or enriching your desserts.

The prickly pear is a very ancient fruit with countless benefits. Making prickly pear jelly is fraught with pitfalls and involves long and complex steps, from cleaning the fruit to removing the numerous seeds. Dedication and care are required to obtain a product with a typical Apulian and summery aroma.

#### Chef's recommendation:

Use for breakfast or as a snack spread on bread, rusks or biscuits. Recommended as an elegant addition to cheesecake, yoghurt, ice cream and panna cotta. Definitely worth trying on platters of fresh or semi-mature cheeses.

#### Ingredients:

Prickly pear juice 78%, lemon juice and zest, sugar.  
Thickener: carob seed flour.

FORMAT	PCS PER BOX	EAN CODE
100 g - 3,53 Oz	12	8050513170365

## Pomegranate Extra Jelly



Nutritional Information	
Average values per 100g of product	
Energy	143kcal 598kj
Fat	0,9g
Saturated Fat	0,1g
Carbohydrate	34,9g
of which Sugar	31,7g
Dietary Fiber	3,5g
Protein	1,25g
Salt	2,8mg

OUR JELLIES are a line of products that can be used for purposes similar to those of honey, despite having different properties. This product, obtained by pressing fresh fruit and removing its solid parts, has a 'HONEY-LIKE' CONSISTENCY and is not too thick, making it ideal for accompanying fresh dairy products and mature cheeses, sweetening low-fat yoghurts and herbal teas, or enriching your desserts.

Pomegranate is the fruit of the pomegranate tree, low in calories and high in beneficial properties. The juice obtained by squeezing its ruby-red seeds has a tart flavour and is rich in tannins. The jelly—delicately balanced from the very first taste—is obtained by adding only a small percentage of sugar and lemon juice to the red nectar (75%).

### Chef's recommendation:

Use for breakfast or as a snack spread on bread, rusks or biscuits. Recommended as an elegant addition to cheesecake, yoghurt, ice cream and panna cotta. Definitely worth trying on platters of fresh or semi-mature cheeses.

### Ingredients:

Lemon juice, pomegranate juice 75%, sugar.  
Thickener: carob seed flour.

FORMAT	PCS PER BOX	EAN CODE
100 g - 3,53 Oz	12	8050513170464

## Strawberry Extra Jam



To make this jam (more than 70% fruit), we use local strawberries of the highest quality. After being selected, the stalks are removed by hand and the strawberries are then sliced. This artisanal process takes time, but it is essential to obtain a jam enriched with pieces of fruit.

This extra jam is made without the addition of preservatives or artificial colourings to bring a healthy and genuine product with a rich fresh fruit flavour to the table.

### Chef's recommendation:

Excellent served as a snack or breakfast for adults and children alike, spread on bread or rusks. Perfect filling for sponge cakes, chocolate cakes or tarts, as well as for traditional Apulian biscuits and gourmet pastries. It is also recommended for making cheesecake, yoghurt and panna cotta.

### Ingredients:

Strawberry pulp and juice 72.5%, lemon juice and zest, sugar. Thickener: carob seed flour.

Nutritional Information	
Average values per 100g of product	
Energy	136kcal 578kj
Fat	0,3g
Saturated Fat	0,0g
Carbohydrate	32,7g
of which Sugar	32,4g
Dietary Fiber	1,0g
Protein	0,6g
Salt	0,0g

FORMAT	PCS PER BOX	EAN CODE
240 g - 8,47 Oz	6	8050513170204 *

## Apricot Extra Jam



To make this jam (more than 70% fruit), we use apricots from our fields in the heart of the Itria Valley. After being harvested by hand, they are selected and cut in half to remove the stones. During cooking, very little sugar and lemon juice are added to act as a preservative.

This extra jam is made without the addition of preservatives or artificial colourings to bring a healthy and genuine product with a rich fresh fruit flavour to your table. Its strong character and intense orange colour are the result of the warm Apulian climate.

### Chef's recommendation:

This simple and authentic apricot jam, just like the ones made in the old days, is ideal for a delicious and healthy breakfast, as well as for filling tarts and biscuits in general. Its lemon aftertaste and distinctive caramelised zest give it a tangy flavour, making it the perfect accompaniment to yoghurt, panna cotta, cheesecake, cream-based ice cream, as well as dairy products and soft fresh cheeses.

### Ingredients:

Apricot pulp and juice 73%, lemon juice and zest, sugar. Thickener: carob seed flour.

Nutritional Information	
Average values per 100g of product	
Energy	141kcal 598kj
Fat	0,1g
Saturated Fat	0,0g
Carbohydrate	34,3g
of which Sugar	34,0g
Dietary Fiber	1,2g
Protein	0,3g
Salt	0,0g

FORMAT	PCS PER BOX	EAN CODE
240 g - 8,47 Oz	6	8050513170211 *

## Orange Extra Marmalade



To make this jam (more than 70% fruit), we use top-quality Italian oranges. After being selected, they are cut by hand and diced. This artisanal process takes time but is essential for ensuring that the jam contains pieces of fruit.

This extra jam is made without the addition of preservatives or artificial colourings to bring a healthy and genuine product to the table with a rich fresh fruit flavour and natural orange colour.

### Chef's recommendation:

Ideal for a wholesome breakfast, it is perfect for filling delicious tarts and biscuits in general. Furthermore, thanks to its citrus flavour and degreasing power, it goes very well with mature and semi-mature soft cheeses.

### Ingredients:

Orange pulp and juice 71%, lemon juice and zest, sugar.  
Thickener: carob seed flour.

<b>Nutritional Information</b>	
<b>Average values per 100g of product</b>	
Energy	273kcal 1161kj
Fat	0,1g
Saturated Fat	0,0g
Carbohydrate	67,4g
of which Sugar	65,8g
Dietary Fiber	1,1g
Protein	0,4g
Salt	0,0g

FORMAT	PCS PER BOX	EAN CODE
240 g - 8,47 Oz	6	8050513170198 *

## Cherry Extra Jam



Cherry picking season is the most exciting time of year, because it signals the imminent arrival of summer. The cherries (Ferrovia variety) are picked in the fields of our farm and processed within a few hours. They are selected, washed and pitted by hand before being cooked. The very high fruit content (74.5%) means that only a minimal amount of sugar and lemon juice needs to be added. An essential characteristic of the jam is that it is cooked over a low heat before being poured into jars.

This extra jam is made without the addition of preservatives or artificial colourings to bring a healthy and genuine product with a rich fresh fruit flavour to the table. The artisanal process takes time, but it is essential to ensure that the jam contains excellent pieces of fruit.

### Chef's recommendation:

Ideal for starting the day with a healthy breakfast. Not only can it be spread on slices of bread and rusks or used to accompany yoghurt, but it can also be used to fill tarts and cakes in general.

### Ingredients:

Cherry pulp and juice 74.5%, lemon juice and zest, sugar. Thickener: carob seed flour.

Nutritional Information	
Average values per 100g of product	
Energy	187kcal 794kj
Fat	0,1g
Saturated Fat	0,0g
Carbohydrate	44,3g
of which Sugar	42,7g
Dietary Fiber	4,2g
Protein	0,4g
Salt	0,1g

FORMAT	PCS PER BOX	EAN CODE
240 g - 8,47 Oz	6	8050513170327 *

## Fig and Almond Extra Jam



Our fig and almond jam (80% fruit) is made with fresh fruit harvested from our farm. On the day of harvest, the figs are washed and the stalks and bases are removed with a knife so that they can then be cut into pieces. Thanks to their natural sweetness, very little sugar is added during cooking, along with almonds for crunchiness and lemon juice. The result is a delicious and versatile product.

### Chef's recommendation:

Ideal for a wholesome and genuine breakfast, this jam is very simple yet appealing thanks to the distinctive flavour imparted by toasted almonds and lemon zest. It is perfect for filling tarts or delicious butter biscuits. It can also be used to accompany dairy products, fresh cheeses and semi-mature soft cheeses.

### Ingredients:

Figs 78%, almonds 1.6%, sugar, lemon juice and zest.  
Thickener: carob seed flour.

Nutritional Information	
Average values per 100g of product	
Energy	223kcal 942kj
Fat	0,96g
Saturated Fat	0,1g
Carbohydrate	49,7g
of which Sugar	46,1g
Dietary Fiber	4,7g
Protein	1,6g
Salt	0,1g

FORMAT	PCS PER BOX	EAN CODE
240 g - 8,47 Oz	6	8050513170310 *

### Sliced Artichokes



Violetto artichokes, typical of Puglia, are grown in open fields and harvesting can last several months, from late November to April. Our experience has taught us that the first fruits are the best and most prestigious, which is why we use the largest and most fleshy artichokes in our oil preserves. Within a few hours of harvesting, they are trimmed by hand with a small knife to remove the outer leaves, cut into wedges and placed manually in jars with extra virgin olive oil.

The end product is a crisp, meaty artichoke with countless health benefits that can be enjoyed all year round, with a flavour comparable to that of freshly picked vegetables.

Nutritional Information	
Average values per 100g of product	
Energy	77kcal 320kj
Fat	6,1g
Saturated Fat	0,8g
Carbohydrate	6,1g
of which Sugar	0,4g
Dietary Fiber	4,2g
Protein	2,1g
Salt	1,8g

#### Chef's recommendation:

With their delicate flavour and crunchy texture, they are ideal as a starter, as a side dish for main courses, and to add flavour to green salads, rice dishes, or cold pasta dishes.

#### Ingredients:

Artichokes 79%, extra virgin olive oil 21%, wine vinegar, salt. Acidity regulator: citric acid. Contains SULPHITES.

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170358
320 g - 11,29 Oz	UPON REQUEST	8050513170266
520 g - 18,34 Oz	6	8050513170037
1,5 kg - 3,30 Lbs	2	8050513170020



### Sliced Aubergines

Grown in open fields on our farm in April and May, they are harvested by hand between August and October. They are selected, washed, peeled and sliced into whole slices. We prefer to slice them to maintain a fleshy and crunchy texture. Processed raw with vinegar to preserve the properties of the aubergine, they are bottled by hand with the addition of extra virgin olive oil, chilli pepper and garlic.

#### Chef's recommendation:

With their spicy flavour, they are ideal as a starter. Perfect for filling sandwiches and accompanying strong-flavoured cheeses. They can also be served as a side dish with meat and main courses.

#### Ingredients:

Aubergines 76%, extra virgin olive oil 15%, wine vinegar, garlic, chilli pepper, salt. Acidity regulator: citric acid.  
Contains SULPHITES.

Nutritional Information	
Average values per 100g of product	
Energy	54kcal 224kj
Fat	4,0g
Saturated Fat	0,5g
Carbohydrate	2,5g
of which Sugar	2,3g
Dietary Fiber	2,6g
Protein	1,2g
Salt	1,8g

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170334
320 g - 11,29 Oz	UPON REQUEST	8050513170044
520 g - 18,34 Oz	6	8050513170051
1,5 kg - 3,30 Lbs	2	8050513170235



### Lampascioni

The lampascione is a bulb rich in mineral salts that grows about 15-20 cm underground. Similar to a small onion but with a bitter taste, it requires a production process of about 10 days to make it sweeter and more palatable. Cleaning it requires careful and expert hands, which use a small knife to remove the outer layers of the bulb one by one and then blanch them in water and vinegar. According to Apulian tradition, they are bottled by hand with a bay leaf and extra virgin olive oil.

The result? A sweet, crunchy product whose flavour will remind you of our beloved Puglia region.

#### Chef's recommendation:

Their sweetness and crunchiness make them ideal as a tasty appetiser, to accompany delicious meats such as lamb, or to dress salads.

#### Ingredients:

Lampascioni 76%, extra virgin olive oil 23%, bay leaves, wine vinegar, salt. Acidity regulator: citric acid. Contains SULPHITES.

Nutritional Information Average values per 100g of product	
Energy	84kcal 349kj
Fat	4,9g
Saturated Fat	0,9g
Carbohydrate	5,7g
of which Sugar	4,6g
Dietary Fiber	7,4g
Protein	1,1g
Salt	1,2g

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170280
340 g - 11,99 Oz	6	8050513170068

### Sweet Peperonata



Cornaletti peppers, also known as friggitelli, are a native variety from Puglia with a sweet and intense flavour. They have an elongated horn shape, which is where they get their name cornaletti from. Our company grows them organically in open fields; planted in April, they are harvested between August and October. Hand-picked to select the reddest and sweetest ones, they are washed and cut to remove the seeds and make them easier to digest. They are diced and cooked with extra virgin olive oil, celery and garlic.

This preserve, one of the oldest in the Itria Valley, accompanied by homemade bread, was often eaten by farmers for lunch during the winter months. We continue to offer this recipe, handed down by our grandmother, with passion, so that you can learn about Apulian traditions.

Nutritional Information	
Average values per 100g of product	
Energy	139kcal 573kj
Fat	13,2g
Saturated Fat	2,2g
Carbohydrate	3,6g
of which Sugar	3,6g
Dietary Fiber	1,0g
Protein	0,9g
Salt	1,6g

#### Chef's recommendation:

This peperonata has a rounded, delicate flavour that makes it ideal for accompanying bruschetta, fritters, friselline and bread. Perfect for enjoying with a glass of good wine in the company of friends and family.

#### Ingredients:

Sweet peppers 64%, CELERY, extra virgin olive oil, salt, GARLIC. Acidity regulator: citric acid.

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170099 *

### Hot Peperonata



Cornaletti peppers, also known as friggitelli, are a native variety from Puglia with a sweet and intense flavour. They have an elongated horn shape, which is where they get their name cornaletti from. Our company grows them organically in open fields; planted in April, they are harvested between August and October. Hand-picked to select the reddest and sweetest ones, they are washed and cut to remove the seeds and make them easier to digest. They are diced and cooked with extra virgin olive oil, celery, garlic and chilli pepper, which gives them a spicy but balanced flavour.

This preserve, one of the oldest in the Itria Valley, accompanied by homemade bread, was often eaten by farmers for lunch during the winter months. We continue to offer this recipe, handed down by our grandmother, with passion, so that you can learn about Apulian traditions.

#### Nutritional Information

#### Average values per 100g of product

Nutritional Information	
Average values per 100g of product	
Energy	139kcal 573kj
Fat	13,2g
Saturated Fat	2,2g
Carbohydrate	3,6g
of which Sugar	3,6g
Dietary Fiber	1,0g
Protein	0,9g
Salt	1,6g

#### Chef's recommendation:

A perfect accompaniment to our aperitifs and appetisers, it enriches bruschetta, toasted bread, crostini or white pizza. It can also enhance platters of local cold cuts and cheeses such as Podolico caciocavallo, smoked scamorza and caciocotta, accompanied by a white wine from Puglia.

#### Ingredients:

Sweet peppers 64%, chilli peppers 16%, CELERY, extra virgin olive oil, salt, GARLIC. Acidity regulator: citric acid.

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170082



## Zucchini and Mint

Our courgettes are planted in open fields in April and harvested by hand in June and July. On the day of harvest, they are selected, washed, sliced and placed in special tubs, to be subsequently salted. Once the excess liquid has been removed, they are washed again with water and vinegar and placed manually in jars with extra virgin olive oil, garlic, chilli pepper and mint, which gives them a hint of freshness.

"Zucchini and mint" is a typical Apulian summer recipe that our grandmothers often served during family banquets. A dish that should be enjoyed cold, with a refreshing taste that can be used both as an appetiser and as a side dish.

### Chef's recommendation:

Il prodotto ha un sapore piacevolmente fresco e va gustato freddo sia come antipasto che come contorno. È ideale, inoltre, per arricchire panini o sandwich.

### Ingredients:

Courgettes 70%, mint 0.5%, extra virgin olive oil, white wine, wine vinegar, chilli pepper, salt, GARLIC. Contains SULPHITES.

<b>Nutritional Information</b>	
<b>Average values per 100g of product</b>	
Energy	199kcal 832kj
Fat	21,5g
Saturated Fat	2,98g
Carbohydrate	2,64g
of which Sugar	1,56g
Dietary Fiber	0,92g
Protein	0,96g
Salt	410mg

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170549
520 g - 18,34 Oz	6	8050513170754
1,5 kg - 3,30 Lbs	2	8050513170693

### Chicory Tips



Puntarelle are the 'heart' of catalogna chicory, a vegetable that is very common in Italy, especially in the centre and south. Grown in open fields in the autumn months, it is harvested in February. On the day of harvest, it is washed and its outer leaves are removed by hand. Then, using a small knife, the tips (puntarelle) are cut individually, blanched in water and apple cider vinegar, and placed by hand in jars with the addition of our own extra virgin olive oil.

#### Chef's recommendation:

Thanks to its versatility and delicious flavour, this product will allow you to indulge your imagination. You can use it as an appetiser or to accompany meat or fish main courses. All you have to do is try it!

#### Ingredienti:

Puntarelle 63%, extra virgin olive oil 29%, apple vinegar, water, salt, sugar.

Nutritional Information	
Average values per 100g of product	
Energy	262kcal 1098kj
Fat	28,2g
Saturated Fat	3,9g
Carbohydrate	2,2g
of which Sugar	1,2g
Dietary Fiber	1,0g
Protein	0,1g
Salt	230mg

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170563
520 g - 18,34 Oz	6	8050513170761
1,5 kg - 3,30 Lbs	2	8050513170747



## Fennel Carpaccio

Fennel, a vegetable with countless beneficial properties for our body, is grown on the farm from October to February. Once harvested, it is washed and stripped of its tough outer leaves, then sliced. The resulting carpaccio is lightly blanched and then placed manually into jars with extra virgin olive oil.

This process preserves the countless digestive and nutritional properties of this exceptional vegetable, bringing an exquisite and healthy delicacy to your table.

### Chef's recommendation:

Thanks to its versatility and delicious flavour, this product will allow you to indulge your imagination. You can use it as an appetiser or to accompany meat or fish main courses. All you have to do is try it!

### Ingredients:

Fennel 57%, extra virgin olive oil 35%, apple vinegar, water, salt, sugar.

<b>Nutritional Information</b>	
<b>Average values per 100g of product</b>	
Energy	326kcal 1365kj
Fat	34,4g
Saturated Fat	4,8g
Carbohydrate	4,6g
of which Sugar	0,4g
Dietary Fiber	1,8g
Protein	0,7g
Salt	252,6mg

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170570



### Turnip Greens Puglia Style

Turnip greens are one of Puglia's most representative vegetables and are often associated with orecchiette, one of our region's best-known recipes. Sown in open fields in early autumn, they can be harvested from late November to early April (depending on temperatures and varieties). It must be harvested by hand, using a small knife to cut the tenderest tops and leave the smaller ones to grow; this process is repeated several times during the plant's life cycle. After harvesting, the turnip greens are washed, blanched and placed manually in jars with extra virgin olive oil, garlic and chilli pepper.

#### Chef's recommendation:

The decision to make this product came from our desire to bring the true flavour of Puglia to our customers' tables all year round. Ideal for dressing pasta, it can also be used as an appetiser or side dish for main courses.

#### Ingredienti:

Turnip greens 78%, extra virgin olive oil 21%, water, GARLIC, chilli pepper, salt. Acidity regulator: citric acid.

Nutritional Information Average values per 100g of product	
Energy	214 kcal/ 895 kj
Fat	21,3g
Saturated Fat	3,0g
Carbohydrate	4,9g
of which Sugar	0,2g
Dietary Fiber	2,6g
Protein	2,4g
Salt	0,21g

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170594

### Tomato and Basil Bruschetta



For this product, our company grows long tomatoes in open fields from April to May. This allows the fruit to reach perfect ripeness during the hottest months (July and August). Harvested by hand, they are washed and, only after careful selection, are the best tomatoes used, cut and salted. They are then seasoned with basil freshly picked from our fields, garlic and extra virgin olive oil produced by us..

#### Chef's recommendation:

The decision to make this product came from our desire to bring the true flavour of Puglia to our customers' tables all year round. Ideal for dressing bruschetta, frise and crostini, it can also be used to enrich your sandwiches or add flavour to salads.

#### Ingredients:

Tomatoes 87%, basil 0.73%, extra virgin olive oil 12%, GARLIC, salt.

Nutritional Information	
Average values per 100g of product	
Energy	232 kcal/ 959 kj
Fat	21,4g
Saturated Fat	6,7g
Carbohydrate	9,0g
of which Sugar	6,4g
Dietary Fiber	0g
Protein	0,78g
Salt	0,08g

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170730



## Artichokes Cream

Violetto artichokes, typical of Puglia, are grown in open fields and harvesting can last several months, from late November to April. Our experience shows us that the first fruits are the best and most prestigious, which is why we use the largest and most fleshy artichokes in our oil preserves. Within a few hours of harvesting, they are trimmed by hand with a small knife to remove the outer leaves, cut into wedges and blanched.

The unique feature of our cream is that we use only the heart of the artichoke, which is the most prized part, with the sole addition of extra virgin olive oil and mint. The highest quality raw materials make all the difference.

### Chef's recommendation:

This artichoke cream with extra virgin olive oil can be served as an appetiser spread on slices of toasted bread or accompanied by croutons. It can also be used as a pasta sauce or ingredient in main courses, especially meat dishes.

### Ingredients:

Artichokes 89%, extra virgin olive oil 10%, wine vinegar, salt. Contains SULPHITES. Acidity regulator: citric acid.

Nutritional Information Average values per 100g of product	
Energy	77kcal 320kj
Fat	6,1g
Saturated Fat	0,8g
Carbohydrate	6,1g
of which Sugar	0,4g
Dietary Fiber	4,2g
Protein	2,1g
Salt	1,8g

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170129

## Aubergines Cream



Grown in open fields on our farm in April and May, they are harvested by hand between August and October. They are selected, washed, peeled and sliced into whole slices. Processed raw with vinegar to preserve the properties of the aubergine, they are ground with the addition of extra virgin olive oil, chilli pepper, garlic and mint.

### Chef's recommendation:

This aubergine cream with extra virgin olive oil can be served as an appetiser spread on slices of toasted bread or accompanied by croutons. It can also be used as a pasta sauce or ingredient in main courses, especially meat dishes.

Nutritional Information	
Average values per 100g of product	
Energy	54kcal 224kj
Fat	4,0g
Saturated Fat	0,5g
Carbohydrate	2,5g
of which Sugar	2,3g
Dietary Fiber	2,6g
Protein	1,2g
Salt	1,8g

### Ingredients:

Aubergines 76%, extra virgin olive oil 15%, chilli pepper, salt, white wine vinegar, GARLIC. Contains SULPHITES. Acidity regulator: citric acid.

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170341

## Turnip Greens Pâté



Turnip greens are one of Puglia's most representative vegetables and are often associated with orecchiette, one of our region's best-known recipes. Sown in open fields in early autumn, they can be harvested from late November to early April (depending on temperatures and varieties). It must be harvested by hand, using a small knife to cut the tenderest tops and leave the smaller ones to grow; this process is repeated several times during the plant's life cycle. After harvesting, the turnip greens are washed, blanched and ground with extra virgin olive oil, garlic and chilli pepper.

### Chef's recommendation:

The decision to make this pâté came from a desire to bring the true flavour of Puglia to our customers' tables all year round. Ideal for dressing pasta, it can also be used to enrich crostini and bruschetta.

### Ingredients:

Turnip greens 78%, extra virgin olive oil 21%, chilli pepper, salt, water, GARLIC. Acidity regulator: citric acid.

<b>Nutritional Information</b> Average values per 100g of product	
Energy	214 kcal/ 895 kj
Fat	21,3g
Saturated Fat	3,0g
Carbohydrate	4,9g
of which Sugar	0,2g
Dietary Fiber	2,6g
Protein	2,4g
Salt	0,21

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170471

### Sun-dried Tomato Pâté



For this product, our company grows long tomatoes in open fields from April to May. This allows the fruit to reach perfect ripeness during the hottest months (July and August), which are ideal for drying. Harvested by hand, they are washed and, only after careful selection, the best tomatoes are used, cut and placed on drying racks. After salting, they need 5-6 days of generous sunshine to complete the drying process. Washed with water and vinegar to partially remove the salt, they are ground with our own extra virgin olive oil and stored in jars. This process requires an intense week of work, and 10 kg of fresh tomatoes yield about 1 kg of dried product.

#### Chef's recommendation:

Nutritional Information Average values per 100g of product	
Energy	267kcal 1117kj
Fat	14g
Saturated Fat	1,18g
Carbohydrate	29g
of which Sugar	16g
Dietary Fiber	8,4g
Protein	5,3g
Salt	0,6g

This sun-dried tomato pâté with extra virgin olive oil can be served as an appetiser spread on slices of toasted bread or accompanied by croutons. It can also be used as a pasta sauce or ingredient in main courses, especially meat dishes. For the more adventurous, it can be used in delicious recipes such as spaghetti with garlic, oil and sun-dried tomatoes or as a sandwich filling.

#### Ingredients:

Dried tomatoes 53%, extra virgin olive oil 40%, wine vinegar, white wine, salt. Contains SULPHITES.

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170631



### Zucchini and Mint Pâté

Our courgettes are planted in open fields in April and harvested by hand in June and July. On the day of harvest, they are selected, washed, sliced and placed in special tubs, to be subsequently salted. Once the excess liquid has been removed, they are washed again with water and vinegar, chopped with extra virgin olive oil and mint, which gives them a hint of freshness, and placed in jars.

#### Chef's recommendation:

The decision to create this pâté came from a desire to bring the true flavour of Puglia to our customers' tables all year round. It is ideal for dressing pasta, but can also be used to enrich crostini and bruschetta.

Nutritional Information	
Average values per 100g of product	
Energy	199kcal 832kj
Fat	21,5g
Saturated Fat	2,98g
Carbohydrate	2,64g
of which Sugar	1,56g
Dietary Fiber	0,92g
Protein	0,96g
Salt	410mg

#### Ingredients:

Courgettes 70%, extra virgin olive oil, mint 0.5%, wine vinegar, salt, white wine, water. Contains SULPHITES.

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170631



### Sun-dried Tomatoes

For this product, our company grows long tomatoes in open fields from April to May. This allows the fruit to reach perfect ripeness during the hottest months (July and August), which are ideal for drying. Harvested by hand, they are washed and, only after careful selection, the best tomatoes are used, cut and placed on drying racks. After salting, they need 5-6 days of generous sunshine to complete the drying process. Washed with water and vinegar to partially remove the salt, they are placed in jars to which we add our ORGANIC oil. This process requires an intense week of work, and 10 kg of fresh tomatoes yield about 1 kg of dried product.

#### Chef's recommendation:

Thanks to its flavour and crunchiness, this product makes a great appetiser. Ideal for pairing with main courses, it can also be used to add flavour to green and rice salads. For the more adventurous, it can be used as an ingredient in delicious recipes such as spaghetti with garlic, oil and sun-dried tomatoes or as a sandwich filling.

#### Ingredients:

Dried tomatoes 53%, extra virgin olive oil 40%, wine vinegar, white wine, salt. Contains SULPHITES.

Nutritional Information	
Average values per 100g of product	
Energy	267kcal 1117kj
Fat	14g
Saturated Fat	1,18g
Carbohydrate	29g
of which Sugar	16g
Dietary Fiber	8,4g
Protein	5,3g
Salt	0,6g

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170532
1,5 kg - 3,30 Lbs	2	8050513170709

### Hot Chilli Pepper



Our Guardacielo variety chillies are grown in open fields in April and harvested by hand from August to October. They are then carefully selected and washed before being sliced, salted and left to "mature" for 24 hours. Once ready, they are washed again with water and vinegar and placed manually in jars with the addition of our own extra virgin olive oil. The result is hot chillies that are easy to store over time and ready to be used whenever you want. Ideal for those who love spicy food!

#### Chef's recommendation:

This decidedly spicy product can be used to enrich the flavour of first courses such as pasta and risotto. A few drops can be added to pizza or soups.

#### Ingredients:

Hot chilli peppers 36%, extra virgin olive oil, wine vinegar, salt. Contains SULPHITES.

Nutritional Information	
Average values per 100g of product	
Energy	503kcal 2104kj
Fat	52,2g
Saturated Fat	8,15g
Carbohydrate	1,5g
of which Sugar	0,5g
Dietary Fiber	0,0g
Protein	0,76g
Salt	0,77g

FORMAT	PCS PER BOX	EAN CODE
100 g - 3,53 Oz	12	8050513170600

### Hot Chilli Pepper Pâté



#### Nutritional Information

##### Average values per 100g of product

Nutritional Information	
Average values per 100g of product	
Energy	503kcal 2104kj
Fat	52,2g
Saturated Fat	8,15g
Carbohydrate	1,5g
of which Sugar	0,5g
Dietary Fiber	0,0g
Protein	0,76g
Salt	0,77g

Our Guardacielo variety chillies are grown in open fields in April and harvested by hand from August to October. Once harvested, they are carefully selected and washed, then sliced, salted and left to "mature" for 24 hours. As soon as they are ready, they are washed again with water and vinegar, ground with the addition of our own extra virgin olive oil and then placed in jars. The hot chilli pepper pâté is very easy to measure out for your dishes and can be used whenever you want to add a spicy note to your meals. Ideal for those who love spicy food!

#### Chef's recommendation:

This decidedly spicy product can be used to enrich the flavour of first courses such as pasta and risotto. A few drops can be added to pizza or soups.

#### Ingredients:

Hot chilli peppers 36%, extra virgin olive oil, wine vinegar, salt. Contains SULPHITES.

FORMAT	PCS PER BOX	EAN CODE
100 g - 3,53 Oz	12	8050513170617

## Lupini Beans in Brine



Lupins are high-energy legumes rich in minerals such as iron and potassium, vitamin B1 and protein. The countless benefits of this food are still being studied, but it is believed to have benefits for the cardiovascular system, for reducing bad cholesterol and for diabetics.

Consuming thirty grams of the product per day ensures that 25% of the recommended daily intake of protein is achieved.

The plant is cultivated in open fields during the winter months and produces crushed seeds that are dried in the sun. The dried seeds are processed for about 10 days to remove the alkaloids they contain. They are then bottled with the addition of brine and pasteurised. This process preserves all the properties and benefits of this legume, which can be easily consumed as a snack or appetiser.

Nutritional Information	
Average values per 100g of product	
Energy	97kcal 407kj
Fat	2,1g
Saturated Fat	0,3g
Carbohydrate	4,9g
of which Sugar	0,3g
Dietary Fiber	3,1g
Protein	13,2g
Salt	1,8g

### Chef's recommendation:

Ideal as an appetiser, but can also be enjoyed by those seeking a healthy, energy-boosting, protein-rich snack that is low in fat.

### Ingredients:

Lupins, water, salt. Acidity regulator: malic acid.

FORMAT	PCS PER BOX	EAN CODE
220 g - 7,76 Oz	6	8050513170518
2 kg - 4,41 Lbs	2	8050513170525



## Pickled Wild Onions

The lampascione is a bulb rich in mineral salts that grows about 15-20 cm underground. Similar to a small onion but with a bitter taste, it requires a production process of about 10 days to make it sweeter and more palatable. Cleaning it requires careful and expert hands, which use a small knife to remove the outer layers of the bulb one by one. Once potted by hand, brine is added and they are pasteurised raw. This process allows them to retain their crunchiness and countless benefits for our body.

### Chef's recommendation:

Ideal as an appetiser. They are also excellent as an accompaniment to green salads, rice or pasta dishes. They can also be a delicious side dish for meat and fish main courses with the addition of a drizzle of our extra virgin olive oil.

Nutritional Information	
Average values per 100g of product	
Energy	44kcal 184kj
Fat	0,8g
Saturated Fat	0,0g
Carbohydrate	4,6g
of which Sugar	4,6g
Dietary Fiber	1,8g
Protein	0,9g
Salt	21mg

### Ingredients:

Lampascioni 52%, brine 45%, wine vinegar, white wine, water, bay leaves. Contains SULPHITES.

FORMAT	PCS PER BOX	EAN CODE
300 g - 10,58 Oz	6	8050513170488



## Sweet and sour vegetables

A typical product of Italian tradition, prepared by hand with fresh vegetables grown at Masseria Calongo to offer you an authentic, high-quality experience. With Giardiniera in Agrodolce, you can bring the authentic aromas and flavours of Puglia to your table, with the guarantee of a natural product made with love for the land.

The decision to make this product came from a desire to bring the true flavour of Puglia to our customers' tables all year round. Prepared with a selection of fresh, high-quality vegetables, this preserve is enriched with a delicious combination of vinegar and sugar that gives it a perfectly balanced flavour.

Nutritional Information	
Average values per 100g of product	
Energy	43kcal 180kj
Fat	1,0g
Saturated Fat	0,2g
Carbohydrate	7,5g
of which Sugar	7,0g
Dietary Fiber	1,6g
Protein	1,0g
Salt	17mg

### Chef's recommendation:

Perfect as an appetiser or to accompany meat dishes, mature cheeses or crostini. It can also be used to enrich salads and cold dishes. Ideal as an appetiser, side dish or to enrich your dishes, our giardiniera is the perfect accompaniment for any occasion.

### Ingredients:

Vegetables in varying proportions (carrot, fennel, bell pepper, cauliflower, courgette), wine vinegar, water, salt, sugar. Contains SULPHITES.

FORMAT	PCS PER BOX	EAN CODE
280 g - 9,88 Oz , Net weight	6	8050513170037
850 g - 29,98 Oz , Net weight	2	8050513170945



Our crops range from vegetables to cereals and legumes. We are committed to strictly adhering to farming methods that fully respect nature and the land, from organic fertilisation to respecting the natural cycles of plants, right through to processing the raw materials within 24 hours of harvesting. We use traditional methods such as sun drying and only natural ingredients for preservation.

All stages, from sowing to packaging, are strictly carried out by hand. We focus solely on the quality of our products and for this reason we only use our own oil in our preserves and pickles, to bring the aromas and flavours of our beloved land to your table.

Our commitment to quality is reflected in every step of the process, from the selection of seeds to the final product.





Follow Us



Website



Contrada Calongo, 4  
72014 Cisternino BR - Italy

+39 080 4446738  
 +39 392 3861485

[www.masseriocalongo.com](http://www.masseriocalongo.com)  
[info@masseriocalongo.com](mailto:info@masseriocalongo.com)

AgriturismoMasseriaCalongo  
 masseriocalongo