

## DISCOVER OUR COMPANY

**Masseria Calongo** arises in **Valle d'Itria**, an enchanting portion of Apulia Region considered one of the most beautiful of Italy, unique thanks to its coasts, microclimate, biodiversity and food and wine. Our is a young farm characterized by the short supply chain, where we cultivate raw materials and then transform them **respecting the traditions passed down** by our grandpas. Through the experiences and lessons learned from the past, we **take care of raw materials**, from planting moments to packaging, to offer you a **high-quality final product**.

Our crops range from planting vegetables to that of cereals and legumes. However, we also take care of our wonderful and sculptural **centuries-old plants of olive tree**, fruit trees and almond trees. We are committed to scrupulously supporting agricultural methods, that **wholly respect nature and territory**, from organic manuring to the respect of plant life cycle, up to the transformation of raw material, within 24 hours after the harvest. We use **traditional processes**, such as sun drying; as concerns for the conservation, we use exclusively natural ingredients, such as salt, sugar, vinegar, and our extra virgin olive oil.



## OUR PRODUCTS

All the phases, from planting moments to packaging, are **rigorously hand-made** with **attention and love**, which characterize every act to give you our extra-virgin biological olive oil and the best of vegetables preserved in oil, jam, marmalade, compote, jellies and pasta.

We are very focused on the **quality of our products**, for this, we use for our preserves and in our vegetables in oil exclusively oil from our production to put on your tables the perfumes and tasty of our lovely land.



## RED ONION COMPOTE

*Compotes - Creams - Jellies*

### DESCRIPTION

For our onion-based products, we respect a natural growth cycle of 9 months: the cultivating process is rigorously hand-made as well as the harvest, selection and cleaning.

### RECOMMENDED USAGES

This compote is very particular, matches with different types of cheeses, both matured with a strong taste and half-matured with a more delicate taste. Thanks to its degreasing power, is a good companion for grilled meats, boiled meats and game in general.

### INGREDIENTS

Red onion 53%, balsamic vinegar, red wine, sugar.  
Thicken: locust bean gum.  
It may contain: **sulphates**.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	1100 KJ / 260 Kcal
<b>Fat</b>	0,9 g
<i>of which saturated fatty acids</i>	0,2 g
<b>Carbohydrate</b>	54,6 g
<i>of which sugar</i>	44,9 g
<b>Fibre</b>	6,8 g
<b>Protein</b>	5,4 g
<b>Salt</b>	0,3 g



### SIZE

100 g - 270 g - 1,1 Kg

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request



## ONION AND THYME COMPOTE

*Compotes - Creams - Jellies*

### DESCRIPTION

For our onion-based products, we respect a natural growth cycle of 9 months: the cultivating process is rigorously hand-made as well as the harvest, selection and cleaning.

In order to maintain the relationship with our territory, we decided to use the two more representative herbs of the Apulian region: Thyme and rosemary.

### RECOMMENDED USAGES

This compote is very particular, matches with different types of cheeses, both matured with a strong taste and half-matured with a more delicate taste. Thanks to its degreasing power, is a good companion for grilled meats, boiled meats and game in general.

### INGREDIENTS

Red onion 70%, sugar, white wine vinegar, balsamic vinegar, salt, thyme 0,1%, rosemary.

Thicken: locust bean gum.

It may contain: **sulphates**.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	430 KJ / 103 Kcal
<b>Fat</b>	0,1 g
<i>of which saturated fatty acids</i>	0,0 g
<b>Carbohydrate</b>	27,0 g
<i>of which sugar</i>	26,5 g
<b>Fibre</b>	1,0 g
<b>Protein</b>	0,8 g
<b>Salt</b>	8,3 mg



### SIZE

100 g - 270 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## ONION & APPLE COMPOTE

*Compotes - Creams - Jellies*

### DESCRIPTION

The Apple sweetness and the onion crunchiness are two qualities that give a unique tastiness to the product.

The artisanal productive process preserves the organoleptic qualities of raw material, giving you the chance to distinguish all the flavours while you taste it.

### RECOMMENDED USAGES

Its balanced sweetness makes it a perfect match for red meats or to stuff a gourmet sandwich and hamburger. As all our compote it can be used to match a cheeseboard.

### INGREDIENTS

Red Onion 53%, Apple 20%, aromas, balsamic vinager , white wine vinegar, chili pepper, salt, sugar.

Thinken: locust bean gum.

It may contain: **sulphates**.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	452 KJ /108 Kcal
<b>Fat</b>	0,1 g
<i>of which satured fatty acids</i>	0,0 g
<b>Carbohydrate</b>	27,8 g
<i>of which sugar</i>	27,0 g
<b>Fibre</b>	1,2 g
<b>Protein</b>	0,6 g
<b>Salt</b>	7 mg



### SIZE

100 g - 270 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## ONION & ORANGE COMPOTE

*Compotes - Creams - Jellies*

### DESCRIPTION

The oranges are peeled one by one, cut into cubes and cooked with onion to preserve the different textures of the products.

### RECOMMENDED USAGES

The combination of red onion and orange stems from the desire to create an ideal product to combine cheese. The compote matches with both matured with a strong taste and half-matured with a more delicate taste. Thanks to its degreasing power, is a good companion for grilled meats, boiled meats and game in general.

### INGREDIENTS

Red onion 53%, Oranges 21%, Orange peel, aromas, balsamic vinager, white wine vinager, chili pepper, salt, sugar.  
Thicken: locust bean gum.  
It may contain **sulphates**.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	556 KJ / 133 Kcal
<b>Fat</b>	0,01 g
<i>of which saturated fatty acids</i>	0,0 g
<b>Carbohydrate</b>	34,2 g
<i>of which sugar</i>	33,8 g
<b>Fibre</b>	1,1 g
<b>Protein</b>	0,8 g
<b>Salt</b>	7,0 mg



### SIZE

100 g - 270 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## CHILI PEPPER KETCHUP

*Compotes - Creams - Jellies*

### DESCRIPTION

This cream is thought to offer you a healthy and genuine alternative to ketchup and other **industrial** sauces present on market. To enhance the Apulian origins characteristics, the product has a spicy taste but is not delicate.

### RECOMMENDED USAGES

It is perfect to combine with dairy products, semi-mature and very mature characterized by intense and strong taste. Thanks to its balance between sweetness and spicy character, matches perfectly with grilled baked and breaded meats. In addition, it can be used with chips and various snacks or to stuff sandwiches.

### INGREDIENTS

Sweet red peppers, chilies 13%, salt, sugar.  
Thicken: locust bean gum.

### NUTRITIONAL VALUE

*for 100gr*

<b>Energy</b>	559 KJ / 132 Kcal
<b>Fat</b>	0,4 g
<i>of which satured fatty acids</i>	0,1 g
<b>Carbohydrate</b>	30,7 g
<i>of which sugar</i>	29,6 g
<b>Fibre</b>	1,8 g
<b>Protein</b>	5,4 g
<b>Salt</b>	0,3 g



### SIZE

100 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## PRICKLY PEAR JELLY

*Compotes - Creams - Jellies*

### DESCRIPTION

Our Jellies are a product line that can be used for the similar honey purposes. The prickly pear is a very ancient fruit with countless benefits. The making of prickly pear jelly is full of challenges and complex and long steps. The commitment and cure allow obtaining a product characterized by the typical Apulian and summer perfume.

### RECOMMENDED USAGES

Is perfect for breakfast or for snack time spread on bread, rusks, dry biscuits. We suggest you try it as an elegant filling for cheesecakes, yogurt, ice cream or panna cotta. Definitely try it on platters of fresh or semi-matured cheeses.

### INGREDIENTS

Prickly pear juice 78%, lemon juice and zest, sugar.

Thickener: locust bean gum.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	636 KJ / 150 Kcal
<b>Fat</b>	0,1 g
<i>of which saturated fatty acids</i>	0,0 g
<b>Carbohydrate</b>	35,8 g
<i>of which sugar</i>	33,9 g
<b>Fibre</b>	1,1 g
<b>Protein</b>	0,9 g
<b>Salt</b>	0,1 g



### SIZE

100 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request



## PAMEGRANATE EXTRA JELLY

*Compotes - Creams - Jellies*

### DESCRIPTION

Our Jellies are a product line that can be used for the similar honey purposes. The pomegranate has low calories and high beneficial properties. The juice obtained by squeezing its ruby kernels has a sour taste and is rich in tannin. The jelly is made by adding only a low percentage of sugar and lemon juice to the red nectar (75%)

### RECOMMENDED USAGES

Is perfect for breakfast or for snack time spread on bread, rusks, dry biscuits. We suggest you try it as an elegant filling for cheesecakes, yogurt, ice cream or panna cotta. Definitely try it on platters of fresh or semi-matured cheeses.

### INGREDIENTS

Lemon juice, pomegranate juice 75%, sugar.

Thickener: locust bean gum.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	598 KJ / 143 Kcal
<b>Fat</b>	0,9 g
<i>of which saturated fatty acids</i>	0,1 g
<b>Carbohydrate</b>	34,9 g
<i>of which sugar</i>	31,7 g
<b>Fibre</b>	3,5 g
<b>Protein</b>	1,25 g
<b>Salt</b>	2,8 mg



### SIZE

100 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## APRICOT EXTRA JAM

*Jams and marmalades*

### DESCRIPTION

To realize this jam (more than 70% of Fruit) are used apricot which came from our fields located in the heart of Valle D'Itri. This extra jam is realized without preserves or artificial colours in order to bring to your table an healthy and genuine product rich in the taste of fresh fruit.

### RECOMMENDED USAGES

The simple and traditional apricot jam is perfect for a healthy breakfast but also to fill jam tart or biscuits in general. Its lemony after taste and special caramelised zest give it a sour touch making it the idal companion to yogurt , panne cotte, cheescake, cream-based ice cream, but also dairy products and fresh soft cheese.

### INGREDIENTS

Apricot pulp and juice 73%, juice and zest lemon , sugar .

Thickener: locust bean gum.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	598 KJ / 141 Kcal
<b>Fat</b>	0,1 g
<i>of which satured fatty acids</i>	0,0 g
<b>Carbohydrate</b>	34,3 g
<i>of which sugar</i>	34,0 g
<b>Fibre</b>	1,2 g
<b>Protein</b>	0,3 g
<b>Salt</b>	0,0 g



### SIZE

260 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## ORANGE EXTRA JAM

*Jams and marmalades*

### DESCRIPTION

To realize this jam (more than 70% of Fruit) are used top-quality oranges. This extra jam is realized without preservatives or artificial colours in order to bring to your table an healthy and genuine product rich in the taste of fresh fruit, orange coloured.

### RECOMMENDED USAGES

Ideal for a good, wholesome breakfast, it can be used to fill excellent tarts and biscuits in general.

Moreover, 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%, juice and zest lemon, sugar .

Thickener: locust bean gum.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	1161 KJ / 273 Kcal
<b>Fat</b>	0,1 g
<i>of which saturated fatty acids</i>	0,0 g
<b>Carbohydrate</b>	67,4 g
<i>of which sugar</i>	65,8 g
<b>Fibre</b>	1,1 g
<b>Protein</b>	0,4 g
<b>Salt</b>	0,0 g



### SIZE

260 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## CHERRY EXTRA JAM

*Jams and marmalades*

### DESCRIPTION

The cherries ( Ferrovìa variety) are harvested in the fields of our farm and processed after a few hours. They are selected, washed and pitted by hand being cooked. The high percentage of fruits (74,5%) allows us to add only a minimum percentage of sugar and lemon juice. Product without the addition of preserve or artificial colours to bring to your table a healthy and genuine product rich in taste of fresh fruit.

### RECOMMENDED USAGES

Ideal for starting the day with a healthy breakfast. Not only can it be spread on toast or used to accompany yogurt, but it can be used to fill tarts and cakes in general.

### INGREDIENTS

Cherry pulp and juice 74,5 %, juice and lemon zest, sugar.

Thickener: locust bean gum.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	794 KJ / 187 Kcal
<b>Fat</b>	0,1 g
<i>of which saturated fatty acids</i>	0,0 g
<b>Carbohydrate</b>	44,3 g
<i>of which sugar</i>	42,7 g
<b>Fibre</b>	4,2 g
<b>Protein</b>	0,4 g
<b>Salt</b>	0,1 g



### SIZE

260 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request



## FIG & ALMOND EXTRA JAM

*Jams and marmalades*

### DESCRIPTION

Our Fig & Almond jam (80% of fruit) is produced with fresh fruit harvested in the fields or our company. On the day of harvesting, the figs are washed and stripped of their stalks and bases that they can be cut into pieces. Thanks to the Fig sweetness is added a minimum quantity of sugar and almonds gives it crunchiness.

### RECOMMENDED USAGES

Ideal for a good wholesome breakfast. It has a special flavour thanks to the toasted almonds and lemon zest. It can be used to fill tarts or with delicious butter biscuits. It can also be used to accompany dairy products, fresh and semi-mature soft cheeses.

### INGREDIENTS

Figs 78%, Almonds 1,6%, sugar, juice and lemon zest.

Thickener: locust bean gum.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	942 KJ / 223 Kcal
<b>Fat</b>	0,96 g
<i>of which saturated fatty acids</i>	0,1 g
<b>Carbohydrate</b>	49,7 g
<i>of which sugar</i>	46,1 g
<b>Fibre</b>	4,7 g
<b>Protein</b>	1,6 g
<b>Salt</b>	0,1 g



### SIZE

260 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## SLICED ARTICHOKEs IN EVO OIL

*In EVO oil*

### DESCRIPTION

Artichokes - Violetto variety - typical of Apulia, are grown in open field, and the harvest can take several months, from the end of November to April. Our experience teaches us that first fruits are the best and most prestigious, reason why we use bigger and fleshier artichokes for our products in oil. Within few hours from the harvest, they are turned by hand with a pocketknife to remove outer leaves, cut into wedges and placed manually in jars with extra virgin olive oil.

### RECOMMENDED USAGES

Delicate in taste and with a crunchy compactness, they can be served with a good starter, as a side dish for main courses and to add flavour to green salads, rice salad or pasta salad.

### INGREDIENTS

Artichokes 79%, EVO oil 21%, mint, vinegar, salt.

Preservatives: citric acid.

It may contain **sulphites**.

### NUTRITIONAL VALUE

*for 100gr*

<b>Energy</b>	320 KJ / 77 Kcal
<b>Fat</b>	6,1 g
<i>of which saturated fatty acids</i>	0,8 g
<b>Carbohydrate</b>	6,1 g
<i>of which sugar</i>	0,4 g
<b>Fibre</b>	4,2 g
<b>Protein</b>	2,1 g
<b>Salt</b>	1,8 g



### SIZE

220 g - 520 g - 1,5 kg

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## SLICED AUBERGINES IN EVO OIL

*In EVO oil*

### DESCRIPTION

Cultivated in the open field 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 maintain the properties of the aubergine, they are potted by hand with the addition of EVO oil, chilli pepper and garlic.

### RECOMMENDED USAGES

With their spicy character, they lend themselves very well to being served as a good starter. They are ideal for filling sandwiches and accompanying strong cheeses. They can also be used as a side dish for meat and main courses.

### INGREDIENTS

Aubergines 76%, EVO oil 15%, vinegar, garlic, chilli pepper, salt.

Preservatives: citric acid.

Allergens: **garlic**, may contain sulphites.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	224 KJ / 54 Kcal
<b>Fat</b>	4,0 g
<i>of which saturated fatty acids</i>	0,5 g
<b>Carbohydrate</b>	2,5 g
<i>of which sugar</i>	2,3 g
<b>Fibre</b>	2,6 g
<b>Protein</b>	1,2 g
<b>Salt</b>	1,8 g



### SIZE

220 g - 520 g - 1,5 kg

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## LAMPASCIONI

*In EVO oil*

### DESCRIPTION

The lampascione is a mineral-rich bulb 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. Its cleaning requires careful, expert hands that use a small knife to remove the outer layers of the bulb one by one and then blanch them in water and vinegar. They are then potted by hand with a bay leaf and extra virgin olive oil, as is traditional in Puglia.

### RECOMMENDED USAGES

Their crunchiness and sweetness make them ideal as a tasty starter, to accompany delicious meats, such as lamb or as a salad dressing.

### INGREDIENTS

Lampascioni 76%, EVO oil 23%, bay leaf, vinegar, salt. Preservatives: Citric acid.

### NUTRITIONAL VALUE

*for 100gr*

<b>Energy</b>	349 KJ / 84 Kcal
<b>Fat</b>	4,9 g
<i>of which saturated fatty acids</i>	0,9 g
<b>Carbohydrate</b>	5,7 g
<i>of which sugar</i>	4,6 g
<b>Fibre</b>	7,4 g
<b>Protein</b>	1,1 g
<b>Salt</b>	1,2 g



### SIZE

220 g - 360 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request



## SWEET PEPERONATA

*In EVO oil*

### DESCRIPTION

Small peppers, also called “friggitelli”, are a native Apulian variety, with a sweet, intense flavour. They have an elongated horn shape from which they get their name 'cornaletti'. Our company grows them organically in open fields. Harvested by hand to select the reddest and sweetest, they are washed and cut to remove the seeds and facilitate digestion. They are diced and cooked with extra virgin olive oil, celery and garlic.

### RECOMMENDED USAGES

This peperonata has a round, delicate taste that makes it ideal with bruschetta, fritters, friselline and bread. Ideal to accompany a glass of good wine.

### INGREDIENTS

Sweet peppers 64%, **celery**, extra virgin olive oil, salt, **garlic**.

Preservatives: Citric acid.

Allergens: **garlic, celery**.

### NUTRITIONAL VALUE

*for 100gr*

<b>Energy</b>	573 KJ / 139 Kcal
<b>Fat</b>	13,2 g
<i>of which satured fatty acids</i>	2,2 g
<b>Carbohydrate</b>	3,6 g
<i>of which sugar</i>	3,6 g
<b>Fibre</b>	1,0 g
<b>Protein</b>	0,9 g
<b>Salt</b>	1,6 g



### SIZE

240 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## SPICY PEPERONATA

*In EVO oil*

### DESCRIPTION

Small peppers, also called “friggitelli”, are a native Apulian variety, with a sweet, intense flavour. They have an elongated horn shape from which they get their name 'cornaletti'. Our company grows them organically in open fields. Harvested by hand to select the reddest and sweetest, they are washed and cut to remove the seeds and facilitate digestion. They are diced and cooked with extra virgin olive oil, celery and garlic and chilli pepper which gives it a spicy, balanced taste.

### RECOMMENDED USAGES

This peperonata has a round, delicate taste that makes it ideal with bruschetta, fritters, friselline and bread. Ideal to accompany a glass of good wine.

### INGREDIENTS

Sweet peppers 64%, **celery**, EVO oil, salt, **garlic**.

Preservatives: citric acid.

Allergens: **garlic, celery**.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	573 KJ / 139 Kcal
<b>Fat</b>	13,2 g
<i>of which saturated fatty acids</i>	2,2 g
<b>Carbohydrate</b>	3,6 g
<i>of which sugar</i>	3,6 g
<b>Fibre</b>	1,0 g
<b>Protein</b>	0,9 g
<b>Salt</b>	1,6 g



### SIZE

220 g - 1,1 kg

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## ZUCCHINI & MINT IN EVO OIL

*In EVO oil*

### DESCRIPTION

“Zucchini & mint” is a typical Apulian summer recipe, that our grandmothers often serve during family feasts.

A dish to be tasted cold, with a refreshing taste which can be used both as an appetizer and as a side dish.

### RECOMMENDED USAGES

The product has a pleasantly fresh taste, to be tasted cold, both as an appetizer and as a side dish. It is also ideal to enrich sandwiches.

### INGREDIENTS

Zucchini 70%, mint 0,5%, EVO oil, white wine, white wine vinegar, chilli pepper, salt, **garlic**.

Allergens: **garlic**.

May contain sulphites.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	832 KJ / 199 Kcal
<b>Fat</b>	21,5 g
<i>of which saturated fatty acids</i>	2,98 g
<b>Carbohydrate</b>	2,64 g
<i>of which sugar</i>	1,56 g
<b>Fibre</b>	0,92 g
<b>Protein</b>	0,96 g
<b>Salt</b>	410 mg



### SIZE

220 g - 1,5 kg

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## CHICORY IN EVO OIL

*In EVO oil*

### DESCRIPTION

Chicories are the “heart” of Catalogna chicory, a very common vegetable especially in the center-south. Cultivated in open field during autumn months, it is harvested in February. On the day of harvesting it is washed and manually deprived of its external leaves. Then, with a small knife, the tops are cut individually and blanched in water and apple cider vinegar and placed manually in jars, with the addition of extra EVO oil of our production.

### RECOMMENDED USAGES

This product, thanks to its versatility and goodness, will allow you to indulge your imagination. You can try it as an appetizer or to accompany main courses of meat or fish. You just have to try it!

### INGREDIENTS

Chicories 63%, EVO oil 29%, apple cider, water, salt, sugar.

### NUTRITIONAL VALUE

*for 100gr*

<b>Energy</b>	1098 KJ / 262 Kcal
<b>Fat</b>	28,2 g
<i>of which saturated fatty acids</i>	3,9 g
<b>Carbohydrate</b>	2,2 g
<i>of which sugar</i>	1,2 g
<b>Fibre</b>	1,0 g
<b>Protein</b>	0,1 g
<b>Salt</b>	230 mg



### SIZE

220 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request



## FENNEL CARPACCIO

*In EVO oil*

### DESCRIPTION

The fennel, a vegetable with innumerable beneficial properties for our body is cultivated in our farm, from October to February. One harvested, it is washed and stripped of its outer leaves, which are the hardest and then cut into slices. The carpaccio thus obtained is lightly seared and then placed in jars manually, with EVO oil.

### RECOMMENDED USAGES

The product, thanks to its versatility and goodness, will allow you to indulge with imagination. You can try it as an appetizer or to accompany main courses of meat or fish. You just have to try it!

### INGREDIENTS

Fennel 57%, EVO oil 35%, apple cider, water, salt, sugar.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	1365 KJ / 326 Kcal
<b>Fat</b>	34,4 g
<i>of which satured fatty acids</i>	4,8 g
<b>Carbohydrate</b>	4,6 g
<i>of which sugar</i>	0,4 g
<b>Fibre</b>	1,8 g
<b>Protein</b>	0,7 g
<b>Salt</b>	252,6 mg



### SIZE

220 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## APULIAN TURNIP GREENS

*In EVO oil*

### DESCRIPTION

Turnip green is one of the more representative vegetables of Apulia, which is often associated to orecchiette, one of the most famous recipes of our region.

Sown in open field at the beginning of autumn. Harvesting is done by hand: with a small knife the most tender tops are cut and the smallest ones are left to grow. After harvesting, they are washed, blanched and placed by hand in jars with EVO oil, garlic and chilli pepper.

### RECOMMENDED USAGES

The decision to make this product came from the desire to bring to the tables of all our costumers the real Apulian taste, throughout the year. Ideal to season pasta, but you can try it as an appetizer or as side dish.

### INGREDIENTS

Turnip greens 78%, EVO oil 21%, water, garlic, chilli pepper, salt.

Preservatives: citric acid

Allergens: garlic

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	895 KJ / 214 Kcal
<b>Fat</b>	21,3 g
<i>of which satured fatty acids</i>	3,0 g
<b>Carboidrati</b>	4,9 g
<i>of which sugar</i>	0,2 g
<b>Fibre</b>	2,6 g
<b>Protein</b>	2,4 g
<b>Salt</b>	2,1 g



### SIZE

220 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## ARTICHOKES CREAM

*Creams and Paté in EVO oil*

### DESCRIPTION

Artichokes - Violetto variety, typical of Apulia, are cultivated in open field and the harvest can last many months, from the end of November to April. The peculiarity of our cream is that we only use the heart of the artichoke, the most valuable part, with the addition of EVO oil and mint. The highest quality raw material makes the difference.

### RECOMMENDED USAGES

This artichokes cream with EVO oil can be served as an appetizer, spread on sliced of toasted bread or served with croutons.

### INGREDIENTS

Artichokes 80%, EVO oil 20%, vinegar, salt.

Preservatives: citric acid.

May contain sulphites.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	320 KJ / 77 Kcal
<b>Fat</b>	6,1 g
<i>of which saturated fatty acids</i>	0,8 g
<b>Carboidrati</b>	6,1 g
<i>of which sugar</i>	0,4 g
<b>Fibre</b>	4,2 g
<b>Protein</b>	2,1 g
<b>Salt</b>	1,8 g



### SIZE

220 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## AUBERGINES CREAM

*In EVO oil*

### DESCRIPTION

Cultivated in open field, in our farm in April and May, they are harvested by hand in August and October. They are selected, washed, peeled and sliced whole. Processed raw with vinegar to maintain the properties of the aubergine, they are ground with the addition of EVO oil, chilli pepper and garlic.

### RECOMMENDED USAGES

This aubergines cream with EVO oil can be served as an appetizer spread on sliced of toasted bread or served with croutons. It can also be used as a paste sauce or as an ingredient for second courses, especially meat.

### INGREDIENTS

Aubergines 76%, EVO oil 15%, chilli pepper, salt, white vinegar, garlic.  
Preservatives: citric acid.

Allergens: garlic, may contain sulphites.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	224 KJ / 54 Kcal
<b>Fat</b>	4,0 g
<i>of which saturated fatty acids</i>	0,5 g
<b>Carbohydrate</b>	2,5 g
<i>of which sugar</i>	2,3 g
<b>Fibre</b>	2,6 g
<b>Protein</b>	1,2 g
<b>Salt</b>	1,8 g



### SIZE

220 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request



## TURPIN GREENS PATÉ

*Creams and Paté in EVO oil*

### DESCRIPTION

Turnip green is one of the most representative vegetables of Apulia, often associated to “orecchiette”, one of the most famous recipes of our region.

Sown in open field, in early autumn.

The tenderest tops are cut with a small knife and the smallest tops are left to grow. After harvesting, they are washed, blanched and placed by hand in jars with EVO oil, garlic and chilli pepper.

### RECOMMENDED USAGES

Ideal to season pasta, but it can also be used to enrich croutons and bruschetta.

### INGREDIENTS

Turnip greens 78%, EVO oil 21%, chilli pepper, salt, water, garlic.

Preservatives: citric acid.

Allergens: **garlic**.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	895 KJ / 214 Kcal
<b>Fat</b>	21,3 g
<i>of which saturated fatty acids</i>	3,0 g
<b>Carbohydrate</b>	4,9 g
<i>of which sugar</i>	0,2 g
<b>Fibre</b>	2,6 g
<b>Protein</b>	2,4 g
<b>Salt</b>	2,1 g



### SIZE

220 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## ZUCCHINI % MINT PATÉ

*In EVO oil*

### DESCRIPTION

Our zucchini are planted in open field in April and harvested by hand in June and July.

On the day of harvesting they are selected, washed, sliced and placed in special tanks, to be subsequently salted.

Once they lost their excess liquid, they are washed again with water and vinegar, chopped with EVO oil and mint, that give them a hint of freshness and placed in jars.

### RECOMMENDED USAGES

Ideal to season pasta, but you can also use it to enrich croutons and bruschetta.

### INGREDIENTS

Zucchini 70%, EVO oil, mint 0,5%, white vinegar, salt, white wine, water.

May contain **sulphites**.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	832 KJ / 199 Kcal
<b>Fat</b>	21,5 g
<i>of which saturated fatty acids</i>	2,98 g
<b>Carbohydrate</b>	2,64 g
<i>of which sugar</i>	1,56 g
<b>Fibre</b>	0,92 g
<b>Protein</b>	0,96 g
<b>Salt</b>	410 mg



### SIZE

220 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## SUNDRIED TOMATOES IN EVO OIL

*Our Essiccati in EVO oil*

### DESCRIPTION

Harvested by hand, they are washed and, after a careful selection; the best tomatoes are used by cutting them up and placing them on drying frames.

After salting, they need 5-6 days of sunshine to complete the drying process. Washed with water and vinegar to partially remove salt, they are placed in jars into which we add our EVO oil.

### RECOMMENDED USAGES

Lends itself to being a good starter. Ideal for pairing with main courses, it can also be used to add flavour to green and rice salads. It can be the ingredient of excellent recipes, such as spaghetti with garlic, oil and sundried tomatoes or to stuff sandwiches.

### INGREDIENTS

Sundried tomatoes 53%, EVO oil 40%, white vinegar, white wine, salt.

May contain **sulphites**.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	1117 KJ / 267 Kcal
<b>Fat</b>	14 g
<i>of which saturated fatty acids</i>	1,18 g
<b>Carbohydrate</b>	29 g
<i>of which sugar</i>	16 g
<b>Fibre</b>	8,4 g
<b>Protein</b>	5,3 g
<b>Salt</b>	0,6 g



### SIZE

220 g - 1,5 kg

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request

## CHILLI PEPPER PATE

*"I Piccantissimi" In EVO Oil*

### DESCRIPTION

Our chilli peppers - Guardacielo variety - are cultivated in open field and harvested by hand. Once harvested, they are carefully selected and washed and then sliced, salted and left to mature for 24 hours.

When ready, they are washed again with water and vinegar, ground with the addition of EVO oil of our production and then placed in jars.

### RECOMMENDED USAGES

This product with a decidedly spicy character can be used to enrich first courses flavour, such as pasta and risotti, you can also add a few drops to pizza or soups.

### INGREDIENTS

Chilli pepper 36%, salt, EVO oil, white vinegar. May contain **sulphites**.

### NUTRITIONAL VALUE

for 100gr

<b>Energy</b>	2104 KJ / 503 Kcal
<b>Fat</b>	52,2 g
<i>of which satured fatty acids</i>	8,15 g
<b>Carbohydrate</b>	1,5 g
<i>of which sugar</i>	0,5 g
<b>Fibre</b>	0,0 g
<b>Protein</b>	0,76 g
<b>Salt</b>	0,77 g



### SIZE

220 g

### SHIPPING

**Quantity:**  
on request

**Cost:**  
Preferably paid by the buyer

**Sample:**  
on request