

**Italy: Slow Food and Food Sovereignty in Piedmont  
October 16 – 24, 2012**

**SAMPLE ITINERARY**

**October 16<sup>th</sup>**

- Arrival in Turin, hotel check-in
- Orientation briefing
- Night in Hotel Statuto, Turin

**October 17<sup>th</sup>**

- Travel to Costa Vescovado
- Visit Valli Unite Coop, a well established cooperative (1981) formed by three friends who had a farming background but were supposed to move out from agriculture to the industrial sector. However they decided to stay in farming by forming an agricultural cooperative that has evolved into an integrated organic producing and processing economic unit. The cooperative produces and sells directly to consumers on and off farm. The Coop produces wine, meat, vegetable, grains. It runs a restaurant and also a small guesthouse and is highly engaged in struggles for alternative agriculture.
- Visits to the fields, animals and the winery
- Lunch together with the coop members
- Additional visits and a discussion with the coop members responsible for the various activities
- Dinner and a discussion with Enrico Boveri, founding coop member
- Night at the Agriturismo Valli Unite

**October 18<sup>th</sup>**

- Travel to Albugnano
- Visit Terra e Gente Coop, a small but well established cooperative that operates since the 1980s an organic farm in beautiful hilly surroundings in Asti province with cattle, pigs and wine production. It operates an organic restaurant and a guesthouse (agriturismo). The Coop markets directly through consumers groups (Gruppi di acquisto Solidale or GAS)
- Meet with the president, Franco Fischetti, who is also very active in advocacy and promotion activities related to organic farming, social justice and international cooperation
- In the afternoon, guided hike to a 13<sup>th</sup> century romanian abbey “Santa Maria di Vezzolano,” an important landmark in architectural and agricultural history and a UNESCO World Heritage Site

- Night at the Agriturismo Terra e Gente

### **October 19<sup>th</sup>**

- Travel to Bra
- Visit to the Slow Food Headquarters. Slow Food is an international movement founded in 1986; it strives to preserve traditional and regional cuisine and encourages the preservation of local crop varieties, seeds, livestock breeds and local ecosystems. Slow Food promotes sustainable food and local small business paralleled by a political agenda directed against the globalization of agriculture
- Meet with the people in charge of the various activities: Slow Food editor, University of gastronomic sciences, Terra Madre, Slow Food Foundation for biodiversity. The participants will be received by Bruno Boveri, Chairman of Piemonte-Valle d'Aosta condotta and by Sivia Ceriani, director of Slow Food Magazine and editor in Italian of Food First books (Food Rebellions and Food Movements Unite)
- Return to Turin. Night in Hotel Statuto, Turin

### **October 20<sup>th</sup>**

- Turin food tour guided by cultural anthropologist Francesco Vietti and discussion of the changing food culture due the presence of immigrants from many parts of the world
- Visit to the open air fruit and vegetable market in Porta Palazzo and discussion of fresh produce distribution systems.
- Meeting and discussion with representatives of “La conservatoria delle cucine mediterranee del Piemonte”
- Meeting and discussion with the representatives of one Turin based consumers association or GAS (Gruppo di acquisto solidale)
- Night in Hotel Statuto, Turin

### **October 21<sup>st</sup>**

- Travel to Bibiana
- Visit to Frutto permesso Coop, an organic farm established in 1987 which runs food-related education projects and produces and process grains, fresh fruits and horticultural produce; raises local breeds of cows, pigs, sheep and bees.
- Visit the processing facilities
- Participate in a sample processing activity: bread-baking or cheese-making
- Night at the Agriturismo Frutto Permesso

### **October 22<sup>nd</sup>**

- Visit to the experimental fields of CRAB - Centro di Riferimento per l'agricoltura Biologica (resource center for organic agriculture), a nonprofit consortium including Turin Province Administration, Turin Chamber of Commerce and Piedmont Region Administration
- Meeting with Dr. Massimo Pinna, director and Dr. Sandra Spagnolo, researcher on biodiversity and cereals
- Visit to Malva-Arnaldi technical School where a biodiversity conservatory is maintained (450 varieties of apples, 80 varieties of pears, etc) and meeting with Dr.

Dario Martina, professor at the school and chairman of the Slow Food Presidium of apples varieties

- Night at the Agriturismo Frutto Permesso

### **October 23<sup>rd</sup>**

- Travel to Cissone
- Visit AGRI.BIO, a nonprofit association of organic producers and consumers born in 1991. It represents both organic producers and biodynamic producers, with almost 1000 members. It provides specialized technical assistance to organic and biodynamic farms and training on biodynamic and organic agriculture. It also operates a small business selling organic seeds, certified organic planting material and other inputs for organic and biodynamic agriculture.
- Meetings with chairperson Ivo Bertaina and other active members of the association
- Session on biodynamic techniques, procedures and philosophy
- Travel back to Turin
- Final evaluation and farewell dinner

### **October 24<sup>th</sup>**

- Return to the U.S. or “Add-on” activities at Slow Food Terra Madre Conference