

[Download ebook] Sustenance: Food Traditions in Italy's Heartland

Sustenance: Food Traditions in Italy's Heartland

Elizabeth Wholey

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Elizabeth Wholey : Sustenance: Food Traditions in Italy's Heartland before purchasing it in order to gage whether or not it would be worth my time, and all praised Sustenance: Food Traditions in Italy's Heartland:

0 of 0 people found the following review helpful. the book is beautifully printed on glossy paper with high quality photos--a treat ...By Sally WallI read this lovely book after returning from a trip to Italy, and it whetted my appetite for a return visit. In addition to a history of the Tiber valley the book is full of suggestions for non-touristy spots to visit that are focused on food production and local custom, with recipes to try. Included are calendars of local festivals that would help in planning. In addition, the book is beautifully printed on glossy paper with high quality photos--a treat for the eye and fingers, even if one cannot actually taste the local specialties pictured. Reading the book makes one long for an off the beaten path tour of the region.1 of 1 people found the following review helpful. The rich rewards of Sustenance: Food TraditionsBy DLV SFBBy chance we attended an event at the San Francisco Italian Cultural Center where Elizabeth Wholey was presenting her new book Sustenance: Food Traditions in Italy's Heartland. Not only did she provide a beautiful portrait of the Umbria, Italy but she brought the "fruits" of the land to further entice us to learn more about the food of Italy's heartland. We bought the book that evening and went home to devour every word and lick our lips as we did. Elizabeth's portrait of the lands and people from which the food is produced makes the experience come alive. It seems that around every corner there is a new discovery of the rich culture that creates these traditions. From the bee keeper who relishes the different seasons which produce pollen from a broad variety of flowers including the fall ivy and the honey that comes from that pollen, to the artist who has turned his creative talents to producing olive oil and wine, and then of course the white truffels preserved in butter fat so they hold that

precious rich flavor, the book is a feast for the eyes and the palet. So much so that it caused us to take a detour on our recently planned trip to Italy to spend some time in Umbria. It was to be for one day and night but ended up being for 3 days and nights. It was the highlight of our trip! Let *Sustenance: Food Traditions in Italy's Heartland* take you on a rich journey into the foods and culture of Umbria. 0 of 0 people found the following review helpful. A tour de force
By Judith Greenwood
This is one of the most comprehensive views of food and tradition in central Italy. I happen to live in the region, and I find myself going back to the book over and over. It is beautifully organized, very well written and a great size to carry with you when you travel the area. The photos are evocative of our reality, too, from the white Chianina cattle lounging over a mountain meadow to the cheese makers stirring up the morning's milk supply. There are reliable recipes for genuinely Italian food, addresses not to miss and historical notes that help place what is in terms of what was. I wish every food-loving place had such a book as a guide. It's one of my favorite gifts for foodie friends, and is always so appreciated. Brava, Elizabeth, hai fatto tanto bene!

A Guide to Farms, Markets, and Fairs in the Upper Tiber Valley
In *Sustenance*, Elizabeth Wholey explores the Upper Tiber Valley and the ways in which its peasants fed and sustained themselves throughout history. Their ancient food traditions are still alive today, often with a modern twist, and are accessible to visitors as well as to the local populace. Highlighting sixteen farmers and food producers who share their stories and treasured recipes, Wholey guides your way to the farms, markets and fairs where these traditional products are sold. Fifteen towns near the Tiber River--from its source on Monte Fumaiolo to Umbertide--are introduced, along with their yearly celebrations, markets and fairs, as well as important sites and monuments. This book is a must for the tourist who seeks a fuller experience than the usual by delving into the history, agriculture, and culinary practices of this beautiful and fertile valley.