



## Agricultural Farm

### AGRICULTURALISTS FOR SIX GENERATIONS THE CULTURE OF RURAL LIFE

The Giuliana Agricultural Farm is situated in the National Maiella Park, at an altitude of 1,300 mt, immersed in peaceful green nature.

Try to imagine children freely playing in the grass or discovering the farm tools of past times.

Try to imagine a meadow, flowers, shady trees with lounge chairs, the stone built barbeques original local meat grilling. Imagine a picnic.

Imagine Monica serving

Tastings of marinated mushrooms, caciotta cheese both aged and fresh ricotta cheese and honey, the “drunken” cheese, the local pies

Made with lemons and cheeses baked freshly each morning at dawn and the final touch the authentic abruzzesi liquors. All produced by Monica. Imagine being welcomed just as you are, for who you are amongst friends. Try to imagine resting with us awhile, enjoying one of our 6 lovely country cottage rooms

For generations, our farm has been in the business of breeding sheep and utilizing sheep’s milk for the production of cheese. Our bond to tradition is still very much alive as we continue to employ many ancient techniques in the production of our cheeses. Presently the farm extends over 40 hectares of prairie and woods, and comprises 500 sheep of the Sopravvisana breed, several Sardinian donkeys and other small animals. We have an salon for the sale of the products made on our farm, an extensive picnic area where we organize tastings and open-air didactic sessions and 6 cottage rooms where one may enjoy the peaceful atmosphere of the country and the clean mountain air. The Giuliana Agricultural farm is situated in the National Park of the Maiella at an altitude of 1,300 meters on the outskirts of Pescocostanzo, lying at the foot of Monet Costa di Roberto, immersed in the surrounding greenery of nature found in the Quarto Grande. Agriculturalists for six generations. The culture of rural life. As guests you are greeted by our family, and we offer you our stories, to be shared with a visit to our farm.



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## BEDROOMS

Beautiful cottage rooms surrounded by the greenery of a large countryside home. Each room has its own bathroom. There are no architectural barriers to the eye so that all may enjoy the beauty of the surrounding nature. Well situated on the farm, each room has an inspiring view of the mountains, either covered with snow or full of green and flowers. And for those quieter evenings when you don't wish to venture out, there is a large family room, an area for relaxation with a fireplace and television - where you may watch a show, read a book, simply play a game of cards or a table game with friends, maybe a friendly chat, or gaze at the flames and enjoy their warmth. And in the morning everyone is ready to start the day by enjoying a homemade and genuinely energizing breakfast...

Later...off to ski: downhill or cross country, to enjoy an invigorating walk, to go biking, trekking or mountain climbing, or perhaps just shopping for that something traditional or special. One is free to choose what one enjoys most; including even working alongside us on the farm.

## BECAUSE WE ARE FREE INDIVIDUALS, FREE TO IDLE

### CHEESE FACTORY

A cheese factory that  
skillfully blends tradition  
with modern ways

Production and sale of cheeses:

Pecorino Abruzzese made from the milk of pure bred Sopravissana Sheep  
Herb cheeses, and cheeses with spices, nuts, pepper and more  
Fresh and salted Ricotta cheeses  
Caciocavallo Cheese  
Summer tastings held in the picnic area  
During the winter, an indoor tasting room with a fireplace

\*Please note that our sheep graze on the freshest mountain grass during spring and summer. Therefore our cheeses are produced during summer months: fresh cheese available immediately for your enjoyment and exquisite 'stagionato' (aged) cheeses served during the winter months. Our cheeses are accompanied with honey and marmalades (produced locally) and excellent red wines of our region.

### Museums

Various old tools and photos invite us to discover a thousand years of history: the famous 'tratturi' (sheep trails). These were extensive trails blanketed in silence where across the centuries thousands of herds migrated from the Abruzzi to the warmer climate of the Puglia region. The herds would leave the Abruzzi in September to return in June. It was a tradition that had a profound impact upon the lives of the local people as shepherds were forced to separate from their loved ones for this length of time. Yet this custom of isolation, an integral part of the traditionally isolated life of the shepherd, favorably influenced and supported social exchange among the diverse populations of the Appenine people. When the Romans built a road from the Abruzzi to Molise region, this permitted an even richer exchange of religious, economic and cultural activities.

The life of the Abruzzese shepherd was marked by solitude and a great spirit of sacrifice. While isolated atop the mountains with their herds, they did benefit from some basic education because between Pescocostanzo and L'Arremogna, one of the few portable schools was created for them. Under this system, teachers walked from place to place providing this schooling to the various shepherds tending their herds.



## Pescocostanzo

Pescocostanzo is among the major Baroque centers of Europe, due primarily to its vicinity to Naples and Montecassino. Its school has influenced many artists who have left behind precious testimonials of their past times: an altar and portal designed by Cosimo Fanzaga, famous Italian baroque era architect and sculptor 1591-1678; the “*pala*” of the altar of Saint Cecile created by the artist Ianzo da Varallo of the Caravaggio school.

“Pescocostanzo owes its exquisite nobility not only to an occasional stone home or a singular monument, but to itself on the whole: to the harmony of each cobblestone road, to the architecture of each home, to the artistic spirit of its people, to the sentiments of the crowd through centuries, to the long snow-filled silences, the most superb cradle of beauty...” (Emidio Agostinoni)

### FEASTS AND FLAVOURS

The Abruzzi is a region rich in tradition, represented through religious celebrations dating back to medieval times and in culinary feasts. On January 17, the day which honours Sant’Antonio Abate, the ritual of the lighting of the fires is repeated. Even more solemn are the rituals of the *Quarantore*, going from Friday to Sunday of the second week prior to Lent (*Quaresima*) and consisting of “*Canti Salmodici*,” ancient chants performed on ancient musical instruments. The Holy Friday Procession is organized by a local fraternity, whose origin is traced back to the Middle Ages.

Especially sacred are the celebrations in honour of the ‘*Madonna del Colle*’ (31 May), of *Sant’Antonio di Padova* (13 June) and of the *Assunta* (15 August) and the Feast dedicated to Pescocostanzo’s Patron, *San Felice* (7/8 August).

Celebrations not of a religious nature but of great interest are the ‘*Festa dei Mestieri*’ (Feast of the trades) that takes place around the middle of August and involves the entire town. On every corner, in every stone road, there are banquets attended to by a local townsman dressed in the traditional town costumes of the past and portraying a trade of long ago: there is the knife sharpener, the wrought iron welder, the basket weavers, the lace makers, the pasta maker, the cookie vendors, and the old ‘*taverna*’ with men playing cards, drinking wine and eating salami and cheeses. This is a feast ABSOLUTELY NOT TO MISS!

On this occasion, you may taste the traditional pastries of Pescocostanzo ‘*le scarselle*.’ They are made with citrus dough and cheese bound with eggs, also an Easter tradition. Famous are ‘*le cancellette*’ (small pizzas), a simple dough made with lard, eggs, sugar, flour, aromatic spices, and cooked between two heated moulds made of iron. Another very old dish is ‘*la pecora al cotturo*’ (stewed mutton). The sheep meat is diced and cooked for hours along with onions, carrots, celery in enormous cauldrons and is eaten with old bread. It’s a shepherd’s typical meal. Last, but not least, is the area dedicated to the regional cheeses, cold cuts and the potato bread, each adding to a genuinely delicious meal.

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