

ISTITUTO COMPENSIVO

"G.LOMBARDO RADICE "

SIRACUSA



Funded by the
Erasmus+ Programme
of the European Union



Seasonal Products Calendar



Number	City
1	SIRACUSA
2	AVOLA
3	PACHINO
4	PORTOPALO
5	ROSOLINI
6	NOTO
7	CANICATTINI
8	FLORIDIA
9	PRIOLO
10	SOLARINO
11	PALAZZOLO
12	BUSCEMI
13	CASSARO
14	FERLA
15	SORTINO
16	BUCCHERI
17	CARLENTINI
18	MELILLI
19	FRANCOFONTE
20	LENTINI
21	AUGUSTA



The Province of Siracusa

Seasonal Products Calendar

- In the following calendar you may find the typical seasonal products of our territory
- Each card provides some detailed information on a specific product
- We start with a global overview of the whole year production

Products Calendar

[illegible]

Cherry Tomatoes

- Cherry Tomato is a typical product from Pachino territory.
- This product has been granted IGP protection by EU since 2003.
- Best production from June to September



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cherry Tomatoes												

Potatoes

- Potatoes are an excellent source of “C” vitamin.
- Potatoes are mostly grown in Siracusa territory.
- The production is almost all the year.

[illegible]

Strawberries

- Strawberries are a typical product from Cassibile (Siracusa territory)
- They are widely appreciated for their characteristic aroma, bright red colour, juice taste, and sweetness.
- Best production from April to July.

[illegible]

Almonds

- Almonds are a typical product from Avola.
- They are packed with vitamins, mineral, protein, fiber, and are associated with a number of health benefits.
- Best production from April to September.

[illegible]

Prickly pears

- Prickly pears are a typical product from Pedagogaggi (Carlentini territory).
- Prickly pears are a genius in the cactus family.
- Best production from August to November.



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Prickly Pears												

Red Oranges

- Red Oranges are a typical product from Lentini – Francofonte.
- Red Oranges are a variety of orange rich in “C” vitamin.
- Best production from November to March.


[illegible]

Lemons

- Lemons are a typical product from Siracusa. This product has been granted IGP protection by EU since 2011.
- They are a very healthy fruit, rich in “C” vitamin and fiber.
- The production is almost all the year.

[illegible]

Honey

- Honey is a typical product from Sortino
- It is a sweet, viscous food substance produced by bees.
- The best production is from June to September 


[illegible]

Eggplants

- Eggplants production comes from Noto.
- They contain fiber, potassium, vitamin “C” and “B6”. Prevent some cancers, help with anemia and diabetes
- Best production is from May to September.

[illegible]

Pumpkins

- Pumpkins most production comes from Florida.
 - Pumpkins are particularly rich in “A” vitamin
 - The production is from September to December.
- 
- A small, orange pumpkin with a brown, textured wooden handle is positioned at the bottom center of the slide. The pumpkin is partially cut, showing its hollow interior.

[illegible]

Fennels

- Fennels are typically from Augusta.
- They are crunchy and slightly sweet and contain significant amounts of fiber.
- The production is almost all the year.

[illegible]

Broccoli

- Broccoli are typically from Augusta.
- They are green plants in the cabbage family, they are known to be a hearty and tasty vegetables rich in dozen of nutrients.
- The production of broccoli is from September to March.

[illegible]

Olives and Olive Oil

- Olives are typically from Buccheri and Buscemi territories.
- Olive oil is a proven element for a healthy diet.
- The production of olives and olive oil is from September to December.

[illegible]



Pasta with cherry tomatoes

INGREDIENTS

- 400g spaghetti
- 500g cherry tomatoes
- 1 glass of olive oil
- 2 cloves of garlic
- 1/2 onion (optional)
- 1 bunch of basil
- 50g grated parmigiano cheese
- salt and pepper



PREPARATION

Put the oil, garlic and thinly sliced onion in a saucepan and brown them. Add the washed and half-cut cherry tomatoes, a pinch of salt and a sprinkling of pepper, cook for a few minutes, add the basil at the end of cooking.

Boil spaghetti in salted water, drain them al dente and season with the sauce. Serve with the parmigiano cheese

Spaghetti with anchovies & breadcrumbs

INGREDIENTS

- 400g spaghetti
- 15 cl olive oil
- 100g salted anchovies
- 2 cloves of garlic
- a bunch of parsley
- 100g breadcrumbs
- Salt and pepper (as needed)



PREPARATION

Desalt the anchovies, remove the fish bone and break them in pieces. Toast the breadcrumbs with a little olive oil. Fry the garlic in olive oil with chopped parsley, remove and dissolve the anchovies in the sauce, until you get a homogeneous mixture. Soften it with a scoop of the pasta cooking liquid; sprinkle with pepper and turn off the heat.

Boil the spaghetti in boiling salted water and drain them al dente; season with the prepared sauce and sprinkle with breadcrumbs

Strawberry Tiramisù

INGREDIENTS

- 500g strawberries, sliced
- 500g mascarpone cheese
- 4 tablespoons Cointreau or other orange liqueur
- 200g chilled whipping cream
- 100g sugar
- Some 50 crisp ladyfingers (Savoardi)



PREPARATION

Place mascarpone cheese and 2 tablespoons Cointreau in large bowl; mix just to blend. Using electric mixer, beat cream, sugar, and remaining 2 tablespoons Cointreau in another large bowl. Add mascarpone mixture and mix again.

Wash and slice half of strawberries. Prepare a mixture with electric mixer. Arrange enough ladyfingers wet with half strawberry sauce to cover bottom of a dish. Spread half mascarpone mixture over the ladyfingers. Same preparation for another layer of sauce, ladyfingers and mascarpone. Arrange remaining sliced strawberries over mascarpone mixture. Chill at least 8 hours or overnight.