

EXPERIENCE
PEOPLE & CULTURE



GALSTART > 2020

MATERA ORIENTALE - METAPONTINO

slow trips in Märkische Seen (DE), 16-18 March 20



BOOK



Rotondella , Basilicata (ITA)
experiential journey between knowledge
and flavors of the Lucanian tradition.



The European
Agricultural Fund for
Rural Development:
Europe investing in
rural areas





Living the tradition as a protagonist with the NONNE CHEF is an experience that becomes a journey through time, marked by slow domestic activities, following the good-natured art of ancient cuisine, made of knowledge and flavors. The preparation of pasta, anecdotes and stories will make the laboratory a unique experience! Retired farmers who call themselves "grandmothers in the field".

form an association, leaving the purpose of the seminars unchanged:

promotion of traditional dishes, anti-waste cuisine,

reducing the transition from the field to the table,

transmit to the new generations the ancient recipes of the peasant cuisine because

they say - tradition comes from the past, is cultivated in the present,

and then it sprouts in those who represent the future.

Rotondella's GREETERS will be together with the Nonne Chef.

Greeters are volunteers that love their city so much that they want to show their place to you; for free!

Not as a guide, more like a newly met friend! Greeters can show you special places that have a personal meaning to them and often are 'hidden treasures'



number of participants: 10 - 15

age: 0-99 years

singles

families

pairs

children / students

seniors

lovers of local cuisine

lovers of handcraft

lovers of old architecture

- **advantage 1:** direct contact with the locals
- **advantage 2:** authenticity and learning through the narration of traditions and place
- **advantage 3:** social sustainability (active grandmothers and exchange between generations)
- **advantage 4:** environmental sustainability (products from sustainable agriculture) economic sustainability (repercussions for local economic operators who undertake to respect reception and authenticity parameters)
- **advantage 5:** revaluation, enhancement and promotion of the rich intangible cultural heritage such as the memory of our grandmothers - custodians of the ancient Lucanian traditions

15) describe the person who stands behind the Slow Trips offer

Antonia Buccello (born in 1932),
Annunziata Parisi (born in 1943);
Antonietta Nucera (born in 1942);
Rosina Nucera (1931).

The GRANDMOTHER CHEF are a good practice, the ingredients are simple: a group of grandmothers, passion for cooking, desire to get involved and have fun in intergenerational workshops that can range from the care of the garden to the preparation of recipes and dishes of the local tradition. Grandmothers with love, Chef for passion.

Max, Nirvardo, Antonio, Liliana are Rotondella Greeters as a part of the **International Greeter Association**. Rotondella Greeters are volunteers who will share their love for the city with you in an enthusiastic and hospitable manner.



16) Describe the region, where the Slow Trips offer is offered:

Rotondella is placed in the south of Lucania and looks on the Ionian Sea, far 15 minutes by car. It is set in landscape which is characterized by descending plains crossed by many torrents that flow into the sea and, in the south-eastern area, by the mountains. It is located in the middle of the Siritide dominated by the ancient Siris-Heraclea and it is known as the Balcony of the Ionian Sea, because of its favourable position; in the past it was called Rotunda Maris.

