

# LA PASSEGGIATA

*Weekly newsletter brought to you by the Italian Club Board*



## LA PAROLA

*Sprezzatura* - another Italian word that is more of a concept, *sprezzatura* is a way of acting, acting in such a way that you're effortlessly cool, originally coined by Baldassare Castiglione. A nonchalant kind of elegance.

## SE HAI 21 ANNI...

Gattavecchi has a *Vernaccia di San Gimignano* available for around \$12! This is a classic white wine from the little Tuscan town of San Gimignano. It is very fruity, with hints of citrus, apple, and pear!



## IL FATTO

Interestingly, all three of Europe's active volcanoes are in Italy! Etna in Sicily, Vesuvius in Naples, and Stromboli, which is situated on the small Sicilian island of the same name.



# RIBOLLITA

As the days get shorter and the temperature begins to drop, a good, hearty soup can be the perfect remedy. *Ribollita* combines cabbage, *cannellini* beans, veggies, and bread to make a hearty soup originating from Tuscany.

## PARTE II

*Ribollita* was born from the scraps of food that was given to the nobles. The nobles would eat meat on the bread and give the leftovers to the poor, who would mix it with vegetables and cabbage.



## PARTE III

*Ribollita* was originally recooked as leftovers over several days, but you can make a delicious version in under three hours. To get the full recipe search "*Ribollita*" on [lacucinaitaliana.com](http://lacucinaitaliana.com)



# SIENA

Siena is a beautiful town in Tuscany with a population of 53,000. It's home to many attractions, including the *Duomo* (pictured on the left), *Banca Monte dei Paschi di Siena* (the oldest bank in the world), and the *Piazza del Campo*, where *Il Palio* takes place. Siena was likely settled from 900-400 BCE by the Etruscans, and now stands as a love letter to Gothic architecture.

# L'UNIVERSITÀ

The University of Siena, or *Università degli Studi di Siena* (pictured on the right), was founded in 1240 and is the fourth oldest university, as well as the oldest publicly funded university in Italy.



# IL PALIO

*Il Palio* is a horse race that takes place in the *Piazza del Campo*. Ten out of the Siennese districts ("*Contrades*") are allowed in each race and challenge each other. The first *Il Palio* took place in 1633!