

the roads

del Parmigiano
Reggiano



DAIRIES AND TERRITORY

province of
Parma



The first guide dedicated to the dairies making Parmigiano-Reggiano cheese in the province of Parma.

Buying Parmigiano-Reggiano directly from the maker becomes the chance to discover the territory of Parma around the dairy, the real “cradle” of this gastronomic excellence, and to enjoy the tastiness of a traditional and natural product, learning about the unique characteristics of the places that have contributed in making it so special.

Dedicated to those who are curious and those who enjoy the pleasures of the table, to those passing through for leisure or business, to those who know how to appreciate good things and good food.

This guide is a small travelling companion to learn about the constellation of tastes, art, culture and nature that shines in the territory of Parma, from the lands of the lower plain to the Apennine ridge.

under the contribution of



under the patronage of



the roads of Parmigiano-Reggiano

the dairies and the territory in the province of Parma



***The Roads of Parmigiano-Reggiano
Dairies and territory in the province of Parma***

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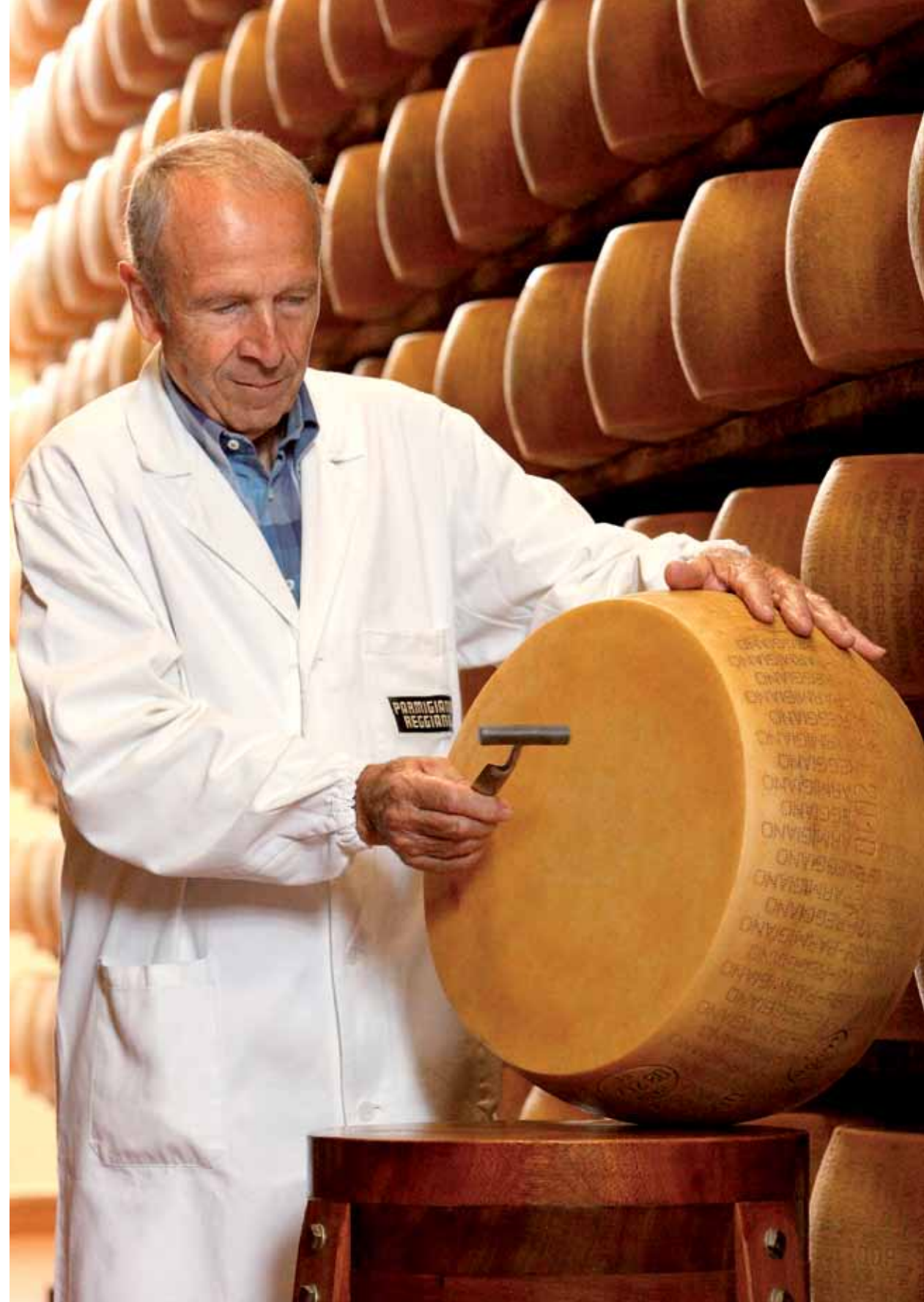
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The towns in the province of Parma where the dairies that make Parmigiano-Reggiano and sell the cheese retail can be found



General Index

contribution of Giuseppe Alai <i>President of the Consortium of Parmigiano-Reggiano cheese</i>	9
contribution of Paolo Bandini <i>President of the Parma section of the Consortium of Parmigiano-Reggiano cheese</i>	11
Reading the guide	13
The secrets and the history of Parmigiano-Reggiano	17
Visits to the dairies that make Parmigiano-Reggiano	31
The Ambassadors of Taste	39

The Lower plain

Busseto, Colorno, Fontanellato, Fontevivo, Polesine Parmense, San Secondo, Sissa, Soragna, Sorbolo, Torrile, Trecasali, Zibello	56
Index of the area	59
The territory	60
Dairy retailers	80

The town and the pedecollina (the region at the foot of the hill)

Collecchio, Felino, Fidenza, Medesano, Montechiarugolo, Noceto, Parma, Sala Baganza, Salsomaggiore, Traversetolo	92
Index of the area	95
The territory	96
Dairy retailers	112

The hill and mountain areas

Albareto, Bedonia, Borgo Val di Taro, Pellegrino Parmense, Langhirano, Lesignano de' Bagni, Neviano degli Arduini, Palanzano, Solignano, Valmozzola, Varano de' Melegari, Varsi	128
Index of the area	131
The territory	132
Dairy retailers	152

List of dairy wholesalers	164
Thematic index	201
Index of the dairies by their registration number	202



Giuseppe Alai

**President of the Consortium
of Parmigiano-Reggiano cheese**

There are no doubts that Parmigiano-Reggiano is very popular: in fact, surveys show that it is the most well-known cheese worldwide.

However there are aspects connected with this particular cheese which are not always just as known: its features, its artisan making processes, the complexity of a system involving many actors, all equally called on to do an important job and with the great responsibility of making and offering a product whose strong point is its pure genuineness.

In the centre of this system, which starts from 3,500 livestock farms, there are almost 400 dairies, distributed in a production district situated between the rivers Po and Reno: this is where the most well-known cheese in the world is made, in places and structures where centuries-old traditions are perpetuated and the dairy skills and their secrets are handed down from generation to generation.

However often little is known about these structures, the actions and the activities carried out within them, which are an important presence in the territory for their role both as a work source and in environmental protection.

The aim of these pages is to turn on new lights of knowledge on this network of artisan firms, giving readers the opportunity to enter an extraordinary world where everything is made not only with mastery, but also with a natural passion.



The reason for this volume

Paolo Bandini

**President of the Parma section
of the Consortium of Parmigiano-Reggiano cheese**

As a maker, I welcomed with enthusiasm the idea of collecting the dairies in a guide that could be an illustrated, pleasant and useful review for readers to consult.

The guide places the production units of Parmigiano-Reggiano in their territorial context composed by historical, naturalistic and architectural elements.

The readers will have the opportunity to discover the territory that our cheese has contributed to mould throughout the centuries and the extraordinary richness of its fertile lands: from the Middle Ages to the modern Parma, the worldwide symbol of wine and food excellence.

Visitors are guided to the discovery of the itineraries that ideally form this sensory journey made of unforgettable tastes, colours and human experiences.

I hope the readers will live this extraordinary adventure to the full, plunging into this miracle that, like a work of art, does no longer belong only to Parma but has become human heritage.



**Parma section
of the Consortium of Parmigiano-Reggiano cheese**

Reading the guide

The uniqueness and the many qualities of this cheese are closely connected with the culture and the nature of a unique territory.

Buying Parmigiano-Reggiano from the maker becomes the chance to discover and rediscover the territory where such a gastronomic excellence is made.

In the guide the territory of the province is divided into **three areas**.

The schematic maps at the beginning of each chapter allow **to locate the dairies that make Parmigiano-Reggiano and sell the cheese retail** and indicate **the sights of cultural, artistic and environmental interest present in the area**.

The **index next to the map** refers to more **detailed information on the territory** and to the **charts on the dairies, containing practical information** such as addresses, opening hours and the products sold besides Parmigiano-Reggiano.

The information is updated to June 2011.

There is also **information on the main events and happenings**: tastes, recurrences and celebrations, folk feasts and traditions, cultural events; as far as **quality Pamesan gastronomy** is concerned, **six Ambassadors of taste** reinterpret Parmigiano-Reggiano cheese to make six special creations.

At the end of the volume there is the compendium of **the dairies** in the province of Parma **that make Parmigiano-Reggiano and sell only wholesale**.

At the end of the volume there is also the index of the **dairies by registration numbers**.



PARMIGIANO REGGIANO

**features
of an excellence**

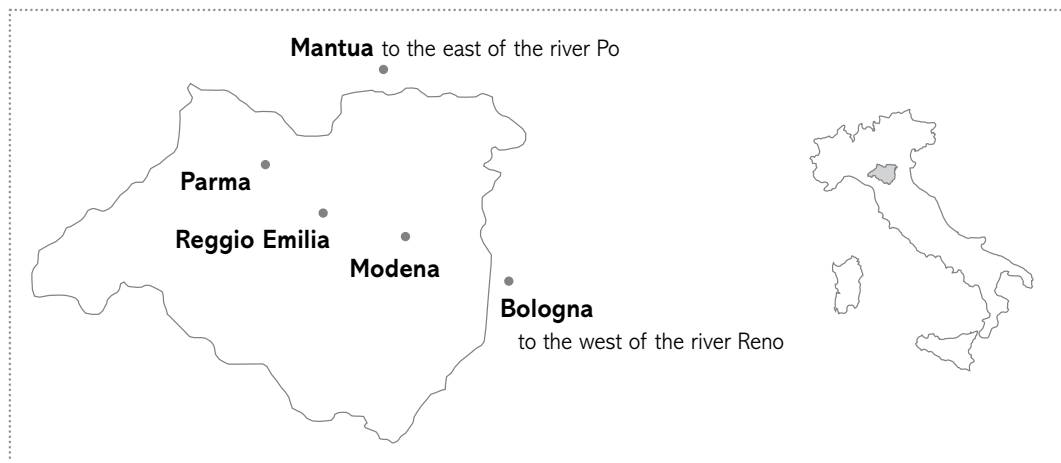
the secrets and the history of Parmigiano-Reggiano



Place of origin

A CONNECTION WHICH CANNOT BE DISREGARDED

There is a very strong connection between Parmigiano-Reggiano and its place of origin which cannot be disregarded. Parmigiano-Reggiano derives from its territory and from the mastery of man. Today, just like nine centuries ago, it is still made with the same ingredients (milk, salt, rennet) and the same care and passion, in the same area of origin. The milk is produced and then converted into cheese in the provinces of



THE SECRET OF SUCH AN EXCELLENCE

This is, in fact, the area where the 3,500 farms where fine milk is produced and the 380 dairies which transform the milk and mature the cheese for a minimum of 12 months up to over two years, checking each wheel until maturation, are concentrated.



The history of Parmigiano-Reggiano PDO

FROM ITS ORIGIN TO THE PRESENT DAY

Parmigiano-Reggiano is one with the territory it derives from. It is the result of a unique and extraordinary journey through nine centuries of history which involves still today the same places and the same technique, to offer an inimitable taste which moves the mind and the heart.

NINE CENTURIES OF NOBILITY

The origins of Parmigiano-Reggiano date back to the Middle-Ages and are usually set in the Twelfth century. In the Benedictine monasteries, following Saint Benedict's rule "Ora et Labora", monks carried out farming and cow-breeding activities to work the land and produce meat and milk.

There were large supplies of this raw material, which was so precious but at the same time so easily perishable. As a consequence the need emerged to find a way to produce a cheese with a longer life.

So the first "caselli", the local familiar name for dairies, appeared: thanks to the abundance of streams, large pastures and milk produced by the cattle used in the fields, in this circumscribed area of Emilia they started to produce a hard cheese of large proportions (at the time each whole cheese weighed about 16- 20 kilograms) obtained by processing the milk in large cauldrons.

From the start this cheese had an important feature: it had a long life, moreover, the more it matured, the better were its organoleptic properties.

There is historical evidence that in the thirteenth century the cheese known as "caseus parmensis", later called "Parmigiano-Reggiano", was already widespread and well-known also outside its area of origin.

TODAY

The ways in which Parmigiano-Reggiano is made have changed throughout the centuries. However the ingredients, the places of origin, the care and the skilful ritual acts are still the same. It is the story of how the genuineness of Parmigiano-Reggiano is absolutely guaranteed by precise regulations, which are rigorously self-enforced and observance is strictly controlled.

For over seventy years the Consortium has preserved Parmigiano-Reggiano and for almost nine centuries this particular cheese has been loved for its generous taste.



How is Parmigiano-Reggiano made

MAKING

Every day the milk from the evening milking is left to rest in large vats until the next morning. In the meantime the fatty part, which is later used to make butter, spontaneously rises to the surface.

As soon as the whole milk from the morning milking arrives from the farms, it is poured together with the evening skimmed milk in the typical copper cauldrons which have the shape of an upside down bell. Whey, rich in natural milk enzymes obtained from the previous day's processing, and natural calf rennet are added.

The milk curdles in about ten minutes.



Once the curd is formed, it is broken into tiny granules using a very old tool called "spino".

The curd is then cooked at the temperature of 55 degrees centigrade and at the end of this process the granules fall to the bottom of the cauldron, aggregating into one single mass. After about fifty minutes, the cheese mass is extracted by the cheese maker with skilful movements, it is cut into two sections, wrapped in a cloth and put in a cheese mould which will give it its cylindrical shape.

With the application of a casein plate, each whole cheese is given a unique and progressive registration number which is just like an identity card.

After a few hours, with a special branding band, each wheel is impressed with the month and the year it was made, the dairy's registration number and the unmistakable dotted inscription all around the circumference.

Within a few days the wheels are immersed in a water and salt saturated solution.

In this way the cheese is salted by absorption. Salting takes almost twenty days, after which the production cycle finishes and maturation starts, a just as fascinating stage.

MATURING AND EXPERTIZATION

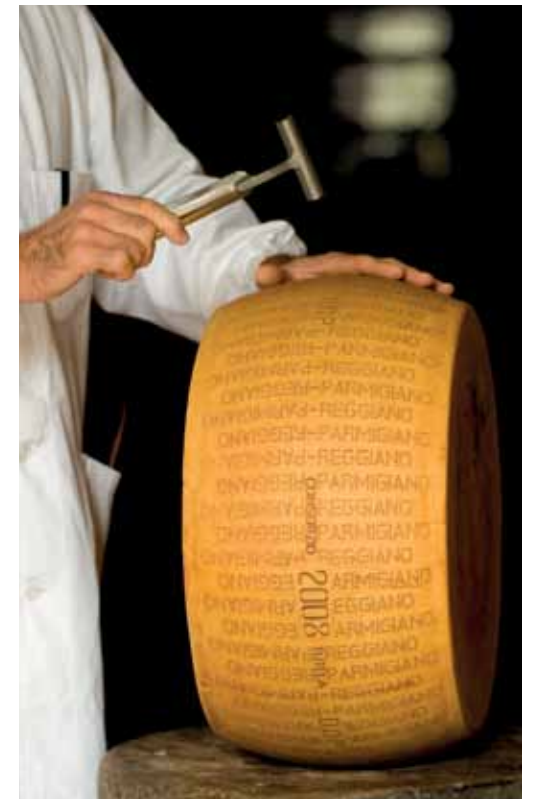
The cheese wheels are positioned in rows and rows in the quiet storerooms. Each one of them has taken about 550 litres of milk and constant care of cattlemen and cheese makers. But the work is not over. Left to rest on wooden boards, the cheese slowly dries and the crust which was formed during salting, therefore with no treatments and absolutely edible, takes on a more and more intense straw colour as time goes by.

Parmigiano-Reggiano has a long but also slow story, following the natural rhythm of seasons. The minimum maturing period is twelve months, and it is only at that point that it is possible to tell if each wheel actually deserves the name it was impressed with originally.

FIRE-BRANDING

After the experts of the Consortium have examined the wheels one by one and the Control Authority has carried out its verification, the mark is fire-branded on the wheels which meet the PDO requirements - Protected Designation of Origin.

All the marks and the dotted writing are removed from the wheels which do not comply with PDO requirements. This particular moment is one of the most delicate for cheese makers, and the most important for consumers: it is when the product is selected and it is awarded a certificate of guarantee. On the cheese which is placed on the market for consumption as fresh (a word that could sound strange referred to a product which has been already maturing for a year) parallel lines are cut so it can be immediately recognized by consumers. This is a second class Parmigiano-Reggiano known as "Mezzano". At 18 months, upon voluntary request, the mark "Extra" or "Export" can be branded on the wheels prior to a further control.



PARMIGIANO REGGIANO

Nutritional information

Parmigiano-Reggiano is a hard granular cheese with a long maturing period. It contains only 30% water and over 70% nourishments: this is the reason why this cheese is so rich in proteins, vitamins and minerals. Exceptionally good, easily digestible, totally natural: Parmigiano-Reggiano never loses an opportunity to excel

Typical values per 100g of Parmigiano-Reggiano

WATER	30,8 g
TOTAL PROTEINS	33,0 g
FAT	28,4 g
ENERGY VALUE	392 kcal
SODIUM CHLORIDE	1,39 g
CALCIUM	1160 mg
PHOSPHOROUS	680 mg
SODIUM	650 mg
POTASSIUM	100 mg
MAGNESIUM	43 mg
ZINC	4 mg
VITAMIN A	270 mcg
VITAMIN B1	34 mcg
VITAMIN B2	370 mcg
VITAMIN B6	110 mcg
VITAMIN B12	4,2 mcg
VITAMIN PP	55 mcg
PANTOTHENIC ACID	32 mcg
CHOLINE	40 mg
BIOTIN	23 mcg

SLIVERS OF FLAVOUR AND HEALTH IN A BALANCED DIET

Parmigiano-Reggiano is a resource we are offered by nature and by man's work to reconcile health and taste within a balanced diet. It is not just delicious, it is also healthy and nourishing, the result of a long production tradition and of a strong connection with its territory of origin, which have made it one of the symbols of the "Made in Italy".

The cheese is made from partially skimmed milk; this lipid component of Parmigiano-Reggiano is nutritionally precious in terms of the ready to use energy provided by its free fraction. Parmigiano-Reggiano is particularly rich in calcium, very biavailable, and is an important source of phosphorous: 50 g can provide 50% of an adult's recommended daily intake (RDI).

Parmigiano-Reggiano is extremely rich in peptides and in free amino acids, therefore easily assimilated, deriving from a slow conversion of casein, a protein from

milk. These compounds are formed during the long maturing period and determine the organoleptic characteristics of the cheese, facilitating its digestion.



Since Parmigiano-Reggiano is lactose free, its taste and energy supply can be benefited also by those who suffer from lactose intolerance.

It takes 16 litres of fine milk from the place of origin to make one kilogram of Parmigiano-Reggiano.

A nutritional charge of proteins, vitamins, phosphorous and calcium which is concentrated in the texture, throu-

BENEFICIAL FOR ALL AGES

Parmigiano-Reggiano is the perfect ally for your health and your psychophysical well-being.

Rich in nourishments, it is essential for children's growth, for teenagers' and elderly people's health and provides ready to use energy for those who practice sports.

Since the Eighties Parmigiano-Reggiano is believed to have a bifidogenic factor which makes it particularly suited for new born babies' diets. In fact, its prebiotic effects, which feed probiotic bacteria, modulate intestinal flora and the intestinal flora itself, made up of a complex ecosystem partly depending on the nourishing substances introduced with the diet, plays an important role on some metabolic functions and on resistance to bacterial infections.

ghout both the making and the long maturing period of the cheese.

Natural aging makes Parmigiano-Reggiano easy to digest and develops a complexity of extraordinary aromas and tastes.



A LONG MATURING WHICH GIVES FLAVOUR AND DIGESTIBILITY

Maturing is essential for Parmigiano-Reggiano to develop its aromas and texture.

According to specification, the cheese can be called Parmigiano-Reggiano only after it has matured at least twelve months.

Cheese makers and experts from the Consortium say that the cheese must mature for two Summers, in other words it must undergo two years of enzymatic transformations that change its texture and that in summer, thanks to the heat, are more intense.

Such transformations, due to the enzymes released by lactic bacteria, consist mainly in the breakdown of the protein chain of the cheese. The proteins of cheese (i.e. caseins) are broken down into many small segments, until amino acids, the fundamental bricks, are partially released.

This is the reason why Parmigiano-Reggiano is more digestible than other cheeses.

Fats undergo similar transformations and they too become more easily absorbable.

It is this molecular variety that determines the richness of aromas and smells which make Parmigiano-Reggiano unique and inimitable. Such complexity is reached absolutely naturally, with no addition of additives that could alter or modify the raw material: milk.

By undergoing biological maturing processes, Parmigiano-Reggiano reaches its peak of fragrance and of typical organoleptic properties in the maturing period ranging from 24 to 36 months.

Beyond this period, the protein breakdown processes can make the texture more and more granular, almost chalky and highly soluble; the smells tend to fade and fats maturation can make the cheese almost sharp.

TYROSINE CRYSTALS, VALUABLE SIGNS OF A GOOD MATURING

What are those tiny granules you feel under your teeth when eating a piece of Parmigiano-Reggiano?

They are crystals of a particular amino acid, i.e. tyrosine, that, because of its molecular conformation, when it is in free and in concentrated form tends to crystallize. This amino acid is released amongst others during the

protein breakdown processes carried out by enzymes. Therefore the presence of tyrosine crystals is no doubt an empirical sign - which can be verified from everyone's experience - of a good maturing of Parmigiano-Reggiano.



IT IS ITS NATURALNESS THAT CHARACTERIZES PARMIGIANO-REGGIANO

FROM OTHER HARD CHEESES

Parmigiano-Reggiano is a hard cheese, but with peculiar features which make it different and unique compared with other hard cheeses.

Such features are basically due to the milking cows' diet and are the result of precise choices made by the producers belonging to the Consortium.

In fact, in the second post war period - when agriculture was undergoing profound production changes - producers decided to set some rules to preserve the traditional aspects of milk and cheese making connected with Parmigiano-Reggiano.

Since the very first Feeding Regulation for cows in 1957 it was decided to feed milking cows on local

forages, conserved according to the traditional method of desiccation (i.e. haymaking), and to forbid the use of fermented forages, such as maize silages.

Therefore Parmigiano-Reggiano is made using a milk that has its own microbiological balance and no recourse to additives is necessary. That is why we speak about the naturalness of Parmigiano-Reggiano. In fact, its microbiologic base, typical of the area of origin, is constituted by the lactic bacteria that are naturally present in milk and their development and activity must be favoured during dairy transformation. This is the reason why Parmigiano-Reggiano is real synthesis between nature and skill.

PARMIGIANO REGGIANO

Guide for buyers

THE SAFEGUARDING CONSORTIUM

TO PRESERVE TYPICALNESS

The Consortium brings together all the dairies which make Parmigiano-Reggiano. It is officially in charge of putting the identifying marks on the cheese wheels certified by a third Control Authority, in compliance with the specification of PDO (Protected Designation of Origin).

It is in charge also of making sure that the marks are used correctly and of protecting the cheese against imitations.

Furthermore, the Consortium aims at spreading and promoting knowledge and consumption of Parmigiano-Reggiano and at perfecting and improving its quality in order to preserve its peculiar features.



PARMIGIANO-REGGIANO PDO

PARMIGIANO-REGGIANO IS A PROTECTED DESIGNATION OF ORIGIN CHEESE

This means that, for its peculiarities and for its connection with its place of origin, it is guaranteed by a set of EU regulations aiming at safeguarding both consumers and cheese makers.

Parmigiano-Reggiano is a totally natural cheese, famous worldwide as the "King of cheeses" because of its making method and of its nutritional and organoleptic properties.

Its making is regulated by strict production standards, registered with the EU competent bodies.

For this reason the mark Parmigiano-Reggiano can be branded exclusively on a cheese that:

- has been made and processed exclusively in the area of origin
- has been made according to old traditional artisan methods, defined by strict regulations (Product specification, European Regulation EEC 2081/92 and recognition of Commission Regulation EC 1107/96 replaced by Regulation EC 510/06), which establish precise making methods (Production Standard), a controlled diet for the milking cows (Feeding regulation for dairy cows) and rules for qualitative selection and marking of the cheese wheels (Marking regulation).



BRANDS AND MARKS

Since Parmigiano-Reggiano is a Protected Designation of Origin product (PDO), only the cheese wheels that have been made according to the Production specification can be actually called Parmigiano-Reggiano and can have the identifying marks and brands impressed on them. These marks and brands, which identify and characterize the cheese as a PDO product, are distinguished in marks of origin and marks of selection.

THE MARKS OF ORIGIN, which are impressed when the cheese is first made, are:



THE BRANDS OF ORIGIN (IMPRESSED WITH A BRANDING BAND)

all around the lateral surface of the wheel with:

- the dotted writing PARMIGIANO-REGGIANO
- the writings DOP (PDO) and CONSORZIO TUTELA (THE SAFEGUARDING CONSORTIUM)
- the dairy's registration number
- the month and year of production



THE CASEIN PLATE

applied on the cheese wheel with:

- the writing CFPR (Consortio Formaggio Parmigiano-Reggiano)
- the identifying alphanumeric code of each single wheel
- the Datamatrix label for optical reading



THE MARK OF SELECTION After a maturing period of about 12 months all the wheels produced undergo a selection (expertization).

Once the experts from the Consortium have examined the wheels and the PDO authority has released its certification, the Consortium impresses the mark of selection indelibly on the wheels.

In fact, the Consortium has the Parmigiano-Reggiano PDO marks, and the Consortium is responsible for classifying the cheese wheels according to the different categories during the selection for PDO compliance and for controlling that the marks are used correctly.

The selection identifies three categories of cheese:



The first category: Parmigiano-Reggiano, that is the cheese with a hard texture and the features complying with the specification (first grade-zero-one), suitable to undergo the long maturing to be appreciated both in direct consumption as table cheese and in gastronomic preparations as grated cheese. On the wheels the marks of origin (the dotted writing and the casein plate) are impressed and the oval mark is fire-branded.



The second category: Parmigiano-Reggiano Mezzano, (medium grade), that is the cheese that has some defects of slight or medium entity in its texture and/ or in the rind, which however do not alter the typical organoleptic properties of the product.

Direct consumption as table cheese is suggested. The wheels are still impressed with the oval fire-branded mark of selection "Parmigiano-Reggiano", however, to distinguish them from the first selection ones, parallel lines are indelibly cut in the lateral surface of the wheels.



The third category: defined "reject", that is the cheese that, having considerable defects, does not meet the "Parmigiano-Reggiano" specification requirements. These wheels are downgraded by removing the marks of origin by milling the rind (some millimetres of rind are removed). So this cheese has no reference to PDO.



A FURTHER SELECTION: THE MARKS "EXTRA" AND "EXPORT"

Upon voluntary request of the owner of a wheel that has already qualified as Parmigiano-Reggiano and that has been maturing for at least 18 months, the Consortium carries out a further expertization.

On the wheels that are "selected" the mark EXTRA or EXPORT is impressed, offering both dealers and consumers a further indication of the quality of the cheese.

These marks can be reproduced also on the packaging containing the cheese.

THE MARKS ON PRE-PACKED PARMIGIANO-REGGIANO



WHEEL AND WEDGE

The wheel and wedge with the writing PARMIGIANO-REGGIANO on a black background is the selling trademark and the compulsory identification and recognition reference of pre-packed Parmigiano-Reggiano.



MEZZANO

The pre-packed portions from the medium grade "Mezzano" wheels can be distinguished by the trademark which, besides the logo with the wheel and the wedge, has also the writing "MEZZANO" on a green strip.



EXTRA and EXPORT

For the pre-packed portions of cheese from the wheels that have qualified as EXTRA or EXPORT, below the logo with the wheel and the wedge there is a gold colour strip with the writings extra or export.

THE STAMPS

THREE SEASONINGS, THREE VARIATIONS OF TASTES, AROMAS AND SMELLS

The long period of maturing imparts Parmigiano-Reggiano extraordinary features which differ according to the length of the maturing period itself. For this reason a system of coloured stamps was introduced to assist consumers in the choice of the product.

Starting from 2007, for transparency and information for consumers, three coloured stamps have been introduced to identify the different maturing periods of Parmigiano-Reggiano.



The red stamp: for the cheese with over 18 month maturing. Rather distinct milk base, with vegetable notes such as grass, boiled vegetables and, sometimes, flowers and fruit.

Matching: ideal served in slivers in salads or diced for aperitifs, preferably paired with dry white wines and matched with fresh fruit such as pears and green apples.



The silver stamp: for the cheese with over 22 month maturing. The aromas are more intense, notes of melted butter and fresh fruit can be appreciated, citrus fruits and hints of dried fruit can be detected. The cheese reaches a balance of sweet and sharp, and it is perfectly soluble, friable and granular.

Matching: perfect with well structured red wines. Excellent served in "petals" in fruit salads dressed with traditional balsamic vinegar of Modena or Reggio Emilia. Ideal matched with any dried fruit, superb with plums and figs.



The gold stamp: for the cheese with over 30 month maturing (extra-strong). This cheese, the richest in nutritional value, is drier, more friable and granular. The taste is stronger and the aromas are more complex. The notes of spices and dried fruit are predominant.

Matching: with both full-bodied, well structured red wines and white passiti or white meditation wines. Matching with honey is recommended, pairing with traditional balsamic vinegar of Modena or Reggio Emilia is perfect.

Cutting and preserving

HOW TO CUT PARMIGIANO-REGGIANO

THE ALMOND SHAPED KNIFE

To cut Parmigiano-Reggiano you must use the peculiar tool. It is the typical knife with a short and sharp blade with the shape of an almond. So the cheese wheel is not actually cut but opened, to keep the texture and natural granulosity intact.

HOW TO OPEN THE CHEESE WHEEL

Using the tip of the almond shaped knife a line is traced dividing the wheel in half, along the diameter of both the two flat faces and continuing along the lateral surfaces. Along this line the rind is inserted with the knife penetrating here and there for a few centimeters: at the two extremities of the diameter of one of the faces, halfway down the lateral surface, two almond shaped knives are plunged in vigorously. In this way, with the knives working as wedges, the strength used allows the wheel of Parmigiano-Reggiano to be opened in two perfect halves. This procedure requires experience and attention because the

wheel opens perfectly in half only if the internal structure of the cheese has been able to oppose the same resistance on both the halves. Also the following cuts, such as portioning, must be carried out according to this same method.

So, one half is then divided into two identical parts, which are then divided in two other identical parts. In this way the pieces of Parmigiano-Reggiano obtained from the wheel have the same proportions of texture and rind.



HOW TO PRESERVE PARMIGIANO-REGGIANO

Because of its structure and its low content of water, Parmigiano-Reggiano is one of the best long life cheeses. And its long life is actually the peculiar feature which has contributed to its reputation throughout the centuries.

HOW TO PRESERVE VACUUM PACKED PARMIGIANO-REGGIANO

Vacuum packed Parmigiano-Reggiano can be kept in the fridge at a temperature between 4 and 8 degrees centigrade. It is important to make sure that the packaging is sealed and intact, and that the cheese is not exposed to air. The cold chain must be maintained so that the organoleptic properties of the cheese are not altered.

HOW TO PRESERVE PARMIGIANO-REGGIANO FRESHLY CUT OR ONCE THE VACUUM PACK HAS BEEN OPENED

When you buy a piece of freshly cut Parmigiano-Reggiano or once you have opened the vacuum pack, the cheese must be kept in the fridge at a temperature between

4 and 8 degrees centigrade, taking care of replacing the original pack with appropriate containers.

Parmigiano-Reggiano preserves intact its organoleptic properties if it is stored:

- at the right level of humidity (the cheese tends to dry in a ventilated fridge)
- separately from other food (the fatty part of the cheese tends to absorb the smells in the fridge)

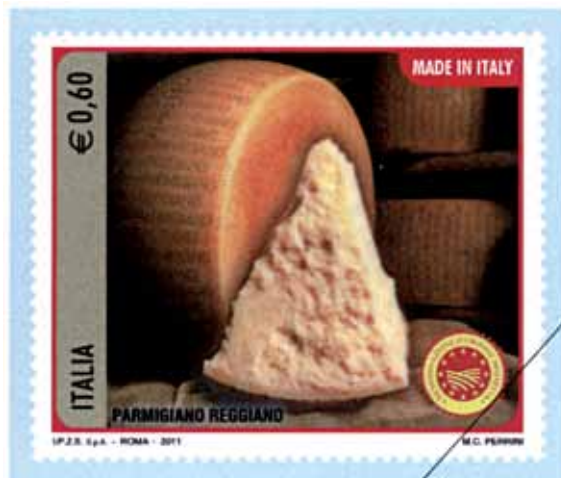
Therefore the use of glass or plastic containers is recommended.

Another practical solution is to wrap Parmigiano-Reggiano in canvas bags for alimentary use.

In this way the cheese can be stored a long time, always remembering to check from time to time that maintaining conditions are not altered.

The cheese should never be frozen.

A postage stamp dedicated to Parmigiano-Reggiano



Undisputed symbol of the Italian excellence and of the national agriculture and food sector appreciated worldwide.

This is the reason why Poste Italiane (the Italian Postal Service) dedicated one of the four new postage stamps of the series "Made in Italy" to Parmigiano-Reggiano. The other three stamps are dedicated to other three PDO cheeses: Gorgonzola cheese, Buffalo mozzarella from Campania and Ragusano cheese.

On 25th March 2011 the Philatelic office of Poste Italiane in Reggio Emilia (the issuing town) and some philatelic offices in Parma issued the stamps. In addition, they released a postcard and a philatelic card dedicated to Parmigiano-Reggiano and the presentation brochure with the text written by the

Consortium of Parmigiano-Reggiano. Furthermore Poste Italiane dedicated a special philatelic cancellation to the stamp and the postcards.

The issuing of the stamp, that will be forever in the history of philately, is a prestigious way to promote Parmigiano-Reggiano, unanimously considered one of the most popular Italian products in the world and amongst the most representative of "Made in Italy". The issuing of this special postage stamp is also a significant celebration of the one hundred and fiftieth anniversary of Italian unification, enhancing the uniqueness and the value of the national high quality products.



Visits to the dairies of Parmigiano-Reggiano

You have to see to know

The Consortium of Parmigiano-Reggiano offers the opportunity to make **guided visits to the dairies in the province of Parma** to see the cheese makers at work, repeating the antique actions of milk processing. Visitors will be led to the discovery of a true "living myth", from its birth, which happens only once a day, to the long and slow maturing in the maturing store rooms.

Guided visits are free and held from Monday to Friday.

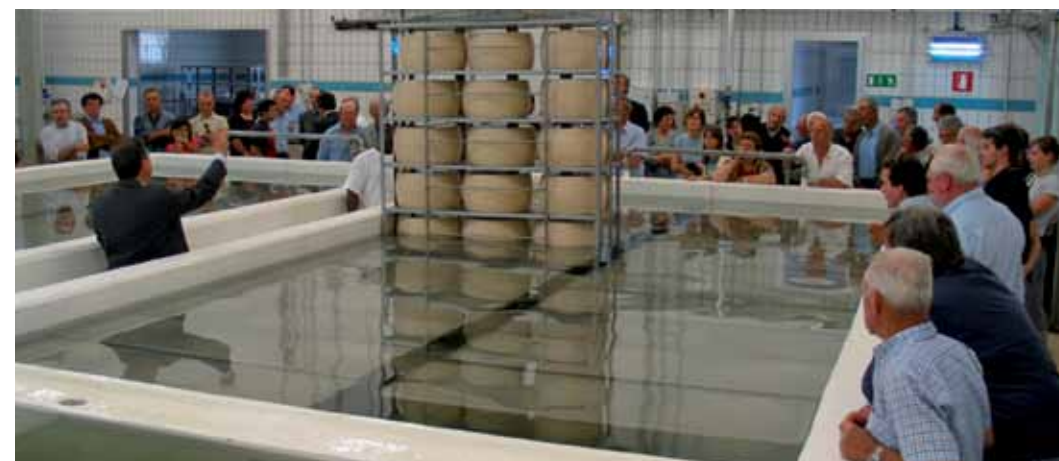
Visits start by 8.30 am and take about two hours

Visitors are always accompanied by a representative of the Consortium.

For further information you can contact:
telephone 0521.292700 fax 0521.293441
email: sezionepr@parmigiano-reggiano.it



For the production provinces of Bologna, Modena, Mantua and Reggio Emilia visit the website: www.parmigiano-reggiano.it



PARMIGIANO REGGIANO

The Antonio Bizzozero Foundation

In 1924 the best representatives of Parmesan agriculture formed a Committee in Parma to properly honour the work the unforgettable teacher Antonio Bizzozero had carried out over a period of thirty years through the two best institutions he had founded and run in the town: the "*Cattedra Ambulante di Agricoltura*" (an itinerant Agriculture course) and the Agricultural Cooperative Consortium.

On 27th October 1926 the Minister of the National Economy invested the "Antonio Bizzozero" Foundation with the merit of Ente Morale (the old name for juridical person) by Royal Decree n. 1849, approving its statute. The Foundation aims at experimenting in the agriculture field and spreading the rational agricultural technique, to favour the progress in agriculture and the increase in agricultural and zootechnical production in the province of Parma.

This activity is carried out through its derived bodies: the Agricultural and Food industry Service Centre, which deals with research and analysis in the dairy industry and now in the agricultural and food sector in general, and Agriform, the training body for Parmesan Agriculture and Agricultural and Food industry.



Antonio Bizzozero (1857-1934)

The "*Cattedra ambulante di agricoltura*", a lesson to the students, beginning of the twentieth century.



PARMIGIANO REGGIANO

The Food Bus project

The dietary education project "Grow in Harmony - Educate to WellBeing", promoted by the Council Department for Childhood and School Policies, is a very important example which has obtained the patronage of the Ministry of Education, University and Research. The project is included in the ministerial lists as a "project monitored by The SCHOOL and FOOD Technical and Scientific Committee". The project is addressed to operators in nurseries and primary schools, children and their parents. It aims at developing the relationship with nutrition, nature and local tradition at its best, with a watchful eye on growth needs and a correct diet, which have become a more and more pressing issue for the new generations. Among the project's initiatives there are the Foodbus, Cookery Lessons and the Snack Party. The Foodbus, in particular, is one of the initiatives that has most involved children and teachers at the discovery of the agricultural and food excellences of the territory. The initiative foresees visits to dairies, prosciuttifici (the plants where prosciutti are made) and the Food Museums, but also excursions to farming companies, farms, the olive press and an organic meat farm. Moreover children also take part in the grape harvest and grape treading and in the Chestnut and Citrus fruit festivals, which are held at the Agriculture and Food Centre in Parma.



The Parma section of the Consortium of Parmigiano-Reggiano has joined the initiatives and participates in conferences and meetings with students whenever it is necessary to provide more detailed information on Parmigiano-Reggiano and its peculiarities. For this reason the Consortium organizes visits to the dairies that make Parmigiano-Reggiano by the Foodbus. Every year about one thousand children watch the making process of Parmigiano-Reggiano, visit its maturing rooms and the Parmigiano-Reggiano Museum, coming close to the King of Cheeses with curiosity and enthusiasm, as the declarations below attest. An indelible and fundamental experience to create a link with future generations.

When we finished the "cheesy route" they offered us some slivers of Parmigiano-Reggiano. I felt as if I was an expert and famous taster.

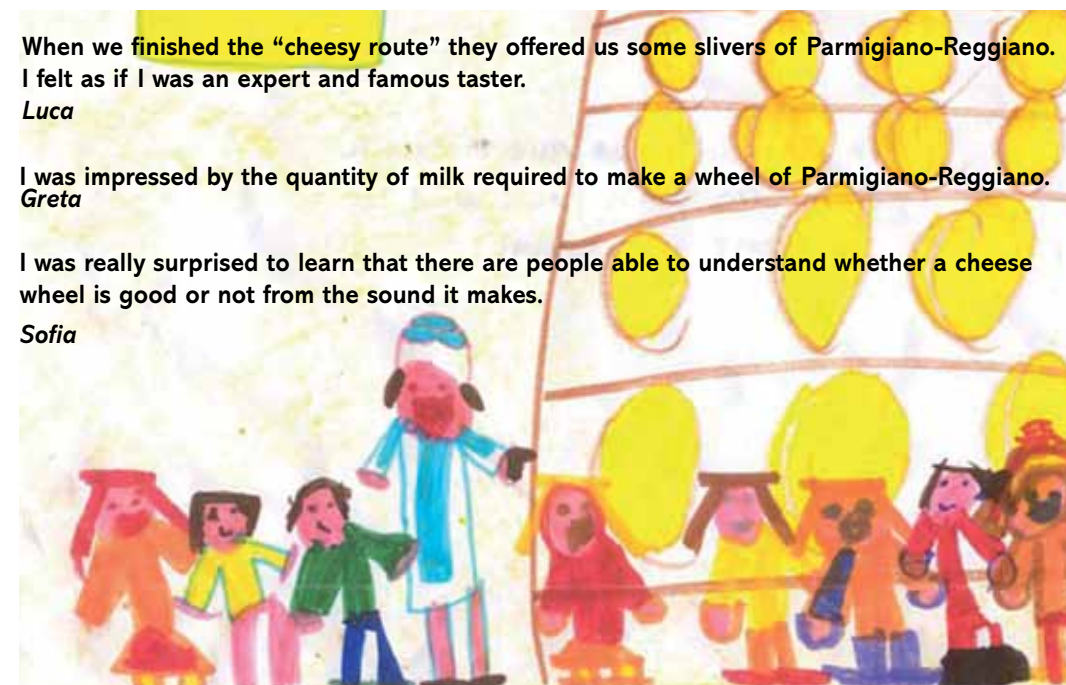
Luca

I was impressed by the quantity of milk required to make a wheel of Parmigiano-Reggiano.

Greta

I was really surprised to learn that there are people able to understand whether a cheese wheel is good or not from the sound it makes.

Sofia








The Ambassadors of Taste

*Important ambassadors of the local gastronomic culture
were born and have been brought up
in the shade of the solid monuments of Parma and its province.
They are entrusted with the task of taking the excellences
of the territory to the highest levels,
to make them known to the world through research,
passion, personality, creative genius.
They are our Ambassadors of Taste,
a heritage of inestimable value,
richness of the table and of the spirit.*



Parmigiano-Reggiano flan with mustard of Berceto



For the mustard

three noble pears (i.e. Barabà pears), two quinces, sapa (concentrated grape must).
Put the sapa in a small pan with the noble pears and the quinces, cook and then sieve.

For the flan

50g semolina, 150g milk, two eggs, 150g grated Parmigiano-Reggiano, 50g fresh cream.
Cook the semolina in the milk adding the cream once the cooking is finished, leave to cool down then add the eggs and the Parmigiano-Reggiano. Whip the mixture with a blender and put it in small aluminium moulds. Preheat the oven at 210°, cover the moulds with tin foil and cook in a bain-marie for 1 hour. Then remove the tin foil, so the flans can become golden brown, and finish cooking.

Put the mustard of Berceto on the plate and place the warm flan on top of it.
Garnish to taste and serve.

I am very much interested in the origins of the local cuisine, like Parmigiano-Reggiano. This is why I have never stopped studying the great cooks of the Ducal Court of Parma: Nascia and Dalli. They are a source of continuous inspiration and rediscoveries.

Paola Cavazzini Rossi

As a young boy I witnessed the great technological changes of Parmigiano-Reggiano: first the oil cauldrons, then the kerosene ones, assembled using parts of discarded locomotives, as if it was a big game. This is why, even today, in my opinion Parmigiano-Reggiano is a synonym for dream.

Maurizio Rossi



Restaurant La Greppia

Via G. Garibaldi, 39 - 43121 Parma
tel. 0521 233686 fax 0521 221315

Hot and cold Parmigiano-Reggiano Variation



For the pudding: 500g fresh cream, 300g Parmigiano-Reggiano (with a maturing period of at least 36 months), 1 egg. Mix the ingredients with a whisk and pour the mixture into the special moulds like the ones used for crème caramel, cook in a bain-marie in the oven at 200° for about 20 mins.

For the Parmigiano-Reggiano cone: 300g Parmigiano-Reggiano, 50g almond flour
Mix the flour with the Parmigiano-Reggiano, put the mixture in a warm pan and make some disks. Leave the disks to caramelise, roll them up while they are still hot making some cones.

For the foamed Parmigiano-Reggiano cream with rosemary:
400g Parmigiano-Reggiano, 300g milk, 1 rosemary sprig, 1 gas cylinder for the cooking siphon.
Put all the ingredients into the siphon and whip using the gas.

For the Parmigiano-Reggiano ice-cream: 500g Parmigiano-Reggiano, 300g sugar, 1l milk.
Put all the ingredients into the ice cream maker and whip the ice-cream in the traditional way.

For the Malvasia iced pear: 1 pear, 500cc Malvasia secca wine.
Cook the pear in the Malvasia wine.

Place on the plate and serve before the ice-cream melts.

*Parmigiano-Reggiano strongly reminds me of family life of which it is,
now like then, source, richness and sustenance.*

*In my cuisine it is used in all its possible variations, from savoury to sweet dishes,
in full respect of the territory.*

Marco Dalla Bona



Restaurant Locanda Stella D'Oro

Via G. Mazzini, 8 - 43019 Soragna (PR)

tel. 0524/597122

tel/fax. 0524/597043

Stuffed veal brisket from the past to the present



For the stuffed veal brisket

600g veal brisket, 150g Parmigiano-Reggiano, 2 eggs, 150g bread, the rind of half a lemon, 1 rosemary sprig, 1 garlic clove, nutmeg, butter as required, broth as required.

Prepare the veal brisket removing the fat and leaving it to marinate with oil, rosemary and the chopped garlic clove for one night. Brown the brisket in a pan then cook it in the oven at 160° for about three hours. When it is well cooked, make it cool down as quickly as possible (blast chiller). In the meantime prepare the stuffing with the bread, the Parmigiano-Reggiano, the egg, some chopped rosemary, nutmeg and the grated rind of half a lemon. When ready, recover the cooking juices of the brisket, add some broth and cook the stuffing squeezed in a cloth, letting it boil very slowly for at least one hour. Recover the cooking juices and broth and add the butter to reach the right thickness. When cold, cut the brisket and the stuffing in 1cm thick slices, place the slices one on top of the other then trim with a knife to obtain a 5x5 cm square.

For the side dish

1 courgette, 1 potato, 1 carrot, 500g fresh peas, extravirgin olive oil as required, salt and pepper.

With a round corer make balls out of the courgette, the potato and the carrot, then brown them separately in a pan. Pod the peas, boil them in plenty of salted water then sieve twice, season with extravirgin olive oil and pepper.

Compose the dish as in the picture.

They say that people from Parma put Parmigiano-Reggiano even in their coffee.

I don't understand why the others don't...

Marco Parizzi



Parizzi Suites & Studio Parizzi Ristorante

Strada Repubblica, 71 - 43121 Parma

tel. 0521 207032 - 0521 285952 fax 0521 285027

info@ristoranteparizzi.it www.ristoranteparizzi.it

Quail kebab with Parmigiano millefeuille



For the kebab

1 quail per person, extravirgin olive oil, a choice of herbs, half a clove of garlic.

Bone one quail per person and marinate with extravirgin olive oil, chopped herbs and half a clove of garlic. Separate the legs, cut the breast in half and put the meat on a steel skewer, then grill for about 7/8 mins.

For each wafer

about 30g Parmigiano-Reggiano.

Grate the Parmigiano-Reggiano and sprinkle the bottom of a non-stick pan. Cook on a medium flame for about 3 mins to form small wafers. Once they have cooled down, cut the wafers into disks.

For the meringue

100g egg white, 100g sugar, 200g Parmigiano-Reggiano with a 24 month maturing period, 300 cl whipping cream.

Make a meringue with the egg whites and the sugar. Mix the meringue with the grated Parmigiano-Reggiano and mix in the cream previously whipped.

Prepare the dish putting the kebab to one side and arrange the millefeuille next to it, alternating the Parmigiano-Reggiano mousse with the small wafers.

I love the products of my land, I make them known to the world.

I choose and select them carefully.

Parmigiano-Reggiano is a unique cheese. I use it in my cuisine to enrich some of my most famous dishes: mature or "just milked", like in the latte-latte ice-cream, with a short maturing period for the "false" porcino mushroom with Parmigiano-Reggiano fondue, or with a 30 or more month maturing period, the main ingredient of the mountain

Parmigiano-Reggiano rice with stewed quail and truffle.

But the best way to eat Parmigiano-Reggiano is in slivers, pure, rich in taste, touching.

Alberto Rossetti



Restaurant Al Tramezzo

Via Alberto Del Bono, 5/B - 43123 Parma,
tel. 0521 487906 fax 0521 484196
info@altramezzo.it www.altramezzo.it

Three Parmigiano cheese *soffici* (dumplings) in *Fidentina* chicken broth (broth made with chicken from Fidenza)



Ingredients

300g ricotta cheese, 50g Parmigiano-Reggiano made in the plain, 50g Parmigiano-Reggiano made in the hills, 50g Parmigiano-Reggiano made in the mountains, 50g grated white bread, 1 egg, salt and nutmeg as required, 2l capon broth.

Preparation

mix all the ingredients and leave them to rest in the fridge for at least 1 hour, then make small balls with a diameter of about 1.5 cm. Bring the broth to the boil, checking its taste, add the balls and leave them to cook for about 5 mins, then serve.

*I started to get to know and love Parmigiano-Reggiano when I was child,
when my mother used to cover my pasta in it.*

*I remember the rinds in the broth, then on feast days
it was the Parmigiano that determined whether the anolini (ravioli-like pasta) were good
or not. First of all I remember it being black, perfectly lined up in the basement maturing
rooms, where fat dairymen could hardly move.*

*Then I decided to become a cook! And now it's me who uses it, matches it, mixes it and
melts it to create my dishes. In this way it has become part of my life.*

I used to love it as a child, now I love it even more.

What would my cuisine be without this excellence of the excellences?

I don't want to think about it, because luckily there is no need to!

Massimo Spigaroli



Restaurant Al Cavallino Bianco - Antica Corte Pallavicina Relais

Via Sbrisi, 2 - 43010 Polesine Parmense (PR)

tel. 0524 96416 tel. 0524 936539 www.fratellispigaroli.it

Foie gras escalope with apple vinegar sour crème brûlée and chocolate Parmigiano-Reggiano



Ingredients

250g foie gras escalope, a pinch of salt, half vanilla pod, 2 tablespoons apple vinegar, 5 egg yolks, 70g sugar, 70g flour, 200g whole milk, 1 tablespoon brown sugar, two slivers Parmigiano-Reggiano with a maturing period of 24 months, 50g 70% Caraibe chocolate, whole pink peppercorns, rock salt.

Preparation

Mix the flour, the sugar and the egg yolks. Separately, boil the milk with the half vanilla pod and add the mixture to the boiling milk. Add two tablespoons of apple vinegar and cook for about 8 mins to solidify. Leave to cool down in a large baking pan so it spreads out. Once solidified, cut into disks with a biscuit cutter and place in the middle of the plate. Sprinkle the surface with the brown sugar and heat with the special blowtorch until it forms a crispy crust. Dip the Parmigiano-Reggiano slivers in the previously melted chocolate, place them on a surface waiting for the chocolate to solidify. Without adding any fats, scald the foie gras escalope in a non-stick pan with a pinch of salt, then put the escalope on the crème brûlée. Garnish the dish with some whole pink peppercorns and some salt crystals. Add the Parmigiano-Reggiano chocolates and serve.

My philosophy when cooking revolves around the concept of simplicity, it is not easy to create simple dishes which are not banal. I try to obtain recipes that enhance the taste of the single ingredients and that at the same time create a symphony of aromas, just like when you eat a good Parmigiano-Reggiano.

Matteo Ugolotti



Trattoria Ai Due Platani

Via Budellungo - 43123 Parma
tel. 0521.644787 fax 0521.645626



PARMIGIANO REGGIANO

**the territory of the
province of Parma**

where Parmigiano-Reggiano is made

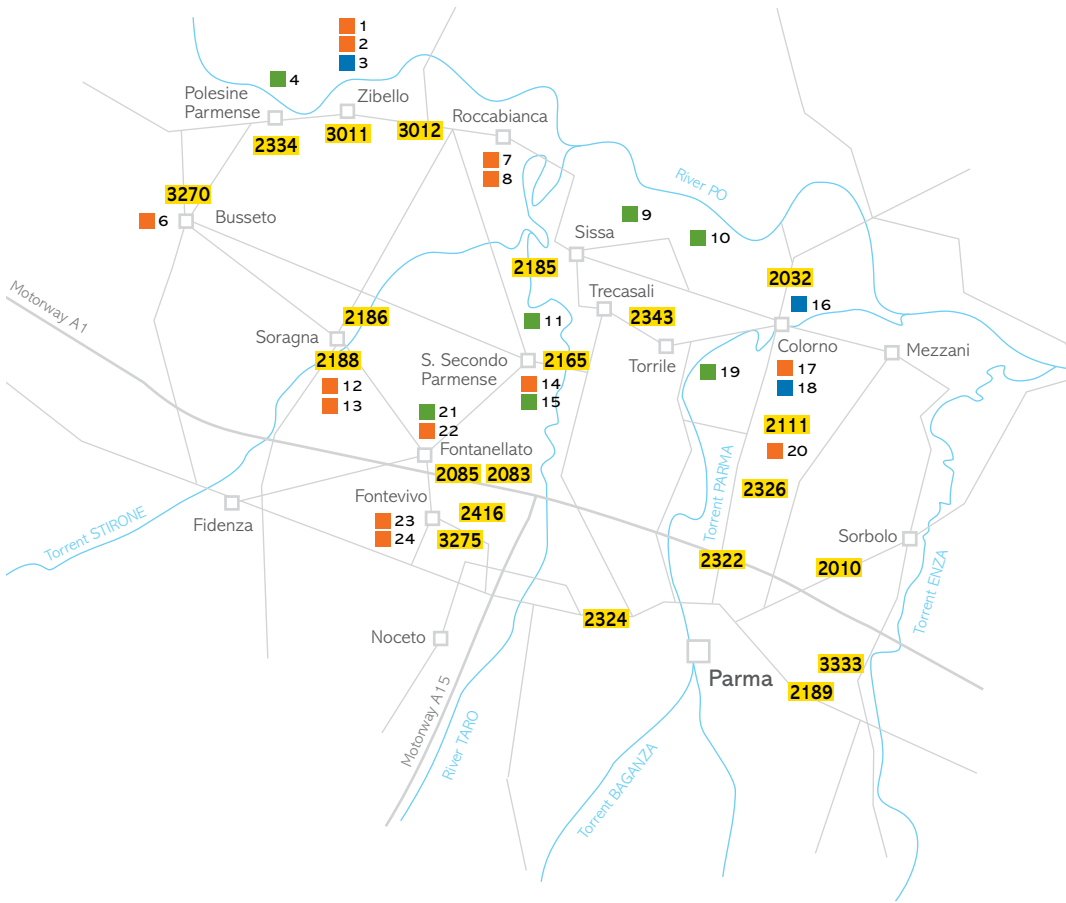




Colorno, the Royal Palace

From the Great River to the Little World

precious tastes and landscapes of the Parma Lower Plain,
following the Po's slow rhythm
rocked by Verdi's arias



LEGEND

- arts - culture
- nature - environment - activities
- curiosities



Index The Lower Plain

The Territory

1	Pallavicino Palace in Zibello	p.60
2	The Museum of Farming Civilization "Giuseppe Riccardi"	p.61
3	The road of Culatello	p.61
4	Safeguarding the great river	p.62
5	Cycling along the Po	p.62
6	Harmony in the land of Verdi	p.63
7	The Little World and the Museo Paese	p.64
8	Bianca's Fortress	p.65
9	In the heart of the Lower Plain	p.65
10	Nolo Bike Parma	p.66
11	Cycling along the Taro	p.67
12	The Meli-Lupis' Fortress in Soragna	p.67
13	The Parmigiano-Reggiano Museum	p.68
14	An invite to the Court of the Rossi family	p.68
15	Spalla Cotta (cooked shoulder of pork) and Fortanina wine	p.69
16	At school in the kitchen with ALMA	p.70
17	The Royal Palace of Colorno	p.71
18	The Museum in the Orangerie	p.72
19	The LIPU Oasis in Torrile	p.72
20	Gainago Church	p.73
21	Fontanellato street markets	p.73
22	Busilan (a ring- shaped cake)	p.74
23	The Fortress of San Vitale	p.74
24	Fontevivo Abbey	p.75
	Tortelli d'erbette (ravioli-like pasta filled with herbs)	p.75
	The Bridge of Tastes	p.76
	Anolini (ravioli-like pasta)	p.76

The dairy retailers

2010	Cas. Soc. Bassa Parmense	p.80
2032	Cas. Soc. San Salvatore	p.80
2083	Cas. Rozzi Giuseppe	p.81
2085	Cas. Soc. Coop. La Nuova Speranza	p.81
2111	Soc. Agr. Valserena	p.82
2165	Cas. Soc. Coop. Il Trionfo	p.82
2185	Latteria di Palasone	p.83
2186	Coop. Soc. di Soragna	p.83
2188	Cas. Soc. Coop. Pongennaro	p.84
2189	Cas. Ugolotti Artemio e Figlio	p.84
2322	Consorzio Produttori Latte	p.85
2324	Cas. Tagliavini Ario	p.85
2326	Soc. Agr. San Bernardino	p.86
2334	Cas. Eredi Censi Rino	p.86
2343	Latteria Sociale San Luigi	p.87
2416	Nigroni	p.87
3011	Latteria Sociale San Ferdinando	p.88
3012	Galli	p.88
3270	Az. Agr. Mezzadri Fratelli	p.89
3275	Cas. Pratichiera	p.89
3333	Latteria Sociale San Pier Damiani	p.90

Events & Happenings

From the Great River to the Little World

Precious tastes and landscapes of the Parma Lower Plain, following the Po's slow rhythm rocked by Verdi's arias

The flowing of the Great River has incised the plain forever. With its floods it has moulded the land, drawing bends, oxbows and islands. It has shaped the people from the Lower Plain (la Bassa), who have learnt to come to terms with its changeable flow, taking what it had to offer and rolling up their sleeves when it took away: the great and mythical maestri Verdi and Guareschi descended from these generations.

The horizons of the Bassa are flat, but only apparently, because taking a closer look you can catch sight of the fortresses, castles and the splendour of the ancient courts; when the haze lifts it reveals to the palate the unique excellences it has preserved and refined together with time. But if you are looking for something more, then maybe it is sufficient to stop on the road to look at a farm house flooded with maize and hemp and immediately a story is born, to quote Giovanni Guareschi.

■ Pallavicino Palace in Zibello



Zibello was once the site of prehistoric and Roman settlements. In the fourteenth century it was taken over by the Pallavicinos, one of the greatest and most ancient feudal families in the north of Italy: their power extended over the whole region west of Parma, from the hills down to the river Po.

The imposing Pallavicino Palace, which is situated in the main village piazza, has a square floor plan, a courtyard in its centre and an arcade with polygonal pillars and buckler capitals on the main

façade. The most ancient part of the Palace stands out for its large arches and for the rich terracotta and lime decoration. From the tiles used to decorate it, it is possible to date this portion of the building to the early decades of the seigniorship of Giovan Francesco Pallavicino, in the second half of the fifteenth century.

While the other part of the building, which once housed the public oven, the tavern and the customs office, dates back to the beginning of the sixteenth century, to the time of Clarice Malaspina, the widow of Federico Pallavicino. The terracotta decorations in the part of the building dating part to the sixteenth century

come from the kiln belonging to the De Stavis, a family from Cremona. The building remained property of the Pallavicinos and of the Rangonis until feudalism was suppressed during Napoleon's time, it was then acquired by the council administration in 1905.

INFORMATION

Parma > San Secondo > Zibello

Tourist Information Office, Via Matteotti, 10 tel. 0524.99388

www.comune.zibello.pr.it

■ The Museum of Farming Civilization Giuseppe Riccardi

The museum collects objects related mostly to life in the fields and coming from the territory of the village of Zibello or of the ones nearby.

It is divided in sections, each of which corresponds to a hall. In each section a particular theme is developed, such as the kitchen, the cellar, craft activities and the *porta morta*, that is the room, typical of country houses, which served as the passageway between the farmyard, the shed and the farmhouse. The exhibition is completed by a characteristic boat of the Po Valley, which was handmade right in Zibello, and the diverse tools once used for sturgeon fishing.

There are also archaeological finds from different ages and of different kinds, which were found along the banks or on the beaches of the river Po, as well as fossil trunks and other "secrets" returned by the big river.



INFORMATION

Parma > San Secondo > Zibello

Zibello Tourist Information

Via Matteotti, 10 tel. 0524.99388

www.comune.zibello.pr.it

Following the track of its majesty Culatello



Culatello is undoubtedly the most valuable cured meat of the entire Italian food tradition, the most difficult to be produced and the most delicious. Its production is traditionally linked to peasant families and to the peculiar climate of the region north east of Parma, known as "Bassa parmense": the thick winter fogs and the torrid summer heat are the fundamental ingredients for the slow refining process thanks to which Culatello acquires that unique

smell and taste. The fresh ham is deprived of the rind and of the bone, hand salted and stuffed into the pig's bladder so that the meat is better preserved and protected: it is then left to rest for one year in the typical maturing rooms. The Road of Culatello runs along the river Po, through the villages of the "Bassa parmense". Throughout this journey there are several occasions for visitors to taste and buy the king of cured meats, as well as the other delicious gastronomic products of this region. For a detailed list, it is possible to consult the official website: www.stradadelculatello.it

Parma > Zibello tel. 0524.939081 info@stradadelculatello.it

■ Safeguarding the great river



Eridanòs for the ancient Greeks, *Padus* in Latin, today the Po: **the main Italian river flows for 652 km from Monviso to the Adriatic sea**, passing through the chief towns of Turin, Piacenza, Cremona and Ferrara and marking the border between Emilia Romagna and

Lombardy and between Emilia Romagna and Veneto for many kilometres of its course. Since ancient times it has been a vital resource in the economy and the life of the peoples settled in its basin. Its waters were a source of sustenance thanks to fishing and agriculture, its flow was a means of trade and richness, a strategic political and cultural symbol. The importance the Po had and still has is extremely significant: **it is a nerve centre in one of the European areas with the highest concentration of inhabitants, industries and businesses. Its ecosystem is in precarious balance due to man's exploitation.** Now like then in the Lower plain they travel along the Great River, no longer on the barges which once made it possible to transport goods, but by small touring motor vessels where it is also possible to take on board the bicycles needed for the short excursions in the different landing places. The localities of Polesine P. se, Stagno di Roccabianca, Torricella di Sissa, Sacca di Colorno and soon also Mezzani all have tourist landing places. Periodically there is also a shuttle service across the river Po between Stagno di Roccabianca (Pr) and Motta Baluffi (Cr) by the group *Legambiente Aironi del Po* that allows bicycles on board. Sailing the waters of the Po, cycling or walking along its banks is a way to rediscover its great naturalistic, human and cultural value, and maybe to love it a little more by beginning to think about the ecological impact of our everyday choices.

INFORMATION

Parma > San Secondo > Polesine Parmense

For information on the navigation periods, modalities and costs: Va Pensiero Viaggi T.O.
tel. 0524.91708 www.vapensieroviaggi.com

■ A bike ride along the Po...

The cycle route "Bici Parma Po" goes along the main embankment of the Great river and crosses the province of Parma from west to east, starting from Polesine Parmense as far as Mezzani and passing through Zibello, Roccabianca and Colorno. **The almost 50 kilometre surfaced cycle track is well indicated**, with equipped rest areas along the way, and makes it possible to discover not only the beauty of the river landscape with its poplar woods, meanders and flood plains, but also the rich artistic and cultural amenities of the Bassa Parmense, the lower Parma plain. In fact, with short deviations fortresses, ancient

churches, museums and different collections can be reached. Moreover, those who love good food will be pleased to know that the cycle route crosses the Road of Culatello of Zibello, a renowned cured meat. Excursions of different lengths, from a few hours to one day, along the river by motor vessels starting from the mooring in Polesine Parmense are organized at weekends. Cyclists can take their bicycles on board free. **To cycle along the Po is also to bring back to life the atmosphere of the Little World of Giovanni Guareschi**, the unforgettable bard of those places: and it is true that "It's



impossible to understand how, in that slice of land situated between the great river and the great road, there once was a time when people did not know what bicycles were". "The Little World, Don Camillo and his herd" (*Mondo piccolo, Don Camillo e il suo gregge*), 1953.

INFORMATION

Parma > San Secondo > Polesine Parmense

Parma Point, via Garibaldi 18, Parma

tel. 0521.931800

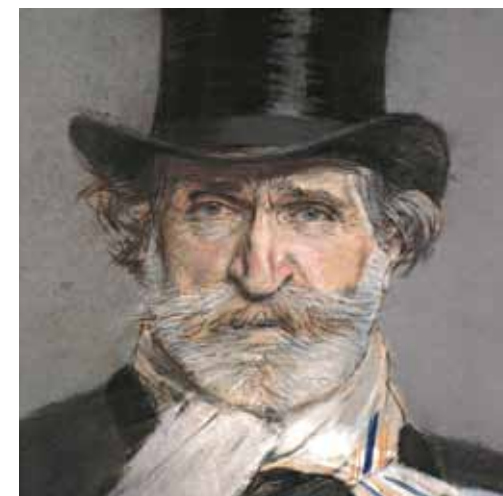
www.nolobikeparma.it

■ Harmony in the land of Verdi

To this day it is still possible to hear the notes of the great composer by following in his footsteps as you visit these places of the plain, which hold precious memories and were the source of inspiration of Verdi's melodrama.

The starting point of an ideal journey that chronologically retraces the life of the most popular opera composer of all times is the hamlet of Roncole di Busseto, where Giuseppe Verdi was born in 1813. The building where he was born is

a modest brick construction with a two pitched roof. It was also a tavern. And according to tradition, when the maestro was born there was a company of tra-



velling musicians, whose notes were a happy presage to the future composer, playing in the tavern. And in Roncole Verdi was christened in the Church of Saint Michael the Archangel. Some relics like the christening certificate in Latin and the organ Verdi used to practice with his first teacher, Pietro Baistrocchi, when he was a child, can still be found in the church.

In Busseto the young Verdi got his first music education, thanks to the interest of the wealthy music lover Antonio Barezzi, and he later married Margherita Barezzi, the daughter of his patron, in the Holy Trinity Oratory.

Casa Barezzi has housed the Associazione Amici di Verdi and an important museum of Verdi's suggestive mementos and extraordinary relics since 1979. And in Busseto, in the Renaissance setting of **Villa Pallavicino**, there is the **Giuseppe Verdi National Museum**: the only museum in the world dedicated to the performance of Verdi's twenty-seven operas in a context



the figures that influenced Giuseppe Verdi during the composition of his operas. There are also music events dedicated to the memory of the great composer.

The Verdi theatre is housed in the Fortress of Busseto and dates back to the second half of the fourteenth century. Wanted by the people from Busseto to themselves to honour their eminent fellow citizen, the theatre was inaugurated in August 1868 with the performances of *Rigoletto* and *A masked ball*.

On the stage there are the sets of *Falstaff* created in 1926 for La Scala. The Maestro performed in the theatre when he was young, directing a symphony of *The Barber of Seville* by Rossini.

In Sant'Agata di Villanova sull'Arda, in the municipality of Piacenza, it is possible to visit the residence the great composer chose to live in and where he composed many of his masterpieces.

The perfectly kept residence with its beautiful park is still lived in by the heirs and still reflects the taste and sensitivity of the great composer.

INFORMATION

Parma > Fontanellato > Busseto

Busseto Tourist Information Office

piazza G. Verdi 10, Busseto

tel. 0524.92487 info@bussetolive.com

which includes reproductions of the settings, period paintings, moving music and sets created by the stage designer and director Pier Luigi Pizzi.

The texts by the art critic Philippe Daverio lead visitors to the discovery of the historic period, the events and

■ The Little World and the *Museo Paese*

In Fontanelle, near Roccabianca, there is the Little World Museum. **The exhibition retraces the historical and social events of the Parma plain from the end of the nineteenth century to the sixties of the twentieth century** through the biographies of two exceptional personalities from Fontanelle like Giovannino Guareschi and Giovanni Faraboli



(the founder of the reformist cooperative movement). The evocative means and setups illustrate an extraordinary moment in Italian history: personal memories, sounds and voices, documents and literary texts, handicrafts interweave in the ancient school's corridors and classrooms in a highly suggestive collection. A bronze image of Giovannino Guareschi sitting on a bicycle welcomes the visitors to the Little World Museum, symbolically inviting them to cycle at a slow pace at the discovery of the "rooms" of the Museo Paese, an open air museum throughout the riverside villages, along the cycle lanes surrounded by nature that retrace the most significant places that artistically inspired the writer.

INFORMATION

Parma > San Secondo > Roccabianca > Fontanelle

"The Little World" Museum - A landscape by a famous artist: Fontanelle, Guareschi, Faraboli

Fontanelle, strada Villa, n. 18 tel. 0521.876165

■ The Fortress of Bianca



Built around 1460 upon request of the then lord of the fief of Roccabianca, Count Pier Maria Rossi, **the building still has the imposing architectural features typical of the castles of the plain:** a central yard with two protruding towers, one on the left corner of the façade and another one on the left corner of the back, and a high central keep.

The so called Griselda's room, whose frescoes depict the events of the hundredth tale of Boccaccio's

Decameron, is noteworthy. The protagonist is the faithful bride Griselda, the symbol of invincible love devotion, while an astrological cycle is reproduced on the cross vault. It is probably related to the horoscope of Pier Maria Rossi. The originals of these frescoes are now kept in the Sforza Castle in Milan, however the copies that can be admired in Roccabianca Castle are excellent.

It is said that the village's name refers to a romantic episode. Count Pier Maria secretly dedicated the imposing building to the Lombard noblewoman Bianca Pellegrini, with whom he was secretly in love despite being already married to another lady from Parma.

The nobleman had all the façades of the fortress painted white not to reveal to his contemporaries the real dedication of the castle.

INFORMATION

Parma > San Secondo > Roccabianca

Roccabianca Castle: tel. 0521.374065

www.castellodiroccabianca.it

■ In the heart of the Lower Plain



Half way between the river Po and the river Taro, in the heart of Parma's lower plain, the village of Sissa is dominated by the mass of the beautiful Fortress of the Terzi family, which dates back to the fourteenth century. This is where visitors can start to discover the taste and the most genuine impressions of this spot of the Po valley, and they just have to lose themselves in its surroundings.

In the hamlet of Palasone there is one of the

most well kept secrets by the master *norcini* (pork butchers) of Parma's lower plain: the *Spalla Cruda* (raw shoulder). It is a particular cured meat, made in small quantities and whose historical traces date back to the year 1170.

Spalla Cruda requires great skill in processing the meat and a maturing period of 15 months in old dark cellars scattered in the countryside of the lower plain, with its unique microclimate. **Sissa is, in fact, one of the**



stages along the Road of the Culatello of Zibello, besides the cradle of the excellent tradition the *masen*, the dialectal word for the person who kills the pig and processes its meat with mastery and real art. These ancient traditions are celebrated every year, **in Autumn, during the festival November Porc**. It is a very popular event during which delicious cured meats (and of record sizes) can be tasted among gastronomic stands, street markets and *norcini* (pork butchers) at work, hopefully immersed in thick fog. Fog is such an important element to make the delicious cured meats

of the lower plain. It transforms the landscape softening its outlines in a magical atmosphere.

The territory of the lower plain is closely intertwined with the Great River and its affluents: Gramignazzo is situated near the confluence of the river Taro with the Po, where the waters of the two rivers merge and give life to a spectacular chromatic contrast. This is where the only connection point between the territory of Sissa and that of the nearby Roccabianca is. The two banks used to be connected by a rope ferry up until the thirties, when the bridge over the Taro was built. Close to the bridge, up until a few decades ago, there were the characteristic huts with the related *balansòn*, the big fishing nets suspended over the river and handled by winches. Torricella is one of the most important river ports in the province of Parma. Nearby there is **the River Park of Maria Luigia's Woods with its 40,000 square metres of greenery:** one of the few examples of woods of the plain left.

INFORMATION

Parma > Sissa
tel. 0521.527011
www.comune.sissa.pr.it

Cycling through the Po lower valley



The renting service Nolo Bike Parma has a fleet of 170 bicycles placed in 10 towns of Parma's lower plain equipped with cycle lanes and it avails itself of the collaboration of the single operators situated in the various towns: Busseto, Colorno, Fontanellato, Mezzani, Polesine Parmense, Roccabianca, San Secondo

Parmense, Sissa, Soragna, Zibello. The paths have been devised to offer cycle tourists different routes, travelling times for all tastes and different levels of difficulty. The kilometres stretch across the Po valley among vast cultivated lands, barchesse (barns) and marvellous farmhouses (this is where Bertolucci shot

the film masterpiece 1900) as far as the magnificent Po. **The itineraries:** route "CicloTaro" (15.5 km) across springs and resurgences; route "Verdi Va Pensiero" (25 km); route "Guareschi the Little World" (20 km) through the places dear to the writer of Peppone and Don Camillo, route "Bici Parma Po" along the bank of the river Po (50 km), route "Tre Castelli".



INFORMATION

Parma > Tre Casali
Parma Point tel. 0521.931800
www.nolobikeparma.it

Cycling along the Taro



Ciclotaro is an elevated cycle tourist itinerary that stretches along the right bank of the river Taro and connects the hamlet of Viarolo with Trecasali, skimming the built-up areas of Ronco Campo Canneto and San Quirico. Along its tarred 9 kilometres there are the equipped rest areas from which cyclists can

enjoy the landscape and the flowing of the river. Besides the rural landscape and the poplar woods, typical elements of this area of the plain, there are rows of maple and mulberry trees, which used to support the vines, and silkworm farms.

Moreover from March to October blossom explode and numerous butterflies move gracefully along the side of the track, in a blaze of colours and delicate scents. Slightly diverting towards Torrile there is the LIPU Oasis of Torrile, with its many observation huts. The oasis was born from the discovery of the nest of a pair of black-winged stilts, which currently nest there.

INFORMATION

Parma > Tre Casali
Parma Turismi Str. Repubblica, 45 tel. 0521.228152
www.nolobikeparma.it

The Meli-Lupi Fortress

Built in 1361, the fortress of the Meli-Lupi Princes of Soragna is an imposing quadrangular building with strong towers on each corner. **There are many works of art in this splendid residence, which has been more and more enriched throughout the centuries.** A good part of the building can be visited. Prince Diofebo VI still lives in it. Among the many masterpieces, in the fortress there are marvellous frescoes, like the ones in the Great Gallery and the Stucco Room, made in 1695 by the brothers Ferdinando and Francesco Bibiena. In the chapel of Santa Croce, which has been used as the family vault since the seventeenth century, the epitaph of Francesco Meli Lupi of 1699 reads: «*Quivi giace a marcir entro l'avello / nudo, senza*



vigor, vile, fetente / un lupo per venir celeste agnello» (Here lies rotting inside this tomb/naked, without vigour, vile, stinking/ a wolf soon to become a celestial lamb). **According to the legend the ghost of Donna Cinerina**, an unlucky lady who lived in the sixteenth century and was the innocent victim of a conspiracy hatched for economic reasons, still wanders through the rooms of the fortress.



INFORMATION

Parma > Fontanellato/Fidenza > Soragna
Comune di Soragna tel. 0524.599399
turismo@comune.soragna.pr.it

■ The Parmigiano-Reggiano Museum

Corte Castellazzi, which houses the Parmigiano-Reggiano Museum, is composed of the farmhouse with the shed and barn and the **precious circular dairy with a colonnade** that, built upon request of Prince Casimiro



Meli Lupi around 1848 and active until 1977, collects the instruments and tools used to make the King of Cheeses. There are over 120 objects dating back to the period between the year 1800 and the first half of the twentieth century and about a hundred period images, drawings and photos.

The Museum illustrates all the processes in the making of the King of Cheeses inside a building that was used to make the cheese for centuries: the making process, the maturing and selling phases and the fundamental role of the Consortium of Parmigiano-Reggiano safeguarding quality. Furthermore there is an exhibition of the tools and everyday objects of the rural civilization connected with the topics of nutrition in the rustic constructions adjoining the main body of the Museum, while visitors can taste the unbeatable Parmigiano-Reggiano at the Museum Shop.

INFORMATION

Parma > Fontanellato/Fidenza > Soragna
C/o Corte Castellazzi viale dei Mille tel. 0524.596129
prenotazioni.parmigiano@museidelcibo.it
www.museidelcibo.it/parmigiano.asp

■ An invite to the Court of the Rossi family

The Fortress, an elegant residence and at the same time a fortalice to protect the nucleus of the village, was built in 1466 by Pier Maria Rossi.

Ninety years after its foundation all the rooms on the main floor were frescoed by the best artists of the time and the magnificent decorations of the royal palace are really remarkable. It is possible to admire the series of profane paintings that adorn the rooms on the main floor depicting classical myths and legends, metaphors and even Aesop's fables, besides the hall with the frescoes of the *Gesta Rossiane* (the exploits of the Rossi family).

Two paintings ascribed to Parmigianino, with the portraits of Pier Maria III and Camilla Gonzaga and their children, are now in Spain, in the *Museo del Prado* in Madrid.

But besides contemplating the beauty of the site, in Secondo visitors can go back in time and live again the Renaissance atmosphere of the castle: the Count of San Secondo, Pier Maria III de' Rossi, Countess Camilla Gonzaga, the Count's mother, Bianca Riario bring



back to life the moments in the history of Renaissance lived inside the splendid frescoed rooms of the castle, thanks to the historical reenactments that periodically take place in the fortress and that end in a delicious way with tastings of the typical products of the village of San Secondo.

Moreover the Palio delle Contrade (an ancient horse race), with the big historical reenactment of Pier Maria Rossi and Camilla Gonzaga's wedding, is held the first weekend in June: a costume festival with banquets, Renaissance processions, ladies, knights and, of course, the Giostra della Quintana (a joust) in which about one thousand people participate.

INFORMATION

Parma > San Secondo
Tourist Information office - San Secondo tel. 0521.873214
turismo@comune.san-secondo-parmense.pr.it
www.cortedeirossi.it

■ Delicacy festival... Spalla Cotta and Fortanina wine



Every year, between August and September, the moment comes to celebrate two tasty delicacies of Parma cuisine that match perfectly.

Spalla Cotta (cooked pork shoulder) is the typical cured meat of San Secondo. Of ancient origin, it was appreciated by Giuseppe Verdi who used to give it to his friends as a gift. It is obtained from the foreshoulder of the pig that, after being boned, spiced and matured for a short period, is cooked in almost boiling water for a long time, together with vegetables and red Fortanina wine. The result is a soft and fragrant cured meat, not too fat, to be hand carved. **It can be enjoyed both warm and cold, for example with the excellent torta frita (fried dough) and a glass of Fortanina.** The combination with the latter is extraordinary, considered the peculiarities of this wine: low alcohol content, sparkling and blood-red, it matches perfectly with all cured meats and with rich dishes. Just like the *Spalla Cotta* of San Secondo, also Fortanina is made in limited quantities in respect of tradition and high quality.

INFORMATION

Parma > San Secondo
San Secondo Town Hall tel. 0521.873214
turismo@comune.san-secondo-parmense.pr.it

■ At school in the kitchen with ALMA



ALMA is the most influential training centre of Italian Cuisine at an international level. The rector is the great cook Gualtiero Marchesi. The Cookery School trains cooks, pastry cooks and wine stewards from all over the world. The school is housed in the splendid Royal Palace of Colorno and it avails itself of



the most up-to-date didactic equipment for cooking, pastry making and wine waiting. Besides a large aula magna, there are, in fact, as many as 3 demonstration classrooms, 4 training classrooms, the didactic wine cellar, the wine waiting classroom and a library with over 10,000 volumes.

In addition to the large group of teacher-chefs supervised by Luciano Tona, **among ALMA's teachers there are also local famous cooks of extraordinary level** and qualified experts in nutrition, food hygiene, history of cooking and the world of wine.

The network created throughout the years with training centres around the world stands out among ALMA's strong points. ALMA organises Italian cookery courses together with the big partner schools. The courses foresee periods of study and practice in Italy and periods of work experience in the most famous Italian restaurants. Among the countries in partnership there are: the United States, Korea, English and French Canada, Mexico, Japan, Hong Kong, England, Brazil, Turkey and Australia. In addition to these courses, ALMA offers teaching activities through ICE - the Italian Institute for Foreign Trade and other public and private bodies.

INFORMATION

Parma > Colorno

Piazza Garibaldi, 26 tel. 0521.525211
infoalma@scuolacucina.it www.alma.scuolacucina.it

■ The Royal Palace and the Ducal Gardens of Colorno



Once lived in by the Sanseverino family, the Farnese family, the Bourbons and Marie Louise of Austria, **the Palace is a complex and monumental architectural structure with over 400 rooms**, courts and yards, surrounded by the torrent Parma, the square and the beautiful French garden.

Among the most fascinating rooms there are those of the New Apartments of Duke Ferdinand of Bourbon with the Astronomical Observatory and those on the main floor, characterized by very elegant but cosy spaces, according to the French taste of the time: the decorations include big marble fireplaces, inlaid polychrome floors and refined neoclassical and rococo stuccoes. **The neoclassical Chapel of Saint Liborius**, embellished with the canvas by famous artists,



liturgical furnishings and the wooden choir by Parmesan workers of the eighteenth century, stands behind the Ducal Palace.

This is where there is one of the most valuable ancient organs still existent: an exceptional instrument for dimensions, sound and structural characteristics built by the Serassi brothers from Bergamo at the end of the eighteenth century and still being played.

The beautiful ducal gardens date back to the time of Francesco Farnese, who realized the big park on the project of the architect and designer Ferdinando Galli Bibiena by **joining an Italian-style garden in the part overlooking the Palace with a French-style garden almost four kilometers long**, inspired by the model of Versailles. The fountains and water plays that embellished the garden were so complex that it was necessary to build a water tower on the Lorno canal to channel the waters and activate them. After periods of neglect, the ancient splendour of the garden has been restored thanks to the important recovery works. Today the Royal Palace of Colorno, visited every year by dozens of thousands of tourists, also houses ALMA, the most influential training centre of Italian Cuisine at an international level.

INFORMATION

Parma > Colorno

IAT Colorno, Piazza Garibaldi 26
tel. 0521.313790/312545

The Museum in the Orangerie



The Orangerie, built by the Farneses in 1712, was the big greenhouse for the citrus plants that used to decorate the park of the Palace in summer. Currently the building houses the Peasant Civilization and Pre-Industrial Technology Museum. The collection is divided into different thematic sections: there is the section dedicated to the River Po, with objects and natural elements connected with the big waterway, like the herbarium, the monumental draining pumps, the ancient relics and tools used

for hunting and fishing. The section dedicated to Printing is unique of its kind, with printing machines from the year 1700 to the fifties and the Cinema, with the first optical plays of the nineteenth century for the reproduction of motion (phenakistoscopes, zoetropes, praxinoscopes) and the equipment for shooting, editing and projection of a film. The section is completed with film posters, still photographs and original sketches, some of which drawn by Federico Fellini and kept by Carlo Rissone, an esteemed set designer from Colorno active in Cinecittà.

Parma > Colorno

P.le Vittorio Veneto, 19 tel. 0521.816939 - Visits upon booking

The LIPU Oasis in Torrile



In a few years over two hundred and fifty species have been observed in the environment of the marsh ecosystem. Herons often show up looking for the many fish, frogs and insects that are present here. And the ducks: colourful males, mimetic females. But **the species that attracts visitors' attention the most in spring is the black-winged stilt, unmistakable due to its very long red legs, the black and white plumage and its thin beak.** The islets scattered on the sheets of water of the oasis are the black-winged stilt's favourite places to make its nest.

The river Po that flows nearby is like a big "motorway" travelled by migrants and rare species like the black stork, the osprey and the greater spotted eagle, which arrive at the oasis in spring and autumn.

The itineraries of the LIPU Oasis in Torrile are accessible also for people with motor difficulties, thanks to the aid of an electric scooter available free of charge, and develop along trodden routes that lead to the observation huts.

Numerous activities and events are organised.

INFORMATION

Parma > Torrile

The oasis is about 1 km west of the built-up area of Torrile, along the road to Trecasali

Visitor Centre tel. 0521.810606

LIPU - Parma Section tel. 0521.273043 www.lipu.it

The oasis was born in the eighties from the transformation of a sweep of cultivated fields into a natural humid area, integrated with the adjoining water basins of the sugar refinery Eridania. The aim was to attract and shelter the many migratory birds that, thanks to the proximity of the river Po, used to fly over.

The Church of Saint John the Baptist in Gainago



The church was mentioned for the first time in a papal bull of 1114 with which it was given to the monastery of Saint John the Evangelist in Parma. It became an actual church in 1298, when the christening font of the nearby church of Saint Martin de' Bocci was moved there. Inside the church, **in the south aisle, it is possible to admire some frescoes of the thirteenth**

century and an extraordinary and rare example of Romanesque painting of the Parma area: two male figures (sixteenth century) and "the three Marys at the sepulcher", a saint and Christ's head, contemporaneous with the reconstruction of the church at the end of the thirteenth century. These frescoes, hammered and plastered in the eighteenth century, were brought back to light around the year 1930 during the reconstruction of the façade in the Neo-Romanesque style and demonstrate that the walls of the church used to be decorated with biblical episodes and depictions of saints.

INFORMATION

Parma > Gainago

For information and opening by appointment

The Parish of Gainago tel. 0521.819189

Colorno Tourist Information Office, tel. 0521.313336

Street markets for everyone's taste in Fontanellato



Antiques: every third Sunday of the month.

One of the most important and qualified markets in the north of Italy with period objects, second-hand objects, vintage retro, modern antiques: 250 selected exhibitors on a surface of about 6,000 sqm around the Sanvitale Fortress and along the arcades. The presence of experts guarantees and safeguards buyers. Fortress and Nature: every fourth Sunday of the month. Trade exhibition of natural products and original works: from bric-a-brac, biedermeier, decoupage, blown glass and raku ware to honey, herb teas, jam, bread, cheese, organic fruit and vegetables.

The Pantry of the Sanvitales: food is culture.

Trade show of typical wine and food products. A "cupbo-

ard" under the open sky where visitors can taste and buy renowned regional products from all over Italy. It is an appointment that those who love to eat well and to eat typical food cannot miss. Each edition of the event has brought new food and wine stands around the castle. And the French Market (typical French food), ArtInRocca (artistic crafts), Librogustando (food and wine products and literature), A Short supply chain for consumers... tell me what market you choose and I'll tell you who you are!

INFORMATION

Parma > Fontanellato

tel. 0521.829055

Up-to-date calendars at www.fontanellato.org



The Busilan

The name of this traditional cake derives from its cooking method, according to which a bowl or a glass turned upside down should be put in the middle of the baking tin to obtain the classic hole: it is the bucellata cake (the cake with a hole). The ingredients are the same as in former times: fresh milk, butter, flour, sugar and some raisins. The fragrance of this homemade cake when it comes out of the oven is unmistakable and tasty, and the satisfaction is maximum when the cake is perfect!

This is how to make it:

1 kg flour, 2 glasses of warm milk, 400g sugar, 200g melted butter, a pinch of salt, the grated rind of a lemon, 4 whisked eggs; mix the ingredients to form a not too soft mixture and add the baking powder at the end. Cook in the oven, in a buttered baking tin with the bowl in the middle. When it is cooked, sprinkle with some vanilla sugar, granella (crumbled up biscuits, chopped almonds and nuts, chocolate flakes) or rainbow sprinkles.

The Fortress of San Vitale



The Fortress, linked to the events of the Sanvitale family, is one of the most beautiful courts in the Po valley. It was built in the middle Ages and completed in the year 1500, when it became a residence. The castle has a square floorplan with crenellated walls and four towers on the corners. It is surrounded by a large moat that used to be fed by the water from a resurgence and was rearranged at the beginning of the seventeenth century; the entrance to the yard is by crossing over a drawbridge. **To this day visitors can still admire the splendour of the Court of the Sanvitale family:** the rooms of the castle are adorned with rich collections of

furniture and paintings, but **the real jewel is the Room of Diana and Actaeon, frescoed by the famous mannerist painter Francesco Mazzola, known as Parmigianino.** Painted between 1523 and 1524, a real masterpiece of mannerist style, the room was probably the private room of Paola Gonzaga, the wife of Count Galeazzo Sanvitale. In the fourteen lunettes below the ceiling decorated with putti and patches of blue sky there is one of the most important painting series of Renaissance and Mannerism: taken from Metamorphoses by Ovid, the fresco narrates the transformation of the young Actaeon into a deer then mauled by dogs, as a punishment ordered by the Goddess Diana whose beauty the young boy had peeped at while she was bathing. **Also**

the tower with the optical room of the nineteenth century, whose system of mirrors made it possible to watch the image of the village square reflected on a screen without being seen, is a must. **Many cultural activities** are organized in the fortress: guided visits, labs, different thematic events for children and adults.

INFORMATION

Parma > Fontanellato

Fontanellato Tourist office, tel. 0521.829055

www.fontanellato.org

The Cistercian Abbey and a sweet tradition



Of the ancient abbey complex founded by the monks from Chiaravalle della Colomba in 1142 only the church has remained intact, except for the façade that was rebuilt in the fifteenth century. Inside the church there is a sculpture in polychrome stone by Benedetto Antelami depicting the Madonna and Child and the mortal remains of the templar knight Guidone Pallavicino, the abbey's benefactor.

Connected with the monks' tradition and mentio-

ned already in medieval documents, the preparation of the White Cake, also known as Busilan, is typical of the Easter period. It is called "white" because it is pure, simple, soft and light, not filled: in line with the rule ora et labora of the monks who had banned excess and lack of moderation also in the kitchen. To this day this cake, made with flour, milk, sugar, butter, lemon rind and eggs, is still a typical preparation of Fontevivo and of the whole Parma territory, the protagonist of the Spring Festival

in Fontevivo, which lasts for a few weekends in spring with initiatives, events, concerts, cultural and folk appointments.

INFORMATION

Parma > Fontevivo

Fontevivo Town Hall - Culture and Tourism Department
tel. 0521.611918/611911

www.comune.fontevivo.pr.it

Tortelli d'erbette (ravioli-like pasta filled with herbs)



For six people

The filling: 1 kg leafy herbs, 400g ricotta cheese, 250g grated Parmigiano-Reggiano, 1 egg, salt.

The pastry: 700g white flour 00, 6 eggs, salt.

The dressing: butter, grated Parmigiano-Reggiano, fresh sage leaves. Carefully clean the herbs and remove the stalks. Cook the herbs in a little water, squeeze and finely chop. Add the herbs to the sieved ricotta cheese, the Parmigiano, the egg and salt. Mix well.

Pour the flour on the pastry board and make a well in the centre, add the eggs and

the salt, knead with care to form a smooth pastry. Cover with a cloth and leave to rest for half an hour. Roll out the pastry, not too thin, into large strips and cut out 7x7 cm squares, place a teaspoon of filling in the centre of each square, fold the pastry and close pressing tight. Trim the pastry edges with a pastry wheel.

Cook the tortelli in plenty of salted water for 2 - 5 mins and dress with the melted butter flavoured with the sage leaves. Serve with plenty of grated Parmigiano-Reggiano

■ At the table along the Bridge of Tastes



For three weekends in spring in the **Parma Lower Plain**, among barchesse (barns), farmhouses, resurgences, fortresses and churches, following the course of the river Taro punctuated by historical bridges, **the word is "hospitality"**: three towns have joined in the name of the identity and spirit of the territory to celebrate combinations of tastes.

A long cultural, food and wine festival suitable for children and adults, where the excellences of the territory are cooked and the rediscovery of local traditions, ancient farm jobs, the folklore of the **Parma lower plain is proposed**. The typical local products - Parmigiano-Reggiano, Culatello, Fiocchetto, Fortanina, Spalla di San Secondo, Oca, Polenta, Bargnolino - will tickle visitors' palates among exhibitions, organic street markets, dinners, tastings, gastronomic demonstrations and artistic craft from all over Italy.

Participants' stomachs will be satisfied as they happily walk

across the Bridge of Tastes, immersed in the country's charm.

INFORMATION

Parma > Fontevivo/Trecasali/San Secondo
www.pontedeisapori.it

Cappelletti or anolini (ravioli-like pasta) of the Lower plain

Anolèn (the dialectal word for anolini), typical of the Parma Lower Plain, is the representative of a poor cuisine that did not consider the luxury of meat: some dried bread, eggs and Parmigiano-Reggiano rind were enough for the filling. A simple but loved dish, insomuch that it has become the protagonist at the table on feast days.

For six people

The broth: chicken or capon legs, cooking salami, bones for broth, onion, carrot, celery. A little salt.

The filling: 400g grated Parmigiano-Reggiano stravecchio (over 30 month maturing), 100g breadcrumbs, 2 eggs, salt and nutmeg, meat broth. The pastry: 800g white flour "00", 7 eggs, salt as required.

Prepare the broth by slowly boiling a saucepan of water with the bones, the salami and the vegetables. Scald the breadcrumbs with the boiling broth, add the cheese, eggs, a pinch of salt and the nutmeg and mix well. Leave to rest for a few hours. Knead the flour with the eggs and a little salt, leave to rest for half an hour and roll out into a thin pastry. Place small balls of filling on it at the distance of 5cm from one another, then cover with another sheet of pastry, close well and cut out the anolini with the special biscuit cutter.

Cook for a few minutes in the boiling broth and serve with plenty of grated Parmigiano-Reggiano with a medium maturing period.



events & happenings

typical tastes, music, street markets, carnivals, theatre, traditions and celebrations...

Spring

The Circuit "Castles of the Duchy", *all year*, Ricordanze di Saporì, a food and wine festival dedicated to local typical products

Fontanellato, *all year*, markets and street markets of the Lower plain (la Bassa)

Zibello, *March*, Spring Fragrances

Soragna, *end of April* - beginning of May, Craft, Agriculture and Trade exhibition

Fontevivo, San Secondo and Trecasali, *February - April*, the Bridges of Tastes

Summer

The Circuit "Castles of the Duchy", *all year*, Ricordanze di Saporì, a food and wine festival dedicated to local typical products

Zibello, *June*, Culatello (a very renowned cured meat) Festival

San Secondo, *beginning of June*, Palio delle Contrade (an ancient horse race)

Sorbolo, *end of August*, Summer fair

The land of Verdi, *from June to the end of August*, Summer music festival "Musica in Castello"

Fontanellato, *all year*, markets and street markets of the Lower plain

Colorno, *July*, Saint Margaret's feast day

Soragna, *mid July*, Saint James' feast day and Disfida del Culatello, a competition to elect the best Culatello

Torrire, *beginning of June*, San Polo's fair

Trecasali, *July*, Cornazzano's fair

Autumn

The Circuit "Castles of the Duchy", *all year*, Ricordanze di Saporì, a food and wine festival dedicated to local typical products

Sissa, Zibello, Busseto beginning of November, November Porc, cured meat festival

Sorbolo, *October*, October fair

Busseto and The land of Verdi, *Autumn*, Verdi Festival

Fontanellato, *October*, Librogustando, a festival with food and wine products and literature

Fontanellato, *all year*, markets and street markets of the Lower plain

Colorno, *September*, Settembre Colornese, a festival with gastronomic stands, music, sports events, exhibitions etc.

Colorno, *October*, the "Tortèl Dòls" (a particular kind of ravioli-like pasta) Grand Gala

Torrire, *September*, Lambrusco festival

Winter

Busseto, *February/ March*, Carnival

Fontanellato, *all year*, markets and street markets of the Lower plain

Colorno, *Dicembre nel Borgo*, Christmas events in the village of Colorno

The Circuit "Castles of the Duchy", *all year*, Ricordanze di Saporì, a food and wine festival dedicated to local typical products

information & tourists reception

Busseto Tourist Information Office - IAT

piazza Verdi 10, tel. 0524.92487 fax. 0524.931740

info@bussetolive.com - www.bussetolive.com

Fontanellato Rocca Sanvitale Tourist Information Office - IAT

piazza Matteotti, tel. 0521.829055 fax 0521.824042

ufficio.turistico@comune.fontanellato.pr.it www.fontanellato.org

San Secondo Parmense Tourist Information Office - UIT

rocca dei Rossi - Piazza Mazzini 12, tel. and fax 0521.872147

turismo@comune.san-secondo-parmense.pr.it

Torrire - Mezzani - Sorbolo Tourist Information Office - IAT

Ufficio Comprensoriale Colorno c/o Reggia di Colorno,

piazza Garibaldi 23, tel. 0521.313790 fax. 0521.521370

www.turismo.comune.colorno.pr.it

2010

Caseificio Sociale Bassa Parmense

Strada Chiozzola, 33/bis - 43058 Ramoscello di Sorbolo (Pr)
tel. 0521.690528 fax 0521.694530

open every day 8.30 - 12.30 15.30 - 19.30
closed Sunday

products on sale besides Parmigiano-Reggiano
cured meats, wine, oil, vinegar, jam, butter, ricotta cheese,
various dairy products

bassaparmense@libero.it

geographic coordinates

44° 50' 39" N 10° 24' 34" E

Cattle conferring milk (n°)	8
Annual prod. of cheese wheels (n°)	7.600
Cauldrons in the processing room (n°)	13
Active since	1972



2032

Caseificio Sociale San Salvatore

Via Sanguigna, 22 - 43022 Colorno (Pr)
tel. 0521.814240 fax 0521.313575

open every day 8 - 12.30 15 - 19
closed Sunday afternoon

products on sale besides Parmigiano-Reggiano
cured meats, butter, ricotta cheese

info@caseificiosansalvatore.it

www.caseificiosansalvatore.it

products can be purchased also on-line
the dairy sells also abroad

geographic coordinates

44° 57' 07" N 10° 23' 10" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	2.700
Cauldrons in the processing room (n°)	8
Active since	1971



Caseificio Rozzi Giuseppe

Frazione Albareto, 146 - 43012 Fontanellato (Pr)
tel. and fax 0521.821227

open every day 8 - 12.30 15 - 19.30
closed Sunday afternoon



2083

*The Great grandfather's dairy...
the oldest one in the district.*

caseificiorozzi@libero.it
the dairy sells also abroad

geographic coordinates

44° 52' 28" N 10° 12' 08" E

Cattle conferring milk (n°)	11
Annual prod. of cheese wheels (n°)	6.500
Cauldrons in the processing room (n°)	8
Active since	1907

Caseificio Sociale Cooperativo La Nuova Speranza

Frazione Ghiara Sabbioni, 113 - 43012 Fontanellato (Pr)
tel. and fax 0521.821982

open every day 8.30 - 12.30 16 - 19



2085

geographic coordinates

44° 53' 01" N 10° 11' 26" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	4.000
Cauldrons in the processing room (n°)	12
Active since	1980

2111

The firm was purchased by the current owners' great-grandfather, K. Balduino, in 1879. The farm has always selected cows of the "Bruna Alpina" breed. The dairy has been making Parmigiano-Reggiano exclusively from the Bruna Alpina breed since 2008.

info@valserena.com

www.valserena.com

products can be purchased also on-line
the dairy sells also abroad

geographic coordinates

44° 53' 35" N 10° 23' 29" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	3.100
Cauldrons in the processing room (n°)	6
Active since	1890

Società Agricola Valserena

Via Repubblica, 6 - Gainago, 43030 Torrice (Pr)
tel. and fax 0521.819114

open every day 7.30 - 12.30 14 - 19

closed Saturday afternoon and Sunday

other retail outlets

Via Repubblica, 21 - Gainago, 43030 Torrice (Pr)



2165

The dairy was founded in 1967 by forty-eight farmers and breeders of the village. Today three of them still confer the milk. In 2005 there was the turning point with the opening of a proper sales point where, besides Parmigiano-Reggiano, the typical products of the territory can be purchased.

cas.iltrionfo@alice.it

geographic coordinates

44° 55' 07" N 10° 14' 27" E

Cattle conferring milk (n°)	9
Annual prod. of cheese wheels (n°)	4.000
Cauldrons in the processing room (n°)	11
Active since	1967

Caseificio Sociale Cooperativo Il Trionfo

Strada Prov. per Parma, 3 - 43017 San Secondo Pse (Pr)
tel. and fax 0521.873614

open every day 9 - 12.30 15.30 - 19

closed Sunday afternoon

products on sale besides Parmigiano-Reggiano

cured meats, wine, balsamic vinegar, homemade mustard, honey, Parmigiano creams and much more



Latteria di Palasone

Via Palasone - 43018 Sissa (Pr)
tel. 0521.879385 fax 0521.379778

open every day 8 - 12 15 - 19

Sunday 8 - 11

closed Sunday afternoon

products on sale besides Parmigiano-Reggiano

yoghurt, ricotta cheese, panna cotta



2185

geographic coordinates

44° 57' 16" N 10° 14' 44" E

Cattle conferring milk (n°)	5
Annual prod. of cheese wheels (n°)	4.000
Cauldrons in the processing room (n°)	8
Active since	1903

Cooperativa Sociale di Soragna

Strada per Diolo, 118 - 43019 Soragna (Pr)
tel. and fax 0524.599073

open every day 8.30 - 12.30 15.30 - 19

closed Sunday afternoon

2186

info@caseificio-soragna.it

www.caseificio-soragna.it

geographic coordinates

44° 56' 047" N 10° 08' 00" E

Cattle conferring milk (n°)	11
Annual prod. of cheese wheels (n°)	12.000
Cauldrons in the processing room (n°)	20
Active since	1933

2188

2188

2188

the dairy sells also abroad

geographic coordinates

44° 55' 32" N 10° 07' 58" E

Cattle conferring milk (n°)	20
Annual prod. of cheese wheels (n°)	14.000
Cauldrons in the processing room (n°)	22
Active since	1935

Caseificio Sociale Cooperativo
Pongennaro

Strada per Carzeto, 137 - 43019 Soragna (Pr)
tel. and fax 0524.597065

open every day 8.30 - 12.30 15 - 19

products on sale besides Parmigiano-Reggiano
cured meats, wine, jam, butter, ricotta cheese, liqueurs,
pasta, vinegar



2322

2322

2322

the dairy sells also abroad

geographic coordinates

44° 50' 57" N 10° 19' 52" E

Cattle conferring milk (n°)	10
Annual prod. of cheese wheels (n°)	9.000
Cauldrons in the processing room (n°)	18
Active since	1980

Consorzio
Produttori Latte

Via Puppiola, 15 - 43122 Parma
tel. 0521.601313 fax 0521.603742

open every day 8 - 12.30 15.15 - 19.30

products on sale besides Parmigiano-Reggiano
cured meats, wine, balsamic vinegar, butter, jam, grappa,
liqueurs



2189

2189

2189

the dairy has been active since 1968. It has been on the current premises since 1982.

geographic coordinates

44° 47' 04" N 10° 22' 55" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	3.600
Cauldrons in the processing room (n°)	6
Active since	1968

Caseificio
Ugolotti Artemio e Figlio

Via E. Lepido, 72 - San Lazzaro, 43100 Parma
tel. 0521.486769 fax 0521.242580

open every day 8 - 19.30
closed Sunday

products on sale besides Parmigiano-Reggiano
cured meats, wine, balsamic vinegar, soft cheeses, butter,
ricotta cheese, jam, honey, sheep's milk cheese



2324

2324

2324

the old building dates back to 1929. It has been restructured only internally. Some tools dating back to the post-war period are still kept.

geographic coordinates

44° 49' 22" N 10° 15' 21" E

Cattle conferring milk (n°)	6
Annual prod. of cheese wheels (n°)	5.600
Cauldrons in the processing room (n°)	8
Active since	1960

Caseificio
Tagliavini Ario

Via Trigesimo, 14 - Fraore, 43126 Parma
tel. 348.4006908 fax 0521.671206

open every day 8 - 12 15 - 19



2322

2322

2322

the business was started in 1933 to guarantee fresh milk to the city. It gradually turned into one of the biggest makers of Parmigiano-Reggiano over fifty years ago.

info@cplparma.it
www.cplparma.it
the dairy sells also abroad

geographic coordinates

44° 50' 57" N 10° 19' 52" E

Cattle conferring milk (n°)	10
Annual prod. of cheese wheels (n°)	9.000
Cauldrons in the processing room (n°)	18
Active since	1980

2324

2324

2324

the old building dates back to 1929. It has been restructured only internally. Some tools dating back to the post-war period are still kept.

geographic coordinates

44° 49' 22" N 10° 15' 21" E

Cattle conferring milk (n°)	6
Annual prod. of cheese wheels (n°)	5.600
Cauldrons in the processing room (n°)	8
Active since	1960

2326

The Cistercian monks used to make Parmigiano-Reggiano in our cowshed in Frassinara, as the first production contract, registered on a parchment dated 23rd November 1349, attests. We still continue to make Parmigiano-Reggiano with the same passion for the naturalness and quality that have always made it unique, in full respect of this Parmesan dairy tradition.

spaccioagribernardino@gmail.com

geographic coordinates

44° 52' 13" N 10° 22' 29" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	7.200
Cauldrons in the processing room (n°)	10
Active since	1998

Società Agricola San Bernardino

Via Case Vecchie, 18 - Pizzolese, 43100 Parma
tel. 0522.668282 - 0521.387900
fax 0521.387900 - 0522.668111

open every day 8.30 - 12.30 15.30 - 19

closed Thursday afternoon and Sunday

other retail outlets

Via Burla, 450 - Ravadese, Parma



Latteria Sociale San Luigi

Via Campedello, 62 - 43010 Trecasali (Pr)
tel. and fax 0521.878151

open every day 8.30 - 12.30 16 - 19

closed Sunday, Monday morning, Tuesday morning and Wednesday morning

products on sale besides Parmigiano-Reggiano butter, ricotta cheese

2343

geographic coordinates

44° 56' 06" N 10° 18' 07" E

Cattle conferring milk (n°)	6
Annual prod. of cheese wheels (n°)	6.500
Cauldrons in the processing room (n°)	15
Active since	1970

2334

The dairy has been active for three generations. It was enlarged in 1994.

claudiocensi@interfree.it

geographic coordinates

45° 00' 47" N 10° 07' 01" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	17.000
Cauldrons in the processing room (n°)	24
Active since	1900

Caseificio Eredi Censi Rino

Via Giaranzana, 43 - 43010 Polesine Parmense (Pr)
tel. and fax 0524.99187

open every day 8 - 12 15 - 19

closed Sunday

products on sale besides Parmigiano-Reggiano fresh cheese, butter, ricotta cheese



Nigroni

Strada Rossi, 18 - Bellena, 43010 Fontevivo (Pr)
tel. 0521.618219 fax 0521.656057

open every day 9 - 12.30 15 - 19

closed Monday Tuesday and Wednesday afternoon

products on sale besides Parmigiano-Reggiano cured meats, wine, honey, pasta



2416

Founded in 1700, the dairy has been run by the Nigroni family since the beginning of the twentieth century. Four generations of master cheese makers have been making a unique and original Parmigiano-Reggiano, every day with passion and following a very ancient recipe.

info@nigroni.it
www.nigroni.it

geographic coordinates

44° 51' 26" N 10° 12' 07" E

Cattle conferring milk (n°)	15
Annual prod. of cheese wheels (n°)	10.000
Cauldrons in the processing room (n°)	20
Active since	1917

3011

Latteria Sociale San Ferdinando

Via Geranzana, 2 - 43010 Zibello (Pr)
tel. and fax 0524.99121

open every day 7.30 - 12.30 14.30 - 19.30

products on sale besides Parmigiano-Reggiano
culatello di Zibello, typical cured meats

geographic coordinates

45° 00' 30" N 10° 08' 04" E

Cattle conferring milk (n°)	6
Annual prod. of cheese wheels (n°)	3.000
Cauldrons in the processing room (n°)	5
Active since	1960



3012

Galli

Via Verdi, 10 - Pieveottoville, 43010 Zibello (Pr)
tel. 0524.95412 fax 0524.95024

open every day 9 - 12

closed Sunday and public holidays

other retail outlets

Via Bottazza, 6 - Pieveottoville, 43010 Zibello (Pr)

info@ egalli.it
www.egalli.it

the dairy sells also abroad

geographic coordinates

45° 00' 34" N 10° 09' 31" E



Azienda Agricola Mezzadri Fratelli

Via Consolatice Inferiore, 3 - 43011 Busseto (Pr)
tel. and fax 0524.930168

open every day 9 - 12.30 15.30 - 19

Sunday 11 - 12.30 16.30 - 18.30

products on sale besides Parmigiano-Reggiano
wine, butter, cured meats, jam, pickles, eggs, oil, fresh
cheeses

other retail outlets

Parma, market in strada Imbriani, Saturday 8 - 13

Parma, market in piazzale Lubiana, Wednesday 8 - 13



3270

info@zoocaseariamezzadri.it
www.zoocaseariamezzadri.it

products can be purchased also on-line
the dairy sells also abroad

geographic coordinates

44° 59' 10" N 10° 03' 00" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	4.300
Cauldrons in the processing room (n°)	6
Active since	2000

Caseificio Pratichiera

Via Provinciale per Busseto, 56/A - 43010 Fontevivo (Pr)
tel. 0521.618043 fax 0521.618386

open every day 9 - 12.30 15.30 - 19

closed Sunday and Monday afternoon

products on sale besides Parmigiano-Reggiano
cured meats, ricotta cheese, wine, jam, different cheeses,
vinegar, rice, liqueurs

3275

It has always been a dairy
company.

info@pratichiera.com
www.pratichiera.com
products can be purchased also on-line
the dairy sells also abroad

geographic coordinates

44° 51' 09" N 10° 11' 30" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	1.200
Cauldrons in the processing room (n°)	3
Active since	2002



3333

Latteria Sociale
San Pier Damiani

Via Gazzano, 35/A - San Prospero, 43122 Parma
tel. and fax 0521.645181

open every day 8 - 12 15 - 19

sanpierdamiani@alice.it

geographic coordinates
44° 47' 28" N 10° 44' 25" E

Cattle conferring milk (n°)	4
Annual prod. of cheese wheels (n°)	3.300
Cauldrons in the processing room (n°)	6
Active since	1965



Parma:
l'Arte della Tradizione



www.parmalim.net • info@parmalim.net

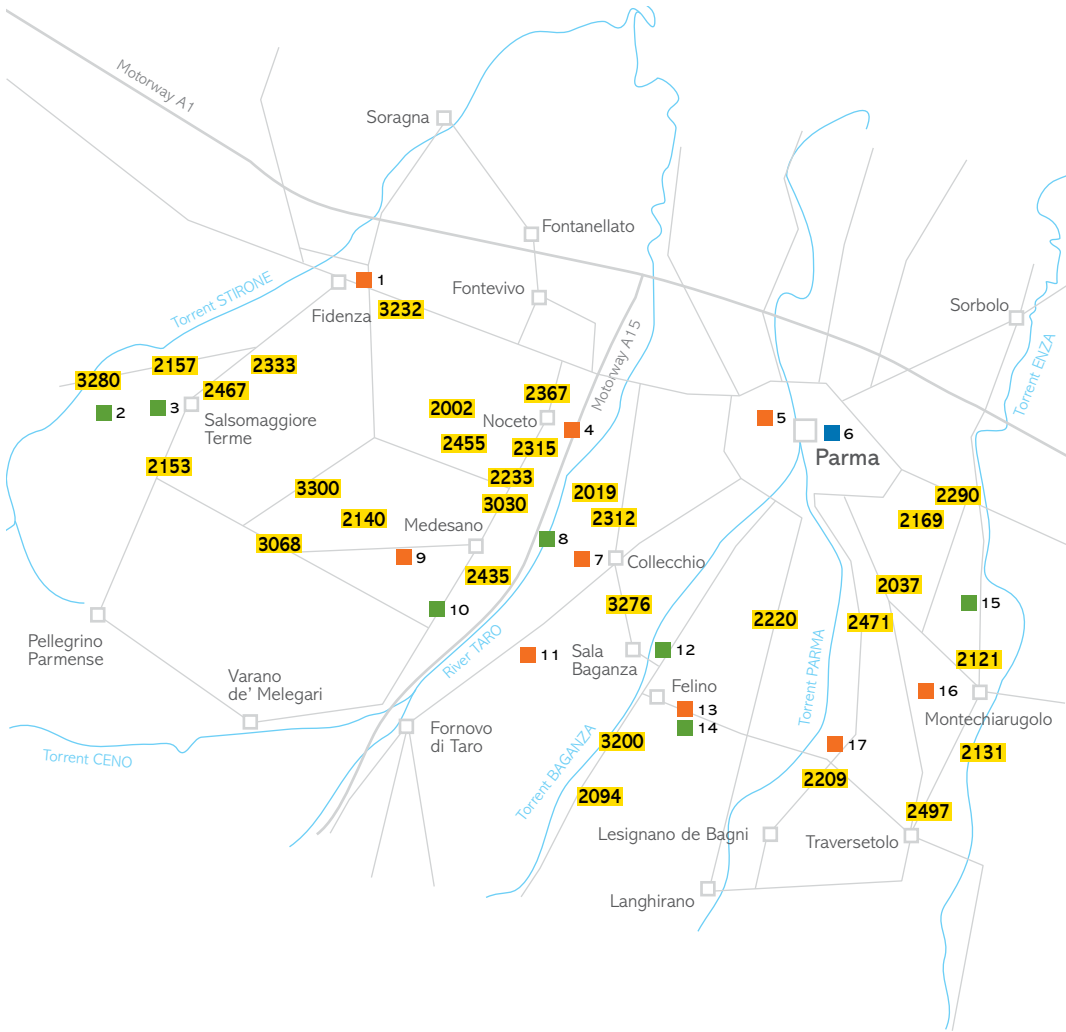




Parma - The Ducal Palace

the Pétite Capitale and the Food Valley

art and tradition itineraries among castles,
cathedrals and ancient courts, along pilgrimage routes
to the discovery of excellent tastes



LEGEND

- arts - culture
- nature - environment - activities
- curiosities



Index The town and the Pedecollina

(the region at the foot of the hill)

The Territory

1	Fidenza Cathedral	p.96
2	Along the <i>Via Francigena</i>	p.97
2	The Course of the Stirone	p.98
3	Salsomaggiore, Tabiano and the ancient sea	p.98
4	The Castle of Music	p.99
6	<i>Nocino</i>	p.99
5	Parma, the <i>Pétite Capitale</i>	p.100
6	Academia Barilla	p.102
7	The Guatelli Museum	p.103
8	Cycling along the Taro and tomatoes at the museum	p.103
9	The History and Civilization Museum in Varano Marchesi	p.104
10	The thermal baths of Sant'Andrea	p.104
11	A Church in the wood	p.105
12	The Carregas' Woods Park	p.105
	Navigating on the road of delicacies	p.106
13	The Fortress of Felino	p.106
14	The Salami of Felino and its Museum	p.107
15	Monticelli, a dive into the thermal baths	p.107
16	Montechiarugolo Castle	p.108
17	Mamiano, the court of masterpieces	p.108
	The wines of the Parma hills PDO	p.109

The dairy retailers

2002	Az. Agr. Bio. Ciaolatte	p.112
2019	Az. Agr. Bocchi L. e F.	p.112
2037	Soc. Agr. Giansanti	p.113
2094	Latt. Soc. San Lucio	p.113
2121	Latt. Soc. Santo Stefano	p.114
2131	San Bernardino	p.114
2140	Cas. Carini	p.115
2153	Cas. Lanfredini	p.115
2157	Cas. La Madonnina	p.116
2169	Cas. Barani Gaudenzio e Giuseppe	p.116
2209	Cas. La Traversetolese	p.117
2220	Cas. San Pietro di Vigatto	p.117
2233	Latt. Soc. La Medesanese	p.118
2290	Cas. Barani Ottorino	p.118
2312	Cas. Gennari Sergio e figli	p.119
2315	Cas. Martinelli Romeo	p.119
2333	Soc. Agr. Il Colle	p.120
2367	Casearia Corradi	p.120
2435	Cas. Vicini	p.121
2455	Bandini Fausto	p.121
2467	Cas. Montauro	p.122
2471	Latt. Coop. di Marano	p.122
2497	Cas. Soc. San Pietro	p.123
3030	Soc. Agr. Bertinelli Gianni e Nicola	p.123
3068	Cas. Barabaschi Giovanni e Figlio	p.124
3200	Az. Agr. Araldi Pietro e Luigi	p.124
3232	Cas Soc. Coduro	p.125
3276	Soc. Agr. Montecoppe	p.125
3280	Soc. Agr. Butteri	p.126
3300	Az. Agr. Persegona C., M., G.	p.126

Events & Happenings	p.110
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The Pétite Capitale and the Food Valley

Art and tradition itineraries among castles, cathedrals and ancient courts... along pilgrimage routes to the discovery of excellent tastes

Parma is the town that Marie Louise of Austria loved, and her love was reciprocated. The traces of her presence are still alive: she was an enlightened sovereign who made this territory a lively place, a small capital of culture and civilization.

And in its surroundings there are majestic cathedrals, hundred-year-old abbeys and churches that recount the odysseys of the pilgrims on the road, stories that are still revived along the pilgrimage routes that used to connect Europe with the vibrant heart of Medieval Christianity.

Those who wish to take a break are spoilt for choice: this is, in fact, the famous "Valle del Cibo" (the Valley of Food), furrowed by many tasty itineraries. And with a dive in the thermal waters, troubles and worries seem far away when cradled by the warmth of the water.

The Cathedral and the Diocesan Museum

Designed by Benedetto Antelami and realized by his school between the eleventh and twelfth centuries, **the Cathedral is dedicated to Saint Dominus and it represents one of the most important examples of Emilian Romanesque architecture.** The façade, livened up by three portals and enclosed within two towers, is incomplete: the upper part is made of sandstone, while the lower one is in finely carved marble. There is a valuable bas-relief depicting the



life and martyrdom of Saint Dominus on the trabeation of the central portal, while there are the marble statues of the apostles Ezekiel and David in the niches situated between the lateral portals and the central one. The interior is austere and bare, divided into a nave and two aisles: Saint Dominus' relics are kept in the crypt. **Works of great quality are exhibited in the museum, among which some vestments, documents of historic relevance and precious liturgical objects, like the chalice of Saint Dominus, a rare golden bronze Eucharistic dove and the ostensorium embellished with gems.** But the most important item of the museum is the *Madonna on the throne with Child*, excellent work by Benedetto Antelami that marks the transition from Romanesque art to Gothic Art.

INFORMATION

Parma > Fidenza

tel. 0524.522354 - Fidenza Tourist Office, tel. 0524.83377
iat.fidenza@terrediverdi.it



Pilgrims on the road: the Via Francigena

The Via Francigena is a cultural itinerary acknowledged by the Council of Europe. It originated from the diary of Archbishop Sigeric, in which the seventy- nine stages connecting Rome with Canterbury, in England, were listed. Sigeric travelled through those stages in 990 A.C. during his return journey to Canterbury from Rome, where he had received the pallium and the blessing from Pope John XV. This is how one of the most important pilgrimage itineraries was born. To this day **the Via Francigena still represents a unique occasion to discover and get to know the places it passes through, their treasures and the opportunities they offer. A heritage of culture, art, history, nature and sense of hospitality.**

Fidenza is along the Francigena route and it is the thirty-sixth stage. From here the Via Francigena continues to the small town of Fornovo di Taro and, climbing up towards Bardone, in the municipality of Terenzo, and Berceto, it reaches the Apennine Cisa Pass. From here it goes to the Tyrrhenian coast through the Lunigiana region and continues towards Rome.

By going on the pilgrimage along the ancient route visitors can revive the arcane emotions of old times, visit important historical and artistic sites and at the same time look at the landscapes, monuments and places of subsequent periods that have



enriched this territory throughout the centuries, besides discovering the wine and food excellences that the territories crossed by the Via can offer. **The European Association of the Vie Francigene, situated in Fidenza, brings together over a hundred bodies among Town Councils, Provinces and Regions, situated in the four Countries crossed by Sigeric's itinerary: England, France, Switzerland and Italy.** The Association was founded with the aim of promoting and enhancing this historical itinerary, more and more appreciated and travelled by thousands of pilgrims. **The Association publishes the official magazine "Via Francigena" and takes care of the site www.viafrancigena.eu, where all the necessary information to plan one's route can be found.**

INFORMATION

www.viafrancigena.eu



■ Along the course of the Stirone



The protected area that includes the course of the Stirone torrent for a stretch about fourteen kilometers long, was founded in 1988. This area is of particular paleontological interest due to the erosive action of the torrent which has brought back

to light layers of fossils of considerable scientific interest. The area offers a rather wide range of excursions, with **eighteen kilometres of walking routes and seventeen kilometres of cycling tracks**, and meets visitors' diverse needs. **The routes wind along the torrent skirting some stretches of the canyons cut into the earth by the erosive action of the water course**, even if, due to this phenomenon, which causes continuous river bank collapses, some sections have been conveniently diverted onto alternative routes. There are car parks and equipped areas for breaks and picnics in the main places along the routes. **In Scipione Ponte there is the Naturalistic Museum and the Park's Visitor Centre.** In the museum there is a diorama that reproduces some environments of the torrent with characteristic plants and animals and a reading-library room, a didactic classroom equipped for projections and a lab.

INFORMATION

Parma > Salsomaggiore Terme
Scipione Ponte, 1 tel. 0524.581139
centrovisite@parcostirone.it

■ Salsomaggiore, Tabiano and the Ancient Sea

Salsomaggiore's thermal vocation developed at the beginning of the nineteenth century thanks to the medical officer **Lorenzo Berzieri**, to whom the **monumental Berzieri Thermal Baths**, famous worldwide for their **Liberty style** rich in **oriental patterns**, are dedicated. He was the first one to experiment the healing properties of these rare waters, whose concentration of mineral salts is originally five times that of the Mediterranean Sea. **Drawn at the temperature of 16° C and at the depth of 800 - 1,200 metres**, these waters contain high levels of sodium chloride, iodine, bromine and, due to the presence of iron salts that oxidize when exposed to air, they have a typical reddish colouring. **Besides the thermal waters, from the same wells they extract also mud**, an element extremely rich in mineral substances that, mixed with the local clay and left to mature in the thermal waters for a period of two years, is used in healing applications. **The mineral water of the Thermal Baths of Tabiano is, instead, of a sulphureous-sulphate-calcium-magnesian kind**, highly mineralized with a high level of bicarbonates and a very high level of hydrogen sulfide. Known already

in the nineteenth century, it is still considered one of the waters with the highest concentration of sulphates and sulphurous gases. The thermal centre in Tabiano was officially founded in 1841 upon request of Duchess Marie Louise of Austria, an "expert" connoisseur of thermal waters. When she was young, in fact,



she used to go to the most exclusive *villes d'eaux* of the time with her family, due to her poor health. **At the Paleontological "The Ancient Sea" Museum in Salsomaggiore visitors can find relics of the Mare Padano**, the sea that used to be in the place of the current Po valley. Among the findings exhibited there are the almost complete skeletons of three whales and two dolphins which were brought back to light in the

territory of Salsomaggiore and a rich collection of fossils that document 300 million years of evolution.

INFORMATION

Parma > Salsomaggiore Terme
Salsomaggiore Terme Tourist Information Office
Galleria Warowland, p.le Berzieri, tel. 0524.580211
Tabiano Terme, v.le Fidenza 20/a, tel. 0524.565482
www.portalesalsomaggiore.it www.termeditabiano.it

■ The Castle of Music

The Castle of Music is situated in the rooms of the imposing thirteenth century Sanvitale fortress. Two museums are housed on the main floor of the fortalice: the **Lutherie Museum** and the **Record Museum**.



The Lutherie Museum holds the precious collection of the stringed instruments made by maestro Renato Scrollavezza, besides the ones made by the members of Parma Lutherie. While in the Record Museum there is a **valuable record heritage** that was given to the museum by the sports journalist from Noceto Bruno Slawitz. The collection includes 78 rpm and 33 rpm concert and melodrama vinyl records. The rooms of the donjon also house the **International School of Lutherie "Renato Scrollavezza"**, founded as a lutherie school within the Conservatoire "Arrigo Boito" in 1975 and now **one of the most important training realities in its field**. In the Castle of Music there are also several associations that propose music activities such as choirs, bands and music schools.

INFORMATION

Parma > Noceto
UIT Noceto, p.le Adami 1, tel. 0521.622227
Castle of Music, tel. 0521.823978
castellodellamusic@comune.noceto.pr.it

Nocino

The tradition of Nocino, which is probably of ancient Roman origin and whose Noceto recipe has been passed on for almost 400 years, has always been cultivated in Noceto (Nocino is considered the botanical call of the toponym). Today the Nocino of Noceto, whose trademark has been registered, is acknowledged as a traditional product of Emilia Romagna, it is homemade and on sale.

The infuse obtained from the nuts has an alcoholic content of 50°, it is creamy, of a strong homogeneous brown colour and clear. It is characterized by an intense scent of nuts, but also of fine bouquet of spices, cinnamon, clove, cinchona and alcoholic notes.

The recipe is the typical Parma one: unripe nuts picked on Saint John's day, infused in alcohol and sugar and a few spices for forty days. Then the infuse is strained and added to the water and sugar syrup and left to age for at least one year.

The last Sunday of September Noceto dedicates the "Nocino and nut cakes contest", whose first edition dates back to 1983, to its nocino, unmistakable in its dark bottle with the wax sealed cork.



■ Parma: walking through the town to enjoy the elegance of the *pétite capitale*



The emotions visitors live walking through Parma's historical centre have no equals. The testimonies of art and culture that make this town unique, insomuch that even **Marie Louise, the Austrian empress who arrived in Parma in 1816 and took up residence in**



the sumptuous Ducal Palace, fell in love with the charm of this place, reveal themselves at every step.

To explore Parma an ideal starting point is its medieval heart, Piazza del Duomo. This is where the church dating back to 1059, one of the most important Romanesque cathedrals in Italy for its beautiful hut façade and the preciousness of its interior, overlooks.

The Assumption of the Virgin (1526-1539) is the pictorial masterpiece by Correggio that transforms the dome into a vortex of light, clouds and angelic creatures, while one of the most important works of Romanesque sculpture is situated in the transept: *The Deposition* (1178) by the architect - sculptor Benedetto Antelami. The same artist also worked at the Baptistry, a very original building in pink marble with an octagonal floor plan, that marks the transition from the Romanesque style to the Gothic one because of the upright development conferred to the structure by the architect- sculptor. Other important testimonies of the Renaissance can be found in Saint John the Evangelist's Church, with the frescoes by Correggio, and in Saint John's Monastery, with the charming cloisters and the Benedictine pharmacy, a unique example of



pharmacy of the sixteenth-seventeenth century. The name of the great Pilotta Palace derives from the Basque game *pelota* they used to play in one of its courtyards. Built by the Farnese family between the sixteenth and seventeenth century, it was designed as a place of services adjoining the Ducal Palace: stables, barns, a theatre, barracks, a library.

Today it is an unmissable sight since it houses the National Gallery, one of the most important and beautiful picture galleries in Italy for the quality and the quantity of the works of art by painters of the caliber of Leonardo da Vinci, Beato Angelico, Correggio, Tintoretto, Giulio Romano.

Inside the palace there is also the famous Farnese Theatre, one of the most suggestive historical theatres in the world. It is entirely made in wood and rich in ancient stage mechanisms. Not far from here is another important testimony of the town's cultural life:

the Royal Theatre, with its prestigious music events and the annual Verdi Festival, in the great Maestro's honour.

The Ducal Palace, which recalls the splendour of the Farneses, the Bourbons and Marie Louise of Austria, is a must. Currently the Palace also houses EFSA - the European Food Safety Authority. These are only some of the wonders that can be discovered wandering through Parma, the welcoming *pétite capitale* of good living.

INFORMATION

Parma Tourist Information Office
tel. 0521.218889
turismo.comune.parma.it

Teatro Regio tel. 0521.039.399

Parma Point
Strada Garibaldi, 18 tel. 0521.931800
info@parmapoint.it Skype: parmapoint
Open every day from 9.30 to 19.30



■ The art of Italian gastronomy



Academia Barilla is the International centre that aims at circulating the Italian gastronomic culture, by offering training, services and products rigorously selected within the Italian gastronomic heritage. **Academia Barilla was founded in 2004 in Parma. It is the ideal meeting point for the most qualified representatives of gastronomy and lovers of the Italian food culture.** Every year Academia Barilla welcomes in the Barilla Centre over 6,000 visitors from all over the world who are involved in training activities and gastronomic events. The centre has 18 professional kitchens for hands-on and theoretical courses, an auditorium with 100 seats and a central kitchen for hands-on demonstrations for the audience, a multi-sensory lab for sensory product analyses, to offer a unique experience and obtain highly professional training. **A special place inside Academia Barilla is reserved to the gastronomic library,** an exceptional means to learn about the evolution of gastronomy and taste, a monothematic collection with over 10,000 volumes (the most antique book dates back to the sixteenth century) and 30 periodicals, some of them really difficult to find because they are no longer published.



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INFORMATION
Academia Barilla S.p.A.
largo Calamandrei 3/A tel. 0521.4060
info@academiabarilla.com
www.academiabarilla.com
www.facebook.com/AcademiaBarilla
www.twitter.com/AcademiaBarilla



■ The Ettore Guatelli Museum



The precious collection of objects of everyday use and relics of the pre-industrial civilization in the Po valley **was born thanks to Guatelli, a primary school teacher and an extraordinary collector of objects and stories,** an anti-academic intellectual who was capable of collecting and recounting a whole epoch through objects. The Museum is able to evoke everyday actions of peasant life through an **original expository language** not bound by realistic purposes. Great importance is given to the expressive force

of the objects exhibited, arranged in non conventional artistic setups that create new dimensions of meaning also for those objects of more common use. The Gualatelli Museum is housed in *Corte Bella Foglia*, a particularly fascinating rural complex that holds and documents the history of the territory.

INFORMATION
Parma > Collecchio > Ozzano Taro
via Nazionale, 130 tel. 0521.333601
info@museoguatelli.it www.museoguatelli.it

■ Cycling along the Taro and tomatoes at the museum



The Taro Regional Park protects over twenty kilometres of the river and holds the values of the ancient river landscape, disappeared or seriously compromised elsewhere. The park's ecosystems are varied and include the river shore, humid areas, strips of woodland, bushy areas, cultivated lands and inhabited places. These environments are a shelter for over 250 migratory avifauna species and numerous mammals, for many of which the park represents an important corridor from the mountains to the plain. **The park foresees many walking and cycling itineraries. Moreover in Corte di Giarola, which houses the Park's Visitor Centre, there is the Tomato Museum,** which

belongs to the system of Food Museums. This peculiar exhibition retraces the historic events of tomato and its cultivation techniques. It also proposes the reconstruction of an ancient preserve factory with period machinery and explains the reasons why the growing and processing of this vegetable, which is very important in Italian gastronomic culture, is so flourishing in Parma.

INFORMATION
Parma > Collecchio
Consortium of Taro Regional River Park
Strada Giarola, 11 tel. 0521.802688
Tomato Museum
C/o Corte di Giarola - Taro Park
Strada Giarola, 11 tel. 0521.228152

■ The History and Civilization Museum in Varano Marchesi



In the historical section there are **relics of different kinds which synthetically illustrate the history of these places from the Roman period to the nineteenth century**. The exhibits of the material culture collection have been collected throughout the years

in the hilly areas of the Dordone and Recchio valleys. Among these documents of culture and preservation of collective memory visitors can find hardware, the ancient keys that characterized the functioning and beauty of doors and windows, the tools used by smiths and carpenters to make them, utensils used for the work in the fields and to make wine. There are also **the main tools relating to women's life in the country**, those used to spin wool and hemp or in the kitchen. **The presentation of the tools used by the *norcino* (the pork butcher)**, an extremely important figure in the agricultural economy of families, is particularly interesting.

INFORMATION

Parma > Medesano > Varano Marchesi
museostoriaecivilta@virgilio.it
www.comune.medesano.pr.it

■ The thermal baths of Sant'Andrea

The waters gushing from the wells were discovered at the end of the nineteenth century while they were drilling the area looking for oil. **Sant'Andrea is the only hydrothermal resort in central and northern Italy to collect mineral drinking water** (magnesian sulphurous, alkaline slightly sulphurous and ferruginous-potassic waters) **and the waters used for baths, inhalations and irrigations** (salt-bromine-iodic and sulphureous-calcic water) **into the same catchment**.



These waters, which can be classified into eight different types, come from the heart of bare rocks and reach the pouring counters after a one kilometre journey underground. **To appreciate the quietness of the place and hopefully some coolness in summer visitors can go on the "Spring Walk" (*la Passeggiata delle Fonti*) along the narrow valley cut by the torrent Fabbro**.

The cartway runs along the bed of this clear and crystalline stream for 1.5 kilometres. The route starts

behind the *Palazzina della Mescita*, where the waters are poured. Along the way there are the external structures used to collect the waters for bottling and for the thermal treatments, besides the various stone and brick wells that indicate the presence of springs.

INFORMATION

Parma > Medesano > Sant'Andrea Bagni
 Pouring Plant, piazza Ponci, 4
 tel. 0525.431233 www.termedisantandrea.it

■ A Church in the wood



The Romanesque church in Talignano, dedicated to Saint Blaise, is situated on the edge of the Carregas' woods. The Church was built in the twelfth century.

It belonged to the Cistercian Rocchetta Monastery and was adjoined to a hospice where the pilgrims travelling along a secondary itinerary of the Via Francigena that was used as a diversion during rain seasons used to stop. Inside the structure covered by a barrel vault there are some frescoes of the sixteenth and nineteenth centuries. **Of particular interest is the external lunette above the entry portal. The bas relief is ascribed to the "rural" Antelami school and it depicts the *Psychostasy*, the weighing of souls, with Saint Michael arguing with the Devil about the souls and their merits.**

INFORMATION

Parma > Sala Baganza > loc. Pieve di Talignano
 Tourist Information c/o Rocca Sanvitale, piazza Gramsci 1,
 tel. 0521.331342 iatsala@comune.sala-baganza.pr.it

■ The Carregas' Woods Park

Once the game preserve of the Farneses and the Bourbons, then property of the Carrega di Lucedio Princes, **the over one thousand hectares of the park are a typical example of forest of the lo-**



wer Emilian hill: besides the tree essences typical of the region at the foot of the hill, in the park there are also non autochthonous species which are typical of mountain environments, like the beech and the pine, that have found a favourable environment here thanks to the humid and cool weather conditions. **The quiet and beauty of the Carregas' woods are enhanced by the presence of small sheets of water surrounded by monumental trees.** There are eight lakes, each of which has its own features and peculiarities. All artificial except one, they were created by the Carrega family, the latest owners of the Park's territories, by damming short watercourses to irrigate but also to enrich the variety of the landscape. **There are countless opportunities to go for walks, horse riding or cycling in the park**, also accompanied by expert guides.

There are also historical testimonies: **half hidden by a magnificent alley of cedar trees there is the monumental neoclassical complex of *Casino dei Boschi***, built in 1789 by architect Ennemond Petitot as a residence- farm. The *Casino* was later enlarged by Duchess Marie Louise and it now houses one of the Park's Visitor Centres.

INFORMATION

Parma > Sala Baganza
 via Olma, 2 tel. 0521.836026
info@parcocarrega.it www.parcocarrega.it

■ Navigating on the road of delicacies

The Road of Prosciutto and Wines of the Hills of Parma runs between the Apennines and the *pedemontana* (the region at the foot of the mountains), in the territory enclosed by the rivers Taro and Ceno, among gentle hills and fertile valleys that hold so many cultural, landscape and gastronomic excellences.

Some of the most famous products of Parma's wine and food tradition can be discovered and enjoyed in this welcoming food valley: the Prosciutto of Parma PDO and the Wines of the Hills of Parma PDO are only two of the many gastronomic and culinary wonders visitors can find in these green valleys.

To orient themselves among the gastronomic delicacies and the beauties of the landscape visitors can download the handy Gps navigation guide, which makes it possible to have information on the retail sales point where the typical products can be bought (opening times, type of products sold), where to eat and find accommodation, the beauties of the territory and the events scheduled.



An avant garde device to enjoy the wonders and the delicacies of this welcoming spot of the province of Parma as much as possible, organising a customised itinerary according to one's taste and time.

INFORMATION

The Road of Prosciutto and Wines of the Hills
www.stradadelprosciutto.it
 strada Pilastro, 8, Parma tel. 366.4879422

■ Felino Castle and the Salami Museum



Built in the year 890 by Marquis Luppone, the castle was enlarged and fortified reaching the peak of its splendour at the end of the fourteenth century thanks to the powerful Pier Maria dei Rossi. The noble family ruled Felino for 133 years. They were related to the most important families of the time, like the Gonzagas, the Pallavicinos, the Viscontis, and their coat of arms was a rampant lion, the symbol of strength and courage. They got to own over forty fortresses and strongholds.

In 1483 Felino was conquered by Ludovico il Moro by fraud. He had the fortifications and the walls levelled to the foundations. Today the fifteenth century layout of a heavy and solid building, with sheer walls and large parapets fortified with ramparts that join the donjons, is still intact. In 1502 the castle was passed on to the Pallavicinos, then came the Sforzas, who ruled the Castle up to the seventeenth century. Several noble families followed: the Farneses, the Lampugnani, Marquis du Tillot, to the bishops of Parma, who lived in it up to 1935. At the beginning of the century the last bishop to live in the Castle described it as reduced to a pile of ruins, a shelter for bats, owls and mice. Today, after an accurate restoration, the Castle has been brought back to its ancient splendour and the night illumination is so suggestive and powerful that it can be seen even from a great distance. **In the Castle rooms one of the Food Museums is housed: the Salami of Felino Museum.**

INFORMATION

Parma > Felino
 strada al Castello, 14 tel. 0521.336020
www.castellodifelino.it

■ The Salami of Felino



Already in ancient times herds of swine used to pasture in Felino, the Etrurian *Felsinum*, situated among the gentle hills of the woody Baganza Valley and people have been making a particular kind of salami (from the Latin word *als*, salt, then

changed into *sal*) using pure pork and salt to prevent unwanted fermentation since time immemorial.

The Salami of Felino originates from the combination of the best pork meat and particular microclimatic conditions that favour its maturing process in a natural way.

The salami is made with accurately selected meats chopped not too finely and seasoned with salt, granules of pepper, white wine and other herbs like garlic. The mixture is then stuffed by hand into the pig's bladder, which gives it its typical shape with an irregular diameter, and slowly matured. To obtain the best slices the salami should be cut slantways and the slices should be as thin as a granule of pepper.

The Salami of Felino matches perfectly with a nice piece of warm *torta frita* (fried dough) and a glass of Malvasia wine of the hills of Parma or of Lambrusco.

INFORMATION

Parma > Felino
 Museo del Salame di Felino, strada al Castello, 1
 tel. 0521.831809/821139
prenotazioni.salame@museidelfelino.it
www.museidelfelino.it

■ Monticelli: a dive into the thermal baths

Monticelli is one of the most avant garde thermal districts in Italy. It boasts seven specialized centres, three thermal hotels, gyms, several thermal swimming pools, a solarium and athletic routes in the park. **Monticelli Thermal Baths are a peaceful oasis inside a centuries-old park that stretches for twenty-five hectares. The salt-bromine-iodine and sulphureous waters** are used in the traditional thermal paths and treatments of different pathologies, but they are also a precious ally in fighting stress and recovering one's well-being.

Monticelli Thermal Baths have been able to transform water's most precious properties into active principles.



INFORMATION

Parma > Monticelli
 UTT Monticelli Terme, via Marconi 13/bis, tel. 0521.657519
www.termedimonticelli.com tel. 0521.682711

■ Montechiarugolo Castle



The castle was built in the twelfth century on a natural terrace on a rocky spur above the torrent Enza, in a strategic position. The current architecture of the castle reveals a fifteenth century mark which was left by Guido Torelli, a leader serving the Viscontis who was invested with the fief of Montechiarugolo in 1406. **In contrast to the austere external walls, once they have crossed the doorway of the representation rooms visitors are immersed in a delicate**

Renaissance world. During the sixteenth century, in fact, humanist and scholar Pomponio Torelli gave a new splendour to the castle, calling artists and painters of the time. Particularly interesting is the frescoed loggia, from which a marvellous view of Enza park can be enjoyed, and a bright ornamental series of the fifteenth century, while **from the central courtyard visitors can get to the Castellazzo by crossing over a small terracotta bridge: a cosy and suggestive garden** where beautiful flowerings of roses and peonies bloom in spring. From the top of the bastion, the ancient observation post on the northern side of the *Castellazzo*, the view embraces Enza Park below, the natural border between the territory of Parma and that of Reggio Emilia.

INFORMATION

Parma > Montechiarugolo

UIT Monticelli Terme, via Marconi 13/bis, tel. 0521.657519

www.castellodimontechiarugolo.it

■ Mamiano, the court of masterpieces

The beautiful Mamiano Palace houses the museum of the Magnani Rocca Foundation where the prestigious collection built up by Prof. Luigi Magnani, a medieval painting scholar and a musicologist, is held. The Foundation also promotes music and literary initiatives, in the spirit of its founder, attentive to the correspondence among the different artistic expressions. The collection includes **masterpieces by Tiziano, Rubens, Van Dyck, Goya, Gentile da Fabriano, Filippo Lippi, Carpaccio, Dürer, and, among the contemporaries, Monet, Renoir, Cézanne, de Chi-**



rico and de Pisis, fifty works by Morandi, Burri, besides sculptures by Canova and Bartolini. Of great interest are also the temporary exhibitions which are organised on the same premises. Furthermore the Villa is situated in a vast and beautiful centuries-old park with a romantic structure, which makes it a definitely pleasant destination for visitors.

INFORMATION

Parma > Traversetolo > Mamiano

via Fondazione Magnani Rocca, 4 tel. 0521.848327/848148

www.magnanirocca.it

■ The wines of the Parma hills PDO

On the gentle hills between the Enza and Stirone valleys there is a region which is particularly suited for quality wine growing and wine producing.

The ducal functionaries who lived in the beautiful villas on the hills started to grow grapevines from Napoleon's time, introducing new methods of vinification. The pedoclimatic conditions were particularly favourable for this kind of cultivation and for vinification. However it was in the twentieth century that the selection and qualification of the vines had its best outcome. **The cultivation includes autochthonous and international vines, among which Barbera, Moscato, Sauvignon Blanc (also vinified with the Champenois method). The most appreciated wines are Rosso Colli di Parma PDO and the famous, aromatic and inimitable Malvasia, which the Specification contemplates in the dry, amabile and sweet versions. Every year in May in Sala Baganza a special award, the *Cosetta d'Or*, from the name of the wooden bowl traditionally used to taste the wine, is awarded to the work of the local wine makers. During the festival, which involves the whole village, there is a contest for the best Malvasia of the Hills.** An event that combines the celebration of a unique wine and a unique wine growing and wine producing tradition.



INFORMATION

Voluntary Consortium for the Safeguard of the Wines of the Hills of Parma PDO
via Verdi 2, Parma tel. 0521. 210303
www.collidiparma.it



events & happenings

typical tastes, music, street markets, carnivals, theatre, traditions and celebrations...

Spring

The Circuit "Castles of the Duchy", *all year*, Ricordanze di Saporì, a food and wine festival dedicated to local typical products

Salsomaggiore, *Easter day and Easter Monday*, The Angel's Feast Day, with gastronomic stands, exhibitions, street artists, etc.

Sala Baganza, *April/ May*, Coseta d'Or, a contest for the best Malvasia wine of the Hills of Parma

Parma, *mid May*, De Gustibus, a trade show dedicated to the small pleasures of the table and of life in the open air

Parma, *beginning of May every other year*, Cibus / Cibus tour, a journey to the discovery of the tastes of the territory, health, etc.

Summer

Parma, *June and July*, Chiostro D'Estate, a theatre, music and dance festival held in the cloister of the Annunciation church

Salsomaggiore, *beginning of June*, "Incontrarsi a Salsomaggiore" (Meeting up in Salsomaggiore), a cultural event where national and international journalists, artists, writers meet up with participants and discuss issues of topical interest

Parma, *June*, Poetry Festival

Sala Baganza, *June*, Feast of Pentecost

Collecchio, *July*, Multicultural festival in Nevicati Park

Felino, *mid August*, August Fair

Montechiarugolo, *every Friday in July*, trade show "From Alabaster to Ginger", an event with tastings, music, art exhibitions, shows, etc.

Monticelli Terme, *August*, Parmigiano-Reggiano Festival

Noceto, *September*, Nocino and nut cake contest

Medesano, *end of July*, Saint James' Fair and Potato Gnocchi Festival (Sagra dello Sgranfignone)

Varano Marchesi (Medesano), *July*, Bread Festival

Autumn

Fidenza, *october*, San Donnino Village Fair

Collecchio, *September*, Sagra della Croce e Settembre Collecchiese, an ancient fair with gastronomic stands, street markets, music, fun fair etc.

Sala Baganza, *September*, Prosciutto Festival

Parma and the Land of Verdi, *beginning of October*, Verdi Festival

Winter

Parma, *January*, Saint Hilarion's Feast Day

The Circuit "Castles of the Duchy", *all year*, Ricordanze di Saporì, a food and wine festival dedicated to local typical products

Felino, *December*, Saint Lucy's Feast Day

Fidenza, *December*, Christmas in Fidenza

information & tourists reception

Parma Tourist Information Office - IAT

Via Melloni 1/a tel. 0521.218889 fax. 0521.234735
www.turismo.comune.parma.it turismo@comune.parma.it

Parma Point

Strada Garibaldi 18 tel. 0521.931800 fax 0521.931881
info@parmapoint.it www.parmapoint.it Skype: parmapoint

Salsomaggiore Terme Tourist Information Office - IAT

Galleria Warowland, P.le Berzieri, tel. 0524.580211 fax 0524.580219
info@portalesalsomaggiore.it www.portalesalsomaggiore.it

Tabiano Terme Tourist Information Office - IAT

Viale Fidenza, 20a tel. 0524.565482 fax 0524.567533
infotabiano@portalesalsomaggiore.it www.portalesalsomaggiore.it

Fidenza Village Tourist Information Office - IAT

Fidenza Village Outlet Shopping, Via San Michele Campagna tel. 0524.335556 Fax. 0524.537135
iat.fidenzavillage@terrediverdi.it

Fidenza "Casa Cremonini" Tourist Information Office - IAT

Piazza Duomo, 16 tel. 0524.83377 fax 0524.519159
info@terrediverdi.it www.terrediverdi.it www.comune.fidenza.pr.it

Sala Baganza Sanvitale Fortress Tourist Information Office - IAT

P.za Gramsci, tel. 0521 331343 fax 0521 336429
iatsala@comune.sala-baganza.pr.it

Noceto Tourist Information Office

P.le Adami 1 tel. 0521.622127 fax 0521.622127
turismo@comune.noceto.pr.it

Monticelli Terme Tourist Information Office and branch of Montechiarugolo

Centro Polivalente, Via Marconi 13 bis tel. 0521.657519 fax. 0521.659463
turismo@comune.montechiarugolo.pr.it

Montechiarugolo Front Office

Palazzo Civico, Via Liberazione 4 tel. 0521 687711 Fax. 0521 686633
cultura@comune.montechiarugolo.pr.it

2002

Azienda Agricola Biologica Ciaolatte

Frazione Borghetto, 17 - 43015 Noceto (Pr)
tel. 0521.624035 fax 0521.624400

open every day 8.30 - 12.30 15.30 - 19.30
closed Monday

products on sale besides Parmigiano-Reggiano
cured meats, butter, ricotta cheese, fresh cheeses of their
own make, pasta, jam, vinegar

ciaolatte@libero.it
www.ciaolatte.it

geographic coordinates

44° 49' 19" N 10° 06' 29" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	2.000
Cauldrons in the processing room (n°)	4
Active since	2000



2019

"Sempre Bocchi" since 1904.

Azienda Agricola Bocchi Leonida e Francesco

Via Taro, 1 - Collecchiello, 43044 Collecchio (Pr)
tel. 0521.282512

open every day 15 - 19

geographic coordinates

44° 45' 52" N 10° 11' 37" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	1.700
Cauldrons in the processing room (n°)	3
Active since	1904



Società Agricola Giansanti

Strada Traversetolo, 138 - 43100 Parma
tel. and fax 0521.641155

open every day in winter: 8.30 - 12.30 15 - 19
in summer: 8.30 - 12.30 15.30 - 19.30
closed Sunday afternoon

products on sale besides Parmigiano-Reggiano
cured meats, wine, jam, cheeses, pasta



2037

The Giansanti family has been breeding cattle in Italy for generations. The family took over the dairy ten years ago and relaunched its activity. They have dedicated particular care and attention to all the stages of the production cycle, from the cowshed to retail, in respect of safeguarding the best techniques, traditions and the environment.

info@agricolagiansanti.it
www.agricolagiansanti.it

geographic coordinates

44° 44' 14" N 10° 22' 06" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	2.900
Cauldrons in the processing room (n°)	5
Active since	2001

Latteria Sociale San Lucio

Via G. Adorni, 7 - San Vitale, 43030 Sala Baganza (Pr)
tel. 0521.830298 fax 0521.330114

open every day 9 - 12.30 15.30 - 19
closed Monday

products on sale besides Parmigiano-Reggiano
cured meats, wine, pasta, preserves, cakes



2094

The dairy was founded by a considerable group of farmers as a cooperative. It was restructured in the eighties and completely renewed in the year 2000. There is an adjoining sales point where their products are sold.

antonio-malpeli@alice.it

geographic coordinates

44° 39' 09" N 10° 10' 44" E

Cattle conferring milk (n°)	5
Annual prod. of cheese wheels (n°)	9.800
Cauldrons in the processing room (n°)	14
Active since	1964

2121

The dairy was founded in 1922 and restructured in 1999.

info@latteriasantostefano.com
www.latteriasantostefano.com
the dairy sells also abroad

geographic coordinates
44° 42' 47" N 10° 23' 36" E

Cattle conferring milk (n°)	16
Annual prod. of cheese wheels (n°)	16.000
Cauldrons in the processing room (n°)	30
Active since	1922

Latteria Sociale Santo Stefano

Via Parma, 78/ter - Basilicogioiano, 43020 Montechiarugolo (Pr)
tel. 0521.657615 fax 0521.650969

open every day 8 - 12.30 15 - 19
closed Sunday afternoon

products on sale besides Parmigiano-Reggiano
stracchino, caciotta, butter, ricotta cheese, tosone (a by-product of Parmigiano-Reggiano)

**2131**

The family-run business was founded in 1979 by the father, Mario, and his two sons, Giuseppe and Paolo, who are still running the activity.

fwccar@tin.it
the dairy sells also abroad

geographic coordinates
44° 40' 36" N 10° 24' 22" E

Cattle conferring milk (n°)	11
Annual prod. of cheese wheels (n°)	12.800
Cauldrons in the processing room (n°)	20
Active since	1979

Caseificio San Bernardino

Via Solari, 119 - Tortiano, 43022 Montechiarugolo (Pr)
tel. 0521.686469 fax 0521.686736

open every day 8.30 - 12.30 15 - 19.30
closed Sunday afternoon and Monday



Caseificio Carini

Via Varano, 54/B - Cella, 43015 Noceto (Pr)
tel. and fax 0521.629409

open every day 8 - 12 15 - 19

products on sale besides Parmigiano-Reggiano
butter

**2140**

Privately-run dairy.

caseificiocarini@libero.it

geographic coordinates
44° 46' 02" N 10° 06' 02" E

Cattle conferring milk (n°)	13
Annual prod. of cheese wheels (n°)	8.200
Cauldrons in the processing room (n°)	12
Active since	2002

2153

The dairy has been active since 1969. It was restructured and enlarged in 2009.

info@caseificiolanfredini.it
www.caseificiolanfredini.it
products can be purchased also on-line
the dairy sells also abroad

geographic coordinates
44° 47' 02" N 09° 58' 07" E

Cattle conferring milk (n°)	5
Annual prod. of cheese wheels (n°)	7.500
Cauldrons in the processing room (n°)	11
Active since	1969

Caseificio Lanfredini

Loc. Contignaco, 33 - 43039 Salsomaggiore Terme (Pr)
tel. and fax 0524.578245

open every day 7 - 12.30 14.30 - 19

products on sale besides Parmigiano-Reggiano
cured meats, wine, butter, ricotta cheese, honey



2157

The Iemmi family boasts a centuries old tradition in making, processing and selling Parmigiano-Reggiano. Our ancestors started the activity already in the nineteenth century, working as farmers and breeding swine. The scrupulous respect for tradition and the decision to continue making high quality products derive from them.

info@caseificiolamadonnina.it
caseificioiemmi@tiscali.it
www.caseificiolamadonnina.it
products can be purchased also on-line
the dairy sells also abroad
geographic coordinates
44° 50' 00" N 09° 57' 31" E

Cattle conferring milk (n°)	26
Annual prod. of cheese wheels (n°)	18.222
Cauldrons in the processing room (n°)	25
Active since	1967

Caseificio La Madonnina

Via Scipione Ponte, 19 - 43039 Salsomaggiore Terme (Pr)
tel. 0524.570905/586439 fax 0524.583542

open every day 8.30 - 12.30 15 - 19.30

products on sale besides Parmigiano-Reggiano
cured meats, butter, caciotta



2169

The new dairy was opened in 2007.

g.barani@libero.it
geographic coordinates
44° 46' 06" N 10° 22' 41" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	3.500
Cauldrons in the processing room (n°)	8
Active since	1988

Caseificio Barani Gaudenzio e Giuseppe

Via Budellungo, 139 - Coloreto, 43100 Parma
tel. and fax 0521.645595

open every day 8.30 - 12.30 15.30 - 18.30
closed Sunday

products on sale besides Parmigiano-Reggiano
butter



Caseificio La Traversetolese

Via Pedemontana, 13 - Mamiano, 43029 Traversetolo (Pr)
tel. 0521.848347 fax 0521.848404

open winter: every day 8.30 - 12.30 15.30 - 19
open summer: every day 8.30 - 12.30 16.00 - 19.30
closed Sunday afternoon and Monday

products on sale besides Parmigiano-Reggiano
cured meats, wine, butter, ricotta cheese, pickles, oil, balsamic vinegar, soft cheeses, honey, jam, pasta, panna cotta, stracchino, yoghurt, primosale (a sheep's milk cheese with a maturing period of only about 1 month),
Parmigiano-Reggiano spread



2209

martini-antonio@libero.it
info@caseificiotraversetolese.it
www.caseificiotraversetolese.it
products can be purchased also on-line
the dairy sells also abroad

geographic coordinates
44° 40' 07" N 10° 20' 06" E

Cattle conferring milk (n°)	17
Annual prod. of cheese wheels (n°)	19.000
Cauldrons in the processing room (n°)	28
Active since	1981

2169

The new dairy was opened in 2007.

g.barani@libero.it
geographic coordinates
44° 46' 06" N 10° 22' 41" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	3.500
Cauldrons in the processing room (n°)	8
Active since	1988

Caseificio Barani Gaudenzio e Giuseppe

Via Budellungo, 139 - Coloreto, 43100 Parma
tel. and fax 0521.645595

open every day 8.30 - 12.30 15.30 - 18.30
closed Sunday

products on sale besides Parmigiano-Reggiano
butter



Caseificio San Pietro di Vigatto

Via Donatori di Sanguine, 49 - Vigatto, 43124 Parma
tel. and fax 0521.639070

open every day 9.15 - 12.30 16 - 19
closed Sunday afternoon and Tuesday



2220

The social dairy has been active since the eighties. The new dairy started its activity in 1994 on the new premises.

the dairy sells also abroad

geographic coordinates
44° 43' 02" N 10° 19' 03" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	3.200
Cauldrons in the processing room (n°)	8
Active since	1980

2233

Latteria Sociale La Medesanese

Via Carnevala, 21/A - 43014 Medesano (Pr)
tel. 0525.420607 fax 0525.423316

open every day 8.30 - 12.30 15.30 - 19

*products on sale besides Parmigiano-Reggiano
cured meats, wine, jam*

the dairy sells also abroad

geographic coordinates

44° 44' 43" N 10° 08' 03" E



Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	7.000
Cauldrons in the processing room (n°)	12
Active since	1970

2290

*The dairy has always been
privately-run.*

Caseificio Barani Ottorino

Via E. Lepido, 291 - San Prospero, 43122 Parma
tel. and fax 0521.645148

open every day 8.30 - 12.30 15 - 19.30

closed Sunday and Tuesday morning

*products on sale besides Parmigiano-Reggiano
cured meats, wine, balsamic vinegar*

geographic coordinates

44° 46' 12" N 10° 25' 25" E



Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	5.800
Cauldrons in the processing room (n°)	7
Active since	1963

Caseificio Gennari Sergio e Figli

Via Vara Superiore, 14/A - 43044 Collecchio (Pr)
tel. 0521.805947 fax 0521.333318

open every day 8 - 12.30 15 - 19.30

closed Sunday and public holidays afternoon

*products on sale besides Parmigiano-Reggiano
cured meats, wine, soft cheeses, jam, honey, liqueurs, local
typical products*

other retail outlets

Collecchio: via S. Pertini, 45

Parma: Borgo del Gallo, 5

Parma: Piazzale San Bartolomeo



2312

*The privately-run dairy has been
active since 1953.*

info@caseificiogennari.it

www.caseificiogennari.it

www.2312.it

products can be purchased also on-line

the dairy sells also abroad

geographic coordinates

44° 45' 46" N 10° 12' 17" E

Cattle conferring milk (n°)	6
Annual prod. of cheese wheels (n°)	15.000
Cauldrons in the processing room (n°)	20
Active since	1953

Caseificio Martinelli Romeo

Via don Minzoni, 39 - 43015 Noceto (Pr)
tel. and fax 0521.625232

open every day 8 - 12 15 - 19

closed Monday

*products on sale besides Parmigiano-Reggiano
cured meats, wine, honey*



2315

*The dairy has always been run
under the name of "caseificio
Martinelli".*

gianpietromartinelli@libero.it

the dairy sells also abroad

geographic coordinates

44° 48' 03" N 10° 10' 31" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	3.800
Cauldrons in the processing room (n°)	6
Active since	1950

2333

The dairy was restructured in 2000 by a cooperative of partners, it was then sold to a private owner at the end of 2006. It has been run by a company since 2009.

societa.ilcolle@yahoo.it

geographic coordinates

44° 50' 26" N 09° 59' 56" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	6.000
Cauldrons in the processing room (n°)	15
Active since	2007

Società Agricola Il Colle

Via Maestà, 28/A - San Nicomede, 43039 Salsomaggiore Terme (Pr)
tel. and fax 0524.572089

open every day 8.30 - 12.30 15 - 19.30

*products on sale besides Parmigiano-Reggiano
cured meats, wine, honey, homemade cakes, jam, oil and
other foodstuff, fresh ricotta cheese on Thursdays*

other retail outlets

Cremona: via del Giordano, 131 - tel. 0372.23862

Iseo (Bs): via Mirolte, 11 - tel. 030.981026



Caseificio Vicini

Via Brozzoli, 12 - 43014 Medesano (Pr)
tel. and fax 0525.421363

open every day 8.30 - 13 15.30 - 18.30

*products on sale besides Parmigiano-Reggiano
butter, ricotta cheese*

**2435**

caseificio.vicini@fastwebnet.it

geographic coordinates

44° 45' 19" N 10° 09' 06" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	2.800
Cauldrons in the processing room (n°)	4
Active since	1988

2367

The business has always belonged to the Corradi family.

info@caseariacorradi.com
www.caseariacorradi.com

the dairy sells also abroad

geographic coordinates

44° 48' 40" N 10° 11' 06" E

Cattle conferring milk (n°)	11
Annual prod. of cheese wheels (n°)	4.000
Cauldrons in the processing room (n°)	6
Active since	1965

Casearia Corradi

Via Trieste, 1 - 43015 Noceto (Pr)
tel. 0521.625309 fax 0521.621526

open every day 8 - 12.30 14.30 - 19

closed Sunday afternoon

*products on sale besides Parmigiano-Reggiano
typical cured meats, wine, honey, balsamic vinegar*



Bandini Fausto

Via Bombodolo, 8 - 43015 Noceto (Pr)
tel. and fax 0521.629144

open every day 7.30 - 12.30 15.30 - 19.30

*products on sale besides Parmigiano-Reggiano
butter, ricotta cheese, other cheeses, cured meats, wine,
mushrooms, vegetables marinated in oil, honey*

**2455**

caseificiobandinisnc@libero.it

geographic coordinates

44° 48' 04" N 10° 07' 09" E

Cattle conferring milk (n°)	4
Annual prod. of cheese wheels (n°)	1.100
Cauldrons in the processing room (n°)	2
Active since	1969

2467

Caseificio Montauro

Borgone Montauro, 220 - 43039 Salsomaggiore Terme (Pr)
tel. and fax 0524.572151

open every day 8.30 - 13 15.30 - 19.30

closed Sunday afternoon

products on sale besides Parmigiano-Reggiano

cured meats, wine, pasta, oil, mushrooms, vinegar, jam, liqueurs

other retail outlets

Via Parma, 58 - Salsomaggiore Terme (Pr), tel. 0524.572070

caseificiomontauro@libero.it

geographic coordinates

44° 49' 50" N 10° 01' 08" E



Cattle conferring milk (n°)	15
Annual prod. of cheese wheels (n°)	9.500
Cauldrons in the processing room (n°)	12
Active since	1969

Caseificio Sociale San Pietro

Via Monzato, 35 - 43029 Traversetolo (Pr)
tel. and fax 0521.841283

open every day 9.30 - 12.30 16 - 19.30

closed Sunday afternoon and Monday

products on sale besides Parmigiano-Reggiano

cured meats, wine, oil, buffalo mozzarella, sheep's ricotta cheese, panna cotta, honey, vinegar, jam



2497

alcaser@libero.it

geographic coordinates

44° 39' 08" N 10° 22' 56" E

Cattle conferring milk (n°)	8
Annual prod. of cheese wheels (n°)	9.500
Cauldrons in the processing room (n°)	17
Active since	1961

2471

The dairy was founded on 29th September 1945

Latteria Cooperativa di Marano

Via Campanini Bonfatti, 37 - Marano, 43123 Parma
tel. 0521.641288 fax 0521.641045

open every day 8 - 11 16 - 19

closed Sunday

cor.pa@libero.it

the dairy sells also abroad

geographic coordinates

44° 43' 05" N 10° 21' 14" E



Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	12.100
Cauldrons in the processing room (n°)	17
Active since	1945

Società Agricola Bertinelli Gianni e Nicola

Strada Pedemontana, 2 - 43015 Noceto (Pr)
tel. 0521.620776 fax 0521.621615

open every day 6 - 21

products on sale besides Parmigiano-Reggiano

cured meats, wine, liqueurs, jam, bread, various other products

other retail outlets

Parma: Centro Torri



3030

info@bertinelli.it

www.bertinelli.it

products can be purchased also on-line

the dairy sells also abroad

geographic coordinates

44° 46' 53" N 10° 09' 28" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	7.000
Cauldrons in the processing room (n°)	9
Active since	2002

3068

The business was founded as a cooperative dairy

geographic coordinates

44° 44' 52" N 10° 01' 33" E

Cattle conferring milk (n°)	6
Annual prod. of cheese wheels (n°)	2.500
Cauldrons in the processing room (n°)	5
Active since	1987

Caseificio Barabaschi Giovanni e Figlio

Via Valle, 152 - Varano Marchesi, 43014 Medesano (Pr)
tel. and fax 0525.59209

open every day 8 - 12 14.30 - 19



Caseificio Sociale Coduro

Loc. Coduro - 43036 Fidenza (Pr)
tel. 0524.523720 fax 0524.522651

open every day 8.30 - 12.30 15.30 - 19

Sunday 9 - 12.30

closed Sunday afternoon and Monday

*products on sale besides Parmigiano-Reggiano
cured meats, wine, balsamic vinegar, typical products*

**3232**

the dairy sells also abroad

geographic coordinates

44° 51' 12" N 10° 05' 18" E

Cattle conferring milk (n°)	5
Annual prod. of cheese wheels (n°)	6.000
Cauldrons in the processing room (n°)	10
Active since	1973

3200

We have always produced the milk to be transformed into Parmigiano-Reggiano. In 2000 we decided to start making our own cheese, so we could trace down each stage of the supply chain, "from the field to the cheese wheel", be self-sufficient and certain of the quality of our products.

aralvico@libero.it

the dairy sells also abroad

geographic coordinates

44° 40' 46" N 10° 13' 38" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	3.600
Cauldrons in the processing room (n°)	6
Active since	2000

Azienda Agricola Araldi Pietro e Luigi

Via Venturini, 16 - San Michelino Gatti, 43035 Felino (Pr)
tel. and fax 0521.806162

open every day 8 - 12 15 - 17

closed Sunday afternoon

*products on sale besides Parmigiano-Reggiano
typical cured meats, wine, yoghurt, jam, honey*

other retail outlets

at the farm in via Bergamino, 3
Mandregolo di Collecchio



Società Agricola Montecoppe

Via Montecoppe, 21 - 43044 Collecchio (Pr)
tel. and fax 0521.302040

open every day 9 - 13 15.30 - 19.30

*products on sale besides Parmigiano-Reggiano
cured meats, wine, liqueurs, pasta, jam, honey, cakes, typical products*

**3276**

The dairy was previously run under the name of "Le Valline".

*luca.rovesti@montecoppe.it
www.montecoppe.it*

the dairy sells also abroad

geographic coordinates

44° 44' 13" N 10° 13' 40" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	4.400
Cauldrons in the processing room (n°)	7
Active since	2005

3280

It has always been a dairy company.

info@caseficiobutteri.it
www.caseficiobutteri.it
products can be purchased also on-line
the dairy sells also abroad

geographic coordinates
 44° 49' 22" N 09° 45' 35" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	1.400
Cauldrons in the processing room (n°)	3
Active since	2002

Società Agricola Butteri

Via Scipione Passeri, 193 - 43039 Salsomaggiore Terme (Pr)
 tel. and fax 0524.570722

open every day 7 - 12.30 14 - 19

products on sale besides Parmigiano-Reggiano
ricotta cheese, caciotta, yoghurt, panna cotta, cured meats,
oil, wine, vinegar, honey



3300

The dairy was founded in 1999
with the same structure of the
previous firm
"Madonna di Montemammolo"
run under the registration number
2277.

persegonagiuliano@tiscalinet.it
www.valliesapori.it
www.parmigianobio.it

products can be purchased also on-line
the dairy sells also abroad

geographic coordinates
 44° 46' 41" N 10° 02' 38" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	1.000
Cauldrons in the processing room (n°)	3
Active since	1999

Azienda Agricola Persegona Carlo, Milena, Giuliano

Pieve di Cusignano, 63 - 43030 Fidenza (Pr)
 tel. and fax 0524.62133

open every day 8 - 12 14.30 - 18.30
closed Wednesday and Monday afternoon

products on sale besides Parmigiano-Reggiano
cured meats, butter, flour, honey, vinegar



PARMA

MUSEI DEL CIBO

LA STORIA DEGLI UOMINI E DEI PRODOTTI CHE HANNO RESO UNICO UN TERRITORIO

Parma, capitale del gusto e della buona tavola, e i gloriosi prodotti della sua terra

- Parmigiano Reggiano, Prosciutto di Parma, Salame Felino, Pomodoro -

raccontati e valorizzati in un affascinante percorso ricco di tradizione storica, documenti, macchine e attrezzi per la lavorazione, elementi di comunicazione, e assaggio del prodotto stesso. Visitare i Musei del Cibo è un'esperienza per tutti i sensi e per tutti i gusti, indimenticabile ed irripetibile.

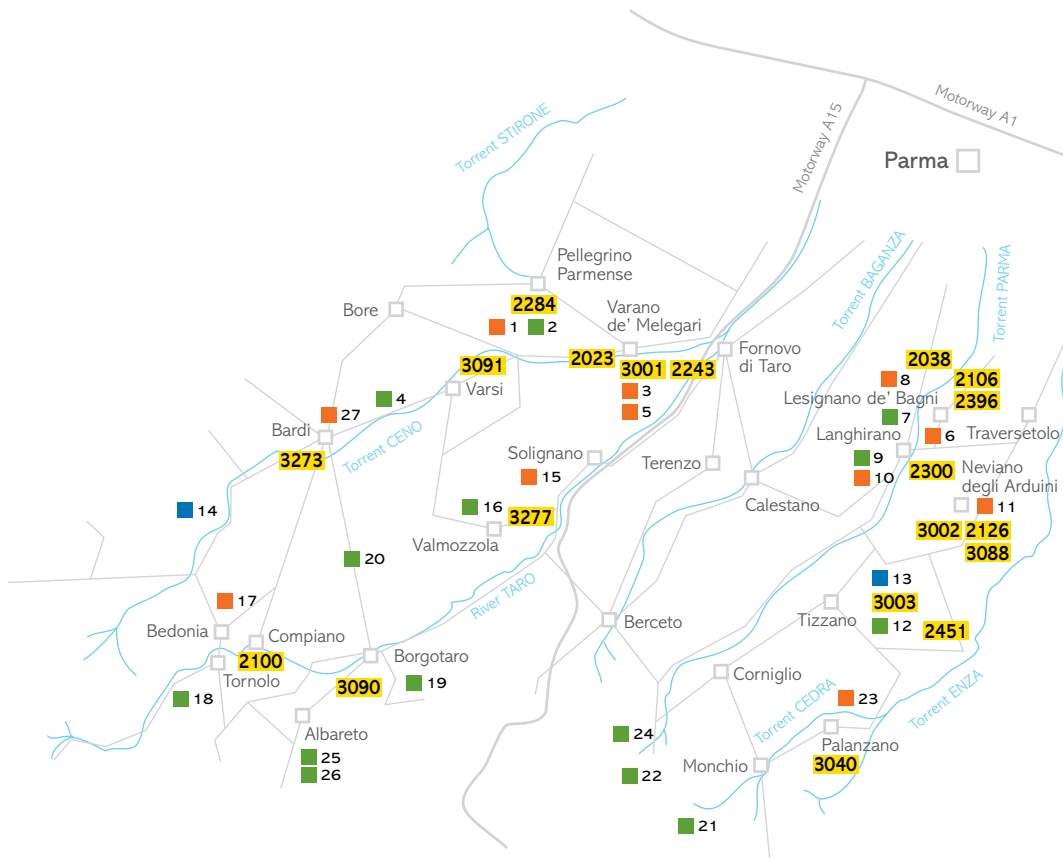
www.museidelcibo.it



Lake Martini

from the gentle vineyards
on the hills to the fortresses
of the Apennines

history and traditions
interweave with the nature of the National Park



LEGEND

- arts - culture
- nature - environment - activities
- curiosities



Index The hill and mountain areas

The Territory

1	The Sanctuary in Careno	p.132
2	Delicious mountain bread	p.133
3	Varano de' Melegari Castle	p.133
4	At the table with its majesty the pork	p.134
5	For fans of motor and motorcycling racing	p.134
6	Cavana Abbey	p.135
7	Lesignano, olive trees and rosemary	p.135
8	The Fortress of Torrechiara	p.136
9	Prosciutto of Parma, how delicious!	p.136
10	Prosciutto Museum	p.137
11	Neviano: churches and museums	p.137
12	Nature on Mount Fuso	p.138
13	The marrons of Campora	p.138
14	Potato <i>Tortelli</i> of the Ceno Valley	p.139
15	Castelcorniglio and the Pessola Valley	p.139
16	Tastes and nature in Valmozzola	p.140
17	The Seminary's Museums	p.140
18	Hiking in the upper Taro valley	p.141
19	The Porcino mushroom PGI	p.142
20	The Abbots Way	p.142
21	On the peak of Mount Sillara	p.143
22	Santo Parmense Lake	p.143
23	The Knights' valleys	p.144
24	Tuscan-Emilian Apennine National Park	p.144
	The Great MTB Ride	p.145
25	Horse riding between the rivers Taro and Ceno	p.146
26	The National Porcino Mushroom Fair	p.146
	The return of the golden eagle	p.147
	Mushroom soup	p.148
27	The Fortress of Bardi	p.148

The dairy retailers

2023	Cas. Il Battistero	p.152
2038	Latt. Soc. Fabiola	p.152
2100	Ind. Cas. Ferrari Giovanni	p.153
2106	Cas. Soc. Coop. Margherita	p.153
2126	Cas. Soc. di Urzano	p.154
2243	Rastelli Fratelli	p.154
2284	Pellegrino Formaggi	p.155
2300	Soc. Agr. Saliceto	p.155
2396	Az. Agr. Iris	p.156
2451	Cas. Soc. Coop. San Cassiano di Scurano	p.156
3001	Cas. Soc. San Martino	p.157
3002	Az. Agr. La Villa	p.157
3003	Cas. Soc. Campora e Sasso	p.158
3040	Latt. Soc. Val d'Enza	p.158
3088	Latt. Soc. Costa di Bazzano	p.159
3090	Cas. Soc. Borgotaro	p.159
3091	Cas. Soc. Val Ceno	p.160
3273	Soc. Agr. Brugnoli Fratelli	p.160
3277	Agr. La Vigna	p.161

Events & Happenings	p.150
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From the gentle vineyards on the hills to the fortresses of the Apennines

History and traditions interweave with the nature of the National Park

The valley and the crests that go up from the hills to the Apennine ridges are a suggestive view: the green of the woods hides sheets of water, relics of ancient glaciers, paths that can be explored freely and welcoming refuges. The millennial marks of history can be found in the imposing castles, defensive fortalices turned into luxury residences, the theatre of legendary exploits and courtly love. The strong donjons hold precious and delicate frescoes.

But the hills and the mountains also offer a heritage of excellent tastes and culinary traditions, the expression of an ancient culture that keeps up with the times and enhances the local natural ingredients, the fruits of the land and the wood.

■ The Sanctuary of Our Lady of Careno



Surrounded by the greenery and quiet of the hills, this sanctuary is difficult to date.

It has the clearly Romanesque Latin cross floor-plan and is divided into a nave and two aisles separated by terracotta pillars supporting the cross arches. There are altars in Baroque style, rich in decorations of the eighteenth century, in the side aisles. While a great part of the original structure has been modified, the small apse is still the one of the fifteenth century. Precious frescoes dating back to the fifteenth century have been brought back to light thanks to recent restoration.

The Madonna lovingly worshipped in this church is familiarly called Our Lady of the Fools, because she is considered the patron of those affected by nervous diseases, as attested by the **many votive offerings inside the Sanctuary** as a seal for the numerous graces received through her intercession.

INFORMATION

Parma > Salsomaggiore > Pellegrino P.se > Careno
Varano Marchesi Parish, tel. 0525.59344
Fornovo Tourist Information Office
tel. 0525.2599

■ Mountain delicacy: the bread of Pellegrino Parmense

A selection of ancient local wheat varieties combined with artisanal production using natural bread making methods, like acid fermentation: these are the ingredients of a delicacy that is made only here, thanks to the work done **to recover the ancient wheat supply chain.** This project was devised by the Lusignani brothers. **The bakers have their shop in Pellegrino Parmense. They have been looking for and treasuring old varieties of wheat for a long time, with the aim of preserving the tradition and production of the mountain bread made using natural rising techniques.** This bread is characterized by a slightly sour aftertaste which makes it matchable with soups and sauces or mature cheeses and cured meats. **It keeps its fragrance for several days and has a very low gluten content.** Pellegrino Parmense belongs to the network "the Towns of Bread", an association that promotes the enhancement of the typical local breads connected with the territory and a greater safeguard of the quality of bread and of the historical



and cultural resources connected with it. Every year at the beginning of June the Bread Festival is celebrated.

INFORMATION

Parma > Salsomaggiore > Pellegrino Parmense
Pellegrino Parmense Town Hall tel. 0524.594665
segreteria@comune.pellegrino-parmense.pr.it
www.comune.pellegrino-parmense.pr.it

■ Varano Castle

Varano Castle was built in the twelfth century upon a pre-existing fortalice. Its current appearance is the result of interventions dating back to the fifteenth century, when the castle was a bulwark in the Ceno Valley.

The edifice developed through subsequent additions to the original structure, the donjon, in other words an angular keep with a sheer drop down the escarpment which served as a side defence for the city walls enclosing the courtyard. And it is for this reason that, unlike the other castles of the fifteenth century present in the territory of Parma, **this fortress has peculiar architectural aspects:** the four towers, in fact, are not angular, there are three aligned towers on the south-west façade and the entry portal opens on one side of the tower. The castle had a great importance during feudal times and it remained property of the Pallavicino family up to the begin-



ning of the twentieth century. Today the castle can be visited and houses exhibitions, historical reenactments and cultural events of different kinds.

INFORMATION

Parma > Fornovo di Taro > Varano de' Melegari
via Rocca 1 tel. 0525.305081
www.castellodivarano.it

■ At the table with Its Majesty the Pork



Soppressata (a particular kind of cured meat) and toasted polenta, stewed sausage and beans, black pudding fried in lard, roast chine of pork and potatoes, *cotechino* (large boiled pork sausage) and cabbage, risotto creamed with salami paste, vegetable and sausage *tortelli*

(ravioli-like pasta), pork thigh in pastry, fabulous cured meats... **Pork, the animal symbol of peasant tradition and the representative par excellence of a fascinating rural culture, is the common denominator of the event *Val Ceno in Tavola*** (At the table in the Ceno valley). The event takes place every year from November to February in over thirty restaurants and taverns in the towns of the Ceno Valley, which propose tasting menus dedicated to Its Majesty the Pork.

In the Ceno Valley they have started breeding the black swine again, to recover tastes which have gone lost and give new stimulus to agriculture, by making high quality meats and cured meats. They used to breed the different varieties of this dark animal with a wild appearance in the past. They are particularly suited for making traditional cured meats and fine dishes. The project to reintroduce these particular swine breeds in the areas of the Apennines originates from the care and respect for the ancient breeding and farming procedures typical of the territory of Parma, known worldwide as a land of excellences.

INFORMATION

Parma > Fornovo di Taro > Varsi > Bardi
Fornovo Tourist Office tel. 0525.2599
www.prolocovarano.it info@prolocovarano.it

■ For fans of motor and motorcycling racing

Built in 1969, **Varano Race Track is a 2,360 metre long circuit that hosts national car and motorcycle races and events** (Italian Touring Car Championship, Formula 3, Italian Motorcycling) and technical tests (tyres, engines, components). Thanks to its characteristics, the race track has housed the International Centre for Safe Driving, planned and run by former Formula 1 driver Andrea De Adamich, since 1991: a guided track



where difficult bends, similar to the ones that can be found on the roads open to traffic, are reproduced. Over the years the track has been equipped with systems for artificial rain and low grip areas made with special resins and modern technologies for the

didactic courses.

Another significant motor excellence in Varano is Dallara Automobili, an avant garde automotive company that makes competition cars. Its activity involves different fields from Formula Indy to Formula

3. It also makes futuristic prototypes.

Those who love touring by motorbike have the opportunity to choose among the many different itineraries devised for those willing to explore the territory of Parma on two wheels.

Whales and Ghosts, Porcini Mushrooms at the Starting Grid, a Wellbeing Pit Stop, Tasty Bends: these are only some of the itineraries available.

■ Cavana Abbey

This small church with a suggestive and cosy atmosphere is what is left of a monastery founded by the Benedictine monks around the year 1100 along the ancient road that led to Tuscany, through the Lagastrello pass. Cavana Abbey, La Badia Cavana, so called because of the spot it stands on, is characterized by only one central nave and a simple interior, without any decorations, in which the pulpit, cut into the thickness of the wall, and the double staircase in front of the altar going down to the crypt, where the relics of Saint Basilides are kept, stand out. **While on the exterior there is the double arched porch with capitals depicting the symbols of the four evangelists**: the winged angel holding an open Gospel book representing Mathew, the calf for Luke, the winged lion for Mark, the eagle for John. A great part of the stone monastery complex can still be recognized, with the cloister, some double lancet windows, the chapter house, the guest room.

Information can be downloaded free from the website of the Province of Parma.

INFORMATION

Parma > Fornovo di Taro > Varano de'Melegari
Autodromo R. Paletti www.varano.it

"Due ruote alla parmigiana" can be downloaded free from <http://turismo.parma.it> > natura e sport > mototurismo



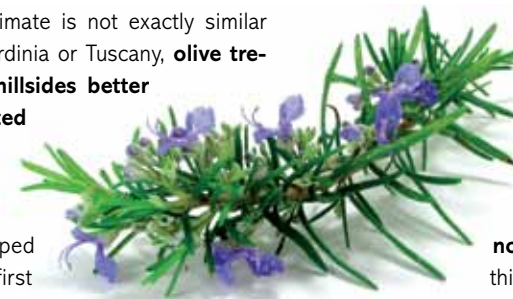
INFORMATION

Parma > Lesignano > San Michele Cavana
Torrechiara Tourist Information Office
tel. 0521.355009 iat@comune.langhirano.pr.it

■ Lesignano, land of olive trees and rosemary

Although the Emilian climate is not exactly similar to the one in Puglia, Sardinia or Tuscany, **olive trees also grow on the hillsides better exposed and protected from the north winds in the territory of Lesignano!** This cultivation was already developed in the past. In fact, the first testimonies related to the introduction of olive-growing in

Emilia date back to 1258. It was then abandoned in favour of more profitable cultivations like vineyards or mulberries. Today new ones are being studied and experimented with the aim of enhancing a quality



agricultural production with a high landscape value.

Also rosemary, another essence typical of Mediterranean areas, has found here a fertile place to grow since the times of Mathilda of Canossa. In fact, every year in June this particularly scented shrub is celebrated in the Rosemary Festival.

INFORMATION

Parma > Lesignano
www.comune.lesignano-debagni.pr.it
www.agri.parma.it

■ A fortress that holds love secrets



The marvellous fortress was built between 1448 and 1460 by Pier Maria Rossi "the Magnificent". Torrechiara is undoubtedly the greatest and most spectacular castle architecture in the Parma territory and one of the most significant in Italy. Its towered mass rises from a masonry platform situated on the top of a terraced hill on the left of the torrent Parma. Whoever contemplates the solid walls and towers cannot but notice the sense of harmonious proportion that characterizes the castle's appearance. **In Torrechiara, like in other Renaissance architectures in the Po valley, the defensive function of the fortification is combined with that of the refined residence of a noble family and the strong walls secretly guard a real treasure.** The castle rooms are embellished with very important artistic masterpieces like the Golden Chamber (Camera d'Oro), which can be ascribed to Benedetto Bembo. In the Chamber's pictorial series the artist recounts the

courtly love of the leader Pier Maria Rossi for Bianca Pellegrini and celebrates the political exploits and the power of the noble family through painting, depicting their properties and castles.

Grotesque decorations, instead, are pictorial adornments of Pompeian inspiration, characterized by small and whimsical figures that merge into geometric compositions on a monochrome background. The ones in Torrechiara were painted by Cesare Baglione and represent one of the most beautiful examples of this kind of decorations dating back to the Renaissance.



INFORMATION

Parma > Torrechiara

Borgo del Castello, 1 tel. 0521.355255

Torrechiara Tourist Information Office tel. 0521.355009
www.comune.langhirano.pr.it

■ Prosciutto of Parma, how delicious!

The word *prosciutto* derives from the Latin *perexsuctum*, that means dry. Prosciutto of Parma is a unique delicacy of ancient origin. **Its ingredients are: swine thigh, a little salt and a maturing period of at least 10/12 months exclusively in a well defined geographic area where particular climatic conditions can be found.** This is the only place where the winds from the sea reach the Apennine valleys, losing their saltiness and taking on the scent of the chestnut trees. This special air gives Prosciutto of Parma its sweetness, taste and harmony. In concert with nature, this masterpiece is completed by the skill of man, who dominates the whole making process with mastery and ancient discipline, within the strict standards of the Product Specification.

The meat is selected from swine bred only in ten regions of northern Italy and fed on quality food



and the processing is completely natural, this is why Prosciutto of Parma PDO is a food with unique organoleptic and nutritional properties. It has a sweet and harmonious taste, it is nourishing but easy to digest, with a low cholesterol content and without

preservatives or chemical additives of any sort.

INFORMATION

Consortium of Prosciutto of Parma
via Marco dell'Arpa 8/b, Parma tel. 0521.246211
www.prosciuttodiparma.com

■ Prosciutto Museum



Housed in the former *Foro Boario* (the cattle market) in Langhirano, **the museum's exhibition itinerary re-creates the production process of the excellent products of Parma's art of making salami in a sort of ideal journey from the ancient swine slaughterhouses to modern production methods, highlighting how the evolution of the techniques has not affected the absolute respect for the original processes.** The exhibition starts from the territory of Parma and its agro-zootechnical productions

in ancient times and ends with Prosciutto of Parma and its Consortium. The best way to conclude the visit is to taste personally the delicious products the museum is dedicated to.

INFORMATION

Parma > Langhirano

Prosciutto Museum c/o Ex Foro Boario

via Bocchialini, 7 tel. 0521.864324
prenotazioni.prosciutto@museidelfcibo.it
www.museidelfcibo.it

■ Neviano among churches and museums

In Neviano visitors can choose between enjoying the quiet church immersed in greenery or deepening the historical and cultural aspects of this charming spot of Parma's territory. The Romanesque Saint Mary's church in Sasso was probably built upon request of Mathilda of Canossa in the eleventh century. Made of squared stone and slate, its floor slopes just like the rocky spur it stands on. In Sasso there is also the Resistance Museum, dedicated to the memory of the partisan warfare and the events occurred there between 30th June



and 7th July 1944 during the search by the German army. **The Romanesque church in Bazzano** is situated along the ancient road salt merchants used to travel in the Middle Ages. It still has a valuable font of the twelfth century decorated in high relief. **The Man - Environment Museum centres around the discovery of the roots and life of these lands**, the ancient traditions that join man and nature. The museum was born from the research activities of teachers and pupils of Bazzano Elementary School, the voluntary work and passion of those who have

always livened up the village by recalling jobs that have now become extinct. A museum where objects speak and recount not only themselves, but also the contexts they originated from and were used in.

INFORMATION

Parma > Traversetolo > Neviano > Sasso

Man - Environment Museum
via Costa 191, Bazzano tel. 0521.840151
www.museouomo-ambiente.it

Nature on Mount Fuso

There are many opportunities for exploring and enjoying oneself among the meadows and the chestnut and oak woods in the 45 ha of greenery and nature in Mount Fuso Park. **Many deer, fallow deer and mouflons, which can be watched at close quarters, live in the faunal centre. The park can be visited by mountain bike** (there are three different itineraries with different levels of difficulty) **or on foot along the many paths with CAI signposting.** The park is supplied with all the equipment required to practice orienteering and archery.

There are also guided horse rides and routes for more expert riders with their own horses. Furthermore there is a welcoming refreshment bar, a picnic area, a playground, a didactic classroom for didactic initiatives and an area for campers.

Guides are available in the park every Sunday and public holidays in July and August and by reservation

on the other days. **Moreover an electric scooter is available for people affected by motor difficulties.**



INFORMATION

Parma > Traversetolo > Neviano > Scurano

tel. 0521.840151
parcofuso@provincia.parma.it www.montefuso.it

The marrons of Campora

According to the legend, chestnut trees were introduced in the territory of Campora, at the foot of Mount Fuso, already in the times of Mathilda of Canossa. What is certain is that the tree species found ideal adaptation conditions and chestnut trees became fundamental for the sustenance of the mountain communities: the fruits provided rich nourishment and the trees were an important resource for timber.

The marron of Campora was appreciated already in the past centuries on the noble tables of France and Spain for its excellent organoleptic properties and in 1913 it was awarded the gold medal as the best Italian marron. To preserve marrons all year, they used to be dried inside the metati, special structures built on the edge of chestnut woods: a fire was lit on the ground floor to guarantee a constant warmth to dry the fruits placed on a drying rack on the upper floor. Then the marrons used to be ground to obtain a versatile and nourishing flour. The Marron Festival is held in October in Campora.

www.camporacity.it info@camporacity.it



Potato Tortelli (ravioli-like pasta) of the Ceno Valley

Ingredients for 4 people.

For the dough: 400g white flour, 4 eggs, water and salt. For the filling: 0.5 kg white potatoes, 60g Parmigiano-Reggiano, 2 eggs, 1 garlic clove, rosemary, 1 tablespoon olive oil, 1 clump of parsley, a pinch of nutmeg, salt and pepper. Make the pastry and leave it to rise in a cloth.

Boil the potatoes, peel them and mash them with a potato masher. Put the mashed potatoes in a mixing bowl and add the beaten eggs, the chopped parsley and garlic, the herbs, the grated cheese, salt and pepper. Mix well and place small balls of filling on the pastry previously rolled out and cut into strips. Close each strip and cut out the tortelli with the special pastry wheel.

Tortelli can be dressed with a mushroom sauce or with butter flavoured with some sage leaves.



Castelcorniglio and the Pessola Valley



Castelcorniglio was a fortified outpost situated on a relief in a wonderful position between the rivers Taro, Pessola and Ceno. It was intended to protect access to the fiefs of Solignano. Its sixteenth-seventeenth century appearance has been well restored. **The castle's structure is varied and arranged on different levels**, surrounded by river stone and sandstone walls and two cylindrical donjons with long Ghibelline battlement that make the building's visual impact varied and spectacular.

There is an important historical episode connected

with the period of the Second World War: **the partisans received a warm welcome from the population of Castelcorniglio and all the Pessola Valley.** The image of the young women of the village offering fresh bread to the partisans is still engraved on the locals' mind and has become a symbolic act of that solidarity. There is a small exhibition of the documentary material related to the vicissitudes of the 31st partisan Garibaldi Brigade Copelli which can be visited in the castle.

The geological formations of the Pessola valley are of particular naturalistic interest: this is a still unspoiled and wild environment that can be easily reached from the Ceno valley. Imposing sandstone sedimentary structures emerge going up the valley enclosed by steep slope covered in vegetation. These geological layers are studied by the international research community and are indicative of ancient marine dynamics. **An important discovery made thanks to the geological surveys in the Pessola valley has revealed much about the dynamics of underground rivers.**

INFORMATION

Parma > Fornovo di Taro > Solignano > Castelcorniglio
tel. 0525.58144
castelcorniglio@libero.it

■ Tastes, nature and the echo of an ancient world



The Mozzola valley preserves a feudal atmosphere, the echo of the times when, at the end of the tenth century, Emperor Otto gave Adalbert I, progenitor of the fortune of the Pallavicino family, fortified lands in Lombardy, among which Gusaliggio and the Mozzola valley. Gusaliggio castle was built on an ophiolite cliff with a sheer drop to the valley. Today only the ruins of the castle remain. Not far from the eagle's nest where Gusaliggio castle once stood there is an ancient church, whose presence was attested already between the ninth and tenth century. **This spot of nature is still unspoiled and during the summer visitors can enjoy the country atmosphere that enhances both the pleasant local culinary tradition and the discovery of the territory.** There are many itineraries visitors can make up tra-

velling along the winding paths or hiking up the ridge of Mount Barigazzo. This relief has very peculiar geological and environmental features: due to particular erosion effects there are two big aligned ridges that stand out against the beech woods covering the mountain sides. The two ridges can be travelled on foot. However while the southern ridge does not present particular difficulties, the northern one is very sharp and exposed.

INFORMATION

Parma > Fornovo > Solignano > Valmozzola
> Pieve di Gusaliggio

Val Ceno path map - From Mount Penna to Mount Barigazzo. The map can be collected free of charge at Bardi Tourist Office, via Pietro Cella 5
tel. 0525.733075 infoturismo.bardi@ophrys.it

■ The Episcopal Seminary's Museums and the Sanctuary

The Episcopal Seminary was founded around the middle of the nineteenth century as a cultural institution for the youngsters of the valley. The Seminary covers about 6,000 sqm and all the population contributed to its building for five years. Since 1846 the Seminary has formed almost 2,473 students, 673 of them were ordained priests: among them six have become bishops and two cardinals. **Today the Seminary is the cultural centre of the territory**



and houses a rich library, the "Cardinal Casaroli" Study Centre and the "Parmigiani" picture gallery with important paintings by Emilian school dating back to the seventeenth- eighteenth centuries. Also a planetarium was built at the end of the eighties.

Next to the imposing mass of the Seminary there is the Sanctuary of Our Lady of Consolation, better known as Our Lady of San Marco, where Christ's

mother has been worshipped since 1685 in a small chapel still existing. Inside the Sanctuary visitors can admire the wooden statue of Our Lady of Consolation.

INFORMATION

Parma > Borgotaro > Bedonia

Via Don S. Raffi, 30 tel. 0525.824420

www.unitapastoralealtavaltaro-ceno.it

■ Hiking in the upper Taro valley



Thanks to their not too sharp shape, the reliefs around Bedonia offer **different opportunities to explore the natural scenery of the Upper Taro Valley on foot**. Mount Maggiorasca, Mount Penna, Mount Nero and Mount Pelpi: this is where the Ligurian Apennines meet Emilia and from the top of the most characteristic relief, Mount Penna, on clear days the view covers the sea and mountains, sweeping from the Ligurian Sea to the Ligurian Alps, across the Po valley to Mount Viso and the Central Alps.

The southern slopes of Mount Penna facing the territory of Parma are more gentle and woody than the

northern rocky slope. This is where the waters of the rivers Taro and Ceno rise, in **an uncontaminated environment rich in centuries-old beech woods, oak and chestnut woods**, valleys to be explored on foot, by mountain bike or on horseback. Mount Pelpi is interesting particularly from a naturalistic point of view: it is the watershed between the Ceno and the Taro valleys and it offers an extraordinary view of the two valleys and the peaks of the Ligurian-Emilian Apennines, besides a rich and varied vegetation formed by beech, oak and hazel woods; towards the mountain top there are wide grasslands with flowerings of narcissuses, gentians, orchids and anemones. Many rivulets of water and resurgences flow through the sides of Mount Pelpi, among which the alkaline-sulphureous springs in the hamlet of Monti, from which a water renowned for its healing properties streams out. While a water low in mineral content, which is bottled at the plants in Masanti, flows out of the north-west side of the mountain.

Information on possible trips and excursions is available at: www.valtaro.it

INFORMATION

Parma > Borgotaro > Bedonia

Bedonia Tourist Information Office, via Garibaldi 13,

tel. 0525.824765 sentieriweb.regione.emilia-romagna.it

Cartography: Emilia Romagna Region and CAI, Hiking map n.2, West Upper Parma Apennines, 1:50.000



■ The Porcino mushroom PGI and the happy mushroom hunters

The ancient Romans used to call this kind of mushroom *Suillus* for its stubby and compact appearance and the word porcino is its exact translation.

When speaking about the mushroom of Borgotaro PGI we refer to the four species of the porcino mushroom: *Boletus edulis*, *Boletus aereus*, *Boletus aestivalis*, *Boletus pinophilus*. It is a natural product assisted by man, in other words it grows when particular environmental and climatic conditions occur, although man can influence such conditions to some extent. **The uniqueness of the Porcino Mushroom of Borgotaro lies in its aromatic sensation, intense but not sharp.** Its high quality and fine organoleptic properties distinguish it from other porcini of the same species but from different areas. **The reputation of the mushroom of Borgotaro attracts many mushroom hunters to the woods of the region every year, especially in September and October, and to face up to an indiscriminate assault on the mushroom- plant ecosystem, apposite reserves have been built, where mushroom picking is regulated by a specific authorization.**

For mushroom lovers, the Consortium of the Mushroom of Borgotaro has devised the Mushroom Hunter's Kit that offers to more and less experts many items, including the "Map of the Paths in the municipality of Borgo Val di Taro", with detailed information on the main spe-



cies of mushrooms present in the territory of the Consortium of municipalities in the mountain areas of the Taro and Ceno valleys. For the less active, there are of course many opportunities to enjoy the typical gastronomic specialities made with local porcini mushrooms.

INFORMATION

Parma > Borgotaro

Borgotaro Tourist Information Office, p.zza Manara 7, tel. 0525.96796

Consortium of the Mushroom of Borgotaro via Nazionale, 54 tel. 0525.90155 www.fungodiborgotaro.com

■ Pilgrims running along the Abbots Way

The ancient Abbots Way connected the town of Bobbio, in the territory of Piacenza, with Rome. **The abbots and monks of Saint Colombanus' Abbey in Bobbio used to travel the route to go and visit the Pope and to keep an eye on the Tuscan properties of the monastery.** The Way was also trodden by a great number of pilgrims, thanks to a network of other mo-



nasteries and hospices that offered them protection. To retrace these medieval routes on foot is surely gratifying and maybe suggestive if you think back to how hard it used to be for the pilgrims and wayfarers. But it can still be hard and intense if you do so running! In fact, for some years now they have been organising the **Abbots Way Ultra Trail** the first weekend in May. Trail Running is a different kind of race that does not take place on the itineraries usually used for hiking, but on mountainous and uneven lands, which become even more difficult from an altimetrical point of view. The trail's route is about 125 kilometres long with a difference in altitude of 5,900 metres and it goes through dirt tracks, woods and paths, taking usually no less than 16 hours!

INFORMATION

www.viadegliabati.it

■ On the peak of Mount Sillara



Excursionists hiking towards the peak of Mount Sillara, which at 1,861 metres is the main relief in Parma's Apennines, are accompanied by an extremely beautiful landscape. Starting from the refuge "I Lagoni" at 1,350 metres the route follows path 711, which stretches among sheets of water of glacial origin and beech woods, to Scuro Lake. From here it follows path

713 to the peak of Mount Paitino (1,815 m) and goes along the ridge on path 00 that, with suggestive spots and a marvelous view, leads to the summit of Mount Sillara. Here the gaze sweeps over a good part of Parma's eastern Apennines to the mountain tops of Reggio Emilia. On the way back the route follows path 00 to Mount Paitino and to Mount Matto (1,837 m), always along the ridge, and, further down, to Bicchiera lake. It then goes down to the Fugicchia pass (1,669 m) and from here back to the refuge "I Lagoni". **The route is very rewarding from a landscape and naturalistic point of view for the presence of the many sheets of water from which the name "Hundred Lake Park" derives.**

The difference in altitude is about 500 metres and the excursion takes 6 hours. The route is not particularly difficult, it can be also travelled in winter with ice axe and crampons, after having made sure of the weather and snow conditions.

INFORMATION

Parma > Berceto > Corniglio > I Lagoni

Cartography: CAI-PR, Reg. Emilia R. "Parma's Upper Apennines", 1:50.000

■ Ice at Lake Santo Parmense

Santo parmense lake belongs to the Hundred Lake Regional Park and now also to the newborn Tuscan-Emilian Apennine National Park. It is the most important lake of glacial origin in Emilia Romagna and also the biggest natural lake in the whole Northern Apennines. Like the many others characterizing this area of the Apennines, Santo lake is a sign left over 110,000 years ago by the glacial erosion in the Würm age. **On the lake shore at the altitude of 1,508 metres there is "Rifugio Mariotti",** a refuge dedicated to the memory of the Senator who founded the Parma section of CAI - the Italian Alpine Club at the end of the nineteenth century.

The refuge can be reached from the Lagdei plain through different easy paths in about one hour's walk and it is one of the stops of G.E.A. (the Great Apennine Excursion), a route that stretches all along the northern Apennine ridge. There are several excursion opportunities from the refuge: walks on snowshoes, climbing and ski touring excursions, maybe accompanied by an alpine guide. The glacial component, which has left so many



traces in this spot of the Apennines, is still recurring (and loved): winter, when the surface of Santo lake is covered with a thick blanket of ice, is the ideal time for those who love **scuba diving under ice**, who can find the perfect environment to practice really shivering diving.

INFORMATION

Parma > Langhirano > Corniglio > Bosco > Lagdei

www.rifugiomariotti.it tel. 0521.889334

■ The Knights' valleys

In the territory of Palanzano, in the Cedra valley, visitors can immerse themselves in nature and retrace the historical events that have marked these valleys throughout the centuries. **In these places, on the border**



with the territory of Reggio Emilia and Lunigiana, remains of the early Middle Ages, when valiant knights, the Milites, used to dominate and run the lands in the Cedra and Enza valleys, can still be found. The members of local noble families, some of which of Lombard origin, the knights controlled the territory with a cooperative spirit of mutual support

called Commune Militum and organised strong cavalry contingents that gave military aid to the town of Parma in case of war.

This strategic importance guaranteed benefits and concessions that Parma offered to the valleys and their inhabitants, improving their hard living conditions, inasmuch that to this day the exploits of the Milites are still engraved in the population's minds, in return for military protection. There are also the testimonies of ancient fortifications and tower houses, in addition to churches and oratories. The upper Enza valley and the Cedra valley have been a strategic junction for trade between Parma and Tuscany, between the plain and the sea for a long time. There used to be many markets along the Salt Road and many wayfarers on their way to the abbey in Linari.

Along this itinerary, in the hamlet of Zibana, there was Our Lady of Assumption Church, which offered comfort and shelter, a small jewel whose stones marked by the passing of time still recount the life of the pilgrims on the road.

INFORMATION

Parma > Neviano > Palanzano > Zibana
www.vallideicavalieri.it

■ Tuscan-Emilian Apennine National Park

Last born of the parks in Italy, it was founded in 2001 to safeguard an area of about 27,000 ha that includes the parts of the Apennine ridge of the provinces of Lucca, Massa Carrara, Parma and Reggio Emilia situated among the Dolo, Asta, Secchia, Enza, Cedra, Bratica and Parma valleys on the Emilian side and the Taverone and Rosaro valley on the Tuscan one.

The complexity and richness of the park's territory reflect an extraordinary biodiversity, where natural settings of forests, ridge meadows and agricultural ecosystems preserved by man's residual activity



strongly characterize the park's landscape. **The natural protected habitats favour the development of a rich fauna:** golden eagles and wolves can be found in the wildest spots, besides other big mammals like deer, wild boars and roe deers and many alpine birds and amphibians. **Also the park's flora is particularly rich with an incredible botanical variety that includes endemic species and glacial reptiles.** Some reliefs are considered real botanical gardens for the richness of species.

The strategies used by the Park to enhance its environments are based on the safeguard of biodiversity, promotion of a sustainable development and offer of quality products and services at competitive prices, in addition to the excellent facilities for sports activities and relaxation, suitable for holidays up to 2,000 metres.

The park's visitor centres are information and re-

ception points situated in already existing structures, mainly restaurants, hotels or agritourism farms. These structures guarantee hospitality (board and lodging) all year round, sale of typical products from all the territory of the park, consultation and sale of books, guides, maps, leaflets and offer information, accompaniment and hire of sports equipment services for tourists.

Also schools find spaces and material for formative and research activities, to introduce youngsters to the knowledge and experience of the territory.

INFORMATION

Parma > Berceto > Corniglio > Bosco
 Bosco di Corniglio Visit Centre at "Rifugio Lagdei"
 loc. Lagdei, 1 tel. 0521.889353 - cell. 333.2443053
info@rifugiolagdei.it www.rifugiolagdei.it

■ The Great MTB Ride in the Eastern Apennines of Parma

Winding through a network of routes that have been travelled since ancient times, **the MTB cycle route gives cyclists the opportunity to explore the Eastern Apennines of Parma combining sports and cultural activities.** There are 27 itineraries stretching for almost 900 km. All the routes are indicated with informative notice boards, signposts and arrows with the symbol of the Great MTB Ride. The network is characterized by the fact that **cyclists can choose where to start from, the direction and the division into**

stages. Thanks to the numerous junctions, the different stages make it possible for cyclists to fully enjoy the richness of the naturalistic and historic heritage. The system of loops of the Great MTB Ride currently includes the tracks connecting the towns of Calestano, Corniglio, Langhirano, Lesignano de' Bagni, Traversetolo, Monchio delle Corti, Palanzano, Tizzano Val Parma and Neviano degli Arduini.

The free paper maps, issued also in English,



which can be collected at the Eastern Apennines of Parma Tourist Offices or downloaded from the website www.appenninoparmaest.it are particularly useful for bikers.

INFORMATION

www.turismo.parma.it
 Consortium of municipalities in the Eastern Parma mountain area tel. 0521.880363, 0521.896618
www.appenninoparmaest.it

■ The bridle track between the rivers Taro and Ceno



The bridle track (*Ippovia*) of the Taro and Ceno valleys is a circular circuit that extends through the hills, mountains and valleys of Parma's Apennines. **Extraordinarily beautiful landscapes scattered with ancient villages and wonderful castles take visitors back to the past.** The bridle track is linked to the circuit of the Parma valley and those of the Apennines of Piacenza, it goes along the hills surrounding Pellegrino Parmense and up among the minor valleys connecting the Ceno valley with the Taro valley, through paths, mule tracks and dirt roads, also including some stretches of the historical Via Francigena, in a natural scenery of meadows, torrents, oak and chestnut woods. **A circuit rich in beautiful flora and fauna.**

There are numerous stopping places situated at convenient distances along the track to allow visitors to cover the track even in more days. The Ippovia, in fact, connects agritourism farms and facilities providing board and lodging for tourists and their horses or even horses and guides. Thanks to the signposting at the junctions and the stopping places, even beginners will not have difficulties in following the Ippovia. The whole track is 170 km long and the maximum altitude reached is 1,800 metres.

INFORMATION

Parma > Fornovo > Borgotaro > Albareto
www.emiliaromagnaturismo.it/ippovie

■ Albareto: the Three Days of the Mushroom

Visitors arriving at Albareto the second weekend in September are impressed by the structures, the many volunteers working on them and the rich calendar of side initiatives: all this to celebrate a fragrant delicacy of the undergrowth. **The National Porcino Mushroom Fair in Albareto, in fact, is considered the most important event dedicated to this precious product. This is where the National Fair was founded, because the porcino mushroom is history in Albareto.** Here, in fact, in the territo-



ry of the mushroom PGI of Borgotaro, the four species of porcini mushrooms grow for over five months a year hidden in the chestnut, oak and beech undergrowth, from an altitude of 500 metres to over 1,600 metres. The gastronomic stands set up for the occasion and the many restaurants, trattorias and inns in the area offer the best traditional dishes made with porcini mushrooms.

Of course there are also entertainment and cultural opportunities with mycological exhibitions and cooking classes.

INFORMATION

Parma > Fornovo > Borgotaro > Albareto
www.fieradialbareto.it

■ The return of the golden eagle



The golden eagle (*Aquila chrysaetos*) has always been regarded as the universal symbol of beauty, strength, pride and harmony, thanks to its majestic magnificence. It is a large bird with a weight ranging from 3 to 6 kg and a wingspan of over 2 metres (females are 20% bigger than males) that lives in natural environments suited to its reproductive and hunting needs, like rock faces, open and not too wooded spaces. The golden eagle's diet is varied and mainly includes small mammals (foxes, hares, squirrels and rodents in general), but also birds (galliforms) and sometimes reptiles and amphibians. Golden eagles often carry out their effective and suggestive hunting activity in pairs.

To safeguard this imposing and rare bird of prey, which the EU considers a species of particular conservation interest, the Cedra and Parma Valley Regional Park has been studying and controlling the only pair of nesting

eagles on its territory, in the Bratica valley, already since 1998. **The nesting pair in the park uses and frequents a very wide area of the territory in the upper and middle Parma, Cedra and Enza valleys:** the Cirone pass, Mount Cervellino, Mount Montagnana, Mount Fageto, Mount Palerà, the Colla pass.

If they are lucky, the excursionists who love birdwatching can spot the eagle while it is hunting, maybe using the spotting tower expressly built in Casarola di Monchio delle Corti.

INFORMATION

Consortium of the Cedra and Parma Valley Regional Park (Hundred lake Park)
 via Parco dei Cento Laghi 4, Monchio delle Corti
 tel. 0521.896618 www.parchi.parma.it

Mushroom soup

A simple recipe that combines the superb taste of porcini mushrooms with that of Parmigiano-Reggiano.

For 4 people: 800g fresh mushrooms, 2 garlic cloves, extravirgin olive oil, meat broth as required, 8 slices of homemade bread, grated Parmigiano-Reggiano cheese, chopped parsley, salt and pepper.

Preparation: accurately clean the mushrooms and slice them. Brown two cloves of garlic in three tablespoons of oil, add the mushrooms, salt, pepper and finely chopped parsley. Cook over a high heat for about ten minutes. In the meantime toast 8 slices of bread in the oven. Place 4 toasted slices into a dish, cover them with the mushrooms and the other 4 slices of toasted bread. Sprinkle with lots of Parmigiano - Reggiano cheese and cover with broth to the edge. Cook in the oven for about 15 minutes.



The Fortress of Bardi



The imposing and solid mass of the fortress stands on a red jasper spur, in a strategic and impregnable position that overlooks the confluence of the Ceno and Noveglia torrents.

Built upon request of the Bishop of Piacenza Everardo at the end of the tenth century, **the structure initially served as a defence for the population against the advance of the Hungarians.** Centuries later, in 1257, the noble Ghibelline from Piacenza, Ubertino Landi, the founder of a dynasty that ruled over the Apennine area between the Trebbia and the Taro valleys for a long time.

The castle became more and more a fortress and between the sixteenth and the seventeenth century it was gradually turned into a princely palace, the residence of the Landi family. Important interventions were made to the architecture of the fortress and its interior was enriched, transforming it into a sumptuous exclusive residence. The building was passed on to the Farnese family in 1682 and it became a military garrison and a barrack. It kept this function until the end of the nineteenth century, when it became the Town Hall. Currently the Fortress houses the Farming Civilization Museum and the Poaching Museum and it belongs to the tourist circuit "the Castles of the Duchy".

INFORMATION

Parma > Fornovo > Varsi > Bardi

Bardi Tourist Information, via Pietro Cella 5, tel. 0525-733075

Comune di Bardi tel. 0525.821139

www.castellidelducato.it



events & happenings

typical tastes, music, street markets, carnivals, theatre, traditions and celebrations...

Spring

Neviano degli Arduini, *May*, Rose Festival

Bedonia, *April*, Festival of Culture and Tastes of the Apennines

Varano de' Melegari, *beginning of May*, Agricultural Fair of the Ceno Valley

Summer

Pellegrino P.se, *beginning of June*, Traditional Bread Festival

Langhirano, *2nd June*, Medieval festival at Torrechiara Castle

Lesignano, *June*, Rosemary Gastronomic Fair

Lesignano, *July*, Corn Festival in Mulazzano

Bardi, *July*, Bardi Web Award, a meeting and contest for those dealing with digital technologies

Pellegrino P.se, *mid July*, Mountain Parmigiano-Reggiano Fair

Neviano degli Arduini, *end of July*, The Ancient Fair in Bazzano and Matilda's Festival in Sasso

Neviano degli Arduini, *first Sunday in August*, August Fair and Palio della Formaggia di Scurano, a track event where athletes compete carrying a cheese wheel on their shoulders

Fornovo, *beginning of August*, Fornovo's Fair

Bardi, *beginning of August*, Bardigiano Horse Show

Bedonia, *August*, Trout Festival

Palanzano, *August*, Our Lady of the Mountain Feast Day in Vairo

Langhirano, *August*, Prosciutto Festival and "Ricordanze di Sapori", a historical dinner dedicated to pork

Bedonia, *August*, Sculpture International Symposium

Lesignano, *August / September*, Prosciutto Festival

Langhirano, *September*, Malvasia Festival

Borgotaro, *September*, Settembre Gastronomico Valtarese, a gastronomic event aimed at enhancing the Taro valley and its products, and Mushroom of Bogotaro Festival

Autumn

Tizzano val Parma, *21st September*, Saint Mathew's feast Day on Mount Caio

Neviano degli Arduini, *October*, Chestnut of Campora Festival

Pellegrino P.se, *October*, Autumn Festival

Bedonia, *October*, Chestnut Festival

Traversetolo, *November*, Saint Martin's Fair

Winter

Varano de' Melegari, *November*, Valceno in Tavola - Its majesty the Pig, a gastronomic event dedicated to ancient tastes and recipes

Fornovo, *November*, International Wine Makers' Fair

Fornovo, *January*, Living Nativity Scene

Corniglio, *December*, Spongata (a typical local Christmas cake) Festival

information & tourists reception

Monte Fuso Tourist Information office - Monte Fuso Provincial Park

Loc. Capetta - Scurano, tel. 0521/840151 fax. 0521/840148

parcofuso@provincia.parma.it www.montefuso.it

Bardi Tourist Information office

Teatro Maria Luigia, Via Pietro Cella 5, Bardi tel. fax 0525.733075

infoturismo.bardi@ophrys.it

Borgotaro Tourist Information office

Piazza Manara 7, Borgotaro, tel fax 0525.96796

uit@comune.borgo-val-di-taro.pr.it www.comune.borgo-val-di-taro.pr.it

Fornovo, Val Ceno and Val Taro Tourist Information office

(Municipalities of Fornovo - Pellegrino P.se - Solignano - Varano Melegari - Medesano)

Fornovo District Office Via dei Collegati 19, Fornovo tel. 0525.2599 fax. 0525.2599

turist48@prolocofornovo.191.it - prolocofo@libero.it www.iatfornovo.it

Bedonia Tourist Information office - Upper Taro Valley

(Municipalities of Bedonia - Tornolo - Compiano - Albareto - Borgotaro)

Bedonia District Office Via Garibaldi 13, Bedonia, tel. fax 0525.824765

ufficioturistico@comune.bedonia.pr.it - bedonia@comune.bedonia.pr.it

Tizzano Tourist Information office

Piazza Roma 1, Tizzano, tel. 0521.868936 fax. 0521/868937

uff.turismo@comune.tizzano-val-parma.pr.it

Calestano Tourist Information office

Via Mazzini 1, Calestano (Pr) tel. 0525.520114

info@tartufonerofragno.it

Tornolo Tourist Information office

Via Noberini 1, loc. Tarsogno, tel. fax 0525.89272

prolocotarsogno@tiscali.it

Torrechiara Tourist Information office

Consortium of communes in the Apennines East of Parma (Municipalities of Langhirano, Neviano degli Arduini, Tizzano, Calestano, Monchio, Corniglio)

at Torrechiara Castle, Strada Castello, 10 - 43013 Torrechiara (Pr)

tel. 0521.355009 fax 0521.355821 iat@comune.langhirano.pr.it

Berceto (Terenzo) Tourist Information office

Via Romea, 5 - 43042 Berceto (Pr) tel. 0525.629027 fax. 0525.629456 info@puntotappa.com

Bore Tourist Information office

Via Roma, 82 - 43030 Bore (Pr) tel. 0525.79137 - fax 0525.79207

bore@comune.bore.pr.it www.comune.bore.pr.it

Corniglio Tourist Information office

Piazza Castello - 43021 Corniglio (Pr) tel. and fax 0521.881012

info@ostellocorniglio.it www.ostellocorniglio.it

Monchio delle Corti Tourist Information office

Via Parco dei Cento Laghi, 4 - 43010 Monchio (Pr) tel. 0521.896618 - fax 0521.896742

info.monchio@cmparmaest.pr.it

2126

**Caseificio Sociale
di Urzano**

Località Urzano - 43024 Neviano degli Arduini (Pr)
tel. and fax 0521.843216

open every day 8 - 13 15 - 20

*products on sale besides Parmigiano-Reggiano
butter*

geographic coordinates

44° 34' 11" N 10° 18' 14" E

Cattle conferring milk (n°)	11
Annual prod. of cheese wheels (n°)	5.800
Cauldrons in the processing room (n°)	10
Active since	1968

**Pellegrino Formaggi**

Via I Maggio, 15 - 43047 Pellegrino Parmense (Pr)
tel. 0524.64670 fax 0524.594621

open every day 9 - 12 15 - 18

*products on sale besides Parmigiano-Reggiano
butter*

other retail outlets

Via Roma, 2 - Pellegrino Parmense (Pr)



2284

the dairy sells also abroad

geographic coordinates

44° 43' 31" N 09° 46' 16" E

Cattle conferring milk (n°)	17
Annual prod. of cheese wheels (n°)	9.600
Cauldrons in the processing room (n°)	17
Active since	1980

2243

Rastelli Fratelli

Via Vittorio Veneto, 1 - Rubbiano, 43040 Solignano (Pr)
tel. and fax 0525.2646

open every day 8.30 - 13 15.30 - 19

closed Sunday afternoon

*products on sale besides Parmigiano-Reggiano
cured meats, wine, jam, vinegar, pickles, mushrooms*

monicarastelli@cheapnet.it

the dairy sells also abroad

geographic coordinates

44° 41' 19" N 10° 04' 57" E

Cattle conferring milk (n°)	8
Annual prod. of cheese wheels (n°)	3.600
Cauldrons in the processing room (n°)	6
Active since	1963

**Società Agricola
Saliceto**

Via Toscanini, 3 - Mulazzano Ponte, 43037 Lesignano de' Bagni (Pr)
tel. 0521.857193 fax 0521.863932

open every day 8 - 20

*products on sale besides Parmigiano-Reggiano
cured meats, jam, ricotta cheese, caciotta, gifts*

2300

info@saliceto.com

www.saliceto.com

products can be purchased also on-line

the dairy sells also abroad

geographic coordinates

44° 36' 31" N 10° 16' 31" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	1.300
Cauldrons in the processing room (n°)	3
Active since	1960



PARMIGIANO REGGIANO 3002

3003*The dairy was restructured in 2002***Caseificio Sociale
Campora e Sasso**Località Campora - 43024 Neviano degli Arduini (Pr)
tel. and fax 0521.846101*open every day 9 - 12 16 - 19*
*closed Sunday afternoon and Wednesday**products on sale besides Parmigiano-Reggiano*
*butter**geographic coordinates*
44° 31' 12" N 10° 16' 34" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	3.600
Cauldrons in the processing room (n°)	9
Active since	1962

**3040****Latteria Sociale
Val d'Enza**Località Vairo di Sotto - 43025 Palanzano (Pr)
tel. and fax 0521.891313*open every day 9 - 12.30 16.30 - 19.30*
*Sunday afternoon opening at 17**products on sale besides Parmigiano-Reggiano*
*cured meats, wine, caciotta, different foodstuff**the dairy sells also abroad**geographic coordinates*
44° 24' 50" N 10° 12' 28" E

Cattle conferring milk (n°)	10
Annual prod. of cheese wheels (n°)	6.300
Cauldrons in the processing room (n°)	11
Active since	1940

**Latteria Sociale
Costa di Bazzano**Via Corce, 2 - Bazzano, 43024 Neviano degli Arduini (Pr)
tel. 0521.847323*open every day 9.30 - 12.30 16 - 19***3088***geographic coordinates*
44° 34' 08" N 10° 22' 11" E

Cattle conferring milk (n°)	30
Annual prod. of cheese wheels (n°)	12.000
Cauldrons in the processing room (n°)	19
Active since	1956

**Caseificio Sociale
Borgotaro**Località Pontescodellino - 43051 Albareto (Pr)
tel. and fax 0525.96284*open every day 8 - 12.30 15.30 - 19*
Sunday 9 - 12.30
*closed Sunday afternoon**products on sale besides Parmigiano-Reggiano*
cured meats, meat, oil, wine, jam, mushrooms, pasta, vinegar,
*vegetables marinated in oil, soft cheeses***3090***caseificioborgotaro1@yahoo.it*
*www.caseificioborgotaro.it**the dairy sells also abroad**geographic coordinates*
44° 28' 41" N 9° 44' 53" E

Cattle conferring milk (n°)	26
Annual prod. of cheese wheels (n°)	7.000
Cauldrons in the processing room (n°)	10
Active since	1967



3091

Caseificio Sociale Val Ceno

Località Ponte Vetrione - 43049 Varsi (Pr)
tel. and fax 0525.750180

open every day 8 - 20

products on sale besides Parmigiano-Reggiano
cured meats, fresh cheeses, milk, panna cotta, yoghurt

info@caseificiovalceno.com

www.caseificiovalceno.com

products can be purchased also on-line
the dairy sells also abroad

geographic coordinates

44° 40' 53" N 09° 54' 16" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	1.200
Cauldrons in the processing room (n°)	10
Active since	1958



3273

**Società Agricola
Brugnoli Fratelli**

Località Vischeto, 131 - 43032 Bardi (Pr)
tel. and fax 0525.71499

open every day 8.30 - 12.30 15 - 19

products on sale besides Parmigiano-Reggiano
black pork salami

brugnoli.enzo@alice.it

www.aziendabrugnoli.it

the dairy sells also abroad

geographic coordinates

44° 37' 30" N 09° 41' 57" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	2.100
Cauldrons in the processing room (n°)	5
Active since	2004



Agricola
La Vigna

3277

Via Arsina, 8 - 43050 Valmozzola (Pr)
tel. and fax 0525.67013

open every day 8 - 12 14 - 16

products on sale besides Parmigiano-Reggiano
cured meats, butter

other retail outlets

Via Vigna, 16 - Gaiano di Collecchio (Pr)



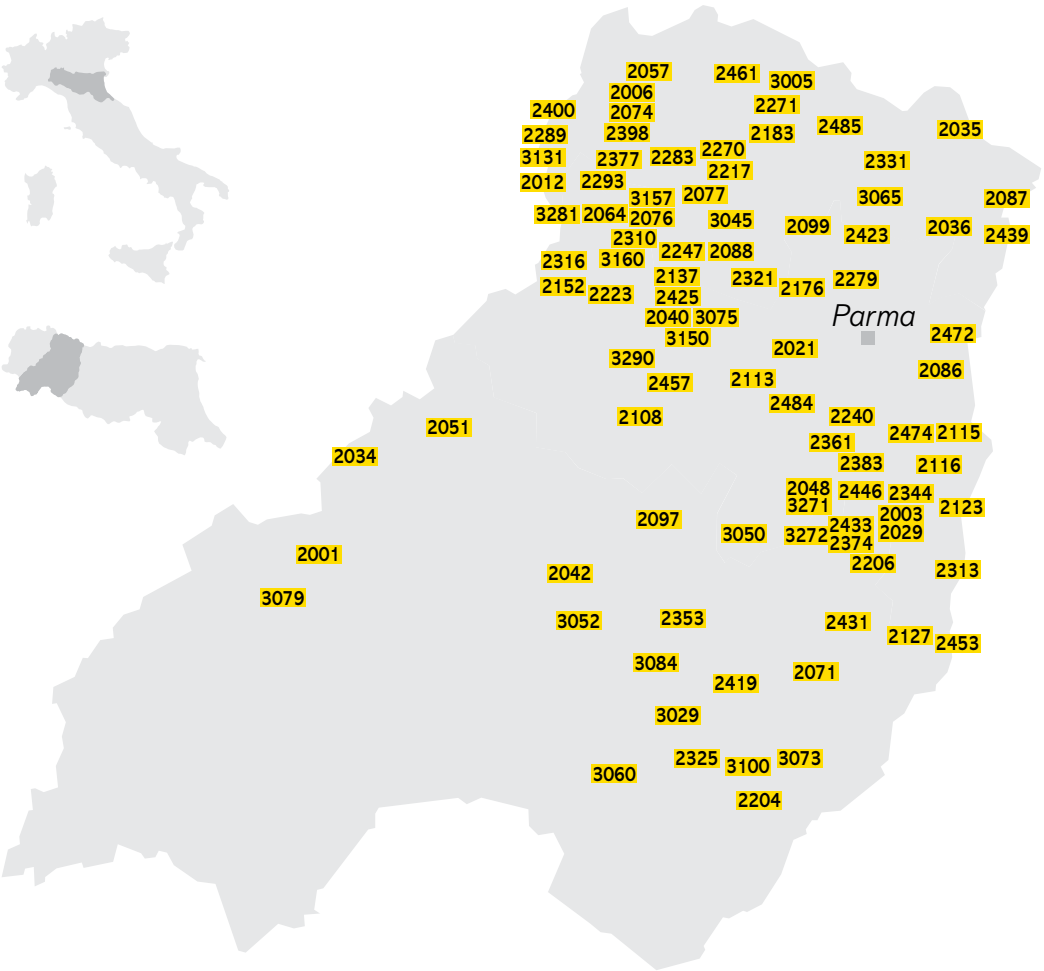
geographic coordinates

44° 34' 20" N 09° 03' 51" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	2.000
Cauldrons in the processing room (n°)	5
Active since	2006



Dairy wholesalers



2001	Cas. Cansaldi	p.166	2034	Cas. Soc. Il Progresso di Bore	p.168
2003	Az. Agr. Cas. Le Ghiaie	p.166	2035	Latt. Soc. delle Ghiaie	p.168
2006	Latt. Coop. Frescarolese	p.166	2036	Cas. Az. Schivazappa Vittorio	p.168
2012	Latt. Soc. Coop. Palazzina	p.167	2040	Az. Agr. Lena Giovanni e Roberto	p.169
2021	Cas. S. Elisabetta	p.167	2042	Az. Agr. Cas. Pozzo la Castella	p.169
2029	Cas. Az. Fratelli Boldini	p.167	2048	Latt. Soc. La Corte	p.169

2051	Cas. Soc. Alta Val Stirone	p.170	2353	Cas. Soc. Rio Verde	p.183
2057	Latt. Soc. di Zibello	p.170	2361	Soc. Agr. Pessina	p.184
2064	Coop. Cas. Agrinascente	p.170	2374	Cas. Stocchi Andrea	p.184
2071	Cas. Soc. San Giovanni Battista	p.171	2377	Cas. Soc. Coop. La Verdiana	p.184
2074	Latt. Soc. La Moderna	p.171	2383	Latt. Soc. La Panocchia	p.185
2076	Cas. Soc. Coop. Toccalmatto	p.171	2398	Zarpellon Parma	p.185
2077	Cas. Soc. Sant'Anna	p.172	2400	Ind. Cas. Ambrosi	p.185
2086	Latt. Soc. Mariani	p.172	2419	Cas. Soc. S. Bartolomeo in Cozzano	p.186
2087	Latt. La Mezzanese	p.172	2423	Latt. Soc. del Sole	p.186
2088	Cas. Soc. Berettinazza	p.173	2425	Az. Agr. Cas. La Spring	p.186
2097	Latt. Soc. Val Sporzana	p.173	2431	Cas. Soc. di Faviano	p.187
2099	Cas. Soc. di Cornazzano	p.173	2433	Cas. Bergianti	p.187
2108	Cas. Bertozzi Arnaldo Giorgio	p.174	2439	Cas. Soc. Albanova	p.187
2113	Cas. Soc. San Mauro	p.174	2446	Cas. Basilicanova	p.188
2115	Latt. Soc. Coop. La Rinascita	p.174	2453	Cas. Soc. di Provazzano	p.188
2116	Cas. San Matteo	p.175	2457	Valcella	p.188
2123	Latt. Soc. San Salvatore	p.175	2461	Cas. Soc. Palazzo	p.189
2127	Cas. Soc. di Neviano degli Arduini	p.175	2472	Agrizoo	p.189
2137	Latt. Soc. l'Agricola	p.176	2474	Cas. Soc. Il Fiore	p.189
2152	Latt. Salsese	p.176	2484	Cas. Carignano	p.190
2176	Cas. Eva	p.176	2485	Latt. Soc. La Fratellanza di S. Nazzaro	p.190
2183	Maghenzani Cav. Guido e Figlie	p.177	3005	Soc. Agr. La Vittoria	p.190
2204	Latt. Soc. Val Bardea	p.177	3029	Latt. Soc. Beduzzo Inferiore	p.191
2206	Cas. Avanzi	p.177	3045	Cas. S.A.I.C.A.	p.191
2217	Boselli Nullo e Marcello	p.178	3050	Cas. Az. Eredi Morbarigazzi G.	p.191
2223	La Ginestra	p.178	3052	Latt. Soc. di Cassio e Selva del Bocchetto	p.192
2240	Coop. San Lorenzo	p.178	3060	Cas. Soc. Coop. Ponte Bratica	p.192
2247	Cas. Soc. Casalbarbato	p.179	3065	Latt. La Colornese	p.192
2270	Cas. Soc. Maghenzani Cav. Guido e Figlie	p.179	3073	Latt. Soc. Agricoltura di Vezzano	p.193
2271	Paganina	p.179	3075	Cas. La Maestà	p.193
2279	Margi	p.180	3079	Cas. Soc. di Bardi	p.193
2283	Cas. Soc. Coop. Carzetano	p.180	3084	Cas. Soc. di Ravarano e Casaselvatica	p.194
2289	Cas. Soc. Strada Bianca	p.180	3100	Cas. Soc. Val Parmossa	p.194
2293	Cas. Castellazzi	p.181	3131	Az. Agr. e Cas. Verderi	p.194
2310	Cas. Salso Parola	p.181	3150	Az. Agr. Caldera	p.195
2313	Cas. Soc. di Monzato	p.181	3157	Terzoni Luigi	p.195
2316	Latt. Soc. Carmine	p.182	3160	Az. Agr. Bertinelli	p.195
2321	Cas. Soc. Val di Taro	p.182	3271	Fava A. e Delle Donne C.	p.196
2325	Cas. Soc. della Pieve di Tizzano Val Parma	p.182	3272	Az. Agr. Cas. Fochi	p.196
2331	Boni	p.183	3281	Az. Agr. Butteri	p.196
2344	Cas. La Lovetta	p.183	3290	Cas. Az. Pizzi Emilio e Alberto	p.197

2001

Caseificio
Cansaldi

Località Diamanti - 43032 Bardi (Pr)
tel. and fax 0525.72366



geographic coordinates
44° 38' 28" N
09° 44' 25" E

Cattle conferring milk (n°)	23
Annual prod. of cheese wheels (n°)	8.500
Cauldrons in the processing room (n°)	13
Active since	1971

2003

Azienda Agricola Casearia
Le Ghiaie

Via Argini, 47 - 43029 Traversetolo (Pr)
tel. 0521.641374 fax 0521.641760



magtorelli@virgilio.it
geographic coordinates
44° 40' 35" N
10° 20' 41" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	3.000
Cauldrons in the processing room (n°)	4
Active since	1989

The business was founded after the war, initially as a family run social dairy. In the years it has been turned into a dairy company.

2006

Latteria Cooperativa
Frescarolese

Località Frescarolo, 70 - 43011 Busseto (Pr)
tel. and fax 0524.97609



andrea.filippi.8@alice.it
geographic coordinates
44° 58' 42" N
10° 04' 42" E

Cattle conferring milk (n°)	10
Annual prod. of cheese wheels (n°)	3.800
Cauldrons in the processing room (n°)	7
Active since	1913

It is the oldest social dairy in Parma still running: the notarial act is dated 8th March 1913. Now like then, it is still a social dairy.

Latteria Sociale Cooperativa
Palazzina

Località San Rocco, 95 - 43011 Busseto (Pr)
tel. and fax 0524.91582



The business has been active since 1927 as a social dairy.

Caseificio
S. Elisabetta

Via Bergamino, 8 - Madregolo, 43044 Collecchio (Pr)
fax 0521.802150



It has been a privately-run dairy for years and it has been running under the name "S. Elisabetta" for twenty years.

Caseificio Aziendale
Fratelli Boldini

Via Argini, 47 - 43029 Traversetolo (Pr)
tel. 0521.681130 fax 0521.653168



2012

geographic coordinates
44° 54' 57" N
10° 00' 13" E

Cattle conferring milk (n°)	4
Annual prod. of cheese wheels (n°)	2.700
Cauldrons in the processing room (n°)	7
Active since	1927

2021

geographic coordinates
44° 47' 47" N
10° 13' 32" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	1.600
Cauldrons in the processing room (n°)	10
Active since	1910

2029

fabioboldini@gmail.com

geographic coordinates
44° 40' 35" N
10° 20' 41" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	3.500
Active since	1989

2034

geographic coordinates

44° 43' 32" N
09° 48' 29" E

Cattle conferring milk (n°)	4
Annual prod. of cheese wheels (n°)	3.000
Cauldrons in the processing room (n°)	6
Active since	1980

Caseificio Sociale
Il Progresso di Bore

Località Lago Selvatico - 43030 Bore (Pr)
tel. 0525.79278 fax 0524.64304



Azienda Agricola
Lena Giovanni e Roberto

Via Costelle, 16 - Borghetto, 43015 Noceto (Pr)
tel. and fax 0521.626122

The dairy's original name was
"Casello Bertone".

2040

geographic coordinates
44° 49' 08" N
10° 06' 51" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	2.800
Cauldrons in the processing room (n°)	5
Active since	2000

2035

geographic coordinates

44° 57' 07" N
10° 24' 29" E

Cattle conferring milk (n°)	4
Annual prod. of cheese wheels (n°)	3.255
Cauldrons in the processing room (n°)	5
Active since	1965

Latteria Sociale
delle Ghiaie

Località Mezzano Rondani, 41 - 43052 Colorno (Pr)
fax 0521.814918



Azienda Agraria Casearia
Pozzo La Castella

Località Pozzo - 43040 Solignano (Pr)
tel. and fax 0525.54141

The dairy was founded in 1960
as the cooperative "La Castellascasca". It used to process the milk
conferred by the farm "Pozzo"
and the cattles nearby. As the
cattle sheds were closing down,
in 2001 the dairy was incorporated
by the above mentioned
farm and it now processes
exclusively its own milk.

2042

pozzo-lacastella@libero.it
the dairy sells also abroad

geographic coordinates
44° 37' 25" N
09° 59' 29" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	4.000
Cauldrons in the processing room (n°)	7
Active since	1960

2036

geographic coordinates

44° 52' 21" N
10° 26' 49" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	7.000
Cauldrons in the processing room (n°)	10
Active since	1979

Caseificio Aziendale
Schivazappa Vittorio

Via Tomba, 91 - Enzano, 43058 Sorbolo (Pr)
tel. and fax 0521.697497



Latteria Sociale
La Corte

Via Alighieri, 63 - San Michele Tiorre, 43035 Felino (Pr)
tel. and fax 0521.637247

2048

fattoriacotti@libero.it

geographic coordinates
44° 41' 17" N
10° 16' 01" E

Cattle conferring milk (n°)	4
Annual prod. of cheese wheels (n°)	1.900
Cauldrons in the processing room (n°)	7
Active since	1950

2051

Caseificio Sociale
Alta Val Stirone

Strada Fondovalle Stirone, 3 - 43047 Pellegrino Parmense (Pr)
tel. and fax 0524.64707



The dairy was founded on 30th July 1967.

geographic coordinates
44° 44' 08" N
09° 55' 06" E

Cattle conferring milk (n°)	12
Annual prod. of cheese wheels (n°)	5.800
Cauldrons in the processing room (n°)	14
Active since	1969

2057

Latteria Sociale
di Zibello

Via Cappelletto, 2 - 43010 Polesine Parmense (Pr)
tel. and fax 0524.99614



geographic coordinates
45° 00' 14" N
10° 06' 05" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	11.000
Cauldrons in the processing room (n°)	19
Active since	1969

2064

Cooperativa Casearia
Agrinascente

coopagrinascente@tiscali.it

Via San Michele Campagna, 22/E - 43036 Fidenza (Pr)
tel. 0524.520958 fax 0524.84485



The cooperative has been running since 1979. It moved to the new premises in 2001.

geographic coordinates
44° 53' 06" N
10° 05' 11" E

Cattle conferring milk (n°)	6
Annual prod. of cheese wheels (n°)	20.000
Cauldrons in the processing room (n°)	32
Active since	2001

Caseificio Sociale
San Giovanni Battista

Località Antreola, 2 - Antreola 43024 Neviano degli Arduini (Pr)
tel. 0521.846209 fax 0521.857100



2071

info@unilanghirano.com

geographic coordinates
44° 32' 34" N
10° 15' 34" E

Cattle conferring milk (n°)	6
Annual prod. of cheese wheels (n°)	3.500
Cauldrons in the processing room (n°)	8
Active since	1968

Latteria Sociale
La Moderna

Località Frescarolo, 3 - 43011 Busseto (Pr)
tel. and fax 0524.97371



The business has always been active as a social dairy.

2074

geographic coordinates
44° 58' 34" N
10° 04' 34" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	3.700
Cauldrons in the processing room (n°)	9
Active since	1968

Caseificio Sociale Cooperativo
Toccalmatto

Località Toccalmatto, 74 - 43012 Fontanellato (Pr)



2076

geographic coordinates
44° 52' 37" N
10° 06' 57" E

Cattle conferring milk (n°)	8
Annual prod. of cheese wheels (n°)	2.400
Cauldrons in the processing room (n°)	7
Active since	1924

2077

Caseificio Sociale
Sant’Anna

Località Cannetolo - 43012 Fontanellato (Pr)
tel. and fax 0521.821718

geographic coordinates
44° 53' 02" N
10° 08' 25" E

Cattle conferring milk (n°)	5
Annual prod. of cheese wheels (n°)	2.500
Cauldrons in the processing room (n°)	8
Active since	1970



It has always been run as a social dairy.

2086

Latteria Sociale
Mariani

Via E. Lepido, 123 - San Prospero, 43122 Parma
tel. and fax 0521.645208

geographic coordinates
44° 46' 47" N
10° 23' 01" E

Cattle conferring milk (n°)	9
Annual prod. of cheese wheels (n°)	5.500
Cauldrons in the processing room (n°)	11
Active since	1972



The dairy was founded in 1972. There once used to be another dairy in a different location.

2087

Latteria
la Mezzanese

Via Distaccamento Po, 5 - Mezzano Inferiore, 43054 Mezzani (Pr)
tel. 0521.818173

geographic coordinates
44° 54' 28" N
10° 28' 16" E

Cattle conferring milk (n°)	4
Annual prod. of cheese wheels (n°)	20.000
Cauldrons in the processing room (n°)	8
Active since	1967



Caseificio Sociale
Berettinazza

Strada Provinciale per Busseto - 43010 Fontevivo (Pr)
tel. and fax 0521.610186

The business has been active as a cooperative since 1975. It was previously a privately-run dairy.



Latteria Sociale
Val Sporzana

Strada Val Sporzana, 46 - Respiccio, 43040 Fornovo di Taro (Pr)
tel. and fax 0525.56220

It has always been a social dairy.



Caseificio Sociale
di Cornazzano

Via Cornazzano, 55 - 43010 Trecasali (Pr)
tel. 0521.605103



2088

luarte@libero.it

geographic coordinates
44° 51' 55" N
10° 10' 18" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	3.600
Cauldrons in the processing room (n°)	8
Active since	1975

2097

geographic coordinates
44° 40' 21" N
10° 06' 57" E

Cattle conferring milk (n°)	10
Annual prod. of cheese wheels (n°)	6.500
Cauldrons in the processing room (n°)	11
Active since	1970

2099

geographic coordinates
44° 52' 45" N
10° 16' 08" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	3.300
Cauldrons in the processing room (n°)	12
Active since	1939

2108

caseficiobertozzi@libero.it

geographic coordinates

44° 45' 11" N

10° 06' 21" E

Cattle conferring milk (n°)	10
Annual prod. of cheese wheels (n°)	10.200
Cauldrons in the processing room (n°)	18
Active since	1900

Caseificio Bertozzi Arnaldo Giorgio

Via Bezzo Bellini, 80 - 43014 Medesano (Pr)
tel. 0525.420759 fax 0525.307962

**2113***geographic coordinates*

44° 45' 24" N

10° 11' 27" E

Cattle conferring milk (n°)	5
Annual prod. of cheese wheels (n°)	7.000
Cauldrons in the processing room (n°)	16
Active since	1977

Caseificio Sociale San Mauro

Via Scodoncello, 35 - 43044 Collecchio (Pr)
tel. and fax 0521.805767



*Founded in 1977, the dairy was
restructured in 1997.*

2115*geographic coordinates*

44° 43' 28" N

10° 25' 50" E

Cattle conferring milk (n°)	8
Annual prod. of cheese wheels (n°)	10.500
Cauldrons in the processing room (n°)	14
Active since	1952

Latteria Sociale Cooperativa La Rinascita

Via Resga, 2 - Basilicogioiano, 43022 Montechiarugolo (Pr)
tel. and fax 0521.657147



*It has been a social dairy since
1952*

Caseificio San Matteo

Via XXV Aprile, 19 - Basilicanova, 43030 Montechiarugolo (Pr)
tel. 0521.681934



*It has been a social dairy since
1972.*

2116*geographic coordinates*

44° 42' 02" N

10° 23' 28" E

Cattle conferring milk (n°)	17
Annual prod. of cheese wheels (n°)	12.000
Cauldrons in the processing room (n°)	18
Active since	1972

Latteria Sociale San Salvatore

Via Solari, 77 - Tortiano, 43020 Montechiarugolo (Pr)
tel. 0521.686455 fax 0521.686696

**2123**

ferrarinibonetti@libero.it

geographic coordinates

44° 40' 40" N

10° 24' 30" E

Cattle conferring milk (n°)	10
Annual prod. of cheese wheels (n°)	19.600
Cauldrons in the processing room (n°)	26
Active since	1973

Caseificio Sociale di Neviano degli Arduini

Località Bertogallo - 43024 Neviano degli Arduini (Pr)
tel. 0521.823233 fax 0521.345519



*The cooperative was founded
in 1950. The current dairy was
built in 1978.*

2127*geographic coordinates*

44° 34' 40" N

10° 19' 23" E

Cattle conferring milk (n°)	30
Annual prod. of cheese wheels (n°)	33.500
Cauldrons in the processing room (n°)	44
Active since	1978

2137

venturiniazagr@alice.it

geographic coordinates

44° 50' 24" N
10° 07' 18" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	4.500
Cauldrons in the processing room (n°)	7
Active since	1950

Latteria Sociale
L'Agricola

Via Mainino, 37/39 - Sanguinaro, 43015 Noceto (Pr)
tel. and fax 0521.629525 - fax 0521.629429



2152

zoni71@libero.it

geographic coordinates

44° 50' 53" N
10° 00' 21" E

Cattle conferring milk (n°)	5
Annual prod. of cheese wheels (n°)	4.500
Cauldrons in the processing room (n°)	8

Latteria
Salsese

Località Laurano, 94 - 43039 Salsomaggiore Terme (Pr)
tel. and fax 0524.574868



2176

soc.saconcordia@alice.it

geographic coordinates

44° 50' 04" N
10° 15' 43" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	7.800
Cauldrons in the processing room (n°)	11
Active since	1988

Caseificio
Eva

Strada Eia, 70 - Eia San Pancrazio, 43010 Parma
tel. 347.3857510



Maghenzani cav. Guido e figlie

Strada Prov. per Cremona, 5 - 43017 San Secondo P. se (Pr)
tel. 0521.872157 fax 0521.873993

*It is the oldest dairy still
running among the busines-
ses owned by the Maghenzani
company. The company started
making Parmigiano-
Reggiano in the area of San
Secondo P.se in the second half
of the nineteenth century.*



2183

www.maghenzani.net
posta@maghenzani.net

geographic coordinates

44° 56' 55" N
10° 13' 13" E

Cattle conferring milk (n°)	14
Annual prod. of cheese wheels (n°)	13.600
Cauldrons in the processing room (n°)	19
Active since	1910

Latteria Sociale
Val Bardea

Località Lagrimone - 43020 Tizzano Val Parma (Pr)
tel. and fax 0521.866706



2204

valbardea@parmaest.net

geographic coordinates

44° 30' 01" N
10° 14' 14" E

Cattle conferring milk (n°)	14
Annual prod. of cheese wheels (n°)	10.000
Cauldrons in the processing room (n°)	16
Active since	1982

Caseificio
Avanzi

Via Bora, 12 - 43029 Traversetolo (Pr)
tel. 0522.864109 fax 0522.866542



2206

cronovilla@libero.it

geographic coordinates

44° 39' 16" N
10° 23' 52" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	3.000
Cauldrons in the processing room (n°)	6
Active since	1998

2217

Boselli Nullo e Marcello

Località Paroletta, 103 - 43012 Fontanellato (Pr)

geographic coordinates

44° 54' 28" N
10° 09' 58" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	2.200
Cauldrons in the processing room (n°)	6
Active since	2005



2223

La Ginestra

Località S. Margherita, 134 - 43036 Fidenza (Pr)
tel. 340.9242336

geographic coordinates

44° 50' 15" N
10° 04' 43" E

Cattle conferring milk (n°)	6
Annual prod. of cheese wheels (n°)	2.200
Cauldrons in the processing room (n°)	7
Active since	1972



2240

Cooperativa San Lorenzo

Via Alberi, 17 - Fontanini, 43124 Parma
tel. and fax 0521.648132

geographic coordinates

44° 44' 57" N
10° 19' 23" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	7.000
Cauldrons in the processing room (n°)	11
Active since	1965



Caseificio Sociale Casalbarbato

Località Casalbarbato, 58 - 43012 Fontanellato (Pr)
tel. and fax 0521.821928



2247

geographic coordinates

44° 52' 15" N
10° 08' 21" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	2.514
Cauldrons in the processing room (n°)	7

Maghenzani cav. Guido e figlie

Strada Barcaccia, 10 - 43017 San Secondo Parmense (Pr)
tel. 0521.872157 fax 0521.873993

It is one of the dairies run by the Maghenzani company that has been making Parmigiano-Reggiano in the area of San Secondo P.se since the second half of the nineteenth century.



2270

www.maghenzani.net
posta@maghenzani.net

geographic coordinates

44° 55' 08" N
10° 11' 41" E

Cattle conferring milk (n°)	14
Annual prod. of cheese wheels (n°)	7.800
Cauldrons in the processing room (n°)	10
Active since	1962

Paganina

Strada Altocò, 3 - Fontanelle, 43010 Roccabianca (Pr)
tel. 339.7259725 fax 0521.374246

Our motto is: Parmigiano-Reggiano made with hay, only linen and no soy.

Retail outlet

*Conad supermarket
San Secondo Parmense*



2271

info@paganina.it
www.paganina.it
the dairy sells also abroad

geographic coordinates

44° 58' 26" N
10° 13' 22" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	17.000
Cauldrons in the processing room (n°)	15
Active since	2007

2279

info@margisrl.com

geographic coordinates
44° 50' 45" N
10° 18' 17" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	8.000
Cauldrons in the processing room (n°)	32
Active since	2007

Margi

Via Rizzi, 13/a - Baganzola, 43100 Parma
tel. 0521.602120 fax 0521.678127



Caseificio
Castellazzi

Strada Argine, 25/bis - 43039 Soragna (Pr)
tel. and fax 0524.597988



The dairy was originally situated on the property of Prince Meli Lupi, in the current premises of the Parmigiano-Reggiano Museum. It was based there from 1948 to 1977. In 1978 the current premises were built.

2293

geographic coordinates
44° 55' 32" N
10° 05' 56" E

Cattle conferring milk (n°)	11
Annual prod. of cheese wheels (n°)	3.700
Cauldrons in the processing room (n°)	13
Active since	1978

2283

geographic coordinates
44° 56' 09" N
10° 09' 38" E

Cattle conferring milk (n°)	10
Annual prod. of cheese wheels (n°)	3.000
Cauldrons in the processing room (n°)	10
Active since	1941

Caseificio Sociale Cooperativo
Carzetano

Località Carzeto, 41 - 43019 Soragna (Pr)
tel. and fax 0524.599005



Caseificio
Salso Parola

Località Parola, 107 - 43012 Fontanellato (Pr)
tel. 0524.81590 fax 0524.822067



2310

geographic coordinates
44° 51' 42" N
10° 06' 32" E

Cattle conferring milk (n°)	8
Annual prod. of cheese wheels (n°)	3.800
Cauldrons in the processing room (n°)	8
Active since	1955

2289

geographic coordinates
44° 56' 54" N
10° 00' 52" E

Cattle conferring milk (n°)	10
Annual prod. of cheese wheels (n°)	7.500
Cauldrons in the processing room (n°)	12
Active since	1950

Caseificio Sociale
Strada Bianca

Località Sant'Andrea, 130 - 43011 Busseto (Pr)
tel. and fax 0524.97246



Caseificio Sociale
di Monzato

Via per Neviano, 93 - 43029 Traversetolo (Pr)
tel. and fax 0521.841084



The dairy has been active as a cooperative dairy since 1961. It has been in the current premises since 1984.

2313

geographic coordinates
44° 37' 12" N
10° 22' 32" E

Cattle conferring milk (n°)	11
Annual prod. of cheese wheels (n°)	7.200
Cauldrons in the processing room (n°)	10
Active since	1961

2316

dordonisergio@micso.net

geographic coordinates
44° 51' 53" N
10° 00' 40" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	2.900
Cauldrons in the processing room (n°)	6
Active since	1954

Latteria Sociale Carmine

Località Fornio, 84 - 43036 Fidenza (Pr)
tel. 0524.60007



The company was founded in 1954.

Boni

Strada Provinciale di Golese, 190/a - Bezze, 43056 Torrice (Pr)
tel 0521.520611 fax 0521.814937

The dairy was founded as a privately-run business. Today it is run by the fourth generation. It sells Parmigiano-Reggiano and Grana Padano in cheese wheels, vacuum packs and grated to mass retailers. The new premises were inaugurated in 1998.



2331

www.bonispa.com
info@bonispa.eu

the dairy sells also abroad
geographic coordinates
44° 55' 33" N
10° 20' 15" E

Cattle conferring milk (n°)	30
Annual prod. of cheese wheels (n°)	49.000
Cauldrons in the processing room (n°)	48
Active since	1912

2321

the dairy sells also abroad
geographic coordinates
44° 50' 33" N
10° 13' 30" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	8.500
Cauldrons in the processing room (n°)	12
Active since	2000

Caseificio Sociale Val di Taro

Strada delle Anime - 43010 Fontevivo (Pr)
tel. and fax 0521.619530



Caseificio La Lovetta

Via Lovetta, 6 - Basilicanova, 43030 Montechiarugolo (Pr)
tel. and fax 0521.1801862



2344

geographic coordinates
44° 41' 26" N
10° 22' 12" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	2.700
Cauldrons in the processing room (n°)	5
Active since	1960

2325

geographic coordinates
44° 31' 38" N
10° 12' 05" E

Cattle conferring milk (n°)	8
Annual prod. of cheese wheels (n°)	4.800
Cauldrons in the processing room (n°)	9
Active since	1960

Caseificio Sociale della Pieve di Tizzano Val Parma

Località Costa - 43028 Tizzano Val Parma (Pr)
tel. and fax 0521.868017



Caseificio Sociale Rio Verde

Via Canaletto, 16 - 43030 Calestano (Pr)
tel. and fax 0525.52235



2353

geographic coordinates
44° 36' 32" N
10° 07' 25" E

Cattle conferring milk (n°)	5
Annual prod. of cheese wheels (n°)	7.000
Cauldrons in the processing room (n°)	10
Active since	1985

2361agripestina@gmail.com*geographic coordinates*

44° 43' 27" N

10° 18' 06" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	7.000
Cauldrons in the processing room (n°)	12
Active since	1997

Società Agricola Pessina

Strada Corte Biondi, 78 - Corcagnano, 43010 Parma
tel. 0521.637384 fax 0521.638160

**2383**clo260785@libero.it*geographic coordinates*

44° 41' 23" N

10° 19' 04" E

Cattle conferring milk (n°)	4
Annual prod. of cheese wheels (n°)	4.500
Cauldrons in the processing room (n°)	9
Active since	1969

Latteria Sociale La Panocchia

Via Val Parma, 131 - Panocchia, 43100 Parma
tel. 0521.637256



*The dairy has been running
as a cooperative since 1969.
In 1992 it moved to the new
premises.*

2398www.zarpellon.itinfo@zarpellon.it*the dairy sells also abroad**geographic coordinates*

44° 57' 31" N

10° 03' 59" E

Annual prod. of cheese wheels (n°)	20.000
Active since	2003

Zarpellon Parma

Località Roncole Verdi, 5 - 43011 Busseto (Pr)
tel. and fax 0524.935029

**2374**a.stocchi@libero.it*geographic coordinates*

44° 39' 20" N

10° 19' 12" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	1.800
Cauldrons in the processing room (n°)	4
Active since	2001

Caseificio Stocchi Andrea

Via Martiri della Libertà, 47 - S. Maria del Piano,
43037 Lesignano de' Bagni (Pr) tel. and fax 0521.850661

**2377***geographic coordinates*

44° 56' 58" N

10° 04' 10" E

Cattle conferring milk (n°)	6
Annual prod. of cheese wheels (n°)	2.400
Cauldrons in the processing room (n°)	7
Active since	1950

Caseificio Sociale Cooperativo La Verdiana

Località Roncole Verdi, 192 - 43010 Busseto (Pr)



*It has been a social dairy since
1950.*

Industria Casearia Ambrosi

Via Consolatice Superiore, 35 - 43011 Busseto (Pr)
tel. 030.2134811 fax 030.2733121



*In 2000 the dairy was taken
over by a cooperative company
that had stopped its produc-
tion years before. It has been
working under the brand name
"Ambrosi" since 2001, after an
accurate restructuring.*

2400www.ambrosi.itinfo@ambrosi.it*the dairy sells also abroad**geographic coordinates*

44° 58' 20" N

10° 01' 54" E

Cattle conferring milk (n°)	5
Annual prod. of cheese wheels (n°)	10.000
Cauldrons in the processing room (n°)	12
Active since	2001

2419

info@caseificiosanbartolomeo.com
www.caseificiosanbartolomeo.com
products can be purchased also on-line

geographic coordinates

44° 34' 25" N
10° 11' 25" E

Cattle conferring milk (n°)	9
Annual prod. of cheese wheels (n°)	4.500
Cauldrons in the processing room (n°)	6
Active since	1948

Nuovo Caseificio Sociale San Bartolomeo in Cozzano

Via Beduzzo, 3 - Cozzano, 43013 Langhirano (Pr)
tel. and fax 0521.859153



2423

LATTER4b@latteriasociale.191.it

geographic coordinates

44° 52' 17" N
10° 18' 31" E

Cattle conferring milk (n°)	3
Annual prod. of cheese wheels (n°)	4.300
Cauldrons in the processing room (n°)	8
Active since	1946

Latteria Sociale del Sole

Strada Cornazzano, 56 - Vicomero, 43126 Parma
tel. and fax 0521.601254



2425

tizianocinzia@hotmail.it

geographic coordinates

44° 50' 02" N
10° 07' 09" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	7.500
Cauldrons in the processing room (n°)	10
Active since	2004

Azienda Agricola e Caseificio La Primavera

Via Mainino, 2 - Borghetto, 43015 Noceto (Pr)



*The dairy was originally active
under the name "Società Coope-
rativa La Primavera"*

Caseificio Sociale di Faviano

Località Faviano - 43037 Lesignano de' Bagni (Pr)
fax 0521.857100



*The dairy is continuing the
activity started already in the
fifties.*

2431

geographic coordinates

44° 35' 29" N
10° 18' 01" E

Cattle conferring milk (n°)	9
Annual prod. of cheese wheels (n°)	2.300
Cauldrons in the processing room (n°)	6
Active since	1981

Caseificio Bergianti

Via Martiri della Libertà, 49
S. Maria del Piano, 43037 Lesignano de' Bagni (Pr)
tel. and fax 0521.850300



Retail outlets

Azienda Agricola Bonati Giorgio
www.bonat.it

Azienda Agricola Sangonelli Antonio
e Delbono Gabriella
sangonelli@libero.it

2433

caseificiberghiati@libero.it
products can be purchased also on-line

the dairy sells also abroad

geographic coordinates

44° 39' 20" N
10° 19' 12" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	2.400
Cauldrons in the processing room (n°)	6
Active since	2010

Caseificio Sociale Albanova

Via Fienile, 7 - Enzano, 43058 Sorbolo (Pr)
tel. 0521.690665



2439

andream63@libero.it

geographic coordinates

44° 52' 32" N
10° 27' 29" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	3.500
Cauldrons in the processing room (n°)	6
Active since	1972

2446

*geographic coordinates*44° 41' 40" N
10° 21' 11" E

Cattle conferring milk (n°)	9
Annual prod. of cheese wheels (n°)	5.000
Cauldrons in the processing room (n°)	7
Active since	1979

Caseificio Basilicanova

Via Argini, 27 - Basilicanova, 43030 Montechiarugolo (Pr)
tel. and fax 0521.681292



2453

*geographic coordinates*44° 34' 57" N
10° 20' 23" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	4.000
Cauldrons in the processing room (n°)	7
Active since	1946

Caseificio Sociale di Provazzano

Località Provazzano - 43020 Neviano degli Arduini (Pr)
tel. and fax 0521.344806



The dairy was run in rented premises in via della Chiesa in Provazzano from 1946 to 1957. A new building was constructed in 1958 in via Case Mazza and restructured twice, in 1984 and in 2008.

2457

antoniozaniboni@libero.it

*geographic coordinates*44° 46' 02" N
10° 07' 13" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	10.000
Cauldrons in the processing room (n°)	14
Active since	2001

Valcella

Via Varano, 25 - 43015 Noceto (Pr)
tel. 347.1415408 (casaro) 339.6897762 fax 0521.231396



The privately-run dairy "Zaniboni" was founded at the beginning of the twentieth century. It became the social cooperative dairy "Case Zaniboni" in the fifties. The company "Valcella sas" was founded in 1996; the cooperative company was closed down in the year 2000 and "Valcella sas" began its activity in 2001.

Caseificio Sociale Palazzo

Via Canaletto, 8 - Ragazzola, 43010 Roccabianca (Pr)
tel. 0521.876103 fax 0521.876971



2461

az.ag.guareschi@libero.it

*geographic coordinates*44° 59' 25" N
10° 12' 15" E

Cattle conferring milk (n°)	4
Annual prod. of cheese wheels (n°)	3.980
Cauldrons in the processing room (n°)	7
Active since	1987

Agrizoo

Via Gazzano, 69 - San Prospero, 43122 Parma
tel. and fax 0521.604110



2472

amministrazione@agri-zoo.it
www.agri-zoo.it

*the dairy sells also abroad**geographic coordinates*44° 48' 11" N
10° 24' 45" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	2.100
Cauldrons in the processing room (n°)	5
Active since	1985

Caseificio Sociale Il Fiore

Via Monte Pelato, 73 - 43022 Montechiarugolo (Pr)
tel. 0521.657078



2474

*geographic coordinates*44° 44' 20" N
10° 24' 14" E

Cattle conferring milk (n°)	5
Annual prod. of cheese wheels (n°)	7.000
Cauldrons in the processing room (n°)	10
Active since	1990

2484

Caseificio
Carignano

Strada Montanara, 343/A - S. Ruffino, 43010 Parma
tel. and fax 0521.638178



Former dairy "San Ruffino".

geographic coordinates

44° 44' 52" N
10° 16' 42" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	3.300
Cauldrons in the processing room (n°)	6
Active since	2001

2485

Latteria Sociale
La Fratellanza di S. Nazzaro

Località San Nazzaro - 43018 Sissa (Pr)
tel. 0521.878273



geographic coordinates

44° 57' 12" N
10° 17' 24" E

Cattle conferring milk (n°)	7
Annual prod. of cheese wheels (n°)	3.600
Cauldrons in the processing room (n°)	9
Active since	1954

3005

Società Agricola
La Vittoria

Via Ponte Gramignazzo, 7 - Fossa, 43010 Roccabianca (Pr)
tel. 0521.876171



The business was founded as a social dairy in 1902 with over 70 partners. The number of partners was reduced to three in 2000. After closing down, the dairy was taken over by the company "La Vittoria".

geographic coordinates

44° 00' 26" N
10° 14' 11" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	2.700
Cauldrons in the processing room (n°)	5
Active since	1902

Latteria Sociale di
Beduzzo Inferiore

Località Beduzzo - 43021 Corniglio (Pr)
tel. and fax 0521.887488



3029

geographic coordinates

44° 32' 25" N
10° 09' 56" E

Cattle conferring milk (n°)	12
Annual prod. of cheese wheels (n°)	4.000
Cauldrons in the processing room (n°)	9
Active since	1994

Caseificio
S.A.I.C.A.

Località Castellina, 39/b - 43019 Soragna (Pr)
tel. and fax 0521.822147



3045

geographic coordinates

44° 54' 58" N
10° 07' 01" E

Cattle conferring milk (n°)	4
Annual prod. of cheese wheels (n°)	3.600
Cauldrons in the processing room (n°)	8
Active since	1952

Caseificio Aziendale
Eredi Morbarigazzi Guglielmo

Via Calestano, 123/A - 43035 Felino (Pr)
tel. 335.8239705



The dairy has been active in the current premises since 2004.

3050

ilsupercasaro@libero.it

geographic coordinates

44° 40' 01" N
10° 12' 11" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	5.500
Cauldrons in the processing room (n°)	8
Active since	2004

3052

latteriacassio@libero.it

geographic coordinates

44° 35' 57" N
10° 01' 07" E

Cattle conferring milk (n°)	8
Annual prod. of cheese wheels (n°)	3.500
Cauldrons in the processing room (n°)	5
Active since	1961

Latteria Sociale
di Cassio e Selva del Bocchetto

Strada Cassio e Selva, 28 - Selva del Bocchetto, 43040 Terenzo (Pr)
tel. and fax 0525.526120



The social dairy was founded in 1961 with about forty partners. There are eight partners today, but the milk processed has increased from the 1,200 tons in the eighties to the current nearly 2,000.

3060

geographic coordinates

44° 28' 35" N
10° 05' 48" E

Cattle conferring milk (n°)	19
Annual prod. of cheese wheels (n°)	6.300
Cauldrons in the processing room (n°)	9
Active since	1999

Caseificio Sociale Cooperativo
Ponte Bratica

Località Ponte Bratica - 43021 Corniglio (Pr)
tel. 0521.881222 fax 0521.881707



3065

geographic coordinates

44° 54' 32" N
10° 21' 08" E

Cattle conferring milk (n°)	5
Annual prod. of cheese wheels (n°)	4.400
Cauldrons in the processing room (n°)	8
Active since	1961

Latteria
La Colornese

Via Selva, 2 - S. Andrea, 43056 San Polo di Torrile (Pr)
tel. and fax 0521.816302



The traditional dairy only processes milk and makes butter. The whey obtained from the transformation of Parmigiano-Reggiano is given to other breeders. The dairyman has always worked under contract.

Latteria Sociale
Agricoltura di Vezzano

Strada le Latte, 1/1 - Vezzano, 43024 Neviano degli Arduini (Pr)
tel. and fax 0521.846300



3073

geographic coordinates

44° 31' 13" N
10° 14' 33" E

Cattle conferring milk (n°)	8
Annual prod. of cheese wheels (n°)	3.000
Cauldrons in the processing room (n°)	5
Active since	1961

Caseificio
La Maestà

Via Galvana, 10 - 43015 Noceto (Pr)



A traditional dairy, it incorporated the dairy "Corte" in 2005. The dairyman has always worked under contract.

3075

geographic coordinates

44° 48' 45" N
10° 09' 27" E

Cattle conferring milk (n°)	10
Annual prod. of cheese wheels (n°)	9.000
Cauldrons in the processing room (n°)	12

Caseificio Sociale
di Bardi

Località Cà Bozzuffi, 165 - 43032 Bardi (Pr)
tel. 0525.307853 fax 0525.72278



3079

bardi.caseificio@libero.it

geographic coordinates

44° 37' 28" N
09° 43' 08" E

Cattle conferring milk (n°)	23
Annual prod. of cheese wheels (n°)	8.100
Cauldrons in the processing room (n°)	14
Active since	1960

3084

damiano.delfante@libero.it

geographic coordinates

44° 34' 23" N

10° 04' 31" E

Cattle conferring milk (n°)	13
Annual prod. of cheese wheels (n°)	5.000
Cauldrons in the processing room (n°)	9
Active since	2007

Caseificio Sociale di Ravarano e Casaselvatica

Località Ravarano - 43030 Calestano (Pr)
tel. 338.9115411



The business was active under the name "Ravarano e Vigolone" from 1960. In 2007 it merged with the dairy "Ghiastre Casa Selvatica".

3100

valparmossa@parmaest.net

geographic coordinates

44° 30' 48" N

10° 13' 03' E

Cattle conferring milk (n°)	12
Annual prod. of cheese wheels (n°)	6.800
Cauldrons in the processing room (n°)	14
Active since	1964

Caseificio Sociale Val Parmossa

Località Carpaneto - 43020 Tizzano Val Parma (Pr)
tel. 0521.877226 fax 0521.869463



3131

agriverderi@alice.it
www.agriverderi.it

geographic coordinates

44° 55' 58" N

10° 00' 31" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	5.300
Cauldrons in the processing room (n°)	1
Active since	2004

Azienda Agricola e Caseificio Verderi Michele, Federico e Andrea

Località San Rocco, 142 - 43011 Busseto (Pr)
tel. 328.0892363 fax 0524.91626



Dairy company.

Azienda Agricola Caldera Daniele e Mario

Via Galvana, 23 - 43015 Noceto (Pr)
tel. and fax 0521.623082



The dairy began its activity in the nineteenth century. The company "Caldera" was founded in the year 2000.

3150

podereronchetti@virgilio.it

geographic coordinates

44° 48' 41" N

10° 09' 04" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	2.400
Cauldrons in the processing room (n°)	4
Active since	2000

Terzoni Luigi

Via Toccalmatto, 56 - 43012 Fontanellato (Pr)
tel. and fax 0521.822771



3157

geographic coordinates

44° 53' 34" N

10° 07' 05" E

Cattle conferring milk (n°)	8
Annual prod. of cheese wheels (n°)	4.700
Cauldrons in the processing room (n°)	7
Active since	1999

Azienda Agricola Bertinelli

Via Carzole, 99 - Coduro, 43036 Fidenza (Pr)
tel. and fax 0521.527212



3160

chiarabertinelli@libero.it

geographic coordinates

44° 51' 58" N

10° 05' 54" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	650
Cauldrons in the processing room (n°)	1
Active since	2001

3271

geographic coordinates

44° 41' 17" N
10° 16' 01" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	1.900
Cauldrons in the processing room (n°)	3
Active since	2001

Fava Alessandro e Delle Donne Carla

Via Alighieri, 65 - S. Michele Tiorre, 43030 Felino (Pr)
tel. and fax 0521.831249



3272

geographic coordinates

44° 39' 20" N
10° 19' 12" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	1.800
Cauldrons in the processing room (n°)	3
Active since	2002

Azienda Agricola Casearia
Fochi Fausto e Daniele

Via Martiri della Libertà, 49 - S. Maria del Piano,
43037 Lesignano de Bagnì (Pr)
tel. and fax 0521.831265



Active since 2002 in the former
dairy Carignano and since
2010 in the dairy Torricella.

3281

walter.butteri@alice.it

geographic coordinates

44° 53' 12" N
10° 01' 38" E

Cattle conferring milk (n°)	1
Annual prod. of cheese wheels (n°)	3.000
Cauldrons in the processing room (n°)	6
Active since	2004

Azienda Agricola
Butteri Arturo, Renato, Walter

Località S. Faustino, 73 - 43036 Fidenza (Pr)
tel. and fax 0524.83878



Caseificio Aziendale
Pizzi Emilio e Alberto

Via Bombodolo, 12 - 43015 Noceto (Pr)
tel. 0524.63286



3290

geographic coordinates

44° 48' 04" N
10° 07' 09" E

Cattle conferring milk (n°)	2
Annual prod. of cheese wheels (n°)	4.500
Cauldrons in the processing room (n°)	7
Active since	2002



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-PARRIGIANO
-PARRIGIANO
-PARRIGIANO

Thematic Index

Castles and Architectures

Pallavicino Palace in Zibello	p.60
Bianca's Fortress	p.65
The Meli-Lupis' Fortress in Soragna	p.67
The Court of the Rossi family - San Secondo	p.68
The Royal Palace of Colorno	p.71
Gainago Church	p.73
The Fortress of San Vitale	p.74
Fontevivo Abbey	p.75
Fidenza Cathedral	p.96
The Castle of Music	p.99
A Church in the wood	p.105
The Fortress of Felino	p.106
Montechiarugolo Castle	p.108
The Sanctuary in Careno	p.132
Varano de' Melegari Castle	p.133
Cavana Abbey	p.135
The Fortress of Torrechiera	p.136
Neviano among churches and museums	p.137
Castelcorniglio and the Pessola Valley	p.139
The Fortress of Bardi	p.148

Museums

Museum of Farming Civilization G. Riccardi	p.61
The Little World and the <i>Museo Paese</i>	p.64
The Parmigiano-Reggiano Museum	p.68
The Museum in the Orangerie	p.72
The Castle of Music	p.99
The Guatelli Museum	p.103
Food Museums: The Tomato Museum	p.103
The History and Civilization Museum	
in Varano Marchesi	p.104
Food museums: The Museum of Salami of Felino	p.107
Mamiano, the court of masterpieces	p.108
Food Museums: Prosciutto of Parma Museum	p.137
Neviano among churches and museums	p.137
Bedonia and the Seminary's Museums	p.140

Typical tastes and wine and food traditions

The road of Culatello	p.61
Spalla Cotta (cooked shoulder of pork)	
and Fortanina wine	p.69
At school in the kitchen with ALMA	p.70
Busilan (a ring- shaped cake)	p.74
Tortelli d'erbette (ravioli-like pasta filled with herbs)	p.75
Anolini (ravioli-like pasta)	p.76
Nocino	p.99
Accademia Barilla	p.102
Navigating on the road of delicacies	p.106
The Salami of Felino	p.107
The wines of the Parma hills PDO	p.109
Delicious mountain bread	p.133

At the table with its majesty the pork	p.134
Prosciutto of Parma, how delicious!	p.136
The marrons of Campora	p.138
Potato Tortelli (ravioli-like pasta)	
of the Ceno Valley	p.139
Tastes and nature in Valmozzola	p.140
The Porcino mushroom PGI	p.142
The National Porcino Mushroom Fair	p.146
Mushroom soup	p.148

Nature, sports and activities in the open air

Safeguarding the great river	p.62
Cycling along the Po	p.62
Nolo Bike Parma	p.66
Cycling along the Taro	p.67
The LIPU Oasis in Torrile	p.72
Along the Via Francigena	p.97
The Course of the Stirone	p.98
Cycling along the Taro	
and tomatoes at the museum	p.103
The Carregas' Woods Park	p.105
For fans of motor and motorcycling racing	p.134
Nature on Mount Fuso	p.138
Castelcorniglio and the Pessola Valley	p.139
Tastes and nature in Valmozzola	p.140
Hiking in the upper Taro valley	p.141
The Abbots Way	p.142
On the peak of Mount Sillara	p.143
Santo Parmense Lake	p.143
Tuscan- Emilian Apennine National Park	p.144
The Great MTB Ride	p.145
Horse riding between the rivers Taro and Ceno	p.146
The return of the golden eagle	p.147

Culture and history

Harmony in the land of Verdi	p.63
In the heart of the Lower Plain	p.65
Parma, the <i>Pétite Capitale</i>	p.100
Lesignano, olive trees and rosemary	p.135
The Knights' valleys	p.144

Events and traditions

Fontanellato street markets	p.73
The Bridge of Tastes	p.76
At the table with its majesty the pork	p.134
The National Porcino Mushroom Fair	p.146

Thermal baths and wellbeing

Salsomaggiore, Tabiano and the ancient sea	p.98
The thermal baths of Sant'Andrea	p.104
Monticelli, a dive into the thermal baths	p.107

Index of the dairies by registration number

2001	Cas. Cansaldi	p.166
2002	Az. Agr. Bio. Ciaolatte	p.112
2003	Az. Agr. Cas. Le Ghiaie	p.166
2006	Latt. Coop. Frescarolese	p.166
2010	Cas. Soc. Bassa Parmense	p.80
2012	Latt. Soc. Coop. Palazzina	p.167
2019	Az. Agr. Bocchi L. e F.	p.112
2021	Cas. S. Elisabetta	p.167
2023	Cas. Il Battistero	p.152
2029	Cas. Az. Fratelli Boldini	p.167
2032	Cas. Soc. San Salvatore	p.80
2034	Cas. Soc. Il Progresso di Bore	p.168
2035	Latt. Soc. delle Ghiaie	p.168
2036	Cas. Az. Schivazappa Vittorio	p.168
2037	Soc. Agr. Giansanti	p.113
2038	Latt. Soc. Fabiola	p.152
2040	Az. Agr. Lena Giovanni e Roberto	p.169
2042	Az. Agr. Cas. Pozzo la Castella	p.169
2048	Latt. Soc. La Corte	p.169
2051	Cas. Soc. Alta Val Stirone	p.170
2057	Latt. Soc. di Zibello	p.170
2064	Coop. Cas. Agrinascente	p.170
2071	Cas. Soc. San Giovanni Battista	p.171
2074	Latt. Soc. La Moderna	p.171
2076	Cas. Soc. Coop. Toccalmatto	p.171
2077	Cas. Soc. Sant'Anna	p.172
2083	Cas. Rozzi Giuseppe	p.81
2085	Cas. Soc. Coop. La Nuova Speranza	p.81
2086	Latt. Soc. Mariani	p.172
2087	Latt. La Mezzanese	p.172
2088	Cas. Soc. Berettinazza	p.173
2094	Latt. Soc. San Lucio	p.113
2097	Latt. Soc. Val Sporzana	p.173
2099	Cas. Soc. di Cornazzano	p.173
2100	Ind. Cas. Ferrari Giovanni	p.153
2106	Cas. Soc. Coop. Margherita	p.153
2108	Cas. Bertozzi Arnaldo Giorgio	p.174
2111	Soc. Agr. Valserena	p.82
2113	Cas. Soc. San Mauro	p.174
2115	Latt. Soc. Coop. La Rinascita	p.174
2116	Cas. San Matteo	p.175
2121	Latt. Soc. Santo Stefano	p.114

2123	Latt. Soc. San Salvatore	p.175
2126	Cas. Soc. di Urzano	p.154
2127	Cas. Soc. di Neviano degli Arduini	p.175
2131	San Bernardino	p.114
2137	Latt. Soc. l'Agricola	p.176
2140	Cas. Carini	p.115
2152	Latt. Salsese	p.176
2153	Cas. Lanfredini	p.115
2157	Cas. La Madonna	p.116
2165	Cas. Soc. Coop. Il Trionfo	p.82
2169	Cas. Barani Gaudenzio e Giuseppe	p.116
2176	Cas. Eva	p.176
2183	Maghenzani Cav. Guido e Figlie	p.177
2185	Latteria di Palasone	p.83
2186	Coop. Soc. di Soragna	p.83
2188	Cas. Soc. Coop. Pongennaro	p.84
2189	Cas. Ugolotti Artemio e Figlio	p.84
2204	Latt. Soc. Val Bardea	p.177
2206	Cas. Avanzi	p.177
2209	Cas. La Traversetolese	p.117
2217	Boselli Nullo e Marcello	p.178
2220	Cas. San Pietro di Vigatto	p.117
2223	La Ginestra	p.178
2233	Latt. Soc. La Medesanese	p.118
2240	Coop. San Lorenzo	p.178
2243	Rastelli Fratelli	p.154
2247	Cas. Soc. Casalbarbato	p.189
2270	Cas. Soc. Maghenzani Cav. Guido e Figlie	p.179
2271	Paganina	p.179
2279	Margi	p.180
2283	Cas. Soc. Coop. Carzetano	p.180
2284	Pellegrino Formaggi	p.155
2289	Cas. Soc. Strada Bianca	p.180
2290	Cas. Barani Ottorino	p.118
2293	Cas. Castellazzi	p.181
2300	Soc. Agr. Saliceto	p.155
2310	Cas. Salso Parola	p.181
2312	Cas. Gennari Sergio e figli	p.119
2313	Cas. Soc. di Monzato	p.181
2315	Cas. Martinelli Romeo	p.119
2316	Latt. Soc. Carmine	p.182

2321	Cas. Soc. Val di Taro	p.182
2322	Consorzio Produttori Latte	p.85
2324	Cas. Tagliavini Ario	p.85
2325	Cas. Soc. della Pieve di Tizzano Val Parma	p.182
2326	Soc. Agr. San Bernardino	p.86
2331	Boni	p.183
2333	Soc. Agr. Il Colle	p.120
2334	Cas. Eredi Censi Rino	p.86
2343	Latteria Sociale San Luigi	p.87
2344	Cas. La Lovetta	p.183
2353	Cas. Soc. Rio Verde	p.183
2361	Soc. Agr. Pessina	p.184
2367	Casearia Corradi	p.120
2374	Cas. Stocchi Andrea	p.184
2377	Cas. Soc. Coop. La Verdiana	p.184
2383	Latt. Soc. La Panocchia	p.185
2396	Az. Agr. Iris	p.156
2398	Zarpellon Parma	p.185
2400	Ind. Cas. Ambrosi	p.185
2416	Nigroni	p.87
2419	Cas. Soc. S. Bartolomeo in Cozzano	p.186
2423	Latt. Soc. del Sole	p.186
2425	Az. Agr. Cas. La Spring	p.186
2431	Cas. Soc. di Faviano	p.187
2433	Cas. Bergianti	p.187
2435	Cas. Vicini	p.121
2439	Cas. Soc. Albanova	p.187
2446	Cas. Basilicanova	p.188
2451	San Cassiano di Scurano	p.156
2453	Cas. Soc. di Provazzano	p.188
2455	Bandini Fausto	p.121
2457	Valcella	p.188
2461	Cas. Soc. Palazzo	p.189
2467	Cas. Montauro	p.122
2471	Latt. Coop. di Marano	p.122
2472	Agrizoo	p.189
2474	Cas. Soc. Il Fiore	p.189
2484	Cas. Carignano	p.190
2485	Latt. Soc. La Fratellanza di S. Nazzaro	p.190
2497	Cas. Soc. San Pietro	p.123
3001	Cas. Soc. San Martino	p.157
3002	Az. Agr. La Villa	p.157
3003	Cas. Soc. Campora e Sasso	p.158
3005	Soc. Agr. La Vittoria	p.190
3011	Latteria Sociale San Ferdinando	p.88

3012	Galli	p.88
3029	Latt. Soc. Beduzzo Inferiore	p.191
3030	Soc. Agr. Bertinelli Gianni e Nicola	p.123
3040	Latt. Soc. Val d'Enza	p.158
3045	Cas. S.A.I.C.A.	p.191
3050	Cas. Az. Eredi Morbarigazzi G.	p.191
3052	Latt. Soc. di Cassio e Selva del Bocchetto	p.192
3060	Cas. Soc. Coop. Ponte Bratica	p.192
3065	Latt. La Colninese	p.192
3068	Cas. Barabaschi Giovanni e Figlio	p.124
3073	Latt. Soc. Agricoltura di Vezzano	p.193
3075	Cas. La Maestà	p.193
3079	Cas. Soc. di Bardi	p.193
3084	Cas. Soc. di Ravarano e Casaselvatica	p.194
3088	Latt. Soc. Costa di Bazzano	p.159
3090	Cas. Soc. Borgotaro	p.159
3091	Cas. Soc. Val Ceno	p.160
3100	Cas. Soc. Val Parmossa	p.194
3131	Az. Agr. e Cas. Verderi	p.194
3150	Az. Agr. Caldera	p.195
3157	Terzoni Luigi	p.195
3160	Az. Agr. Bertinelli	p.195
3200	Az. Agr. Araldi Pietro e Luigi	p.124
3232	Cas Soc. Coduro	p.125
3270	Az. Agr. Mezzadri Fratelli	p.89
3271	Fava A. e Delle Donne C.	p.196
3272	Az. Agr. Cas. Fochi	p.196
3273	Soc. Agr. Brugnoli Fratelli	p.160
3275	Cas. Pratichiera	p.89
3276	Soc. Agr. Montecoppe	p.125
3277	Agr. La Vigna	p.161
3280	Soc. Agr. Butteri	p.126
3281	Az. Agr. Butteri	p.196
3290	Cas. Az. Pizzi Emilio e Alberto	p.197
3300	Az. Agr. Persegona C., M., G.	p.126
3333	Latteria Sociale San Pier Damiani	p.90

0000	Dairy retailers
0000	Dairy wholesalers

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photos of the dairies, p. 18, 19 top, 21 bottom, 26, 29, 31 bottom, 63 centre, 77

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p. 27

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p. 10, 32, 35, 68 top

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p. 100 top, 106 top, 107 bottom, 146 top

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p. 11, 97

Archive of Mount Fuso Park
p. 138

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p. 36 top, 60, 63 top, 66 bottom, 67 top, 72 bottom,

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p. 128, 129, 145

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Chi sceglie le obbligazioni Banca Reggiana percepisce un tasso di sicuro interesse e gode di una garanzia assoluta sul capitale investito. A questo, insieme a Banca Reggiana, ci pensa il Fondo di Garanzia degli Obbligazionisti del Credito Cooperativo, lo strumento nazionale della cooperazione di credito che ricambia la fiducia degli investitori con la tutela dell'investimento senza alcun costo per i risparmiatori.



www.bancareggiana.it

MESSAGGIO PUBBLICITARIO PROMOZIONALE - Per tutte le condizioni contrattuali si rinvia ai fogli informativi disponibili presso tutte le filiali di Banca Reggiana e sul sito www.bancareggiana.it



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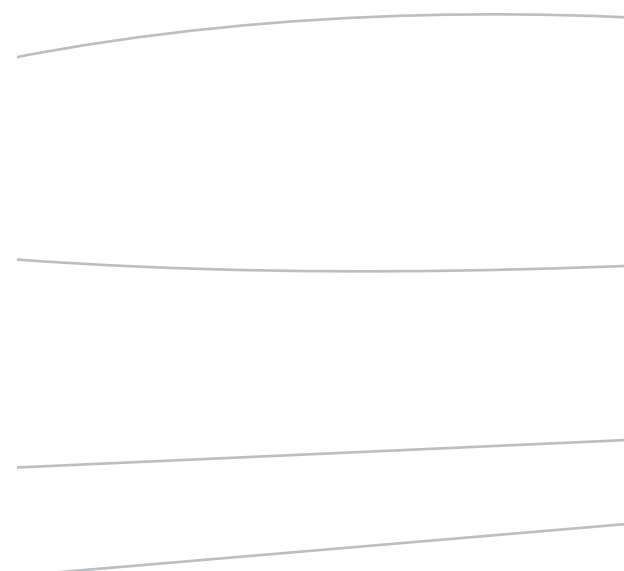
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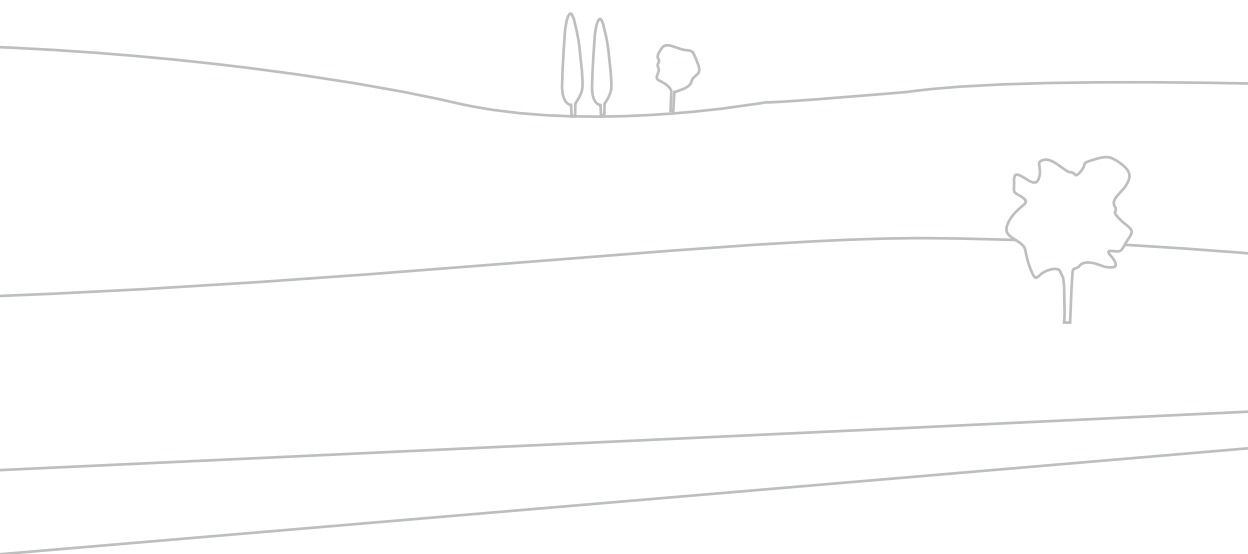
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