



# SUMMER SCHOOL

## SCIENCES IN THE KITCHEN: FROM FARM TO FORK 10th – 13th July 2023

### Monday, 10th July

- 9.00 Welcome and visit to the UNISG campus
- 9.45 Introduction to the course
- 10.00 **SEMINAR** “Healthiness, biodiversity and pleasure: different values with the same taste. The evolution of human taste”
- 11.00 **FORAGING & COOKING EXPERIENCE:** hands on activity using wild plants, herbs and flowers collected during the foraging session
- 13.00 Lunch: sharing of the dishes prepared together in the fields
- 15.30 **SEMINAR** “The effect of food on our physical and mental well-being. How what we eat affects who we are.
- 17.00 End of lessons
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### Tuesday 11th July

- 9.00 **HARVESTING SESSION** in the UNISG vegetable garden to learn about biodiversity, seasonality and organic production. Harvesting of different varieties of vegetables, herbs and edible flowers
- 10.30 **COOKING WORKSHOP:** «One Health: when the planet teaches us how to cook. Contemporary issues for better and tastier meals.
- 12.30 Lunch at the Pollenzo Food Lab
- 14.30 **SEMINAR** Agroecology and Farm to Fork, the alliance between agriculture and cuisine)
- 16.00 End of lessons



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## Wednesday 12th July

- 9.00 **SEMINAR:** S When cooks are loudspeakers: contemporary cuisine and sustainability. (POLLENZO FOOD LAB TEAM)
- 9.00 **COOKING LAB:** Science in the Kitchen for Global Goals: culinary knowledges and techniques applied for healthy and sustainable diets. Fermentation, preserves and circular recipes to reduce waste in the kitchen (POLLENZO FOOD LAB TEAM)
- 13.00 Lunch in the Pollenzo Food Lab based on dishes prepared together
- 14.30 **Free time**
- 16.45 Transfer to Verduno. Foraging and experience at the Verduno castle vegetable garden
- 20.00 Dinner at the Verduno Castle Restaurant by Alessandra Buglioni chef
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## Thursday 13th July

- 9.00 Departure by bus for Reis. A visit to learn about a sustainable farm to fork concept. Found in the mountains near Cuneo, Reis aims to produce healthy and delicious local products and vegetables and promote them through their dishes; all through a strong sense of community, love for nature and zero impact on the environment
- 11.00 Visit to the gardens to learn about their values and the connection between the farm and the restaurant
- 13.00 Lunch at the Reis restaurant
- 14.00 Departure by bus to return to Pollenzo
- 16.00 End of course