

MARCH 2022

# TAVOLE INSIGHTS

BY STUDENTS FOR STUDENTS.  
GET TO KNOW TAVOLE'S ACTIVITIES  
AND ITS "BEHIND THE SCENES"



## What's this about

### *TAVOLE: A NEW CHAPTER*

As many of you know, this academic year brought a lot of change at Tavole; part of the staff has changed, they are constantly readapting to the new covid regulations and they're trying to renovate their cuisine, among other initiatives.

This had the positive effect of creating a new collaborative environment between students and Tavole.

In the light of the many adjustments of this year, we started dialoguing more with the staff and a new group of volunteers spontaneously formed.

Our team is now collaborating with them to listen to each other's concerns and work together on what can be improved on both sides.

### *SO: WHAT'S NOW?*

Our common aim is to make Tavole more and more mindful of cultural diversity and to make room for innovative and fresh ways of thinking food and cooking it.

We want it to be a place for collaboration, discussion, innovation, creativity and productive debate.

We created Tavole Insights to keep you updated on what's going on and we invite you to contact Tavole for new inputs and ideas.

Let's make UNISC about partnership and initiative again!

## Mark on your calendar:

*1TH OF MARCH:*

*GUEST CHEFS:*

*FORNO BRISA FOLKS*

*2TH OF MARCH:*

*SPECIAL LUNCH:*

*BENTO BOX*



## This past month highlights

### FOCUS ON YOUR STRENGTHS

We discussed with Tavole the results of the survey that was done in December and tried to pinpoint the strong and weak aspects of their food.

They showed a very open attitude and decided to focus on their fortes: vegetables and ethnic cuisine.

Their aim is not only to serve tasty food, but also to make Tavole a lab to expose people to more environmentally sustainable dishes and to a more inclusive gastronomy.

That's why you'll often find vegetarian or vegan food or other options suitable for diverse diets, together with more culturally diverse plates.



### GUEST CHEFS AND TEA TIME

As most of you have probably already noticed, guest chefs are back! Tavole was finally able to reopen its doors to other cooks, which is something we have greatly missed. Together with Tea Time Talks, Guest Chefs used to play a key role at Unisg, before Covid hit.

Thanks to the new regulation, to the University's Communication office, and to the proactivity of Tavole's staff, we were able to have restart these activities.

They are great opportunities for us to get to know professionals in a very **informal** environment and to smoothly **share** knowledge and skills through talking and eating.

We want to look at this as the first sign of the **reopening** we all were waiting for. Let's make the most out of it and enjoy!



## HOMAGE TO ANDREA PATERNOSTER

Freestyle feedback from Kiva, a master student, on the tea time with Elisia Menduni from Mieli Thun: "This TTM covered all kinds of ground! From employment experience and current roles to the apiarists' dilemma of the climate crisis, Elisia really expanded on the world of honey. Questions from participants went from regional beekeeping practices and techniques, to career advice and mechanics and technicalities of beekeeping. Accompanied by "honey tea" from Mieli Thun, the talk fostered interest among participants and presenter alike."

Mieli Thun is a unique reality producing crazy monofloral honey. It was founded by Andrea Paternoster, an extraordinary beekeeper from the Italian Alpine region of Trentino Alto Adige, who departed in April 2021.

He was a cornerstone of Unisg activities and his lessons were a much-awaited appointment for students.

Elisia deeply honors him through her work and the talk she had with us.

You can learn more about them and their incredible approach and way of working in their manifesto at <https://www.mielithun.it/it/perche/manifesto>



## "METTICI LE MANI" CONTEST

Among the changes Tavole has made, we're glad to inform you of a contest taking place from April forward. It will be an opportunity for students to enter Tavole and work with the staff on a dish of their choice for two days.

This kind of collaboration between students and the staff also occurred in the past, in a slightly different way, and we're happy to have this opportunity back.

It's a great chance to see how a real kitchen works for those who've never done it before and to share your recipes with your fellow students. You can also receive their feedbacks and improve your skills thanks to it and the experience of Tavole's staff.

You should receive an email with all of the details to take part in it.



THANK YOU GUYS FOR READING,  
WE CAN'T WAIT TO SHARE WITH YOU MORE INSIGHTS FROM TAVOLE.  
'CAUSE WE ALL CARE ABOUT FOOD AND THE PEOPLE BEHIND IT

