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fao Casa gazette

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Typewritten electronic contributions for the FAO CASA Gazette are welcome. These can be articles, poems, drawings, photographs, etc. In fact, anything interesting that staff members and/or their families in Rome or in the field may wish to contribute. These contributions can be in English, French, Italian or Spanish.

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Gioielli Nascosti

RUBRICA PER ACCOMPAGNARVI ALLA SCOPERTA
DELLE BELLEZZE DEL NOSTRO PAESE

L'Italia è il Paese della grande bellezza. Custodisce tesori paesaggistici e capolavori artistici di valore inestimabile, apprezzati in tutto il mondo.

La FAO Staff Coop Gazette attraverso questa rubrica vuole condurre i lettori nel cuore dell'Italia in una passeggiata nella storia alla scoperta di caratteristici borghi dal fascino antico. Storia, arte, natura, terra e mare saranno i protagonisti della nostra rubrica in cui vogliamo raccogliere curiosità, immagini, colori e bellezze da celebrare e condividere con i nostri lettori.

L'Italia è un paese di poeti, navigatori e paesini addormentati.

Probabilmente in qualsiasi punto dello stivale ci si trovi, nel raggio di un centinaio di chilometri c'è un borgo-gioiello ai più sconosciuto.

Nella nostra penisola la storia si è sbizzarrita con un tale entusiasmo da lasciarsi alle spalle villaggi ed uomini in un alternarsi inarrestabile di invasioni, saccheggi, guerre, terremoti, frane, siccità, povertà, cambiamenti nelle rotte commerciali.

Questi eventi hanno concorso a creare un'altra Italia, quella fuori dal tempo e dolcemente imprigionata in esso.

Un'Italia che si concentra soprattutto nel cuore del Belpaese.

E noi vogliamo partire da qui, dai borghi abbandonati, impregnati di un fascino antico che ancora resiste e che abbiamo il dovere di difendere e valorizzare.

Come sottolineato dall'architetto Paolo Portoghesi

“Questi borghi rappresentano la nostra verginità e conservarla corrisponde ad uno dei pochi ideali del nostro tempo.”



di Enrica Romanazzo

Sostiene e promuove da anni le attività della FAO STAFF COOP. Nel contempo segue ed organizza eventi in difesa dell'ambiente e per la valorizzazione del territorio salentino

TOSCANA: LA MAREMMA

La Toscana è uno splendido connubio di arte e paesaggio. E nasconde un tesoro nascosto: la Maremma, un concentrato di splendidi panorami, tranquillità, città d'arte, luoghi di interesse storico e culturale, affascinanti borghi ricchi di storia.

La Maremma, che si estende tra la Toscana meridionale e il Lazio per ben 4.500 km, nonostante le sue dimensioni, la sua storia ricca e variegata, che include il cuore dell'Etruria, le brame medievali di dominio feudale, l'ospitalità ai Medici e a Napoleone Bonaparte, gli avvisi ai viaggiatori sulla presenza di sanguinari briganti..... è quasi ignorata dai visitatori attratti dalle bellezze dei luoghi iconici di una regione

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conosciuta soprattutto come culla della lingua e del Rinascimento italiani.

La Maremma è di fatto l'antitesi delle città d'arte soffocate da folle di turisti. È semplice sia nel paesaggio che nelle tradizioni, e promette una dolce vita fuori dai sentieri battuti. Vivere qui, significa "danzare" ogni giorno con la bellezza della musica della terra, una danza leggera e amabile, guidata dai suoni della natura.



Questa micro-regione ha preservato il naturale incanto e le semplici tradizioni di una realtà contadina in quanto trascurata per tanto tempo come destinazione turistica. Il Parco della Maremma è un autentico gioiello naturalistico. Purtroppo le cose belle e buone non rimangono nascoste per sempre. La speranza è che la provincia mantenga intatti il suo fascino bucolico, l'approccio dolce ad una quotidianità scandita da ritmi lenti, la sua atmosfera stile primi anni Sessanta, periodo in cui non erano così diffusi gli ingannevoli negozi di souvenir e i deludenti menù turistici. Qui resistono i sapori tradizionali della cucina di provincia, insieme alla bellezza incontaminata di un paesaggio che spazia dalle spiagge dell'Argentario alla montagna innevata dell'Amiata.

Questo territorio ha tutti gli ingredienti per una vacanza indimenticabile. Le sue meraviglie naturalistiche, i resti etruschi, romani e medievali ben conservati ed i borghi rinascimentali la rendono destinazione ideale per chi è alla ricerca di un luogo unico e affascinante da esplorare. Ed anche per chi voglia rigenerarsi e rilassarsi con i bagni alle terme di Saturnia.



TERME DI SATURNIA

Meta ideale per chi desidera purificare lo spirito, curare il corpo e vivere la “rinascita” nella terra del Rinascimento....

Le terme sono il traguardo perfetto per chi voglia concludere una vacanza rilassante traendo beneficio dalle leggendarie acque termali che da 3000 anni sgorgano ininterrottamente dal cuore della terra di Saturnia, ricche di plancton, tesoro biogenico di minerali e sostanze azotate, aminoacidi, zolfo, potassio e magnesio, dotato di straordinarie proprietà antiossidanti e rigenerative, che si forma e matura nella sorgente.

Il lungo viaggio di quest'acqua prodigiosa comincia dalla pioggia che cade dai pendii del Monte Amiata. Per 40 anni, l'acqua scorre sottoterra per poi emergere nella vasca naturale della Sorgente, posta al centro del Resort 5 stelle dell'impianto termale. Durante il suo percorso in superficie, alimenta costantemente il Parco Termale e attraversa i campi di Saturnia fino a gettarsi nelle iconiche Cascate del Mulino.

Il nome Saturnia è avvolto dalla leggenda secondo la quale Saturno, il dio delle messi e dell'abbondanza, perse la pazienza nei confronti degli uomini che erano costantemente impegnati a fare la guerra. In preda all'ira scagliò un fulmine sulla terra e improvvisamente



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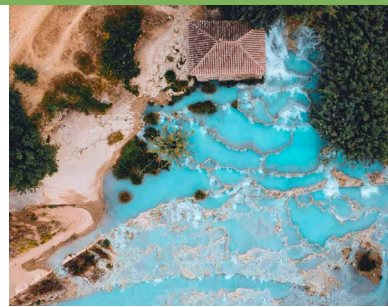


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La storia delle Terme di Saturnia comincia in epoca etrusca. Romani, centurioni, soldati, Papi e contadini, tutti si sono immersi nelle acque sante del luogo. Nel 1454, con la concessione dei Bagni di Saturnia, ebbe inizio un periodo florido. Nel 1865, i Bagni furono acquisiti dalla famiglia Ciacci che creò una vera e propria SPA. Nel 1919, Gaspero Ciacci costruì l'hotel, con la sua struttura originale tuttora presente.

A pochi chilometri dalle Terme di Saturnia si trova il borgo di Saturnia e sulla strada che porta verso i noti e bellissimi paesini di Pitigliano, Sovana e Sorano, si incontra Montemerano, villaggio gioiello della Maremma inserito tra i borghi più belli d'Italia. È un preziosissimo luogo fuori dal tempo in cui ogni pietra parla di storia ed in cui non c'è traccia di negozi turistici, semplicemente perché è abitato da circa 500 persone, pronte a raccontare ai visitatori la storia e gli aneddoti del borgo.



AGRITURISMO BIO FONTENUOVA

L'agriturismo, situato a pochi passi dalle Terme di Saturnia e dai campi da golf, nel parco naturale del Fiume Albegna (riconosciuto come sito di particolare interesse dalla Comunità Europea) è inserito nei terreni dell'Azienda Agricola Biologica di 30 ettari, attraversata dall'antica strada romana "Via Clodia".

Il casale in pietra che accoglie i visitatori è immerso in un contesto naturalistico di incomparabile bellezza, caratterizzato da un paesaggio collinare, in cui le coltivazioni si confondono con i boschi e la macchia mediterranea, popolata da istrici, caprioli e cinghiali. Dalla sua splendida ed unica posizione panoramica si possono avvistare poiane, aironi, fagiani.



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AGRITURISMO FONTENUOVA



Agriturismo Fontenuova (5 sunflowers) is located in the heart of the Tuscan Maremma, Saturnia, close to the thermal baths and the famous “Mulino Waterfalls”. It is part of a 30-hectare organic farm, crossed by the Albegna River and the ancient Roman road Via Clodia.

Set in a breathtaking natural landscape with an unparalleled panoramic view, the property enjoys a peaceful location while being just a short walk from the ancient walls of Saturnia.

The land is situated within the Albegna River Natural Park, a site of special interest recognized by the European Community.

Agriturismo Fontenuova hosts up to 40 guests, offers both vacation home rentals and a B&B option, as well as events, yoga retreats and weddings.

Our accommodations are set in a warm countryside atmosphere, featuring every comfort and carefully curated furnishings. They boast spacious terraces and outdoor areas, spread across two distinct areas of the estate, approximately 200 meters apart.

In the first area, you'll find Il Casale, a charming and historic stone villa, carefully restored to preserve its original character. The villa is completely renovated and can host up to 14 guests, offering spacious rooms with exposed wooden beams and an elegant yet rustic ambience: cozy gathering spaces, fireplaces, a breakfast and dining area, and a spacious, well-equipped area for enjoying the outdoors.



The villa's pool overlooks the stunning surrounding landscape.

A short walk from Il Casale, in a completely natural setting, lies Il Borghetto, a small hamlet consisting of four stone buildings close to the woods and connected by flower-lined pathways.

This entire area can accommodate up to 19 guests, offering a comfortable combination of 4 individual accommodations (Il Casaletto), a small cottage (Il Villino) and a small stone house

(La Casetta), allowing guests to enjoy time together while maintaining their own privacy and independence.

In the surrounding area, guests can enjoy a private swimming pool, a barbecue and a laundry facility.

La Pergola is a spacious communal area with a fully equipped kitchen, perfect for breakfast, dinners and social gatherings.

For those who love nature, a Glamping tent is available in the woods for an immersive outdoor experience. Guests can enjoy a wide range of options both within and beyond the estate.

WITHIN THE ESTATE: Guests can explore scenic trails through the woods and Mediterranean scrub or walk along the lush banks and gorges of the Albegna River, to discover a unique and uncontaminated environment, where you can take pleasant baths in every season in a thermal pool with water at 30°(86°F).

BEYOND THE ESTATE: Just outside the village walls, the famous Saturnia thermal baths offer naturally heated sulfur-rich waters at 37°C (98.6°F), ideal for outdoor bathing in any season. Nearby, guests can also enjoy golf courses and numerous trails for hiking or horseback riding.

IN THE SURROUNDINGS: The region offers countless archaeological, natural and sports itineraries. Guests can explore the medieval villages of Montemerano, Pitigliano, Sorano and Sovana, each rich in history and charm.

A LITTLE FURTHER: Within an hour's drive, you can visit Bolsena Lake and key sites of Etruscan civilization such as Vulci, Tuscania and Tarquinia. Other must-see destinations include the WWF nature reserves, the Burano Lake of Capalbio, the Giardino dei Tarocchi (Tarot Garden) and the Uccellina Wildlife Park.

SATURNIA AND THE ARGENTARIO COAST: A day trip to the sea is also within easy reach, with destinations such as Porto Ercole, Porto Santo Stefano and the islands of the Tuscan Archipelago.

AGRITURISMO FONTENUOVA OFFERS A HOLIDAY EXPERIENCE IN TUSCANY'S MAREMMA REGION—A PERFECT BLEND OF NATURE, CULTURE AND WELLNESS FOR ALL SEASONS AND ALL AGES.

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ZEN IN ROME?! FORGET IT!



by Francesca Picozza

Traditional Ayurvedic Massage Therapist internationally certified at Atharvaveda, Institute of Higher Education in Ayurveda and Yoga based in Rome and recognised by the P.V.A. Ayurvedic Clinic of Kannur in Kerala.

Practices in Rome at her own Ayurvedic studio SATTVICAMENTE Massaggi Ayurveda Roma in Piazza Vittorio Emanuele (Esquilino).

Zen in Rome? Forget it! Ayurveda, however, can be practised.

Have you ever been able to calm down in city chaos? Ayurveda could be the answer you are looking for.

This ancient discipline teaches us how to find calm and grounding even in Rome.

Ayurvedic massage, rooted in Indian tradition for over 5,000 years, is a therapeutic practice that aims to rebalance body and mind, promoting individual psychophysical well-being.

Choosing an Ayurvedic massage is a journey towards a harmonious mind-body balance. This practice not only relieves both physical and mental fatigue, but also facilitates an energetic balance, boosting the body's ability to self-heal.

Moreover, the personalized treatment approach, based on the specific individual's needs, makes Ayurvedic massage the ideal choice for those who seek a natural and holistic way to strengthen their health.

SATTVICAMENTE MASSAGGIO AYURVEDA ROMA, you do not enter a simple massage studio, you step into a space where all details are conceived for you.

Your experience does not start on the massage table, rather in front of a hot herbal tea, because well-being always begins by welcoming, listening and understanding you. The Ayurvedic therapist never provides a standard treatment, but instead structures a personalized programme, based on your own physical and mental constitution. You choose the medical oil that best suits you, an essential element that is 50% of the therapy.

These oils are not mere emollients: prepared with specific herbs, they work on a physical, mental and energetic level to restore a deep balance. Each movement in Abhyangam treatment is intended to serve your specific unique needs, as they emerge during the preliminary evaluation.

There are no fixed and strict protocols in this journey, instead a personalized approach that evolves together with you, as every body, every mind and every feeling are unique. Ayurvedic medicated oils (Ayurvedic Medicinal Oils) are traditional treatments used in Ayurveda to promote physical and mental well-being. These oils are derived via a meticulous procedure that combines basic oils, such as sesame or coconut, with decoctions of specific medicinal herbs, according to ancient recipes that have been transmitted over millennia.

Ayurvedic medicated oils are applied in various treatments, including:

- *Therapeutic massages*
- *Specific treatments*
- *Daily routine*

It is imperative to use high quality oils, prepared according to Ayurvedic traditions, to ensure therapeutic efficacy. Furthermore, the choice of oil is individualized according to individual needs and the instructions provided by qualified Ayurvedic therapists.

In conclusion, Ayurvedic medicated oils are an integral part of Indian traditional medicine, providing many benefits, always aiming towards the individual's balance and well-being.

Ayurvedic massage therapy is highly recommended for those who want to preserve, promote and cure their health.

Try our treatments and discover how you can transform your lifestyle!



SATVICAMente
MASSAGGIO AYURVEDA ROMA

*"Better to pay the man with the oil
and spare the medical expenses"*
Tamil proverb

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- remove physical and mind fatigue

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The microbiota and microbiome play a key role in human health, influencing digestion, metabolism, immunity, and neurological functions. The microbiome represents the genetic heritage of all microorganisms present in the body, while the microbiota refers to the microbial community itself. Let's explore their impact across different areas of medicine.

The gut microbiota and digestive health

"The gut microbiota is essential for digestion, vitamin synthesis, and immune system function," explains the gastroenterologist. "A diet rich in prebiotic fiber and fermented foods enhances microbial diversity and reduces the risk of dysbiosis, preventing disorders such as IBS (Irritable Bowel Syndrome) and inflammatory bowel diseases."

Microbiome and gynecological health

"The vaginal microbiota is fundamental for maintaining a balanced bacterial flora and preventing infections," states the gynecologist. "Lactobacilli and other beneficial bacteria protect against bacterial vaginosis, candidiasis, and urinary tract infections. Diet, hygiene, and the mindful use of antibiotics significantly influence vaginal microbiome health."

The microbiome in children: a crucial element

"In the first 1,000 days of life, the microbiota plays a vital role in immune and metabolic development," emphasizes the pediatrician. "Factors such as natural childbirth, breastfeeding, and a varied diet promote a healthy microbiota and reduce the risk of future diseases."

Nutrition and the microbiome

"The microbiota regulates several physiological processes crucial for overall well-being, including metabolism and nutrient absorption," explains the nutritionist. An unbalanced diet alters bacterial composition, fostering chronic inflammation, obesity, diabetes, insomnia, and mood disorders.

Consuming foods rich in fiber and polyphenols helps restore microbial balance and supports both mental and physical health."

How to maintain a healthy microbiome

"Avoiding unnecessary antibiotics, managing stress, and following a balanced diet are fundamental strategies," concludes the internal medicine specialist. "Microbiome analysis could become an innovative preventive strategy in personalized medicine."

Conclusion

Preserving the health of the microbiota and microbiome is essential for overall well-being. A balanced diet, regular physical activity, and stress reduction are key tools to maintain microbial equilibrium and improve long-term health.

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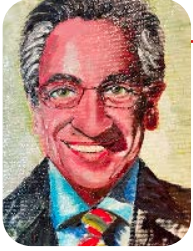
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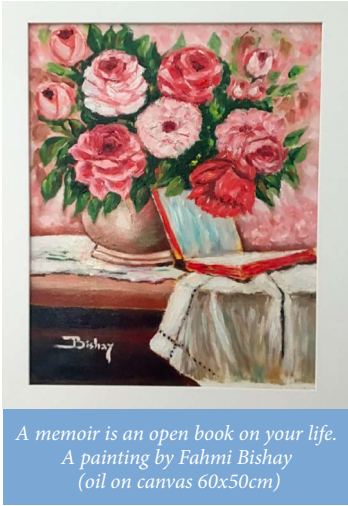
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ON WRITING A MEMOIR



by **Fahmi Bishay**

Dr Bishay is an FAO retiree and senior consultant in agricultural policy analysis, sustainable economic development, and environmental protection. He is an economist, writer and artist. This is his self-portrait.



*A memoir is an open book on your life.
A painting by Fahmi Bishay
(oil on canvas 60x50cm)*

Why a Memoir?

As an FAO staff member, you will most likely have a professional, enjoyable, and exciting life. You have many national (Italian) and international colleagues with tremendous and fascinating characters.

You might have traveled to many developing and developed countries on missions and/or personal travel, and could have been exposed to many cultures and different ways of life.

All those elements are the primary ingredients for a fascinating memoir.

However, you may wonder, “Why do I write a memoir?” I am an ordinary person who enjoys an ordinary life and is happy, content, and fully satisfied, so why a memoir? But ordinary people should also write their memories. Memoirists are custodians of family memories. They owe it to their younger generations to record their families’ heritage.

More specifically, the following are a couple more reasons for writing a memoir: The first is for personal satisfaction: When you write your story, you are talking to yourself and being a friend to yourself. It is an admirable, challenging and highly satisfying task. When you write about your life and record your accomplishments, achievements, thoughts and emotions, as well as difficulties, challenges and obstacles, you come to terms with your life narrative and get your story sorted out and preserved on paper, a process that gives great personal satisfaction.

The second reason is to tell your children, your grandchildren-to-be, your nephews and nieces, and the family generation of about that age who they are and their heritage. With a memoir, you will introduce your older generations to the younger ones.

How to write a Memoir?

To write a memoir is not an easy job: Where to start? Where to stop? What should you include? What should you leave out? Will you hurt anybody's feelings? How much do you trust your memory? How can you be a hundred percent true to your recalled stories? And so on.

While an entirely satisfactory answer to all those questions might not be easy, I wish to provide the following **analogy** to the concept of memoir writing to help you understand how to approach that challenging task.

A memoir is like a street directory of a city like Rome. In Rome's street directory, you do not find every house, tree and building in the city. Otherwise, it becomes unmanageable and loses its usefulness. But you find the main roads **correctly drawn** in terms of their directions (e.g., north-south or east-west), location vis à vis other intersections, squares and landmarks in the city. Thus, Rome's Street directory is a spatial model of the town with many abstractions. It leaves out many of the city's details yet truly represents its passages and directions. So is the memoir.

STUDIO MEDICO DERMATOLOGICO PROF. MAURIZIO ROTOLI



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There are different approaches to structuring the memoir's set-up. Firstly, the traditional, and perhaps less attractive, approach is *chronological*. In this approach, you start by presenting and discussing your childhood era and proceed to the present. Secondly, an approach that I prefer is the *landmarks* approach. In this approach, the memoir writer identifies several landmarks or significant events that they encountered in their life and presents and analyzes them in their memoir. Next, those landmarks would be linked together either chronologically or over space. In either approach, the memoir writer should leave out many details but portray their main passages honestly.

On Trusting Your Memory

Trusting your memory is an important point. All I can tell is that you must be as truthful as possible. But people could have *different* memories; if you and I witnessed an event several years back, and now we both recalled it together, we are likely to come up with slightly different versions of the same event.

This is like when two painters paint a landscape scene; you will get two different paintings for the same scene. Thus, your memoir should represent what you recall as *truthfully* as possible and as much as you *remember*.

Towards an Interesting Memoir

Another important aspect of writing a memoir is that while facts, events and recorded memories constitute the main ingredients of a memoir, those elements are necessary but not sufficient inputs into a fascinating memoir. Further needed are the author's views, ideas and judgments on the selected events. Those are primarily subjective perceptions of the author's views on life. The reader may agree or disagree with some or all of those views, which is their prerogative. In either case, however, the author's views, concepts, ideas and opinions would stimulate the reader's thoughts and would thus render the memoir interesting.

Concluding Remarks

Usually, people write their memoirs upon retirement. However, the author of this article argues that even before retirement, FAO staff could start recording personal elements of their memoirs. When they have time, they will proceed with writing them. Upon their retirement, they will help their memory by recording their feelings and reflections in their memoirs to provide shining and bright models for their children and grandchildren. What a challenging yet fascinating task.

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MARIA ANTONIETTA DI FRANCIA

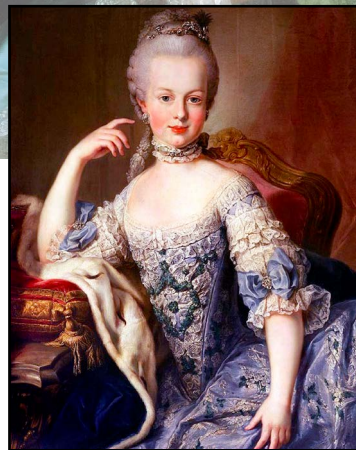
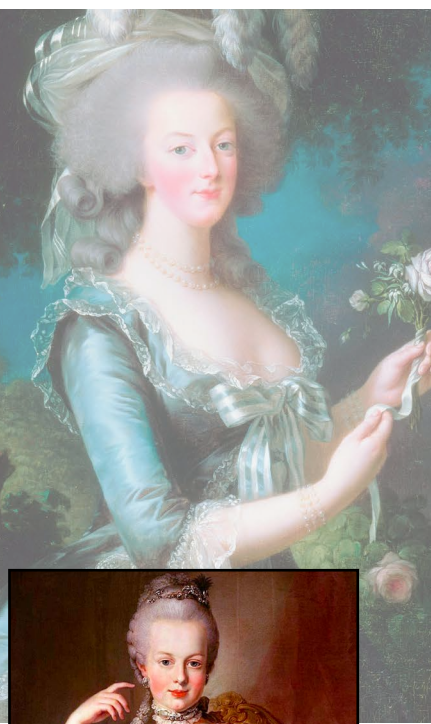
Luci ed ombre sulla regina delle brioches, la sfortunata sovrana francese, vittima di un processo mediatico ed una campagna denigratoria senza precedenti.



di Enrica Romanazzo

Sostiene e promuove da anni le attività della FAO STAFF COOP. Nel contempo segue ed organizza eventi in difesa dell'ambiente e per la valorizzazione del territorio salentino

In questa edizione di Marzo, mese dedicato alle donne, vogliamo parlare di Maria Antonietta, la famosissima quanto famigerata ultima regina di Francia. Ma la storia ci insegna che non sempre corrispondono a verità la lunga serie di aneddoti e cliché affibbiati a personaggi del passato. In questo caso mi riferisco alla frase che più di ogni altra descrive la sua (presunta) indole altezzosa, cinica e superficiale: “Se non hanno pane, che mangino le brioches!”. Di fatto questa frase è presente in un’opera di Jean-Jacques Rousseau pubblicata ben 15 anni prima della nascita di Maria Antonietta ed attribuita a turno a vari personaggi, soprattutto femminili, invisibili al popolo. In realtà, la sfortunata sovrana francese, icona universalmente nota ma assai poco conosciuta, era dotata di una personalità molto diversa da quella tramandata ai posteri dai “libellisti” (pubblicisti violenti e scandalistici) dell’epoca. Maria Antonietta, come pochi altri personaggi nella storia, ha subito un processo mediatico ed una campagna denigratoria senza precedenti. La sovrana era di fatto una donna interessante, esuberante e raffinata, elegante, amante della moda, e del tutto insofferente alla rigida etichetta imposta alla corte di Versailles che stabiliva l’abbigliamento adatto per ogni occasione. Fu lei, donna creativa, ad imprimere una svolta innovativa nella moda parigina.



Nata in seno alla corte austriaca, a soli 14 anni Maria Antonietta si ritrovò catapultata in una corte ostile come quella di Versailles. Sua madre, la grande imperatrice Maria Teresa, dopo anni di trattative era riuscita nella difficile impresa di rovesciare le alleanze europee e placare l’antico odio tra Austria e Francia dando in sposa al miglior partito d’Europa la sua quindicesima e penultima figlia, condannandola così all’infelicità coniugale. Maria Antonietta sposò un uomo goffo ed incapace, affetto da una malformazione che impedì al matrimonio di essere consumato per ben 7 anni. La situazione si risolse con un’operazione a cui fu sottoposto il sovrano. E così dopo molti anni di attese e frustrazioni, la regina divenne finalmente madre di quattro figli, di cui due morti in tenera età. Prima della loro nascita però l’infelicità, l’isolamento, l’assfissante etichetta di corte che costringeva i sovrani ad una vita perennemente sotto gli occhi di tutti, portarono Maria Antonietta a cercare evasione e consolazione nei divertimenti, nella vanità e nelle spese dissennate.

Questi pochi anni di follie sono bastati ad attribuirle l'etichetta di regina dissipatrice, insensibile alle miserie del popolo. Il marito, afflitto dai sensi di colpa, cercò di soddisfare ogni capriccio della consorte, assecondandola nel desiderio di evadere dalla cupa atmosfera che regnava a palazzo, in cui prevalevano abiti austeri e di colore scuro, riflesso del rigore mentale che la monarchia imponeva alla corte. Così a Maria Antonietta fu concesso di uscire dalla reggia per esplorare gli atelier parigini. Allontanatasi dai toni severi degli abiti imposti dall'etichetta di corte, la sovrana entrò in un mondo nuovo ricco di colore, in perfetta sintonia con la sua indole vivace e creativa. Erano gli anni delle acconciature monumentali alte fino ad un metro (che costringevano le dame a viaggiare in carrozza inginocchiate), degli abiti e dei gioielli scintillanti e delle amicizie, quelle amicizie che agli occhi del popolo potevano nascondere oscure macchinazioni....

L'amicizia con Rose Bertin e l'evoluzione della moda francese

Rose Bertin, modista personale di Maria Antonietta, benché universalmente conosciuta come una delle primissime creatrici di moda francesi, tecnicamente non può essere considerata una stilista, in quanto tale professione nacque solo dopo la rivoluzione francese, cioè dopo che furono abolite regole e corporazioni, ed i sarti poterono esprimere liberamente la propria creatività.



Fu a Parigi, negli anni delle serate infinite ai tavoli da gioco, dei balli all'opera, che Maria Antonietta conobbe Marie-Jeanne Bertin, una sarta di umili origini che alla morte del padre, all'età di sedici anni, lasciò la sua modesta casa nel dipartimento della Somme dove era nata (famoso per la sua produzione di tessuti), per essere inviata in apprendistato dalla zia sarta. Scesa a Parigi la ragazza trova lavoro nell'atelier Trait Galant gestito da Mademoiselle Pagelle, una delle case di moda più reputate dell'epoca. Nel XVIII secolo ogni dama sognava di impressionare la corte con il proprio abito. E Marie-Jeanne ebbe il grande merito del coraggio, giocando con i dettagli in un momento in cui i vestiti da donna avevano tutti la stessa forma e la stessa struttura: panier sotto la gonna, per renderla voluminosa e rigida, e corsetto sulla vita per minimizzare le forme del corpo.

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Bertin mantenne le forme tradizionali ma osò con i dettagli, con gli accessori, come ventagli e ombrellini, con le rifiniture e i pizzi, rendendo ogni sua creazione un'opera d'arte pensata per valorizzare la sua proprietaria, per raccontarne l'unicità e la personalità. Divenne così la favorita della principessa di Conti, della duchessa di Chartres e della Principessa di Lamballe.

È in questo periodo che la talentuosa sarta decide di utilizzare il nome di "Rose", che considera più aggraziato. Il suo folgorante successo spinse la regina Maria Antonietta a sceglierla come propria modista personale a palazzo.

Rose Bertin creò anche elaborate acconciature, accessori di moda e bambole di cera, legno o porcellana (chiamate Pandora), che la regina utilizzava come regali. Le bambole, vestite con fedeli riproduzioni di abiti ricostruiti nei minimi dettagli, rappresentavano la finezza e l'eleganza dell'aristocrazia.

Legata alla sovrana anche da una forte amicizia, Bertin diventò una figura decisamente potente alla corte di Versailles, al punto di essere soprannominata ministro della moda dai suoi detrattori.

La passione di Maria Antonietta per la moda le costò l'odio e il rancore dei francesi, che la vedevano come una donna frivola e spendacciona. Ma la sovrana fu artefice di una interessante evoluzione stilistica, perché, assecondando l'inventiva di Rose Bertin, accrebbe la fama della sarta, le cui creazioni cominciarono ad essere esportate a Vienna, Londra, Venezia, San Pietroburgo, Costantinopoli. E fu così che Parigi divenne il principale centro della moda europea.

La creativa Rose Bertin realizzò quasi tutti gli abiti della regina fino al 1792, anno in cui Maria Antonietta fu detronizzata.

C'è da sottolineare il fatto che quando la sovrana divenne finalmente madre iniziò a disertare l'opera, ed adottò uno stile sobrio e campestre (come volevano i dettami della nuova moda all'inglese). Con i suoi amati figli Maria Antonietta si ritirò sempre più dalla vita pubblica cercando rifugio in un luogo incantato e perfetto, l'adorato Petit Trianon.

Questo castelletto dallo stile neoclassico, immerso negli sconfinati giardini di Versailles e quindi abbastanza lontano da tutto, divenne il suo luogo del cuore. A due passi dal Petit Trianon la regina fece costruire anche un vero e proprio villaggio detto Hameau de la Reine, popolato da casette dai tetti di paglia, abitate da veri contadini.

Qui la regina amava trascorrere le sue giornate passeggiando e mungendo mucche infiocchettate. In questo luogo prediletto, Maria Antonietta poteva finalmente disertare la noiosa vita di corte con le sue soffocanti cerimonie, ricevere gli amici più cari e dedicarsi alle sue passioni: la musica, la moda, il teatro e soprattutto, cosa mai vista a Versailles, educare personalmente i suoi adorati figli. Sarà proprio da qui che apprenderà, il 5 ottobre del 1789, la notizia dell'arrivo di una folla inferocita proveniente da Parigi pronta a tutto pur di reclamare il suo diritto al pane e ad una vita dignitosa. Sarà il suo ultimo giorno a Versailles prima di affrontare una lunga prigionia nella Torre del Tempio, una tetra fortezza che Maria Antonietta aveva sempre detestato proprio per la sua aria lugubre e sinistra, senza immaginare che sarebbe divenuta il luogo del suo supplizio e della sua fine.

Durante la rivoluzione francese Rose Bertin emigrò a Londra, dove continuò a lavorare e servire i suoi vecchi clienti, tramite gli *émigrés*. Ritornò in patria in modo definitivo nel 1795, quando ormai il suo stile eccessivo non veniva più apprezzato. Purtroppo la sua immagine, indissolubilmente legata agli eccessi della regina, ostacolò la sua ripresa lavorativa.



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SUNFLOWER BUTTER DOLCE MEETS TRADITION, PART TWO: SWEET BEGINNINGS!



by Pasqualina Raspaolo

Pasqualina is a chef, nutritionist, and founder of Culinary Genes, LLC. She hosts annual Culinary Experiences in Italy, sharing her passion for food and culture. On her blog, she transforms authentic family recipes into gluten-free alternatives. Her heartfelt cookbooks, 'Pasqualina's Table, Our Italian Family Traditions...The Gluten-Free Way' and 'Pasqualina's Table, Our Family's Traditional Desserts...The Gluten-Free Way' reflect her dedication to bringing happiness back to the table. Her philosophy revolves around love, laughter, and living – key ingredients in both her personal and professional life. Pasqualina's culinary creations are a true testament to her vibrant spirit. www.culinarygenes.com



When I think of the word dolce—Italian for “sweet”—I can't help but think of my family's desserts. There is something magical about the simplicity of a crispy biscotto dipped in a delicious cappuccino or the rustic charm of a tart filled with jam or fresh fruit. These are the kinds of treats that make you close your eyes and savor every bite. And now, they have a new star ingredient: **Sunflower Butter Dolci!**

In true Italian fashion, I took it a step further. Imagine those same recipes with a little sunflower butter charm... That's how Sunflower Butter Dolci was born—my sweet twist on this nutty, creamy ingredient that feels like sunshine in a jar. It's got just the right balance of earthy and sweet, with a hint of vanilla and maple syrup to take it to dessert heaven.

This week, I've been experimenting with Sunflower Butter Dolci in two of my family's favorite recipes. First, biscotti! A little sunflower butter adds this velvety richness to the dough, making them even more irresistible (if that's even possible).

And then there's our rustic tart—where the sunflower butter transforms the dough, giving it a melt-in-your-mouth texture that's perfect for whatever filling you choose—whether it's homemade jam, a creamy custard, or fresh fruit. Simple, homey, and bursting with flavor. Stay tuned for this recipe in the next issue of the gazette.

What I love about these recipes is how they blend my family's traditions that have been passed down for generations with something new. Sunflower butter might not be a pantry staple in Italy, but let me tell you, it's earning its spot in mine!

If you're ready to sweeten up your baking routine, give these recipes a try. They're fun, easy, and might just become your new favorites. And if you missed my first post, I shared how to make sunflower butter at home—it's so worth it!

You can find it here —> <https://www.culinarygenes.com/sun-kissed-sunflowers-and-a-nutty-twist/>

But, if you're pressed for time, don't worry—you can grab a jar and dive straight into the recipes. Either way, you're about to bring a little sunshine to your table.

Dessert-Inspired Sunflower Butter Dolce

Introducing Sunflower Butter Dolce - From Simple to Decadent Treats

If you've already made the simple sunflower butter recipe, you're off to a great start! But if you'd like to give your desserts an extra layer of flavor, let me introduce you to Sunflower Butter Dolce—a slightly sweetened variation of the classic recipe.

This version is perfect for enhancing desserts like biscotti, crostata, or even as a filling for cookies. It's versatile, easy to make, and brings a beautifully rich and smooth flavor to your sweet creations.

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Sunflower Butter Biscotti

A nutty twist on traditional biscotti, ideal for pairing with espresso or dessert wine.

Ingredients

- 2 ½ cups (300g) all-purpose flour (or gluten-free flour blend*), sifted
- 1 teaspoon baking powder**
- ¼ teaspoon salt
- ⅔ cup (80g) roasted almonds, chopped
- ½ cup (120g) caster superfine sugar
- ½ cup (80g) sunflower butter dolce
- 2 large eggs***
- 1 teaspoon (5 g) vanilla extract
- ½ teaspoon almond extract (optional)

For Egg Wash:

- 2 to 3 egg yolks
- 1 tablespoon sugar
- 1 tablespoon water

Instructions

- 1. Preheat and Prep:** Preheat the oven to 355°F (180°C). Line a baking sheet with parchment paper.
- 2. Mix Dry Ingredients:** In a bowl, sift together flour, baking powder, and salt. Mix well then fold in the almonds and set aside.
- 3. Combine Wet Ingredients:** Using a stand-up mixer with paddle attachment, beat sugar and sunflower butter until creamy. Add eggs one at a time, beating well after each. Stir in vanilla (and almond extract, if using).
- 4. Form the Dough:** Gradually add dry ingredients to the wet mixture until a dough forms.
- 5. Prepare Egg Wash:** Place all ingredients in a small bowl and mix well using a fork.
- 6. Shape and Bake:** Divide the dough in half and shape into two logs about 10 inches long and 2 inches wide. Place on the prepared baking sheet, brush on the egg wash, and bake for 25-30 minutes, or until golden.
- 7. Cool and Slice:** Let the logs cool for 10 minutes, then slice into ½-inch pieces on the diagonal.
- 8. Second Bake:** Arrange the slices cut side up on the baking sheet. Bake for another 10-15 minutes, flipping halfway, until crisp.
- 9. Cool and Serve:** Let cool completely before serving.

Prep Time: 25 minutes

Baking Time: 25 to 30 minutes

Yields: 1 ¼ pounds - about 35 biscotti



For Gluten-Free Version:

* Use 1 2/3 cups (250g) of gluten-free flour blend, and 1/2 cup (50g) of almond flour.

** Add 2 teaspoons of baking powder and 1 teaspoon of baking soda.

*** Add 3 large eggs. Dough will be sticky.

Store in an airtight container and refrigerate for up to 1 month.

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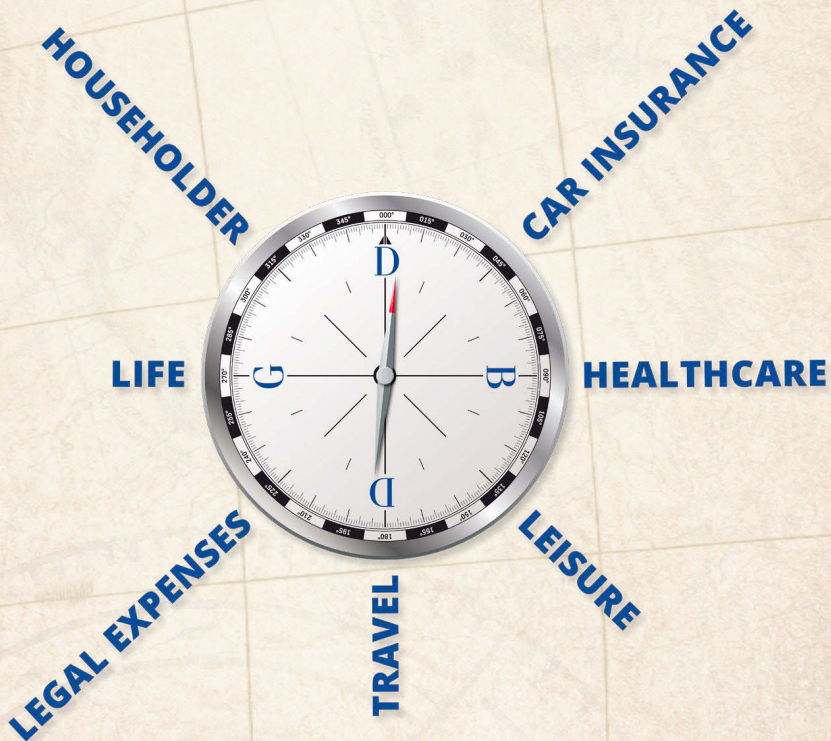
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LE DONNE CHEROKEE

Nella cultura Cherokee, le donne potevano decidere di diventare guerriere o mogli. Se sceglievano quest'ultima opzione, erano loro a scegliere il partner, e se lo desideravano, potevano chiedere un periodo di convivenza con lui prima della cerimonia di matrimonio per vedere se era all'altezza come fornitore.

Una volta sposate, se desideravano divorziare, dovevano semplicemente lasciare le appartenenze del marito all'ingresso, senza dover fornire giustificazioni e mantenendo la stessa onorabilità nella società. Nessuno chiedeva spiegazioni, neanche il marito; tale era la fiducia nella giustizia femminile: nessuna di loro prendeva queste decisioni alla leggera, proprio perché su di loro ricadeva questo peso, in quanto la donna era considerata giusta, sensata, prudente e intelligente.

Il ruolo di "casalinga" era molto importante e rispettato perché la famiglia era l'unità sociale predominante e solo le donne erano considerate adatte a stare al comando, il che conferiva loro potere economico, sociale e politico. Anche nei consigli di guerra, quando non si raggiungeva una decisione unanime, esisteva un gruppo di donne che interveniva per dare il loro verdetto finale, un ruolo molto rispettato e ambito, occupato solo dalle donne più sagge del clan.

Se una donna commetteva un'ingiustizia nei confronti della sua famiglia, non veniva punita, ma subiva il disprezzo della sua gente e questo era il peggio che potesse accadere, poiché il loro onore era l'unica cosa che le collegava alla Madre Terra.

In Cherokee culture, women could choose to become warriors or wives. If they chose the latter option, they were the ones who chose the partner, and if they wanted, they could ask for a period of cohabitation with him before the wedding ceremony to see if he was up to the task as husband.

Once married, if they wished to divorce, they simply had to leave their husband's belongings at the entrance, without having to provide justifications and maintaining the same honorability in society. Nobody asked for explanations, not even the husband; such was the trust in female justice: none of them took these decisions lightly, precisely because this burden fell on them, as women were considered fair, sensible, prudent and clever.

The role of "housewife" was very important and respected because the family was the predominant social unit and only women were considered fit to be in charge, which gave them economic, social and political power. Even in war councils, when a unanimous decision was not reached, there was a group of women who intervened to give their final verdict, a highly respected and coveted role, occupied only by the wisest women of the clan.

If a woman committed an injustice towards her family, she was not punished, but suffered the contempt of her people and this was the worst that could happen, since their honor was the only thing that connected them to Mother Earth.





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