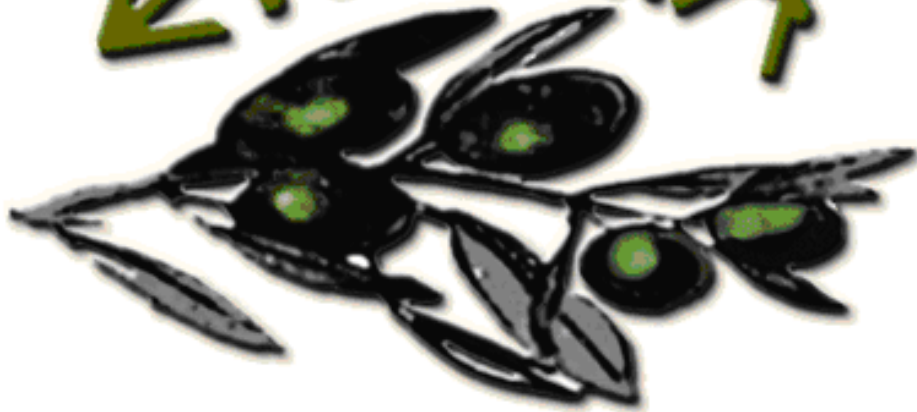


ETRVRIA®



ORGANIC GOURMET FOOD



## ABOUT US

**ETRURIA** is a professional, vibrant, experienced company, specialized in gourmet, organic certified products from Umbria Italy.

Founded in 1998 by Giuseppe Cagnoni Food & Wine Expert.

I grow up in Umbria know as the green heart of Italy, my family and I have been involved in agriculture for many generations.

I am very pleased to introduce to you the gastronomic treasures of my region.



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## PRODUCTS: Oils

Olive trees have been a part of history since ancient time, the oil obtained from their fruit, has for centuries symbolized wealth, peace, and hope.

ETRURIA olives are picked laboriously by hand (this method provides fruit for the finest extra virgin olive oil). Since quality decreases while acid content of the oil increases after 24 hours, olives need to be cold-pressed as soon as possible.

### MONOCULTIVAR – LECCINO

Leccino produces a smooth, mild oil, green in color with golden yellow reflex. Fruity aroma and delicate almond flavor. Slightly bitter and peppery after taste.

Picking time: december

Net. wt. 102 fl. oz.

Net. wt. 17 fl. oz.

Net. wt. 8.5 fl. oz.



### NOVELLO

Description: Cold pressed and straight in the bottle, gorgeous green tinted gold, thick, cloudy and peppery, loaded with aroma.

Picking Time: October

Net. wt. 17 fl. oz.

Net. wt. 8.5 fl. oz.



### EARLY HARVEST

Description: It is very green in color with golden-yellow reflex, intense fruity aroma and peppery finish, sophisticated with a well-balanced olive flavor.

Picking Time: October

Net. wt. 17 fl. oz.

Net. wt. 8.5 fl. oz.



### LATE HARVEST

Description: A smooth, sweet, gentle oil with a clean crisp finish.

Recommended For Cooking and everyday use.

Picking time: November

Net. wt. 17 fl. oz.

Net. wt. 8.5 fl. oz.



### SPEZZIATI

Basil, Chilly Peppers, Garlic

These oils are not infused or chemically flavored, they are made by maceration of spices in extra virgin olive oil.

Ingredients: extra virgin olive oil, spices

Net. wt. 8.5 fl. oz.



### AGRUMATI

Lemon, Blood Orange, Mandarin, Bergamot

Since Etruscan time, at the end of the harvest, olives farmers crushed olives with citrus fruit together and obtain a perfect combination of fresh mediterranean aroma.

These oils are not infused or chemically flavored, they are made by crushing citrus fruit and handpicked olive together.

Ingredients: Olives, fresh citrus fruits

Net. wt. 8.5 fl. oz.



## PRODUCTS: Vinegars

There was no need to invent vinegar as it invents itself. Vinegar do not have to be made from wine. In ancient Egypt, they were already making a honey vinegar, which may very likely be the oldest vinegar ever made.

Vinegar made from honey is rare and totally natural food. In a bottle of ETRURIA vinegar there are no harmful chemicals or preservatives, indeed vinegar is a preservative itself.

### HONEY VINEGARS

Thousand flowers, Chestnut, Honeydew  
Certified Organic

Honey vinegar it is obtain by double fermentation of honey and water, the first fermentation is alcoholic and the second acidic.

Because this vinegar is not filtered, or pasteurized some sediment of organic matter may occur.

Ingredients: water, honey

Net. wt. 8.5 fl. oz.



### FRUIT VINEGARS

Raspberry, Plum, Apricot  
Certified Organic

Fruit Vinegars are in a category of their own.

The fruit, water and honey must first ferment to become fruit wine before it can be used to make vinegars.

This vinegar is not filtered, or pasteurized.

Shake before use.

Ingredients: water, thousand flower honey, fruits

Net. wt. 8.5 fl. oz.



### SPICES VINEGARS

Thyme, Wild fennel, Juniper berries  
Certified Organic

This very aromatic vinegar it is obtain by double fermentation of honey and water, the first fermentation is alcoholic and the second is acidic, followed by maceration of spices.

Because this vinegar is not filtered, or pasteurized some sediment of organic matter may occur.

Ingredients: water, thousand flower honey, spices

Net. wt. 8.5 fl. oz.



## PRODUCTS: Honey

Honey is as old as written history.

Honey is an organic, natural sugar alternative, adapts to all cooking process, and has an indefinite shelf life.

Its name comes from the English hunig, and it was the first and most widespread sweetener used by man. Honey has been used not only in food and beverages, but also to make cosmetics, in furniture polishes and varnishes, and for medicinal purposes, and, of course, bees perform the vital service of pollinating fruits, legumes, vegetables and other types of food-producing plants in the course of their business of honey production.

### HONEY

Thousand Flowers, Honeydew, Chestnut  
Certified Organic

#### Thousand Flowers:

The name Millefiori thousand flowers is given to honey that is not produced just from one specific plant but from an innumerable quantity and variety of different flowers.

Net. wt. 8.5 oz.



#### Honeydew:

Honeydew honey is beautiful dark brown, free running honey and bittersweet. Bees harvest sugary secretions from the leaves of trees and convert it to honey.

Net. wt. 8.5 oz.



#### Chestnut:

The bees, feeding from the nectar of chestnut tree flowers, produce a honey which is dark golden-brown in color with an intensely pungent flavor all it's own.

Net. wt. 8.5 oz.



## **PRODUCTS: Legumes**

A legume is the pod of a plant such as peas, beans or vetches, which all belong to the same family of plant (leguminosae or fabaceae). Legumes provide an vital source of food for humans and their animals. Right along with the early grains, legumes were among the first crops cultivated and date back to the bronze age.

### **BORLOTTI BEANS**

Borlotti Beans are off white with red markings very popular in Italy. Dried borlotti can be soaked in cold water overnight and simmer until tender. When cooked the beans will lose some of their bright markings and turn a light brown color. Their meaty, chestnut flavor make borlotti a wonderful main dish or a perfect side dish.

Net. wt. 11 LB.

Net. wt. 17 oz.



### **CANNELLINI BEANS**

Cannellini Beans are white in color and very popular in Italy. It has a mild flavor and hold their shape well when cooked with a firm texture. Low in fat, high in protein, fiber and minerals. Soak them overnight and simmer in low heat until tender. Adding salt to the cooking water can toughen the beans. It is great to use on salads, soups or as a side dish.

Net. wt. 11 LB.

Net. wt. 17 oz.



### **LENTILS**

(Lens esulenta)

Italy most celebrated lentils are cultivated in the Umbrian montain, famous for their extra-small size, for their delicacy, and their long shelf-life. They are rich in proteine and very low in fat.

Net. wt. 11 LB.

Net. wt. 17 oz.



### **CHICKPEAS**

(Cicer arietinum)

The latin name means "small ram" reflecting the unique shape oh this legume that somewhat resembles a ram's head. Chickpeas have a delicious nutlike taste and a texture that is buttery, yet somewhat starchy and pasty. They are also very high in dietary fiber, carbohydrates and calcium.

Net. wt. 11 LB.

Net. wt. 17 oz.



### **CICERCHIA**

(Lathyrus sativus)

The Cicerchia is a delicious legume only cultivated in a minimum quantity in some areas in the center of Italy. They can be purchased only dry. Sook then overnight and change the water before cook them.

Net. wt. 11 LB.

Net. wt. 17 oz.



## PRODUCTS: Grains

Grains have been the corner store of the human diet for thousands of years. Today, whole grain foods are being recognized by nutrition experts as key sources of health-promoting substances such as phytochemicals, and nutrients including fibre, minerals, and certain vitamins.

### FARRO (Triticum Dicoccum)

Is the oldest grain of all to have survived to our time. Farro (Emmer wheat) is an unhybridized grain belonging to the wheat family. Rich in fiber, carbohydrates and calcium, becomes a complete protein source when combined with legumes. Farro can be enjoyed in cracked and whole form. Stone-grounded became flour, excellent to prepare bread, pasta or biscotti. Has a satisfying chewy texture, dark nutty flavor and great taste. Many people who are wheat sensitive can eat farro due to its low gluten content.

Net. wt. 11 LB.  
Net. wt. 17 oz.



### ORZO PERLATO (Hordeum Vulgare)

Orzo (Perled Barley) is an annual cereal grain and member of the grass family. Was along side emmer wheat, a staple cereal of ancient Egypt, where it was used to make bread and beer. It can be used as well in soup and stews, also in health foods and coffee substitutes. Barley is considered an excellent source of fiber also contains protein, carbohydrates and vitamins.

Net. wt. 11 LB.  
Net. wt. 17 oz.



### MILLET (Panicum Miliaceum)

Millet is one of the oldest foods known to humans and possibly the first cereal grain to be used for domestic purposes. This grain must be hulled before it can be used for human consumption. Millet can be used in many ways: in soups, salad, as a baby food or stone-ground to make bread.

Net. wt. 11 LB.  
Net. wt. 17 oz.



## PRODUCTS: Flours

Stone-Grounded it can be used in many recipes: to prepared fresh pasta, biscotti, polenta, bread ecc.ecc.

Lentils

Net. wt. 17 oz.



Chickpeas

Net. wt. 17 oz.



Farro

Net. wt. 17 oz.



Barley

Net. wt. 17 oz.



Millet

Net. wt. 17 oz.



## PRODUCTS: Pasta

The Italian cuisine is rich and varied in all its aspects, but pasta has been its pride and glory throughout much of its history. When Italians emigrated, settling throughout the new world and ocean, they brought their pasta with them and it found its way into everyone's life style, a worldwide comfort food that today we take for granted, the origins of pasta are as tangled, however, as spaghetti tossed in a bowl.

### PAPPARDELLE

Flat pasta cut into a broad ribbon shape. This pasta is traditionally served with rich sauces like wild boar or mushrooms. The name comes from the Italian *pappare*, which means "to gobble up".

Ingredients:

Durum wheat semolina, eggs.

Net. wt. 17 oz.



### STRINGOZZI

Typical pasta of the Spoleto territory, has been for centuries monopoly of the Umbrian people. The name "stringozzi" has its origin at the time when people against the church of Rome used to lay ambushes to Catholic priests in order to strangle them tightening their throats (*gozzi*) with their shoes strings (*stringhe*) which at that time had a rectangular shape.

Ingredients:

Durum wheat semolina, water.

Net. wt. 17 oz.



### UMBRICELLI

Short pasta that resembles the shape of a "S" when viewed from the end. Umbricelli pasta is traditionally made with a dough that does not include eggs, being prepared mainly with water and durum wheat semolina or farro flour.

Ingredients:

100% Farro (emmer) flour., water.

Net. wt. 17 oz.



## PRODUCTS: Truffles - Mushrooms

What is Truffles?

Truffles are subterranean mushrooms that grow in symbiosis with certain trees especially oaks. During a limited harvesting season they are found in several regions of Europe. There are more than thirty different kinds of truffles, but only a few have a gastronomic interest. Some are not even edible.



Varieties of Truffles Offered by ETRURIA.

**Black Truffle** (Tuber Melanosporum), also known as Tartufo nero di Norcia, is one of the most prestigious Truffles. It can grow to the size of an apple and even bigger. Its skin has a pyramidal scale and its flesh is black with thin white veins. A good Truffle should be firm and have a black flesh with white veins. Harvest season is from December to March.

**White Truffle** (Tuber Magnatum Pico) has a smooth yellowish-to-bronze skin color. Its flesh goes from dark white to light brown with white veins. White Truffle grow only in northern central Italy. Harvest season is from October to December.

**Black Summer Truffle** (Tuber Aestivum) Its skin has a pyramidal scale and its flesh is brown to light brown with white veins. Harvest season is May to November depending on weather conditions.

**Bianchetto Truffle** (Tuber Albidum) has a smooth brown skin color. Its flesh goes from dark to light brown with white veins. Harvest season is from January to March.

**Porcini Mushroom** (Boletus edulis) is a highly regarded edible mushrooms. Can be found most commonly in Europe, their habitat consist in areas dominated by oak, pine and spruce trees, it fruits from summer to autumn, following sustained rain fall.

## TRUFFLES - MUSHROOMS

Certified Organic

Truffle Oils: White, Black

Net. wt. 8.5 fl. oz.

Net. wt. 3.4 fl. oz.

Mushrooms Oils: Porcini

Net. wt. 8.5 fl. oz.

Net. wt. 3.4 fl. oz.

Whole Black Summer Truffle

Net. wt. 1.7 oz.

Porcini Mushroom Spread

Net. wt. 3.4 oz.





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