

FOOD, WINE AND COOKING: VERONESE ITALIAN STYLE

JUNE 17TH - 21ST, 2012



LOCATION: VERONA, ITALY.

Verona is a lovely city in the north of Italy. It is located in the province of Verona and is situated on the train line between Venice and Milan. The city size is about 350,000.

The city itself is easily walked, abounds in museums and culture, yet retains a small-city charm. Food, wine, markets, and cuisine are all part of everyday life in the Verona area.

FOCUS OF THE TRIP:

I have been going to Verona for the past six years, spending up to seven weeks at a time, and have developed relationships with individuals, families, cafe and wine store owners, as well as many local businesses. I appreciate good food, love to cook, and enjoy all the kitchen tools and gadgets. As a result, I am constantly on the lookout for anything to do with food, wine and the art of preparing meals. If you are interested in exploring Italy in an intimate, get-involved way, then this is your opportunity, as my focus is to have you experience life as a local. The maximum group size will be six people. We will have five full days to explore the region. If the group wants, we can take one day to explore a city outside of Verona such as Venice, Padua (Padova), or Bologna. I am very open to keeping some flexibility in the itinerary as I plan, and catering to specific individual wishes. So, let your desires be known, and if I can arrange it, I will.



FOOD IN VERONA AND THE AREA:

The focus of *Food, Wine and Cooking: Veronese Italian Style* is to show you a wonderful sampling of a cuisine and people who love their art. There are numerous specialty food stores, vegetable stands, markets, and an assortment of eating establishments ranging from Cantinas to Trattorias to Restaurants. You will also find wonderful kitchen stores, gelaterias, enoteccas, bakeries, cafes and a wide range of Italian eateries.

Surrounded by hills, plains, lakes, and mountains, the Veronese district is host to various agricultural and gastronomy businesses. We will visit an assortment of food-related businesses (e.g. a 17th century rice mill to see how risotto rice is prepared, or an Olive Oil business to learn how olives are pressed to become oil). In addition, we will have a cooking class and a cooking demonstration, with professional chefs.

Of course, a wine-tasting adventure is a must!

TENTATIVE ACTIVITIES JUNE 17TH - 21ST, 2012

Five Days of Wine, Gastronomy, Cooking and the Art of Northern Italian Food

Saturday, June 16th

Plan to arrive. Light grocery shopping, Welcome Dinner, Orientation

Sunday, June 17th - Thursday, June 22nd, 2012

The following is a list of food-related activities I will pull from to design our five days together. Look through my suggestions, and let me know where your greatest interest lies.

TOURS OUTSIDE OF VERONA

(A SELECTION OF THE FOLLOWING):

- EXTRA VIRGIN OLIVE OIL TOUR IN THE VALPANTENA VALLEY
- MOUNTAIN CHEESE TOUR (north of Verona)
- MANDORLATO NOUGAT TOUR in a typical countryside village
- RICE AND RISOTTO TOUR (with a cooking demonstration and lunch at a 17th century mill)
- RED WINE TOUR in the VALPOLICELLA
- WHITE WINE TOUR to the MEDIEVAL VILLAGE of SOAVE

COOKING DEMONSTRATIONS/CLASSES

- Cooking with a Family or Local
- Cooking Class with a Professional Chef

VISITS TO LOCAL BUSINESSES

- Gelaterias
- Enotecas and Wine Tasting
- Pasta-Making
- Kitchen Stores
- Specialty Food Shops
- Book Stores

VISITS TO HISTORICAL AND CULTURAL SITES

- Juliet's Balcony
- The Roman Arena
- The Roman Theatre
- Dante Square
- Music Events



COSTS:

Tuition: \$850. This will include:

- Three tours to food-related businesses outside of Verona
- One tour to a Vineyard (includes Wine-Tasting)
- One cooking class with a Professional Chef
- One cooking demonstration with a local Italian
- Two dinners (welcome and farewell)
- Walking tour of Verona
- Visits to Verona stores/boutiques related to cuisine
- Bus travel while in Verona
- Verona Card (entrances to various historic and cultural sites)

The maximum group size is six people.

Payments

A deposit of \$400 will be required to hold your place. The balance of \$450 will be due 90 days prior to the start of the trip.

Cancellation

- If you cancel and I can fill your place, there will be a full refund.
- If you cancel prior to 120 days out, and I cannot fill your spot, I will retain \$250.00.
- If you cancel between 119 and 60 days of the Retreat, and I cannot fill your spot, I will retain \$400, as it will be difficult to solicit people at that point, due to airfare costs on short notice.
- If you cancel within 60 days of the Retreat, and I can't fill your spot, I will retain the entire amount.
- I will always make an attempt to fill your spot, and will work with you as much as possible.

HOUSING:

- Housing is not included in the Tuition.
- You have the option to stay in an apartment or in a Bed and Breakfast. There are two sets of apartments. Two of these are where the retreat workshops (held by Susan) are being held and there are three other apartments in another building about 10-15 minutes walk away. I have stayed in both buildings. Both are medieval buildings, but the apartments are renovated.
- I would estimate that you should plan for around 40-50 Euros per person in a shared apartment. If you are willing to have more than two people in an apartment, you can get this down a little. Some of the apartments sleep up to four people, but the total price structure goes up a little with each additional person.
- The local Bed and Breakfast will run around 35 Euros per person a night, (based on double-occupancy) and 40 Euros a night for a single. There are two rooms with two twin beds.
- I will assist you in coordinating and securing the housing.
- There is a lovely little grocery store in the neighborhood, as well as a great fresh vegetable store. Larger grocery stores are also relatively close. Part of the experience of Italy is learning to live like a local, so I think you will enjoy going to the little markets to pick up food.

AIRFARE:

I will leave this up to individuals, as some people are using miles, some want flexibility, and mostly, you all will be coming from different places. You can fly directly into Verona (via Germany and Lufthansa) or other airlines (e.g. Ryan Air). OR.. You can fly into Milan or Rome and take the train to Verona.



Feel free to email me with questions. I am also happy to talk on the phone.
My cell is 760-994-8083.

susanisnow@cox.net

Reservations will be first come-first served.

I am now preparing the Registration form, but you can hold/reserve a place by calling Sonia at 858-259-1698 and giving a deposit.

You can see lots of Verona on my blog, which is
<http://susanlazeear.blogspot.com>