

FOOD, WINE AND COOKING: VERONESE ITALIAN STYLE

JUNE 16TH - 21ST, 2015



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 250,000.

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 eight 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 know, 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 countryside restaurant to see how pasta is made, 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 and/or locals in their homes. Of course, a wine-tasting adventure is a must!

TENTATIVE ACTIVITIES JUNE 16TH - 21ST, 2015

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

Tuesday, June 16th

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

Wednesday, June 16th - Sunday, June 21st, 2015

The following is a list of food-related activities I will pull from to design our five plus 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)
- PROSCUITTO TOUR (with lunch)
- RED WINE TOUR in the VALPOLICELLA
- WHITE WINE TOUR to the MEDIEVAL VILLAGE of SOAVE
- Visit an AGRITURISIMO and participate in preparing DINNER

COOKING DEMONSTRATIONS/CLASSES

- Cooking with a Family or Local
- Cooking Class with an Agriturismo Owner, focusing on herbal and vegetarian foods.

VISITS TO LOCAL BUSINESSES

- Gelaterias
- Wine Tasting
- Tortellini Shop
- Kitchen Stores
- Specialty Food Shops
- Book Stores

VISITS TO HISTORICAL AND CULTURAL SITES

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

COSTS:

Tuition: \$875.00 This will include:

- Four tours to food-related businesses outside of Verona, including a vineyard for wine tasting.
- One cooking class with a local family
- One cooking demonstration /class with the owner of an Agriturismo



- Two dinners (welcome and farewell)
- Walking tour of Verona
- Visits to Verona stores/boutiques related to cuisine
- Bus travel while in Verona

The maximum group size is six people.

Payments

A deposit of \$400 will be required to hold your place.
The balance of \$475 will be due March 20th, 2015.



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 75% of the entire amount unless a substitute can be found.
- 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.
- There are options to stay in an apartment, a Bed and Breakfast, or a hotel. The sooner you book, the better chance you have of obtaining a good price.
- I would estimate that you should plan for around 50 - 70 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 Breakfasts will run around 40-50 Euros per person per night (based on double-occupancy).
- I will assist you in coordinating and securing the housing.
- There are lovely little grocery stores and fruit/vegetable stands in the neighborhood of the apartments. 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 and my email is susan@cochenille.com

Reservations will be first come-first served.

You can hold/reserve a place by calling Melisa at 858-259-1698 and giving a deposit.
You can see lots of Verona on my blog, which is <http://susanlazea.blogspot.com>