

IAHF NEWS

ITALIAN AMERICAN HERITAGE FOUNDATION • ESTABLISHED 1975 • FOUNDED AS NONPROFIT 1976

425 N. 4TH STREET, SAN JOSE, CA 95112 • (408) 293-7122 • TAP HERE FOR WWW.IAHFSJ.ORG

JAN PRINZIVALLI / IAHF NEWSLETTER EDITOR-IN-CHIEF



PRESIDENT'S MESSAGE ~

Ferragosto! Started by emperor Augustus as a day of rest and made law by the early papal states on the Assumption of Mary, and popularized by the "holiday trains" for the lower classes by Mussolini, where until a decade ago ninety percent of Italy would shut down as the Italians would pack their lunches and barbeques and join in the mass migration to the Italian Coasts. Whether it is the Ligurian, Tyrrhenian, Mediterranean, Ionian, or Adriatic Sea, millions of Italians would board the discount trains and overcrowd the beaches during their mandatory two-week company shutdown.

Ferragosto had become a national holiday. A joyous feast of rest and revelry, with parties and concerts on the beach, overflowing bars and restaurants, and a notable parade of speedos along the beaches.

I believe the mass escape to the water's shores was directed as a way to beat the summer heat as the Sirocco and Ghibli bring hot dusty winds up from the Sahara to southern Italy. But this year, you would not want to walk the scorching beaches at Syracuse where the highest temperature in European history was breached at 48.8 C (119.85F)! And for those escaping to the beaches on Sardinia, over 1,000 were fleeing to the coast from inland fires, as other fires incinerated Calabria.

What were "100-year disasters" of fires, floods, and hurricanes are now weekly occurrences in the news, and has prompted the UN to declare a "Code Red" for the world, warning of the onset of Climate Change. It was less than two years ago when Greta Thunberg stood before the World Economic Forum and declared "Our house is on Fire" to wake the adults in the room and call them to action.

While we can all do our little part to help against conflicts of a global scale, we can also do our part to create significant change against smaller matters. And, of course, I am talking about the IAHF. This year I will term-out as president, and Nanci Wilborn will term-out as Vice President, Marie Dalldorf will term out as secretary, and a majority of Offices and Board members will either term-out or need to be re-elected in October. Our call for new Board members has gone unheeded, and the future of your IAHF is at stake.

The IAHF is in need of a new cadre of leaders to take the reins, plot our course, and guide our organization into the next generation. We need people with vision, financial acumen, a sense of community, and open minds and hearts to step up and offer their time and services to lead the IAHF. Please consider applying for a seat on our Board of Directors for next year.

Admittedly, it's not the same as solving climate change, but you can make your mark on the organization and change it for the better.

-- Felix Dalldorf ~

• THE IAHF MISSION STATEMENT •

The Italian American Heritage Foundation (IAHF) is dedicated to preserving and promoting the spirit and passion of Italian heritage and culture. We welcome everyone that shares the same appreciation of Italy, Italians, Italian-Americans, and their many contributions to our community.





THE IAHF NEEDS YOU!

Applications to be a member of the Board of Directors are available and now being accepted for the new year. Members of the Board of Directors at the IAHF serve an important function in guiding this organization and making important decisions that affect its members and activities. It is essential that members of the Board of Directors have qualifications and experience that will foster new ideas for growth of the IAHF.

- Do you have an interest in preserving our Italian history and culture?
- Do you have an interest and willingness to work to further the image of Italian Americans in Santa Clara County and the Bay Area?
- Do you have experience as a volunteer worker through an organization or company that provides services for the betterment of the community?
- Are you available to attend monthly Board Meetings as well as accept assignments relating to IAHF committees and activities?
- If you answered yes to any of these questions, then we'd love to hear from you!

Please submit your application today, and you will be contacted to schedule your interview with our Nominating Committee.

Applications can be found [HERE](#).

Once your application is filled out, you can email it to dana.zuccarello@iahfsj.org.

Looking forward to hearing from the many of you who want to preserve our wonderful Italian American Heritage Foundation! 4th Vice President.

-- Dana Zuccarello / 4th Vice President ~

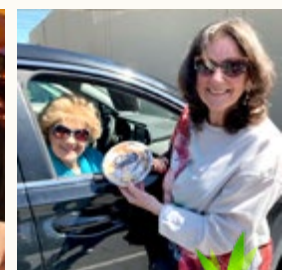
Do you have photos of IAHF events that you are willing to share?

The IAHF is collecting photos and videos of our past events!

If you have photos you are willing to share for the IAHF to use, please upload them to tinyurl.com/iahfphotos.

You will find several folders by event where you can post your photos. And if your photos are not digital, you can drop them by the office for us to scan - just let us know if you want them back.

Think of the many memories we can share! Thanks so much!



SEPTEMBER

September 8 / Welcome Back IAHF Harvest Festa Committee meeting / IAHF Hall 7pm

September 12 / Bocce Tournament / Campo di Bocce, 565 University Ave., Los Gatos / \$50 members / \$25 observers and students / Call 408 293 7122 to RSVP

September 14 / Board of Directors Meeting / 7 PM at the IAHF Hall / 425 N. 4th St., San Jose

September 16 / Regional Lunch: Puglia / IAHF Hall / 425 N. 4th St., San Jose / 12 noon / \$25 members / \$30 guests / Call 408 293 7122 to RSVP

September 22 / In-person Cooking Class / Semifreddo taught by Andrea Kenter / IAHF Hall / 425 N. 4th St., San Jose / This frozen Northern Italian dessert is a cross between ice cream and mousse and is absolutely delicious! / \$25 members & \$30 non-members / Call 408-293-7122 or RSVP at: <https://www.iahfsj.org/events>

September 30 / Cena Fuori / Sam's Bar-B-Que / 110 S. Bascom Ave., San Jose / 6:30 pm cocktails / 7 pm dinner / Vegetarian option available / \$40 at door / Call 408 293 7122 to RSVP

OCTOBER

October 1 / Tickets go on sale for Holiday Raffle to be held at the November 18 Regional Luncheon / Tickets: \$2 each or 15 tickets for \$20 / Need not be present to win

October 2 / Welcome Back to the IAHF Harvest Festa / IAHF Hall / 425 N. 4th St., San Jose / 11am-4pm / Food, fun and entertainment / \$5 adults / Children under 18 free

October 21 / Regional Luncheon / IAHF Hall / 425 N. 4th St., San Jose / 12 noon / \$25 members / \$30 guests / Call 408 293 7122 to RSVP

October 28 / Cena Fuori / Venue TBA / \$40 at door / Call 408 293 7122 to RSVP

NOVEMBER

November 18 / Regional Lunch and HOLIDAY RAFFLE / IAHF Hall / 425 N. 4th St., San Jose / 12 noon / \$25 members / \$30 guests / Call 408 293 7122 to RSVP

Membership Dinner / Details TBA

DECEMBER

December 3 / World of Italian Opera / At the Hall / 425 N. Fourth St., San Jose, CA 95112 / \$50 members / \$55 non-members / Students \$30 with valid student ID / Doors open at 6pm / Dinner Buffet at 7pm / Performance at 8:15pm / Call 408 293 7122 to RSVP

December 16 / Holiday Lunch / 12:00 PM / At the Hall / 425 N. Fourth St., San Jose, CA 95112 / Call 408 293 7122 to RSVP

It is important to call for reservations because so many of these activities have limited space and fill quickly.

Please call 408-293-7122 to RSVP.

The Italian American Heritage Foundation is located at 425 N. Fourth Street, San Jose, CA 95112



IAHF Events Health Policy

In an effort to keep our members safe, the IAHF has adopted a policy that all who attend an activity or event which takes place at the IAHF hall will either need to be fully vaccinated or present negative COVID-19 test results dated within 72 hours. This policy follows the guidance set by Santa Clara County and the CDC.

This means that when checking in at an event at the IAHF hall, we will now ask you to show your vaccination card, or your QR code on your cell phone from the state registry (see below). If you are not fully vaccinated (i.e., it has been a full two weeks since your second shot of the Pfizer or Moderna vaccine, or two weeks since your Johnson and Johnson vaccine), then you will need to show a negative covid test taken within 72 hours of the event.

Many local counties are implementing measures to require proof of vaccination to attend certain events or enter select venues. To facilitate proof of vaccination status, you can register your vaccination status at MyVaccineRecord.CDPH.ca.gov. With a validated registration, you will receive a QR Code on your mobile phone which you can show upon entry and will serve as proof of your vaccinations at most venues.

-- Article by Felix Dalldorf

Bocce Tournament & Fundraiser



- **Sunday, September 12** • **Games from 11:30 AM to 2:00 PM** •
- **Campo Di Bocce** • **565 University Avenue, Los Gatos** •
- **\$50 Players** • **\$25 Students and Non-playing Guests** •
- **Appetizers** • **Pizza** • **Fruit & Veggie Tray** • **Dessert** •
- **Complimentary parking at Campo Di Bocce, on side street, and Intero Real Estate** •

- Please arrive prior to game time to register
- You may enroll your own team of 4 players, or we can assign you to a team
- Time-limited rotation playing
- The play will culminate in a play-off for the IAHF Championship
- Prizes will be awarded to the 2 top teams

Your Name _____

☐ I have a team of 4. Names of Team Members: _____

☐ I want to play and do not have a Team; please choose for me

☐ I will attend as a social guest, not to play

☐ I am unable to attend but want to donate to the IAHF Fundraiser \$ _____

- RSVP and pay over the phone at (408) 293-7122
- or RSVP and pay online at www.iahfsj.org/events
- or RSVP and pay by check made payable to Italian American Heritage Foundation and mailed to 425 N. 4TH St., San Jose CA 95112

Winner's Medals courtesy of Denise & Sal Campagna / Bocce Co-Chairs: Sharon McCray, Nanci Wilborn, Ken Borelli



WELCOME BACK TO THE IAHF HARVEST FESTA!



Save Saturday, October 2 for the IAHF Harvest Festa

The Harvest Festa will be held at the IAHF, 425 NORTH 4TH ST IN SAN JOSE from 11 AM to 8 PM. This will be an open house family focus event with a concluding dance to the music of "DIALETTI IMPERFECTI" from 6 to 8 pm.

We all have gone through some challenging times these last couple of years. While we are "not out of the woods yet", The IAHF has gradually been opening up. Because there will be no Italian Family Festa this year, we want to take this opportunity to hold a welcome back festa for our members, their families, and friends.

From 11:00 AM to 8:00 PM we will have an open house featuring a variety of activities to welcome you back to the IAHF.

Some of the activities that are being planned by the Harvest Festa Planning Committee include:

- An Opening event blessing and ceremony
- Cultural lectures
- An Italian food and refreshment court, including take-out foods
- Children's activities and events
- Strolling musicians
- Special events and
- A concluding dance

A comprehensive schedule of events will follow online and in next month's newsletter.

All the activities will be held inside and outside at the Foundation with dining tables throughout the center with a Harvest theme setting.

Plan on visiting the IAHF with your family and friends to enjoy some or all of the activities. It's a time to celebrate!

We will follow County and City Health directives : Attendees must be fully vaccinated or present negative COVID-19 test results dated within 72 hours. Masks are required indoors for everyone over the age of two except while eating and drinking.

A special thank you to the Festa Planning Committee, including Dana Zuccarello, Azie Habib, Felix and Marie Dalldorf, Dave Perzinski, Lucia Clementi, Jan Prinzivalli, Cathy DiMaria, Tony Zerbo, Judy Rizzuto and Rebecca Morisi.

Contact any of the above or the co-chairs if you would like to volunteer to help out. It goes without saying donations to help with the event cost are welcome. There will be a nominal \$5.00 entrance fee to help defer expenses. Children under 18 are free. -- Article by 1st VP Nanci Wilborn, Chair, and Ken Borelli, Co-Chair 🍷

A NEW adventure for some of Ken's foodies and a return to a favorite for others . . . Italian Brothers Restaurant in Downtown Los Gatos! And What a Night!!

The weather was absolutely captivating – the table seating enjoyable on the outside of the restaurant and along the specially designed open area that the Town of Los Gatos has created for its businesses during the pandemic – the service impeccable with gracious hospitality, efficient and polite staff – who were “on the run” with our BIG crowd of almost 50 diners!

Need to add: At the last minute, Ken had to ask the brother-owners to set up additional table seating due to late comers who regretfully did not heed either the rsvp deadline or the “sold out” message. PLEASE, members, – rsvp in the timely way that is requested – especially during these days of virus and mandated mask wearing, none of us needs unnecessary stress.

Our menu choices were: Grilled Salmon topped with Sicilian dressing, lemon, garlic and olive oil or Chicken Puttanesca (chicken breast sautéed with olive oil, garlic, black olives, anchovy paste and capers in a marinara sauce) - both served with oven roasted potatoes and garden-fresh vegetables OR Penne alla Norma which was delicious penne pasta served with an Italian basil, eggplant and fresh tomato sauce. Hard to choose – maybe one of each!

The meal began with a crisp garden salad very attractively plated with olives and tomatoes, garnished with a vinaigrette dressing; baskets of delicious, crunchy homemade Italian sourdough bread were repeatedly requested. Then the final finishing touch came with dessert of house-



~ CENA FUORI ~
• LUGLIO •

made mini cannoli! A feast indeed with all kinds of little take-home boxes everywhere!

To our surprise, we were right in the midst of “Summer Thursday Promenades” night that Los Gatos has created for its community – and from the looks of the crowd, it seems every Los Gatos resident and those from the neighboring communities was there – along with their doggie! The town was rockin’!

The brothers also own and operate Italian Brothers Bakery located on San Carlos Street in San Jose that specializes in pizza, sandwiches and gelato – check it out! Tell

them the IAHF sent you!

A very entertaining evening indeed – and once again, the Grazie and Auguri go to Ken and Stanley for ensuring all the guests have a great time and go home with a full panza and good memories knowing that the evening was carefully planned by these two experts!

ATTENTION – COVID UPDATE

Given the now-current limitations with which our host restaurants are dealing due to the surge of the pandemic, we will again do reserved seating. Seating capacity will be limited based on the new indoor/outdoor configurations. We will have a waiting list/backup plan in place. Please know that we may not be able to accommodate your reservation due to these restrictions. When we “sell-out,” we sell-out. Your understanding and cooperation are appreciated. Thank you.

-- Article by Cathy De Maria / Photography by Stanley Olivar USA 🌿



EXPLORING THE REGION OF UMBRIA

On Thursday, August 19, at our Regional lunch, we visited the fascinating region of Umbria with its iconic areas of Orvieto, Assisi, Spoleto and Perugia. Our special meal highlighted the home-cooked culinary tradition of the Umbrian countryside, including a farro and vegetable dish prominent in rural Umbria with pork roast. The pork roast (alla ghiottia) was braised with fennel greens in a fruit and wine reduction and served with stuffed tomatoes, garden salad with garbanzo beans, garlic bread and followed by a regional dessert inspired by "Brustegnolo," which is a polenta based mixture of baked apples, raisins, pine nuts, anise and walnuts. In addition, and as homage to the great chocolates from Perugia, Baci chocolates were also served.

This meal required a lot of specialty items. A special thanks to Rebecca Morisi who donated the Baci chocolates and Zanotto's Market for providing some of the ingredients, including the farro. Farro is one of the oldest grains of Italy and, in fact, most of the grain packages sold are imported from Italy. Thanks, too, to Mike Console for his generous donation of lemons for use in the meal.

A special "grazie tante" to the volunteers who helped make the meal

possible, including Christian Gilcrest. Azie Habib, Dorthy Lopresti, Rebecca Morici, Stanley Olivar and Kay Virgilio. Kudos to Dave Perzinski who provided the luncheon guests with a video presentation of one of my favorite places in Italy, the Cathedral in Orvieto with the fresco painting of Lucca Signorelli. They are truly amazing works housed within the stunning Cathedral. The Chair of the scholarship event, Marie Dalldorf, will have a forthcoming special article about an IAHF awardee who was introduced at the lunch.

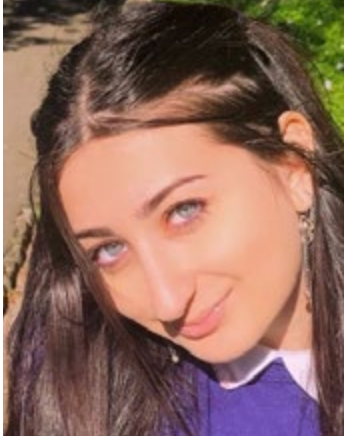
Our next luncheon will explore the culinary fusion foods of Puglia with its focus directed towards the eastern Mediterranean world and its amazing culinary traditions. For the longest of times, Italy looked east toward Constantinople for many of its culinary imports. The ports and trading cities of Puglia, along with Veneto, were pivotal parts of the Italian Culinary traditions. With the Italian explorers' explorations of the Renaissance, the focus gradually changed to incorporate more western culinary influences. The fact remains that a core part of Italian cooking comes from Italy's interaction with the East as represented by some of the delicious special dishes from Puglia.

— Article by Ken Borelli / Photos by Stanley Olivar USA 🍷



~ DREAM • BELIEVE • ACHIEVE ~

• 2021 IAHF SCHOLARSHIP ESSAYS •



ISABELLA PISTAFERRI

I am one of the most Italian Americans you will ever meet. Given that my parents were the first out of both their bloodlines to leave Italy and start a family in the U.S., the first language I was taught was Italian. When I first began attending preschool, I would confuse English words with Italian ones, or pronounce them in an Italian manner.

For example, shoes were "le push-shu-zeh", as I would hear my teachers tell me to "put shoes on", and convinced myself this was the English translation of scarpe.

In Elementary school, it was a tradition for my family to set up and host the Italian booth at my school's international Night. Each year, I was excited to help my mom gather a number of her traditional Italian keepsakes, souvenirs, and candies-which she kept hidden, and reserved specifically for international Night. My favorite part of the Italian booth, however, was to have the Mona Lisa replica whose face we had cut out for students to take pictures. It was an annual crowd pleaser.

I've spent almost every Summer and Christmas in Italy. Like many Italian youth, my Summers were defined by beach trips across the Amalfi and southern Italian coast. When I was nine years old, my family moved to Rome for a year. We took advantage of the proximity to our Neapolitan family by visiting them often, and we were even lucky enough to experience a snowfall in the Eternal City! At the same time, I am also one of the most American Italians you will ever meet. When visiting Italy, locals will often speak to me in English at first when they meet me in public. I once asked a man working at a Gelateria how he knew that I was American and he told me he could just tell.

When I was twelve years old, my family moved to Florence for a year. There, I attended a public Italian middle school and was instantly struck by the culture shock. The

teaching methods were different, relied much more heavily on textbook learning, and teachers were expected to be respected and looked up to, not necessarily treated as equals. I stood out in comparison to my peers, especially whilst excelling in English lessons, and acquired the nickname "America". Despite the culture shock, I quickly adapted to the new environment and learned to love life in the vibrant city of Florence. My peers would take me on escapades about the city to their favorite hang out spots and restaurants. I embraced my new Italian life and was sad to say goodbye once my time there came to a close.

In college, I am excited to study abroad, hopefully in Florence, once again. I want to explore my Italian heritage in more depth and absorb the culture my parents have taught me to so greatly admire. It saddens me to meet kids of Italian heritage of my age and often realize that they do not speak Italian. A step I plan to take in order to encourage the younger generation of Italian Americans to embrace Italian culture is to ensure that I teach my own children how to speak Italian, and instill that same desire in them to pass on the language, and with it, the culture. A huge part of the Italian culture which I hope to share not only with my children, but also with all those whom I care about, is Italian cuisine. Food is arguably the centerpiece of Italian culture, and there are a number of traditions which accompany Italy's specialty dishes. In making and sharing dishes alongside my community, I'd spread the traditions which lead to a sense of togetherness and joy which is reminiscent of Sunday dinners at my nonna's house.

Currently, I am interested in studying Psychology, Political Science, International Relations, and Philosophy. However, I am not completely sure of where the future will take me from there. I have always considered Law School to be a viable option, as justice and ethics have always been two social values which I value greatly. I can imagine myself using my education to work in fields such as government legislation, Italian-American embassy positions, or Community Psychology. Either way, I want to use my education and career in order to better society. •

~ • MORE ESSAYS TO FOLLOW IN UPCOMING ISSUES OF THE IAHF NEWS • ~





Getting to know our Office Manager

STANLEY

A 4th Degree Knight of Columbus in the Diocese of San Jose,
St. Joseph Assembly

Stanley has been all over the world and enjoyed so many varied experiences, he could write a book! Here is a snapshot to help you appreciate the panoramic knowledge and global background of our Stanley with the places he's been, the jobs he has accomplished -

In the USA:

Prior to becoming the IAHF Office Manager, Stanley worked as Office Coordinator of Opening Doors, a non-profit in San Jose.

He was also a licensed real estate agent and a licensed life/fire/casualty insurance agent, both in San Diego County and both un-renewed since 2009.

His musical expertise shined when he was a restaurant piano entertainer in North San Diego with evening gigs.

In Osaka, Japan, Stanley was a Foreign Trade Manager and traveled to the Middle East and designed Food Expo booths.

In Saudi Arabia, Stanley was the Resident Evening Pianist for 5 years at the Hyatt Regency Jeddah and during the day, he was the Office Liaison Officer for 6 years for a Ministry of Defense & Aviation (MODA) subcontractor.

In Manila, Philippines, Stanley was the Brand/Product Manager for 4 years of leading packaged snack food (the market leader). He also taught for 2 years in Catholic high schools (first Jesuit, then Benedictine) before joining the corporate world.

He has been away from the Philippines since 1983.

A BIG THANK YOU to Stanley for all he does to support the IAHF, including his noteworthy creation of the scholarship award certificates and IAHF event photography! Bravo! 🍷

MYSTERY PHOTO: Do You Recognize This Store?

This month's photo is from our historical archive. The original description has been lost and it is now identified only as "Small hardware store."

Do you recognize the woman behind the counter? The store itself? Any clues that might give us a date range for the photo? Don't be shy, please contact me if you can provide any clues!

Email me at librarian@iahfsj.org or call the office at 408.293.7122 and leave a message with Stanley.

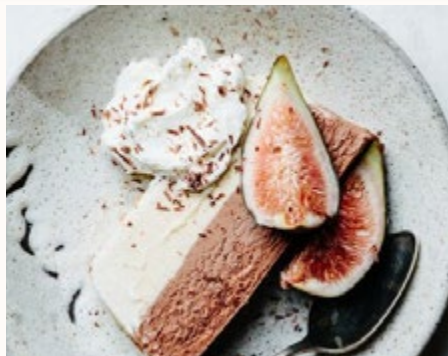
Library card catalog

Don't forget to browse our library holdings online at iahf-sj-librarika.com. You will be amazed

at how much you can find, including listings of our 1970s newsletters and many from the 1980s and 1990s that have been digitized. Contact me to view them online. -- Article by Madeline Damiano / Librarian *



Lucia's COOKING CLASS NEWS



Our August cooking class featured Polpette al Forno della cucina di Delia (baked meatballs from Delia's kitchen). These delicious morsels would inspire any cooking enthusiast.

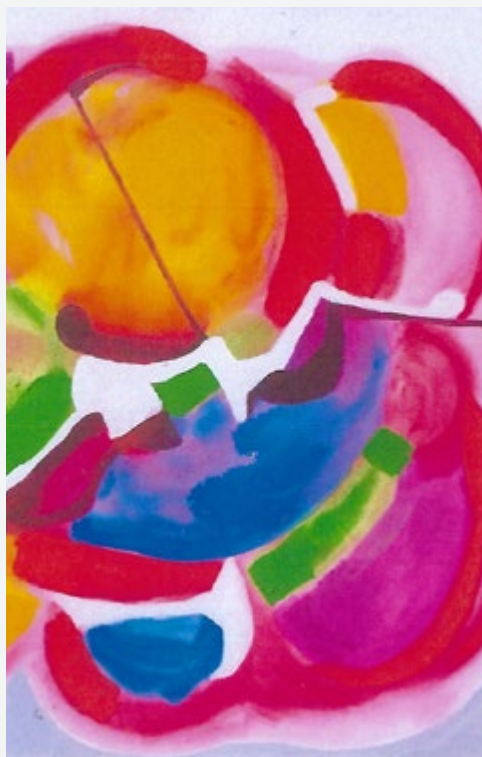
Because this article is due prior to the date of the class, please tune in next month (September) for details on the class and the recipe!

As always in the cooking classes, we do a lot of laughing and socializing with fellow students. In addition, we all enjoy the fruits of our labor by sampling the cuisine and taking our creations home to enjoy later.

The upcoming live classes are as follows and will take place at the hall.

- Wednesday, September 22nd, 7:00 – Semifreddo taught by Andrea Kenter - \$25.00 members and \$30.00 non-members. Semifreddo is a frozen Northern Italian dessert and is a cross between ice cream and mousse and is absolutely delicious!
- October – Date TBD – Tuscan soup and cake taught by Rebecca and Tony Morici's granddaughter, Gabriella Gomez. In 2020, Gabriella studied abroad in Florence through the California State University system. Join us as she shares these Tuscan dishes with us!

-- Article by Lucia Clementi ~



Bellissima

AN ITALIAN ART EXHIBIT IN DANVILLE

An artist friend, Robert La Rocca, shares an invite to visit the Village Theater Art Gallery located at 233 Front Street in Danville. The event will highlight 15 prominent Italian and Italian-American contemporary artists. The show will run from August 19-October 14, 2021. Robert has shown his works at our IAHF Italian Family Festa, The Italian Cultural Institute, Il Museo and many local galleries. There will be a wide range of artists and media represented. The exhibit is co-curated by artists Tricia Grame and Emily Smith Silvestri in partnership with Il Museo Italo Americano. You can get more information by accessing: artgallery@danville.ca.gov

Danville is a short one-hour drive from San Jose, depending on traffic, and has a charming downtown with several great restaurants and boutique-type shops. It's an ideal day trip, and a chance to see a dynamic and creative group of Italian Americans share their art.

You may also want to sample some of the great restaurants including Mangia Mi. The proprietor is Peter Cedolini, and his parents are IAHF members Claire and Tony Cedolini. Peter has also catered some of our IAHF events. The award-winning restaurant, Locanda Ravello, is also located in Danville, and is one of many great eating establishments in this "once" small town. And, gratefully, Danville still has a small-town charm and setting and well worth the journey.

— Article by Ken Borelli / Painting detail by Robert La Rocca *

Cooking is like painting or writing a song.
- Wolfgang Puck

If you watch a cooking show or read Bon Appetit or Saveur magazines, you have undoubtedly heard or seen the word umami umpteen times. Most people, including yours truly, did not know the meaning and origin of the word. It was not in my English or Italian vocabulary.

Origins

After a little research I discovered that Professor Shintaro Kodama concluded in 1913 that dried bonito flakes contained an umami substance. Akira Kuninaka followed in 1957 to say that umami was present in shiitake mushrooms.

What is exactly umami? It has been described as one of the five basic tastes. It is savory and characteristic of broths and cooked meats. We taste it through our taste receptors that typically respond to glutamates and nucleotides, which are found in meat broths and fermented products.

Foods that have a strong umami flavor include meats, shellfish, fish, tomatoes, mushrooms, hydrolyzed vegetable protein, meat extract, yeast extract, cheeses and soy sauces.

The word itself comes from the Japanese. Loosely translated, it means "a pleasant savory taste." We learn from Wikipedia that chemist Kikunae Ikeda coined the term. We learn that there are four tastes: sweet, sour, salt and bitter. Umami is another taste dimension

There is no current English equivalent; however some close descriptions are "meaty," "savory," and "broth-like." Umami has a mild but lasting aftertaste associated "with salivation and a sensation of fullness on the tongue, stimulating the throat, the roof and the back of the mouth." The optimum taste depends on the amount of salt.

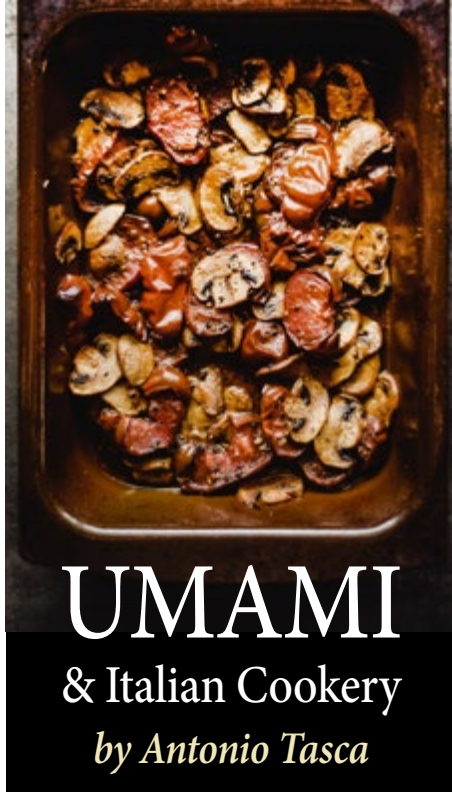
Umami is popular as a flavor with food manufacturers and chefs to enhance taste. Nowadays, chefs are creating so-called umami bombs using several umami ingredients.

Some people have reported adverse reactions to monosodium glutamates (MSG). Those who have experienced such reactions to glutamates are encouraged to avoid them.

Umami All Over

Life doesn't hand you things, you have to get out there and make things happen. - Emeril Lagasse

Umami is frequently associated with Asian cultures and foods, in particular Japanese, Chinese and Korean. My research shows that just about every developed cuisine has ways to enhance flavors using a variety of products. Humans have been relying on fermentation, aging, slow cooking, smoking, drying and processing to enhance the flavor of food for centuries.



Chefs all over the world use ingredients that enhance flavors. Mexican chefs add chocolate when making their salsa poblana. Annatto (also known as achiote) seeds are used as a condiment in a variety of Mexican, Central and South American dishes. In the Middle East, chefs add tahini paste to flavor hummus. Greek chefs blend yogurt with fresh herbs to make their famous tzatziki sauce. Spanish and Cajun chefs add spicy sausages to several stews. French chefs are known to create fabulous umami bombs by adding MSG additives to enhance several dishes. Trader Joe's carries MSG products such as Accent and Ajinomoto.

The Italian Connection

I know once people get connected to real food, they never change back. - Alice Waters

Italian cookery is defined by its simplicity and freshness. Most Italian dishes include 4-5 ingredients. Herbs and condiments are used sparingly. Unlike some other cuisines, the Italian chef tries to preserve the taste of the main ingredients rather than smothering them with many spices and numerous herbs. Folks, especially in smaller towns, prefer to shop daily for their meal ingredients. A popular saying teaches that food that travels least tastes best.

Italian chefs have been using umami rich ingredients for centuries, most notably anchovies, aged cheeses, mushrooms and tomatoes.

At the top of the list of course is the tomato, especially sun-dried and in concentrate form. Anchovies are used widely to enhance the taste of sauces and salad dressings. Italians love cultured and fermented cheeses such as umami rich gorgonzola, parmesan, pecorino and asiago. Dried porcini and truffles merit mention as well as balsamic vinegar. The spreadable salami 'Nduja from Calabria is renowned for its rich umami flavor.

Umami is ever present in the Italian charcuterie. Prosciutti, salami, sausages and guanciale are loaded with umami and are consumed alone or as components of other dishes. Without them, the Italian cuisine would not be complete. Umami is ever present also in desserts. It is a common practice to sprinkle cookies with sea salt. Some gelato dishes include umami rich ingredients such as gorgonzola or porcini mushrooms.

I grew up in a Sicilian home. My late mother was a master at umami (a term we did not know). Every year she cured 4-5 pounds of sardines in a salt solution. She would rinse some sardines whenever she was making pasta puttanesca, fried eggs, salads and other dishes. She pickled artichokes, eggplant, peppers and other vegetables. She would bottle 300-400 bottles of fresh tomato salsa each year. She cured olives from our farm. Our kitchen table showcased these delicacies as appetizers plus locally made dry sausages, salami and the ever-present ciociavallo cheese.

continued >>>



Umami Everywhere

There are so many Italian dishes that use umami-rich enhancers. Without them, signature dishes would lose their appeal and their aficionados.

Rome is famous for its quartet of pastas ... Amatriciana, Carbonara, Gricia and Cacio e Pepe. The first three require umami-rich guanciale or a substitute for guanciale, pancetta or bacon.

Can you imagine Puttanesca without anchovies? What about a Cesar

salad without anchovies? Can you fathom buttered spaghetti without shaved truffles? Pappardelle without porcini mushrooms? Can you visualize an appetizer table without an array of Italian charcuterie and cheeses?

Our cooking is becoming more refined as cooking methods meet and fuse. We have much to learn from each culture. The temptation we must resist is to smother dishes with so many enhancers as to make it impossible to taste the center stage ingredient. 🍷

FOOD PRESERVATION

An Italian Tradition



There is no sincere love than the love of food. — George Bernard Shaw

Domenica Marchetti, author of *Preserving Italy*, reminds us “the art and craft of preserving are ancient, born of necessity...” Inventive cooks mastered the craft to overcome the scarcity of seasons and to extend the life of food.

Refrigeration is a modern luxury. Our forbearers found ways to store food for the winter months. In the process, they also discovered that they were not only extending the life of cherished foods, they were adding to their taste. They learned that preserving food is both an art and a science. Specific methods and techniques emerged to make the process safe through sterilization and pressure canning.

There are different ways of preserving food. Not all ways fit the desired outcome. Therefore choosing the most appropriate method has to align with the intended outcome.

I grew up in Sicily. I watched my mother, grandmothers, aunts and cousins preserve and conserve a variety of foods for our autumn and winter months. Food preservation was essential for survival in earlier times. It has now become a tradition in which Italians excel.

Blessed by an abundance of fresh vegetables and fruits, Italian households developed ways to conserve and preserve a variety of food products. For many, food preservation and conservation have morphed into full blown traditions.

PRESERVING IN OIL

The older you get, the better you get unless you're a banana.

— Betty White

Submerging food in oil prevents its exposure to air, thus inhibiting mold and postponing oxidation and decay. Vegetables are low in acidity and before preserving them they must first be cooked or salted or partially dried and pickled to ensure their safety. These steps are essential to kill and block microorganisms, extract moisture

from the food, and make them more acidic.

The foods of choice are: baby artichokes, asparagus, mushrooms, cherry peppers, eggplant, zucchini, roasted peppers, rapini, butter-nut squash, green tomatoes, red cabbage, cipollini, fennel, carrots, cauliflower, beets and giardiniera. They make outstanding additions to the appetizer tray any time of the year.

SWEET PRESERVES

Food is fuel. Eat to live. Don't live to eat. — Anonymous

Fruit is preserved in syrup or alcohol. Water-bath canning permits stable and long term storage. Fresh and not overly ripe fruit is cooked with pectin added in varying amounts. Added sugar binds everything and draws out moisture. Lemon juice is added to raise the acidity level.

The fruit of choice are: apricot, strawberry, cherry, orange, plum, peach, blackberry, fig, quince, grape, chestnut, green tomato, lemon, mandarin, pomegranate and nectarine. They make great additions to the breakfast or merenda table any time of the year.

TOMATOES AND SAUCES

Food is symbolic of love when words are inadequate.

— Elizabeth Oliver

From mid-August to late September, entire Italian families come together to harvest, mill and can thousands of pounds of ripe tomatoes. Tomatoes are acidic but their pH level can vary according to the type of tomato and the time of the harvest. Tomatoes are par-boiled and milled into puree separating out skins and seeds. Citric acid is added or lemon juice to the jar prior to processing. Certain types of sauces require bath processing or pressure canning.

San Marzano-type tomatoes are the tomato of choice. They are meaty and sweet. A second choice would be plum or Roma tomatoes. Bi-products are the passata al pomodoro continued >



(or puree) and sun-dried tomatoes. The passata is an essential item in the pantry and the starter for a good sauce. Dried tomatoes (under the sun or in the oven) make a superior addition to the appetizer tray. They are slightly salted to extract moisture during the drying process and then conserved in oil.

INFUSED OILS, VINEGARS & CONDIMENTS

Hard work should be rewarded with good food. — Ken Follett

Condiments add flavor to food. They can be sweet, salty, spicy or mellow. They are versatile. Time plus salt transforms raw olives from hard, bitter, inedible fruits into a flavor-packed antipasto staple. Pesto, when added to many dishes, brings out a special taste. Quince paste, when served with salty, aged cheese, is to die for. Specialty salts can add a dimension to salads, meats and fish.

Categories that comprise this group are: citrus salt, porchetta salt, Pepperoncino, olio santo (hot pepper oil), lemon olive oil, quince paste, mixed nuts in honey, pear mostarda, onion jam, tomato jam, mint sauce, pesto, caponata, salt-cured olives and brine-cured olives.

FRESH CHEESES & CURED MEATS

Food may be essential as fuel for the body, but good food is fuel for the soul. — Malcolm Forbes

Cheese is an essential part of the Italian daily diet. The countryside from the north to the islands is dotted with dairy farms that produce a variety of cheeses made with cow, buffalo and sheep or goat milk.

Cured meats play also a big part. A variety of sausages is made throughout Italy. Pancetta and guanciale are specialty items sought by the more sophisticated taste.

The basic process is simple. The meat is rubbed with a dry brine of salt and spices and put to cure in the refrigerator for a week. Then it is cleaned and hung in a cool spot to air-cure for several weeks or months. If successful, the process will yield good bacteria. Caution must be exercised to prevent mold or spoilage.

Well known Italian cheeses: buttermilk ricotta, primo latte, caciocavallo, provolone, pecorino, Asiago, Parmesan, mozzarella and burrata.

Guanciale (the pig's cheek) or its substitute pancetta is an essential ingredient in several pasta dishes.

FAST FORWARD

When I first arrived in the U.S., I met several old timers from my native village who had emigrated in the early 1900's. I was amazed how they all kept alive the traditions they brought over from the old country.

Many made their own sausages and salami. Several made their own wine. Most, if not all, preserved their vegetables, salsas, fruits and nuts. They all seem to cling to their heritage forged by necessity and scarcity.

Mass marketing and distribution is changing all of that. Supermarkets carry many preserved and conserved food items. They come in jars or tins. They tell you the nutritional value and the ingredients. I find their taste artificial and "plastic." You don't really know how long ago they were canned, and they do not describe the process used.

I am baffled by the current fad to ingest vegetables and fruits in pill form. Gone is the joy of tasting the actual fruit or vegetable. Lost is their contribution to a rounded meal.

— Article by Antonio Tasca 🌿

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OUR ANCIENT ANCESTORS:

THE ROMANS

10 INNOVATIONS THAT BUILT ANCIENT ROME

The Romans were prodigious builders and expert civil engineers, and their thriving civilization produced advances in technology, culture and architecture that remained unequaled for centuries. (Evan Andrews)

- 1. Aqueducts** The Romans enjoyed many amenities for their day, including public toilets, underground sewage systems, fountains and ornate public baths. None of these aquatic innovations would have been possible without the Roman aqueduct. First developed around 312 B.C., these engineering marvels used gravity to transport water along stone, lead and concrete pipelines and into city centers. Aqueducts liberated Roman cities from a reliance on nearby water supplies and proved priceless in promoting public health and sanitation.
- 2. Concrete** Many ancient Roman structures like the Pantheon, the Colosseum and the Roman Forum are still standing today thanks to the development of Roman cement and concrete. The Romans first began building with concrete over 2,100 years ago and used it throughout the Mediterranean basin in everything from aqueducts and buildings to bridges and monuments.
- 3. Newspapers** The Romans were known to contribute to public discourse through the use of official texts detailing military, legal and civil issues. Known as Acta Diurna or "daily acts," these early newspapers were written on metal or stone and then posted in heavily trafficked areas like the Roman Forum. Acta are believed to have first appeared around 131 B.C. and typically included details of Roman military victories, lists of games and gladiator bouts, birth and death notices and even human interest stories. There was also an Acta Senatus, which detailed the proceedings of the Roman senate. These were traditionally withheld from public view until 59 B.C., when Julius Caesar ordered their publication as part of the many populist reforms he instituted during his first consulship.
- 4. Welfare** Ancient Rome was the wellspring for many modern government programs, including measures that subsidized food, education and other expenses for the needy. These entitlement programs date back to 122 B.C. when the tribune Gaius Gracchus instituted lex frumentaria, a law that ordered Rome's government to supply its citizens with allotments of cheaply priced grain. This early form of welfare continued under Trajan, who implemented a program known as "alimenta" to help feed, clothe and educate orphans and poor children. Other items including oil, wine, bread and pork were eventually added to the list of price-controlled goods, which may have been collected with tokens called "tesserae."
- 5. Bound Books** For most of human history, literature took the form of unwieldy clay tablets and scrolls. The Romans streamlined the medium by creating the codex, a stack of bound pages that is recognized as the earliest incarnation of the book. The first codices were made of bound wax tablets. These were later replaced by animal skin parchment that more clearly resembled pages. Ancient historians note that Julius Caesar created an early version of a codex by stacking pages of papyrus to form a primitive notebook. Bound codices did not become popular in Rome until the first century or thereabouts. Early Christians became some of the first to adopt the new technology, using it extensively to produce copies of the Bible.
- 6. Roads and Highways** At its height, the Roman Empire encompassed nearly 1.7 million square miles and included most of southern Europe. To ensure effective administration of this sprawling domain, the Romans built the most sophisticated system of roads the ancient world had ever seen. These Roman roads—many of which are still in use today—were constructed with a combination of dirt, gravel and bricks made from granite or hardened volcanic lava. Roman engineers adhered to strict standards when designing their highways, creating arrow-straight roads that curved to allow for water drainage. The Romans built over 50,000 miles of road by 200 A.D., primarily in the service of military conquest. Highways allowed the Roman legion to travel as far as 25 miles per day, and a complex network of post houses meant that messages and other intelligence could be relayed with astonishing speed. These roads were often managed in the same way as modern highways. Stone mile markers and signs informed travelers of the distance to their destination, while special complements of soldiers acted as a kind of highway patrol.
- 7. Roman Arches** Arches have existed for roughly 4,000 years. The ancient Romans were the first to effectively harness their power in the construction of bridges, monuments and buildings. The ingenious design of the arch allowed the weight of buildings to be evenly distributed along various supports, preventing massive Roman structures like the Colosseum from crumbling under their own weight. Roman engineers improved on arches by flattening their shape to create what is known as a segmental arch and repeating them at various intervals to build stronger supports that could span large gaps when used in bridges and aqueducts. Along with columns, domes and vaulted ceilings, the arch became one of the defining characteristics of the Roman architectural style..

continued > > >



8. The Julian Calendar The modern Gregorian calendar is modeled very closely on a Roman version that dates back more than 2,000 years. Early Roman calendars were likely cribbed from Greek models that operated around the lunar cycle. But because the Romans considered even numbers unlucky, they eventually altered their calendar to ensure that each month had an odd number of days. This practice continued until 46 B.C., when Julius Caesar and the astronomer Sosigenes instituted the Julian system to align the calendar with the solar year. Caesar lengthened the number of days in a year from 355 to the now-familiar 365 and eventually included the 12 months as we know them today. The Julian calendar was almost perfect, although it miscalculated the solar year by 11 minutes.

9. The Twelve Tables and the Corpus Juris Civilis—ROMAN LAW Subpoena, habeas corpus, pro bono, affidavit, all these terms derive from the Roman legal system, which dominated Western law and government for centuries. The basis for early Roman law came from the Twelve Tables, a code that formed an essential part of the constitution during the Republican era. First adopted around 450 B.C., the Twelve Tables detailed laws regarding property, religion and divorce and listed punishments for everything from theft to black magic. Even more influential than the Twelve Tables was the Corpus Juris Civilis, an ambitious attempt to synthesize Rome's history of law into one document. Established by the Byzantine emperor Justinian between 529 and

535 A.D., the Corpus Juris included modern legal concepts such as the notion that the accused is innocent until proven guilty. After the fall of the Roman Empire, it became the basis for many of the world's legal systems.

10. Battlefield Surgery The Romans invented many surgical tools and pioneered the use of the cesarean section. Their most valuable contributions to medicine came on the battlefield. Under the leadership of Augustus, they established a military medical corps that was one of the first dedicated field surgery units. These specially trained medics saved countless lives through the use of Roman medical innovations like hemostatic tourniquets and arterial surgical clamps to curb blood loss. Roman field doctors also performed physicals on new recruits and helped stem the spread of disease by overseeing sanitation in military camps. They were even known to disinfect instruments in hot water before use, pioneering a form of antiseptic surgery that was not fully embraced until the 19th century. Roman military medicine proved so advanced at treating wounds and promoting wellness that soldiers tended to live longer than the average citizen despite constantly facing the hazards of combat.

"We must learn to live together as brothers and sisters or perish together as fools."

-- Article by Dr. Tony Cedolini •

For recent years now, I have been seeing a very colorful cauliflower-like vegetable at specialty shops. It really looks like its own thing, with a special yellow-green tint and spirals of floret spokes with an overall floral head similar to a cauliflower. If my description of the floral head is hard to fathom, the next time you are around a specialty shop check out "Romanesco broccoli." I did say "broccoli" because it tastes somewhat like broccoli but grows like cauliflower with floret spikes. It seems to have its unique ancestry coming from central Italy around Roma, hence the name Romanesco.

At a recent visit to a favorite greengrocer, there must have been a promotion of the vegetable since there were several large produce boxes available. I purchased a couple to try out. Not having any experience with the vegetable, I treated it like I would cauliflower florets and proceeded to sauté them in a precooked sausage sauce. I braised the sausage and florets together for about ten minutes then simmered the Romanesco florets like I would either broccoli or cauliflower in a chicken broth. I cooked the florets until tender, about 15 minutes, and served with a little sprinkling of cheese and salt and pepper to taste.

NEW ON THE CULINARY SCENE



ROMANESCO

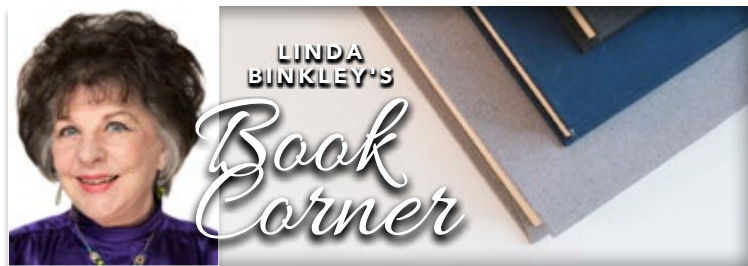
The Romanesco was quite tasty. Though it more closely resembles a cauliflower in appearance, the taste resembles a richer and nuttier flavored broccoli with the chewy consistency of cauliflower. It is a relatively new vegetable for me with its origins seeming to go back to the 16th Century. Talk about "slow to catch on," it's been a slow gain in popularity perhaps due to cultivation issues. Romanesco even shows up as a spelling error in spell check! Like its broccoli

relative, it is rich in Vitamins C, K and carotenoids. The flowering head also has an ornamental quality too.

Once you have seen its spiked flowering head, you won't forget its looks. I have to admit it looks a little daunting. I assure you it tastes very good, especially if you are a fan of broccoli or cauliflower. So welcome to the new "cousin on the block," and as soon as I am able to get a consistent source of the vegetable at a reasonable price, it will be a part of one of our regional lunches and/or cooking classes! Meanwhile, give it a try if you happen to run across it at your greengrocer.

-- Article by Ken Borelli 🌱





Growing Up Italian-American

by Ferdinand J. Visco M.D. ~

Growing up Italian is fundamentally a memoir of two families, the Viscos and the Barratas, whose lives began in the region of Campagna and became lovingly entwined in America. It's an exceptional read, much more than a memoir. History and culture share equally with family memories.

I particularly enjoyed that I could relate to Dr. Visco's immigration history.

So many Italian memoirs begin with strife during the massive immigration of 1900 with many ancestors arriving via steerage and in dire poverty. Dr. Visco's immigration history, like mine, was sweeter. Our grandparents travelled across the sea in a cabin and arrived with enough money to start a business and eventually buy

property. They came, not for themselves, but for their children.

I love one of the opening lines of Dr. Visco's book where it says that the best thing that ever happened to him was to be born American. It's possible to love Italy passionately and still be a true blue American.

Both families discussed in the book were wildly successful. Starting with a successful jewelry store, the families grew to include medical doctors, dentists, pharmacists and pharmacy owners. The story about how the paterfamilias brought his jewels into America through immigration is bold and exciting. The family accrued enough wealth that they could travel back and forth to Italy. They did not have to suffer the slings and arrows that many of our forebears did who lived in dire tenements in corrupted cities.

As we pass through the 150 years of these two families' lives, we become acquainted with many historical Italian and Italian American events explained in detail and often with accompanying photographs. The author doesn't miss much.

We proceed to a chapter that includes particular recipes from the home villages of the Viscos who came from Vico Equense and the Barattas who came from Padula, both in Campania. Another chapter contains the wisdom of medical aphorisms; another, regional proverbs; another, a translation of a list of common southern dialect words. Growing up Italian is a wealth of knowledge. For those researching genealogy, Dr. Visco's references and method will surely be an asset. ~

LINDA BINKLEY'S

Italian Word or Phrase of the Month

Hai ragione! You are right!

The phrase is formed with the verb **avere** and the word **ragione** (reason):

- Ho ragione (I am right)
- Hai ragione (You are right)
- Ha ragione (He or she is right)
- Abbiamo ragione (We are right)
- Avete ragione (you all are right)
- Hanno ragione (They are right)
- Hai ragione, questa lezione è facilissima! (You are right, this lesson is very easy!)

If you wish to express the statement You are wrong then just substitute the word **torto** for **ragione**.

- Hai torto, sono sicura. (You are wrong, I am sure.)



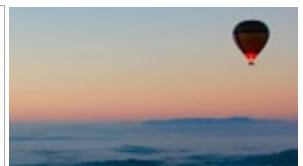
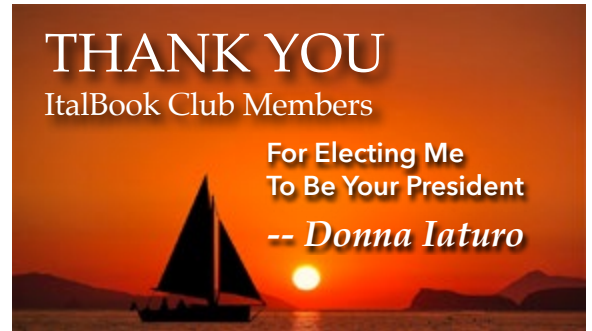
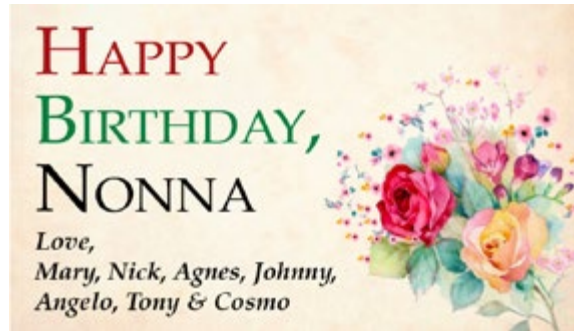
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Rosetta is a full-time, professional real estate agent assisting in buying and selling homes in all of Santa Clara County. Throughout the years, Rosetta has earned many achievements and awards such as International Presidents Elite, Top Listing Agent, Top Buyers agent, one of Silicon Valley's Top 100 agents and Top Producers with over 22 years of sales, marketing, trust, probate and negotiation experience. Rosetta takes pride in providing 100% quality service to all her clients and has earned an impressive reputation in the real estate community. She is known for her exceptional work ethic, effective communication skills, attention to detail and fierce negotiating experience. With her clients' best interests at heart, Rosetta understands the meaning of commitment and dedication.

EDUCATION

Since obtaining her California Real Estate license, Rosetta has attended mandatory legal classes, completing various state-required programs, such as Real Estate Principals, Real Estate Appraisals, 1031 Exchange Reinvestment Plan, Senior Real Estate Specialist, Certified Probate & Trust Specialist, Pricing Strategy Advisor Certification, Short Sales & Foreclosure Resource Certification, Limit Liability Company for Reinvestments, Protecting the Fee, Due Diligence and Disclosures, Agency Fair Housing, Trust Funds, Ethics and Risk Management, Survey Course and Risk Management. Professional Philosophy Rosetta's passion and philosophy have always been to put her clients best interests first, provide every client with the highest of business ethics, commitment and 100 % excellent quality service. Building a lifetime relationship by earning the respect and trust of her clients, is her ultimate goal.

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- National Association of Realtors
- San Jose Real Estate Board
- Re-Infolink Multiple Listing Service

PERSONAL BACKGROUND

Spending quality time with family and friends, exercising, running and giving back to the community.

It is my ultimate goal, as your professional real estate agent, to provide you with quality service, exceed your expectations and make your real estate transactions a positive and painless experience. My overall local expertise and extensive real estate experience will benefit you whether you currently are selling or buying a home, or are a returning client checking out the many homeowner resources I offer.

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