



FARM TO TABLE

A CULINARY EXPERIENCE IN THE HEART OF TUSCANY

21 TO 24 NOVEMBER 2019

CO-HOSTED BY PODERE IL CASALE AND PODERE TRAFONTI



BE OUR **GUEST**

At Podere Casale and Podere Trafonti we treasure the harmonious cohabitation of plants, animals and humans. We enjoy cultivating fields, orchards, vineyards and vegetable gardens sustainably, and delight in gathering truffles, mushrooms and wild herbs in our fields and forests. We care for animals, both tame and wild, and indulge in the abundance of milk, meat and honey they provide.

Most of all, we take pleasure in sharing the beauty and bounty of this land and its produce with our guests.

Together, we offer you the opportunity to treat yourself to in the Italian dolce vita while exploring the delicious and authentic tastes of its cuisine and acquiring some of the secrets of its art.

We await you with open arms!



ITALIAN COOKING @PODERE IL CASALE

Serenely dwelling at the heart of the Sienese hills, above the picturesque Val d'Orcia, Podere Il Casale has been farming organically for nearly thirty years. It grows and produces everything from extra virgin cold-pressed olive oil, to wine, meat, raw milk goat and sheep cheeses, honey, grains, vegetables, fruit and lately even precious saffron. From its fields and forests, it yields truffles, mushrooms, herbs and game. The farm's crops and produce are used in its restaurant kitchen to create delicious meals. They also provide the wholesome and tasty ingredients for the cooking classes held at Podere Il Casale.

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THE FARM VISIT AND COOKING LESSON WERE A WONDERFUL ADDITION TO OUR ITALY ITINERARY. EVERY MOMENT WAS INTERESTING, INFORMATIVE, FUN, AND DELICIOUS. AND YOU WILL NEVER SEE A MORE STUNNING SUNSET! ”

DOLCE VITA @PODERE TRAFONTI

Podere Trafonti lies at 10 minutes of Podere Il Casale, between the historic towns of Montepulciano and Pienza and within an easy drive of Siena, Perugia and Florence or Rome. It was recently renovated with Italian flair, skill and creativity. Besides growing organic olives and other crops, Podere Trafonti hosts groups and individual guests in a serene and rejuvenating environment. It offers five double rooms in three separate buildings, a beautiful swimming pool, a studio and many generous indoor and outdoor spaces. Your hostess, Antonella Notari Vischer, moved to Italy in 2017 after an international career in humanitarian aid and social development realizing her passion for sustainable cultivation, wholesome living and experience-based hospitality.



LEARN TO PREPARE WHOLESOME, TASTY FOOD

Join a culinary experience including cooking classes, wine and cheese tasting, truffle hunting, gathering of wild herbs and visits to the organic vegetable garden, the animal farm and the cheese factory.

RELAX AND ENJOY TUSCANY

Stay at Podere Trafonti and sunbathe by the pool side, exercise or meditate in the studio, walk in the forests and hills, visit the surrounding sights, or do nothing at all but savor the moment.

THURSDAY 21.11.2019
MILK AND CHEESE

DAY 1



From 13:00-16:00

Check-in and Welcome at Podere Trafonti



17:00

Welcome Tour of Podere il Casale and Cocktail.

Milking and cheesemaking



Welcome Dinner
(set menu, Casale wines)





FRIDAY, 22.11.2019
FOREST AND GRAINS

DAY 2

07:15 - 07:45

Yoga (optional)

08:00 - 08:45

Breakfast

09:00

Truffle hunting at Podere Trafonti

Cooking with truffles

13:00

Truffle-based lunch

16:00

Guided visit to the Grappi mill to watch the age-old production of organic stone-milled grain flour.

Learn how to bake pizza, focaccia, bread, cookies from Sandra, using various types of flour.

19:00

Pizza Dinner at Podere Il Casale



SATURDAY, 23.11.2019
OLIVES AND SAFFRON

DAY 3



07:15 - 07:45

Yoga (optional)

08:00 - 08:45

Breakfast

09:00

Olive Harvest



12:00

Pic-nic lunch at the Olive oil mill in Montepulciano

16:00

Cooking with Saffron.

Learn how to prepare delicious food with organically grown saffron from il Casale.

19:00

Saffron-based Farewell Dinner at il Casale

4 courses/4 wines





SUNDAY, 24.11.2019 SWEET FAREWELL

DAY 4

07:15 - 07:45
Yoga (optional)

08:00 - 08:45
Breakfast

10:00
Check-out and farewell

CONDITIONS

The weekend will be held with 10 participants maximum accommodated at Podere Trafonti in five double rooms. Families are warmly welcome. Minimum age for participation in the program is 12 years; all participants will pay the full rate for accommodation and taking part in the activities. Ask us about accommodation availability and rates for children under 12 years and babysitting arrangements.

RATES

- EUR 850 per person in shared double bedrooms with access to bathroom shared by max. 4 persons.
- EUR 950 per person in shared double bedrooms with en-suite bathroom.

10% Early Bird Discount for those who will sign up by 25 September 2019!

Includes accommodation, all meals, all activities and sales' tax. Excludes travel costs to and from Podere Trafonti, extra activities, additional alcoholic beverages, daily tourist tax (EUR 1 per adult per day).

CONTACT Antonella via Whatsapp on +39 392 763 74 78 or email: welcome@poderetrafonti.com for information and to book your retreat.

Booking confirmed upon reception of registration form and full payment. Please book by 13 October 2019.

TRANSPORTATION

By airplane to Perugia or Florence or Rome, and from there by rental car or by train to a station near Podere Trafonti (Chiusi-Chianciano Terme, Montepulciano, Torrita di Siena). Pick up can be arranged by Antonella on request and will be billed separately. By train to Florence or Chiusi-Chianciano Terme. By car.

More details available upon registration (depending on your place of departure and travel plans). We suggest you arrange your trip early for better rates.

Conditions

Your reservation will be validated upon receipt of the signed registration form (enclosed below) and your full payment to:

SOCIETA' AGRICOLA PODERE TRAFONTI SRL: VIA DEL PRATO 5, 53045 MONTEPULCIANO

IBAN: IT14 T084 8925 6040 0000 0401 423

BIC: ICRAITRRDLo

BANCA: BANCA VALDICHIANA CREDITO COOPERATIVO DI CHIUSI E MONTEPULCIANO

MENTION: "FARM TO TABLE FALL 2019"

Transfer charges for payments should be made to your expense.

In case of **CANCELLATION** on your part, the costs are:

- EUR 150 from registration
- 50% of the course price from 28 October 2019
- 100% of the course price from 4 November 2019

In the event of cancellation on our part, the entire trip will be refunded to you, except for any transportation and logistical costs incurred by you. We strongly recommend that you contract a travel cancellation with coverage in case of an accident and emergency repatriation.

If you wish to arrive earlier or leave later, feel free to inquire about the availability of rooms at Podere Trafonti or in the vicinity. Antonella will be happy to guide you with your travel plans.

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CONTACT

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www.poderetrafonti.com

The address of Podere Trafonti is
Strada Provinciale SP 15, Montefollonico,
Torrita di Siena, Siena, Toscana, Italia.
See <https://goo.gl/maps/TYKM3Xi6PbB2>