
OUR PRODUCE

Harvest 2022



A' SPARACIA

*tradizioni contadine
dal 1933*



We proudly reproduce seeds inherited from our family

LEGUMES

I' Linticchi

Characterized by their green-color, medium- to large-sized seeds, **lentils** (Linticchi) have been self-reproduced by our family for at least four generations. Carefully selected because of their easy cooking and pleasant taste, they are the ever popular ingredient of any genuine farmer's soup.

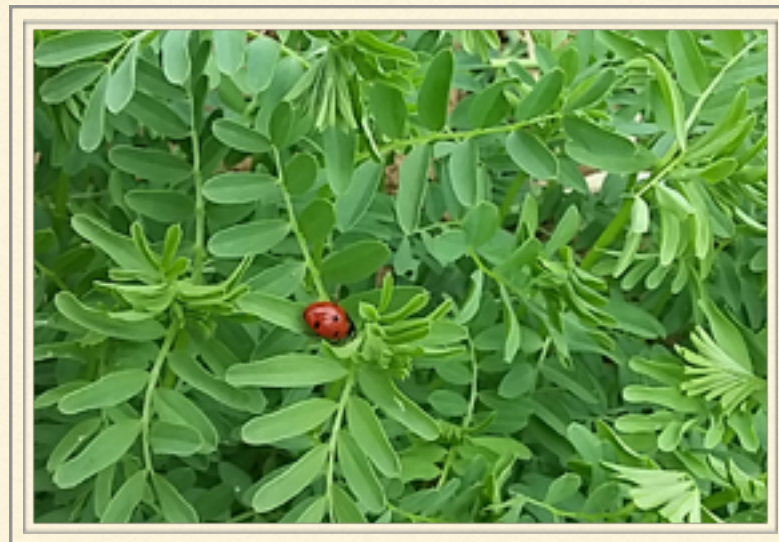
Lentils are manually sown in January and February in rows that are 80 to 100 cm. apart, in order to allow hoeing the alleyways in between during springtime.

Given their small size, the plants get easily choked out by weeds growing plentifully in the fields as a result of organic farming methods (i.e., no chemicals are sprayed to curb weeds.)

After the first mechanical hoeing, other manual work is necessary to eradicate weeds before the mid-May blossoming.

Since then, we just need to let nature take its course, stepping in as little as possible.

The crop is harvested manually during the first ten days of June, when about 50% of the plants will have turned yellow. After a week-long sun drying, periodically turning the mounds over, plants are ready for threshing by manual or mechanical means.



I' Cìciri

Marked by a spheroidal and wrinkled seed, yellowish at time of ripening and by mid-to-large dimensions, **chick-peas** (Cìciri) are self-replicated from seeds cultivated by our family for over eighty years.



They are sown during the months of February and March in rows that are 20-30 cm. apart, on fields that have been cleared from weeds after several hoeing rounds.

The plant is very rustic and hardy, with a short cultivation cycle and a capacity to exploit thoroughly even small quantities of water that allows for a late sowing and, therefore, a natural containment of weeds.

The crop is harvested in July when plants are totally dried out.

I' Cìciri Nìvuri

Characterized by a small, wrinkled seed, **black chickpeas** (Cìciri Nìvuri) are the outcome of a recent revival. After decades of neglect, they have been reconsidered of late and valued for their higher iron content and the dash of color they add to any soup.

The plant is smaller and less hardy than that of regular chickpeas. Consequently, while sown in the same period, black chickpeas are laid in rows that are 80 cm. apart and hoed manually to remove weeds.

The crop is harvested manually in July, with subsequent mechanical threshing.



Legumes are marketed in transparent bags, weighing either 250 or 500gr.



Since 1933: the tradition of Sicilian wheat

ANCIENT WHEAT VARIETES

A' Tumminia

Timilia (Tumminia) is an old variety of Sicilian durum wheat, characterized by a small, dark-color seed. It's a short cycle variety that is sown in springtime and, because of such features and for its adaptability to limited water supply, it has historically been considered a sort of "spare wheat" by our ancestors. When difficulties of various sorts prevented farmers from properly sowing wheat in the Fall, they resorted to a springtime sowing of Timilia in order to harvest a crop anyway.



Today, Timilia is being reconsidered also because of the peculiar taste of its flour: a darker color and a stronger taste (with sweetish scents) make it a perfect ingredient both for bread making and for whole-wheat cookies and other bakery/pastry products.

A' Russulidda

Russello (Russulidda) is an ancient Sicilian durum wheat variety, marked by a yellow-reddish ear at time of ripeness, set at the top of a rather long stem (up to 180 cm.). Starting in the 1950s, it became the main variety grown in our farms, overtaking other varieties because of its greater hardiness, higher straw yield (particularly valued by livestock farms), and especially for its flour quality, perfect both for bread making and pasta production.

After decades of neglect, due to the massive increase in the adoption of modified varieties (selected for the lower size that makes mechanical harvesting easier, but with a more aggressive and less digestible gluten), today it is being rediscovered for its nutritional value as well as for the taste of the flour obtained from its milling.



Sowing takes place in late autumn or early winter, between the end of December and the first ten days of January, while the crop is harvested during the first ten days of July.

A' Maiorca

Maiorca is an ancient variety of Sicilian soft wheat that has been cultivated by our family at Sparacia for four generations. It has a quadrangular spike without awns and a roundish yellow-whitish grain. From its milling we get a white and soft flour, traditionally used for pastry-making, but it is excellent for bread as well. And its scent ... is that of grandma's sweets!



Sowing takes place in autumn-winter, between the end of November and mid-December, while the harvest generally takes place in the first ten days of July.



Natural stone milling

WHEAT FLOUR TYPES

For our ancient Sicilian wheat varieties we adopted the traditional technique of natural-stone milling, at low rpm and at room temperature, which preserves the seed germ intact.

As a result, we obtain a product of higher quality, which naturally enhances the organoleptic features of the different varieties, keeping the nutritional profile undamaged.

From stone milling we obtain different types of product:

- **The whole-wheat flour:** it is the whole flour that comes directly from the milling of the wheat, without separation of the bran;
- **The semolina:** it is the tumbled flour, which is obtained by sifting the whole flour, to remove part of the bran.



- **Type 2 soft wheat flour:** it is obtained from the grinding of Maiorca soft wheat, with a minimum removal of the bran and a high fiber content;
- **Type 1 soft wheat flour:** it is the tumbled Maiorca soft wheat flour, obtained by sieving type 2 flour, to remove up to 60% of bran; you get a flour less rich in fiber and lighter in color, but still quite rustic;



Maiorca flour is available in 1- or 5-kg packages.



CHICKPEA FLOUR TYPES

I' Cìciri

White chickpeas, protein-rich legumes, were the staple of the peasant diet of the last century. The flour that is obtained from their milling has given life to tasty recipes in the Sicilian traditional cuisine. The most famous is certainly that of the "panelle". The natural stone milling allows to best enhance the organoleptic characteristics of the legumes and to obtain a flour that ... smells of chickpeas!



I' Cìciri Nivuri

From the natural stone grinding of **black chickpeas**, a very particular flour is obtained, which reflects the characteristics of this legume: its black skin creates a "polka dot" effect on a yellow background, typical of chickpea flour. Even the taste, more intense and sharp, contributes to making it a unique product, to be combined with creative and whimsical recipes! Excellent base for creams and soups, but also an interesting variant to be proposed for... unconventional "panelle"!



Broze drawing and slow drying process

THE ARTISANAL PASTA

Getting an excellent durum wheat is essential. For this reason we work with passion and dedication, for four generations, meeting nature's requirements in a particularly suitable territory in the heart of Sicilian hillside, historically considered the granary of the Roman Empire.

But an excellent raw material also needs a process enhancing it to its best.

This is why we chose to make our pasta using the artisan process. Our durum wheat semolina, obtained through stone milling, is transformed into pasta in an artisan workshop, which works small quantities, paying great attention to quality. Bronze dies are used in the process and the subsequent slow drying takes place at a temperature constantly below 37 ° C for 24-48 hours.

Our pasta is produced using two types of flour:



Whole wheat flour of Timilia



Russello Semolina

Both production lines come in several formats, divided into **short pasta** and **special format pastas**.

Timilia whole wheat
flour pasta

The **short pasta** formats made of Timilia are:



'Italéd



Cavatunedda

The **special format pastas** of Timilia are:



Tagliarini



Spaghetti

Russello semolina pasta

The **short pasta** formats made of Russello are:



Maccarrùna



'Ntrizzàti

The **special format pastas** of Russello are:



Tagliarini



Spaghetti



CHICKPEA PASTA

Chickpeas always represented, and still do, one of the most important and robust protein sources of vegetable origin.

Together with other legumes they were defined, in past centuries, "the meat of the poor", to underline that chickpeas were a source of nourishment accessible even to those who could not afford food of animal origin.

Today, more and more by choice, many people decide to feed exclusively on vegetables or in any case prefer them a lot over meat of any kind. For these people and for all those who wish to experiment with new tastes and are looking for a healthy, nourishing and protein-rich food, we decided to transform our chickpea flours into pasta. To best enhance the organoleptic features of our flours we opted for the artisanal process, characterized by low temperatures and bronze drawing.

The chickpea pasta is produced in two different shapes using the two types of chickpea flour:



”Caserecce” of white chickpeas



”Fusilli” of black chickpeas



BAKERY PRODUCTS

Croccante

From the collaboration with an artisan laboratory, specialized in the processing of ancient wheat varieties, the line of bakery products was born, made with our Russello durum wheat and Maiorca soft wheat flours.

From the stone milling of the ancient Maiorca soft wheat, a white, soft and fragrant flour is obtained. Mixed with Russello ancient durum wheat semolina and other simple ingredients (extra virgin olive oil, thyme and oregano), rolled into a thin sheet and baked in the oven, it becomes an appetizing and fragrant cracker that smells of nature and tradition -- of Sicily!







Ours is a young farm, but one with ancient and deep roots.

My great-grandfather began to cultivate these lands in 1933 and, since then, our family -- and its history -- has been living here.

Over the years, we have preserved a small family treasure: our seeds. Legumes, wheat and other products, historically cultivated for the basic needs of our family, and now available to anyone who wants to rediscover the taste of memory.

Everything is grown according to tradition and without chemical additives. We believe in organic farming because we believe in the healthiest and ancient practices of countryside life, those handed down by our grandparents and great-grandparents and those who preceded them.

We believe in an agriculture that does not become industry, but produces healthy food, respecting the environment and transmitting the heritage of our rural traditions.



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