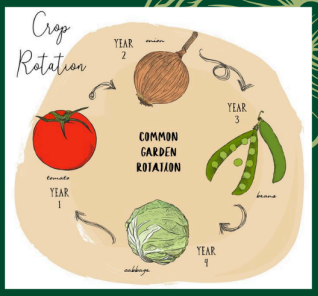
THE PERFECT FARM!



CHARACTERISTICS OF THE LAND:

The soil is not fertilized with chemical fertilizers but only with organic products. The three-year rotation method is applied with leguminous and herbaceous forage plants, and water from a stream running through the soil is used so that it is not contaminated.

PASSION FOR THE ORGANIC:

My name is Beatrice Alviani and I live in Barrea in the province of Aquila. In the area where i live, an agricultural land is managed with a farmhouse, whose owner has decided to start an organic type of agricultural activity and a farm.



Driven by curiosity and passion for nature and healthy eating, i wanted to meet this person to learn more about the operation of his company. In this soil is grown wheat solina, a soft wheat, resistant to cold temperatures, typical of my area, and suitable for cultivation with organic farming methods.





ZERO ADDITIVES MORE WELLNESS

Foods containing harmful additives such as potassium nitrite (E204), sodium nitrite (E250), sodium nitrate (E251) and potassium nitrate (E252), which are present mainly in canned meat, sausages and processed meats, shall be excluded from the preparation of meals.



FARM TO TABLE

From the grinding of this wheat is obtained a whole grain flour for the preparation of bread, pasta and cakes with particular flavor and fragrance. The flour is in great demand, both by small consumers and by hotels and restaurants in my area, it is an agriculture at km 0.



NOTHING GOES TO WASTE!

In addition, only meat from farms in the area is used, also at km 0. Kitchen waste is not wasted but transformed into compost that will be used as manure for the growing ground.