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## Our local Gastronomic Traditions

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Among the various traditions of our country it's very important to mention the culinary ones. We know that, in Italy, food is central to our traditions and way of life, and the same goes for Quaglietta. This beautiful and historic town has special dishes that are prepared only here, dishes unknown even to surrounding areas. They are simple yet delicious, born thanks to the farmers of many years ago and we make it a point to not lose their ancient flavors.

We are known for the **Sangiuvanniello**, pasta with olives, tomato sauce, garlic, oil and anchovies. But also the **Sauza**, the **Mbupata**, and the classic **Pasta and Beans**.

The "**Zenzifero**", which deserves a special mention in which we also have a festival (August 18<sup>th</sup> and 19<sup>th</sup>) to showcase the dishes that are created with this variety of mint, is also now grown by almost all families in the town. The **Ravioli with Zenzifero** has become product PAT (Traditional Food Product) but we also use it to make delicacies such as **liqueur** and **cheese**.



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## Our Events

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### "Festa d'Estate al Cantariello" on July 2

Feast of the tradition of our country during which people go near the river Sele to celebrate in honor of *Our Lady of Grace* (Madonna delle Grazie) with food, wine and music.

### "Premio Quagliettani nel mondo" on August 14

Award to prominent personalities of our country who have also differentiated themselves abroad, over time.

### "ZenziGUSTO" on 18-19 August

Our "Festival of the Zenzifero". Plant similar to mint, "lo Zenzifero" is used for our local products (ravioli, cheese, liqueur) that are showcased and served during the days of the festival.

### "Mercatino d'Agosto" on 21 August

It's a "market" that gives people an opportunity to exhibit their work. Including antiques and art objects, food and wine, handicrafts etc.



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Quaglietta

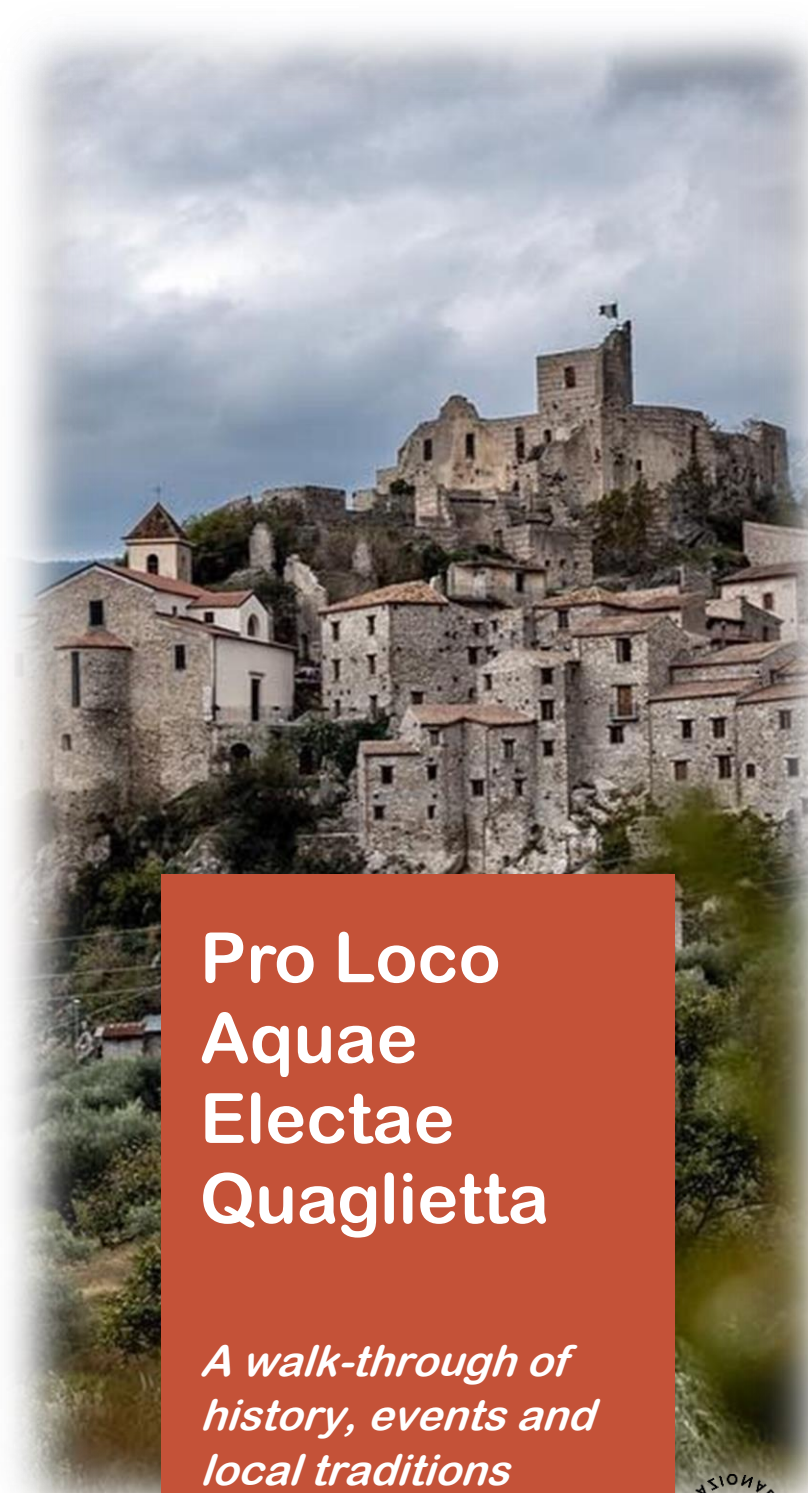
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*A walk-through of  
history, events and  
local traditions*



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## *A brief history of our roots*

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Quaglietta is a small village in southern Avellino and stands on a cliff overlooking the Valley. The cliff itself was once called **Castrum Aquae Electae** due to the surrounding homes developed and perched alongside, looking up at the grand castle above.

The name "Quaglietta" comes from **Aquae Electae**, which means "chosen water, pure water". The Sele River runs through this historic town which once offered a safe port and source of life to those nestled in its majestic surroundings. This prominent land also played a significant role of delineating political areas.

Our origins date back to 269 BC when the Roman army, under the command of the consul Sempronio Sofo, defeated the Piceni who then were brought here to Campania. After the invasions by the Greeks, the Etruscans and the Lucanians, the Romans unified Italy under their power. It's proclaimed that the origins of Quaglietta are linked to these settlements of the Picentini, which date back to the Roman expansion in central Italy followed by a merger between the people.

Among the oldest documents we found the "Catalogus baronum", a control tool compiled by the Normans after the conquest of Southern Italy, which was drawn up in the Twelfth century. From a critical study of this work, created by Evelyn Jamison, Quaglietta appears to be home to an important military command, where the king's steeds were trained and entrusted to Robertus de Qualletta around 1140.

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## *The Castle*

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Among the most beautiful and charming attractions of our country, in addition to the Sele River, is the extraordinary Medieval Castle. The Langobard Castle standing tall on a sheer cliff overlooking the expansive land below, acts as a barrier of the valley dating back to the first half of the Ninth century.

Quaglietta originated from a need to create a barrage against the fierce Saracen attacks, which landed on the coasts between Salerno and Paestum and continued inland along the course of the Sele river.

As a result, the Castle became a fortress of the local lord. The castles, in fact, were placed far from the roads to be a perfect refuge and to protect the inhabitants of the neighbouring areas. Around this fortress was slowly born the nucleus of the town Quaglietta and, from that moment, the Castle had to accommodate within its walls also the people.

As you can also see walking through the streets of this grand structure, our Castle shares other common features:

- **Fortified residence** : including the keep, the real home and the feudal family and the court;
- **Keep** : the largest tower, residence of the feudal lords and extreme defense in case of invasion of the court. Designed both as a vantage point and as a last safe place.
- **Defensive towers, palatine chapel, moat, church**, etc..

**The main Church**, well set in the rock peak, is one of the most visited places both for those who want to take a religious walk, and those

who want to discover the architectural beauty of Irpinia. It's a rare example of a sacred building with a Greek cross (formed by 4 arms of equal size). It's a Byzantine art, so it is connected to the Fifteenth century. It was constructed as a private chapel and then public thanks to the baron of the Castle.

Today, it is dedicated to the Patron Saint of Quaglietta: **San Rocco**. The church of San Rocco was completely destroyed by the earthquake on November 23, 1980. Rebuilt from the foundations, it preserves the only original stone portal, on which the date of 1718 is engraved, referring to a restoration of the building.

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## *How does the Castle look today?*

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Due to its size and surrounded by nature, it requires continuous restoration and maintenance. If you want to experience its beauty and historic presence, you can be accompanied by volunteers of the **Universal Civil Service** to take walks throughout the Castle and learn about our history and traditions. In addition, you can admire the beauty of the Castle first-hand by staying in the "**Albergo Diffuso**". The hotel has comfortable and scenic rooms which showcase the surrounding architecture. Your stay also offers direct access to the restaurant, pub and pizzeria "**Silarus**", where you can taste delicious farm to table southern food.

Here the Web Site, if you want to take a look!  
<https://www.albergodiffusoquaglietta.com>