

Recipes & tradition_

Asparagus leaves an impression on the palate subtle, but recognizable, making it possible gastronomic combinations for both affinity and for contrast. Due to these own properties, they are particularly suited to elaborate preparations as quiches and mousses, creams and ice cream, and even baked cakes like *Laumellinum*, created by the inspiration of an artisan baker and his desire to preserve a product with centuries of tradition.

According to tradition, the asparagus has magical and meditative power. It helps to combat toothache and serves as an antidote to the poison, has diuretic properties and, above all, fosters love.



Scan here to learn more about Cilavegna's Fair and recipes!



Progetto CLIL 2.0 *Colours in Lomellina's Products*

**CLASSI: 2[^] B e 2[^] H IC Mortara
Scuola Sec. 1^o grado Josti-Travelli**

Insegnanti: Cassis - Gatti - Mantelli



Cilavegna's White Asparagus

Thanks to the alluvial layers of Ticino, the lands around Cilavegna (Pavia) are ideal for the cultivation of these vegetables

Cilavegna's White Asparagus

Some information_

Cilavegna, a town of Pavia province, is characterized by wet and sandy soils suitable for growing asparagus, vegetables of Asian origin, that here are distinguished by more than five hundred years for their tenderness and their delicate and refined taste. In fact, the asparagus of Cilavegna, white, and of considerable size, due to its aroma extremely delicate and very persistent at the same time, it can be safely consumed even raw.

The fields, in which it is grown asparagus, are called asparigate, and the harvest takes place in the spring, from March to May.

The excellent quality of the white asparagus of Cilavegna is guaranteed from the traditional methods of cultivation without herbicides but with hands and hoes.

To preserve the quality and genuineness of the typical vegetable of Cilavegna in 1987 it has been constituted the Consortium of Asparagus Cilavegna Producers (CON.P.A.C.), which is composed by the eleven remaining local producers.

Every year, the second Sunday in May, the Pro Loco of Cilavegna organizes the Asparagus Fair, which, for over thirty years, offers visitors wine tastings and folklore events.

