

Products and Recipes

Availing of talented local producers, in Dorno you can purchase pumpkin jam, pumpkin and ginger, and cinnamon pumpkin, pumpkin and apple, pumpkin and chocolate; cream risotto, a preparation of bertagnina pumpkin specially designed for risotto; kisses Dornoch, made with pumpkin candy, chocolate and macaroons; "Albertine", biscuit made from pumpkin and wheat flour; the classic ravioli, seasonal product with a pumpkin bertagnina heart wrapped in fresh pasta; juice of pumpkin, tomato and pumpkin bertagnina, also available in versions with anchovies and olives; and finally the novelty: Zeta, beer flavored pumpkin produced by Brewery Pavese.

In 2014, the Pro Loco of Dornoch has edited the publication: "The bertagnina Pumpkin: history, traditions and recipes of a Lomellina corner" where you can find many historical news and curiosity about this vegetable and to the dedicated festival, but especially so many original recipes in which the bertagnina pumpkin is the star.



Scan here to learn more about Dorno's Festival and pumpkin's recipes!



Progetto CLIL 2.0 *Colours in Lomellina's Products*

CLASSI: 2^A B e 2^A H IC Mortara
Scuola Sec. 1° grado Josti-Travelli

Insegnanti: Cassis - Gatti - Mantelli

Lomellina Italian excellence



Dorno's Bertagnina Pumpkin



ZUCCA
BERTAGNINA
di DORNO

Dorno's Bertagnina Pumpkin

History and other information ...

Pumpkin growing in the Dorno area goes way back into the past and is based on the ease with which it can be grown on these lands. Historically a pumpkin called Bertagnina was grown in the area. The name may derive from the words 'bartò' or 'bartòl', terms which mean beret in Dorno dialect. The flat caps worn locally by farmers look rather like the protuberances at the base of these pumpkins.

With industrialisation the farming of this pumpkin was increasingly abandoned by producers as a result of its shape. On industrial production chains those protruberances led to too much waste. Over recent decades a number of local farmers have started growing it again with the support of the Dorno tourist office and Pavia University which recovered the pure seeds by means of a selection process. In 2003 the feast day of Dorno patron saint St Bartholomew - celebrated since the mid 19th century on the 24th of August - was moved to the second Sunday in October so that both wine and the fruits of the land such as pumpkins would be available to it. Thus the festival has taken the name Sagra della Zucca Bertagnina to give greater publicity to this traditional Dorno product. Over recent years it has met with great success and every year now thousands of pumpkin gourmets flood into the town in the second half of October for the festival. In 2012 the Bertagnina pumpkin was made part of the Hortus 2015 association which focuses on the relationship between architecture, agriculture and society.

Production zone: The Zucca Bertagnina di Dorno production zone is Dorno town and the bordering towns of Alagna Lomellina, Zinasco, Pieve Albignola and Scaldasole, Garlasco.

FOOD SUMMARY

Nutrition

Serving Size 245 g

Amount Per Serving	Calories from Fat 1	% Daily Value*
Calories 49		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 2mg		0%
Total Carbohydrate 12g		4%
Dietary Fiber 3g		11%
Sugars 2g		
Protein 2g		
Vitamin A 245%	Vitamin C 19%	
Calcium 4%	Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

[Download Printable Label Image](#)

Nutritional Target Map

4.5
5.0
Fullness Factor

ND Rating

NutritionData's Opinion

Weight loss: ★★★★★
Optimum health: ★★★★★
Weight gain: ★★☆☆☆

The good: This food is low in Saturated Fat, and very low in Cholesterol and Sodium. It is also a good source of Vitamin E (Alpha Tocopherol), Thiamin, Niacin, Vitamin B6, Folate, Iron, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Riboflavin, Potassium, Copper and Manganese.

Caloric Ratio Pyramid

88%	3%	9%
Carbs	Fats	Protein

Estimated Glycemic Load

3

0 250 500
Typical target total is 100/day or less

NUTRIENT BALANCE

85
Completeness Score

[What is this?](#)

PROTEIN QUALITY

56
Amino Acid Score

[What is this?](#)

Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.

[Find foods with complementary profile](#)