LA PAROLA

Sprezzatura - another Italian word that is more of a concept, *sprezzatura* is a way of acting, acting in such a way that you're effortlessly cool, originally coined by Baldassare Castiglione. A nonchalant kind of elegance.

SE HAI 21 ANNI...

Gattavecchi has a *Vernaccia di San Gimignano* available for around $12! This is a classic white wine from the little Tuscan town of San Gimignano. It is very fruity, with hits of citrus, apple, and pear!

IL FATTO

Interestingly, all three of Europe's active volcanoes are in Italy! Etna in Sicily, Vesuvius in Naples, and Stromboli, which is situated on the small Sicilian island of the same name.
As the days get shorter and the temperature begins to drop, a good, hearty soup can be the perfect remedy. Ribollita combines cabbage, cannellini beans, veggies, and bread to make a hearty soup originating from Tuscany.

Ribollita was born from the scraps of food that was given to the nobles. The nobles would eat meat on the bread and give the leftovers to the poor, who would mix it with vegetables and cabbage.

Ribollita was originally recooked as leftovers over several days, but you can make a delicious version in under three hours. To get the full recipe search "Ribollita" on lacucinaitaliana.com
Siena is a beautiful town in Tuscany with a population of 53,000. It’s home to many attractions, including the Duomo (pictured on the left), Banca Monte dei Paschi di Siena (the oldest bank in the world), and the Piazza del Campo, where Il Palio takes place. Siena was likely settled from 900-400 BCE by the Etruscans, and now stands as a love letter to Gothic architecture.

The University of Siena, or Università degli Studi di Siena (pictured on the right), was founded in 1240 and is the fourth oldest university, as well as the oldest publicly funded university in Italy.

Il Palio is a horse race that takes place in the Piazza del Campo. Ten out of the Sienese districts (“Contrades”) are allowed in each race and challenge each other. The first Il Palio took place in 1633!