



**Italy is divided into 20 Regions.**  
l'Italia è divisa in 20 regioni.  
**Each region has:**  
– Parliament.  
– President.  
– Regional government.  
**Tuscany is one of the 20 regions.**



**Tuscany History**  
**8th c BC-264 BC:** 12 individual city-states in Etruscan League (Etruria)  
**264 BC-500 AD:** Part of Roman Empire.  
**500 AD-1500s AD:** Split into small kingdoms.  
**1569-1860:** Independent country.  
**1860:** Joined united Italy.



**Powers of the Regions:**  
All powers not given to national government by law.  
**Examples of Regional Powers**  
– Health care.  
– Regional transportation.  
– Local economic development.  
– Cultural activities.  
– Environmental protection.  
– Education (but must follow national standards).

**Tuscany Region**  
– Known for its landscapes, history, artistic legacy, and influence on Italian culture.  
– Area: 8,900 sq mi (about size of New Jersey).  
– Population: 3,800,000.  
– Language: Both standard Italian and the Tuscan dialect (dialetto toscano) are spoken.



**Let's begin our visit to Tuscany by looking at four fantastic places where we are not going!**  
– Pisa. – Lucca.  
– Florence. – Arezzo.  
**Like all Tuscan holidays, there's just not enough time.**



**Florence Cathedral 1436**



**Lucca Cathedral 11th c**

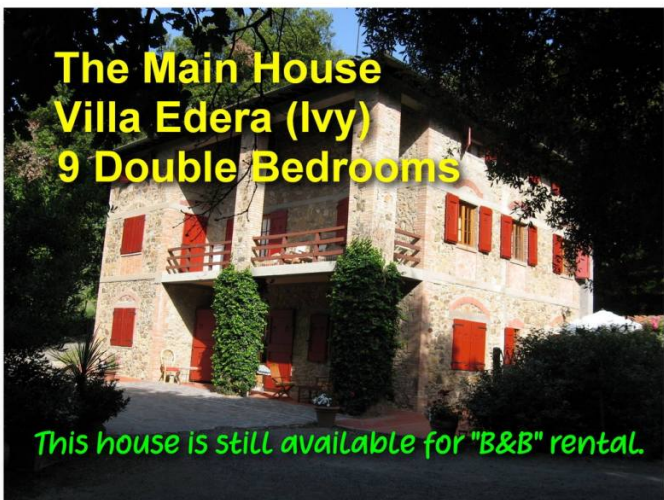


**Arezzo** Piazza Grande and Ch of Santa Maria della Pieve 13th c



**Our rental villa  
Fattoria = farm, homestead  
La Sciolta = Easygoing**

**The Main House  
Villa Edera (Ivy)  
9 Double Bedrooms**



*This house is still available for "B&B" rental.*

**Smaller House "Leccio Antico"  
The one we rented  
But no longer available**



**Living Room (il soggiorno)**



**Dining Room  
For lunch and  
dinner we  
ate outside**



**la sala da pranzo**

**Four Double Bedrooms**



**Camara da Letto**



**Kitchen**



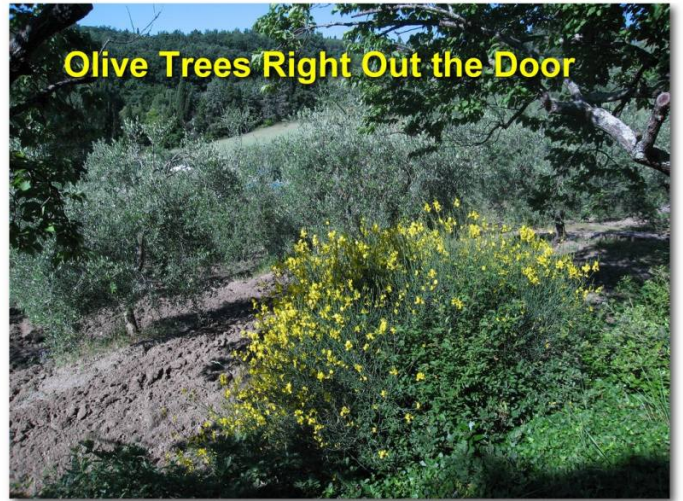
**La Cucina**

**Bathroom**



**il Bagno**

**Olive Trees Right Out the Door**



**Great Tuscan views  
from our sitting area**



**Dinner with some friends  
who visited**



**A nearby restaurant...  
But we ate in most nights.**



**Vineyards along our drive  
to Volterra**



**il vigneto = vineyard  
Also la vigna**

**Pear trees – drive to Volterra**



**la pera**

**Volterra - Alt. 1,742 feet  
Walled mountaintop town**



**Volterra - Medici Fortress  
Built 1342-1475**



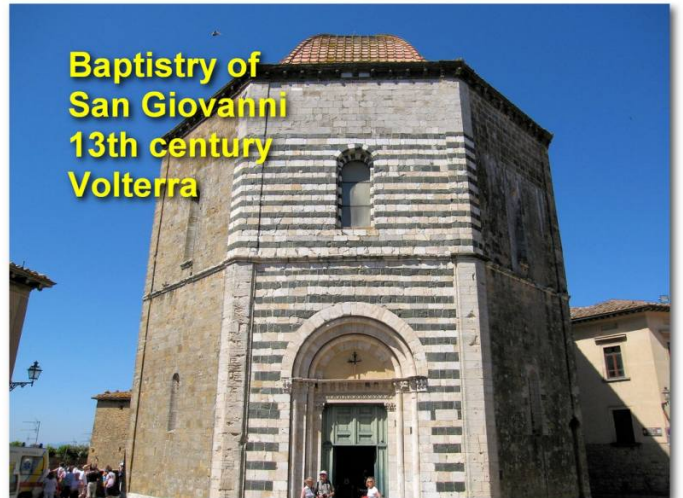
**Volterra - Medieval Town**



**Duomo  
Basilica di Santa Maria Assunta  
Early 12th c  
Romanesque**



**Baptistry of  
San Giovanni  
13th century  
Volterra**



**Octagonal marble  
baptismal font  
sculpted 1502  
by Andrea  
Sansovino.**



**Chiesa Sul Piazza XX Settembre  
Church on 20 September Plaza  
Rome was captured by newly  
united Italy on Sept 20, 1870,  
completing unification of Italy.**



**Madonna Ascending**  
**Giovanni della Robbia**  
15th c



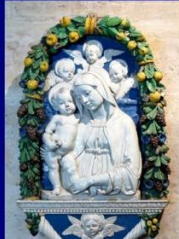
- The Della Robbias – Ceramic Artists**
- Luca della Robbia: 1400–1482.
- Marco della Robbia: (brother of Luca, father of Andrea) 1385-1448.
- Andrea della Robbia: (nephew of Luca) 1435–1525.
- Giovanni della Robbia: (son of Andrea) 1469-1529.
- Girolamo della Robbia: (son of Andrea) 1488–1566.
- Francesco della Robbia: (son of Andrea) 1477-1527.



**Luca**



**Marco**



**Andrea**



**Giovanni**



**Girolamo**



**Francesco**



**Dutch-based chain of independently owned grocery stores.**

- 13,000 stores.
- 48 countries.
- US\$40 billion sales.
- Not in USA.

**Palazzo dei Priori**  
**Town Hall**  
**Built 1208-1257**  
**Volterra**



**Priori = Head Monks**

**These plaques honor famous citizens or events.**



**Palazzo dei Priori has a municipal museum and viewing tower.**

**1st c BC Roman Theatre & Baths**  
**Volterra**

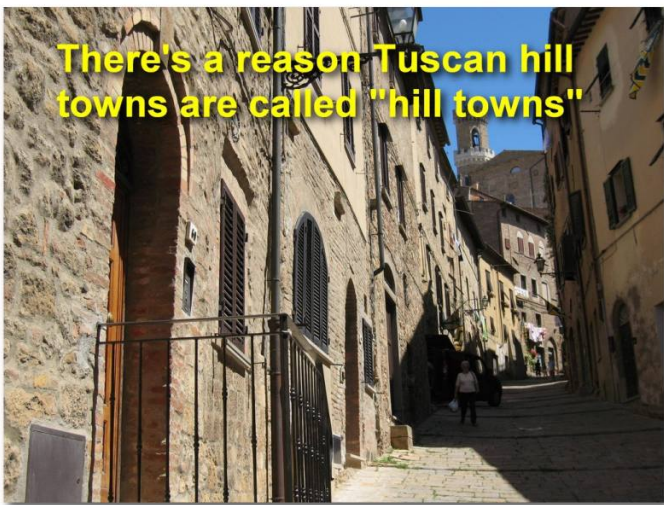


**Baths**

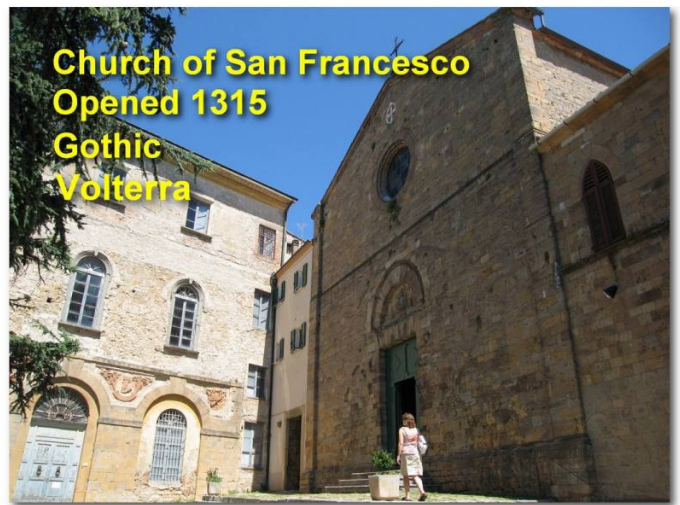
**Theatre**

**Volterra 1st c BC Roman Theatre**  
**Seated 1,800**





There's a reason Tuscan hill towns are called "hill towns"



Church of San Francesco  
Opened 1315  
Gothic  
Volterra



San Francesco Church  
Chapel of the Daily Cross  
1315



Lunch in Volterra



Guardia di Finanza  
National military police force.

- Drugs.
- Smuggling.
- Financial crime.
- 60,000 officers.



Guarnacci Etruscan Museum  
Volterra  
Thousands of Etruscan urns, sculptures, sarcophaguses, etc.

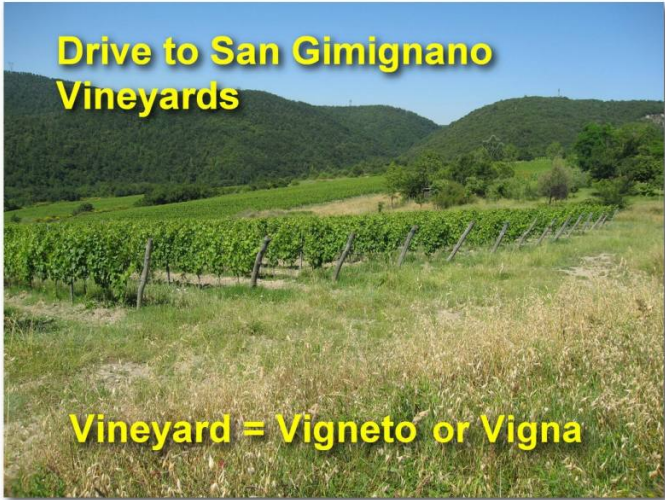
Etruscan Period = 900 BC to 264 BC  
Etruria Today = Tuscany, Lazio, Lombardy



Husband and Wife Sarcophagus  
Guarnacci Etruscan Museum  
1st c BC

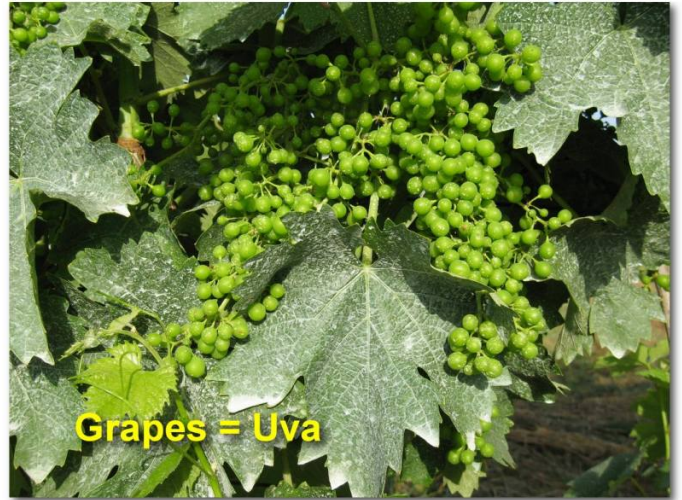


Etruscan alabaster sarcophagus

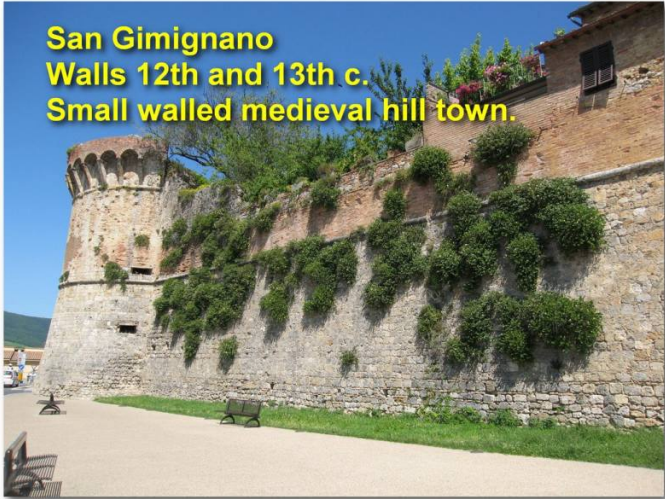


**Drive to San Gimignano Vineyards**

**Vineyard = Vigneto or Vigna**



**Grapes = Uva**



**San Gimignano Walls 12th and 13th c.  
Small walled medieval hill town.**



**San Gimignano has preserved its medieval appearance more completely than any other town in Tuscany.**



**San Gimignano is famous for its remarkable 14 preserved tower homes.**

**In the 13th century there were 72 of these tower homes.**



**San Gimignano Cugnanesi Tower 13th c**



**Piazza della Cisterna**

**Torre Rignosa**



**Torre Grossa 1310. 177'.  
Can climb**

**Ardinghelli Towers 12th c. Ardinghellis were bitter enemies of Salvuccis, who also built 2 towers.**



Salvucci Towers

Torre Rignosa



Piazza della Cisterna  
San Gimignano's  
main square

Cistern 1287.  
A well traps  
ground water.  
A cistern traps  
rainwater.



Basilica of Sta Maria Assunta  
12th c



Piazza della Cisterna  
Devil's Tower



Palazzo del Popolo (Town Hall)  
San Gimignano  
13th c



View of Tuscan Hills  
from San Gimignano



Lunch in San Gimignano

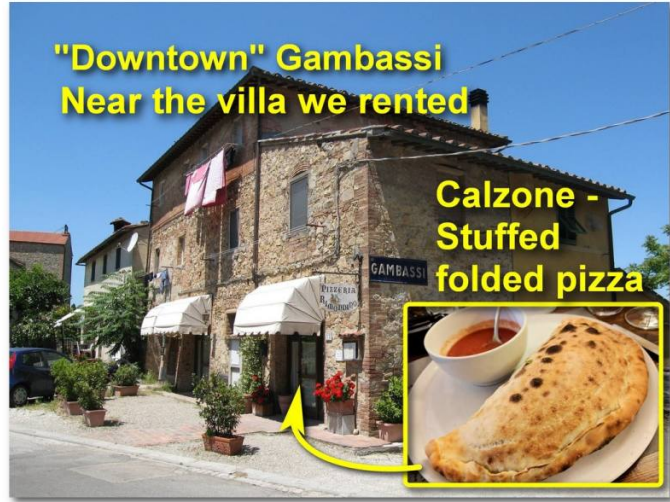
Tip: Find a restaurant as soon  
as you arrive in San G in the  
morning and book for lunch.



Torre del Diavolo  
Devil's Tower



Podestà Palace - 12th-14th c  
Home of San Gimignano Mayor

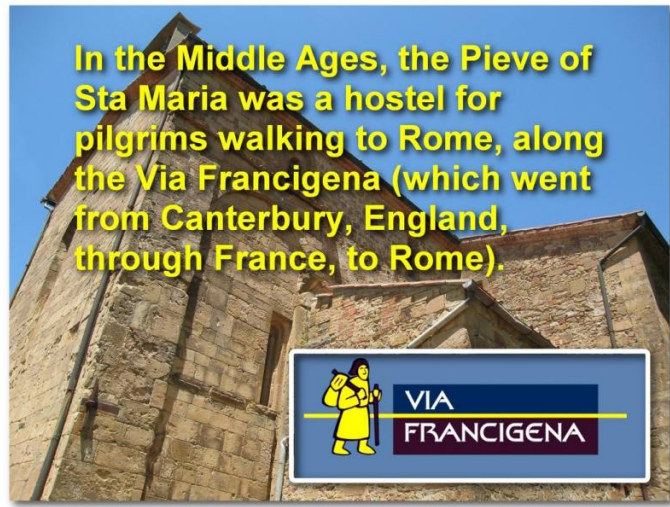


"Downtown" Gambassi  
Near the villa we rented

Calzone -  
Stuffed  
folded pizza



Gambassi Pieve of Sta Maria  
Pieve = Small rural church  
12th-13th c



In the Middle Ages, the Pieve of  
Sta Maria was a hostel for  
pilgrims walking to Rome, along  
the Via Francigena (which went  
from Canterbury, England,  
through France, to Rome).

VIA  
FRANCIGENA

**Via Frangcigena**

Ancient Christian pilgrimage route. Canterbury to Rome. 1,100 miles. Since 990 AD. Today: A few thousand walk it each year. Takes around 40 days.




[www.viefrancigene.org/en/](http://www.viefrancigene.org/en/)



Hill Town of Colle di Val d'Elsa

Colle = Hill



Porta Nuova - 15th-16th c  
One of two circular towers  
Colle Val d'Elsa



Colle di Val d'Elsa  
Cisterna - 1764

CISTERNA



**Church of Santa Caterina  
St Catherine  
13th c**



**Sagra della Miseria  
Festival of Misery at St Catherine  
Now in its 32nd year  
Dinner, Weekends in June**

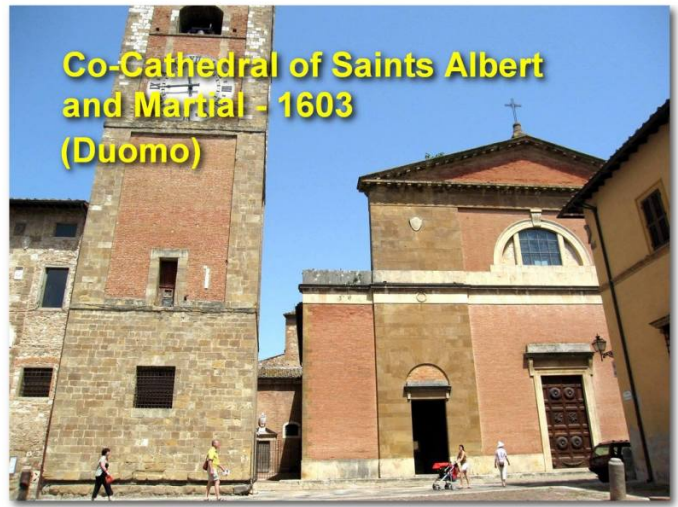
"Flavors of poor peasant cuisine. Menu includes soups, chickpeas, bread, and dishes based on bread like panzanella and bruschetta with anchovies and cod."



**Colle di Val d'Elsa  
Piazza del Duomo**

**Palazzo dei Priori - 1365**

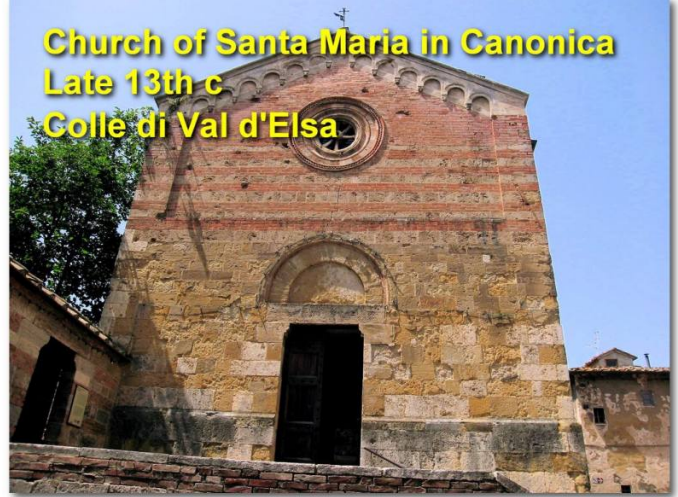
**Duomo**



**Co-Cathedral of Saints Albert  
and Martial - 1603  
(Duomo)**



**Arnolfo di Cambio - 1240-1300  
Sculptor from Colle di Val d'Elsa.  
Worked on Siena Cathedral, St Peter's,  
S. Maria Maggiore, S. Maria in Aracoeli,  
Orvieto. Designed Florence cathedral.**



**Church of Santa Maria in Canonica  
Late 13th c  
Colle di Val d'Elsa**



**Walled Medieval Hill Town  
of Monteriggioni**



**Monteriggioni – Park below  
and walk up to the town**

**Monteriggioni walls built by the Sienese in 1214-1219 to defend against Florentines.**



**Piazza Roma  
Monteriggioni**



**Monteriggioni**



**Monteriggioni Piazza Roma**



**Pieve di Santa  
Maria Assunta  
13th c**



**Pieve di Santa Maria Assunta  
Monteriggioni  
13th c.**



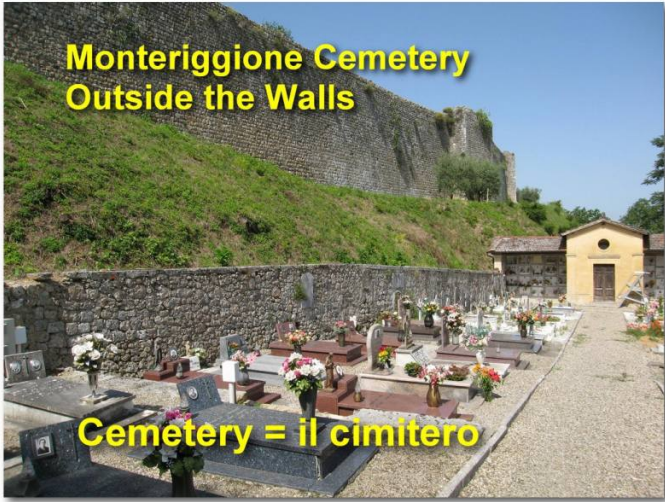
**Walk along Monteriggioni walls**



**Wikipedia: "Monteriggioni's walls and the buildings that make up the town are the best preserved example of their kind in all of Italy."**

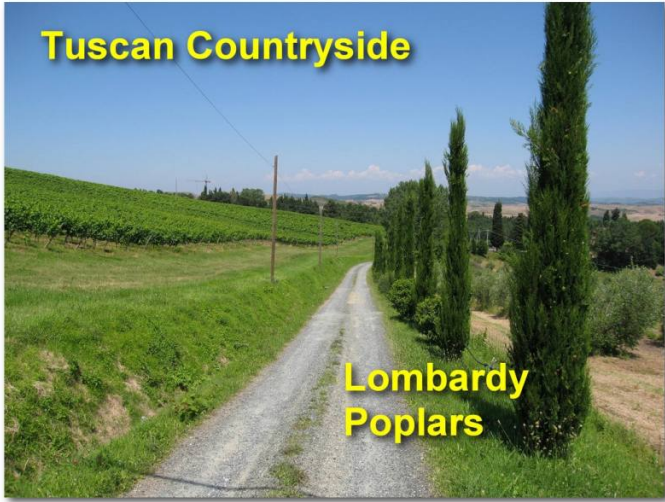
**View from Monteriggioni walls**





**Monteriggione Cemetery  
Outside the Walls**

**Cemetery = il cimitero**



**Tuscan Countryside**

**Lombardy  
Poplars**

**Tuscan Cuisine:**

- Simplicity. No heavy sauces.
- Legumes (beans), bread, cheese, vegetables, mushrooms and fresh fruit are used.
- Olive oil. Not butter.
- White truffles.
- Salamis.
- Beef of highest quality.
- And, of course, wine.



**Cooking Lesson**

**Teacher**

**Allison**



**Making ravioli from scratch**



**Zucchini Flowers**

**Fiori di Zucca**



**For the pasta sauce**



**Making the ravioli dough**



**Making the ravioli dough**



**Kneading the dough**



**Rolling the dough**



**Ally will make two kinds of ravioli: using a mold and also freehand**



**Using a mold**



**Freehand**



**Finished product ready to cook**



**Cooking**



**Add ravioli to the sauce...**



**Ready to serve**



**Ally's chicken cacciatore**



**Crostata di Marmelatta di Fico**

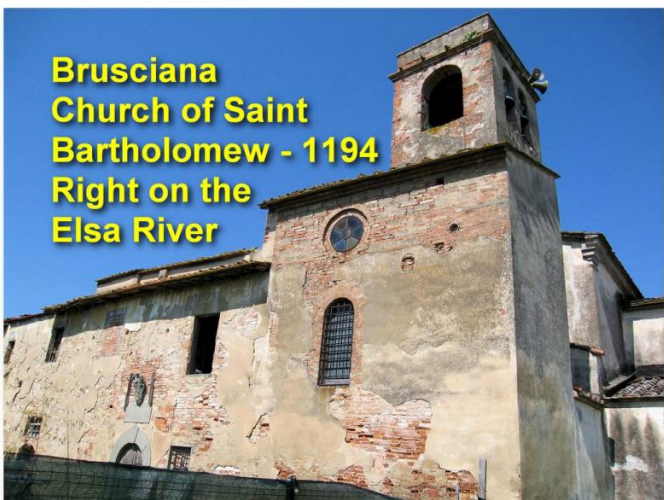
**Fig jam pie Italian style**



**An excellent dinner!**



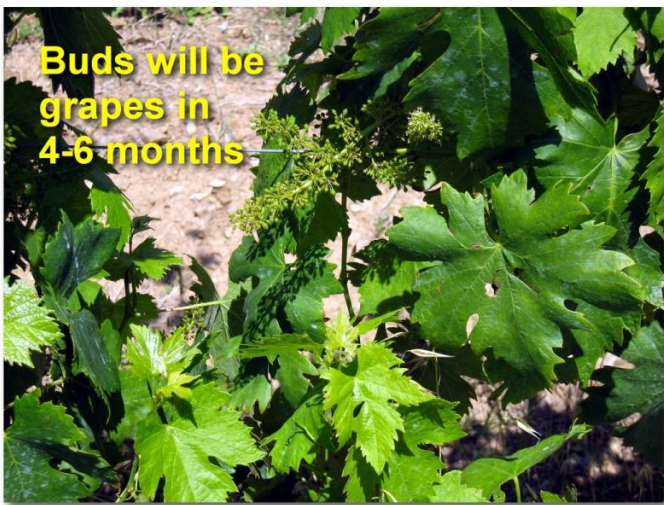
**Tuscan Countryside**



**Brusciana  
Church of Saint  
Bartholomew - 1194  
Right on the  
Elsa River**



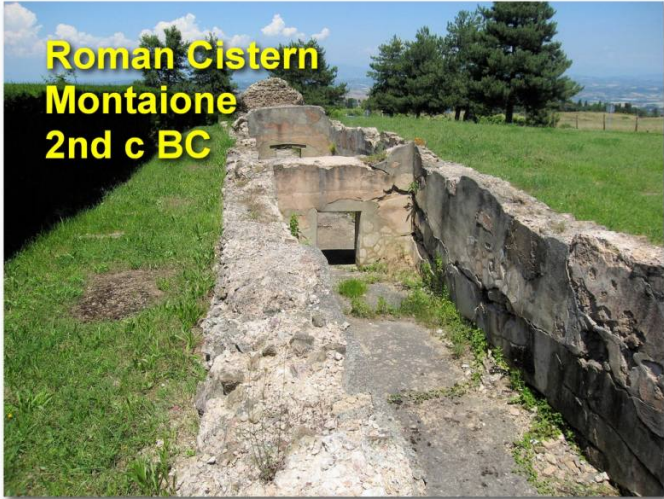
**Vineyards on the way  
to Montaiione**



**Buds will be grapes in 4-6 months**



**Pieve of San Regolo  
Montaione – 1765**



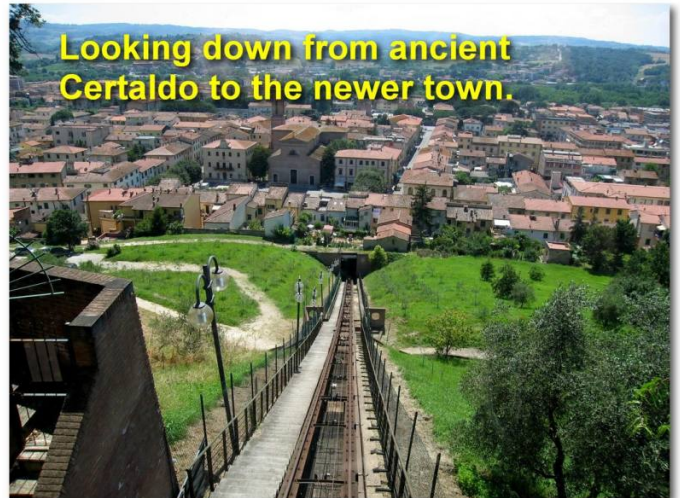
**Roman Cistern  
Montaione  
2nd c BC**



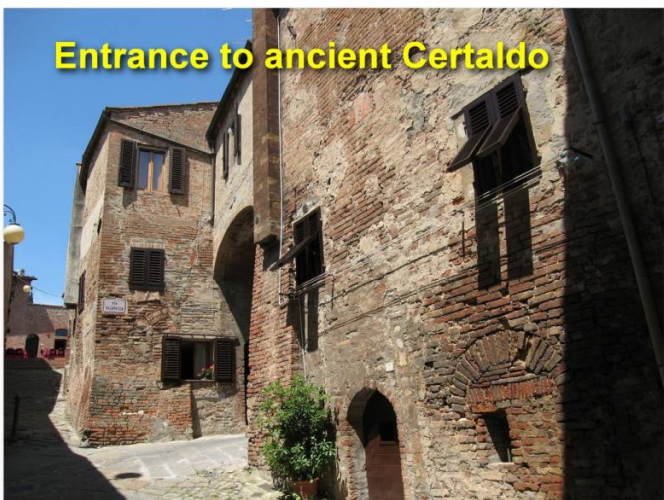
**Drive to Hill Town of Certaldo**



**Certaldo is a timeless Medieval hilltop town. Leave your car at the bottom and take the funicular up.**



**Looking down from ancient Certaldo to the newer town.**

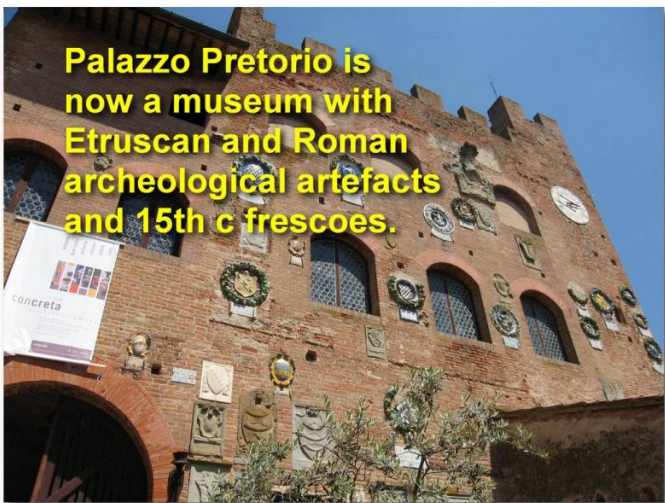


**Entrance to ancient Certaldo**

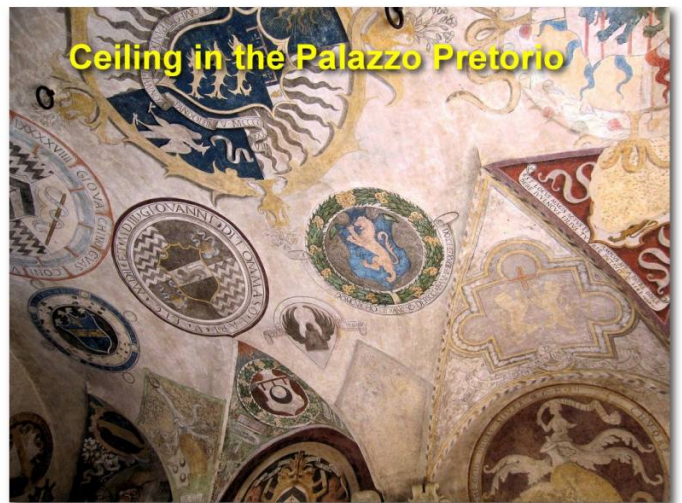


**Palazzo Pretorio - Certaldo  
Built 1117-1164**

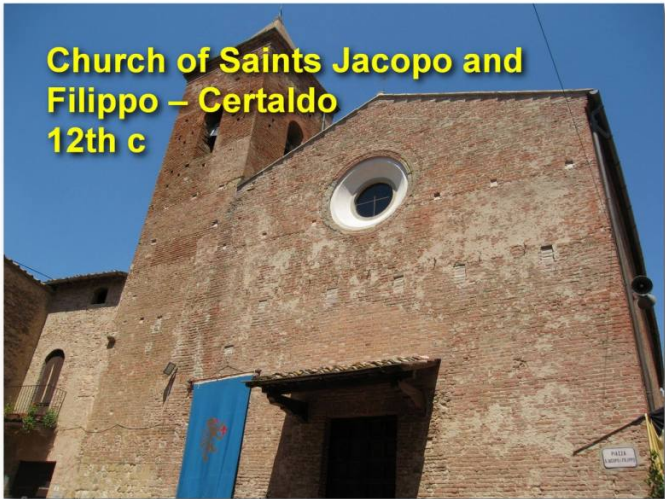
**Palazzo pretorio = Mayor's office**



**Palazzo Pretorio is now a museum with Etruscan and Roman archeological artefacts and 15th c frescoes.**



**Ceiling in the Palazzo Pretorio**



**Church of Saints Jacopo and Filippo – Certaldo 12th c**



**In the center of Certaldo, two Saturday nights in June: medieval reenactment and gastronomic dinner.**



**Certaldo: Tables being set up for the Medieval Dinner. Medieval menu. Waiters in Medieval costumes. Sword duels. After dinner, fireworks.**

**Certaldo Medieval Dinner 2024**  
**Price: €45 (\$50). Menu:**  
**Morsini di pane con duretti di porco.**  
**Bread morsels with pork shavings.**  
**Inzuppa di fave.**  
**Broad bean soup.**  
**Stinco di Ser Fabiotto.**  
**Lamb Shank.**  
**Sweets & Sweet Wine**



**Certaldo Osteria can be a tavern and/or guest house**



**On our way to Siena**

## Siena

- Founded by Senius and Aschius, sons of Remus, nephews of Romulus.
- Stole Rome's symbol of she-wolf suckling twins to be Siena's symbol.
- Medieval Siena major sights:
  - **Campo (main plaza).**
  - **Cathedral.**
  - **Palazzo Pubblico.**
- Siena is built on a ridge. Park car below. Free public escalator up.

## Palio di Siena

- Horse race held twice a year:
  - **2 July.**
  - **16 August.** *Since 1633*
- Ten horses and riders, bareback.
- Represent 10 of the 17 contradas, or city wards.
- A pageant, the Corteo Storico, precedes the race.
- Race is run around the Campo – Siena's main square.

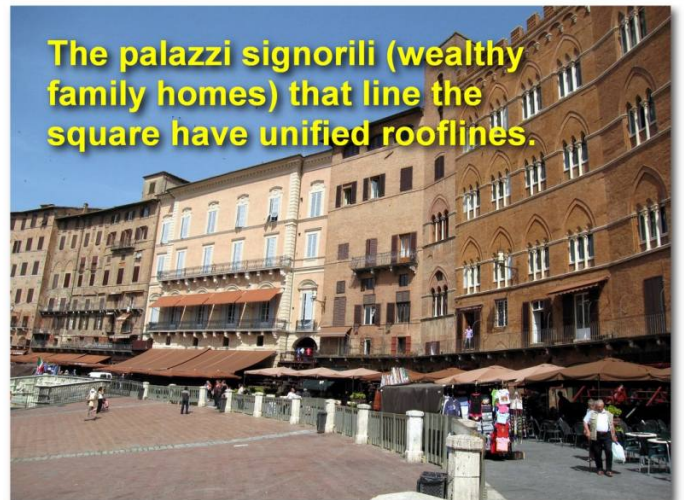
- Dirt laid down for track.
  - **3 laps.**
  - **90 seconds or so.**
- Treacherous. Dangerous turns.
- Much rivalry among contradas. Passion. Pride. Some corruption.
- Riders can whip not only their own horse but other horses and riders!
- Animal rights issues.
- Tallies kept since 17th century.



**Piazza del Campo – Siena**  
**One of Europe's greatest medieval squares**



**The palazzi signorili (wealthy family homes) that line the square have unified rooflines.**

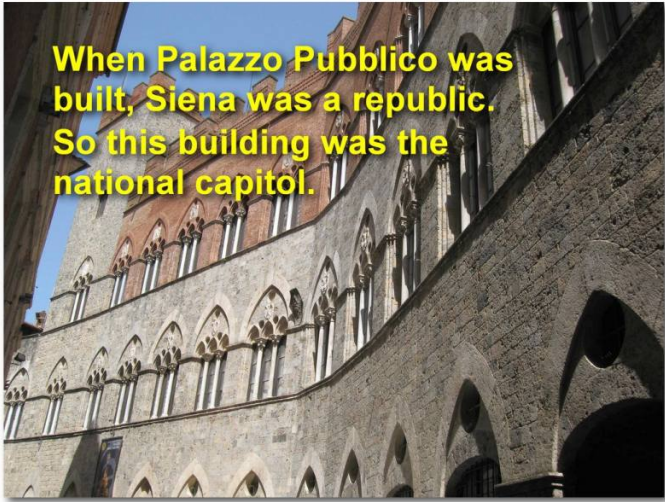


**Photo taken late June.**  
**Getting ready for July 2 palio.**



**Palazzo Pubblico on the Campo.**  
**Government Palace.**  
**Built 1297-1308.**  
**Now a museum (Museo Civico).**





When Palazzo Pubblico was built, Siena was a republic. So this building was the national capitol.



Palazzo Chigi-Saracini. Built by Marescotti family in the 12th century. Now museum.



Fonte Gaia (fountain) in the Piazza del Campo – 1419



Fonte Gaia – Basin adorned on three sides with bas-reliefs of Madonna surrounded by classical and Christian Virtues.



Pastry shop

Pizzeria for sale

Double-bed room for rent



Panforte – chewy Italian dessert containing fruits, nuts, honey.

Tuscan origin. Siena is the panforte capital of Italy.



Chocolate Stracciatella Panna Cotta Hazelnut Walnut Cream

Berries Pistachio Cherry Strawberry Lemon Yogurt



Siena City Market Wednesdays 8:30 am to 1:30 pm Around the Fortezza

Clothes, household goods, flowers, fresh fruit, vegetables, dairy, seafood.



**Formaggio – Cheese**



**Pesce – Fish**

**White Fish from Elba**

**Rock Fish**



**Calamari, Seppia, Totanini – Squid**



**Pesche = Peaches**

**Mele = Apples**

**Arance = Oranges**



**Salumeria – Delicatessen**

**Salumi = Italian cold cuts made from salted pork or beef.**  
**Examples of salumi:**

- Salami = dried cured meat.
- Bresaola (made from beef).
- Mortadella (cooked).
- Prosciutto.
- Speck.
- Capicola.
- Pancetta (Italian bacon).




**Salumi = Italian cold cuts made from salted pork or beef**



**Salami = Dried cured meat**

**These were €4 each.**

**Cured pork shoulder €35 each.**



**Sedano**  
– Celery

**Scalognò**  
– Shallots



**Peperoni =**  
**Peppers**

**Note: Peperoni (with 2 p's) is an American variety of salami.**



**Porcini Mushrooms**  
from Pomerania

FUNGHI PORCINI  
DI POMERANIA  
1/2 kg 9.00 €  
1 kg x 17.00



**Persico – Perch**  
from Tanzania

FILETTI DI  
PESCE  
PERCA TANZANIANI  
€ 13.50



**Palazzo Salimbeni**  
14th c Gothic palace  
Now a bank HQ



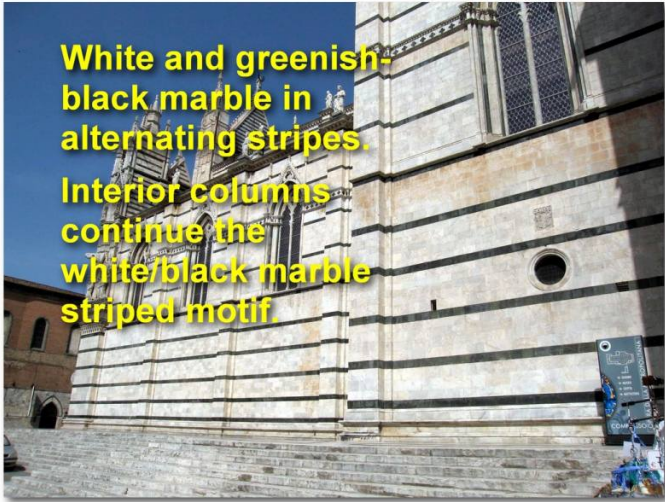
**Duomo**  
Masterpiece of Italian  
Romanesque-Gothic  
architecture.



**Duomo**  
Construction Started 1196  
Completed 1283



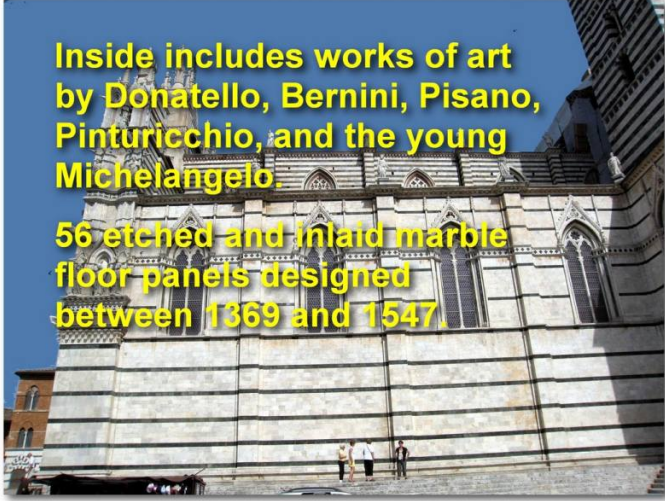
**Facade Completed 1380**



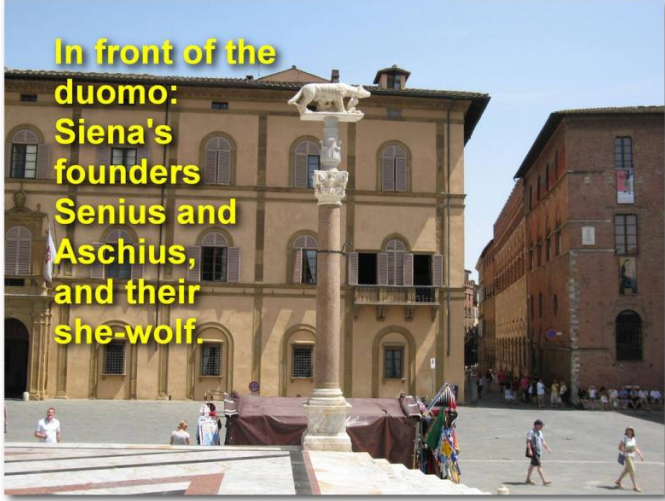
White and greenish-black marble in alternating stripes.  
Interior columns continue the white/black marble striped motif.



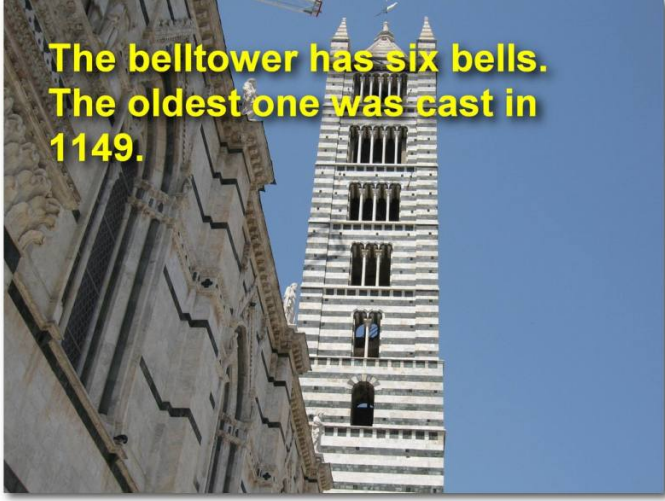
Close-up of the marble



Inside includes works of art by Donatello, Bernini, Pisano, Pinturicchio, and the young Michelangelo.  
56 etched and inlaid marble floor panels designed between 1369 and 1547.



In front of the duomo:  
Siena's founders Senius and Aschius, and their she-wolf.



The belltower has six bells.  
The oldest one was cast in 1149.

**Siena and Orvieto Cathedrals**  
Siena: 1215 *115 mi NW of Rome.*  
– Designed by Giovanni Pisano.  
Orvieto: 1290-1320 *60 mi NW of Rome.*  
– Designed by Arnolfo di Cambio (also designed Florence cathedral).  
– He died before completion.  
– 1309 another architect took over. Major changes, increasing the similarity to Siena Cathedral.



**Comparison**

Siena 1215

Orvieto 1290-1320



**Stained Glass: The Last Supper 1549**



**FINE (THE END)**  
**of our Visit to Tuscany**

Tuscan Sun Rose

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