

TreviAmbiente > paesaggi da gustare > CONOSCENZA IN CAMMINO

TREVI wildlife culture tastes traditions quality knowledges routes
didactics ENVIRONMENT > KNOWLEDGE IN PROGRESS >

TRANSLATION: WORK IN PROGRESS

BY THE HIGH SCHOOL (CLASSIC - LANGUAGE) "FEDERICO FREZZI" - FOLIGNO

TreviAmbiente > paesaggi da gustare > CONOSCENZA IN CAMMINO

is a project by Giampaolo Filippucci, Alvaro Paggi, Danilo Rapastella e Tiziana Ravagli for the Municipality of TREVI

INTRODUCTION

In the heart of our region, Umbria, there is a line overview that embraces our town, Trevi: it is the ridge of the Serano-Brunette mountains, it is a line of gently, rounded peaks, rarely rugged and severe, intense deep green like the woods which carpet them.

The Clitunno Fonti come from these mountains: they are transparent springs which remind us of the ancient sacredness of the Umbrians and Romans and take us on an original journey along the clear, natural flow of the Clitunno River. These waters lead us to the historic roads of the plains, in search of the traces from past civilizations. The viewer is deeply moved when it gazes at the white and light grey herons' flight which merrily glides over the remains of the ancient marshes.

Welcome in "TreviAmbiente": a journey which gives the opportunity to watch, read and above all, experience a territory that has heavily undergone human intervention, but still maintains beautiful sceneries of rare splendour.

This is an itinerary of search and knowledge, to get a sense of the surroundings of Trevi and the Southern Umbrian Valley, an invitation to visit its naturalistic resources; to appreciate the tastes, fragrances, stretches and atmospheres of a land that is still rich in charm.

Welcome

www.TreviAmbiente.it

I PRATI SOMMITALI / THE SUMMIT MEADOWS

Le pendici della dorsale...

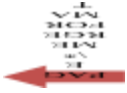
The slopes of Serano Brunette ridge are largely covered by mixed woods. Over the altitude of 1100 metres on the sea level, the summit meadows replace the wood. They are composed of a combination of different species of plants. In winter, the pastures are often covered by snow and are strongly beaten by the winds. For this reason they present continental climatic characteristics. When the snow disappears the highest lawns look desolate but, at the first spring warmth, especially at the lower altitudes, vegetation grows fast. Among the spots of green grass a rich flowering of crocus and "**zafferanetti**" (*Romulea bulbocodium* (L.) Sebastiani e Mauri) (8). There is also the dandelion, the **spring gentian** (*Gentiana verna* L.) (7), the more common marguerites, the little yellow "eliantemo", and the bigger white **Helianthemum apenninum** (L.) Miller (11), the soncino, with its old pink colour, the radiant "**potentilla**" or "cinquefoglio" (13), and the **Narcissus poeticus** L. (12). Between the end of April and the beginning of May the whole slopes are covered by a yellow carpet, spotted purple, of "**viola of Eugenia**" (*Viola eugeniae* Parl. subsp. *eugeniae*) (6), typical vegetation of the Apennines. In late spring, the meadows colour with a variety of different shades: the deep yellow of the **mountain tulip** (*Tulipa silvestris* subsp. *australis* (Link) Pamp.) (14), the dark red of the "**fritillaria**" *Fritillaria tenella* Bieb. (4), the bright orange of the "**giglio di San Giovanni**" (*Lilium bulbiferum* L. subsp. *croceum* (Chaix) Baker) (2) and the white colour of the "**asfodeli**" *Asphodelus albus* Mill. (15).

At the end of May the **Gentianella campestris** (L.) Borner (1) blooms. In summer, because of the droughts, a process of drying occurs. However there is still some flowering of lilies and umbellifers. Over 1100 metres of altitude, due to the porosity of the soil, the vegetation is composed of short species, with a short vegetative cycle. They often bear spines such as the "eringio ametistino" **Eryngium amethystinum** L. (5) and the red **Carduus nutans** L. (16)

I monti Serano e Brunette...

The Serano and Brunette Mountains belong to the Apennines of Umbria and Marches. It is a definite geomorphologic and lithologic entity and can be described as a system of ranges which are disposed to form a bow. In the summit areas the limestones of Formation of Maiolica can be easily found: they were laid in a pelagic sedimentary environment in the Jurassic, about 150-145 millions of years ago.

Along the slope, we can notice some interesting karstic formations, as a consequence of the corrosive action of the meteoric waters on the limestone: They are the dolines situated near the peak of the Brunette Mountain, and the karstic plateau such as Rio Secco.



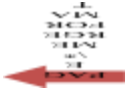
Near the top of the Serano Mountain, the landscape has heavily undergone human intervention. In fact in this area, a lot of booster stations have been set. Also some zootechnical activity is performed, that is very reduced if compared to the past but in spring and summer it is easy to find sheep and cattle grazing there. The Serano and Brunette Mountains have been proposed among the Sites of European Interest of the Umbria Region.

To explore the environment of the summit meadows we suggest to get to Casetta Ciccaglia, then take the path to S. Angelo pass that runs uphill but offers a view of great beauty. It leads to the top of Serano Mountain (m 1429 s.l.m.). From there the wayfarer can take the itineraries 12.2 and 12.3 which cross all the mountain (*Trevi. Quattro passi tra storia e natura*).

Quando la neve inizia...

When the snow starts to melt, in association with the **snowdrops** (*Galanthus nivalis* L.) (10) and crocuses, at the end of February, on the summit meadows of the Serano mountain we find the "**bulbocodio di primavera**" *Bulbocodium versicolor* Spreng (9), even from a distance easily be seen for the intense pink colour of its petals. The peak of the flowering is reached in the third week of March.

This of Serano is the third station of this species identified in the Apennines mountains (the others in Abruzzo). Most of the "bulbocodio di primavera" of the Serano presents green leaves of 4-6 mm and lanceolate petals of about 6-7 mm.



LA FAGGETA / THE BEECHWOOD

Il faggio può vegetare...

The beech can vegetate on every kind of lithologic substratum and it tends to form nearly pure woods. Its wide foliage allows the passage of a few light and this makes the underwood almost sporadic, the "**olivella**" *Daphne laureola* L. (3) and the **juniper** (*Juniperus communis* L.) (6) or the other **sharp cedar** (*Juniperus oxicedrus* L.) (7). In the glades, where there is plenty of light, "**cisto a fiori rosa**" (*Cistus creticus* (L.) subsp. *eriocephalus* (Viv.) Greuter & Burdet) (here, it is photographed with a specimen of *Argyannis paphia* L. (5)).

On the borders of the beechwood, near Casetta Ciccaglia, the Formation of the "**Rosso Ammonitico**" (2) appears (marlstone, calcareous marlstone, mainly red or greenish, alternated with red limestone, with the typical nodular structure). It is very rich in fossils, small or medium size ammonites.

The Formation of "**Rosso Ammonitico**" occupied a quite large pelagic area: it included Tuscany, Umbria and Marches. In the Jurassic era (between 210-140 millions of years ago), in the geological periods between the Upper and Medium Lias and the Medium Upper Malm, this area was occupied by the open sea, where the following stratigraphic succession took place: the "Corniola" (grey limestones with thin and regular layers), the "Rosso Ammonitico", the "Marne del Serrone" (from clay to calcareous marlstone with the characteristic grey colour), "Calcari e Marne a Posidonia" (where the marlstone is prevailing on the basis layer and the limestone in the superior layers, of pink and yellowish colours), "Calcari Diasprini" (limestone layers associated with thin flint layers), "Scisti ad Aptici" (limestone alternated with flint with a red or greenish colour).

Gli ammoniti...

The Ammonites we can find in the mountain rocks are fossils of sea animals which lived in the open and deep seas. They are important fossils guide, with a fundamental role in the study of the biostratigraphy of the Mesozoic period.

La faggeta ubicata...

The beechwood located near Casetta Ciccaglia belongs to the Site of European Interest "Serano and Brunette Mountains". This site occupies an area of about 1692 hectares in the towns of Campello sul Clitunno, Sellano and Trevi, between the altitudes of 1100 and 1429 m on the sea level.

In particular, the beechwood with **holly** (*Ilex aquifolium* L.) (1) represents a meaningful aspect of this Site, where the woods of *Polystichum aculeati Fagetum sylvaticae* form the prior habitat. *Polystichum* is a kind of thick fern, with indented and thorny leaves.

In assenza delle bacche...

In the absence of the berries, which are blue-black, and of the typical aroma, in the **juniper** (6) and red-brown in the **sharp cedar** ("ginepro rosso") (7), the two species can be easily distinguished by the needle-shaped leaves. In fact the former presents pointed needles with only one grey central band; the latter, generally bigger, has pointed needles with two grey bands.

Mnemosine (*Parnassius Mnemosyne* L.): butterfly, mountain species, with the ends of the wings almost transparent. These specimens were photographed at the edge of the beech forest.

LA VITA NELLA FAGGETA / LIFE IN THE BEECHWOOD

L'agrifoglio...

The **holly** (*Ilex aquifolium* L.) (3), of the family of Aquifoliaceae, is a shrub that can reach to 7-8 m high. It has a smooth greyish bark and alternate, leathery, dark green leaves. Glossy on the upper part, they have a wavy and sometimes thorny edge, evoking functions of protection, but also of tenacity and prosperity. The flowers (2) are whitish and not very showy, they appear between May and June. The fruit is a bright red drupe. It colours the winter woods with the butcher's broom fruit. The red fruits are poisonous to humans, but they are tasted by the birds very much. The holly is an evergreen shrub, of vivid beauty. It is protected and it is strictly forbidden to pick it up.

Quando è ancora il gelo...

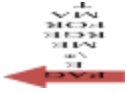
When the frost dominates and the cold north winds (called "tramontana") endure, the hellebore remains closed. The name "*Helleborus*" comes from the Greek language and it means "mortal food" to remind the harmful characteristics of this plant.

Nel territorio trevano...

In the territory of Trevi the beechwood is the typical forest formation of the altitudinal bands over m 1000-1100 s.l.m.. The widest beechwood is located in Casetta Ciccaglia (Lago delle Vecchie - m 1152 on the sea level)

The characteristic vegetation of the beechwood is the holly, as it is shown by the awesome path called "Holly Road" that leads to the north sunny slopes of the Brunette Mountains.

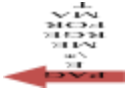
The beech belongs to the Fagaceae family like the chestnuts and the oaks. It prefers wet and quite mild climates. It is a very big tree that can reach to 30-40 metres high. It has a smooth grey trunk, glossy leaves and its fruits, the beechnuts, are covered by thin spines. When they are mature, they split in four parts and fall to the ground, to germinate in the following spring. They are greedily eaten by the wild boars, whose presence is shown by their excrements and by the deep marks they leave on the ground while looking for food. The beech seedling presents an unmistakable aspect due to a pair of rounded leaflets at the base, from which the young bud rises up. In autumn the beechwood gains the most different grey tones, while during springtime it colours of the light green of its foliage., that will change into a deep green when they are mature. In spring, from the bed of dead leaves, a great variety of flower species stand out. There is the "**anemone dell'Appennino**" (*Anemone apennina* L. subsp. *apennina*) (4), the "**epatica**" (*Hepatica nobilis* Schreb.) (17), the **yellow primrose** (*Primula vulgaris* Huds.) (17), the poisonous "**ellebóri**" (*Helleborus foetidus* L.) (6), (*Helleborus viridis* L. subsp. *bocconei* (Ten.) Peruzzi) (5), the **crociuses** (7), (12), the "**scilla**" (*Scilla*



bifolia L.) (16), the **violets** (8), "**colchici**" (9), and some rare native orchids including the yellowish "**elleborina giallastra**" (*Cephalanthera damasonium* (Mill.) Druce) (15), the white "**elleborina bianca**" (*Cephalanthera longifolia* (L.) Fritsch) (18), the "**elleborina rossa**" (*Cephalanthera rubra* (L.) Rich.) (13), **the bird's nest** (*Neottia nidus-avis* (L.) L.C.M. Rich.) (14), the "**elleborina maggiore**" (*Epipactis helleborine* (L.) Crantz.) (10), the "**elleborina minore**" (*Epipactis microphylla* (Ehrh.) Sw.) (11).

In tarda primavera-estate...

In late spring-summer we can see the bright leaves with the central fruit of the **toxic "colchico"** (*Colchicum lusitanum* Brot.) that had flowered in the previous autumn season with the cyclamen.



IL GOVERNO DEL BOSCO / WOODLAND MANAGEMENT

Nel nostro territorio...

In this area, as in the rest of the region, the **Coppice woods** ((5) **Coste San Paolo and the woods – yarding by mule** (13)) represent about 85% of all the woods. The prevalent species are deciduous Oaks: the **Turkey Oak** (*Quercus cerris* L.) (8) and the **Bay Oak** (*Quercus pubescens* Willd.) (10), both are associated with the **Hornbeam** (*Ostrya carpinifolia* Scop.) (6), and the **Manna Ash** (*Fraxinus ornus* L.) (9). In the south, at lower altitudes there is the **Holm Oak** (*Quercus ilex* L.) (4) and the **Aleppo Pine** (*Pinus halepensis* Miller) (7). At high altitudes, in woods that the meadows can not reach there is the Beech Tree, an arboreal species which grows in high trunks in this area. In the fresh and humid woods and in the Beeches, there are the “Opals” Maples, among them the **Neapolitan Maple** (*Acer opalus* ssp. *obtusatum* (W. & K. ex Willd) Gams) (1). They are magnificent trees with a beautiful foliage. In autumn they are dyed with infinite colours, from red to bronze, creating wonderful palette of colours which make the woods unique and suggestive. In the Coppice woods, but also in dryer woods, there is the **Minor Maple** (*Acer monspessulanum* L.) (3). The Coppice Wood is periodically cut. The pruning occurs respecting some turns whose duration is determined by the arboreal species prevailing in the wood. When we speak about the Coppice Wood, we refer exclusively to the sapling Coppice, that is the woods in which a certain number of trees from different species is preserved from cut. These trees have the purpose to produce the seeds which will guarantee the birth of new trees in the wood, thus, the steady substitution of the dead trees with new trees. In order to manage the forest heritage, we must put some objectives as priorities: improving the wood heritage; maintaining biodiversity; integrating demand and supply of wood's products; enhancing non-firewood productions; offering different natural services, in particular the touristic ones.

The trees which grow in the underbrush and on the edge of the woods are the following: the **Strawberry Tree** (*Arbutus unedo* L.) (16), the Juniper, the Broom, the Laburnum, the **Honeysuckle** (*Lonicera* L. sp.) (12), the **Arboreal Fabaceae** (*Colutea arborescens* L.) (14) and the **Butcher's Broom** (*Ruscus aculeatus* L.) (11). In the same places there are different flowers: the Violets, the Primroses, the Hepaticas, the Liverworts, the rare and protected **Lilies** (*Lilium martagon* L.) (15) and the common **Cyclamens** (*Cyclamen repandum* Sm.) (2).

IL CASTAGNETO / THE CHESTNUT

Nel territorio trevano...

In the territory of Trevi, the Chestnuts woods (1) occupy a small area of about ten hectares in the Manciano zone. Their presence is due to the peculiar acid-sub-acid ground and to the local microclimate, two essential elements which favor the growing of this plant. Once, Manciano's Chestnuts were considered a fine product, appreciated and sold both in Trevi's and in Spoleto's markets. The chestnut is a typical arboreal species of the Castanetum zones, an intermediate phytoclimatic zone in the Pavari's classification (1946), which extends from the 550 to the 800 meters s.l.m.. At the edge of the woods, among the Chestnuts trees, there are various herbaceous and arboreal species: the Wood Heather (*Erica arborea* L.) (5), the “cisto a fiori rosa” with its delicate pink flowers, the Helichrysum, the Turpentine Tree, the Thyme, the Broom, the **Common Broom** (*Cytisus scoparius* (L.) Link) (8), the **Base Broom** (*Osyris alba* L.) (6) and the Juniper. Among the Chestnuts, the **Bracken** (*Pteridium aquilinum* L. Kuhn) (7) generously grows.

The **Chestnut** (*Castanea sativa* Miller) (3), of the Fagaceae family, is a beautiful and impressive **tree** which can grow up to 30 m. It originated in south-east of Europe, and was probably introduced by the Romans in the remaining European countries. Its foliage is uniform and hold by few strong and extended branches. The **leaves** (2) are tight and shiny, with a serrated edge, they are dark green with showy lateral venation. It is one of the arboreal species with the longest leaves: they can reach even 25 cm of length. Its flowering is late because it blooms in spring, a long time after the birth of the leaves. When the feminine flower ripens and produces a spiny flower, the male flower shrivels. Each **fruit** (4) generally contains two chestnuts with a brown shell and a sweet and floury flesh.

L'OLIVETO / THE OLIVE GROVE

Nella frazione di Bovara...

“**The olive tree of Saint Emiliano**” (4) is set in the little village of Bovara, below the main residential area in the locality of Corciano (or Carpiano), which is located in an olive-grove near the road.

According to popular tradition, it is 17 centuries old. The Armenian bishop Milian (the patron saint of Trevi) was tied and martyred there in 303 AD. The olive tree, of private property, is 5 metres high and has a base girth of 9.10 metres. Recent research carried out by the Experimental Institute of Olive Growing in Spoleto has found that this olive tree does not belong to ordinary cultures present in the territory, but it is of a particular genotype. This could also explain its resistance to the hoarfrosts which periodically affect the groves of this area.

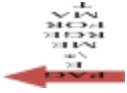
An old olive tree: an olive tree can live hundreds of years. The olive trunk, while aging, tends to rot internally: gradually, the external part, still alive, splits, moving anticlockwise - this phenomenon occurs in the first 800 years of the plant's life.

Sulle ceppaie degli olivi...

The poisonous **Omphalotus olearius** (D.C. ex Fr.) Singer is very frequent on the stumps of the olives.

Tra gli olivi e ai margini degli oliveti...

In spring, among the olives and on the edges of the olive-groves, we will be attracted by the bright orange of the “**calendula**” (*Calendula arvensis* (Vaill.) L.) (7), the “bride of the sun”. We will recognize different poisonous species such as the “**gigaro**” (*Arum italicum* Miller) (9) and the “mercorella commune” and “favgello” (*Ranunculus ficaria* L.). We will see the deep green of the “asparago” and we will taste its savoury turions. We will enjoy the beautiful blossoming of the native orchids: the common “**orchidea piramidale**” (*Anacamptis pyramidalis* (L.) Rich.) (6) and the rare “**orchidea**



italica" (*Orchis italic* Poiret.) (10). The **snails** (5) peep from the hollows of the twisted trunks of the old olives where they spend their winters.

A curiosity: Trevi's helicoidal shape recalls a snail shell, very common in these surroundings.

Nel territorio trevano...

In the territory of Trevi and Umbria in general, olive-growing takes place along the hill-slopes and at foothills, where the main substratum is "**debris**" ("**detrito di falda**") (3). This is characterized by shallow agricultural soil, very rich in skeleton, thus extremely permeable and not suitable for maintaining the ground moist for a long time. The "debris" is a slope deposit which derives from the mass movements of different extents. It is caused by the disintegration of the calcareous rocks rich in frost formations such as "Scaglia bianca", "Scaglia rossa" e "Maiolica" rock. In fact, frost formations are easily broken up by the ice due to the succession of freezing and thawing phenomena.

Special care has been necessary to work on the steep, stony slopes of this territory. Terraces of soil, called ridges ("**terrazzamenti**") (2), have been created, often bordered by dry, little walls, called "**lunette**" (1), to enable the cultivation of the olive trees. Thus, the hard work of the farmers has shaped the landscape of this territory setting the special "olive landscape" of Trevi.

The olive tree has always represented the main form of wealth in these places: even today the price of the olive-grove does not derive from the surface of the olive grove, but from the number of olive trees "i piantoni" in dialect.

LE SIEPI / THE HEDGES

Lungo i sentieri e tra i coltivi...

Natural hedges endure along the paths and among the cultivated lands. In the past, they were probably used to mark borders. The species which compose them are remarkably beautiful; among them, the **Blackthorn** (*Prunus spinosa* L.) (6), the Azarole, the **Hawthorn** (*Crataegus levigata* (Poir.) DC., *Crataegus monogyna* Jacq. (7)), the **Elder** (*Sambucus nigra* L.) (8), the **Wild Rose** (*Rosa canina* L.) (14), the **Woodbine** (*Lonicera* L. sp.) (10), the Broom, The **Dogberry** (*Cornus sanguinea* L.) (13) and the poisonous **Spindle Tree** (*Euonymus europaeus* L.) (12).

A few birds fish peacefully at the edges of the cultivated lands. They are ready to fly away at the first signs of danger to take refuge in the thick involution of the trees' row, where they often build their nests, as the **Blackbird** (*Turdus merula* L.) (4) does. The hedges give shelter to many species of insects and arachnids. Among the branches, the spiders spin their cobwebs, precious pieces of embroidery made even more seductive by the morning dew. It will be easy to recognize the female of the Writing Spider (15) species because of its peculiar yellow back with black and wavy horizontal striations. A large variety of reptiles will enjoy the first morning rays of sunshine, protected by the leaves, and ready to hide themselves under them; among them the **Columber** (*Hierophis viridiflavus* Lacépède) (2), the **Aesculapian Snake** (*Zamenis longissimus* Laurenti) (3), the shy Lizards and the emerald **Green Lizards** (*Lacerta bilineata* Daudin) (5). The dormices build their nests in the matted growing of the foliage. The field mice, the dormice, the hares, the beech martens, and badgers are glutton for the Hawthorn's fruits. The cockchafers are greedy for the Maple's leaves. Some little terricolous mammals, as the harvest mouse and the field mouse, and bigger mammals, as the **fox** (*Vulpes vulpes* L.) (9), the badger and the beech marten, eat the cornelian cherry's fruits. The little shrike, a summer visitor and an ascertained nest-builder, uses the fake thorns of the blackthorn to plunge its preys into them when it captures more preys than it needs, and in so doing, it constitutes a dispensation for less favorable periods. Several butterflies' grubs nourish themselves with the Blackthorn's leaves. Different species of flowers, rich of nectar, attract some insects' attention. It will be easy to observe on the Umbellifers, as the **Wild Carrot** (*Daucus carota* L.), the **Bedbug** (*Graphosoma lineatum* ssp. *italicum* O. F. Muller) (1) (with its peculiar red livery characterized by black longitudinal strips). The hedges are an endless source of natural discoveries, they are an important supply of biodiversity, and they have an essential role in preserving the soil. Hedges, natural trenches, groves, and humid areas give an important hydrological stability to our territory. The constant presence of arboreal, frutescent and herbaceous vegetation which characterizes them the whole year, guarantees more protection than the cultivated land which, from the harvest to the following sowing, has no real natural defense. Thus, man should value and conserve these natural resources.

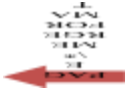
LA PIANURA / THE PLAINS

Il paesaggio di fondovalle...

The landscape at the bottom of the valley is characterized by a drainage net that conveys the meteoric waters to the Tiber river. It also receives the spring waters of the **Clitunno river** (2). The net of ditches and canals has been artificially organized to foster the drainage of the marshes which have always occupied this area. For the same reason, to facilitate the waters dripping, the Romans divided the territory into long and regular fields, which presented a convex surface.

The drainage of this area is linked to the ups and downs of the history of its inhabitants. Nowadays, only a few **small ponds** (6) of great naturalistic interest remain of the ancient large marshes, often visited by the **white herons** (*Ardea alba* L.) (6) and light grey herons, by the coots and other species of avifauna.

The drainage of the plains and the exploitation of the settlers progressively changed the physical aspect of this territory. The disforestation and the removal of the native vegetation have slowly modified the plant covering. Even recently we could have seen the traditional fields setting, with the presence of **grapevines tied ("married")** (3) to the maples or to the elms (with fruit trees in between), or the cereals growings alternated with forage and hemp fields. We could have also noticed the hedges interchanging with the cultivations and the mulberries stretching along the shores of the trenches. This was the result of the "share-crop", that was oriented to essentially produce what both the landowner and the farmer needed to live.



Nowadays the agricultural methods have completely changed. The mechanization, the introduction of industrial crops, the use of chemical fertilizers, the irrigation, the farm products trade have also contributed to modify the physical appearance of the plains of Trevi. The small convex fields have disappeared, wide stretches of cereals, corn, tobacco and **sunflowers** (1) have substituted the grapevines tied to the maples, inevitably modifying also the colours of this environment.

The rural centres have lost their deep bond with the land and have changed into scattered urban residential areas. Today the evolution of the landscape of Trevi is subdued to the political choices made in the European context, because this territory, with Italy as well, is deeply connected with the European Union.

Tra i campi coltivati...

On the cultivated fields, there are some interesting species of flowers: the “gladiolo dei campi”, the “**erba cornetta**” (*Delphinium consolida* L.) (4) and the “**damigella scapigliata**” (*Nigella damascena* L.) (5).

Along the shores of the trenches and the edges of the moist areas the elegant “**iris giallo**” or “iris delle paludi” (*Iris pseudacorus* L.) (6) stands out.

LE CANAPINE / THE CANAPINE

Con il nome Canapine...

The name Canapine, “little hems”, indicates the Trevi’s valley located to the west of the old Flaminia trunk road n. 3, near Borgo Trevi, in the direction of Santa Maria Pietrarossa. The Canapine is a tight strip of land between the Borgo and the Clitunno river, whose sources are not far from Campello sul Clitunno. The fresh and clear water of the river reaches the trenches making the soil deep and rich of humos, thus, very fertile. This soil is excellent to cultivate demanding crops such as the Hemp which was cultivated here a long time ago. The toponym of the place probably originated from that.

Quest’area ristretta...

This soil is used for crop production which is still conducted with old farming methods and with respect toward the environment. Today, the truck farmers work these lands with the same commitment with which they cultivated their family land. Vegetables alternate one with another during the year: spinaches, chicories, **cabbages** (3), another kind of cabbage called “**cavolo cappuccio**” (1), “broccoli” and thistles grow in autumn and winter; **salads** (6), tomatoes, **hot peppers** (2), **onions** (4), beans, carrots and the black celery “**Sedano nero di Trevi**” (5) (7) grow in spring and summer.

La coltura orticola più interessante...

The black celery “Sedano nero di Trevi” is a typical plant of this area. Although the black celery production is very limited, it represents one of the most important cultivation of the zone and a growing market in the agricultural sector which culminates in the Trevi’s fair in October. The peculiar taste of the black celery is due not only to the fact that it is a locally selected ecotype, but also to the purity of the waters with which it is irrigated.

Oggi, gli ortaggi di Trevi...

Today, Trevi’s agricultural products reach the close cities’ markets as well as the local market which is fueled by the local buyers who daily supply themselves with flesh and genuine products.

I COLORI DELLE FARFALLE / THE COLOURS OF THE BUTTERFLIES

“Apollo” (*Parnassius apollo* L.)...

Diurnal butterfly of the *Papilionidae* family. Once it populated the mountains, but today, it is more rare and it is difficult to spot it in this area.

“Cedronella”...

Gonopteryx rhamni L.: diurnal butterfly that belongs to the family *Pieridae*. It is a species of remarkable size, easily recognizable because of its four wings which end in a point. The colour of the wings changes according to the sex of the butterfly: the male specimen has dark yellow wings, the female specimen has light yellow ones. This species is very different from the other *Pieridae* because of the leaf-shape of the wings, especially visible when they are closed.

“Argo bronzeo”...

Lycaena phlaeas L.: diurnal butterfly of the *Lycaenidae* family. It is distributed all across Italy in the level ground, and it is less frequent in the mountains. It is little, lively and it frequents prairies.

I Lepidotteri...

“Lepidoptera” are an order of insects characterized by a complete metamorphosis (caterpillar, cryalis, butterfly), generally known with the name of butterflies. It is one of the orders richest in species of the insect classes: it has more than 100.000 examples and 4.000 are present in the Italian fauna. They generally love hot weather, but can also be found in the coldest latitudes, such as in Greenland and Iceland and at high altitudes such as the Alps, where they can be even found at the height of about 3000 metres

In the last few years the number of the butterflies has been remarkably reduced and some species are in danger of extinction: butterflies must be protected by maintaining the widest variability of the natural habitats.

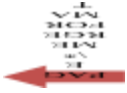
Una Licenide... argo azzurro...

Diurnal butterfly of the *Lycaenidae* family: male specimen of “argo azzurro” (*Polyommatus icarus* Rott.)

Limnitis Reducta...

Limnitis reducta Staud.: diurnal butterfly of the *Nymphalidae* family. It flies low. In summer, it frequents woods, shadowed places, and clearings.

In estate è facile osservare... *Zygaena rubicunda*... pretino



The *Zygaena rubicunda* Hub. (at the top) and the *Amata phegea* L. (at the bottom) are two very colored and showy butterflies. They are little and poisonous. It will be easy to observe them in summer.

Pavonia minore...

Saturnia pavonia L.: nocturnal butterfly of the family *Saturniidae*. It is characterized by the presence of visible eye-spots on the wings. The adults of *Saturnia pavonia* cannot eat because of their inefficient mouth: for this reason their life as moths is very short.

This photo has been taken along the "Itinerary Number 1", as it is proposed in the book *Trevi. Quattro passi tra storia e natura*, in a site between Torre Matigge and Trevi.

Falena tigre...

Cymbalophora pudica Esp.: it is a nocturnal butterfly very common in the Mediterranean area in autumn. Its name is due to its peculiar black stains which characterize its front wings. The photo has been taken between Torre Matigge and Trevi.

Vanessa io...

Aglais io L.: diurnal butterfly of the *Nymphalidae* family. It is one of the most beautiful butterfly of this zone. The photo has been taken in the "Canapine" area.

Vanessa egea...

Polygonia egea Cr: diurnal butterfly of the *Nymphalidae* family. It is very common in central and south Italy and in the Italian islands because it prefers warm places. It has a peculiar white stain with a quite opened **L** shape.

Farfalla o ninfa del corbezzolo...

Charaxes jasius L. diurnal butterfly of the *Nymphalidae* family, is the only European representative of the genus *Charaxes*. This butterfly, medium to large, loves to feed on sugars. It has a strong territoriality, especially during the breeding season when males tend to patrol a vast territory and show a certain aggressiveness toward other butterflies

Melanargia russiae...

Melanargia russiae Esp. (at the top); diurnal butterfly of the *Satyridae* family. It is easy to distinguish it from the common *M. galathea* L. (at the top left, female; in the center, male) because of a black strip which characterizes its front wings. It frequents dried and rocky slopes between 1000 and 2000 m. The picture has been taken near the Cassetta Cicaglia.

Il podalirio...

Iphiclides podalirius L. (on the lower left) and *Papilio machaon* L. (on the lower right) are diurnal butterflies of the family *Papilionidae*. Males of *Papilio machaon* L. are fond of "hilltopping": they congregate near the summits to compete for passing females. Thus they show a very similar behaviour to the tropical species belonging to the same family. These photos have been taken on the hills between Torre Matigge and Trevi.

Stadi della metamorfosi...

Stages of the metamorphosis: two caterpillars (at the top right, *Papilio machaon*, on the lower right, *Malacosoma castrensis* L.) and a chrysalis (*Pieris* sp., at the top)

I COLORI DELLE ORCHIDEE / THE COLOURS OF THE NATIVE ORCHIDS

In Italia crescono...

About a hundred species of orchids grow spontaneously in Italy, many of these are typical of the Alpine flora. The orchids are perennial herbs. The orchid fruit is a capsule that contains a remarkable number of microscopic seeds. They lack endosperm and must enter symbiotic relationship with various mycorrhizal fungi that provide them the necessary nutrients to germinate. The capsule is the ovary after the fecundation. Generally the ovary rotates 180 degrees, so that the labellum takes the right position to welcome the pollinator.

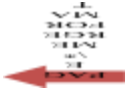
The orchid flowers are bisexual, zygomorphic.. They present two whorls of sterile elements. The outer whorl has 3 sepals and the inner whorl has three petals. The medial petal, called the labellum, is always modified and enlarged: it is often the most visible part of the flower. It often goes on the lower part of the flower: the speron.. The filaments of the stamens are always fused to form cylindrical structure called the gynostemium. The leaves are generally alternate on the stem with parallel veins.

In the environment of Trevi the native orchids can be found in many different areas.

On the "Croce di Coste Pinewood" there are

"fior ragno" (*Ophrys sphegodes* subsp. *classica* (Devillers-Tersch. & Devillers) Kreutz 2007) (17), **"pan di cuculo"** (*Anacamptis morio* (L.) R.M. Bateman, Pridgeon & M.W. Chase) (7), **hypochromatic** (6), **"ballerina"** (*Orchis anthropophora* (L.) Allioni) (18), **"orchidea pauciflora"** (*Orchis pauciflora* Tenore) (20), **"barbone adriatico"** (*Himantoglossum adriaticum* H. Baumann) (10), **"fior di stecco"** (*Limodorum abortivum* (L.) Swartz) (15), and **"fior di fuco"** (*Ophrys holosericea* subsp. *appennina* (Romolini & Soca) Kreutz 2015) (12), **"orchidea tridentata"** (*Neotinea tridentata* (Scop.) R.M. Bateman, Pridgeon & M.W. Chase) (13), **"orchidea purpurea"** or **"orchidea maggiore"** (*Orchis purpurea* Hudson) (16), **"vesparia"** or **"fior d'api"** (*Ophrys apifera* Hudson) (3), also **hypochromatic** (*Ophrys apifera* var. *chlorantha* (Hegetschw.) Arcangeli) (2), and **"ofride scura"** (*Ophrys fusca* subsp. *funerea* (Viv.) Arcangeli) (11).

On the "Caprile Mountain" from the month of April, but even before, when the weather is good; a large variety of orchids grow: **"fior ragno"** (*Ophrys sphegodes* subsp. *classica* (Devillers-Tersch. & Devillers) Kreutz 2007) (17), **"pan di cuculo"** (*Anacamptis morio* (L.) R.M. Bateman, Pridgeon & M.W. Chase) (7), **"ballerina"** (*Orchis anthropophora* (L.) Allioni) (18), **"orchidea pauciflora"** (*Orchis pauciflora* Tenore) (20), **barbone adriatico** (*Himantoglossum adriaticum* H. Baumann) (10), **fior di stecco** (*Limodorum abortivum* (L.) Swartz) (15), and **"fior di fuco"** (*Ophrys holosericea* subsp. *appennina* (Romolini & Soca) Kreutz 2015) (12), **"orchidea purpurea"** or **"orchidea maggiore"** (*Orchis purpurea* Hudson) (16).



On the meadows of “Casette di Coste” we can admire one of the most beautiful flowerings of “**orchidea sambucina**” (*Dactylorhiza sambucina* (L.) Soó) (9) that it is possible to find in the South Valle Umbra, in association with “**pan di cuculo**” (*Anacamptis morio* (L.) R.M. Bateman, Pridgeon & M.W. Chase) (7), yellow “**pauciflora**” (*Orchis pauciflora* Tenore) (20), mixed with the incomparable carpets of yellow violets.

On the meadows between “Matigge Pinewood”, and the little villages of “Case Monteleugno” and “Manciano” there is the great flowering of the “**fior di specchio**” (*Ophrys bertolonii* s.l.) (5). There are also “**orchidea farfalla**” (*Anacamptis papilionacea* (L.) R.M. Bateman, Pridgeon & M.W. Chase) (4), “**fior ragno**” (*Ophrys sphegodes* subsp. *classica* (Devillers-Tersch. & Devillers) Kreutz 2007) (17), (rare, in this place) “**fior di fuco**” (*Ophrys holosericea* subsp. *appennina* (Romolini & Soca) Kreutz 2015) (12), “**pan di cuculo**” (*Anacamptis morio* (L.) R.M. Bateman, Pridgeon & M.W. Chase) (7), yellow “**orchidea pauciflora**” (*Orchis pauciflora* Tenore) (20), and later “orchidea tridentata” (*Neotinea tridentata* (Scop.) R.M. Bateman, Pridgeon & M.W. Chase) (13) and “**orchidea piramidale**” (*Anacamptis pyramidalis* (L.) Rich.) (1). On the plains, near the banks of the “Tatarena” we can find: “**fior ragno**” (*Ophrys sphegodes* subsp. *classica* (Devillers-Tersch. & Devillers) Kreutz 2007) (17), a lot of “**orchidea purpurea**” (*Orchis purpurea* Hudson) (16), in association with “**orchidea scimmia**” (*Orchis simia* Lamarck) (19), “**orchidea tridentata**” (*Neotinea tridentata* (Scop.) R.M. Bateman, Pridgeon & M.W. Chase) (13) and (rare, in this place) orchidea italica.

In the beechwoods and in the other woods in association with “platantera comune”, “platantera verdastra” and “nido d’uccello”, we can admire three species of *Cephalanthera*: “elleborina giallastra”, “elleborina bianca” and the “**elleborina rossa**” (*Cephalanthera rubra* (L.) Rich.) (8), the latest variety, flowering at the end of June when the other species are withering.

Almost everywhere, from the plains to the high hills, in the meadows, on the slopes and on the sides of the streets we can easily find the “**orchidea piramidale**” (*Anacamptis pyramidalis* (L.) Rich.) (1), while on the grasslands, on the bushes, at the borders of the woods, on the high hills and the mountains we can find “**orchidea bruciacchiata**” (*Neotinea ustulata* (L.) R.M. Bateman, Pridgeon & M.W. Chase) (14), an orchid whose buds have a brown colour: for this, it is called “ustulata” (that means “a bit burnt”).

Simbolismi e curiosità

Curiosities

- The name “orchis” was given by the Greek Theophrastus. It was chosen to recall the characteristic shape of the roots of these flowers: two round tubers, similar to the man’s testicles.
- The Greeks considered the orchid the “sandal of the world” because the labellum is similar to the toe of a little shoe.
- Dioscoride suggested to eat the orchid tubers to defeat sterility, because of their shape.
- The ancient Chinese suggested to use orchids against sterility and considered them the flowers of the spring festivals, also employed against the negative influences.
- In the Umbrian countryside almost all the native orchids are familiarly called “Virgin Mary’s” little shoes”. In fact they flower in the month of May, the month traditionally dedicated to Christ’s Mother by the Catholic cult.

LE ERBE VELENOSE / POISONOUS HERBS

Giusquiamo

The **Henbane** (*Hyoscyamus niger* L.) (1): this plant is foul and poisonous because it contains tropane-alkaloids (among them the scopolamine). The most poisonous parts of the plant are the leaves and the seeds which are brown, little and reniform. In the language of the flowers this plant symbolizes the fault. It is possible to find it in the zone near Ponze.

Belladonna

The **Dwale** (*Atropa belladonna* L.) (2): the whole plant is a poisonous: the leaves contain atropine and hyoscyamine; the roots contain scopolamine; the flowers, the berries and the stems are also poisonous. Three or four berries of this plant are fatal for an adult man, thus, it is essential to pay attention when we pick the underbrush’s fruits. It grows in Pian della Spina near Ponze.

Cicuta

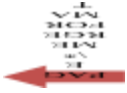
The **Hemlock** (*Conium maculatum* L.) (3): it is an herbaceous plant. When it is very young, it is difficult to distinguish its leaves from the parsley’s leaves and from other edible umbrellifers because they are very similar. Thus, we suggest you to be careful when you pick plants you use in cooking. We also suggest you to buy the parsley to your trusted shop.

Caprifoglio

The **Honeysuckle** (*Lonicera* L. spp.) (4): this genus includes about 180 poisonous species. They contain salicylic acid, glucosides, mucilages, and essential oils. Their berries are often red and very similar to the ribes’ berries. They seem to be edible, but they are not because they are really dangerous, especially to children. They cause vomit, diarrhea and convulsions.

Digitale

Digitalis L. spp. (5): all the species of this plant are very poisonous because they contain some glycosides which are extremely toxic. These substances are used in medicine in small quantities to stimulate the heart’s muscle, but, if



consumed rashly, they can be fatal. When the plant is two years old during summer, the toxic substances reach their degree of greatest concentration and few grams of them can be fatal to an adult man.

Cocomero asinino o sputaveleno

Ecballium elaterium (L.) Richard (6): “Sputaveleno” in vulgar which means “to spit poison”. Its vulgar name is due to the flesh of its fruits which contain a bitter juice which is very toxic to man. This plant grows on hills, at the edge of the fields, and at the sides of the streets. For example, it will be easy to find it along the itinerary n. 1 described in the volume *Trevi quattro passi tra storia e natura* “A Walk in Trevi Immersed into History and Nature”.

Ranuncoli

The **Buttercup** (*Ranunculus* L. spp.) (7): in this area there are several species of *Ranunculus*; they are all toxic. Among them the Figwort (*Ranunculus ficaria* L.) (8).

Erba morella

The **Morel** (*Solanum nigrum* L.) (9): it is a toxic plant because it contains the solanine. Ten berries of this plant are sufficient to paralyze the principal organs and the sensory fibers of an adult man. This plant grows at the edges of the streets and of the paths. For example, it will be easy to find it between Torre Matigge and Trevi.

Uva di volpe

Paris quadrifolia L. (10): it looks particular. The most poisonous part of this plant are the berries which contain cosidi, resins, pectins and organic acids. It is a dangerous plant because it is easy to mistake its berries with other edible berries of the underbrush.

Euforbie

The **“Euforbia”** (*Euphorbia* L. spp.) (11): it presents a white and dense latex in the trunk and in the leaves which is caustic and irritable. It is generously diffused in this area. For example, it will be easy to find it along the “Condotti” trail (medieval aqueduct).

Gigaro

The **Cuckoo-pint** (*Arum italicum* L.) (12): its berries are poisonous and particularly dangerous because they attract children attention. They are red, and divided in brunches.

“...Nacque col grano...”

“...the hemlock grow with the wheat; the hellebore appeared with the other foods...” (from “Le Sette Giornate del Mondo Creato” by Torquato Tasso).

We have chosen this line to introduce the poisonous herbs because it sums up in few words an objective truth: the dangerous species grow with the useful ones. The principle idea within this iconography herbarium is that knowing the poisonous herbs we will avoid them. We want to dedicate it to all the people who wish to enjoy the beauty of nature without running into dangers and unexpected situations. Since these plants represent a bigger danger for children, we suggest you to teach your children to distinguish the poisonous and toxic plants in our territory.

“Every substance is poison and no substance is perfectly innocuous; just its dose determines its poisonousness”. (Paracelso)

One-third of the plants produce toxic substances, but not all the species part of this group are actually poisonous to man, and some species that are harmful to man are not dangerous to animals, and vice versa. In fact, the Colorado Beetle's larva normally grows nourishing itself with the *Atropa Belladonna*'s leaves which contain toxic substances as the atropine. Goats can crop small quantities of these leaves without being damaged, but the milk which derives from that meadow and the meat of the animal butchered immediately after the assumption of that plant are harmful to man.

So: “...every substance is poison and no substance is perfectly innocuous...”.

Bucaneve

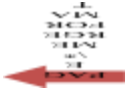
The **Snowdrop** (*Galanthus nivalis* L.): it is an herbaceous plant. It is perennial, bulbous, and it is characterized by little white bell-shaped flowers. The poisonous part of this plant is the bulb because it contains alkaloids, and it can be easily mistaken with the Chives' bulb.

GLI AMMONITI DEL SERANO / THE AMMONITES OF THE SERANO

Gli ammoniti erano molluschi cefalopodi...

Ammonites are cephalopods very similar to the living squid and cuttlefish. Actually there have never been found any soft remains with arms. The soft body of the creature occupied the largest segments of the shell at the end of the coil. Nowadays Ammonites can be found as fossilized shells or as mollusks remains existed during the Devonian and the Cretaceous (about 350 millions of years ago). Many ammonoids probably lived in the open water of ancient seas, rather than at the sea bottom, because their fossils are often found in rocks laid down under conditions where no bottom-dwelling life is found. When the creature died, very often because of predation, it settled on the sea bottom and the shell was buried. It was completely or partially filled with mud that, after being shaped by the internal shell surface, became hard, due to the water leak. The shell dissolved and the internal pattern of rock composition was left. It could have different colours: from red, to grey or pinkish.

Here is the picture of a specimen of ***Pseudomercaticeras*** (2) found on the Serano, where it is very frequent.



I crinoidi...

Crinoids are marine animals which look like flowers (they are also called sea lilies). Crinoids comprise three basic sections: the stem, the calyx and the arms. The surface of their body is studded with plates of calcium carbonate, forming an endoskeleton similar to that in starfish and sea urchins. The plates are the fossilized remains in the picture. They have been found on the Serano-Brunette ridge.

Il Rosso Ammonitico Umbro-Marchigiano...

Il "Rosso Ammonitico" is a characteristic lithostratigraphic unit, of the ridge of Umbria and the Marches. It consists of a rocky formation, about 10 to 15 m thick. It is composed of thin layers and it can be divided in three different lithologic units according to the presence of the calcareous element that increases from the bottom to the top: clay-marlstone, nodular-marlstone, nodular-calcareous. It appears especially on the slopes of the highest regional mountain reliefs, on the Serano, for example, that is 1.429 metres high and it is one of the highest of the region. It dates back to the Lower Jurassic and it is very important for the paleontological studies of the Apennines. Ammonites in fact give the right information about general themes in the taxonomic, biostratigraphic, and evolutive fields.

Il termine Ammoniti...

The word *Ammonites* derives from the mythological legend narrated by Pliny the Elder. The god

Bacchus who was on his journey to India, crossed the dry desert of Libya where he was caught by a terrible thirst. He asked for Jupiter's help who appeared in the guise of a ram. Ammon listened to his request and showed him a source of fresh and pure water where Bacchus could finally quench his thirst. Near that place a statue dedicated to Jupiter Ammon was erected and he was represented adorned with the ram's horns. Henceforth the petrified spiral shapes were called "Ammonis Cornu", Ammon's horns, also referring to the Greek word "amos" that means "sand".

In the XVI century Ulisse Aldrovandi and Ferrante Imperato took this legend back and called these fossils "Ammonites", that is a Latin name, masculine in gender. The Ammonites present on the mountains of our region are generally retained as rocky patterns of different spiral shapes. Among the most common examples of Red Ammonites of the Serano there are: *Calliphylloceras* (1), *Hildoceras*, *Mercaticeras*, *Merlaites*, *Phymatoceras* and mainly *Praerycites seranensis* (3), because they have been found in the area of our interest and represent a cultural good of Umbria and the Marches territory.

I CIELI DI TREVÌ / TREVÌ'S SKIES

Poiana

The **Buzzard** (*Buteo buteo* L.) (1): it is very diffused and present all the year. It is a diurnal bird of prey. Its physique is medium-large: it is a solid bird with large wings and a wide tail, but its head is not very outstretched. Its weapons are a curved and robust beak, with which it lacerates its victim, and strong paws with long and curved claws. It is carnivorous: eats little mammals, rodents, rabbits, coleoptera, lizards, snakes and little birds. It also eats carcasses, and, in so doing, it plays an important role in preserving the ecosystem. It frequents large and opened spaces. It builds nests on rocky faces and on trees.

Rigogolo

The **Oriole** (*Oriolus oriolus* L.) (2): it is present from April to September. Since it is an evasive bird, it is difficult to spot it among the trees. The male of this species is very coloured: its back, its stomach and its head are yellow; its wings are black; its beak is flesh-coloured; its beak and its eyes are joined by a black strip. The female is yellow and greenish, its neck and its stomach are white and stained black. It frequents the woods, and it rarely abandons it to reach open areas. It prefers to build nests on high bifurcation of branches near the waters.

Allocco

The **Tawny Owl** (*Strix aluco* L.) (6): it is present all the year. It is prevalently a nocturnal bird of prey, but it does not disdain diurnal excursions. Its movements are slow and heavy, but its flight is light and fluctuating. The feathers are brown, the head is big, the face is wide and round, and the eyes are black. It feeds on mice, frogs and birds which it captures when they are asleep. It can also eat caterpillars and insects. It prefers to build nests in trees' holes, but it also lives on garrets and on nests that other birds have abandoned.

Civetta

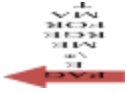
The **Owl** (*Athene noctua* Scop.) (3): it is present all the year. It has a flat head and yellow eyes fringed by a white ring. The back is brown and stained white, while the stomach is white with brown streaking. The Owl is a little and stocky bird of prey with a peculiar straight posture. During the day, you can see it perching on branches, on posts and on stables' roofs. Its flight is straight, low, fast and fluctuating. It is not afraid of man. It frequents different places: from the old trees in the woods to the willows in the open county. It feeds on mice, birds, reptiles, amphibians, bats, and big insects. It hunts especially in the dawn and in the sunset.

Codirosso

The **Red start** (*Phoenicurus phoenicurus* L.) (5): it is present from March to September. Nest-builder. It is very similar to the robin, but it has a more slight build. The stomach is red and the tail, which it frequently moves, is bright red. The male of this species has a grey back, a black face, and a white forehead. The female is uniformly tawny, but its tail is very similar to the male's tail. It lives on insects, spiders, and snails. It frequents woods, parks and gardens.

Cinciarella

The **Blue Tit** (*Parus caeruleus* L.) (4): it is presents all the year. It is very common in our woods and gardens. It is easy to recognize it because of its peculiar colours: its head is blue, its cheeks are white and round, its stomach is yellow, and a black stripe crosses its eyes and its nape. During spring and summer it feeds on insects, mollusks, spiders, while in autumn and winter it prefers to eat fruits and graminaceous plants. The Blue Tit builds nests in trees' and walls' holes



and in the gutters. It also occupies the birds houses we have in our gardens (thus, we must pay attention not to put them in places that cats can reach).

Capinera

The **Blackcap** (*Sylvia atricapilla* L.) (9): it is present all the year. It occasionally builds nests. The male of this species has a black head and a grey stomach. The female has a red-brownish head and a brown stomach. It is easy to distinguish it from other similar species because its eyes are not englobed in the dark hood. It lives in the tangled hedges, in the bushes, on fruits trees, and in the underbrush. It feeds on insects, but it changes its diet in fall when it prefers fruits and berries. It builds nest on Elder trees, Honeysuckles, and other evergreens.

Merlo

The **Blackbird** (*Turdus merula* L.) (8): it is present all the year. It is one of the most common bird in this area. It frequents woods, fields, city's parks and gardens. The male of this species is black, the beak and the eyeball are bright yellow and orange. The female is brown with a light brown collar and dark stains on the chest and on the hips. The Blackbird builds its nest on bushes and on stacks of firewood. It feeds on insects, mollusks, earthworms and spiders, but also on fruits and graminaceous plants.

Pettirosso

The **Robin** (*Erithacus rubecula* L.) (7): it is present all the year. It is a chubby passerines, its tail is slight, its face and its chest are stained red and its face is sided by tight grey-light blue stripe. Its eyes are so dark that they create a strong contrasts with the bright colours of the cheeks. It flies fast and it frequently moves its tail up in the air. The Robin is friendly with man and it frequents gardens, hedges, underbrushes and woods. It generally lives on insects, but it changes its diet in fall when it prevalently feeds on berries and fruits. It builds nests in trees' holes, in the hedges and in the ivy.

Martin pescatore

The **Kingfisher** (*Alcedo atthis* L.) (11): it is present all the year. It frequents humid areas and watercourses. Its beak has a dagger shape, its head is big, and its tail is short. The Kingfish is bright coloured: the back is green and blue with an electric blue rump, the cheeks and the throat are stained white. It builds nests on high banks of rivers.

Gallinella d'acqua

The **Moorhen** (*Gallinula chloropus* L.) (10): it is present all the year. Nest-builder. It prefers areas with a luxuriant vegetation where it can hide and build nests. Its back is brown, its head is black and blue, its chest and its stomach are grey and brown. Its paws are green, its beak is red with a yellow tip, its tail's feathers are white. It eats aquatic plants, insects and tadpoles. It runs and swim quickly moving the head and the tail.

Rondine

The **Swallow** (*Hirundo rustica* L.) (12): it is present from March to October. Nest-builder. It is elegant and fast. Its back is blue, its front head and its throat are brown, its chest is blue, and its stomach is cream-colored and bright orange. It is easy to identify it in the sky because of its peculiar tail which is widely forked with long and thread-like external pilothouses. The Swallow builds its nests in stables, dairy farms and porches; while the house-martin builds its mud nests under the eaves in open-spaces, and the swift builds its nests in the attics. It eats exclusively in flight. It lives on winged insects but it prefers flies and mosquitoes. A single swallow can consume more than a half million insects in a summer. The European Swallows spend the winter in Africa, in the South Sahara. Before leaving they become more sociable and they meet in a common dormitory. They prefer to meet in cane-brakes. Thus, preserving these areas is essential to grant to thousands of swallows the possibility to prepare themselves for migration.

I PRODOTTI TIPICI / THE TYPICAL PRODUCTS

La caratterizzazione di un territorio...

Trevi offers a large amount of typical products of high quality, inevitably linked to its history, its culture and its traditions. Some of these products are properly appreciated and have received the right tribute to their uniqueness, some deserve more attention, some others need to be revalued both by the population and the local authorities.

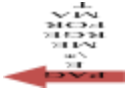
Trevi is characterized by the massive presence of the olive groves. They are responsible for the most typical local product: the **extra virgin olive oil** (1) (2) It has a special fruity taste and it is extremely used in the local cooking that is deeply linked to the ancient home farmer traditions.

Another important product is the **black celery "Sedano nero di Trevi"** (3) that is cultivated on a small surface called "Canapine". It presents special organoleptic characteristics. It is cultivated with traditional systems, handed down through generations and only the spring water of the river Clitunno is used for its irrigation. The black celery is harvested in October and it is extremely employed in the local cooking. It is often combined with the extra virgin olive oil and the savoury **sausages of Trevi** (4) to create very tasty dishes. In October (precisely on the third Sunday) to celebrate these produces, there is "The Black Celery and Sausage Exhibition" "Mostra mercato del Sedano nero e Sagra del Sedano nero e della salsiccia".

Some years ago the plains of Trevi were covered with **Trebbiano vines** (5) of Spoleto. These vines produce an excellent white wine, but also a delicious "passito" and a superb sparkling wine.

Nowadays the "Trebbiano of Spoleto wine" is not easy to find because the vines have been recently cut down to be substituted by the industrial crops. It can be found in the little farms of the area or in the wine cellars in Spoleto.

In the northern part of the territory of Trevi there is the little mountain village of Manciano. In this area a few hectares of chestnuts wood survive. The "**chestnuts of Manciano**" (8) are appreciated for their good quality despite their modest amounts. They are directly sold where they are produced, but also during "The Black Celery and Sausage Exhibition".



Finally there are some local products which do not survive any more, but have had a decisive importance in the history of the population of Trevi, especially of the lower classes and the poor people. In fact the “hemp” was used to make cloth and ropes, “the frogs,” which were copiously caught in the ponds and the ditches of the plains, were used by the poor people to prepare tasty dishes, also by providing them the right contribution of proteins. Today people can taste them during the little villages “sagre”. The most famous is **“The Threshing Festival” (“Festa della Trebbiatura”) that takes place in Cannaiola (7)** in the first fortnight in July and lasts ten days. It recalls the reaping and the threshing of wheat before the coming of the modern harvester- threshers and recover the old traditions linked to this activity. Its aim is to remind the young people their ancestors’ life, especially their hard work and endurance. Reaping started at half past four in the morning with the first meal of the day: “lu sdigghiunittu”: At about seven or eight a.m. there was breakfast with potatoes, or vegetables, at half past ten there was a break with **“panzanella” (9) (bread, salad and other vegetables)**, cold cuts (**“salumi”**) (6), some cod and pancakes (the so called “costumella”). Then at about 1 p.m. there was lunch; the main meal called “la merenna”, with pasta, a few meat, salad and wine. At about half past four people had “la merennetta” with some sweet, cheese and salami, followed by the dinner, at about 7,30 p.m. with salad, bread and salami. Often work dragged on until the night, at about 10 p.m. there was the last meal of the day with bread, salami and cheese.

On the occasion of reaping, the landowner used to slice the ham to feed the workers during their long day under the sun.

**FONDO EUROPEO AGRICOLA PER LO SVILUPPO RURALE: L'EUROPA INVESTE NELLE ZONE RURALI.
PROGETTO TREVI E IL SUO AMBIENTE COD. 413.0032.0006**

