



# SUMMER SCHOOL

## SCIENCES IN THE KITCHEN: FROM FARM TO FORK 30th June – 3rd July 2025

Monday 30th June

- 9.00 Introduction to the course
- 9.30 Welcome and visit to the UNISG campus
- 10.30 **FORAGING SESSION** in the UNISG gardens to learn how to recognise and collect wild plants, herbs and flowers.
- 11.30 Transfer to the Pollenzo Food Lab with the harvested products. Explanation about the characteristics of each plant, how to use them in the kitchen, and what their benefits are for our health.
- 13.30 **COOKING SESSION** to create a variety of dishes and drinks together based on the wild plants collected. Convivial lunch in the Food Lab
- 15.00 **SEMINAR** “Healthiness, biodiversity and pleasure: different values with the same taste. The evolution of human taste”
- 17.00 End of lessons
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Tuesday 1st July

- 9.00 **HARVESTING SESSION** in the UNISG vegetable garden to learn about biodiversity, seasonality and organic production. Harvesting of different varieties of vegetables, herbs and edible flowers (Pollenzo Food Lab team)
- 10.30 **COOKING WORKSHOP**: «One Health: when the planet teaches us how to cook. Contemporary issues for better and tastier meals. (Pollenzo Food Lab team)
- 12.30 Lunch at the Pollenzo Food Lab
- 14.30 **SEMINAR** “The effect of food on our physical and mental well-being. How what we eat affects who we are.”
- 16.00 End of lessons



# SUMMER SCHOOL

Wednesday 2nd July

- 9.30 **SEMINAR:** When cooks are loudspeakers: contemporary cuisine and sustainability. (Pollenzo Food Lab team)
- 11.00 **COOKING LAB:** Science in the Kitchen for Global Goals: culinary knowledges and techniques applied for healthy and sustainable diets. Fermentation, preserves and circular recipes to reduce waste in the kitchen (Pollenzo Food Lab team)
- 13.00 Lunch in the Pollenzo Food Lab based on dishes prepared together
- 15.00 **WORKSHOP:** How can vegetables take the stage? Creation of dish with seasonal vegetables as the main actor with chef Antonio Chiodi Latini. Show cooking and aperitif (Academic Tables)
- 19.00 Final dinner in Langa
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Thursday 3rd July

- 9.00 Departure by bus for Reis. A visit to learn about a sustainable farm to fork concept. Found in the mountains near Cuneo, Reis aims to produce healthy and delicious local products and vegetables and promote them through their dishes; all through a strong sense of community, love for nature and zero impact on the environment (Juri Chiotti)
- 10.30 Visit to the gardens to learn about their values and the connection between the farm and the restaurant
- 13.00 Lunch at the Reis restaurant
- 15.00 Departure by bus to return to Pollenzo
- 16.30 Arrival in Pollenzo and end of course