



PRODUCT CATALOGUE



Organic Agriculture Italy



TERRE*e*
TRADIZIONI®

ITALIAN ANCIENT GRAINS
ORGANIC

TERRE e TRADIZIONI®



WHERE EVERYTHING STARTED

Terre e Tradizioni is the result of an adventure that started in 2012 in Raddusa (City of Wheat). A small local farmer decides to **recover some ancient varieties of Sicilian indigenous grains** now disappeared from the territory, cultivating them according to the principles of organic farming becoming its curator and guardian.

It was the first step.

From the meeting with a master pasta maker, then came the idea of **enhancing these ancient grains by creating a line of pasta** in which to find the scent and flavor that these ancient cereals, nourished by the earth and the sun of Sicily, enclosed intact for hundreds of years.



OUR SUSTAINABLE PRODUCTION CHAIN

We use only organic grains of varieties known since the Greek-Roman era such as **TIMILIA, MAIORCA, RUSSELLO, and SARAGOLLA**, cultivated by a small group of farmers, custodians of the local tradition in the rugged and sunny plains of Sicily, Puglia, and Campania.

We grind stone in our mill in Montesano sulla Marcellana, inside the **National Park of Cilento, Vallo di Diano and Alburni**.

We store our semolina in our warehouse at a controlled temperature, to keep its integrity and purity intact.

We preserve all the natural components in the finished products through slow drying at low temperatures.



The commitment to conducting **regenerative agriculture** that is truly sustainable for the environment is total, in any of our activities.

We cultivate our ancient grains with **Organic Farming** practices, we use **energy from renewable sources** for our stone mill and we **recover rainwater to irrigate** the fields, keeping the soil fertility intact with the **composting of processing residues and the practice of green manure**. We are also completing the integration of our production chain through the installation of new processing and storage facilities for raw materials that will allow us to present ourselves as a **"Farm to Fork" company, from field to table**, in all respects.

OUR ITALIAN ORGANIC ANCIENT GRAINS



TIMILIA® is a variety of endangered durum wheat, typical of central Sicily and represents the its biodiversity.

Fruit of millenia of natural selection, its value has been forgotten over the years, and now rediscovered by virtue of its particular organoleptic and nutritional qualities. It is characterized by a darker ear compared to modern grains and a low yield production offset by a high presence of micronutrients and antioxidant polyphenols.



Durum wheat **RUSSELLO**® it was widely spread in the South-eastern Sicily since the beginning of last century. It proves the wealth of the Sicilian cereal landscape.

Characterized by a low gluten index and source of fiber, it takes its name from the ear's red color, which has a tall posture and a reduced production compared to modern grains. A "hard-dough" bread is produced with Russello, "bread of the Iblei", typical of the provinces of Ragusa and Syracuse.

OUR MEDITERRANEAN SUPERFOODS

Our organic ancient grains, with low yield but of the **highest quality profile**, are the result of millennial natural selections and are distinguished from modern grains for a unique taste and aroma but also and above all for the **exceptional nutritional contents**.

They are rich in enzymatic activating minerals (iron, zinc, manganese), proteins, fibers and antioxidants (polyphenols). They also have a **low gluten index (a measure of the structural strength of gluten) which makes them highly digestible** and therefore suitable for consumption for those who have difficulty in assimilating the very tenacious gluten of modern, different grains from celiac disease.



SARAGOLLA is an ancient variety of durum wheat originating from Central and Southern Italy. It comes from wild spelt, the first cereal used by man and for its high content protein, it is particularly suitable for preparation of pasta, bread and pizza.

Rich in minerals and with a low gluten index, it turns out particularly suitable for those with difficulties in the assimilation of the very tenacious gluten found in modern grains, other than celiac disease.



MAIORCA is a variety of soft wheat rediscovered in recent years, cultivated traditionally in the central areas of Sicily.

It is a thin and harsh plant, which matures quickly, from arid soils it snatches one very soft white flour that works the best in preparation of desserts or special breads and is excellent in a mixture for Pizza.

In the ancient dessert recipes of our grandmother's time, the name Maiorca was the definition of excellence in soft wheat flour.



ANCIENT WHEAT ORGANIC PASTA SEMI WHOLE WHEAT TIMILIA®

With an embracing, delicate, and unique flavor, a pasta perfect for your everyday dishes.

100%
Sicilian
wheat

Low
gluten
index

Source
of
Fibers

Slow
processing



Spaghetti | 400g
CODE 225

Penne | 400g
CODE 224



Linguine | 400g
CODE 231



Calamarata | 400g
CODE 230



Fusilli | 400g
CODE 222



Fiori | 400g
CODE 221



Maccheroncini | 400g
CODE 223



Mezze Penne | 400g
CODE 234



Ditalini | 400g
CODE 226



Semini | 400g
CODE 227



Fettuccine | 400g
CODE 238



Tagliatelle | 400g
CODE 237



Tagliolini | 400g
CODE 236



ANCIENT WHEAT ORGANIC PASTA WHOLE WHEAT TIMILIA®

When you want to feel the intense flavor of ancient grain and enjoy a healthy, fiber-rich dish.

100%
Sicilian
wheat

Low
gluten
index

High
fiber
content

Stone-
ground
wheat



Spaghetti | 400g
CODE 232

Penne | 400g
CODE 229



Fusilli | 400g
CODE 228



Fiori | 400g
CODE 235



Gomiti | 400g
CODE 239



Gnocchetti | 400g
CODE 240



Mixed Pasta | 400g
CODE 242



Spaghettini | 400g
CODE 243



Stelline | 400g
CODE 241



Cous Cous | 500g
CODE 715

Rich in **fiber, trace elements and antioxidants**, these extremely digestible types of pasta are suitable for those who pay **attention to their nutrition and want to stay active and fit**. They are bronze drawn and dried at low temperatures with a resting time of over 30 hours. These methods **guarantee the complete preservation of the nutrients** and the unmistakable taste and intense aroma of the ancient wheat Timilia.



ORGANIC PASTA MADE WITH
RUSSELLO®
 ANCIENT WHEAT
 le **Pugliesi**



Among hillside villages and historic olive groves, coastline, trulli, and masserie, you will find the taste of real Apulian pasta.

- 100% Sicilian wheat
- Low gluten index
- Source of Fibers
- Slow processing



Orecchiette | 400g
 CODE 333



Trofie | 400g
 CODE 334



Cavatelli | 400g
 CODE 335



Foglie d'Ulivo agli Spinaci | 400g
 CODE 255

When the ancient grains of Terre e Tradizioni meet the master pasta makers of Altamura, "Le Pugliesi" is born, our line of organic pasta made with 100% Russello durum wheat semolina and water from the Murge plateau, according to the most ancient local tradition. **Orecchiette**, **Trofie**, and **Cavatelli** are the three formats most

typically associated with Apulian gastronomy, made even **tastier and more digestible** by the use of this ancient variety of wheat, with a low gluten index, **bronze drawn** and dried slowly and at low temperatures to **enhance the flavors** and maintain as much as possible the high-value nutrients of the original grain.



ORGANIC PASTA MADE WITH
RUSSELLO®
ANCIENT WHEAT

le Siciliane



We will guide you in the land of sun and sea: with Busiate, Caserecce, and Curvette you will taste the Sicilian regional typicality.

100%
Sicilian
wheat

Low
gluten
index

Source
of
Fibers

Slow
processing



Busiate | 400g
CODE 336



Caserecce | 400g
CODE 338



Curvette | 400g
CODE 339



Busiatine | 400g
CODE 337

From the semolina of ancient durum wheat of Russello variety, "**Le Siciliane**" is born. These special and iconic pasta shapes of the Sicilian tradition **are well known and appreciated** all over Sicily,

but also in the rest of the continent. The unusual and sinuous shapes **imprison any sauce in a voluptuous embrace**, bringing joy and pleasure even to the most refined palates.



ORGANIC PASTA MADE WITH GRAGNANO IGP
SARAGOLLA
ANCIENT WHEAT

le Campane



A Gragnano IGP pasta made with our Saragolla durum wheat, with a strong flavor.

- 100% Ancient wheat
- Low gluten index
- Source of Fibers
- Slow processing



Paccheri Rigati | 400g
CODE 144

Fusilli Lunghi | 400g
CODE 140



Rigatoni | 400g
CODE 145



Scialatielli | 400g
CODE 141



Candele | 400g
CODE 142



Mixed Pasta | 400g
CODE 143



Mafalde | 400g
CODE 146

The ancient tradition of the **Neapolitan culinary school**, handed down by the **expert master pasta makers of Gragnano**, finds in these formats its highest expression. Made with craftsmanship in a laboratory in the heart of the country "**Le Campane**" lend itself to being served with meat sauce, fish sauce as well as simple but delicious "pummarole".

These kinds of pasta are the result of **expert workmanship established by a strict production** discipline that provides bronze drawing and slow drying at low temperatures, so as to maintain intact the high nutritional values of the fine organic Saragolla durum wheat semolina we use.



FROM OUR MILL

SEMOLINA AND FLOUR

Extremely versatile and easy to work with, you will be able to maintain the nutritional values of the ancient grain in your recipes.

100%
Sicilian
wheat

Low
gluten
index

Source
of
Fibers

Stone-
ground
wheat



Timilia semi-whole wheat semolina | 500g
CODE 798



Whole wheat Timilia semolina | 500g
CODE 792



Russello semolina | 500g
CODE 399



Mallorca Type 1 Flour | 500g
CODE 401

The wheat coming from our organic fields is ground in the stone mill of our farm in **Montesano sulla Marcellana (SA), on the hills of upper Cilento**. With a slow grinding, we avoid overheating, thus producing semolina, flour, and bran that **keep intact all the nutritional values of the cereal**, preserving

vitamins, minerals, fibers, noble proteins, and antioxidants. Excellent for the preparation of bread, pasta, pizza, and sweet and savory baked goods, such as cookies or leavened products, **these cereals are able to retain all the scent and taste of ancient Italian wheat, in every recipe.**



ANCIENT WHEAT TEMPTATIONS BAKERY PRODUCTS

Here are our delicacies, all organic and made with ancient grains, to give an extra touch of creativity to your snacks, aperitifs and breakfasts!

100%
Sicilian
wheat

Low
gluten
index

Source
of
Fibers

Stone-
ground
wheat



Rusks | 280g
CODE 319



"Piadina" without Lard and Yeast | 270g
CODE 706



Tartlets with Apricot
192g (4pz x 48g, single pack)
CODE 743



Tartlets with Blueberry
192g (4pz x 48g, single pack)
CODE 742



"Scrocchiarelle" with Linseed,
Sesame and Sunflower | 200g
CODE 419



Crunchy Pillows
Classic Flavor | 100g
CODE 340



Crunchy Pillows
Pizza Flavor | 100g
CODE 341



Crunchy Pillows
Rosemary Flavor | 100g
CODE 342

A range of irresistible temptations such as **Crunchy Pillows**, "**Scrocchiarelle**" with seeds and "**Piadina**"! Our sweet bakery range includes **rusks**, **flatbread**, **apricot** and **blueberry pies** as well as **cookies** and **biscuits** like Tuscany "**Cantuccini**". Get ready for a trip

throughout Italy that will make you rediscover the flavor of ancient grains in a multitude of recipes and ideas, bringing joy to your snacks and your aperitifs! Our proposals are **always appetizing and healthy**, **to enrich you in between moments with variety and taste!**



FOR YOUR COMBINATIONS

CONDIMENTS AND SAUCES

The perfect condiments for our types of pasta and sauces for your snacks and appetizers.

Vegan

Gluten free



Ready-made Spicy
Cherry sauce | 250g
CODE 605

Ready-made
Cherry Sauce | 330g
CODE 600

Ready-made Cherry sauce with
Black Olives and Capers | 250g
CODE 607



Wild Fennel Pesto | 190g
CODE 611



Sicilian Pesto | 190g
CODE 604



Pesto from Trapani | 190g
CODE 612



Sicilian Caponata | 190g
CODE 602



Eggplant Cream | 190g
CODE 613



Peppers Cream | 190g
CODE 610

Prepared with raw tomatoes and selected fresh vegetables and seasoned only with extra virgin olive oil.

This is our collection of **Sauces** and **Pestos**, ideal to be paired with **your daily dishes, your snacks, or appetizers with friends**, starting from the simple cherry sauce, also with olives and capers or chili pepper to season pasta, up to richer and more intense flavors with our Sicilian pestos and creams.

Let yourself be tempted!



MIXTURES OF CEREALS AND LEGUMES

LEGUMES AND SOUPS

Tasty and rich, the best soups to immerse yourself in in a healthy and typically Italian comfort food.

- Low gluten index
- High fiber content
- High protein content
- Vegan



Village Soup with Timilia, Chickpeas and Red Beans | 400g
CODE 900



Rustic Soup with Russello and Lentils | 350g
CODE 902



Ancient soup with Timilia, Oats and Barley | 350g
CODE 903



Green Lentils | 400g
CODE 953

Terre e Tradizioni soups are **rooted in the rural Mediterranean food tradition**. All the ingredients used in these soups **based on our ancient grains** come directly from organic Italian farms. **A balanced mix**

of cereals and legumes, a source of fiber and noble proteins that represents a typical Italian richness, with which you can vary your diet bringing **flavors, health, and wellness to your table**.



LOGISTIC DATA

Code	Description	Weight (g)	Pcs. per Box	Box measures (cm)	Box Gross Weight (kg)	Boxes for pallets	Boxes per layer	Number of layers	Pallet dimensions (cm)	Shelf Life (months)	Product EAN code
SEMI-WHOLE WHEAT PASTA MADE WITH ORGANIC TIMILIA WHEAT											
225	Spaghetti	400	12	40x30x17	5,3	80	8	10	80x120x200	36	805673446 225 8
231	Linguine	400	12	40x30x17	5,3	80	8	10	80x120x200	36	805673446 231 9
222	Fusilli	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 222 7
224	Penne	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 224 1
234	Mezze Penne	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 234 0
221	Fiori	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 221 0
223	Maccheroncini	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 223 4
230	Calamarata	400	12	50x30x25	5,6	48	6	8	80x120x215	36	805673446 230 2
226	Ditalini	400	12	40x30x17	5,3	72	8	9	80x128x168	36	805673446 226 5
227	Semini	400	12	40x30x17	5,3	72	8	9	80x128x168	36	805673446 227 2
236	Tagliolini (eggs free)	250	12	59x26x20	4,1	48	6	8	80x120x175	36	805673446 236 4
237	Tagliatelle (eggs free)	250	12	59x26x20	4,1	48	6	8	80x120x175	36	805673446 237 1
238	Fettuccine (eggs free)	250	12	59x26x20	4,1	48	6	8	80x120x175	36	805673446 238 8
WHOLE WHEAT PASTA MADE WITH ORGANIC TIMILIA WHEAT											
232	Spaghetti	400	12	40x30x17	5,3	80	8	10	80x120x185	36	805673446 232 6
228	Fusilli	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 228 9
229	Penne	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 229 6
235	Fiori	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 235 7
239	Gomiti	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 239 5
240	Gnocchetti	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 240 1
242	Mixed Pasta	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 242 5
243	Spaghettini	400	12	40x30x21	5,3	72	8	9	80x120x205	36	805673446 243 2
241	Stelline	400	12	40x30x17	5,3	72	8	9	80x120x168	36	805673446 241 8
715	Cous Cous	500	12	25x25x18	6,6	120	15	8	80x120x160	24	805673446 715 4
PASTA MADE WITH ORGANIC RUSSELLO WHEAT											
333	Orecchiette "Le Pugliesi"	400	12	40x30x17	5,3	80	8	10	80x120x185	36	805673446 333 0
334	Trofie "Le Pugliesi"	400	12	40x30x17	5,3	80	8	10	80x120x185	36	805673446 334 7
335	Cavatelli "Le Pugliesi"	400	12	40x30x17	5,3	80	8	10	80x120x185	36	805673446 335 4
325	Foglie d'Ulivo con Spinaci "Le Pugliesi"	400	12	40x30x17	5,3	80	8	10	80x120x185	36	805673446 325 5
336	Busiate "Le Siciliane"	400	12	39x29x18	5,6	80	8	10	80x120x195	24	805673446 336 1
337	Busiatine "Le Siciliane"	400	12	39x29x18	5,6	80	8	10	80x120x195	24	805673446 337 8
338	Caserecce "Le Siciliane"	400	12	39x29x18	5,6	80	8	10	80x120x195	24	805673446 338 5
339	Curvette "Le Siciliane"	400	12	39x29x18	5,6	80	8	10	80x120x195	24	805673446 339 2
PASTA MADE WITH ORGANIC SARAGOLLA WHEAT - IGP GRAGNANO											
140	Fusilli Lunghi "Le Campane"	400	12	32x24x37	5,3	60	12	5	80x120x200	36	805673446 140 4
141	Scialatielli "Le Campane"	400	12	32x24x37	5,3	60	12	5	80x120x200	36	805673446 141 1
142	Candele "Le Campane"	400	12	32x24x37	5,3	60	12	5	80x120x200	36	805673446 142 8
143	Mixed Pasta "Le Campane"	400	12	32x24x37	5,3	60	12	5	80x120x200	36	805673446 143 5
144	Paccheri Rigati "Le Campane"	400	12	32x24x37	5,3	60	12	5	80x120x200	36	805673446 144 2
145	Rigatoni "Le Campane"	400	12	32x24x37	5,3	60	12	5	80x120x200	36	805673446 145 9
146	Mafalde "Le Campane"	400	12	32x24x37	5,3	60	12	5	80x120x200	36	805673446 146 6
SEMOLINA AND ORGANIC FLOURS											
798	Timilia wheat semolina	500	9	29x22x17	4,9	84	14	6	80x120x122	24	805673446 798 7
792	Whole wheat Timilia semolina	500	9	29x22x17	4,9	84	14	6	80x120x122	24	805673446 792 5
399	Russello semolina	500	9	29x22x17	4,9	84	14	6	80x120x122	24	805673446 399 6
401	Mallorca Type 1 Flour	500	9	29x22x17	4,9	84	14	6	80x120x122	24	805673446 401 6
ORGANIC BAKERY PRODUCTS											
340	Crunchy Pillows of Russello wheat - Classic flavor	100	12	28x38x24	1,7	72	8	9	80x120x230	12	805673446 340 8
341	Crunchy Pillows of Russello wheat - Pizza flavor	100	12	28x38x24	1,7	72	8	9	80x120x230	12	805673446 341 5
342	Crunchy Pillows of Russello wheat - Rosemary flavor	100	12	28x38x24	1,7	72	8	9	80x120x230	12	805673446 342 2
419	"Scrocchiarelle" - mini crackers made with Timilia, Maiorca and Russello grains	200	8	30x20x20	1,8	96	16	6	80x120x183	8	805673446 419 1
706	Piadina made with Timilia	270	10	29x27x18	3,0	72	9	8	80x120x159	3	805673446 706 2
319	Russello semi-whole wheat Rusks	280	8	30x40x20	2,7	64	8	8	80x120x180	12	805673446 319 4
742	Tartlets made with wheat Timilia and Russello with blueberry	4x48	12	39x23x18	2,8	120	12	10	80x120x195	12	805673446 742 4
743	Tartlets made with wheat Timilia and Russello with apricot	4x48	12	39x23x18	2,8	120	12	10	80x120x195	12	805673446 743 7
ORGANIC SOUPS AND LEGUMES											
900	Village Soup with Timilia	400	6	24x19x13	2,7	160	20	8	80x120x123	24	805673446 900 4
902	Rustic Soup with Timilia	350	6	24x19x13	2,4	160	20	8	80x120x123	24	805673446 902 8
903	Ancient Soup with Russello	350	6	24x19x13	2,4	160	20	8	80x120x123	24	805673446 903 5
953	Green Lentils	400	6	24x19x13	2,7	160	20	8	80x120x123	24	805673446 953 0
ORGANIC SAUCES, PESTOS, AND CREAMS											
600	Ready-made Cherry Sauce	330	12	26x20x16	5,9	135	15	9	80x120x159	36	805673446 600 3
605	Ready-made Spicy Cherry sauce ready to use	250	12	25x19x14	5,3	171	19	9	80x120x141	36	805673446 605 8
607	Ready-made Cherry sauce with black olives and capers	250	12	25x19x14	5,3	171	19	9	80x120x141	36	805673446 607 2
604	Sicilian Pesto	190	6	21x14x9	2,3	145	29	5	80x120x65	24	805673446 604 1
612	Pesto from Trapani	190	6	21x14x9	2,3	145	29	5	80x120x65	24	805673446 612 6
611	Wild Fennel Pesto	190	6	21x14x9	2,3	145	29	5	80x120x65	24	805673446 611 9
602	Sicilian Caponata	190	6	21x14x9	2,3	145	29	5	80x120x65	24	805673446 602 7
610	Peppers Cream	190	6	21x14x9	2,3	145	29	5	80x120x65	24	805673446 610 2
613	Eggplant Cream	190	6	21x14x9	2,3	145	29	5	80x120x65	24	805673446 613 3

