



PRODUCT CATALOGUE



Organic Agriculture Italy



TERRE^e TRADIZIONI[®]

ITALIAN ANCIENT GRAINS
ORGANIC

TERRE E TRADIZIONI SRL - Via Tempa, 27 - 84033 Montesano sulla Marcellana (SA) - ITALIA
Tel. +39 045 7364410 - info@terretradizioni.it - ordini@terretradizioni.it

www.terretradizioni.it





WHERE EVERYTHING STARTED

Terre e Tradizioni is the result of an adventure that started in 2012 in Raddusa (Enna), 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 (Salerno), 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 have also completed the integration of our production chain through the installation of new processing and storage facilities for raw materials, allowing us to present ourselves as a **"Farm to Fork"** company, from field to table, in every respect.

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 Glutine 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 this pasta, "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 Glutine 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 Glutine 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 recipes of our grandmother's time, the name Maiorca was the definition of excellence in soft wheat flour.



ORGANIC ANCIENT DURUM WHEAT

TIMILIA[®] SEMI WHOLEMEAL PASTA

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

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



Spaghetti | 400g
COD. 225



Penne | 400g
COD. 224



Linguine | 400g
COD. 231



Calamarata | 400g
COD. 230



Fiori | 400g
COD. 221



Fusilli | 400g
COD. 222



Maccheroncini | 400g
COD. 223



Mezze Penne | 400g
COD. 234



Ditalini | 400g
COD. 226



Semini | 400g
COD. 227



Fettuccine | 400g
COD. 228



Tagliatelle | 400g
COD. 237



Tagliolini | 400g
COD. 236



ORGANIC ANCIENT DURUM WHEAT

TIMILIA® WHOLEMEAL PASTA

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

- 100% Italian wheat
- Low gluten index
- High fiber content
- Stone-ground wheat



Spaghetti | 400g
COD. 232

Penne | 400g
COD. 229



Fiori | 400g
COD. 235



Gomiti | 400g
COD. 239



Fusilli | 400g
COD. 228



Gnocchetti | 400g
COD. 240



Pasta Mista | 400g
COD. 242



Stelline | 400g
COD. 241



Spaghettini | 400g
COD. 243



Cous Cous | 500g
COD. 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 ANCIENT DURUM WHEAT

RUSSELLO®

SEMOLINA PASTA

"le Pugliesi"



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

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



Orecchiette | 400g
COD. 333



Trofie | 400g
COD. 334



Cavatelli | 400g
COD. 335



Foglie d'Ulivo agli Spinaci | 400g
COD. 325

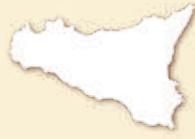
When the ancient grains of Terre e Tradizioni meet the master pasta makers of Altamura, "le Pugliesi" is born, our line of organic pasta made with 100% Russello durum wheat semolina and water from the Murge plateau, according to the most ancient local tradition. **Orecchiette, Trofie, Cavatelli and Foglie d'Ulivo** are the 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 Glutine 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 ANCIENT DURUM WHEAT
RUSSELLO®
SEMOLINA PASTA

"le Siciliane"



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

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



Busiate | 400g
COD. 336



Caserecce | 400g
COD. 338



Curvette | 400g
COD. 339



Anelletti | 400g
COD. 331

From the semolina of ancient durum wheat of Russello variety, "le Siciliane" is born. These special and iconic pasta shapes typical of the island 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 ANCIENT DURUM WHEAT SARAGOLLA

SEMOLINA PASTA
IGP GRAGNANO

"le Campane"



A Gragnano IGP pasta made with our Saragolla durum wheat, our Italian Kamut®.

100%
Ancient
wheat

Low
gluten
index

Source
of
Fibers

Slow
processing



Paccheri Rigati | 400g
COD. 144

Fusilli Lunghi | 400g
COD. 140



Rigatoni | 400g
COD. 145



Scialatielli | 400g
COD. 141



Candele | 400g
COD. 142



Pasta Mista | 400g
COD. 143



Mafalde | 400g
COD. 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.



ORGANIC ANCIENT DURUM WHEAT
SARAGOLLA
WHOLEMEAL PASTA

"le **Campane**"



The bold flavor of our ancient Saragolla durum wheat for a healthy, fiber-rich dish.

- 100% Italian wheat
- Low gluten index
- High fiber content
- Whit wheat germ



Radiatori | 400g
COD. 151



Mezze maniche | 400g
COD. 150



Tortiglioni | 400g
COD. 152

Our wholegrain Saragolla pasta from 'le Campane' line is a **valuable source of fiber, trace elements, and antioxidants**, ideal for those seeking a wholesome food rich in benefits for the body. Light and easily digestible, thanks to its low Gluten Index, it is the perfect

choice for anyone looking to follow a **balanced diet** and support a dynamic, healthy lifestyle without compromising the pleasure of an authentic, traditional product taste.



FROM OUR MILL

SEMOLINA AND FLOURS

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

100% Italian wheat

Low gluten index

Source of Fibers

Stone-ground wheat



Timilia semi-whole wheat semolina | 500g
COD. 798



Whole wheat Timilia semolina | 500g
COD. 792



Russello semolina | 500g
COD. 399



Maiorca Type 1 Flour | 500g
COD. 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 processing, we avoid overheating, thus producing semolina and flours 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, **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%
Italian
wheat

Low
gluten
index

Source
of
Fibers

Stone-
ground
wheat



Rusks
225g (5pz x 45g, 2 rusks pack)
COD. 309



"Piadina" without Lard and Yeast | 270g
COD. 706



Crunchy Pastries with Flax,
Sesame and Sunflower Seeds | 200g
COD. 419



"Pucce" | 230g (2pz x 115g)
COD. 415

A tempting selection of irresistible treats, from savory snacks like crispy **Crunchy Pastries** to baked breakfast goods, including classic rusks "**Fette Biscottate**" and soft flatbreads like "**Piadina**" and "**Pucce**", ideal for tasty, energizing breakfasts and snack moments.

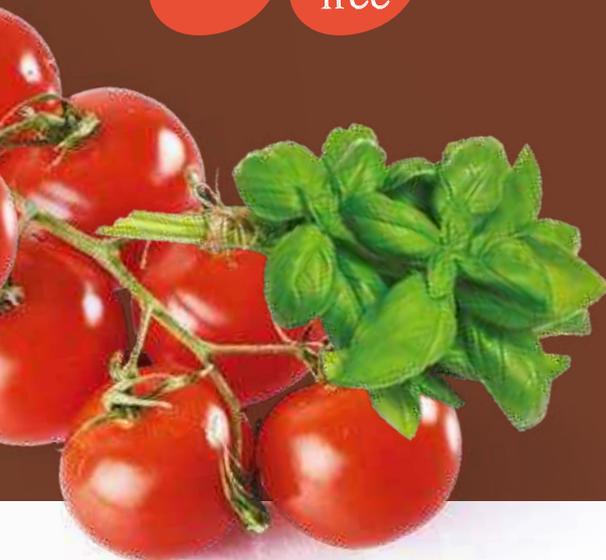
Embark on a journey through Italy to rediscover the rich flavors of ancient grains, **with a variety of wholesome and delicious options to bring flavor and variety to every moment of the day!**



FOR YOUR COMBINATIONS SAUCES AND CONDIMENTS

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

Vegan Gluten free



Cherry Tomato Sauce
Spicy | 250g
COD. 605

Cherry Tomato Sauce
Plain | 330g
COD. 600

Cherry Tomato Sauce
Black Olives and Capers | 250g
COD. 607



Sicilian Pesto | 130g
COD. 630



Trapanese Pesto | 130g
COD. 631



Wild Fennel Pesto | 130g
COD. 632



Eggplant Cream | 190g
COD. 613



Bell Pepper Cream | 190g
COD. 610



Sicilian Caponata | 190g
COD. 602

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 mediterranean pestos and creams.
Let yourself be tempted!



MIXTURES OF CEREALS AND LEGUMES SOUPS AND LEGUMES

Tasty and rich, the best soups to immerse yourself 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
COD. 900



Rustic Soup with Russello Wheat and Lentils | 350g
COD. 902



Ancient soup with Timilia Wheat, Oats and Barley | 350g
COD. 903



Green Lentils | 400g
COD. 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

Cod.	Description	Weight (g)	Box measures (cm)	Pcs. per Box	Box Gross Weight (kg)	Boxes for pallets	Number of layers	Number of layers	Pallet dimensions (cm)	Shelf Life (months)	Product EAN code
ORGANIC TIMILIA® WHEAT: SEMI-WHOLEMEAL PASTA											
225	Spaghetti	400	11x3x32h	12	5,2	24	5	120	80x120x180	36	805673446 225 8
231	Linguine	400	11x3x32h	12	5,2	24	5	120	80x120x180	36	805673446 231 9
222	Fusilli	400	12x7x22h	12	5,3	8	9	72	80x120x205	36	805673446 222 7
224	Penne	400	12x7x22h	12	5,3	8	9	72	80x120x205	36	805673446 224 1
234	Mezze Penne	400	12x7x22h	12	5,3	8	9	72	80x120x205	36	805673446 234 0
221	Fiori	400	14x8x26h	12	5,6	6	8	48	80x120x215	36	805673446 221 0
223	Maccheroncini	400	12x7x22h	12	5,3	8	9	72	80x120x205	36	805673446 223 4
230	Calamarata	400	14x8x26h	12	5,6	6	8	48	80x120x215	36	805673446 230 2
226	Ditalini	400	12x7x22h	12	5,3	8	9	72	80x120x168	36	805673446 226 5
227	Semini	400	10x7x16h	12	5,3	8	9	72	80x120x168	36	805673446 227 2
236	Tagliolini (eggs free)	250	14x6x24h	12	4,1	6	8	48	80x120x175	36	805673446 236 4
237	Tagliatelle (eggs free)	250	14x6x24h	12	4,1	6	8	48	80x120x175	36	805673446 237 1
238	Fettuccine (eggs free)	250	14x6x24h	12	4,1	6	8	48	80x120x175	36	805673446 238 8
ORGANIC TIMILIA® WHEAT: WHOLEMEAL PASTA											
232	Spaghetti	400	11x3x32h	12	5,2	24	5	120	80x120x180	36	805673446 232 6
228	Fusilli	400	12x7x22h	12	5,3	8	9	72	80x120x205	36	805673446 228 9
229	Penne	400	12x7x22h	12	5,3	8	9	72	80x120x205	36	805673446 229 6
235	Fiori	400	14x8x26h	12	5,6	6	8	48	80x120x215	36	805673446 235 7
239	Gomiti	400	14x8x26h	12	5,3	8	9	72	80x120x205	36	805673446 239 5
240	Gnocchetti	400	10x7x20h	12	5,3	8	9	72	80x120x205	36	805673446 240 1
242	Mista	400	12x7x22h	12	5,3	8	9	72	80x120x205	36	805673446 242 5
243	Spaghettini	400	10x7x22h	12	5,3	8	9	72	80x120x205	36	805673446 243 2
241	Stelline	400	10x7x16h	12	5,3	8	9	72	80x120x168	36	805673446 241 8
715	Cous Cous	500	12x3,5x16h	12	6,65	15	8	120	80x120x160	24	805673446 715 4
ORGANIC RUSSELLO® WHEAT: SEMOLINA PASTA											
333	Orecchiette "le Pugliesi"	400	10x7x22h	12	5,3	8	10	80	80x120x185	36	805673446 333 0
334	Trofie "le Pugliesi"	400	10x7x22h	12	5,3	8	10	80	80x120x185	36	805673446 334 7
335	Cavatelli "le Pugliesi"	400	10x7x22h	12	5,3	8	10	80	80x120x185	36	805673446 335 4
325	Foglie d'Ulivo con spinaci "le Pugliesi"	400	10x7x22h	12	5,3	8	10	80	80x120x185	36	805673446 325 5
331	Anelletti "le Siciliane"	400	10x7x20h	12	5,3	8	10	80	80x120x185	36	805673446 331 6
336	Busiate "le Siciliane"	400	11x6x28h	12	5,3	6	10	60	80x120x200	36	805673446 336 1
338	Caserecce "le Siciliane"	400	12x7x22h	12	5,3	8	10	80	80x120x185	36	805673446 338 5
339	Curvette "le Siciliane"	400	10x7x22h	12	5,3	8	10	80	80x120x185	36	805673446 339 2
ORGANIC SARAGOLLA WHEAT: SEMOLINA PASTA - IGP GRAGNANO											
140	Fusilli Lunghi "le Campane"	400	10x7x28h	12	5,3	6	10	60	80x120x200	36	805673446 140 4
141	Scialatielli "le Campane"	400	10x7x28h	12	5,3	6	10	60	80x120x200	36	805673446 141 1
142	Candele "le Campane"	400	10x7x28h	12	5,3	6	10	60	80x120x200	36	805673446 142 8
143	Pasta Mista "le Campane"	400	10x7x28h	12	5,3	6	10	60	80x120x200	36	805673446 143 5
144	Paccheri Rigati "le Campane"	400	10x7x33h	12	5,3	6	10	60	80x120x200	36	805673446 144 2
145	Rigatoni "le Campane"	400	10x7x28h	12	5,3	6	10	60	80x120x200	36	805673446 145 9
146	Mafalde "le Campane"	400	12x7x34h	12	5,3	6	10	60	80x120x200	36	805673446 146 6
ORGANIC SARAGOLLA WHEAT: WHOLEMEAL PASTA											
150	Mezze Maniche Rigate "le Campane"	400	12x7x22h	12	5,6	6	8	48	80x120x215	36	805673446 150 3
151	Radiatori "le Campane"	400	12x7x22h	12	5,6	6	8	48	80x120x215	36	805673446 151 0
152	Tortiglioni "le Campane"	400	12x7x22h	12	5,6	6	8	48	80x120x215	36	805673446 152 7
SEMOLINAS AND FLOURS											
798	Timilia wheat semi-wholemeal semolina	500	9x5x20h	9	4,9	14	6	84	80x120x122	24	805673446 798 7
792	Timilia wheat wholemeal semolina	500	9x5x20h	9	4,9	14	6	84	80x120x122	24	805673446 792 5
399	Russello wheat semolina	500	9x5x20h	9	4,9	14	6	84	80x120x122	24	805673446 399 6
401	Maiorca wheat Type 1 Flour	500	9x5x20h	9	4,9	14	6	84	80x120x122	24	805673446 401 6
ORGANIC BAKERY PRODUCTS											
415	Russello and Mallorca wheat "Pucce"	415	17x16x4h	8	2,25	14	9	99	80x120x170	2	805673446 415 3
419	Timilia, Maiorca and Russello wheats "Sfogliette Croccanti"	200	10x5x20h	8	1,8	15	8	120	80x120x172	8	805673446 419 1
706	Timilia wheat "Piadina"	3x90	22x25x0,1h	10	3	12	5	60	80x120x125	3	805673446 706 2
309	Russello wheat Rusks	5x45	14x12x12h	6	2,14	8	11	88	80x120x168	10	805673446 309 5
ORGANIC SAUCES, PESTOS, AND CREAMS											
600	Cherry Tomato Sauce - plain	330	6x6x15h	12	5,9	15	9	135	80x120x159	36	805673446 600 3
605	Cherry Tomato Sauce - spicy	250	6x6x14h	12	5,3	18	9	162	80x120x141	36	805673446 605 8
607	Cherry Tomato Sauce - black olives and capers	250	6x6x14h	12	5,3	18	9	162	80x120x141	36	805673446 607 2
602	Sicilian Caponata	190	7x7x8h	6	2,3	29	5	145	80x120x65	24	805673446 602 7
610	Bell Pepper Cream	190	7x7x8h	6	2,3	29	5	145	80x120x65	24	805673446 610 2
613	Eggplant Cream	190	7x7x8h	6	2,3	29	5	145	80x120x65	24	805673446 613 3
630	Sicilian Pesto	130	6x6x9h	12	3	20	10	200	80x120x110	24	805673446 630 0
631	Trapanese Pesto	130	6x6x9h	12	3	20	10	200	80x120x110	24	805673446 631 7
632	Wild Fennel Pesto	130	6x6x9h	12	3	20	10	200	80x120x110	24	805673446 632 4
ORGANIC SOUPS AND LEGUMES											
900	Village Soup with Timilia wheat	400	10x5x16h	6	2,7	20	8	160	80x120x123	24	805673446 900 4
902	Rustic Soup with Timilia wheat	350	10x5x16h	6	2,4	20	8	160	80x120x123	24	805673446 902 8
903	Ancient Soup with Russello wheat	350	10x5x16h	6	2,4	20	8	160	80x120x123	24	805673446 903 5
953	Green Lentils	400	10x5x16h	6	2,7	20	8	160	80x120x123	24	805673446 953 0