

The Territory

Initial evidence of this area dates back to the Iron Age. The area was already intensively inhabited in the 5th century BC thanks to trading with Etruria and the Po Valley. A remarkable demographic expansion occurred between the 12th and 13th centuries. The area was later the theatre of the struggle between Florence and Lucca, thus becoming depopulated.



Art and Places

The **Church of San Frediano**, already present in the 8th century, it was remodelled several times until the 18th century when it was almost completely rebuilt and expanded. Today, all that remains of the original medieval structure is the bell tower. Of particular interest is the *Mystic Marriage of St. Catherine* (1602-1604) by Francesco Vanni and *St. John the Baptist between Saints Jerome and Jacopo* (1566) by Alessandro Ardent. Both talented masters of the Lucca area. Of note, the fifteenth-century baptismal font and holy water stoup, and a wooden *Madonna Enthroned with Child* that can probably be attributed to the end of the 13th century.

Nearby is the **Church of San Quirico in Petroio** with a small steeple to the side, built with the local stone from Pietrasanta. Dating back to the 10th century, it is a rare example of archaic Lucca architecture.

Artisanship

The making of Altopascio Bread has been, since the Middle Ages, a local tradition since the centre of Altopascio was an important rest stop for pilgrims on the via Francigena. The town is part of the "Città del Pane" Association that 31 selected municipalities subscribe to throughout Italy.

Festivals and Celebrations

The **Festa dell'Aria** in September is an event in the Capannori area that hosts numerous acrobatic teams and cultural events of various kinds.

Local Products

Like all Tuscan breads, the Altopascio variety is also unsalted, with a square or elongated shape, a smooth texture and a crispy and firm crust. This bread is classified with the Collective Mark of **Altopascio Bread**.

Gastronomic Recommendations

Cinghiale in Umido, Torta d'Erbi.

Tenuta di Valgiano

Valgiano

In 1993 the estate marked its first grape harvest. In 1997, with the aim of preserving the ecosystem of Valgiano, the decision to become organic arrived. 2001 is the year that indicates the passage to the biodynamic method. The Tenuta di Valgiano, known for its precious wines, produces, in addition to Extra-virgin olive oil, chestnut and acacia honey.



Owner	Moreno Petrini
Address	Via di Valgiano, 7 - Valgiano
Province	Lucca
Telephone number	+ 39 0583.402271
@	info@valgiano.it
www	www.valgiano.it
Hectares	10
Number of trees	3,000
Age	15-70 years
Planting density	6X6
Altitude metres ASL	250
Harvest period	November
Harvesting method	Mechanical facilitators
Olive pressing method	Continuous cycle
Filtration	When necessary
Storage containers	Stainless steel
Accommodation	Fattoria Mansi Bernardini
Restaurant	Tenuta San Pietro

Oil name	Tenuta di Valgiano
Cultivar	Frantoio e Leccino 80% - Altre 20%
Format	500 ml

Aspect

Yellow green, dense and limpid. Its initial olfactory impact is inviting. The notes are of artichoke with a balsamic finish and the fruitiness of pear. Its taste is persistent and fine, leaving an excellent balance between the bitter notes of eggplant and the pleasant spiciness of cinnamon.

Serving suggestions

Use it with a stracotto al vin santo, or to garnish grilled scampi and lobster. Prepare a millefeuille by using this oil instead of butter.