



tradizioni

NEWSLETTER OF THE ITALIAN FOLK ART FEDERATION OF AMERICA

Editor: Jackie Capurro

IFAFA Website: www.ItalianFolkArtFederation.org

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No. 1

Letter from the President

Dear Members,

As I write this letter to you, I must also brag a little that I'm currently in the middle of packing for my upcoming trip to the homeland! I'll be departing Chicago on Wednesday, May 11th, and will arrive in Rome at 11AM on Thursday. My family and I have rented a Villa for a week in the town of Bucine, Tuscany, although I'll be flying in a couple days early to spend some time in Rome.

Once back, following the tears of reality setting back in, my plan is to blog about my trip, and hopefully to begin a forum discussion through our website. How many of you have recently taken a trip, or have some wonderful insight on the Italian Folk Arts to share with the rest of the community? We have a wonderful area for you to do that, so please, share with us all! Log onto www.ItalianFolkArtFederation.org to learn more!

Also, please check out this issue (pages 3 and 4) for further information regarding the upcoming IFAFA Conference, this year to be held October 14-16, in beautiful Hartford, CT. The organizers for this year's conference have already set the schedule, secured several wonderful presenters for the workshops, and hired a great local Italian-American band for the Saturday night Gala. It's sure to be an incredible conference, and I look forward to seeing all of you there!

Finally, it's official – IFAFA will be releasing its own cookbook!! And we need your recipes!!! Please send recipes, stories, homemaking tips, IFAFA anecdotes, and anything else you think might be relevant to IFAFACookbook@gmail.com. Our goal is to get it compiled and ready to order by the time the October conference comes around....but obviously first, we need your help! See more below.

Until then, wish me luck on my trip – *ci vediamo!*

Mark DeSanctis

President, Italian Folk Art Federation of America

IFAFA Cookbook

Our plans for an IFAFA Cookbook are underway!! We have a publisher and a layout in mind. Now what we need are RECIPES, contributed by YOU, our IFAFA members!

Please send us your family favorites -- just like Grandma or Grandpa used to make!! We are especially looking for recipes with a history, and we'd like you to include that (brief) history of the recipe too. If you know a specific region where the dish originated, who first made it in your family, if there's a special holiday attached to it, tell us about it. If there's a special memory that comes to mind with a certain recipe (if you remember your great-grandmother teaching you to make it, going into the garden to pick vegetables for it, having to make certain substitutions because of hard economic times, whatever), please include that in your description. If you have a picture of the finished dish, or a picture of you or a family member making it, please include it. If you are an artist who would be willing to donate some original illustrations, we'd love to hear from you as well.

Please send all recipes by email <IFAFACookbook@gmail.com> in a Word document attachment, or just type the recipe into the message window. Photos and illustrations can be emailed as well. If you prefer to send recipes, photos, or artwork by mail, please send your contribution to Jackie Capurro, 2512 Glen Hastings Court, San Jose, CA 95148. If you send photos or artwork by snail-mail, they will be scanned and returned to you, if you request it.

All proceeds from this cookbook will go to IFAFA to support its goals.

Pasta della Liguria: Trofie e Croxetti

by Anna Merullo



A handmade pasta shaped like a string bean, you can find *trofie* all along the Italian Riviera restaurant menus and in Ligurians' homes. The traditional name *trofie* possibly derives from "*strafuggià*" (to rub), the movement done with one's hands to make this kind of pasta.

In Liguria, *trofie* with basil or walnut *pesto* are traditionally served with cooked green beans and potatoes tossed in. Potatoes, green beans and pasta might sound like a strange combination, but we guarantee that you will love it once you try it!

Croxetti instead are ancient, Ligurian pasta that comes in small, round coin-shaped forms. In the past, powerful aristocratic Genovese families used to print their family crest on one side of this pasta as a sign of prestige. Nowadays, for weddings and other special events, Ligurians still commission artisans to print family initials or other decorations on this pasta.



Trofie (for 4 people)

250 gr of flour
a pinch of salt
water

Mix flour and salt in a large bowl. Make a well in the center and pour in the water. Start mixing the ingredients until all the flour is incorporated and the dough looks cohesive. (If the dough is too sticky, add a bit more flour).

When the dough has the right consistency, place it in a bowl and let it rest for about 10 minutes.

At this point, sprinkle the work surface with some flour. Place the dough on the floured work surface and cut a piece of dough with a knife. Then, roll it on the lightly floured surface with 2 hands and cut it into little pieces (about the size of a chickpea) and roll under your index and middle fingers to obtain a little spirals shaped like screws. A good way to cope with the task of shaping pasta is to enlist the help of your family. Kids find it particularly fun, and the *trofie* will be done in no time!

Repeat with the rest of the dough and, finally, let the pasta rest for about 1 hour at room temperature.

Bring a large pot of water to a boil and season with salt. Pour the *trofie* in the pot and cook them until they rise to the surface. Finally, drain them and serve immediately with Pesto Sauce and grated *parmigiano*. (Or try them with Walnut Sauce and *parmigiano*.)

Pesto Sauce (for 4 people)

4 bunches of basil
40 gr Parmesan
20 gr pecorino cheese
a handful of pine nuts
2 cloves garlic
Salt
Ligurian olive oil



Wash and dry with paper towels the small basil leaves. (Be careful not to mash them when you dry them.) While the leaves are drying, chop 2 cloves of garlic with a bit of salt. After chopping garlic and salt, add the basil leaves, pine nuts, Parmesan cheese and pecorino cheese, and mix it all with a mortar and pestle, gradually adding the olive oil. The pesto sauce should not be too liquid.

Walnut Sauce (for 4 people)

200 grams walnuts
1/2 glove of garlic
the soft part of two bread rolls
whole milk
3 tablespoons of olive oil
salt



Shell walnuts; soak in water in order to remove the bitter inside skin. Place nuts in the mortar with the garlic, bread soaked in milk, and salt. Blend with pestle until smooth and creamy.

When serving with pasta, I suggest that you dilute it with a little bit of the hot water used to cook the pasta and toss with butter and Parmesan cheese.

Anna Merulla is the founder of [Beautiful Liguria](http://BeautifulLiguria.com), a travel concierge service that offers everything from touring, hiking excursions, weddings services, cooking lessons, and personal shopping in this great region. In 2009 she decided to begin sharing her personal knowledge of the beauty, the culture, and the history of Liguria in which she's immersed every day. This article is from ItalianNotebook.com, used here with the permission of the author.

Italian Folk Art Federation of America (IFAFA)
October 14 – 15, 2011
Hosted By the Italian Culture Center of Education and Cuor D'Italia

Conference Registration Form

Hotel reservations are made directly through The Hilton Hartford Hotel, 315 Trumbull St, Hartford, CT
Reservations: 800-445-8667. Specify "IFAFA" for conference Rate of \$109. Staying at the Hilton Hartford and
reserving your hotel room by mentioning 'IFAFA' is how we are able to keep the conference fees this low.
To view hotel information on line: www.hartford.hilton.com

Registration Information: Full Conference fee includes all activities, workshops & meals (excluding breakfast).

Video/DVD of entire event & Group Photo will be available to order at the conference.

Please complete and detach form below; make check payable to IFAFA. Mail form and check to:
Laura Speno, 881 Maple St, Wethersfield, CT 06109. Questions? Call Laura at 860-529-4626 or E-mail to
hartifafa@yahoo.com

Name(s) * _____

Address _____ City, State, ZIP _____

Phone Number _____ E-mail address _____

Group Affiliation _____ IFAFA Member? ____yes ____no

Indicate number of registrations and calculate cost:
Registration received after September 14th, add \$15 per person.

Full Conference: Adult, IFAFA Member # _____ x \$120 = _____

Full Conference: Youth (18 and under) # _____ x \$80 = _____

Full Conference, Adult Non-member # _____ x \$130 = _____

Partial Registration available:

Saturday Morning Only: a.m. workshops & lunch # _____ x \$ 55 = _____

Saturday Afternoon Only: Lunch & p.m. workshops # _____ x \$ 55 = _____

Saturday All Day: Workshops & Lunch # _____ x \$75 = _____

Saturday Night Banquet Only # _____ x \$55 = _____

Total Amount of Check: \$ _____

BANQUET MENU SELECTIONS:

(Included are: Salad, Rolls & Butter, Coffee & Tea Service, and Spumoni & Biscotti)

1. **Sun-Dried Tomato & Boursin Cheese Stuffed Breast of Chicken**
Pinot noir reduction, fennel scented rice pilaf, glazed baby carrots, haricot verts.
2. **Baked Seafood Stuffed Sole with Lobster Sherry Cream**
Herbed wild rice pilaf and steamed baby vegetables.
3. **Grilled Aged New York Strip**
Garlic herb compound butter, rosemary mashed potatoes, roasted marinated asparagus, and steamed baby carrots.

2011 IFafa Conference Activities

The 2011 IFafa Conference will include the following:

Dance workshops will be conducted by three fantastic teachers:

- Mark DeSanctis: Noted Italian folk dancer and choreographer
- Jackie Capurro: Teacher extraordinaire
- Doris Beckert: Teaching Italian Renaissance dances

Cantiamo Insieme: Italian Songs with Christine Petrucci

- Christine Petrucci is the founder, director, and piano teacher at the Seacoast Academy of Music in North Hampton, NH. Get ready for a fun-filled music class!

Lecture: The Italian Design

- Professor Antonio Scontrino specializes in Digital and Film Photography and Graphics Technology at Central Connecticut State University.

Lecture: Food and Unification of Italy

- Professor Dario Del Puppo specializes in Language and Culture Studies at Trinity College, Hartford, CT.

Cooking Demo and Tasting with Nina Dimascio

- Nina is the founder of the Italian Culture Center of Education and *Cuor d'Italia*. She will be cooking a Sicilian dish traditionally prepared during *Carnevale*. Her love for the Italian culture is brought forth in her love of cooking.

Create Your Own Rosary Beads

- Join *Cuor d'Italia* members in the culturally- and religiously-significant pastime and create your own personal set of rosary beads to take home with you! You will even have the chance to have your beads blessed at the Saturday Night Banquet.

Festa Folcloristica Italiana

- Saturday evening's *Festa Italiana* includes the banquet, folk entertainment, and music provided by the sensational *New Skorpion Band*, playing traditional and contemporary dance music.

IL BALLO DEL FAZZOLETTO

Traditional folk song from the region of Le Marche

Fa Do7 Fa
 Fi - glia mia mo' vie - ni al bal - lo. Bab - bo mi - o e no e no,
 Fa Do7 Fa
 sul - la piaz - za di Mon - te - gal - lo bab - bo mio non ven - go no.
 Fa Do7
 Bab - bo mio non ven - go no, che le scar - pet - te
 Fa Fa
 non ce l'ho. E lo bab - bo se ne die - de e
 Do7 Fa Fa
 le scar - pet - te glie - le te - ce, la mam - ma se
 Do7 Fa
 ne ri - di - a è scar - pet - ta - ta la fi - glia mi - a.

Il ballo del fazzoletto / The Dance of the Handkerchief

As with most popular *marchigiani* (from Le Marche) songs, the origin of the words, the name of the original song writer, and the date of composition are unknown. The songs have been passed down from one generation to the next, with frequent changes and variations. As the title suggests, this is a song originally intended for a couple dance. The "star" of the dance is a large handkerchief, a typical costume accessory for men and women of Le Marche, which is always kept in the hands of the pairs of dancers.

The original text of the song consists of eight stanzas, although there are many variations, as often happens with oral tradition. There are two characters in the song: a father (played by a solo male voice or a group of male voices) and his young daughter (played by a solo female voice or a group of female voices). The two voices alternate throughout the song, in a playful repartée.

Since dancing is a means of taking one's place in society or in the local community, the father insists that his daughter go to the dance in the piazza. (*Fija mia voi veni al ballo?* = My daughter, are you going to the dance?) But each time, the young lady refuses because she doesn't have the proper clothes or accessories needed to make up the typical *marchigiano* costume. (*Babbu mio non vengo no* = Dear Father, I'm not going) In this version of the song, first she does not have the shoes (*Chè le scarpette non ce l'ho*), then the underwear (*le mutande*), then the apron (*lu panellu*), blouse (*la camicia*), vest (*lu bustu*), the dress (*lo vestito*), the earrings (*li pendenti*) and the handkerchief (*il fazzoletto*), with one of these accessories requested by the young lady in each verse. The father, wanting to see his daughter dancing, concedes each time to make her happy.

Il ballo del fazzoletto

"Fija mia voi veni al ballo?"

"Babbu mio non vengo no,
sulla piazza di Montegallo
babbu mio non vengo no.
Babbu mio non vengo no,
chè le scarpette non ce l'ho."

E lo babbu se ne diede
e le scarpette gliele fece,
la mamma se ne ridia:
"È scarpettata la fija mia."

"Fija mia voi veni al ballo?"

"... chè le mutande non ce l'ho."
E lo babbu se ne diede
e le mutande gliele fece,
e la mamma se ne ridia:
"Le mutande ha la fija mia."

"Fija mia voi veni al ballo?"

".. chè lu panellu non ce l'ho."
E lo babbu se ne diede
e lu panellu glielo fece
e la mamma se ne ridia:
"Lu panellu ha la fija mia."

"Fija mia voi veni al ballo?"

"... chè la camicia non ce l'ho."
E lo babbu se ne diede
la camicia gliela fece
e la mamma se ne ridia:
"È in camicia la fija mia."

"Fija mia voi veni al ballo?"

"... chè lu bustu non ce l'ho."
E lo babbu se ne diede
e lu bustu glielo fece
e la mamma se ne ridia:
"È in bustu la fija mia."

"Fija mia voi veni al ballo?"

"... chè lu vestitu non ce l'ho."
E lo babbu se ne diede
e lu vestitu glielo fece
e la mamma se ne ridia:
"È vestita la fija mia."

"Fija mia voi veni al ballo?"

"... chè li pendenti non ce l'ho."
E lo babbu se ne diede
e li pendenti glieli fece
e la mamma se ne ridia:
"Li pendenti ha la fija mia."

"Fija mia voi veni al ballo?"

"... chè 'l fazzoletto non ce l'ho."
E lo babbu se ne diede
e 'l fazzoletto glielo fece
e la mamma se ne ridia:
"Ha il fazzoletto la fija mia."

Children's Abruzzese Fairytale

Gracie Scala Adamson grew up as the youngest of seven daughters in an Italian immigrant family in Australia. Gracie's mother, Chiarina, was born in Vasto, Abruzzo, and this is one of the fairytales she would tell her children. *Le Tre Favette* (The Three Broad Beans) was one of Gracie's favorite stories, but one that she could not find in fairytale books. Inspired by her mother's storytelling, and driven by a desire to pass on the tradition to her nephews and nieces, she recently translated the story, created the illustrations, and had it published.

The book was launched in Gracie's local library in Geelong, Australia, in August 2010. Gracie's Illustrations came in 2nd place in the 2009 Children's and Young Adult (CYA) writers & illustrators conference in Brisbane.

Gracie's picture storybook is full of original and vibrant illustrations, written in English with Italian phrases throughout the story. It has the Italian version written on the last two pages. The story is about two orphaned children who find something precious hidden away that leads them on a fairytale journey. This 30-page story will enchant you with its underlying theme of hope.

If you are interested, contact Gracie at <alittlegrace@westnet.com.au> or purchase it for \$19.95 Australian Dollars (\$20.30 US Dollars) from the website <www.i2kids.com.au>. It is suitable for children, ages 6 years and over, as it is a traditional fairytale.

Gracie explains, "I would be delighted to think that it would be shared with other children with Italian heritage, especially from Abruzzo!"

REGIONAL ITALIAN FOLK COSTUME

We continue the series of descriptions of folk costumes taken from the book, now out of print, *Il Costume popolare in Italia*, by Emma Calderini, published by Sperling & Kupfer, Milano. In this issue, we highlight two costumes from the region of Friuli – Venezia Giulia.

LEFT: Montanara dei dintorni di Udine / Woman of the Mountains around Udine

Blouse of homespun cloth. Close-fitting sleeveless vest of cotton, buttoned up the front. Underskirt of cotton, with a border. Over that another skirt, also of cotton, pulled up. The apron is of a cotton print. Knit stockings. The shoes are a type of wooden clog with a toe that points up and a strap of leather. On the head, a scarf of fringed wool.

RIGHT: Abito della sposa di Gorizia / Bride of Gorizia

The blouse is of delicately smocked cloth, embroidered and with lace. The vest, laced up the front, is of shot silk taffeta, like the dress. A silk shawl is crossed over the chest. The silk

apron is tied at the waist with beautiful ribbons, also of silk. White knit stockings. Leather shoes. Gold filigreed earrings. Necklace of gold filigree and coral, with a gold filigreed cross. On the head, an embroidered veil with a small bunch of flowers at the forehead.



Please note:

All 200 of the beautiful colorplates from Emma Calderini's book, *Il costume popolare in Italia*, are now on the **Members Only** pages of our IFAFA website!

Go to: <http://www.italianfolkartfederation.org/>, log in, go to **Members Only** and pull down to **Resource Library**. On that page, click on **Costume Information** for a listing of the costumes, by region.

Even if you don't have plans for making new costumes, just looking at the images is fantastic. The variety of authentic colorful Italian folkwear is amazing!

HOW TO CONTACT US

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Founder's Fund

The Elba Farabegoli Gurzau Founder's Fund was originally established as a living memorial to the founder of the Italian Folk Art Federation of America. Contributions for any intention, i.e. birthday, anniversary, or other special occasion, as well as in memoriam, are used only for artistic endeavors.

Donations may be made payable to "IFafa – Founder's Fund" and mailed to: IFafa, c/o Treasurer, P.O. Box 3185, Fort Lee, NJ 07024.

When sending a donation to commemorate an event, please: Identify the occasion and give the full name of the individual to be honored. Also give the full name and address to whom the announcement is to be sent. The contributor should also provide his/her name, address, and telephone number.

A special letter, announcing the contribution and naming the contributor, will be forwarded to the honored person or family, and an acknowledgement will be sent to the contributor.

This Issue's Contributors

The editor would like to thank the following people for contributing articles and/or information for this issue:

Gracie Scala Adamson Anna Merullo
Mark DeSanctis Laura Speno
Paolina Kavanagh

FOLK DANCES, COSTUMES AND CUSTOMS OF ITALY

by Elba Farabegoli Gurzau

Softcover book, 128 pages, including black-and-white and color illustrations. Seventeen dances with description and notated music, information about Italy, costumes, customs, etc. Comes with recorded music to accompany the dances, your choice of CD or audiocassette.

Price: \$25.00 plus \$3.95 for handling and postage.
Be sure to specify CD or cassette.

Please make check or money order
payable to IFafa and mail to:

IFafa Treasurer
252 Columbia Avenue
Fort Lee, NJ 07024

The purpose of the ITALIAN FOLK ART FEDERATION OF AMERICA (IFafa) is to preserve and foster interest in Italian folk art; to research Italian folklore, traditions, customs, costumes, dances, songs, instruments, etc.; to act as a center for gathering, storing and disseminating the information; and to bring together Italian folk performing groups and other interested individuals.

IFafa is an outgrowth of the Italian Folk Art Project initiated at the Nationalities Service Center (NSC) of Philadelphia in 1977. With the assistance of NSC and the leadership and dedication of Cav. Elba Farabegoli Gurzau, IFafa was incorporated May 7, 1979, in the Commonwealth of Pennsylvania as a non-profit cultural and educational organization.

Membership in IFafa

You may also join online!

www.italianfolkartfederation.org

Individual and Family Membership:

- ☐ Individual (19-60 years of age): \$24/yr
☐ Senior (60 and up): \$18/yr
☐ Family (not in perf. troupe): \$50/yr

Performance Groups:

- ☐ Groups (up to 10 members): \$100/yr
☐ Groups (10+ members): \$150/yr

☐ Contributing to the work of IFafa:
\$ _____

Name:

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