

The background of the top half of the image is a scenic landscape. In the foreground, there are dense trees with autumn foliage in shades of green, yellow, and orange. In the middle ground, there are rolling hills and mountains. On the left, a mountain peak is visible with several wind turbines. The sky is filled with soft, grey clouds.

SE NC

SOCIAL ENTERPRISE & NATURAL CAPITAL

An opportunity for
young people and local communities

Youth Exchange

Tornareccio (Italy) 20 - 29 October 2025

INTRODUCTION



All kinds of green areas (Nature Reserves, National Parks, Site of Community Importance (SCI) and Special Area of Conservation (SAC), community gardens, etc.) are fundamentally important for the protection of 'Natural Capital' and for human well-being through the provision of 'Ecosystem Services' (environmental, social, economic, cultural and infrastructural). It is very important to initiate and/or consolidate paths of interaction between these areas and young people in order to facilitate processes of personal development, active involvement and inclusion in economic and social life.

Social enterprises meet the needs of individuals and communities by undertaking an inclusive economic activity of social utility and therefore add value to local development through networking and direct involvement as well as the promotion of sustainable well-being that guarantees services, equal opportunities and the reduction of inequalities.

Through a three year educational and experiential path, we intend to increase skills and knowledge on how to develop social entrepreneurship in the framework of natural capital in order to stimulate engagement of young people with fewer opportunities, reflecting on their own role and participation in the process of development and socio-economic growth of communities.



Directly involved in the activities are around 160 participants from 10 European countries, hundreds of young people and citizens, and several local and international partners/stakeholders. The process is intended to impact rural areas in and/or near protected areas through the development of new sustainable economic projects able to compensate for limited existing opportunities.



The project is realised within the Erasmus+ Programme of the European Commission and the Agenzia Italiana per la Gioventù with the support of the Abruzzo Institute of Protected Areas.

THE YOUTH EXCHANGE



This Youth Exchange represented the fourth and final international activity of this educational process (A1 Study Visit in Abruzzo, November 2022, A2 Training Course in Abruzzo, September 2023, A3 Youth Exchange in Stoumonut, April 2024) which has come 'full-circle' by returning to the location of the original Study Visit; the town of Tornareccio in Abruzzo. Similarly to the previous Youth Exchange in Belgium, the aim of the activity was to highlight the connection between Social Enterprise and Natural Capital by exploring an essential part of each and every cultural reality, that of food, from the environmental impact of its production to the social impact it has on communities. However, while the Belgium YE focussed on growing, production and preparation, this trip was designed to explore more thoroughly the social element, by preparing and sharing meals with the Tornareccio community.

The aim, as with all of the SENC international activities, was to develop new approaches on how to involve Young People in the sustainable development of communities. During this trip we focussed on food practices for community education and the cultural and social life of communities in order to encourage and empower the participants' active citizenship through food.

During the first phase of the project we took part in several formative and experiential Practical Activities, guided by local producers, including making cheese, pasta and sweets or visiting local beekeepers. In the second phase participants worked together in 'Editorial Boards' to realise educational activities and communication materials about food production, healthy lifestyles and sustainability.



Finally, we realised two Community Events, firstly preparing, serving and sharing traditional Italian food with the community of Tornareccio and secondly preparing snacks typical of each participating county's cuisine and sharing them with local children and young people. These represented exciting, varied and dynamic experiences which left the participants with new skills, knowledge and competences.

WELCOME (BACK) TO TORNARECCIO



Nestled among the foothills of the Apennines in the Abruzzo region, Tornareccio is a small town rich in artistic, cultural, natural and historical significance. From the megalithic structures known as the Paladini Walls draped across the shoulders of the nearby Monte Pallano to the open-air gallery of over 100 beautiful mosaics that decorate its streets (not to mention several excellent street-art murals, by some enterprising young people from other Arci trips) there is lots to see and learn about. Naturally we took the opportunity to explore these features during the Youth Exchange, but our real focus was the area's food production.



Given that the SENC educational process had evolved during its lifetime to have a focus on food cultivation and production, Tornareccio presents an ideal environment for this activity due to the fact that it boasts several artisanal and independent food producers that operate in line with good sustainable practices and social engagement.

During the Youth Exchange we were kindly hosted by four local food producers: Traditional beekeepers Apicoltura Tieri, Specialist cheesemakers lanonne, craft brewery Dimilu and the wheat and pasta producers Finocchio Gessica.

We even managed to find time to join local young people on a litter-picking activity 'clean-up-the-world' as well as enjoying (of course) two intercultural dinners. It certainly was a busy trip! The activities and outcomes from the Editorial Boards are documented in the following pages.



BEYOND FOOD: YOUTH, NATURE & GENUINE HUMAN CONNECTION FOR A SUSTAINABLE FUTURE

By Tsvetelina Hristova

INTRODUCTION

I'm from Bulgaria where I coordinate a national platform for student journalism. I was selected by one of the project partners, "Natural Explorer", to be a group leader of the Bulgarian youth team in the Erasmus+ Youth Exchange in Tornareccio (Italy), 20-29 October 2025, "Social Enterprise and Natural Capital: an opportunity for young people and local communities". My background combines civil society work, media education, and art therapy - so the topic of food, creativity, and human connection came very naturally to me.

As the coordinator of a national youth media platform for high school journalism, I often visit schools and organize media literacy workshops. I strongly believe in the power of human stories, and in the importance - especially in Bulgaria - of including non-formal learning as a core approach. In our increasingly digital world, the need to integrate media literacy, financial literacy, environmental awareness, and knowledge about healthy nutrition is becoming ever more evident. These topics may sound academic, but they come alive through personal stories, hands-on experiences, the power of play, and emotional connection - the true magic of learning.



As youth workers, one of our main goals is to help shape a generation of conscious global citizens - young people who act with love and respect toward themselves, their peers, and their communities. This happens best when we truly get to know one another. In Bulgaria, as in many parts of Europe, societies are becoming increasingly polarized - "us vs. them," locals vs. migrants, Ukraine vs. Russia, Israel vs. Gaza. During my recent participation in the youth exchange in Tornareccio this fall, I witnessed how non-formal activities - cooking workshops, community clean-ups, and even a spontaneous food and dance festival in the town square - helped young people connect effortlessly across six countries (Bulgaria, Belgium, Germany, Italy, Slovakia, and Romania) and build bridges between generations and cultures.



FOOD AS A COMMON LANGUAGE

Coming from Bulgaria, a Balkan country where meals are often long, shared and full of symbols, our group quickly connected with the idea that **food is a cultural bridge**. During the exchange, young people from different countries cooked together, shared stories from their families, and discovered how traditions around food reflect values like respect, gratitude, and sustainability.

We all realised that what we eat tells the story of who we are and what we leave behind. Every recipe carried memory - of a grandmother's hands, of seasons, of celebrations, of comfort or resilience.



Food played a powerful educational and emotional role throughout the exchange, becoming the most natural bridge between young people who differed in age, language skills and confidence. With participants ranging from 14 to over 20 years old, and with very different levels of English, some felt shy while others were more outgoing. Yet sharing traditional dishes created an immediate sense of understanding and respect among everyone.

Food allowed the young people to express their identity, tradition, and care in ways words sometimes could not. Much of this connection happened not only during meals but also through the shared experiences of visiting small local businesses, meeting food producers, touching ingredients, learning recipes, and cooking together. These special moments captured their attention instantly and encouraged active participation. When I later asked the Bulgarian group which day they enjoyed most, they all chose the cooking sessions and the intercultural dinners - because, as they said, *"we put effort into something together, and then we celebrated it."*



Through these shared meals, they discovered new things about other cultures and found unexpected similarities. Even the language barrier dissolved: during one session, older local residents joined us to watch the youth prepare regional dishes, and later tasted our recipes, took pictures and smiled. No common language was needed - the positive emotions and the shared food made it clear that both sides were equally delighted.



THE IMPORTANCE OF NUTRITIONAL EDUCATION

From an educator's point of view, nutritional education goes far beyond health - it is about building awareness, responsibility, and values. During the exchange, this deeper understanding emerged naturally through hands-on experiences that brought food to life.





The participants touched a real beehive and tasted fresh honey directly from the honeycomb; they helped a local cheesemaker stir warm milk to create primo sale cheese, which we later shared in the piazza together with the residents of Tornareccio. We walked on the land where a local producer grows their spelt and wheat, and we stood under the olive trees that would become high-quality olive oil.



What made these encounters especially meaningful was that each producer brought their family story in - they literally invited us into their homes with children - creating a warm, emotional connection that no classroom could replicate. The producers told stories not only about nutrition, but about the full journey of their labour: the process, the daily struggles, the mistakes, the small victories, and their dreams for the future. Through these experiences, the young people began to understand nutrition as something deeply tied to wellbeing, community, and sustainability - something lived, not merely taught.



RECONNECTING WITH NATURAL CAPITAL

Reconnecting with natural capital means helping young people understand nature not as an abstract ideal but as a living resource that sustains every part of our daily lives. In our work with youth, natural capital becomes a tangible notion when we show how soil, water, plants, animals, and human labour intersect to create the food we eat. During our visits to farms, beekeepers, and local producers, participants saw how healthy ecosystems lead to quality food - and how every step in the process depends on care, knowledge, and respect for the environment.



These experiences revealed the fragile balance between food production and the natural systems that support it, as well as the importance of sustainable community practices. The project helped our group rethink what “nature” means in everyday life.

Participants saw clearly that our food choices are also environmental choices, and that modern consumer habits often disconnect us from the natural cycles that feed us. Small, mindful, local actions - planting, cooking, sharing, supporting local producers - can help rebuild this connection and actually lead to a truly happy being.

As a group leader, I saw it with my own eyes - young people are ready to be part of this change. When they are encouraged to touch, prepare and understand food in its natural context, they begin to see themselves not only as consumers but as potential protectors and ambassadors of natural capital. In this way, awareness becomes action and experience becomes responsibility.



A crucial part of this learning journey was the thoughtful guidance provided by ARCI Chieti, our hosts and local coordinators. With their vast experience in community-based youth projects, social activism, and non-formal education, ARCI Chieti team and volunteers created a safe and inspiring environment where young people felt free to explore, ask questions, and immerse themselves in local culture. They introduced us to producers and families who represent the living heart of Toranreccio region's natural capital and facilitated each activity - from farm visits, educational sessions to cooking workshops and celebrations - with warmth, patience, and pedagogical insight. Thanks to their expertise, the exchange became not just a youth exchange program, but a deeply human community experience that left us with a lot of nice memories.



LESSONS FOR EDUCATORS & YOUTH WORKERS

This exchange offered two deeply interconnected lessons for me as an educator. From my work with young journalists, I was reminded that our role is not simply to provide information, but to create the conditions for reflection, creativity, and independent thinking. Just as in a newsroom - where learning unfolds through mentorship, collaboration, and real-life storytelling - the exchange showed that hands-on activities around food and community engagement allow young people to observe, question, and interpret the world with greater depth and confidence.

At the same time, my experience as a volunteer with Natural Explorer reaffirmed the power of non-formal, nature-based education. Learning by doing directly from local producers and witnessing natural systems in action create a sense of connection and belonging that no traditional classroom can replicate. These embodied experiences help young people understand sustainability not as theory, but as something lived and felt.



For those of us working in youth education, the exchange was a reminder that food is a powerful pedagogical tool. It bridges cultures, breaks down social barriers, and reconnects us with the environment. The key is to treat food not merely as a topic, but as a source - one that naturally weaves together community, curiosity, and care.

Our Bulgarian group returned home inspired to bring these approaches into schools and youth centres: to use food as an entry point to discuss health, identity, and responsibility. In Tornareccio, the young people discovered that community, nature, and culture are not abstract ideas but living forces that shape who we become. What we built there - trust, empathy, and hope - is exactly what the next generation needs to carry forward.

FORMATIVE & EXPERIENTIAL PRACTICAL ACTIVITIES



During our time in Tornareccio we were very kindly welcomed by several local food producers, including a beekeeper, dairy, microbrewery and wheat & pasta producer. We also hosted events ourselves, one in collaboration with the Tornareccio community in which we cooked traditional Italian food and shared it in Tornareccio's central piazza and another in neighbouring San Giovanni in which the participants had the opportunity to share recipes from their own countries with local children.

The participants were grouped into 'editorial boards', tasked with producing creative and informative outcomes based on the activities. In the following pages we will document the activities and share the outcomes from the participants. Buon appetito!



APICOLTURA TIERI

The first of our trips was to the family run, multi-generational, organic honey producer Apicoltura Tieri. We were hosted by Giovanna, who explained the traditional nomadic techniques used to produce honeys with different tastes and textures derived from specific types of local flora. In short, the beekeepers move their 1,200 hives around at different times of the year in order to give their bees access to different flowers, keeping close relationships with local farmers as thier activity helps to pollinate crops; a fine example of natural capital and mutually beneficial social enterprise.



At the same time the Tieri family are doing their part to benefit the wider world, both by preserving historic techniques and by raising awareness and money for causes such as support for initiatives that provide aid for the Palestinian people. It was inspiring to see how an enterprise run with respect for the environment, sustainability and biodiversity can positively impact both the ecosystem and local economy, proof that the two don't have to be mutually exclusive, but can support one another.

HONEY EDITORIAL BOARD OUTCOMES

THE LIFE OF



A BEE

From one to another

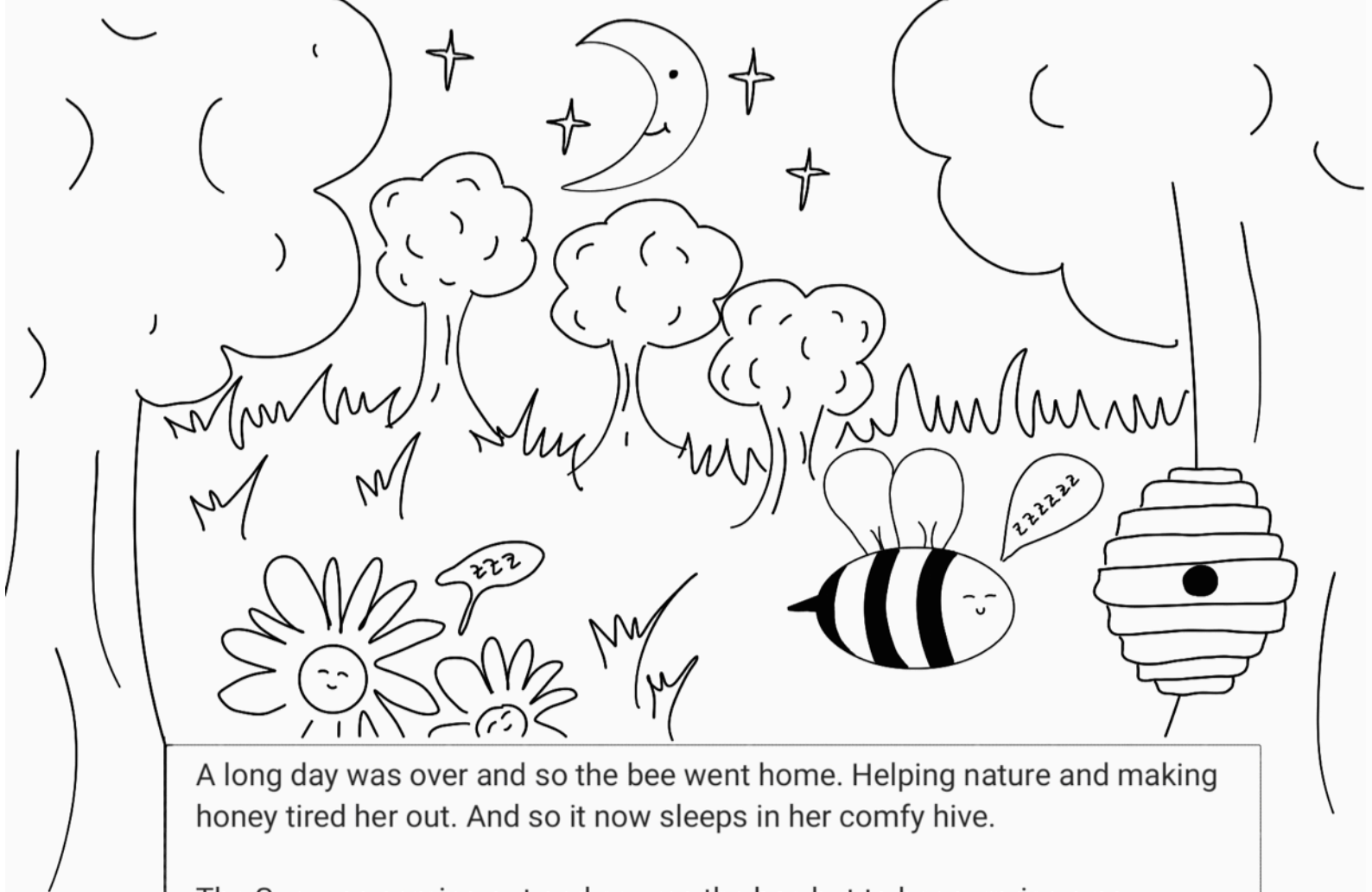
From one to another
The bee flies flower to flower
Works all night and day
To monoflower pollinate

When the bee gets tired
It goes to the hive quietly
Resting wings and storing honey
Going to sleep in a bed so tiny

The next morning of the bee's life
It opened it's wings, opened it's eyes
When she prepared to go around
A new land she'd found

Full of new flowers and plants
With new mountains and new lands
It couldn't believe it's eyes
She buzzed to the other bees that it's so nice

From one to another
The bee flies flower to flower
And will go work all night and day
And in this new field will lay



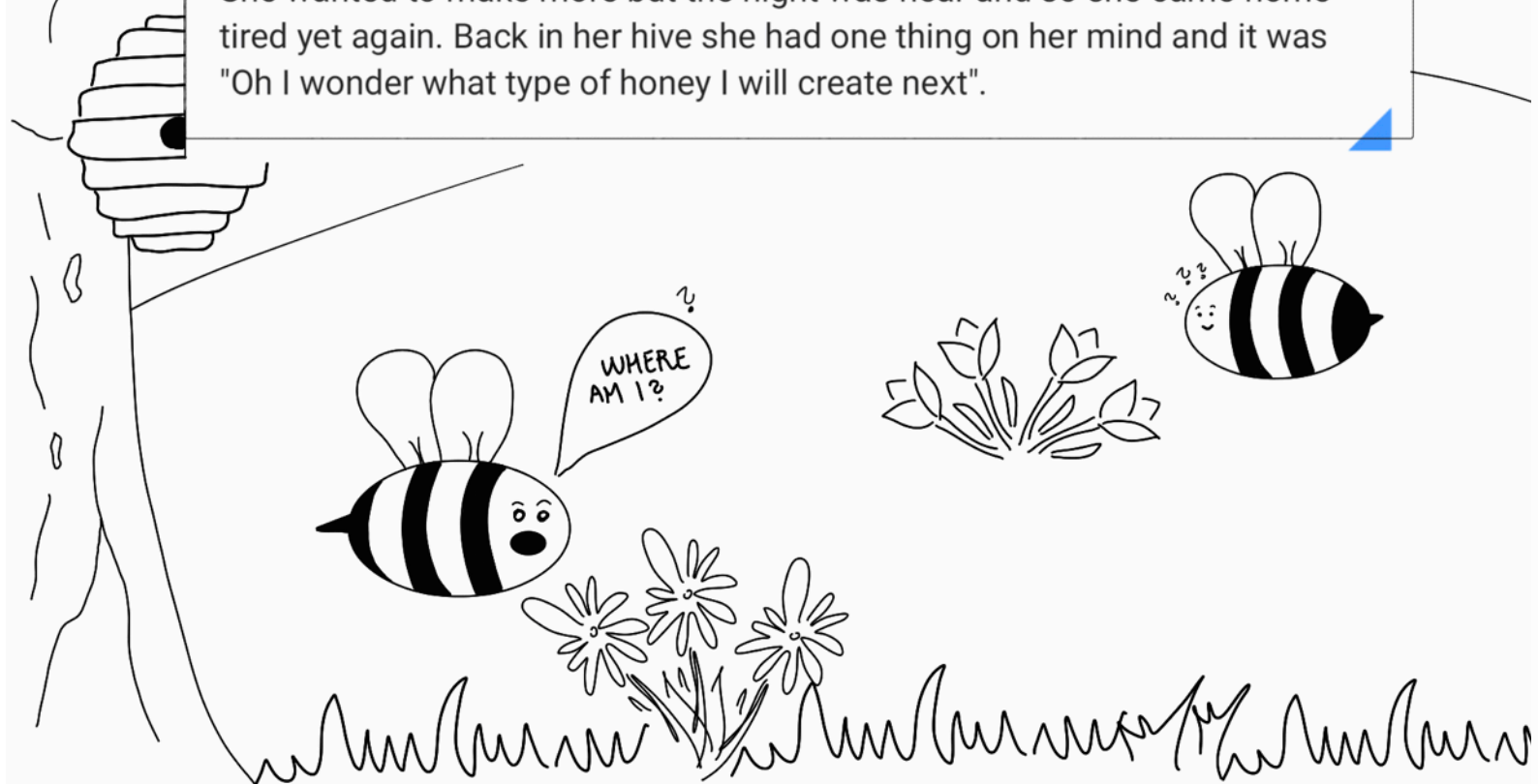
A long day was over and so the bee went home. Helping nature and making honey tired her out. And so it now sleeps in her comfy hive.

The Sun was coming out and so was the bee but to her surprise a new place appeared. One with new flowers, trees and smells.

The bee went to work with the new flowers. Flying pollen left and right hurrying to make the honey.

The day was moving fast but so was the bee and the new honey was flowing with a different but sweeter taste.

She wanted to make more but the night was near and so she came home tired yet again. Back in her hive she had one thing on her mind and it was "Oh I wonder what type of honey I will create next".



Two bees and a flower

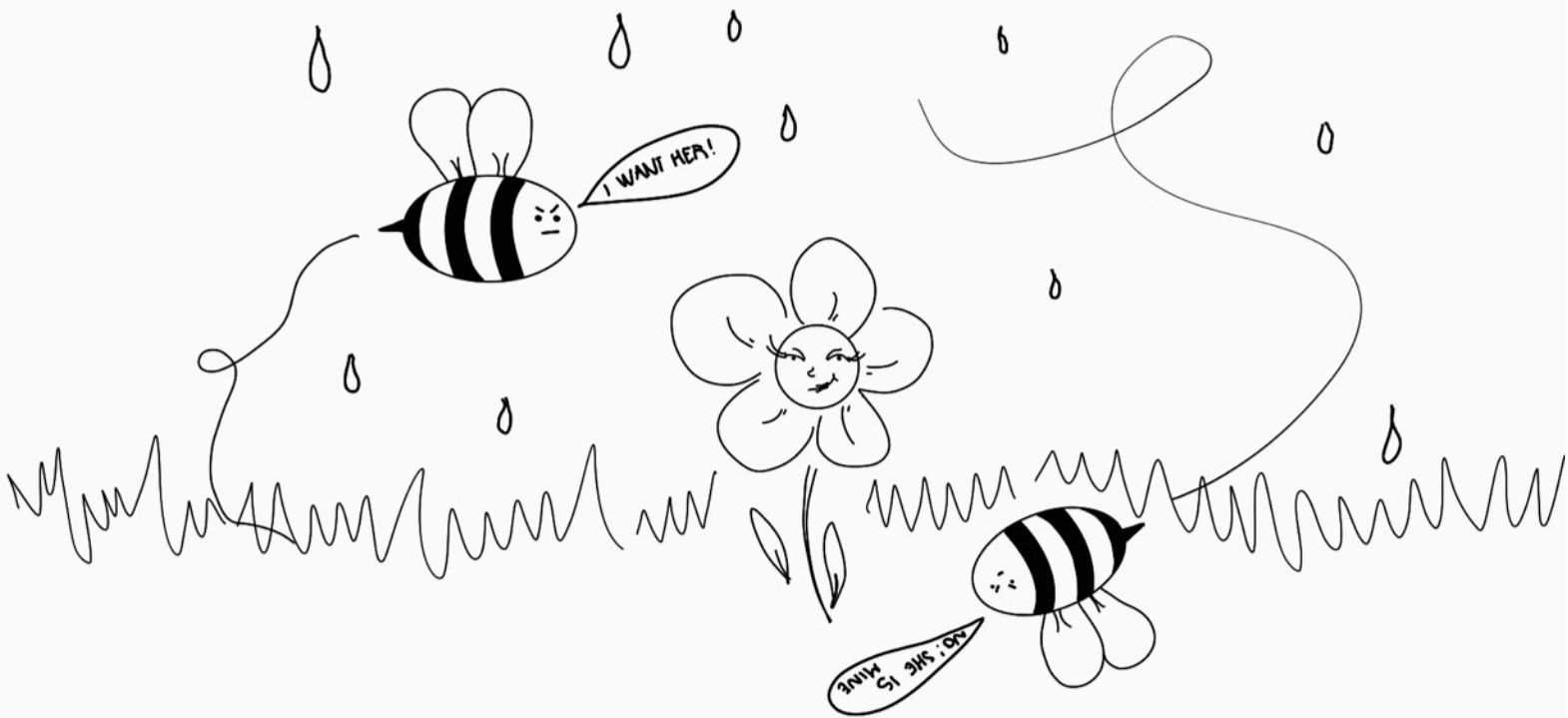
Once upon a meadow
In the warm morning sun
Two bees, they both spotted
The same flower, only one

They buzzed and they clashed
They fought with their all might
Both really tiny bees
In a really big big fight

The flower shook as they clashed
Petals trembling from their fight
Back and forth they circled
From day to night

But they both paused
Looking silently at the bloom
Realising together
There is plenty of room

From flower to flower
They flew together
Two friends forever
Don't need to fight

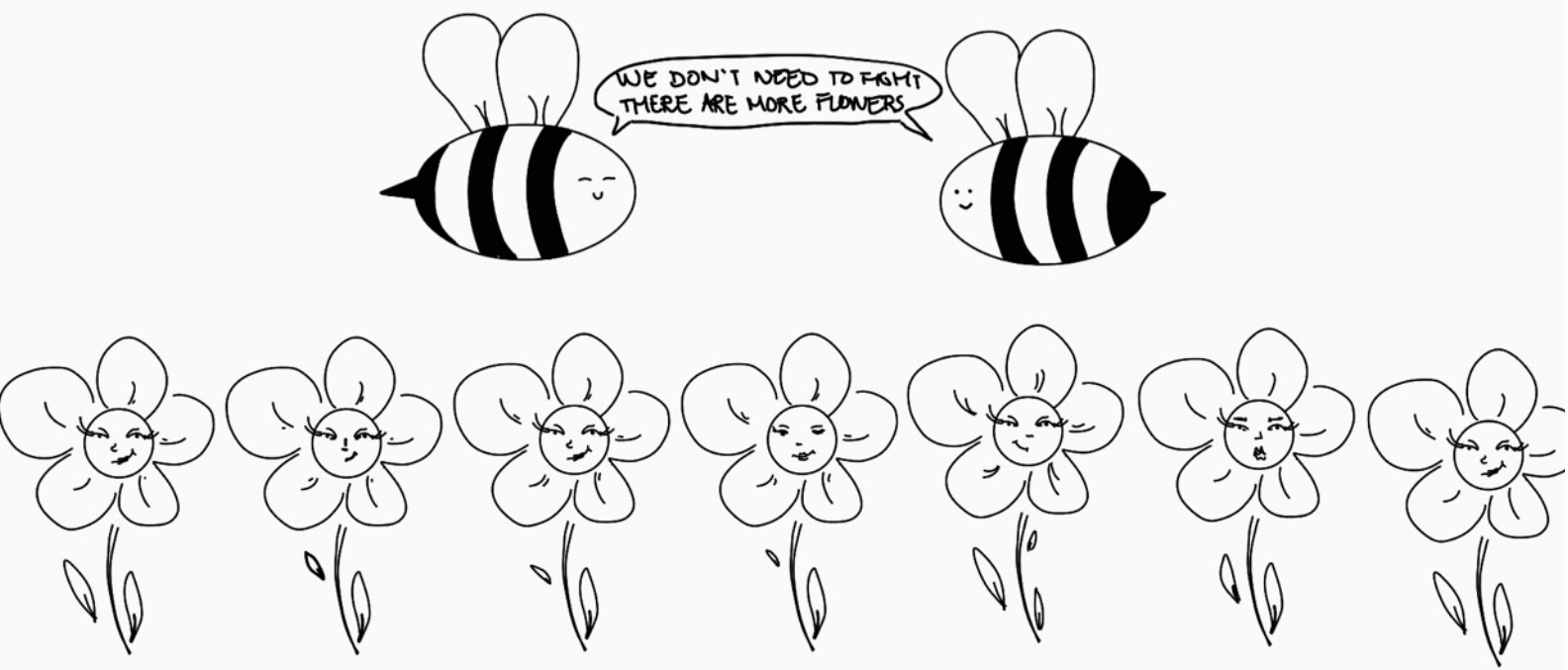


One regular day a bee came to be. She was told " Go bring some pollen" and so she went. Out of the hive searching for flowers she found none. All of a sudden one appeared but then so did another bee.

Both needed pollen but was there enough?

They started arguing, buzzing but then a chill came. Sudden cold breeze hit the bees and so they both ran to their hives as to not freeze.

When the bee came to the hive a sad reality hit, there was not enough honey for all of her family. Despite it all, they kept together warm preparing to find pollen again tomorrow so they do not starve.



The bees and the sulla flowers

In fields of sulla, pink and bright
The bees are harvesting in daylight
Working tirelessly with all their powers
To get nectar out of sulla flowers

Now the sulla flowers are gone
Surrounded by garbage and empty bottles
The winter is warmer, the summer is cold
The seasons are all about to fold

The bees are struggling to survive
Eating more honey in the hive
Needing more flowers to live
And for them honey to give

Clear skies, now filled with haze
The flowers fade beneath their eyes
If we don't change what we pursue
The world will turn to ashes too

They have no solution
There is nothing worse than pollution
The bees are turning blue
For something they didn't do



A new day was dawning for the bee hives.

Preparing to pollinate they did but the same flower they all wanted. And so a conflict began. Both hive queens started yelling "We want the flower!!! "

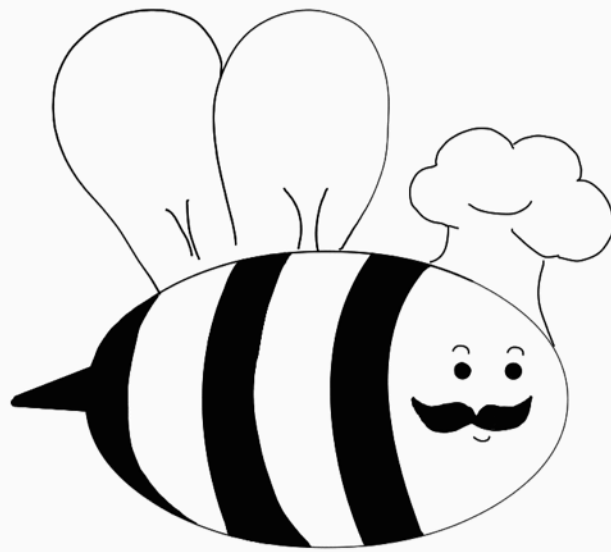
Neither side wanted to back down though. And so they began sharpening their stingers preparing for war. All of a sudden a bee yelled out.

" Look around yourselves there is flowers everywhere! " Then suddenly both queens looked and understood. A war was not needed when there is flowers for all.

NOOOOO!



THE END



These stories represent different issues humanity faces along with the bees while also showing how it affects nature. Lowering biodiversity, climate change and slower crop production all will lead to disasters worldwide if we don't start doing something to prevent it.



CASEIFICIO IANNONE



Our next trip was to the dairy 'Iannone' where we were very kindly shown the process of turning cows milk into a cheese by our generous host Gabriella. Iannone produces a range of different cheeses, including several varieties with infusions such as peppers, herbs, nuts and truffles, all locally sourced. They also produce 'Percorino' using sheeps milk. We learned about the nutritional benefits of organically produced cheese over mass-produced non-organic equivalents, and about how each stage of production must be approached with the same care and attention, including what the cows and sheep eat.

Pesticides and other soil contaminants can affect the quality of the grass the animals are fed on, which can in turn impact the flavour of the cheese. Abruzzo is famous for its cheese, Iannone is by no means the only cheesemaker in the area, and this is supported by high-quality pastures in the lowlands of the Apennines used by free-range cattle and sheep farmers. This is another great example of nature impacting capital - the better the natural resources available to farmers, the better the cheese!



CHEESE EDITORIAL BOARD OUTCOMES



See the video here

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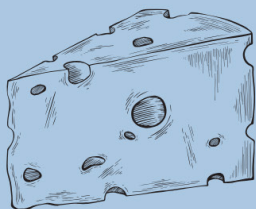


Cheese making in Tornareccio



Rich Flavors of Tornareccio's Dairy

Nestled in the heart of Abruzzo, Tornareccio is renowned for its high-quality dairy production, where every product starts with the finest milk. Here, local farmers and cheesemakers create fresh, seasonal cheeses that capture the true essence of the land.



In Tornareccio, the cows are fed primarily on grass, which greatly influences the flavor of the milk. The taste changes with the seasons:

- **Summer:** More grass means a milder, sweeter flavor, with a higher whey content in the cheese.
- **Winter:** The flavor becomes stronger, offering a richer, more intense taste. Whatever the season, we embrace the natural variations in flavor.

Quality Cheese, Made with Care

Tornareccio is home to a variety of cheese producers, each crafting products with distinct local flavors. Some of the most popular varieties include:

- **Cow's milk cheese:** Known for its sweetness and beloved by many for its mild, approachable taste.
- **Pecorino:** A bold, sheep's milk cheese with a stronger flavor, which may not be for everyone, but is definitely worth appreciating for its unique character.

Lactose Intolerance & Raw Milk

Processed vs. Raw Milk

- Some people who are lactose intolerant can still tolerate raw milk. This is because the natural enzymes present in raw milk can help break down lactose more efficiently, making it easier for the body to digest. However, pasteurized or processed milk often lacks these enzymes, which may make it harder for some to digest, leading to discomfort.



Milk's Structure

If you experience discomfort even when consuming raw milk, it may be due to other components in milk, such as casein (a protein) or the fat content that can cause digestive issues.

How Much Milk for One Kilo of Cheese?

- It takes about 30 liters of milk to make 5 grams of cheese, but this can vary depending on the cow's breed, diet, and the protein content of the milk. In some areas, cows are fed more water-rich diets, which means it takes even more milk to produce a kilo of cheese.

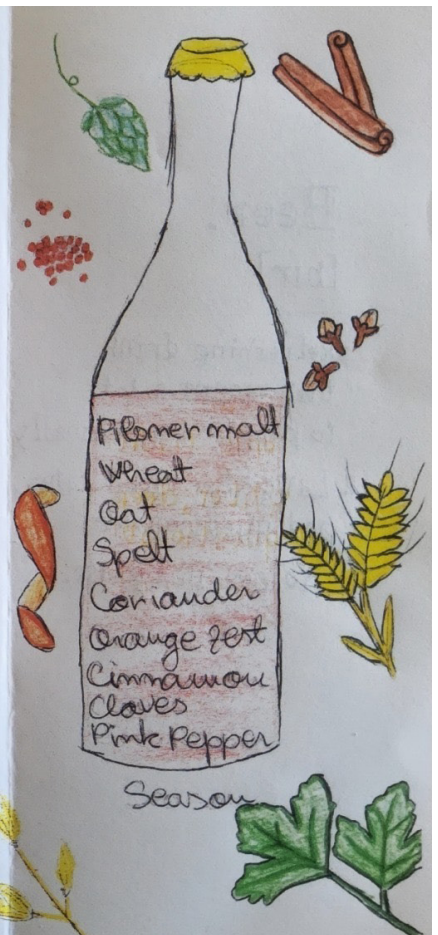
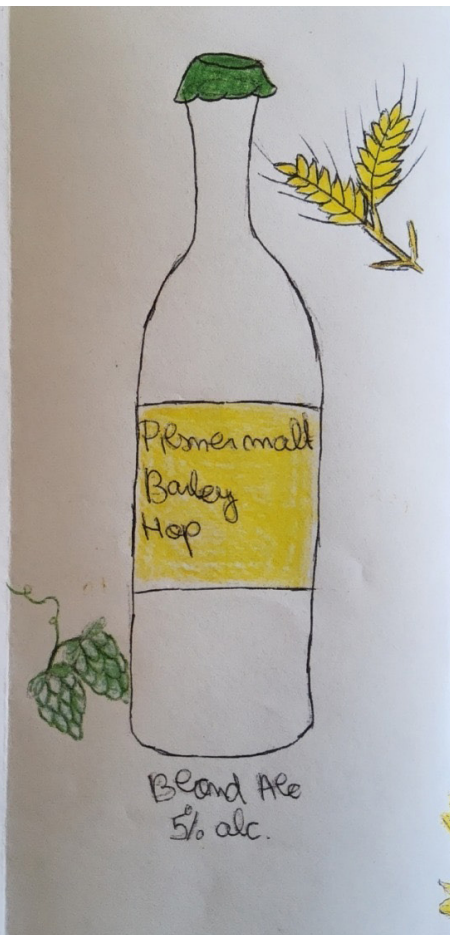
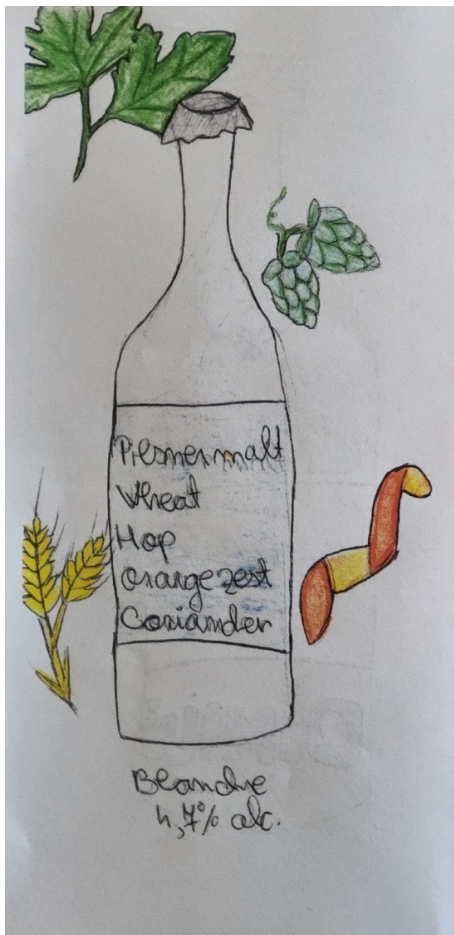
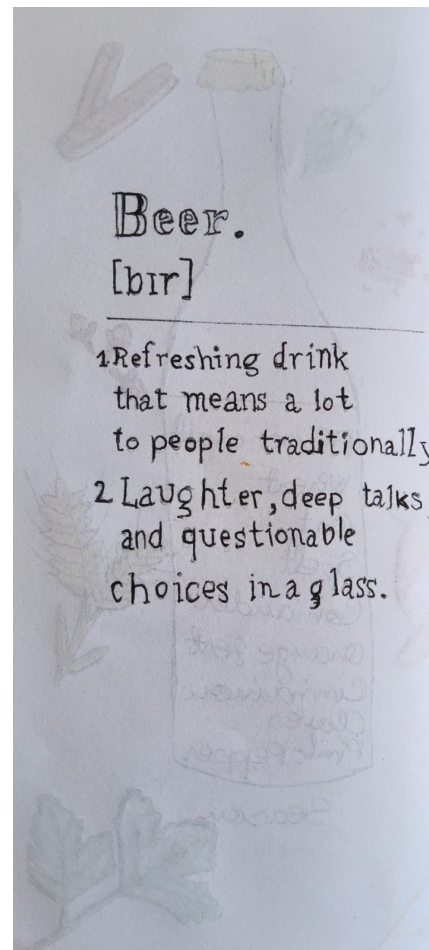


MICROBIRRIFICIO DIMILÙ

It was a warm afternoon when we paid a visit to Tornareccio's first microbrewery Dimilù - the perfect time to sample some small-batch craft beers! Run by Luciano and Rita, Dimilù is a true passion-project, producing a selection of beers using organic, locally sourced ingredients. Currently it is a very small start-up, operating out of a tiny cellar in Tornareccio's main square, but they have big ambitions. We were shown how different ratios of grains are combined into a 'mash' to produce the differing flavours and discussed the benefits of small-scale artisanal producers to a rural town like Tornareccio. On the one hand there is a short economic loop that keeps the operation afloat, whereby local farmers sell ingredients to the brewery and then buy the beer, which helps to support both small businesses. While on the other hand having a specialist local brewery is also attractive to visitors and tourists, as many are more likely to purchase local beers than to buy something that is available nationally, which is beneficial to the local economy.



CRAFT BEER EDITORIAL BOARD OUTCOMES



FINOCCHIO GESSICA



Our final field trip was to the arable farm and pasta producer “Finocchio Gessica”, a family-run business managed by Gessica and her husband Rino. They took us on a guided walk across their land where we learned about how olives are grown and harvested and about the ancient grains they cultivate: Solina, Senatore Cappelli, Saragolla and Farro.

We learned about their sustainable approach to farming and pasta production, working in harmony with the natural environment to ensure good quality soils and therefore good quality produce. They collaborate with a cooperative in Penne for flour production, while their pasta is made in a traditional pasta factory in Molise. When we returned to the farm Rino showed us how the grains are ground and we were treated to a delicious selection of breads and olive oil.



Finocchio Gessica also work in conjunction with Apicoltura Tieri, hosting some of their beehives, and supply Dimilù with some of the grains they use to produce their craft beers. It was wonderful to see the ‘full-circle’ of Tornareccio’s agricultural economy.

PASTA & WHEAT

EDITORIAL BOARD OUTCOMES

The pasta song

C We want the quality and no
D- big quantity, yeah no
G7
We are in medium altitude cause some of them grow in the
C Mountains only, In the mountains only
D-
In Italians mountain,
G7
that's a family production part of a cooperation
C Also in competition with
D- big organisation
G7
But the pasta give us a very easy peasy pasta squeezezy digestion

Now everybody!

C Pasta,
A- everyone loves pasta
D- Together we eat pasta
G7
All of the shapes of the pasta

Oh yeah pasta!



Our grain are non-certified
We don't care about intensified
We have our machine, and a mill
Thank you WWF, because of you everything's chill !
Pasta ! Everyone loves « pasta »
Together we eat« pasta »
All of the shapes of the pasta
Oh yeah pasta !
x3

*Nell De Graef - Aude Octave
Elena Gabri*



Watch the exclusive,
one-off performance
here!

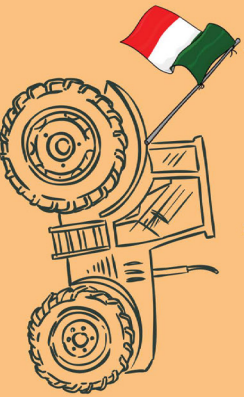
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WHEAT FIELD

In Tornareccio, local family farmers grow wheat with deep respect for nature. Their fields are cultivated ecologically, without chemicals, using natural fertilizers that keep the soil rich and alive. By rotating crops each season, they help the land rest and recover, ensuring that nutrients are never drained away.

This careful, eco-friendly approach protects the soil's long-term health and supports a sustainable cycle of growth. The result? Locally grown grains full of flavor, a true reflection of Tornareccio's fertile land and responsible farming traditions.



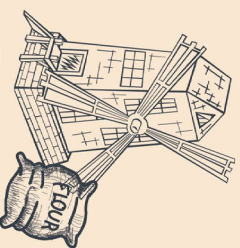
THE JOURNEY OF PASTA IN TORNARECCIO



GRAIN HARVEST

The next step along the path is the harvest and cleaning of wheat. In Tornareccio, local farmers harvest their grains with care, choosing the right moment to preserve the flavour and nutritional value. Once gathered, the wheat is gently cleaned to remove impurities, ensuring that every grain is ready to be used.

In the region, farmers cultivate four heritage varieties: Solina, Cappelli, Farro and Saragolla. Solina is a soft wheat native to the Abruzzo mountains, known for its ability to grow in poor soils and cold climates. Its flour is aromatic, slightly sweet and lower in gluten, making it perfect for breads



FLOUR MILL

and traditional pastries. Cappelli is an early wheat variety, rich in protein and minerals, prized by pasta makers for its golden colour. Farro, one of the oldest grains, has been cultivated for thousands of years and offers a nutty taste, high nutritional value and firm texture. Saragolla, a rare ancient wheat from Abruzzo, is valued for its intense aroma, high digestibility.

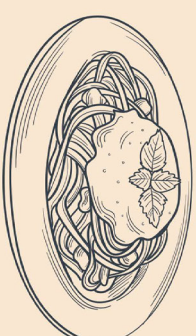
After harvesting and cleaning, the wheat is carefully milled by Azienda Agricola Finocchio Jessica, where traditional methods meet sustainable practices to produce high-quality flour that preserves the authentic taste and richness.



PASTA MAKING

At Azienda Agricola Finocchio Jessica, pasta making is a craft rooted in tradition. The high-quality flour is carefully transformed into pasta of every imaginable shape and size, from classic spaghetti and penne to regional specialties unique to the region. The dough is prepared using traditional methods, slowly kneaded to achieve the perfect texture and consistency.

Each piece of pasta is specially shaped giving it a slightly rough surface that helps sauces cling beautifully. The pasta is then dried slowly at low temperatures, preserving its natural flavour, aroma and nutritional value.



HOMEMADE MEAL

From the field to the finished product, everything happens within the region, creating a true 0 km supply chain. The flour, and pasta production all occur nearby, which means the pasta travels very little before reaching the consumers table. This not only preserves freshness and quality but also reduces the environmental impact.

In Abruzzo region, traditional pasta dishes include pasta alla chitarra or sagne e fagioli.

PRACTICAL FOOD PREPARATION

This activity gave us our first chance to get very hands-on with the practical side of food, learning how to prepare traditional dishes from Abruzzo. With the help of a small army of local nonnas we made sagne pasta with tomato and beans, pallotte cace e ove (fried fish and egg balls) and celli ripieni (chocolate stuffed cookies). All absolutely delicious!



ERASMUS+ IN THE PIAZZA



And in the evening we shared the food with the local community, while accompanied by Tornareccio's Contrappunto Choir. Good food, community, music and dancing: Bellissimo!



24 OTTOBRE 2025 - DALLE 19:30
PIAZZETTA PAGLIONE, TORNARECCIO

+ Erasmus in Piazza



*Cena conviviale con partecipanti Erasmus⁺
accompagnata dal Coro Contrappunto.*

*Le pietanze gastronomiche italiane saranno preparate
in piazza direttamente dai partecipanti del progetto.*

IN CASO DI MALTEMPO L'EVENTO SI SVOLGERÀ AL CENTRO POLIFUNZIONALE REMO GASPARI, VIALE DON BOSCO 8

Tornareccio biscuit

INGREDIENTS (40 PIECES)



Oil (1L)



Eggs (10)



Sugar (540g)



Flour (1200g)



Marmalade

PREPARATION

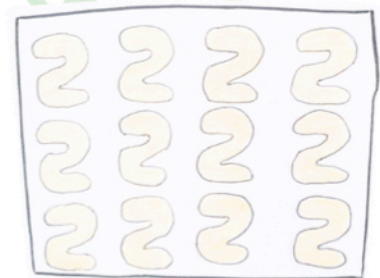
1 MIX ALL THE INGREDIENTS EXCEPT THE MARMALADE



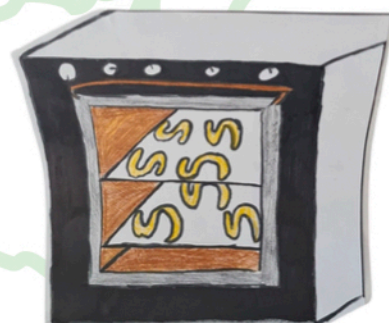
2 PLACE BALLS OF DOUGH INSIDE THEN MARMALADE AND CLOSE THEM



3 PLACE THE DOUGH IN AN "S" SHAPE ON THE BAKING STREET



4 COOK AT 200 DEGREES FOR 10 MINUTES



Cheese balls

INGREDIENTS



Oil



Eggs



Old bread
"soaked" in
water



Onions



Tomato
sauce



Persley



Garlic

PREPARATION

1 MIX EVERY THINGS EXCEPT THE TOMATO SAUCE,
GARLIC AND OIL



2 FORM BALLS WITH THE DOUGH



3 FRY THE BALLS IN OIL



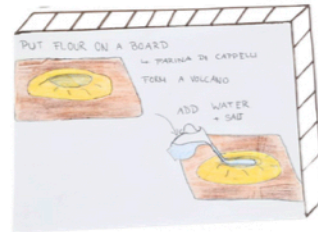
4 PUT THE BALLS IN THE TOMATO AND GARLIC
SAUCE



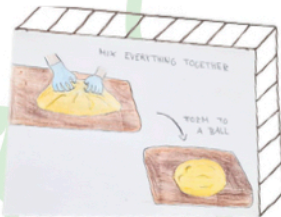
Pasta

PREPARATION

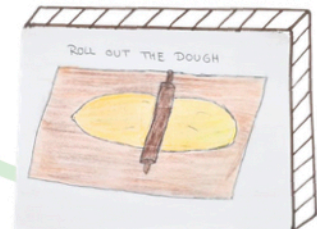
1 PUT FLOUR ON THE BOARD, FORM A VOLCANO AND ADD WATER + SALT



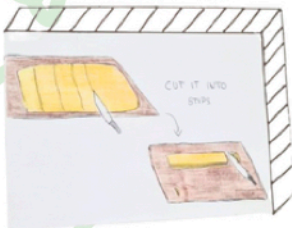
2 MIX EVERYTHING TOGETHER AND FORM A BALL



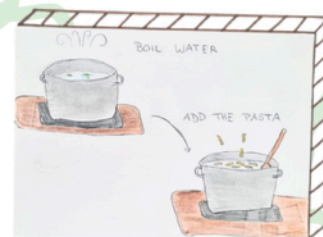
3 ROLL OUT THE DOUGH



4 CUT IT INTO STRIPS



5 BOIL WATER AND ADD THE PASTA



6 PREPARE THE SAUCE : PUT OIL IN POT + CUT VEGETABLES + ADD BEANS



7 ADD TOMATO SAUCE AND SPICES ABOUT 1H - 30MIN LOW TEMPERATURE



CLEAN UP THE WORLD WITH LEGAMBIENTE

The Youth Exchange happened to coincide with an event organised by Legambiente, a non-profit organisation focussed on climate action, sustainability and circular economy initiatives who we visited at the very beginning of the SENC project during the initial Study Visit back in 2022.

Clean Up The World is a national event in which volunteers take part in a mass litter-pick operation to gather rubbish and raise awareness for responsible disposal and the importance of recycling.

We took a short break from focussing on food to join in with school students from Tornareccio so that we could leave the town cleaner and tidier than when we arrived.



MERENDE DAL MONDO



The final activity of the Youth Exchange was a wonderful experience all round. Merende Dal Mondo (Snacks of the World) saw the participants preparing food from their own countries alongside local children from Tornareccio and the neighbouring village of San Giovanni. The children had the opportunity to get involved with the preparations, helping to cook their own snacks while joining in with games and creative activities, learning about other cultures and cuisines, tasting new and exciting food and meeting people from all over Europe.





The event was a hit! We had loads of children and families join us, everyone loved the food and had a fantastic time. It was wonderful to see the community-building effect of food in action, with young people engaging with even younger people. It really was the perfect way to wrap-up the whole SENC project.



RICETTARIO

dal progetto Erasmust
"Impresa sociale e
capitale naturale"

merende dal mondo

MERENDE TIPICHE DA: GERMANIA, BELGIO,
BULGARIA, SLOVACCHIA E ROMANIA

ENG: This recipe book gathers **typical snacks from Germany, Belgium, Bulgaria, Slovakia, and Romania**, prepared during the Erasmus+ project "Social Enterprise and Natural Capital," held in **Tornareccio** in **October 2025**.

Through the discovery of traditional flavors, participants shared not only ingredients and culinary techniques, but also stories, values, and cultural identities, promoting sustainability and strengthening connections between people and places.

Each recipe is a journey into the tastes and memories of the countries involved; a way to celebrate European cultural diversity and the **importance of food as a tool for unity and for enhancing natural capital**.

DISCOVER THEM, TRY THEM, AND LET YOURSELVES BE INSPIRED: GET COOKING AND BRING A BIT OF EUROPE INTO YOUR KITCHEN!

SPEKULATIUS

German Christmas cookies



INGREDIENTS

- 230 g all-purpose flour
- 25 g almond flour
- 80 g butter
- 150 g brown sugar
- 1 egg
- 15 ml milk
- 2 g ground cinnamon
- 2 g ground anise
- 1 g nutmeg
- 1 g nutmeg
- 1 g ground cardamom
- 4 g baking powder
- salt to taste

Duration: 90 minutes

Servigs: for 4 people

METHOD

- In a large bowl, combine flour, all the spices, salt, and baking powder.
- Add butter at room temperature, milk, sugar, and egg.
- Knead all the ingredients until you obtain a dough similar to shortcrust pastry.
- Wrap the dough in plastic wrap and let it rest for one hour.
- Roll out the dough with a rolling pin to a thickness of about 3 mm.
- Using a cookie cutter, shape the cookies and place them on a baking tray lined with parchment paper.
- Bake the cookies for about 15 minutes at 200°C.
- Let the cookies cool and serve.

APFEL IM SCHLAFROCK

German Apple Fritters



Duration: 85 min

Servings: for 4 people

INGREDIENTS

- 3-4 apples
- 150 g flour
- 2 eggs
- 175 ml milk
- 1 pinch of salt
- 1 tablespoon sugar
- 2 g baking powder
- oil or butter as needed

METHOD

- Separate the eggs, beat the egg whites until stiff peaks form, and set them aside.
- Whisk the yolks with the sugar and a pinch of salt until you obtain a light, foamy mixture.
- Mix the flour with the baking powder and gradually incorporate it into the egg mixture, alternating with the milk, until you obtain a thick batter.
- Let the batter rest for about 25 minutes.
- Remove the cores from the apples, peel them thinly, and cut them into slices about 1 cm thick.
- Gently fold the beaten egg whites into the batter.
- Heat plenty of oil in a pan, dip the apple slices into the batter, and fry them until golden.
- Drain the fried apple slices on paper towels, sprinkle them with sugar while still warm, and serve immediately.

QUARKKÄULCHEN

German Sweet Fritters



INGREDIENTS

- 500 g potatoes
- 250 g quark
- 30 g butter
- 100 g sugar
- 2 eggs
- zest of 1 lemon
- 50 g flour
- 50 g raisins
- Cinnamon, to taste
- powdered sugar, to taste
- margarine (or butter) as needed

Duration: 45 min

Servings: for 4 people

METHOD

- Peel the potatoes and cook them. Let them cool, then mash them.
- Drain the quark well using a cloth or a fine sieve.
- Beat the butter, sugar, and eggs until light and fluffy.
- Add the lemon zest and quark, mixing thoroughly.
- Add flour, mashed potatoes, and raisins, and knead until you obtain a smooth, homogeneous mixture.
- Shape the mixture into small balls and fry them in a pan with margarine or butter, browning them on both sides.
- Serve still warm, sprinkled with powdered sugar and cinnamon.

PUMPERNICKEL MIT MARMELADE

German-Style Bread and Jam



INGREDIENTS

- Rye bread (Pumpernickel)
- Jam
- Butter (optional)

Duration: 5 min
Servings: for 4 people

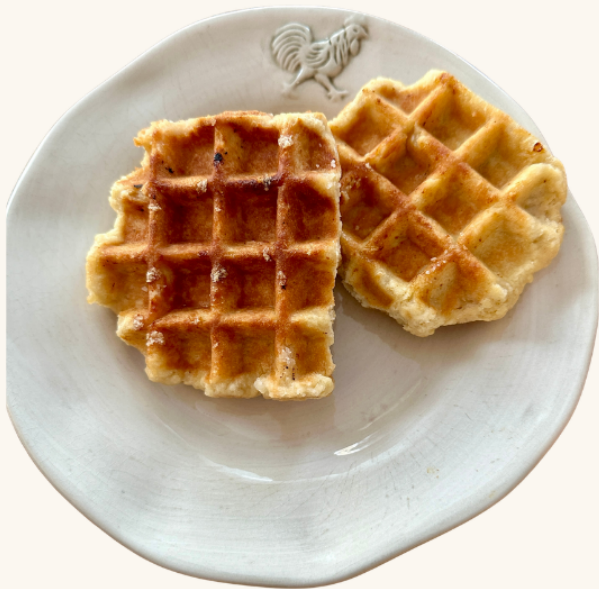
METHOD

- Slice the bread.
- If you like, lightly toast the slices in a toaster or in a pan to make them crisp.
- Spread butter on the slices.
- Using a teaspoon or butter knife, spread the jam evenly over each slice of bread.
- Serve immediately.

Pumpernickel is a traditional German bread made from whole rye flour, known for its very dark color and slightly sweet, rustic flavor. It is baked slowly at low temperatures, which gives it a dense and compact texture.

WAFFLES DE LIÈGE

Belgian Waffles



Duration: 3 h
Servings : for 4 people

METHOD

- In a bowl, combine flour, salt, and sugar.
- Dissolve the yeast in milk and add it to the bowl.
- Add the melted butter and the remaining milk, and mix well.
- Add the egg and continue mixing until you obtain a smooth batter.
- Cover the bowl and let the dough rise for at least two hours.
- After the dough has risen, add the pearl sugar and knead quickly.
- Place the dough on a floured work surface.
- Shape the dough into small portions of about 60g each, place them on a tray, cover with plastic wrap, and let rise again for 30-40 minutes.
- Grease and heat the waffle iron. Place one dough portion on each side and cook for 4-5 minutes.
- Serve the waffles hot, dusted with powdered sugar.

INGREDIENTS

- 200 g flour
- 100 ml milk
- 8 g fresh yeast
- 1 egg
- 100 g butter
- 1 tablespoon sugar
- 100 g pearl sugar
- A pinch of salt
- ½ packet vanilla sugar
- Powdered sugar, for dusting

POMMES SÉCHÉES

Apple chips



INGREDIENTS

- 2–3 apples (better if organic)
- Zest of half a lemon
- Cinnamon powder (optional)

Duration: circa 2 h
Servings: for 2–3 people

METHOD

- Wash the apples thoroughly and pat them dry. Then remove the core and cut them into very thin slices (about 2 mm).
- Place the slices in a bowl with the lemon juice and a little water for about 5 minutes: this will prevent them from browning.
- Drain them and pat them dry gently with paper towels.
- Arrange the slices on a baking sheet covered with parchment paper, in a single layer (without overlapping).
- If desired, sprinkle lightly with cinnamon.
- Bake at 90–100°C (conventional oven) for 1.5–2 hours, turning the slices halfway through.
- The chips are ready when they become dry and crispy.
- Cool and serve
- Let them cool completely: they will become even crispier.
- Store them in an airtight glass jar.

SLADŪK SALAM

Bulgarian Chocolate Salami



INGREDIENTS

- 300 g biscuits
- 100 g butter
- 200 g condensed milk
- 4 spoons of bitter cocoa
- 1 spoonful of vanilla extract
- icing sugar to taste

*you can also add two tablespoons of rum and dried fruit to taste

Duration: 3 h
Servings: for one chocolate salami

METHOD

- Coarsely crumble the cookies.
- Melt the butter.
- Add the cocoa, condensed milk, and vanilla and mix.
- Pour the chocolate cream over the crumbled cookies.
- Knead everything until it forms a solid mass.
- Transfer everything onto a sheet of parchment paper and shape it into a chocolate salami. Close the ends like a candy, sealing them tightly.
- Let it set in the refrigerator for at least 2 hours.
- At this point, unwrap the chocolate salami and dust it with powdered sugar.
- Slice the chocolate salami and serve.

In Bulgaria, every child grows up making sladūk salam with their family—usually for holidays, birthdays, or simply on rainy afternoons. It's a dessert that makes everyone smile!

PŪLNI CHUSHKI SŪS SIRENE

Bulgarian Stuffed Peppers



INGREDIENTS

- 4-5 red peppers
- 200-250 g feta cheese

Duration: 15 min
Servigs: for 4 people

METHOD

- Wash the peppers thoroughly.
- Remove the stems and, using a teaspoon, scoop out all the seeds, being careful not to break the peppers.
- Crumble the feta with a fork.
- Using a teaspoon or your fingers, stuff each pepper with the cheese.
- Arrange the stuffed peppers on a plate and refrigerate for about 30 minutes.
- After this time, slice the stuffed peppers and serve.

In Bulgaria, pŭlneni chushki sŭs sirene are a quick home-made dish.

No cooking, no frying—just fresh peppers and good cheese.

Every family has their own way of preparing them, but the classic version is just like this: simple, natural, and delicious.

CHEC APERITIV

Romanian savory plumcake



INGREDIENTS

- 200 g sliced olives
- 200 g grated cheese
- 200 g meat or sausage (optional)
- 150 g red pepper
- 150 g flour
- 6 eggs
- 4 tablespoons oil
- 1½ teaspoons baking powder (not vanilla)

Durata: 65–75 min

Dosi: 6–8 persone

METHOD

- In a bowl, beat the eggs with a mixer until doubled in volume.
- Add the oil, baking powder, and flour, mixing until smooth.
- Add the remaining ingredients and mix well.
- Pour the mixture into an oiled and floured baking pan, so it doesn't stick during baking.
- Bake at 180°C for about 40 minutes, until golden brown.
- Let cool, then cut into slices and serve.

KRUPICOVÁ KAŠA

Slovakian semolina cream



INGREDIENTS

- 500 ml milk
- 4 tablespoons fine semolina
- 1 tablespoon sugar (or to taste)
- 1 pinch salt
- 1 teaspoon butter (optional)
- Cinnamon, fresh fruit, jam, or cocoa powder for garnish

Duration: 10–15 min

Servings: 1–2 persone

METHOD

- In a small saucepan, combine the milk, a pinch of salt, and the sugar. Heat over medium heat, but do not boil.
- Sprinkle in the semolina, stirring constantly with a whisk or wooden spoon to avoid lumps.
- Continue cooking for 5–7 minutes, stirring frequently, until the consistency becomes creamy and thick.
- If desired, add a teaspoon of butter for a richer, smoother porridge.
- Pour the semolina porridge into bowls and garnish with cinnamon, cocoa powder, jam, or fresh fruit.
- Serve hot.

In Slovakia, classic semolina cream is served with sugar or cocoa or cinnamon.

THE SENC FANZINE

The final editorial board had the task of producing a fanzine to creatively and evocatively tell the story of the Youth Exchange. The result is reproduced in the following few pages.





Tsvetelina Hristova

SINGING, DANCING, AND COOKING IN TORNARECCIO — A NIGHT TO REMEMBER!

Last night in Tornareccio was film-worthy. Consider this: Erasmus students from all over Europe overrunning a tiny Italian village — not with books or backpacks, but with pots, spices, and far too much enthusiasm. The task? To cook together and feed it all back to the locals. The result? Pure magic.

The morning started out in disarray (of course). Everyone crowded in the kitchen, chopping onions, stirring sauces, bickering about how much salt is too salty. There was laughter, a blasting of music from someone's phone, and that smell — a mix of twenty different flavors of food that somehow existed together.

When evening came, the whole town square was aglow. Tables everywhere. Lanterns hanging overhead like small stars. The townsfolk came with great smiles and arms open (and let's be real, likely hoping to find out what these crazy Erasmus children had gotten up to). Plates flying around: Spanish tortillas, Greek moussaka, Romanian sarmale, French sweets, Italian pasta — spaghetti mountains.



And then the pièce de résistance: the Tornareccio choir showed up. They started singing, and goose bumps. The Erasmus team tried to follow along, mumbling the lyrics, clapping out of rhythm — but it didn't matter. The mood was perfect. Someone grabbed a guitar, someone else started a folk dance, and soon everyone — both locals and foreigners — was dancing together.

By nightfall, no one was ready to have it end. People were hugging, exchanging numbers, promising to go see each other's countries. It was more than a meal — it was a wild, joyful mix of cultures.

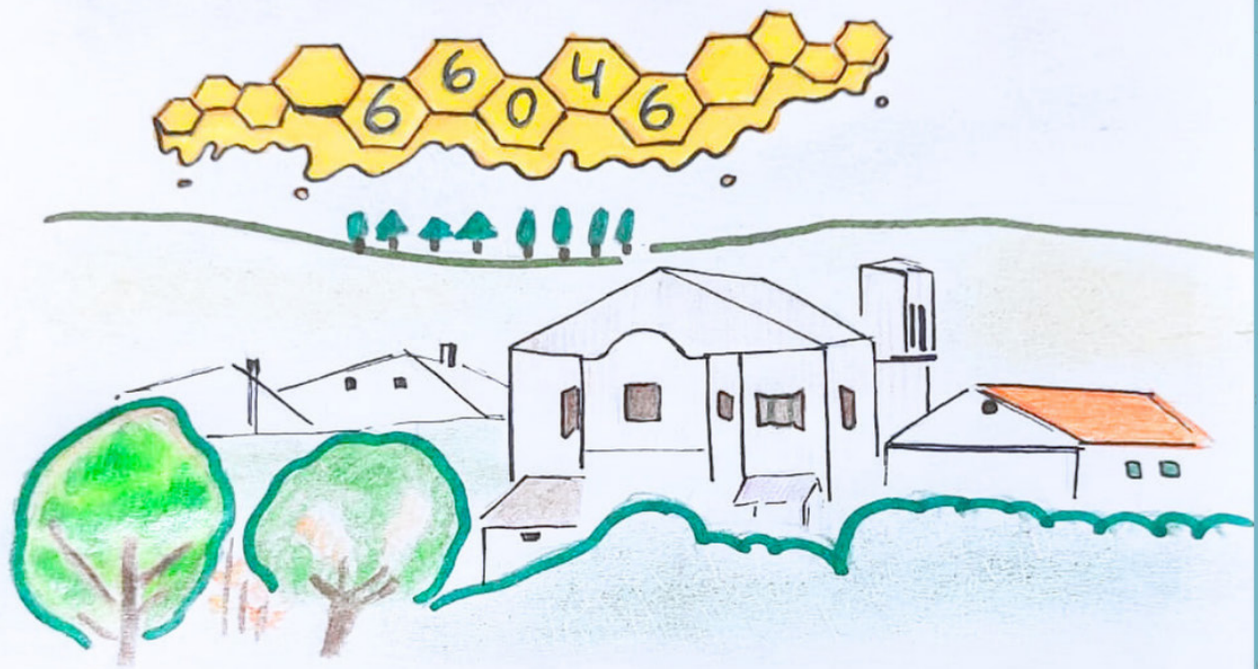
And if you were present, you know: Tornareccio will never be the same again.

Ana Sofia Telega



Marina Holendová

Welcome to Tornareccio



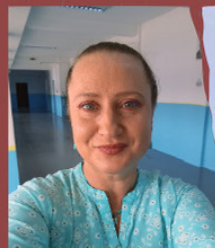
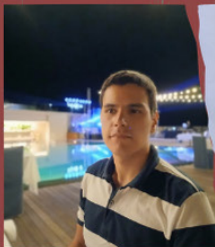
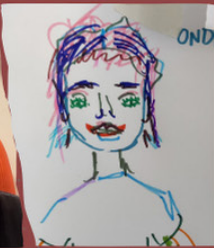
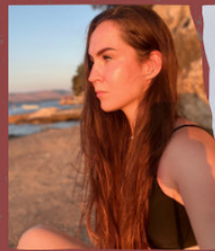
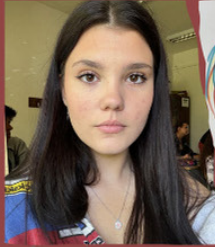
PICK WHAT U NEED!

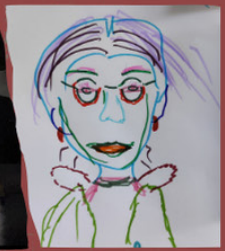
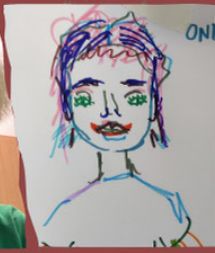




Marina Holendová

This is us







Tsvetelina Hristova

SENC VIDEO DOCUMENTARY

During the Youth Exchange, we also produced a short documentary, interviewing participants, group leaders and Tornareccio locals and filming all of the activities and events. Follow the QR code to see it!



CIAO DA TORNARECCIO!



PARTICIPANTS:

Belgium:	Nell De Graef, Aude Octave, Battiste Couvreur, Pierrot Pirnay, Jeanne Etienne. Filip Bronchart. Andra Carpentier
Bulgaria:	Rostislav Nikolchev, Petar Petrov, Martin Velikov, Philip Froloshky, Radina Atanasova, Tsvetelina Hristova
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SPECIAL THANKS TO THOSE WHO HELPED IN THE REALISATION OF THE YOUTH EXCHANGE:

The Municipality and community of Tornareccio
who made us feel right at home

Nicola Iannone, Mayor of Tornareccio

Victoria Fernandez our "local agent" in Tornareccio

The local producers who shared with us their knowledge and experiences:

Apicoltura Tieri, Caseificio Iannone,

Microbirrificio Dimilù, Gessica Finocchio

The Circolo Geo A.P.S. Legambiente Atessa

The Abruzzo Institute for Protected Areas (IAAP)

We are all just human beings: for this reason it is possible that
this dossier contains mistakes and inaccuracies.

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To read and download the previous SENC booklets and other useful and
interesting educational publications related to projects run by our organisation,
go to **www.arciyouthlab.eu**

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Co-funded by
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