

THE SAFFRON MARKET EXHIBITION

31th October – 3rd November 2019

The saffron of Cascia is a **local product of the highest prestige**, rediscovered merely some years ago after a century of oblivion, and revived by a small group of courageous farmers. Today, the *zaffarame* is an authentic business, in accordance with what was the value of spices in medieval times, when it was more often considered to be the **equivalent of gold as a commodity**.

The Market Exhibition is held in the period immediately following the blooming of the plant, which blooms later than others in the season, reaching its peak over the course of three weeks. The cost of the spice, in addition to its intrinsic value, is due to the considerable amount of labour that goes into producing it. **The harvest is performed exclusively by hand** in the early hours of the day, before the flowers open, in order to keep its most precious parts clean, which are the stems and the pistils. These parts will later be toasted for approximately 20 minutes until they can be literally pulverised between the fingers.

During the Market Exhibition, saffron tasting and show cooking with local food excellences will be held.

**Vespasia Restaurant will propose really special plates
honouring this local ancient spice!**

