

**Julia Dederer and Nelly Capra  
invite you to participate in**

**AN ADVENTURE INTO THE ITALIAN ART OF LIVING  
COME JOIN US FOR SEVEN GLORIOUS DAYS IN BEAUTIFUL ITALY**



**Learn to create dinner and life from scratch!**

Nelly Capra, talented culinary instructor and chef, well-known both in Italy and the US, will introduce you to the pristine beauty of her mother's native region, MOLISE in central south Italy. You will experiment with the Italian language, meet local people, engage in inquiries that will powerfully expand your appetite for life and the capacity to satisfy it. As we tour, you will learn how to pick and blend local ingredients and create meals that will satisfy your palate and soul.

Julia Dederer will facilitate conversations that will lead us back through the centuries, through food, rituals, stories, legends, myths, and art to the roots of the feminine. As Unesco has put it: "half of all our cultural heritage comes from Italy, from pre-Etruscan times to the present." We will also explore how we can translate models of sustainable living that have survived in this region for centuries.

We believe there is an Italian and a chef in every person: ITALIAN IS A WAY OF BEING. Under Nelly's professional guidance you will learn how to reproduce the flavor of Italian regional specialties in your home and to generate and bring the inclusiveness and sense of culture and tradition back into your world. You will come home with an experience of new horizons open to you and a sense of being part of an extended Italian family.

**Program includes:**

- **Local touring of the main sites.**



- **Accommodations:** 7 nights at Agriturismo La Taverna - rated one of the top 20 typical Italian country-farmhouse structures, which has been lovingly and beautifully restored. This three hundred plus year old charming guest house is set in the rural countryside off the beaten track, two and a half hours south-east of Rome, in Sepino, Molise. La Taverna kitchen continues to cook traditional meals using locally produced ingredients such as local cheese, jams, cold-pressed olive oil. Rooms are spacious, new, beautifully furnished and decorated. All rooms have private baths. Double occupancy. (Some singles available.)



- **All breakfasts, lunches and dinners.**
- **Four dinners will be hands-on cooking classes with chef Nelly**
- **Price:** \$TBA (based on the current dollar/euro exchange rate).
- **Dates:** TBA (Additional nights can be added).
- **Deposit:** \$ 500
- **For more information visit:**  
[www.ornellacucinaitaliana.com](http://www.ornellacucinaitaliana.com)
- **To reserve your space:**  
call Nelly (650)964-4265) or Julia (650) 274-3595 or send email to:  
[ornella@ornellacucinaitaliana.com](mailto:ornella@ornellacucinaitaliana.com).

Reserve now, space is limited to 12 participants.

A suggested reading list will be sent upon receipt of your deposit.



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