



Agriturismo
San Leonardello
Farm Holidays in Sicily

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We suggest different **personalized didactic paths**, with variable costs as a function of the activities involved and duration of the visit. It is possible, upon previous agreement, to consume a meal or a snack.

Path 1) Citruses

Path 2) From bees to honey.

Path 3) Nutrition and Mediterranean diet

Path 4) Friends of animals

Path 5) Course of environmental education

Path 6) The garden of the five senses

Path 7) The time machine: stories of past times

Path 1) Citruses

Citruses are the best representatives among Sicilian products. The most ancient citrus is lemon, cited for the first time in the Bible with the name of Hadàr, literally “the most beautiful plant”. In Greek mythology it is identified as “the golden fruit of the garden of Hesperides”

Program:

Staff welcome and visit of the farm.

Myth and history

Geographical distribution and cultivation

The citrus varieties

Nutritional aspects

Path 2) From bees to honey.

Bees appeared on the Earth before mankind; it is demonstrated by the finding of the fossil of a bee swarm in a piece of marble in Göttingen, dated some 35 million years ago. The man has always exploited products coming from the bees for their beneficial properties.

Program:

Staff welcome and visit of the farm.

Myth and history

The bees society

The bee products

Nutritional aspects





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Path 3) Nutrition and Mediterranean diet

Through the awareness of foods and of their nutritional aspects we intend to stimulate the adoption of correct nutritional behaviours and the critic consumption in the respect of environment, traditions and culture of the rural world.

Program:

Staff welcome and visit of the farm.

The nutrients

Classification of foods

The vegetable garden: a source for the kitchen but also lively space for diversion.

Diet and meals

The Mediterranean diet model

Path 4) Friends of animals

A short path through the farm, participants will have the chance to observe the various good and pest insects present in the agro-ecosystem represented by the citrus orchard and to have a close-up experience of barnyard animals to see how they live, feed them and understand which products can be obtained from each species.

Program:

Staff welcome and visit of the farm.

Observation of the insects of the citrus orchard

Explanation of the principles of organic farming: plants parasites and useful organisms

Discovering barnyard animals

Path 5) Course of environmental education

The course aims at acquiring awareness that our daily choices influence the Earth health and, consequently, Man's health.

Program:

Staff welcome and visit of the farm.

The importance of plants and of the correct management of the soil

The correct management of wastes. Recycling and visit of the compost station

Energy and water saving and renewable energy sources: visit and explanation of the watering system of the citrus orchard and of how the farm solar panels work.





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Path 6 The garden of the five senses

A walk through the countryside using senses, first of all, to discover nature which speaks through the smooth or rough surfaces, the rustles and silences, as an ideal training to refine and discover senses and enrich children and adults fund of experience.

Program:

Staff welcome.

Experience of search in nature: flora and fauna

The tunnel of odours: aromatic plants

The tunnel of tastes: fruit plants

Path 7) The time machine: stories of past times

The path, to be developed in collaboration with teachers of any degree, represents an invitation to re-discover of stories and traditions of our culture. Listed below are some possible activities linked to the path.

- Outdoor games inspired to the culture of the territory and re-discovery of old traditional games.
- Laboratories of Sicilian music and dances
- Manual abilities: the little theatre and “opera dei pupi”
- Sicilian history, art and traditions
- Thematic contests of painting and poetry
- Sicilian dialect: ancient sayings and rhymes

booking

The visits should be booked agreeing date, duration, activities and costs.

Phone reservations must be followed by a written communication and our confirmation by e-mail or fax.

The presence of participants with special needs (allergies, food intolerances, disables, etc.) must be communicated well in advance to prevent any risk.

- Suggested age: any
- Duration of the path: 2 hours

The path methodology will be differentiated as a function of the different age groups.





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costs

Two-hour path: 5 euro/guest.

Two-hour path + snack with organic products from our farm: 8 euro/guest.

The cost for paths or visits of different length (e.g. ½ or entire day) or for additional services is to be agreed. It is possible to have lunch, upon agreement on modalities and costs.

transport

Transport is at the school's expenses, unless differently agreed.

period

Visits can take place during the whole year.

In case of bad weather it is suggested to postpone the visit to a new date to be defined.

In the surroundings

Your excursion can be enriched visiting the Mediterranean Aquarium and the Kenzie Park in Giarre, the House of Butterflies and the Lava Museum in Viagrande or discovering the many resources of the Ionic coast.

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