

## POMODORINO DEL PIENNOLO DEL VESUVIO P.D.O.



The Pomodorino del Piennolo del Vesuvio P.D.O. is one of **the most typical and ancient products of Campanian agriculture**: as far as the tradition goes, most Neapolitan Nativity scenes include it among the typical objects displayed for the celebration of Christmas.

The typical area of production and storing of the «Pomodorino del Piennolo» is the territory of the National Park of Vesuvius.

It grows best on volcanic soil and with a generous sun; it is said that its “ardent” colour is due to the volcano, to the point that, according to the legend, the roots of the Pomodorini feed on the lava from the Vesuvius.

The Pomodorino del Piennolo del Vesuvio grows thanks to **traditional techniques**, that use wood palettes and iron wires to stop the fruits from touching the ground and allow all the fruits to receive the sun uniformly. The fruits, that **weigh** around 20 25 grams, are round with a small tip at the inferior extremity. The **skin** is tough and the **pulp** firm and compact. Its **taste** is sweet although with a sour aftertaste, mainly due to the particular concentration of sugars and mineral salts.

This variety is also called “Piennolo” due to its **preservation technique typical of “Piennoli”**, that is pendulums: entire clusters, picked between July and August are placed on a canapé rope, tied in a circle, making one big bunch long about a meter, that will be held suspended from the ground in a dry and ventilated place. This system slows the ripening process allowing people to have “fresh red gold” tomatoes until the spring of the year following the cultivation.

As months go by, Pomodorini, while losing their turgidity, gain a flavor of rare delight and they are an essential ingredient of many typical Neapolitan dishes: they give a unique touch to pizza, bruschette, spaghetti, sauces, and other dishes with fish and the many other recipes.

The Pomodorino del Piennolo del Vesuvio is appreciated and well-reputed on the market in its «fresh» version, as well as in its typical «al Piennolo» way of storing, or even when it is canned in glass, according to an ancient local recipe, known as «**Pacchetella**».

Pomodorini are rich of **Vitamins A and C** whose anticancer effects have been known for some time. They also contain **mineral salts such as Calcium, Phosphorous and Potassium** which are necessary for heart and muscles and **Lycopene** whose antioxidant action stimulates the body production of enzymes preventing the cancerous action of free radicals.