



Amalfi Lemon Experience Limoncello

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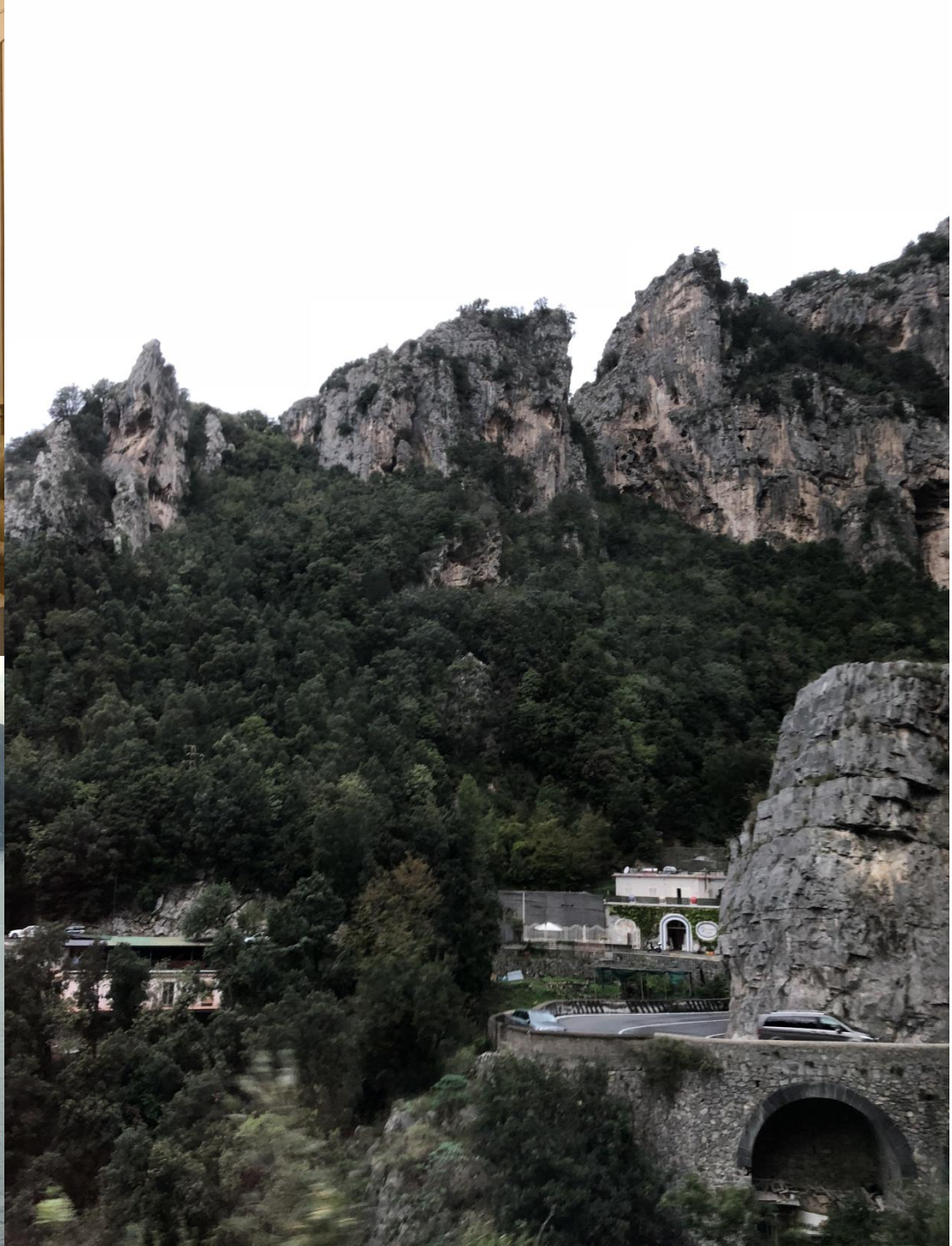
Journey to Amalfi

- Our visit to the lemon farms on the Amalfi coast was part of the Master Gardener Volunteer Food Systems of Italy tour in 2018
- Amalfi was our last agricultural tour of the study trip



Amalfi Coast





Amalfi Lemon Experience

- Certified organic family farm
- Produces “*sfusato amalfitano*”, Amalfi Coast Lemons PGI (Protected Geographical Indication), the most famous Amalfi lemon



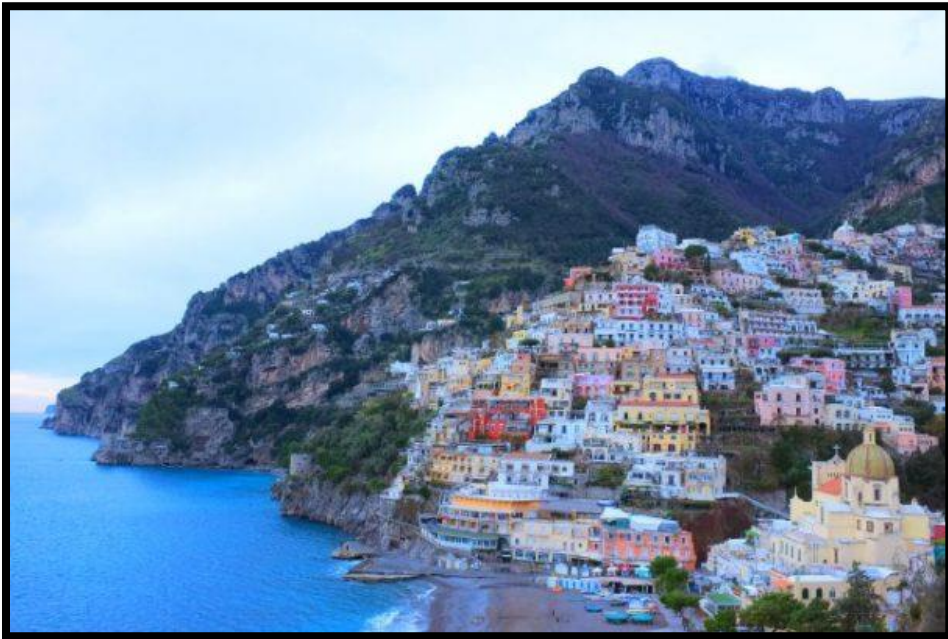
Tour starts from Piazza Duomo at the foot of the stairs of the Cathedral along the main street of the old town, Via Pietro Capuano





Location

High on the hills above the coast



Aceto Family Farm

- Aceto family have been Lemon farmers for 6 generations
- 20 acres



Tour led by Salvatore Aceto



Sfusato Amalfitano

- *Sfusato amalfitano*: a unique long, tapered variety, at least double the size of other lemons.
- Thick and wrinkled skin with an intense perfume, and sweet and juicy flesh.
- Prized for their low acidity and delicate flavor that allow them to be eaten raw without experiencing the usual bitter taste.
- Original lemons from the middle east crossed with sour orange 1000 years ago
- Eat the whole lemon



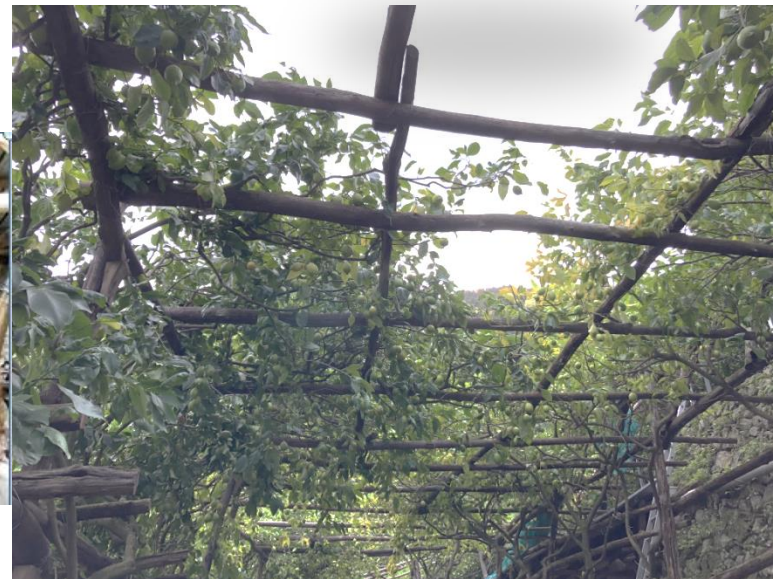
Growing Conditions

- The secret to the taste and the special properties of the 'sfusato amalfitano' comes from the formation of the Amafi territory, protected from the cold northern wind by the mountains but exposed to the sea breezes and strong sun.
- Temperatures are always between 40 and 83 degrees F



Terracing and Trellises

- Planted in a series of stonewalled terraces, the roots of the lemon trees help prevent soil erosion and landslides
- Trellises made of chestnut wood and willow whips



Frost, Hail Protection

- The fruit is grown on stepped terraces on which wooden trellises stand, requiring periodic protection throughout the year



Pest Control

- Frequent scouting
- Cut/prune out all problems
- Buckets
- Verdigris (similar to copper) 3 x/yr



Harvest

- February to October
- Generally 3 pickings a year



Hauling Limoni

- Traditionally men picked the lemons
- Women hauled and totes the lemons down the mountain sides
- A basket weighs 25 kgs (55 pounds)
- TRADITION



All things lemon

- Lemon juice, lemon cake, lemon leaves, frozen lemons, and of course **limoncello**



Limoncello

Limoncello is an Italian liqueur, traditionally served after meals, or sometimes as a welcome drink.



It's typically served chilled at the very least, and occasionally it may be so cold that it borders on Slurpee consistency (though it has to be a lower-proof version or an extremely cold freezer to make that happen).

Limoncello



- The Original Recipe given to us
- 1 ½ kilos lemons peeled
 - 1 liter 96 proof alcohol
 - 1 ½ pounds of sugar
 - 2 quarts of water boiled with the sugar to make syrup,
- Then mix with strained lemon infused alcohol. Sits 4 hours then bottle.

Limoncello Recipe

- 3.3 pounds of organic lemons peeled
- 1 quart of alcohol (100% proof vodka)
- 2 quarts of fresh water
- 3 cups of granulated sugar

Peel the lemons- being careful just to get peel and not the pith

Place the lemon peels in the alcohol and store for 10-15+ days in a sealed jar. Strain the lemon peels out of the alcohol solution

Bring 2 quarts of water and sugar to a light boil then simmer until dissolved to make a syrup

Add strained infused alcohol to the cooled syrup, let sit 4 hours

Then bottle

Peel not pith



- Salvatore said, Infuse the lemon peels in alcohol for “10 to 15 days” depending on the age of the lemons.
- Fresh lemons less time, older lemons longer



Bring 2 quarts of water to boil then
add 3 cups of sugar stir until dissolved



- Strain the lemon peels away from the infused alcohol
- Mix the alcohol and the sugar syrup
- Let rest 4 hours
- Then bottle





Enjoy

