



Triangle Sons & Daughters of Italy

Serving the North Carolina Triangle since 2004

LODGE 2817

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IL GIORNALE DI TSDOI

Agosto, 2021

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Editor: Nick Verna

Send comments or suggested materials to nickverna14@gmail.com.

TSDOI Calendar of Events

- Aug 12 _____ Olive Oil Tasting
- Aug 15 _____ Helen Wright Dinner
- Aug 22 _____ Dinner, Movie & More
- Sep 4 _____ Fund-Raising Breakfast
- Sep 25 _____ Festa Italiana
- Oct 6 _____ General Membership Meeting and Annual Italian Potluck Dinner
- Nov 10 _____ Tentative Outstanding Italian-American Dinner
- Nov 14 _____ Helen Wright Dinner
- Dec ? _____ Wine Tasting at Capri Flavors
- Dec ? _____ Christmas Dinner



August Birthdays

This month we celebrate the birthdays of those members celebrating in August: Joseph Mele (3), Fran Giannuzzi (4), Lenny Cicero (4), Mia DeStasio (5), Linda delZioZoffer (7), George Quartell (8), Paul Schmidt (9), Ronald Antonelli (10), Caroline Connor (10), Talia DeStasio (11), George Scalco (20), Patricia Palmer (21), Donna Kerrigan (27), Bradley Moses (29).

Good & Welfare

Please pray for our member Giovanni Masucci who lost his mom today. She lived in Endicott, NY. Nina Masucci, age 97 died peacefully surrounded by her loving family after a brief illness. You can send Giovanni a card at: Giovanni Masucci, 3516 Edgemont Drive, Raleigh, NC 27612.

Arrivederci, But Never Forgotten



It is with great sadness that we announce that Jay and Margaret Confalone will be moving to Pennsylvania (near Philadelphia) in mid-August. Jay and Margaret have been invaluable members of TSDOI for over 14 years. They have both served on all seats on the Council and Jay has been President for two terms. They have always been there when help was needed and were always there with their love and kindness. We will miss both of you very much and you will always be in our heart. Buona Fortuna!

A Summer Evening of Dinner, Movie and More! – August 22

5:00 PM, Cary Jones Center
309 Holleman St, Apex, NC 27502

For those of you that enjoy Movie Night, it's back as a summer evening of fun, food, and friends.

Our own members will be cooking,

DJ Gino will be back to show the film **A Taste of Memory** from Cindy and Mike Salerno, a local Italian couple that has made the film and a cookbook to go with it. There will be 50/50 and a lesson in how to play SCOPA and much more, so won't you join us and also sign up to help?



Durham Bulls – Games On!



Olive Oil Tasting and Introduction to Sicilian Products



August 12, 2021, 1:00 PM, 2205 Westinghouse Boulevard Ste. 109, Raleigh, NC

Free tasting but items you purchase will be at your own expense.

<https://bonafurtuna.com/>

TDSOI members have been invited to attend an olive oil tasting at Bona Furtuna (from the olive farm of La Furtuna Estates in the Sicani Mountain region of Sicily where they harvest premium Sicilian fare of the utmost quality). From their estate grown EVOO (extra virgin olive oil) to their organic marinara pasta sauce, salt seasonings or aged balsamic vinegar, their food products are sustainably produced for flavor and body while preserving the biological heritage of the island. They have five extra-virgin olive oils to include their award-winning Heritage Blend and Biancolilla Centinara as well as Forte, Passalunara and the Grand Cru.

RSVP by August 6 to Fran Giannuzzi at fgiannuzzi94@gmail.com if you plan on attending.

GO PLAY SAVE BOOKS

One of the major fund raising project that supports our Scholarship Program is the sale of GoPlaySave books. These coupon books are chock full of great savings from restaurants and movies to Goodburrys for a whole year! The cost is only thirty dollars and two dinners at the restaurants will have the expense recovered. The new GOPLAYSAVE books will be available at the **9/4/21 Breakfast at O'Charley's** for purchase or you can email Bob Giannuzzi at bgiannuzzi@hotmail.com if you would like him to hold one for you. The books will be available after July 26, 2021 and in the TSDOI Festa Booth on 9/25/21.



The Lodge makes \$12.00 on each book sold so tell your friends, family and they also make great Christmas stocking stuffers. Below is the scatter sheet of some of the participating businesses.

<https://www.dropbox.com/s/1wny36tnv2a28x0/2022%20Raleigh%20Scatter%20Sheet%20Logos%20Color.pdf?dl=0>

Fund Raising Breakfast at O'Charley's

Saturday, September 4, 2021

8:00 – 10:00 AM

O'Charley's Restaurant, 101 Ashville Avenue, Cary

Cost: \$7.00, \$4.00 children 12 and under

Includes: eggs, bacon, toast, potatoes, coffee/tea/soda, and orange juice. Net proceeds support lodge's charity and scholarship programs.

You may pay online at (<https://www.trianglesonsofitaly.org/events/>) or send a check made out to TSOI 2817 to

Bob Giannuzzi,
548 Clarenbridge
Drive, Cary, NC 27519

Tickets to be picked
up at door.

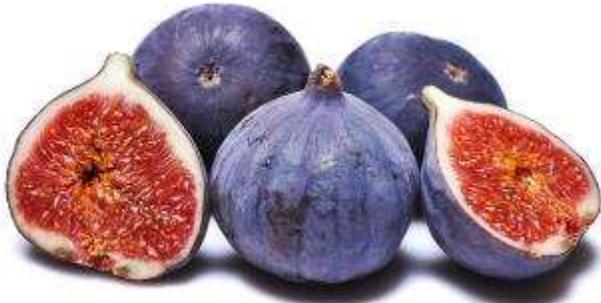


Interessante Italian Web Sites, Food Culture and Places

Here are some links that showcase our Italian culture. If you have suggestions, please email Nick Verna at nickverna14@gmail.com and we can put it in a future newsletter.

Ocracoke Fig Festival

Aug. 5–7, 2021 Ocracoke Island



If you love figs as much as I do head to the Ocracoke Fig Festival with special guest chef and TV personality Vivian Howard. The 8th annual Ocracoke Fig Festival will take place at the Berkley Barn and on the grounds of the Ocracoke Preservation Society Museum. The three-day festival, which is sponsored by the Ocracoke Preservation Society, features live music, storytelling, children's activities and crafts, talks by local fig experts, and vendor booths offering fig preserves, fig cakes, fig trees, local cookbooks and other fig-tastic items.

Howard, star of the PBS shows, "A Chef's Life" and "Somewhere South," will be the festival's special guest at the Savory Side of Figs Dinner on Thursday evening (Aug. 5). This popular event will feature savory fig dishes from local chefs and restaurants, as well as Howard. Tickets for the dinner will be available through the OPS Museum gift shop beginning July 1.

During the week of the fig festival, island restaurants will offer fig-infused menu items, both savory and sweet. Local shops will stock this year's selection of fig preserves so you can take some Ocracoke sweetness home with you.

Additional Information on the fig festival is available at <https://www.ocracokepreservation.org/fig-festival/>.



Italian Street Festival in Williamsburg Brooklyn

By Don Cimorelli

Growing up my favorite event of the summer was the Italian Street Festival in Williamsburg, Brooklyn that started in 1887. The Feast took place on the blocks where my maternal grandparents settled in the USA, the neighborhood

where both of my parents were raised, and also where I was born and lived for several years. I regularly visited until my 30s, and still have a first cousin living in the neighborhood more than 100 years after my ancestors arrived. I will return to the feast at some point. For now, thousands of us who have moved throughout the USA and around the globe, enjoy the feast through Livestream. So, I watched today's events, cooked up a basic Italian American meal and made some zeppole for dessert! Similar to other ethnicities, the festival represents family, food, & faith. My Uncle's father-in-law built the first Giglio's in Brooklyn for this feast when he came to the USA.

Revelers will once be gathered in [Williamsburg](#) this week for a festival full of food, dancing, and live music. The [Our Lady of Mount Carmel and San Paolino di Nola Feast](#) is based on a tradition that got its start in Italy over 1,000 years ago, with its centerpiece a four-ton 72-foot tower. As part of the neighborhood's nearly two-week feast, **the tall, ornately decorated structure, known as the "Giglio,"** is carried through the streets by over 100 men. The Giglio Feast—which officially returns Wednesday after last year's event was canceled—has been held in Williamsburg every July since 1903, nearly two decades before the better-known [Feast of San Gennaro](#) was celebrated in Manhattan's Little Italy.

The Luscious, Voluptuous Fig

They brought them in suitcases and in trunks, tucked into the comers of boats and later, on airplanes; seeds that became rapini, cardoons, artichokes and cucuzza squash. Cuttings from knobby grape vines flourished into backyard arbors. Above all, there were bits of stick that grew into fig trees. Starting in the late 1800's when Italian immigrants poured into American port cities, the Mediterranean trees took root in unexpected places such as Astoria, Cleveland, Pittsburg, and Bayonne; cities whose cold-weather climates seemed hostile to the plant. Yet the trees grew, even if their owners had to wrap them in burlap or bury them underground so they could survive the cold winters.



GRILLED FIG & PROSCIUTTO PASTA

<https://www.italianfoodforever.com/2008/07/grilled-fig-and-prosciutto-pasta/>



INGREDIENTS

- 1 Pound Dried Spaghetti
- 1 Red Pepper
- 1/2 Pound Thinly Sliced Prosciutto
- 8 Fresh, Ripe Figs
- 3 Tablespoons Minced Garlic
- 3 Tablespoons Olive Oil
- 6 Tablespoons Freshly Grated Parmesan
- Ground Pepper
- Dash of Salt
- Additional Grated Cheese for Serving
- Chopped Fresh Parsley for Serving

INSTRUCTIONS

1. Place the prosciutto over medium heat on the grill and cook about 1 minute per side until it becomes crispy and brown, then set aside.
2. Place the pepper on the grill and cook until the skin is blistered.
3. Place in a plastic bag.
4. Using two metal skewers, thread the figs on from end to end.
5. Place on the grill and turning halfway, cook for about 2 to 3 minutes or until the figs begin to brown.
6. Remove from the heat, remove the peel, core and seeds from the pepper, and slice into 1/4-inch slices.
7. Cut these slices in half.
8. Cut the prosciutto into thin slices as well.
9. Coarsely chop the figs.
10. Cook the spaghetti until it is al dente.
11. Remove a small cup of the pasta water before draining.
12. In a small pot, heat the garlic in the oil until sizzling but not browned.
13. Add the pepper strips, prosciutto and remove from the heat.
14. Drain the pasta, return to the heat and add the prosciutto mixture, chopped figs, herbs and seasonings.
15. Add a little of the pasta water if the mixture seems dry.
16. When everything is hot, fold in the 6 tablespoons of cheese and place in 4 individual bowls.
17. Sprinkle with the parsley, and serve, offering additional cheese if desired.

The Fig Tree and Its Place in The Italian Tradition and Culture

<https://wetheitalians.com/default/the-fig-tree-and-its-place-in-the-italian-tradition-and-culture>

The fig tree has been around since the earliest recorded history. Its fruit has been a staple for the richest and poorest of populations. The tree itself has always been a symbol of abundance, fertility and sweetness. I guess that's why so many of the Italian immigrants were sure to plant the fig tree first, before any other in their garden...

The fig tree is part of the Moraceae family along with mulberries, and its common name is Fig in English, Higo in Spanish, Figue in French, Feige in German and Fico in Italian.

The fruit of the fig tree are the seeds within inverted flowers. The fig tree typically grows between 10 to 30 feet tall, but can grow

as tall as 50 feet. Their abundance of leaves and fruit make them great shade trees as little sun passes through their branches. They need plenty of room around them due to their size and their root system will travel beyond the reach of the branches. As of 2010, a wild fig tree in South Africa holds the record for the deepest tree roots amongst all trees with roots reaching down 400 feet.

Care

Fig trees require a fair amount of water and full sunlight to ripen the fruit of the tree. Insufficient water will cause the leaves to turn yellow and fall off. Though they require full sun, the bark is sensitive to excessive heat and may require a whitewash if exposed. Pruning is only required during the first few years of the tree's life, and heavy winter pruning can result in a loss of fruit production. Pests are attracted to either the roots or the fruit, so some pest control is required including keeping the ground clear of fallen fruit.

History

The fig most likely originated in Asia Minor. The fig tree was first recorded on the tablets of Lagash in 2738-2371 BC and it appears in ancient Greek and Egyptian records. It was first cultivated in India in the 14th century, and is now grown worldwide. The fig appears throughout

the Bible beginning with Adam and Eve, who used fig leaves to cover themselves.

Health Benefits

Figs are higher in fiber than any other common fruit or vegetable, and they also contain iron, calcium and potassium. Figs are a natural mild laxative and have been used as such since the Ancient Egyptians. The fruit has also been used as a mouth cleaner and to relieve chest congestion. The black fig pulp has been used as an ingredient in facial masks to tighten the skin. The

juice from the leaves has been used on insect bites and stings, corns and warts. External use of the juice is not recommended for everyone as sensitive skin can develop ulcerations.

Miscellaneous Facts

Fig trees are very adaptable as demonstrated in the dense

Philippines rain forests where the fruit grows off the trunk instead of the branches. Figs have been used as a coffee substitute, and, due to its high alkalinity, it is eaten as an aid to those who wish to quit smoking. The fig was first used in a commercial product in 1892 in Fig Newtons cookies.

The name Paradiso Fig originated from a tale about an old man in Italy that sat under his fig tree every morning eating figs and bread for breakfast. People passing would ask him if he was alright and his reply was, "This is my Paradise (Paradiso)." Genova Fig originates from the Northern Mediterranean, in Genova City. This plant yields an abundant amount of large fruit. The first crop is a fist size fruit, long shaped with white/golden skin and pink flesh. It is very sweet and juicy. Leaves are shaped like the palm of a hand. This plant bears two crops in August and September, Lowest zone is 5 and 6.

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