

Italian Picnic Shopping List

Seasonal Produce

What you choose for your picnic will depend on the season. Look for items that seem to be readily available and relatively easy to eat:

- cherry tomatoes
- fava beans
- radishes
- bell peppers
- cucumbers

Canned or Preserved Items

- olives
- preserved artichokes
- sundried tomatoes in olive oil
- canned tuna fillet
- pickled vegetables or other canned goods

Cured Meats

Choose two or three different cured deli meats for your picnic. Order them at the deli counter by the weight or pre-packaged:

- prosciutto crudo
- prosciutto arrosto/cotto
- salame
- mortadella

Beverages

Be sure you choose at least one of the following to drink at your picnic:

- wine (chilled if white)
- beer (cold)
- soft drinks or lemonade
- water

Cheese

Choose three or four regional cheeses with a mixture of textures and flavors such as:

- pecorino
- mozzarella (look for
- mozzarelline)
- parmigiano
- scamorza
- tomino
- taleggio

Bread

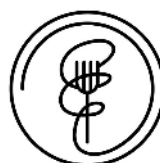
Choose regional bread, wherever you are, including pizza. These are popular and readily available options that are easy to share and serve at a picnic:

- pizza by the slice
- focaccia
- schiacciata
- pizzette (small pizza rounds)
- focaccine (small focaccia rounds)
- taralli (small circular crackers)

Desserts

If you want to end your meal with something sweet, choose from these easy to pack picnic dessert ideas:

- cookies
- panforte
- small pastries
- seasonal fruit



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