

AGRIGAL: IN SEARCH OF  
FLAVOUR FROM THE PAST...



PRODUCTS



and much more!

# SPINATO CORN CRACKERS



INGREDIENTS: spinato corn, salt

STORAGE: 1 year

NUMBER OF ITEMS PER  
CARTON:

12 - 90 gr. packages



100% SPINATO CORN

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 379 Kcal - Fats 2,3 gr, of which saturates 0,6 gr - Carbohydrates 82,3 gr, of which sugars 0,4 gr - Fibers 5,3 gr - Proteins 8,6 gr - Sale 0,1 gr



## BENEFITS



## SPINATO CORN

The main Val Gandino organisations have cooperated since a long time, united by a shared resource: the Spinato Corn.

It is a real element of aggregation, subject of local marketing concrete actions, cultural promotion, and engine for local economic development.

# ANCIENT CORN CRACKERS



INGREDIENTS: ancient corn, salt

STORAGE: 1 year

NUMBER OF ITEMS PER  
CARTON:

12 - 90 gr. packages



100% ANCIENT CORN

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 379 Kcal - Fats 2,3 gr, of which saturates 0,6 gr - Carbohydrates 82,3 gr, of which sugars 0,4 gr - Fibers 5,3 gr - Proteins 8,6 gr - Sale 0,1 gr



## BENEFITS



### GANDINO SPINATO CORN

Gandino has been the first one to grow Mais and there the first yellow Polenta has been produced.

### ROVETTA ROSTRATO CORN

Denoted by its reddish grain, which owes its name to the rostrum of its kernels.

### MARANO CORN

A corn variety selected in the early 20<sup>th</sup> century in the area of Marano Vicentino from the agronomist Antonio Fioretti.

# WHOLEGRAIN TARAGNA CRACKERS



INGREDIENTS: ancient corn, Teglio buckwheat corn, salt

STORAGE: 1 year

NUMBER OF ITEMS PER  
CARTON:

12 - 90 gr. packages



80% ANCIENT CORN

20% BUCKWHEAT

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 379 Kcal - Fats 2,3 gr, of which saturates 0,6 gr - Carbohydrates 82,6 gr, of which sugars 0,6 gr - Fibers 5,6 gr - Proteins 8,2 gr - Salt 0,1 gr



## BENEFITS



## BUCKWHEAT CORN

Buckwheat corn, such as other biological cereals (just think about corn and rice), has no gluten: such a fundamental propriety is an advantage for celiac, gluten allergic and people with specific food intolerances.

# ROSEMARY CRACKERS



INGREDIENTS: ancient corn, wholegrain rice, rosemary, salt

STORAGE: 1 year

NUMBER OF ITEMS PER  
CARTON:  
12 - 90 gr. packages



51% ANCIENT CORN

48% WHOLEGRAIN RICE

1% R

## ♥ NUTRITIONAL VALUES per 100 g

Energy value 390 Kcal - Fats 4 gr, of which saturates 0,8 gr - Carbohydrates 82 gr, of which sugars 0,7 gr - Fibers 5 gr - Proteins 7,4 gr - Salt 0,1 gr



## BENEFITS



## MOUNTAINS WILD ROSEMARY

Rosemary beneficial proprieties mainly comes from the active principles contained in its essential oil, to which we also owe its intense fragrance.

Rosemary is an extremely good natural tonic, but also an antiseptic, anti-inflammatory and pain-killer.

# TURMERIC CRACKERS



INGREDIENTS: type 1 soft wheat, Extra Virgin Olive oil, turmeric, salt

STORAGE: 1 year

NUMBER OF ITEMS PER  
CARTON:  
12 - 90 gr. packages



97% TYPE 1 SOFT WHEAT

2% EVO 1% T

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 349 Kcal - Fats 1,9 gr, of which saturates 0,3 gr - Carbohydrates 73 gr, of which sugars 3 gr - Fibers 4 gr - Proteins 11 gr - Salt 0 gr



## BENEFITS



## TURMERIC

Turmeric is a spice considered magical by many people. Chinese traditional medicine recognises turmeric the ability to reduce inflammatory processes, in addition to its analgesic proprieties.

Turmeric is a key-ally of our wealth, since it can purify our body. It is an hepatoprotective and an antioxidant, with the ability to counter the action of free radicals.

# RICE, CORN AND BUCKWHEAT CRACKERS



INGREDIENTS: wholegrain rice,  
Teglio buckwheat corn, salt

STORAGE: 1 year

NUMBER OF ITEMS PER  
CARTON:  
12 - 90 gr. packages



60% BUCKWHEAT

40% WHOLEGRAIN RICE

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 390 Kcal - Fats 3,2 gr, of which saturates 0,6 gr - Carbohydrates 81 gr,  
of which sugars 0,4 gr - Fibers 4,8 gr - Proteins 9,1 gr - Salt 0,1 gr



## BENEFITS



## WHOLEGRAIN RICE

Wholegrain and Refined Rice have similar amounts of Carbohydrates and total calories. However, the first one gives more Lipids, Proteins Fibre and Vitamins.

In fact, thanks to the husk separation, many key nutrients get lost. Among those, Vitamin B1, Vitamin PP and Iron. Those can be later added back to the Refined Rice, giving life to the so called “enriched white rice”.

# QUINOA CRACKERS



INGREDIENTS: ancient corn, wholegrain rice, quinoa, salt

STORAGE: 1 year

NUMBER OF ITEMS PER CARTON:

12 - 90 gr. packages



51% ANCIENT CORN

34% WHOLEGRAIN RICE

15% QUINOA

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 390 Kcal - Fats 3,3 gr, of which saturates 0,7 gr - Carbohydrates 80 gr, of which sugars 0,53 gr - Fibers 4,8 gr - Proteins 9,1 gr - Salt 0,1 gr



## BENEFITS



## QUINOA

The Quinoa seed is considered a pseudocereal. Devoid of gluten, quinoa-based products are an excellent alternative for sufferers of coeliac disease.

Quinoa seeds offer countless benefits for the organism and are recommended for a healthy diet. It is beneficial for the circulatory, intestinal and muscular systems thanks to mineral salts such as magnesium.

# MILLET AND CORN CRACKERS



INGREDIENTS: ancient corn, millet, salt

STORAGE: 1 year

NUMBER OF ITEMS PER  
CARTON:

12 - 90 gr. packages



51% ANCIENT CORN

49% MILLET

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 386,5 Kcal - Fats 3,7 gr, of which saturates 0,65 gr - Carbohydrates 77 gr, of which sugars 0,55 gr - Fibers 7,1 gr - Proteins 9,75 gr - Salt 0,12 gr



## BENEFITS

### MILLET

Millet is by nature rich in salicylic acid, or most commonly called silicon, so it is a valuable ally of our beauty. Eating millet regularly ensures hair brightness and health, but also increases the strength of our teeth, skin, and nails. That's not all, since silicon is fundamental to keep our immune system operational.



# TÍMILIA DURUM WHEAT CRACKERS



INGREDIENTS: Timilia durum wheat, mais, Extra Virgin Olive oil, oregano, salt

STORAGE: 1 year

NUMBER OF ITEMS PER CARTON:  
12 - 90 gr. packages



76% TÍMILIA DURUM WHEAT

20% CORN

2% EVO

1% O

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 365 Kcal - Fats 2,1 gr, of which saturates 0,4 gr - Carbohydrates 75 gr, of which sugars 1,9 gr - Fibers 4,5 gr - Proteins 9,2 gr - Salt 0,1 g



## BENEFITS



## TÍMILIA

Timilia is a healthy variety of corn, rich in proteins and nutritional values. In Timilia grains of wheat there is Vitamin B, fundamental for our metabolism correct functioning. It also contains numerous mineral salts such as zinc, iron, calcium, phosphorus, sodium, and potassium. Among its proprieties there is the capacity to protect our cardiovascular system and cells health.

# POLENTA TARAGNA FLOUR



INGREDIENTS: ancient corn, Teglio buckwheat corn

STORAGE: 5 months

NUMBER OF ITEMS PER CARTON:

12 - 500 gr. packages



80% ANCIENT CORN

20% BUCKWHEAT

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 340 Kcal - Fats 2,8 gr - Carbohydrates 64,4 gr - Fibers 8,7 gr - Proteins 6,9 gr



## RECIPES



## POLENTA TARAGNA

Bring salted water to boil, add flour while stirring with a whisk for 2-3 minutes. Leave to cook for about 1 hour and a half.

20 minutes before the end of cooking add butter and cheese cut into cubes.

Once all the ingredients are well amalgamated, serve the dish still hot.

# ANCIENT CORN POLENTA



INGREDIENTS: ancient corn

STORAGE: 5 months

NUMBER OF ITEMS PER  
CARTON:

12 - 500 gr. packages



100% ANCIENT CORN

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 330 Kcal - Fats 2,4 gr - Carbohydrates 67 gr - Fibers 6,2 gr - Proteins 7,6 gr



## RECIPES



## POLENTA WITH A SPOON

Bring 2 litres water to boil, add 30 grams of salt and 500 grams flour while stirring with a whisk energetically. Leave to cook for about 1 hour and stir every 30 minutes. The recommended cooking time is 2 hours.

Overthrow the polenta on a wooden board and cut the base with a knife.

Serve the dish still hot.

# SPINATO CORN FLOUR



INGREDIENTS: spinato corn

STORAGE: 5 months

NUMBER OF ITEMS PER  
CARTON:

12 - 500 gr. packages



100% SPINATO CORN

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 330 Kcal - Fats 2,2 gr - Carbohydrates 67 gr - Fibers 6,1 gr - Proteins 8 gr



## RECIPES



### SPINATO CORN “PUFFED” POLENTA

Blend some already cooked polenta with some broth and bring it back to a liquid state. Lay it on a sheet of baking paper and place in the oven at 60° for 5 hours.

Remove it from the oven and cut some triangles, which need to be fried at 200°.

Decorate the triangles of fried polenta with the ingredients you like the most.

# TYPE1 WHITE FLOUR



INGREDIENTS: soft wheat with strenght 300

STORAGE: 5 months

NUMBER OF ITEMS PER  
CARTON:

12 - 500 gr. packages



100% SOFT WHEAT WITH STRENGHT 300

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 342 Kcal - Fats 1,4 gr, of which saturates 0,3 gr - Carbohydrates 69 gr, of which sugars 1,3 gr - Fibers 5,1 gr - Proteins 12,3 gr



## RECIPES



## HOMEMADE PIZZA

Mix flour, yeast, and sugar. Add oil and water. Once all the ingredients have been added, the mixture should result soft and compact. Let rise for at least 2 hours.

Grease a baking tray with oil and roll out the dough. Add all the toppings you like and put into the oven at 220° for 30 minutes.

# ANCIENT CORN CHIPS



INGREDIENTI: ancient corn flour, salt

STORAGE: 6 months

NUMBER OF ITEMS PER  
CARTON:  
12 - 50 gr. packages



99% ANCIENT CORN FLOUR

1% SALT

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 424 Kcal - Fats 3,0 gr, of which saturates 0,3 gr - Carbohydrates 88 gr, of which sugars 1,6 gr - Proteins 9,5 g - Salt 1,5 gr



## BENEFITS



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# ANCIENT CORN BREADSTICKS



INGREDIENTS: ancient corn flour, type 1 soft wheat flour, yeast, extra virgin olive oil, salt

STORAGE: 6 months

NUMBER OF ITEMS PER  
CARTON:  
12 - 200 gr. packages



80% ANCIENT CORN FLOUR

20% OTHER INGR.

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 396 Kcal - Fats 7,5 gr, of which saturates 1,23 gr - Carbohydrates 64 gr, of which sugars 2,1 gr - Fibers 10 gr - Proteins 13,5 gr - Salt 1,7 gr



## RECIPES



### STARTER WITH DIFFERENT KINDS OF HAM AND CHEESE

Crunchy golden breadsticks, made with Ancient Corn: perfect as substitutes of bread. They are perfect to rediscover tastes of our traditional and simple cuisine. Local breadsticks, made with ancient corn flour are amazing alone (as starter or appetizer) or paired with different kinds of ham and cheese.

# TÍMILIA CORN TAGLIATELLE



INGREDIENTS: Timilia flour

STORAGE: 2 years

NUMBER OF ITEMS PER  
CARTON:  
12 - 250 gr. packages



100% TÍMILIA FLOUR

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 351 Kcal - Fats 1,8 gr, of which saturates 0,3 gr - Carbohydrates 69 gr, of which sugars 2,1 gr - Fibers 9,7 gr - Proteins 11,5 gr - Salt 0,01 gr



## RECIPES



## TAGLIATELLE WITH CREAM, MUSHROOMS AND SPECK

Brown mushrooms with garlic and oil. Add thick speck and cook for some minutes. Add cream and salt. As soon as the cream gets thicker, drain the pasta and add it to the tasty sauce.

Remember to add some parsley before serving the recipe to guests, which will surely be amazed. Enjoy your meal!

# ANCIENT CORN BISCUITS



INGREDIENTS: ancient corn flour, type 1 soft wheat flour, butter, sugar, eggs, salt

STORAGE: 10 months

NUMBER OF ITEMS PER  
CARTON:  
12 - 200 gr. packages



30% ANCIENT CORN FLOUR

70% OTHER 100% NATURAL INGREDIENTS

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 451 Kcal - Fats 17,3 gr, of which saturates 4,5 gr - Carbohydrates 69 gr, of which sugars 19 gr - Fibers 3,6 gr - Proteins 6,8 gr - Salt 0,6 gr



## RECIPES



## ANCIENT CORN CHEESECAKE

Mince biscuits, add butter and compose the cake base compacting the mixture. Whip the cream and add sugar, gelatine, and the spreadable cheese. Pour the mixture on the biscuits base.

Cook the grapefruit in a small pan with sugar, filter the mixture and pour it on the cake once cold. Let the cake rest in the fridge 2-3 hour before serving it.

# TÍMILIA CORN BISCUITS



INGREDIENTS: Timilia flour, type 1 sft wheat flour, butter, eggs, brown sugar, sugar, yeast, baking soda, salt

STORAGE: 6 months

NUMBER OF ITEMS PER  
CARTON:  
12 - 200 gr. packages



30% TÍMILIA FLOUR

70% OTHER 100% NATURAL INGREDIENTS

## ♥ NUTRITIONAL VALUES per 100 g

Energy values 343 Kcal - Fats 2,1 gr, of which saturates 0,38 gr - Carbohydrates 68 gr, of which sugars 3,8 gr - Fibers 11 gr - Proteins 12 gr - Salt 0,1 gr



## RECIPES



## TRY THIS BISCUITS DIPPED IN MILK

Agril Timilia Biscuits recipe has been developed to create a special product, and we did not want to give up on taste. Timilia Biscuits are extremely tasty since the balance among the ingredients exalt every single element.

# ADRIANO'S HISTORY

«Even if my parents are not farmers, I have always been **attracted** by everything connected to nature since when I was a child. My family owns a company working in the textile industry and they have produced sponges and household linen for 50 years. My path seemed already marked but **my love for nature overcome everything**, contrary to what people used to think.

At 24 years old I sowed corn for the first time, and the next year I produced the first cracker, starting from which I founded my own agricultural company Adriano Galizzi, winning a bet with my family. Today we grow 6 hectares in biologic and we produce crackers and Ancient Corn chips both on behalf of third parties and with the Agrigal logo". »

**Adriano Galizzi**

## THE SPINATO CORN AND NATURAL CULTIVATION REDISCOVERY

In 2014 **Spinato Corn** was a new topic, an ancient variety that reached Val Gandino in 1632 and recently rediscovered: "I sowed 1 hectare with no idea of how to proceed, collecting corn **manually**. It took me two months. In the meantime, I worked as an informatic engineer in another company. That is how I started producing **flour** and **crackers**. In a few months I had sold the whole harvest, thanks to markets and the door-to-door selling".

### ONCE UPON A TIME... OUR CRACKERS

Which is the peculiarity of Agrigal crackers? "It is a **full grain** processing, something that farmers generally avoid since the seed is removed, while we found a way to process it. We produce light crackers: in fact, they **melt in your mouth**".





## BIOLOGICAL CORN: A CONSCIOUS CHOICE

Buying biological corn means buying a **certificate product**, grown according to the following rules: **no pesticide**, no chemical products and a productive cycle implement **respecting people and the environment**. Another important thing is that natural characteristics of the products are not altered. We truly believe consumers should be informed about food they decide to buy and eat, so that they can make conscious choices that safeguard our health and that of our World.

Passion for agriculture and **respect for the environment** are two fundamental values of our company. Adriano Galizzi made these values the essence of his company and introduced **excellent products** on the market.

Our philosophy is based on **sustainable agriculture**, which pays attention to people's and Earth's needs. We care about the **local territory** and its traditions.



## RECIPES, LIFESTYLE, AGRI-CULTURE, DIET AND HEALTH

The 'Virtual Gourmet Agrigal Lounge': the perfect habitat for the lovers of gastronomic traditions, the brave culinary creators, the ones who really want to have a healthy lifestyle, the searchers of new tastes and the famished of tasty news... Not only about food!



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