



THE  
**ATHENÆUM**  
PALL MALL LONDON

## ITALIAN REGIONAL WINE LUNCHEON

to be held on

Wednesday 19th February 2025 at 12:30pm

***The wines and cuisine of Campania***

**Presenters: Professor Charles Watkins & Dr Jonathan Punt**

**Chaired by: Professor Frank Larkin**



***Always in the shadow of the volcano: City of Naples with  
Mount Vesuvius viewed from the Castel Sant'Elmo.***

# IL MENU ed I VINI

## Aperitivo

Feudi di San Gregorio, "*Dubl Brut Edition II*" Spumante, NV, ABV 12.5%.

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## Primo Piatto

### ***Insalata Caprese Invernale***

[beetroots, mozzarella, avocado, pine nuts, basil]

I Pentri, "*Flora*", IGP Beneventano, 2022, ABV 14.5%.

Cantine di Marzo, "*Vigna Laure*", Greco di Tufo DOCG Riserva, 2019, ABV 13%.

Terredora, "*Terredora Di Paolo*", Fiano di Avellino DOCG, 2021, ABV 13%.

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## Secondo Piatto

### ***Pollo domenicale d'Ischia con fagioli borlotti***

[slow cooked chicken, white wine, turmeric, cumin, rosemary, thyme, tomato purée, borlotti beans, lemon juice].

Cenatiempo, "*Kalimera*", Ischia DOC, 2021, ABV 13.5%.

Antonio Caggiano, "*Vigna Macchia dei Goti*", Taurasi DOCG, 2019, ABV 14%.

I Pentri "*Blu Astro*", IGT Beneventano, 2011, ABV 13.5%.

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## Dolce

### ***Torta Caprese***

[almonds, chocolate, Limoncello di Capri]

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## Caffè, Tè, Cioccolate

# ITALIAN WINE REGIONS



# CAMPANIA WINE REGIONS

## CAMPANIA



### D.O.C.G.

1. Taurasi
2. Aglianico del Taburno
10. Fiano di Avellino
12. Greco di Tufo

### D.O.C.

3. Aversa
4. Campi Flegrei
5. Capri
6. Castel San Lorenzo
7. Cilento
8. Costa d'Amalfi
9. Falerno del Massico
11. Galluccio
13. Ischia
14. Penisola Sorrentina
15. Sannio
16. Vesuvio
17. Irpinia
18. Falanghina del Sannio
19. Casavecchia di Pontelatone



Benevento province: DOCG Aglianico del Taburno.

DOCs Sannio and Falanghina del Sannio.

IGP / IGT Beneventano \*\*\*\*.

Avellino province: DOCGs Fiano di Avellino \*\*\*\*, Greco di Tufo \*\*\*\* and [Taurasi](#) \*\*\*\*.

DOC Irpinia.

Coastal sub-regions: Campi Flegrei.

Sorrento peninsula.

Costa d'Amalfi.

DOCs Ischia \*\*\*\* and Capri.

[\*\*\*\* included in today's Luncheon]

# WINE FACTS



## ***Monte Massico, Province of Caserta.***

Campania has been renowned for wines since Roman times. *Falernian* (aka *Falurnum*), the most famous and the most highly prized across the Mediterranean basin, was a white wine vinified in dry and sweet styles from grapes of vines cultivated from three vineyards on the southern slopes of Monte Massico. It had a high alcohol content, possibly an ABV of 15%. Aged in amphorae for 15 to 20 years, it acquired an amber colour due to maderisation. There was even a classification equivalent to a *cru* structure. *Falernian* from the famed vintage of 121 BCE was served at a banquet given in 60 BCE honouring Julius Caesar's conquest of Spain. It was exported to Britain and remained in the forefront until the 4<sup>th</sup> Century CE. Some consider that the grape varietal employed was that now called *Coda di Volpe* (aka *Falerno*). Two other Campania wines much favoured in the Roman era were *Massic*, (also from Monte Massico), and *Surrentine*, (from the Sorrento peninsula).

Campania provides three soil types: volcanic, limestone and alluvial. The inland higher altitude vineyards afford relief from high daytime temperatures that is reflected in the acidity and freshness of wines vinified from white grape varieties. The diverse terroirs, the differing personalities of the numerous grape varieties, and the individual styles of viticulture compound to create a most interesting vinous landscape.

Campania produces 1.4 million hectolitres of wine from 25,000 hectares of cultivated vineyards. Notwithstanding that this output amounts to only 3% of the entire national production of Italian wines, the significance of Campania's contribution flows from its status as a veritable Garden of Eden of autochthonous grape varieties, (26 in total), from which five or six of Italy's 30 best white wines are vinified.

## ***Campania: Grape Varieties*** [\*\*\*\*included in Luncheon]

### **Red**

Aglianico \*\*\*\*

Aglianicone

Barbetta (*aka* Barbera del Sannio)

Casavecchia

Coda di Volpe Rossa

Olivella

Pallagrello Nero

Piedirosso \*\*\*\*

Primitivo

Sciascinoso

Tintore di Tramonti

Tronto

### **White**

Asprinio Bianco

Caprettone

Biancolella \*\*\*\*

Catalanesca

Coda di Volpe Bianca

Falanghina Beneventana \*\*\*\*

Falanghina Flegrea

Fenile

Fiano \*\*\*\*

Forastera

Ginestra

Greco \*\*\*\*

Pallagrello Bianco

Ripoli

The quality is reflected in a veritable sea of 15 wines classified as *Denominazione d'Origine Controllata* (DOC), and a notable eddy of 4 wines graded higher as *Denominazione d'Origine Controllata e Garantita* (DOCG).

## ***Campania: Wine Classifications***

[\*\*\*\**included in Luncheon*]

### ***DOC***

Aversa

Campi Flegrei

Capri

Casavecchia di Pontelatone

Castel San Lorenzo

Cilento

Costa d'Amalfi

Falanghina del Sannio

Falerno del Massico

Galluccio

Irpinia

Ischia \*\*\*\*

Penisola Sorrentina

Sannio

Vesuvio

### ***DOCG***

Aglianico del Taburno

Fiano di Avellino \*\*\*\*

Greco di Tufo \*\*\*\*

Taurasi \*\*\*\*

## FEATURED GRAPES

### *Greco.*



### *Greco.*

*Greco* is one of the most highly regarded of the varieties permitted in Campania DOC wines such as those from Irpinia, Sannio and Sant'Agata de' Goti: it is also one of Italy's most famed grapes from which the renowned wine Greco di Tufo DOCG is produced, [*vide infra*]. Differing hypotheses hold that *Greco* was introduced into Campania in the 8<sup>th</sup> or 7<sup>th</sup> Century BCE, or alternatively that it is descended from *Aminea Gemina Minor*, the alleged source of Roman *Falernian*. *Greco di Tufo* is not a separate specific variety: the name only serves to indicate a wine made from *Greco* in a circumscribed area of Campania, [*vide infra*].

*Greco* is readily recognised by its bright yellow berries lightly displaying brown speckles. *Greco* is genetically identical to *Asprinio* which is grown within Campania's northern Province of Caserta where it is vinified as the still Asprinio Aversa DOC and where its high acid content also favours production of the *spumante* Brut Asprinio d'Aversa.

Finest examples are full-bodied, delicately aromatic with notes of apricot kernels and some minerality on the palate. Some *vignaioli* produce *cuvées* with distinct herbal flavours.

Notable producers of Greco di Tufo DOCG include Feudi di San Gregorio, [*vide infra*], and Mastroberardino.





***Greco di Tufo DOCG: commemorative stamp.***

## ***Falanghina Beneventana.***



***Falanghina Beneventana.***

The name *Falanghina* is derived from the Latin “*falange*” (phalanx), referring to poles supporting vines in the vineyard in a fashion reminiscent of Roman soldiers in military formation of *falangae*, and also resonating with the Roman practice of transporting vine cuttings to plant on conquered lands.

*Falanghina Flegrea*, related to *Suppezza*, possibly imported from Greece in the 7<sup>th</sup> Century BCE, and first mentioned in a poem in 1666, is one of the oldest vines in Campania: it is the most widespread white varietal in the Province of Napoli. Recently, it has been appreciated that *Falanghina Beneventana* is genetically distinct, closely related to *Biancolella*, and possibly originated in Bonea in Benevento province.

Leonardo Mustilli rediscovered *Falanghina Beneventana* at his family estate in Sant'Agata dei Goti, and was the first to differentiate it from the more frequently encountered *Falanghina Flegrea*. In 1979 he bottled the first monovarietal *Falanghina*. His story can be found on YouTube at:

[https://www.youtube.com/results?search\\_query=Mustilli%2C+il+racconto+della+nascita+della+I%C2%AA+Falanghina+nel+mondo](https://www.youtube.com/results?search_query=Mustilli%2C+il+racconto+della+nascita+della+I%C2%AA+Falanghina+nel+mondo)

A more detailed account of the two *Falanghine* can be found on YouTube at:

[https://www.youtube.com/watch?v=dcZ8\\_djbBqc](https://www.youtube.com/watch?v=dcZ8_djbBqc)

*Falanghina Beneventana* displays a conical grape cluster of oval yellow-green berries that are less aromatic than the greyish berries of *Falanghina Flegrea*. It may be vinified in a dry still style, as in I Pentri's, "*Flora*", IGP Beneventano [*vide infra*], and also in *spumante*, and *passito* styles without any oak influence.

### ***Fiano (aka Fiano di Avellino).***



***Fiano.***

Arguably Italy's greatest native white wine grape and one of its oldest cultivars, *Fiano* takes its name from Appia, (today's Lapiò), close to Avellino. In 1240 the vine was recorded as having been purchased near Foggia by the Holy Roman Emperor Frederic II (1194 - 1250) whilst in local residence.

Widespread before suffering the ravages of phylloxera in the early 20<sup>th</sup> Century; scorching of vineyards in World War II; and neglect in hard economic times, *Fiano* was revived in the 1970s by the efforts of the late Antonio Mastroberardino (1928 - 2014). Considered to be the patriarch of wine in the

Campania region, Antonio Mastroberardino pioneered the discovery and cultivation of traditional and forgotten varieties from his vineyards in the Taurasi region.

*Fiano di Avellino* berries are oval, medium-sized with yellow-green skins displaying brown spots when ripe. Wines are typically full-bodied with strong flavours. The detection of smokey notes is variously regarded by some authorities as indicating the inclusion of another distinct variety, exposure to excessive heat, overripe grapes, or even poor temperature control during vinification.



***Antonio Mastroberardino (1928 - 2014): “Archeologo della Vite e del Vino”.***

***Biancolella.***



***Biancolella.***

*Biancolella* is indigenous to the volcanic isle of Ischia, its principal area of cultivation, and also to Capri where it is called *San Nicola*. It is a close relative of *Falanghina Beneventana*. The bunches are cylindrical. Early budding and flowering expose *Biancolella* to risk of Spring frosts and to *coulure*, resulting in lower yields. It is also very sensitive to downy mildew caused by the fungus *Plasmora viticola* which has limited the distribution of this vine.



***Coulure.***



***Downey mildew.***

The physical nature of *Biancolella*'s island home adds to the viticultural difficulties, but has not deterred the variety's stalwarts whose ingenuity and passion is evidenced by vineyards at altitudes up to 650 metres ASL on Mount Epomeo (height 789 metres ASL), some of which are reached by monorail or are only accessible by footpath. *Biancolella* produces straw-coloured wines which are well-balanced, display minerality, and aromas of almonds, white flowers and pineapple. Complexity comes from both altitude and the high mineral content of the volcanic *tufa*, rich in manganese, iron and sulphur.



***Vineyards on Mount Epomeo, L'Isola d'Ischia.***

## ***Aglianico di Taurasi.***



### ***Aglianico di Taurasi: “Barolo of the South”***

The precise origins of *Aglianico* are unknown: the first written reference was in 1520 when fields in Campania planted with *Aglianche* were documented. The first suggestion of a supposed Greek origin arose in 1581 and is firmly rejected by some authorities. A preferred alternative origin for the name relates to the Spanish occupation of central Italy in the 15<sup>th</sup> and 16<sup>th</sup> Centuries when the name *Aglianico* first appeared and this would be consistent with derivation from the Spanish word *llano* (“flat” as in “plain”), possibly indicating a grape of the plain, when the pronunciation of the Spanish “*lla*” (“*glia*”) is taken into account, [see “*Wine Grapes*”, Robinson J. *et al* 2012:11-13 and “*Native Wine Grapes of Italy*”, D’Agata I. 2014: 162-167].

Semantic academia apart, of far greater significance is the opinion of one leading authority on Italian wines that *Aglianico* is not just one of the three best Italian wine grapes, (alongside *Nebbiolo* and *Sangiovese*), but one of the World’s best red grapes: capable of producing wines across the spectrum from the light-bodied and fragrant to the rich and ageworthy.

*Aglianico* is cultivated almost exclusively in southern Italy, notably in Campania’s provinces of Avellino and Benevento. The absolute zenith are the wines from the volcanic soils of Taurasi DOCG where the long ripening

season tames the grape's tannins, unleashing deep pigments and aromas that include plum and chocolate.

## ***Piedirosso.***



### ***Piedirosso.***

This ancient Campania native from the area around Vesuvius was first mentioned in the 16<sup>th</sup> Century under the names of *Palomina Nera* and *Uva Palombina*, being renamed *Piedirosso* in 1905 by reference to the red colour of its stalk and stem at harvest time reminiscent of the red feet of a pigeon (*Columba palumbus*). The analogy persists in synonymous names such as *Per è Palummo*, *Palombina*, *Palumbina*, *Palumbo*, *et al*, as in *palombo* (wood pigeon).

*Piedirosso* is second only to *Aglianico* in Campania, bringing perfume and freshness to *Aglianico* with which it is often blended, hence its appearance in numerous IGT, DOC and DOCG Campania *cuvées*.

Unblended, *Piedirosso* is characterised by fragrant acidity, softness, floral elements such as geranium, lavender and violet, and red fruit aromas such as cherry and plum.

*Vignaioli* are challenged to extract maximum colour while avoiding bitterness. Stabilisation of the low anthocyanin content of the grapes by micro-oxygenation is one solution.

# THE VIGNETI AND THE VITICOLTURI

## *Feudi di San Gregorio.*



### ***Feudi di San Gregorio: The New Winery, 2001.***

Founded in 1986, Feudi di San Gregorio has taken a very modern approach, embracing the architecture of its winery; the design of its bottles and their labels; the vinification of some of its *cuvées*; and the realisation of the potential for bringing social and other benefits to the locality.

The Feudi di San Gregorio vineyards, situated between 350 and 700 metres ASL are spread out over gentle hills in Sorbo Serpico. An hour from Mount Vesuvius, the soils are volcanic, with a good percentage of clay. Winters can be harsh and often snowy: Summers are breezy rather than scorching hot. Intense diurnal temperature variation; winds that sweep through the vineyards; exposure to warming sun combine to express the full potential of indigenous grapes such as *Aglianico*, *Fiano* and *Greco*, all in *cuvées* classified as DOCG, together with several other varietals such as *Falanghina* *Piedirosso*.

In 2003 winemaker and master vine pruner Pierpaolo Sirch and Champagne producer Anselme Selosse collaborated to create a “double act” producing Feudi di San Gregorio “*DUBL*” Brut vinified from 100% *Falanghina* by the *Méthode Champenoise*. In 2004 “*DUBL Edition II*” was vinified from 100% *Greco*, [vide infra].



***The “vine whisperers” Marco Simonit and Pierpaolo Sirch.***

***Azienda I Pentri.***



***I Pentri: Proprietors Dionisio Meola and Lia Falato.***

The *vinicola* takes its name from *I Pentri*, the leading group amongst those constituting the ancient Italian tribe, the Samnites: an Oscan-speaking



peoples of Indo-European origin whose economy was based upon agriculture and livestock. Having fought against Rome in some of the Samnite Wars, the Pentri are not referred to after the battle of Cannae (216 BCE).



***Samnite soldiers. Tomb frieze, Nola, 4<sup>th</sup> Century BCE.***

The *vinicola* I Pentri was founded in 2002 when, according to a local tradition whereby land passed from maternal grandmothers to their grandsons, the vineyards were inherited by Dionisio Meola. The ambition of Dionisio and his wife Lia Falato, now joined by their son Alessandro, was to build on their 20 years of experience in viticulture to produce exclusively wines of quality. The vineyards occupy 10 hectares between the high grounds of Monte Taburno and Monte Matese at Castelvenere in the province of Benevento. The soil types are clay, sandstone, and limestone, except for the terrain upon which the *Piedirosso* grapes intended for their special *cuvée* “*Blu Astro*” are cultivated which is marly-sandstone and marly-limestone: the latter having a characteristic grey-blue tinge.



***“Blu Astro”: the grey-blue limestone.***

The *vinicola* is a family concern that uses exclusively its own grapes. Cultivation is natural with spontaneous grassing and no deployment of herbicides, pesticides or copper sulphate. Grapes are harvested by hand. Fermentation is spontaneous for red grapes, and for white grapes it is activated by the vineyard's indigenous yeasts. There is no clarification or fining.

The varietals cultivated are *Piedirosso*, *Sciascinoso*, and *Aglianico*, for red wines; *Fiano*, *Falanghina*, and *Malvasia* for the white wines.

I Pentri are one of the top exponents of the *Piedirosso* grape.



***I Pentri: vineyards between Monti Taburno and Matese.***

### ***Cantine di Marzo.***



***La Famiglia di Somma: Filippo, Ferrante, Maria Giovanna.***

The estate has been in the hands of the di Somma family since 2009 when it came under their control as the direct descendants of the di Marzo family.

Legend has it that in 1647 Scipione di Marzo, the founding father of the dynasty, fled his birthplace in the village of San Paolo Belsito, North-East of Naples, on account of the plague, [The Naples Plague is dated 1656 to 1658], taking refuge in Tufo where he built a large palazzo. Scipione took with him grapes from an ancient Campania varietal called *Greco di Nola*. Over centuries the vine thrived on the hills of Tufo, adapting to the rich minerals, particularly sulphur, allegedly making Scipione the creator of *Greco di Tufo*. The legend is not supported by modern authorities.



***Largo Mercatello during the Naples Plague (1656).***

***Domenico Gargiulo (called Micco Spadaro, 1609 - 1675).***

In 1866 Francesco di Marzo noted that stones burned by local shepherds produced an acrid odour. Subsequent industrial mining of the causative sulphur led to expansion of the vineyards and discovery of the value of sulphur in protecting the grapes from pathogens.

The Somma family have made substantial investments to develop the estate with the ambition of reproducing wine of a quality reflecting past traditions. Ferrante di Somma worked for many years in vineyards as disparate as England, Russia and France. He obtained a Master's Degree from *l'Ecole Superieure de Commerce de Dijon* which, together with collaborations with French and Italian vigneroni, facilitated the launching of the wines of Cantine di Marzo onto the international market. Maximising the peculiarity of the Tufo

terroir led to the vinification of three *Cru di Greco di Tufo*, all three of which are classified as DOCG: Vigna Serrone, Vigna Ortale and Vigna Laure, [*vide infra*]. The estate now has the oenological services of Vincenzo Mercurio, winner of the 2023 Giacomo Tachis Prize for the best Italian Winemaker.



***Francesco di Marza: discoverer of sulphur mines, 1866.***

***Terredora di Paolo.***



***Daniela, Paolo, Walter, and Lucio Mastroberardino.***

Located on the hills of Irpinia, the Terredora estate and winery lie in Montefusco in the Province of Avellino, surrounding the valleys of the Sabato and Calore rivers. It was founded in 1994, by Walter Mastroberardino, then aged 60 years, supported by his wife, Dora Di Paolo, and their children,

Daniela, Lucio and Paolo, who broke away from the original historic Mastroberardino family winery, that had been founded in 1878.

Lucio Mastroberardino was the winemaker. After graduating in oenology, he worked in the family business at Terredora. In 2010 he was elected president of the *Unione Italiana Vini*, the largest trade association in the Italian wine world. Lucio Mastroberardino played a leading role in the rebirth of wine in the Campania region and became President of the *Unione Italiana Vini*, and latterly President of the local *Consorzio di Tutela dei Vini d'Irpinia*, but tragically died at the young age of 46 years.



***The late Lucio Mastroberardino (1967 - 2013),***

There are 180 hectares of vineyards on volcanic soils rich in limestone and clay with South facing exposure and an excellent microclimate on breezy hills at 400 to 650 m ASL. The native white grapes grown are *Greco*, *Fiano*, and *Falanghina*, while the red grapes are *Aglianico* and *Piedirosso*. The vines are spread across several important locations with approximately 3,500 vines *per* hectare, grown with the traditional Guyot training system, annual production is around 60 hectolitres *per* hectare.

A range of still wines are produced including *cuvées* from 100% *Aglianico*, *Fiano* and *Greco* that all have DOCG classification; single vineyard wines are vinified from *Aglianico*, *Fiano* and *Greco*, and *passitos* from 100% *Aglianico* and *Fiano*.



***Terredora: South facing vineyards.***

## ***Cenatiempo.***



***Pasquale Cenatiempo and Federica Predoni.***

Viticulture and viniculture on Ischia can be dated back to the 8<sup>th</sup> Century BCE, when the Euboean Greeks founded their first western colony in Europe on the island, naming it *Pithekoussai*, [Derivation arguably *pithoi* - large terracotta amphoras; or *pithekos* - ape or monkey]. The Romans recognised the significance of viniculture on the island which they named *Aenaria* (“*Land of Wine*”).

The origins of the family name, widespread in and around Naples but especially on Ischia, is unknown, but may derive from a dialectic adaption of the French name *Jean-Etienne*. The family have been natives of Ischia since time immemorial: their *azienda vinicola* dates to the first half of the 20<sup>th</sup>

Century and the small *cantina* in Ischia Porto where Francesco Cenatiempo dispensed unbottled wine, (“*vino sfuso*”), made from grapes from his own vineyard planted in 1945 and also from grapes bought in from smallholders.



***Cenatiempo: the cantina as it was.***

Until the mid-twentieth century the economy relied upon wine production. The upsurge in the Italian economy after World War II (“*Il Miracolo Economico*”) brought radical transformation and the establishment of the family *cantina*. Following the death of his father, Pasquale Cenatiempo adapted the original cantina and moved from casks to cement vats. He now manages the business with his partner Federica Predoni.

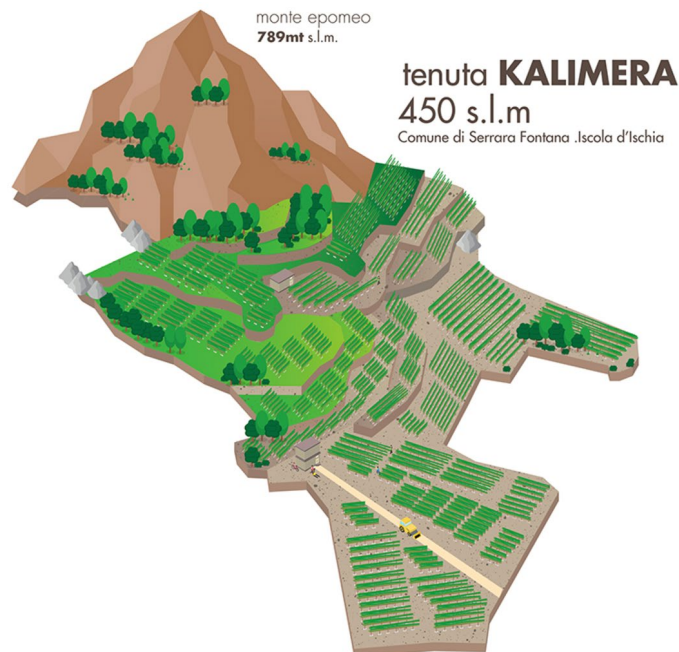
Viticulture on Ischia extends from a few metres from the sea to 600 m ASL. Of the island’s 46 square kilometres, many of the vineyards are situated on slopes with a gradient of more than 30%. The technique of terracing with dry stone walls, (“*parracine*”), made of the unique green *tuffo*, make it possible to cultivate otherwise inaccessible areas with their own microclimates.



### ***Parracine.***

Viticulture at Cenatiempo is biodynamic deploying green manure, horn manure and silica, and avoidance of chemicals, save for copper sulphate to defend against fungal diseases. The vineyards are worked manually. Harvesting takes place from mid-October into November.

Principal grape varieties are the white *Biancolella* and *Forestera* from which wines classified DOC Ischia are vinified [*vide infra*], together with *Falanghina*. Red varieties include *Piedirosso* (*aka Per è Palummo*), from which a DOC Ischia classified wine is vinified, together with *Aglianico*, *Guarnaccia*, *Sciacinoso* and other autochthonous varieties.



### ***Vineyards of origin of Biancolella for “Kalimera”.***

For two short videos displaying the vineyard see:



<https://www.youtube.com/watch?v=fYanghSfxQc&t=466s>

<https://www.youtube.com/watch?v=AZghtRQiQoY>



***Cenatiempo: vineyard plots between sea and hills.***

***Cantine di Antonio Caggiano.***



***Son, and Father: Giuseppe ("Pino") and Antonio Caggiano.***

Since 1990 this vineyard in Taurasi in the Province of Avellino has been owned by Antonio Caggiano, a former surveyor and builder with a passion for

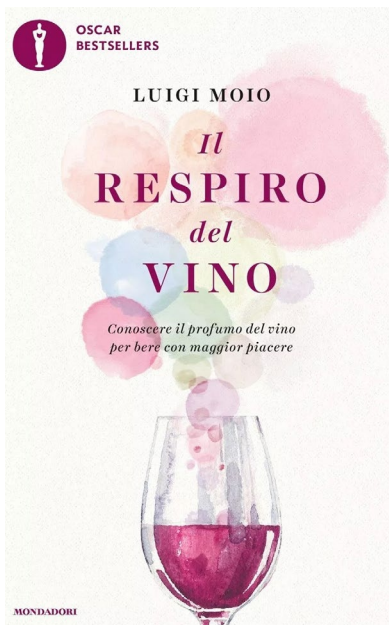
photography. A modernist, Antonio Caggiano's focus was on changing the local viticultural methodology which had been based on mixed crops of vines, potatoes, cereals and vegetables. In the time-honoured Southern Italian *Raggiera* system, there were fewer but taller vines, up to 3.5 metres in height, trained on wires arranged like the spokes of a wheel: each producing large quantities of grapes of varying levels of ripeness, depending on the height of the vine shoots. Antonio Caggiano's innovations included introduction of the cordon system with its increase in planting density, with vines trained on horizontal wires closer to the ground.



### ***Aglianico vines: cordon training.***

Better clones and substantially reduced yields helped to achieve more consistent ripening. Modern cellar practices include single-vineyard selection; rigorous grape selection; and gentle extraction of tannins with barrel ageing to reduce the harshness and austerity of *Aglianico's* aggressive tannins.

Crucial, was the involvement of Luigi Moio, a fourth-generation winemaker, born in Mondragone, on the coast north of Naples. Moio studied at the University of Burgundy in Dijon, where he earned a Ph.D. for his work on the chemistry of aromas in wine and food, and published his bestselling Italian wine book, *“Il Respiro del Vino”* [2018. Mondadori, Milano]. Moio returned to Campania in 1994 at the urging of Antonio Caggiano. Moio taught oenology at the University of Naples while consulting for a growing list of wineries, including the Amalfi Coast's Marisa Cuomo and Irpinia's Feudi di San Gregorio [*vide supra*].



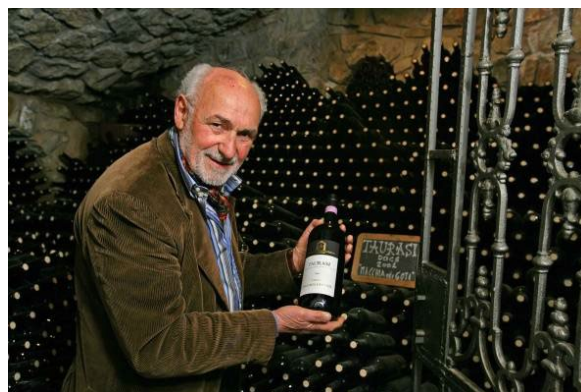
### **Luigi Moio: “Il Respiro del Vino”.**

Wines classified as DOCG are produced from *Aglianico* (“*Vigna Macchia dei Goti*”), from *Fiano* (“*Béchar*”), and from *Greco* (“*Devon*”). Additional production includes two spumante (“*Briole*”): one vinified from *Fiano* and the other from *Aglianico*; a sweet wine (“*MEL*”) vinified from a blend of *Fiano and Greco*; and a grappa distilled from the *vinacce* of *Aglianico*.

Currently the estate is run by Antonio’s son Giuseppe (“Pino”).

For a short interview touching on Antonio Caggiano’s life and his vineyard see:

<https://www.mediterraneandietvm.com/en/antonio-caggiano-taurasi-and-its-memories/>



### **Antonio Caggiano nella cantina.**

The estate’s DOCG wines of multiple vintages have received frequent awards including Gambero Rosso’s “*Due Bicchieri*” and “*Tre Bicchieri*” awards and, in

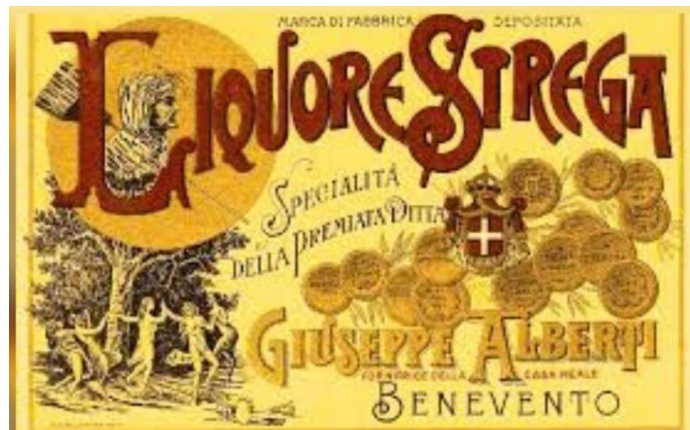
2015, the ultimate “*Oscar del Vino*” awarded by the *Federazione Italiana Sommelier Bibenda* for the “*Vigna Macchia dei Goti*”, Taurasi DOCG, 2010.



***Cantine di Antonio Caggiano: traditional meets modern.***

## OTHER ALCOHOLIC BEVERAGES

### STREGA



#### ***Strega Alberti Benevento S.p.A***

*Liquore Strega* was developed in 1860 by father and son Carmine Vincenzo Alberti and Giuseppe Alberti. It took its name from legends of witchcraft around Benevento dating back to the time of the Lombard invasion:

*Strega* (witch) was a natural choice of name for the liqueur. The company received a royal warrant of appointment to the then King of Italy.

The secret recipe has Benedictine origins: the 70-odd herbal ingredients that include star anise, lavender, juniper, cardamon, vanilla, mint, fennel and Jamaica pepper, are distilled slowly in steam-heated stills and then aged for a minimum of six months in oak barrels. The result is a *liquore* of distinctive

saffron yellow colour with a complex coniferous flavour and a sweet viscosity. *Strega* is taken over ice as a *digestivo* and is also used for flavouring *risotto*, *torta caprese*, *panna cotta*, *tiramisu*, *torroni*, *croccantini*, and chocolates.

The *Premio Strega* is the most important Italian literary award, founded in 1947 by Guido Alberti, in conjunction with the writer Maria Bellonci, her husband Goffredo and their circle of . post-World War II Italian writers, intellectuals and artists known as “*Amici della Domenica*” (“*Sunday Friends*”). The first winner was Ennio Flaiano for his first and only novel “*Tempo di uccidere*” (“*The Short Cut*”), which is set in Africa during the Second Italo-Abyssinian War. The 2024 winner was Donatella Di Pietrantonio for her novel “*L'Età Fragile*” (“*The Fragile Age*”)

*Strega* became well known for its colourful and artistic advertising such as that in the *Art Nouveau* style designed in 1906 by Alberto Choppuis.



***Strega poster - Alberto Choppuis (1906).***

## **LIMONCELLO.**

Limoncello, the second most popular liqueur in Italy after *Campari*, is a lemon-yellow liqueur made from the alcohol- infused zest of lemons from the *Golfo di Napoli* which are renowned for sweetness and fragrance. It is produced both in the home and by artisanal companies on Campania’s coast and its islands. It is made from the zest of *Femminello St. Teresa* lemons (*aka Sorrento* or *Sfusato d’Amalfi* lemons), [*vide infra*].

The geographical origins of the drink are disputed between the Amalfi Coast and Sicily, where it is also made. It was, arguably, devised around 1900, possibly by the grandmother of Maria Antonia Farace, who lived in a small guesthouse in Isola Azzurra, or by a citrus-grove tender from Azzurra: alternative origins are from monks or fishermen in a much earlier era.

The liqueur is produced by steeping lemon zest, in rectified spirit until the oil is released, and then mixing the resultant yellow liquid with simple syrup. ABV is generally around 30%.

Limoncello is traditionally served chilled as a *digestivo* in a small ceramic glass that is also chilled. An alternative is an *Amalfi Spritz*: limoncello mixed with Prosecco and Lemonade.

## SOME SELECTED FOOD FACTS

A region that has been home for peoples of many disparate backgrounds over the course of 3,000 years will reflect its past and present occupants in many ways, not least in its cuisine and the origins of their ingredients. Such is the position with Campania: Greeks (8<sup>th</sup> Century BCE), Samnites, Oscans, Romans, Saracens, Vandals, Goths, Byzantines, Lombards, Normans, Angevins, Aragonese, Bourbons, and Savoyards (19<sup>th</sup> Century CE). Whereas there are well-known dishes that it would be just too humdrum to describe, not least as some are universally used, and abused, beyond the region and the country, there are many that remain distinctly regional. Examples of the latter are *Sartù di Riso* (Rice Cake with Meatball Filling), and *Pastiera Napoletana* (Neapolitan Easter Cake).



***Sartù di Riso.***



***La Pastiera Napoletana.***

Although many dishes rely heavily upon the inherent flavours of fresh ingredients simply prepared, such as the "red gold" afforded by the tomato, there are others that reach heights of sophistication, as evidenced by the traditional creations of the *pasticcerie* of Naples. *Struffoli* (deep-fried honeyed dough balls) may have their origins in Greek *lukumates*. *Sfogliatelle* (pastry spirals filled with ricotta, semolina and candied peel) may have been created in a convent in Naples or on the *Costa Amalfitana*. Invention of *Il baba* is

attributed to Stanislas Leszczynski, (King of Poland, latterly Duke of Lorraine), in the early 18<sup>th</sup> Century: in Campania it is made both with rum and with *Limoncello*, as is *Torta Caprese* [vide supra].



***Struffoli.***



***Sfogliatelle.***

Given such a cornucopia, a small selection of emblematic items and their origins are described *below*.

## **Lemons.**

From the 10<sup>th</sup> and 11<sup>th</sup> Centuries lemon plantations were created on terraces protected by dry-stone walls ("*macerine*") first deployed in the towns of Maiori, Minori and Cetara on the Costa Amalfitana.



***Costa Amalfitana: terraces protected by macerine.***

The lemon groves have been a UNESCO World Heritage Site since 1997. The lemons are notable for their unusual fragrancy. Their territorial status is protected by the *Indicazione Geografica Protetta (IGP)* from the European Union. The production of *Limone di Sorrento IGP* and *Limone Costa d'Amalfi IGP* delimits a specific area where the lemons may be grown, comprising the 13 towns of the Amalfi Coast.

Two specific varieties are the massive *Ponsiri* and the *Sfusato d'Amalfi*. The latter is the direct descendant of a cross between a local lemon and a bitter local orange giving rise to a form known as “*nostrato*”.



***Ponsiri.***



***Sfusato d'Amalfi.***

Amalfi lemons are grown using no pesticides. Approximately 100,000 tons of lemons are harvested each year from 40 hectares. The *Sfusato d'Amalfi* is extremely rich in lemon oils, hence its value not only in making *limoncello*, but contributing local flavour to *risotto*, pastries, cakes, *gelati* and *sorbetti*.

For further insight see:

<https://www.deliciousitaly.com/campania-naples-food/story-of-the-amalfi-coast-lemon>

and for a somewhat vertiginous tour *via* YouTube see:

<https://www.youtube.com/watch?v=-h4u8kQkt28>

## **Mozzarella di bufala.**



***Mozzarella di Bufala Campana DOP.***



*Mozzarella* takes its name from the process of chopping off (*mozzatura*) portions of the elastic paste created in the course of production. This cheese is made from the milk of the Italian water buffalo (*Bufala Mediterranea Italiana*) which may have been introduced into Southern Italy by the Romans in the 2<sup>nd</sup> Century CE for use in rice cultivation, or perhaps during the Barbarian invasions of the Italian peninsula in 300 to 600 CE. The buffalo's broad hooves prevented them from sinking into marshy soil: in the past the species was widely used to keep waterways and drainage channels clear of weed, and also as a draught animal.



***Bufala Mediterranea Italiana.***

In Campania the herds are kept on the fertile plain of the river Volturno, North-East of Naples in the Province of Caserta, and also in the flat plain between Salerno and Paestum where they are selectively bred and raised for the production of *Mozzarella di Bufala Campana, Denominazione di Origine Protetta (DOP)*.

Water buffalo milk is relatively high in butterfat, (7% to 9% *versus* cow's milk 3.7%), and in protein, calcium, other minerals and conjugated linoleic acid. Its richness makes it more efficient for cheesemaking, as it requires less milk *per* kilogram of cheese. Best acquired fresh, raw-milk *mozzarella* keeps up to six days at room temperature, but is optimal within two or three days of production. It should never be refrigerated because it seizes up. It is improper to call the similar product made from cow's milk "*mozzarella*": the correct name is *fior di latte* or *fiordellatte*.

*Mozzarella di Bufala Campana* is excellent eaten unadorned on good bread. It is an indispensable component of regional dishes such as *Insalata Caprese*, *Pizza Margherita* and *Mozzarella in Carrozza*.



***Mozzarella in Carrozza.***

## **Tomatoes.**

Notwithstanding its arrival in Europe from the New World in the mid-16<sup>th</sup> Century, the tomato was limited to a rôle in ornamental gardens until around 1750 on account of concerns that it was poisonous. Even then it took some time before improvement by breeders led to its acceptance into the diet and cuisine of Campania and the *mangiafoglie* (“leaf eaters”) became the *mangiamaccheroni* (“pasta eaters”). Fortuitously, tomato plants thrived in the volcanic soils of Campania where an entire industry came to flourish thanks to the entrepreneurship of Francesco Cirio (1836 - 1900), a young Piedmontese fruit and vegetable market trader in the Porta Palazzo Market in Turin, who, in 1856, developed and applied the technique of *appertization*, (sterilising perishable foods in hermetically sealed containers), invented by the French confectioner Nicolas Apperti (1749 - 1841), first to peas and then to tomatoes. Following the unification of Italy, Francesco Cirio opened production plants in Southern Italy.

<https://www.cirio1856.com/group/history/> provides a fuller account.



### ***Francesco Cirio (1836 -1900): early labels.***

As with so many aspects of Italian culture, the tomato is no exception when it comes to the singular importance of local connections as displayed by the many varieties found in Campania such as the small selection mentioned *below*. The *San Marzano DOP* is the best-known variety. Its firm, fresh fruit being equally suitable for making pasta sauces, drying and canning. The exquisite aroma and sweet-sour flavour of the *Piennolo del Vesuvio PDO* derives from the cool coastal breeze and potash-rich soil beneath Mount Vesuvius: it was saved from extinction by the Imperato family. The eponymous *Corbarino*, grown in the village of Corbara on the slopes of Monti Lattari, is much treasured for its unique, sweet, tangy flavour and its believed origin from an ancient local variety.



***San Marzano.***



***Piennolo del Vesuvio.***



***Corbarino.***

## Nuts.

Avellino (*aka* Irpinia) is sadly remembered for the massive earthquake of 1980 which claimed around 5,000 lives, but its contributions to regional gastronomy persist and are not limited to the three prestigious DOCGs of *Greco di Tufo*, *Fiano di Avellino* and *Taurasi*. As in other parts of Italy, notably Piemonte, nuts have been an important source of nutrition for millennia.

### **Chestnuts (Castagne).**

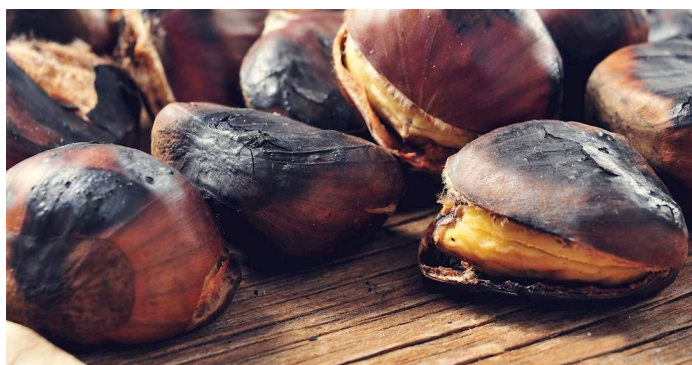
*Castagne* (*aka* “*ghiande di giove*”, *aka* “*Jove’s acorns*”) originating from Asia Minor, have been known in the hills around Montella since the 4<sup>th</sup> Century BCE and have been a source of nutrition as fresh or dried fruit, or ground as flour, that was so important in the 6<sup>th</sup> Century CE that the Longobards passed a law to protect cultivation of chestnut trees. In the present era the working of the ancient chestnut woods of Montella are licensed to about 150 companies. The most prevalent variety is the *Palummina* named for its resemblance to a “*little dove*”. Montella chestnuts were the first Italian fruit to be recognised, in 1987, as a DOC, (IGP from 1996). By a process of toasting followed by rehydration the chestnuts are rendered into a form, “*Castagne del Prete*”, that can be kept for several months. Chestnut flour is still employed for making pasta, bread and cakes. *Marrons glacés* are produced from the largest chestnuts.

More historical detail can be found at:

<https://www.deliciousitaly.com/campania-naples-food/chestnuts-of-montella>

and the modern production processes can be viewed at:

<https://www.bing.com/videos/riverview/relatedvideo?q=Montella+chetrnuts&mid=3A39D216D310D8F9914F3A39D216D310D8F9914F&FORM=VIRE>



***Castagne di Montella IGP.***

## **Hazelnuts (Nocciole).**



### ***Corylus avellana*. Collection de Bollwiller, 1854.**

Avellino produces more *nocciole* than any other region in Italy. This is reflected in the plant's name in the Classification of Carl Linnaeus, (1707 - 1778), who named the plant *Corylus avellana* in 1753 after the town of Avella, around which there are many groves planted in neat rows pruned to a regular height of two to three metres.



### ***Hazelnut grove, Avella.***

Latin texts from Cato, (95 BCE - 46 BCE), to Virgil, (70 BCE - 19 BCE), and Pliny, (23/24 CE - 79 CE), evidence the *nocciole* of Avellino to be amongst the oldest in Europe. In the Middle Ages *nocciole* were renowned throughout Italy for their pale, fresh, sweet flesh and affinity for toasting, and were regarded by some to have magic attributes. By the 17<sup>th</sup> Century there was an export market that necessitated specific quality and quantity control offices.



***Nocciole before ..... and after roasting.***

The fruits are toasted and can then be presented whole, chopped, ground to a flour, or as a paste, prior to use by bakers and confectioners: the latter maintain a strong industry in Avellino Province. A local speciality in Avellino is *torrone* (nougat) made by artisan *torronifici* such as Federico Di Iorio which can trace its origins back to 1750.



***Torrone.***

For details of the firm and its products see:

<https://torronediiorio.com>

and for details of growing, processing and culinary preparation of *nocciole* see:

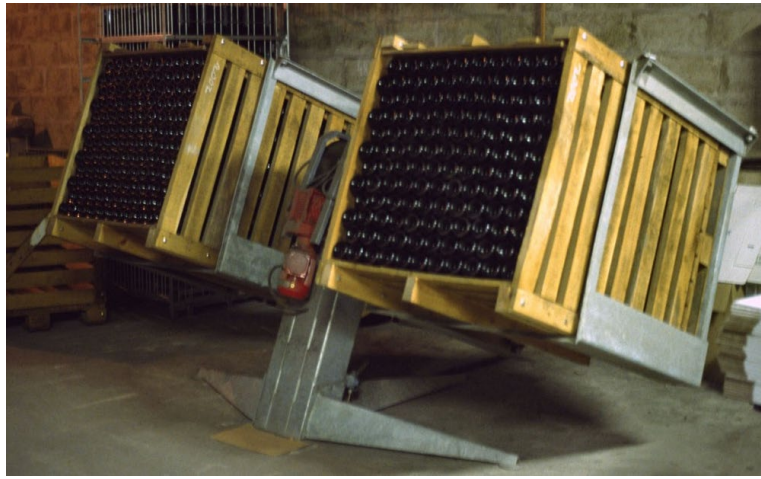
[https:// www.nutalia.it/en/history-of-hazelnut/](https://www.nutalia.it/en/history-of-hazelnut/)

# Feudi di San Gregorio, “*Dubl Brut Edition II*” Spumante, NV, ABV 12.5%.



## ***Feudi di San Gregorio: a very modern approach.***

- Grapes:** 100% Greco from 15 year-old vines.
- Soil:** Volcanic soils with good percentage of clay.
- Viticulture:** Mosaic of plots at 350 m to 700 m ASL. Exposure to harsh, snowy winters and warming summer breezes imparting intense diurnal temperature variation. Concentrated soil and canopy management. Guyot trained.
- Viniculture:** Hand harvested. *Metodo Classico*: must settled at 12°C for 36 hours and fermented in stainless steel tanks at 16°C to 18°C, following which the different *cuvées* are blended and the must from the bottom of the tanks (the “*pied-de-cuve*”) is added.
- Maturation:** The secondary fermentation proceeds over two months. The wine spends 24 months ageing on its lees with riddling (*remuage*) on gyropalettes followed by *dosage* with a *liqueur d’expédition* of 6 g/l.



### ***Gyropalettes.***

**Ageing potential:** Difficult to judge being a relatively recent development.

**Character:** Fresh aromas of peach and apricot. Very dry, vibrant mineral palate. Lively, persistent *mousse*.

**Food pairing:** A full flavoured *aperitivo* with sufficient body and length to match with *antipasti misti* and simple sea food dishes.



**Creators:** ***Anselme Selosse .....*** ***Pierpaolo Sirch.***

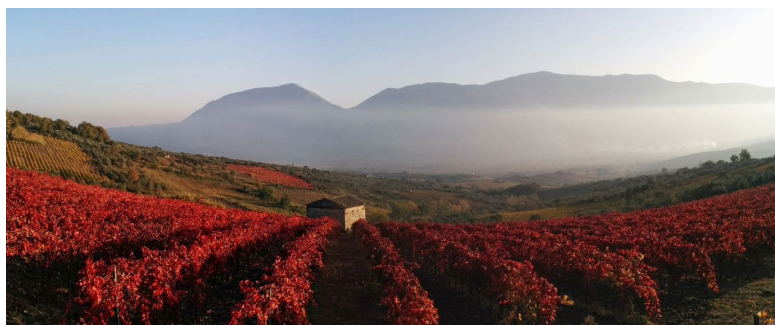


## I Pentri, “*Flora*”, IGP Beneventano, 2022, ABV 14.5%.



### ***I Pentri: Proprietari Dionisio Meola e Lia Falato.***

- Grapes:** 100% Falanghina from old vines.
- Soil:** Clay, sandstone, limestone.
- Viticulture:** Vineyards tended by hand. Spontaneous grassing of vineyards. No use of chemical fertilizers, herbicides or pesticides. Guyot trained vines.
- Viniculture:** Manual harvesting in the second 10 day period in October. Bunches placed in small boxes. Selected grapes then softly pressed, and fermented with natural yeasts cultivated from the vineyards own grapes. No clarification.
- Maturation:** In stainless steel tanks.
- Ageing potential:** Drinking window 2024 to 2032.
- Character:** Bouquet of wild flowers, mint, chamomile and freshly sliced pears. Round, supple, fresh acidity with hints of ginger and crushed citrus pith. Good length with persistent savoury spices and stone flavours.
- Food pairing:** *Antipasti* of all seasons.



***I Pentri: the vineyards in Autumn.***

**Cantine di Marzo, “Vigna Laure”, Greco di Tufo DOCG Riserva,  
2019, ABV 13%.**



***Vigna Laure lying atop a former sulphur mine.***

- Grapes:** 100% Greco di Tufo from vines of average age 20 years.
- Soil:** Sulphur, limestone and small amounts of clay.
- Viticulture:** 5 ha, South/South-West facing vineyard at 350 m ASL. 3,000 vines/ha. Guyot trained.
- Viniculture:** Handpicked in mid-October. Free run juice from first pressing. Fermentation with selected yeasts in temperature controlled tanks.
- Maturation:** Wine rests on its lees for 9 months. Variable malolactic conversion according to natural acidity of the vintage. Lightly filtered before bottling. Stored at cellar temperature for 1 year, or until deemed ready for marketing. Average annual production of 70hl/ha resulting in 5,000 bottles.
- Ageing potential:** Drinking window of 5 to 10 years.
- Character:** Yellow straw colour. Aromas of flint and sea breezes. Full, intense on the palate: wild fennel, thyme and Mediterranean wild bushes.
- Food pairing:** Fish, shellfish, roasted or grilled vegetables.



***Vincenzo Mercurio: prize-winning oenologist.***

**Terredora, “*Terredora Di Paolo*”, Fiano di Avellino DOCG, 2021,  
ABV 13%.**



***Daniela, Paolo, Walter, and the late Lucio Mastroberardino.***

**Grapes:** 100% Fiano.

**Soil:** Volcanic soils rich in limestone and clay.

- Viticulture:** South facing well-ventilated hills at 400 to 650 m ASL. 3,500 vines/ha. Guyot training system.
- Viniculture:** Manual harvest of bunches placed in small baskets with a minimal time span between destemming. Maceration on the skins for several hours prior to gentle pressing. Fermentation in stainless steel tanks at cool temperatures with selected yeasts.
- Maturation:** Aged on the lees for several weeks.
- Ageing potential:** 10 years.
- Character:** Waxy texture with notes of spice, hazelnuts, pear, honey and apple freshness.
- Food pairing:** *Antipasti* of all types including oysters and raw fish. Excellent with lobster, scallops, and seafood, shellfish and crustaceans. Equally well-matched with roasted chicken or guinea fowl.



***The late Lucio Mastroberardino (1967 - 2013).***

## Cenatiempo, “*Kalimera*”, Ischia DOC, 2021, ABV 13.5%.



### ***Cenatiempo: vineyards between sea and hills.***

- Grapes:** 100% Biancolella.
- Soil:** Rich volcanic soil.
- Viticulture:** 450 m ASL South-East and South-West facing vineyards below Mount Epomeo, Biodynamic care of the soil. Guyot trained vines.
- Viniculture:** Harvested between the middle and end of October. Selected grapes are vinified very shortly after picking. Must spends three months on its lees in concrete vats at controlled temperature.
- Maturation:** In concrete vats followed by two months in bottle.
- Ageing potential:** Drinking window 2025 to 2026.
- Character:** Aromas of mature fruit and Mediterranean shrubland with hints of broom. On the palate there is fullness and minerality with good length.
- Food pairing:** Mediterranean fish and spiced chicken dishes.



***Team effort: harvest below Mount Epomeo.***

**Antonio Caggiano, “Vigna Macchia dei Goti”, Taurasi DOCG, 2019, ABV 14%.**



***Son, and Father: Giuseppe (“Pino”) and Antonio Caggiano.***

- Grapes:** 100% Aglianico di Taurasi.
- Soil:** Clay and limestone.
- Viticulture:** Hilly, South-West facing terrain at 350 m ASL. 5,000 vines/ha. Guyot training and pruning.
- Viniculture:** Manual harvesting between late October and early November. Fully mature destalked grapes are pressed and fermented with maceration.

**Maturation:** Following malolactic fermentation, the wine is matured in French oak *barriques* for approximately 18 months and then in bottle for a further 12 months.

**Ageing potential:** Drinking window 2024 to 2033.

**Character:** Intense, deep red colour. Complex fruity aromas with hints of liquorice, vanilla and dark berries. Elegant and persistent.

**Food pairing:** Spiced sausages and full flavoured slow-cooked meat dishes.

**Wine Awards:** Bibenda Fondazione “5 Grappoli”.



***Antonio Caggiano: vines for Taurasi DOCG.***

## I Pentri “*Blu Astro*”, IGT Beneventano, 2011, ABV 13.5%.



### **“*Blu Astro*”:** *the grey-blue limestone.*

- Grapes:** 100% Piediroso.
- Soil:** Marly-sandstone and marly-limestone with unique grey-blue inclusions.
- Viticulture:** 10 ha of terraced vineyards at around 600 m ASL on the hillsides of Monte Taburno. No fertilizers, herbicides or pesticides are employed.
- Viniculture:** Hand harvested: each vine yields less than 1 kg of fruit. Spontaneous fermentation with maceration in stainless steel followed by fermentation in older oak.
- Maturation:** No clarification or fining. One year in French oak barrels, followed by six years in bottle. Only 698 bottles were produced in 2011.
- Ageing potential:** Probably due to evolve over 10 to 30 years.
- Character:** Impenetrable, almost black, dark ruby red colour. Aromas of violet, raspberry, fresh blackberry, black mulberry, plum, liquorice and tobacco. Fresh silky tannins. Soft velvety elegance. Great balance, harmony and personality.
- Food pairing:** A match for sturdy dishes, including cheese-stuffed cannelloni, spiced meatballs, and offal.





***I Pentri: hand-picked bunches of Piediroso.***

**For further reading see:**

*“The Food and Wine Guide to Naples and Campania”*, Capalbo, C. (2005: Pallas Thene (Publishers) Ltd, London).

*“Il Grande Racconto del Vino Italiano. Territori, storie e protagonisti”*, Bastianich, J & Gaia, T. (2022: 388 - 413. Mondadori, Milano).

# MEMBERS AND GUESTS

Nicolas Adamson Esq  
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Sooty Asquith  
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