

# My Summer Trip to Italy

This summer my husband and I traveled with our friends to Italy. We visited Corvara at the heart of the Dolomites in Northern Italy, Lake Garda, Cinque Terre, and Tuscany.

The trip was an absolute blast as we slipped into the relaxed Italian lifestyle. We enjoyed seasonal Italian meals rich in fresh locally grown produce, meats, fish and cheese. Italians are passionate about food. Cuisine is like a religion – and it's the quality of the ingredients that's most sacred. In Italy they say “la miglior cucina comincia dal mercato” (the best cuisine starts from the market). This is evident as you visit local restaurants that have small menus that are shaped by what's fresh in the market on a given day. The freshness of the ingredients makes simple dishes taste phenomenal and inspiring.

Among the highlights of the trip was the absolutely amazing and challenging hiking days in the Dolomites, a mountain range in the northern Italian Alps. The area has one of the most beautiful mountain landscapes I've ever visited, with deep long valleys that make you feel like you are in the midst of a scene from the movie *The Sound of Music*.

Another highlight was the personal cooking class we took in Tuscany with Lesley and Paula. Although Paula doesn't speak English, she is a very savvy Italian cook and she gets her point across! We learned how to make amazing Tuscan dishes including hand-made ravioli and a savory onion tart and tiramisu. After the cooking lesson, we enjoyed our creation on a beautiful terrace and the wines Lesley selected for us were perfectly matched to each course of our meal. Check out the [Onion & Goats Cheese Tart](#) recipe here!