

Untold Italy Episode 102 - Christmas in Capri

This is the Untold Italy Travel podcast, and you're listening to episode number 102.

Ciao a tutti and Benvenuti to Untold Italy, the travel podcast, where you go to the towns and villages, mountains and lakes, hills and coastlines of Bella Italia. Each week your host Katy Clarke takes you on a journey in search of magical landscapes of history, culture, wine, gelato, and, of course, a whole lot of pasta. If you're dreaming of Italy and planning future adventures there, you've come to the right place.

Katy

Ciao! Hi everyone! Are you starting to feel a little bit festive? If not, jump on Instagram for a little bit of Italian Christmas scrolling. If you follow the hashtag #natale you can see some of the beautiful light installations around Italy including the illuminations on Florence's Ponte Vecchio. Italian cities do these so well and combined with some cute Christmas markets, it is a special time to be in Italy and also watch from afar. Even the smallest towns and villages adorn their piazzas with lights and Christmas trees.

So with that in mind I thought we would go and visit Capri where the magic of Christmas springs to life, and it's a gorgeous time of year on the island that tourist visitors rarely experience. Joining me today is my beautiful friend Holly from Capri Michelangelo cooking school and experiences who is going to share the many reasons why you should visit this most famous of summertime island resorts during Christmas and the offseason. Holly lives on the island with her family and you may remember her from Episode 42 where you can hear how she ended up being there. But I can't wait for you to hear about what you can do on the island around Christmas time and give you some inspiration for Christmases yet to come, so let's get started.

Katy

Benvenuta, Holly. Ciao and welcome back to the Untold Italy podcast.

Holly

Ciao, Katie, I'm so happy that I'm here. Thank you so much.

Katy

It's so great to hear your voice. And how is everything in beautiful Capri today? Is the sea still as blue as can be?

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Holly

I would love to say it is, however, it is off season, which is something we're going to be talking about today. And it was a little rainy today. However, tomorrow we've got forecast sunny days, and we are so looking forward to getting out and about as we normally do.

Katy

Perfect. I doubt that you can really have a really bad day on your beautiful island. But now, Holly, the episode that you recorded with me last year is one of our most popular ever because everyone loves Capri.

Holly

So it wasn't because of me?

Katy

Oh yes, of course it was. Don't be silly. I think it's a combination of magical Holly and magical Capri.

Holly

I understand, Capri, just sells. It doesn't need me.

Katy

I think it's number 42, but in case some of our listeners missed it, can you tell them how you - a feisty Australian woman, came to be living in Capri?

Holly

Well, okay. So as I mentioned in the last episode is a very long story, but let's just put it down very briefly. I was traveling alone on a solo six week trip around Italy. I had no itinerary I somehow found my way to Capri and actually the place that I was staying at Hotel Luna recommended that I dine at Ristorante Michel'Angelo and little did I know that this dinner was going to change my life? When I walked in, I was greeted by my now husband, Gianluca, who was the owner of the restaurant. And when we smiled at each other - something - there was a strange energy. I don't know. I guess they love at first sight. Although as the evening progressed, we realized that we couldn't speak each other's language. And by the end of the evening, we somehow got communicating through Google Translate and one thing led to another. And within a year we were married. And now we have two children and we now run Michel Angelo. We actually closed our restaurant or Gianluca's restaurant that I came into by marriage in 2020 at the end of our lease, a twelve-year lease. And then we're continuing to operate our cooking classes and degustation dinners and villa catering and picnics, et cetera from our garden, Giardino di Capri. So that's a very, very short version of how we met and what we do now.

Katy

It is a very short version, and you sort of glossed over all the sparks and romantic bits. So if everyone wants to listen to that, then they can go on over to episode number 42, which you will really love if you like a nice story, because it is a truly magical story. Okay, so what I invited you on to the show for today Holly, is because I think we get a lot of impression that Capri is like it's got a short season. It's like May to October and then that it - everything is over and there's nothing to see here in Capri. So what I wanted to share with everyone is what I've learnt over the last year or so chatting with you because I've learnt so much about how visiting a place that's not in the typical season that people visit can yield so many magical experiences. And so what I'd like you to start off with is to explain what it's like in Capri at Christmas time.

Holly

Well, Christmas time for us is actually magical. Firstly, the lights - I know everybody you often hear about people talking about Sorrento and all the beautiful lights and the Christmas displays they put on there and people overlook Capri. And I think it's very much because of maybe the barrier of the sea or getting across on the ferry or being worried about getting back. And I'll talk about that a little later. But the lights here blow my mind. They're so beautiful. It makes it look like a winter Wonderland, like a fairyland. The piazzas draped in all beautiful sparkly dangling lights. This year we have a light installation by a famous Tuscan artist on the clock tower. We got the beautiful Christmas tree that stands tall in the Piazza and Via Roma and all through the little cobblestone laneways, you have the lights hanging over and bubbles etc. It really is a beautiful vibe, a Christmas vibe. And in the next couple of, I think, days, even the Christmas markets will start. And there are different Christmas market locations in Anacapri and Capri filled with beautiful arts and crafts made by artisans on the island. It's also such a big community vibe, for example, of course, in the summer season, the locals are working. We're working long hours. Hospitality, obviously, is the main industry that people are employed - residents are employed in on the island. And for that reason, our days and hours are very long. And we understand this because the bulk of tourists travel to the island during the official summer season, which is generally the week before Easter until the last week of October. And I'm just going to say I want to preface this podcast with the fact that I'm going to be talking more pre-covid - as we're still going through some changes, obviously, and restrictions with activities and things. But I'm going to be focusing on what Christmas is like, pre-covid and what will hopefully be like next season Christmas.

Katy

Yeah, of course. Everyone's going through a little bit of change, I think. And what I do know is that people want to get back to those traditions and those beautiful, ongoing rituals that people love about their own community in Italy, and especially in Capri, where you live. So can you tell us a little bit about this light installation? I think people understand lights, that things are decorated with lights, but Italy has a really nice tradition of light installations is

where they project illuminations onto buildings. And I think it's not very well known. It's so beautiful. And does it have a theme? The one that you've got this year?

Holly

Yes. The theme this year is called it's actually titled Endless Blue in English or Blu Infinito in Italian. And it's actually been designed by a Tuscan artist called Michelangelo Bastiani. And the idea is that he's created this light installation around creating a blue colored waterfall that flows around the Clock Tower. It's quite striking. It depends on your opinion. If you're a traditionalist or if you're open to contemporary types of artwork, it's obviously a contemporary artwork and light installation. And I'm excited to see that, apparently, which hasn't yet been installed yet, but apparently being accompanied by a piano installation, music-making installation that's going to be on the Funicolare terrace, which is just nearby the clock tower. So looking forward to seeing what that would be like as well. So I think what Capri, especially this year, is trying to create artworks of interest that are both obviously an attraction for travelers to come and see, but also something that all generations of Capri can connect with. So from the perspective of the younger generation in Capri, they're liking to connect with the younger generation through digital, because obviously these days younger generation are more interacting with the digital forms. So I think it's a great initiative. And I personally, I think it's definitely a spectacle. I think it's something to come and look at it's very nice. I like it.

Katy

It's so true. This is what I love about Italy. They're taking all the traditional elements. So you've got this really strong sense of tradition, and then we're layering over little modern elements, too. It's beautiful. I love it. How lovely.

Holly

Yeah. Each year they do something a little different. And last year there was a light installation of Christmas images that were projected both onto the Church as well as onto the Clock Tower. And this is a little bit more contemporary. So I'm all for mixing it up and creating something new. And another reason for people to get excited about coming to see our island in the off-season.

Katy

Come every year, see what's going to happen. I love it and tell us about these markets. I want to know a little bit more about that because I think as well we just don't hear enough about Italian Christmas markets. You hear all about these ones in Germany and Austria, and for some reason, I don't know why, but we don't hear about the markets. So what is it actually like, what sort of crafts do they sell?

Holly

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There all sorts of things, from handmade little Capri dolls to cushions to Christmas decorations to woodworks, all sorts of arts and crafty things. It's really beautiful to look at. Me personally, I'm very enthused when I see artisans doing their thing and people supporting them because obviously arts and crafts to keep traditions going. And they've been working on these crafts for their generations in Capri and I think it's a beautiful thing to see them live on and be supported. So for me, I love it. I go and I always support whichever little stores I can, and the kids love it because they will go and obviously pick their favorite little things. And I feel like you're not only supporting the community, you're supporting an artisan and their craft.

Katy

Yeah. I mean, they've spent a lifetime perfecting what they do. And I think that's very special when we're kind of used to things being kind of instantaneous if someone's taken the time to really work on something beautiful can be really appreciated.

Holly

No, I agree. I think things that are handmade and that are made with love. They go a long way from the commercial processes that a lot of industrialization that we came to know - many of the products that come to the forefront of our eye when we're looking at the TV for commercialism etc. So I think a little bit of a homemade and handmade touch is always beautiful. And I don't think you can ever lose that.

Katy

And so their markets are they on every day or are they on just on certain days?

Holly

They generally what they'll do is for the Christmas markets they'll set normally like maybe a seven to ten-day time frame. This is for the Caprese markets. Also for the Anacapri markets, they'll do the same - look, of course, subject to the weather they'll be there every morning until maybe after aperitivo time.

Katy

So do they start in the first week of December and then go through to Christmas.

Holly

As far as I know this year, maybe it will start next week and it will run till mid-December.

Katy

Everyday?

Holly

Yeah. Every day. So they set up really cute wooden cabins on the Funicolare terrace and then you can go and just have a little walk around. There's usually around 10/14 different little cabins set up with different arts and crafts. And they might have different activities on different days. There might be a bit of music one day etc, or like Santa Claus is visiting and yeah, Papa Natale. All sorts of different little activities. They might be making some artisan foods or having a taste of different local delicacies one day etc.

Katy

That sounds good. So for everyone that hasn't been to Capri, or they don't know when you get to the island, you normally arrive in Marina Grande, and then you take the Funicolare up to the top of the hill or the mountain, and then you find Capri town. And that's exactly where this market is. And it's the most pretty little piazza. In fact, it's called the Piazzetta, right?

Holly

Exactly. The living room of the world.

Katy

It's pretty nice, everyone. And I think if you go in summer, that place is really crowded, like you can't really move. It's so crowded for visitors. But I can imagine it's got a totally different atmosphere in winter.

Holly

It does indeed. In fact, there are actually four right in the Piazzetta - there are four different bars. We've got Bar Tiberio, Bar Caso, Piccolo Bar and Grand Cafe. And obviously in the summer, all of these are open and the cane chairs are all facing out into the piazza. So that's very much about people watching, and you don't know who you might be sitting next to. It might be a billionaire or a royal or a famous celebrity of some sort, or it might just be Holly and Gianluca and the kids.

Katy

I would like that very much.

Holly

It's all about being glam, getting dressed up, people watching, experiencing the Piazzetta, which has been such a famous central point of the island, a meeting point of the island for over 150 years. So it's something that's very - it's an experience. Obviously. I think I might have definitely got some of this on the last episode that yes, it's expensive, but also it's all

about the experience. It's no different than I like Venice and Saing Marc's Square etc - like if you're having your aperitivo in the piazza is more than just having your Aperol Spritz in the piazza - it's the experience. So it's beautiful. In winter, it's quite different, of course, nearing Christmas, things change a little. However, after the end of the season, basically end of October, the bars will slowly close and they might have a break. So this year and in the past five years, Grand Cafe will close and that will close right through until the next summer. And in that area where the Grand Cafe usually is, they will have a stage set up and they will set up a stage. And this stage will then be the focus point for all the cultural events that will come in the weeks leading up to Christmas. So on some nights there might be different musical events. On other nights, there might be a presentation. On the night of the light ceremony, the Christmas light ceremony obviously pre-covid - it was a huge event and we would fill the Piazza. All the residents would fill the Piazza and we had a big countdown and the mayor and the Tarantella band. So that's the local folk band. They'll be on stage. They'll be singing, dancing and the lights will come on after the countdown and it's beautiful. I mean, that year in 2019, we had a little bit of fake snow dropping on us, and it really makes the experience amazing, especially for the children. It brings the community together. And for me, that's something I can't wait to see again. I know not dwelling on COVID, but last year we were in Red Zone, so we weren't able to obviously have a ceremony nor leave our house even to go further to say that even from Anacapri, we couldn't even go to Capri. So we didn't have the same experience last year. And it's one thing I missed. And I really hope because also, if you remember in the summer season, we're all working. So in the offseason, it's a chance for the community to really get together and bring back the sense of the island as being a real community. Sorry, a long way about answering that question is yes, the Piazzetta is a little bit different in the winter. So what happens is Grand Cafe will be closed and at the moment, Bar Tiberio and Bar Caso is closed and just Piccolo Bar is open, however, during the lead up to Christmas, more bars will open, and again in between Christmas and New Year again precursor, the three bars in the piazza will all be open. The stage will be set the Grand Cafe area, and again, the Piazzetta is full. There's a big New Year's Eve concert. It's a very beautiful place to bring in the New Year. I would say that it's very festive and I think it's a special place to start your New Year resolutions.

Katy

And is there fireworks there too for the new Year?

Holly

Yes, there is. So generally, the piazza, they will have a concert starting from around 10:00 p.m. This is on New Year's Eve and it will go right through until 05:00 a.m. It's quite the event. And generally, the bars will set up. And if you can reserve a table and order your champagne, etc and basically just enjoy the festivities.

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Katy

Sounds beautiful. And so are there any special foods and drinks that you have around at this time of year in Capri?

Holly

Well, firstly I would say that we definitely here eat seasonally. So obviously you would know anyway, we have our own vegetable garden here, so we eat, of course, a lot of at this time there's pumpkin Friarielli, which is spinach type dishes and lentils and sausage. Different things like this, of course, in the lead up to Christmas is some special Christmas goodies. So we have all-round in Italy, everyone celebrates the panettone. That's already hit the shelves here and generally already purchased his first panettone from Milano on the weekend. He loves a good panettone. And then we, of course, Struffoli, different sorts of little fried goodies. Torrone. All sorts of different delicious desserts. But I'm not so much a dessert eater so I can't elaborate too much on that. Although I will say that Christmas Eve is a very special dinner. It's seafood-focused. Completely seafood-focused. So we have an Insalata di Mare, which is a mixed seafood cold seafood salad, which is quite elaborate and celebrating basically the island's abundance of beautiful seafood. We're an island. So obviously the main cuisine is seafood or the vegetables we grow. So vegetarian or seafood. And do we then move on to obviously a spaghetti alle vongole. Dried Baccalà with lemon. Or we have pesce frito. We have all different types of seafood-focused dishes and it's a beautiful evening. It goes all evening. And when I tell you that I made about 03:00 in the morning after you're playing the Neopolitano card games, you might have your second helping of spaghetti alle vongole.

Katy

So if our listeners don't know spaghetti alle vongole, it's spaghetti with clam. It's really delicious. Somehow these clams have got a sweetness to them. So it goes really nicely with the pasta. It's a little bit salty and it's very simple, but it's very delicious and it's probably exactly what you want to be eating at 03:00 in the morning I'd suggest.

Holly

And also, of course, we have a whole range of, like, Southern Italy and along the Amalfi Coast and Capri we have a lot of nuts. So we have often we'll have walnuts and chestnuts, everyone cracking them themselves and everything. It just feels so festive and so obviously, food here is such a crucial and integral part of traditions and celebrations. And for us, it's no different, especially Gianluca's family are 4 generations Caprese. I clearly am not very Australian, but I embrace the traditions as if they're my own. Obviously, we have two children as well, and I try to give them a nice balance of a bit of Australiana. They are obviously entrenched here, but don't worry, they're on the phone to my mum and dad in Australia, and their zias and zios, the aunts and uncles in Australia, too, on Christmas. So this feeling a very different temperature, that's all I'm going to say. It's quite cold here whereas in Australia it's always a beautiful hot Christmas.

Katy

Yeah. So how cold does it get incorporated? Christmas time?

Holly

Well, right now, for example, today it was seven degrees, but it's unusually cold. To be honest, it doesn't often go below zero degrees Celsius. I don't know what that is in Fahrenheit. Sorry, I will say that interestingly enough, talking about low season in general, from the commencement of, say, of the tourism in a different sort of tourism. The first tourist, I guess in Capri say, from like 1828, he was 1828 when the blue grotto was rediscovered by August Kopisch - this brought a new wave of tourism to the island and interest from intellectuals and all sorts of people that were doing the grand tour of Europe. And actually many of those people came and settled on the island. So artists, poets, writers, et cetera. And they settled on the island because in fact, they found the Mediterranean winter climate, autumn and winter climate quite mild. So it's interesting now that Capri is such a summer tourist resort when actually the evolution of tourism in Capri resulted from people who were attracted to the island for its mild climate in the autumn and winter because they believed at that stage like summer was too hot. And it was these artists and these intellectuals that were actually inspired to stay on the island, and some of them built and purchased or moved here for long periods of time because they felt a different creativity, a different energy from the island in these low season months. And again, I think it's just interesting to talk about because Capri is beautiful year round. It's just a matter of what you get out of or what you want out of the island, your experience on the island, if you're coming to write a book, for example, or if you're coming to be inspired by the colors of the island, the colors of the island are so different in every season. Naturally, of course, as different flowers bloom like as different winds blew through. You get a different color of the skies, different times, and you'll get pink sunsets as opposed to orange sunsets, as opposed to the very summer hazy winds that you can sometimes see where you can't see, for example, from Marina Piccola behind the Faraglioni, whereas in a clear winter or clear autumn day, you can see directly through to the mainland behind the Faraglioni. So what I'm trying to say is in each season brings its own colors, its own smells, its own aromas. It's everything. There's something unique and beautiful about each season. So it's just a matter about what you're looking for to take out of the island and what you're looking for for your experience and what you're coming here for. So that's more when you're talking about low season. I think it's very much a consideration you must have before you visit is what are you visiting for? Are you coming for crowds? Are you coming for a vibe? If you're coming, obviously for beach clubs, well I'll say no.

Katy

It might be a little bit chilly in the water, although I'm sure there are still people that swim. There always seem to be those people that love a swim, even in winter. I'm not one of them.

Holly

Well, I will say that only - it must have been I think it was November 20 was the last beautiful, warm, warm, warm day here, and that's obviously quite late for a beautifully... it was hot. It was actually hot that day, and Marina Piccola there was everyone swimming. Everyone was down at the beach and also at the Faro, which is the Lighthouse in Anacapri. People were swimming there. People would take the opportunity if the weather is beautiful. And when we get a sirocco wind that comes from Africa, it brings warm heat, warm weather. And it can happen, like at any time of the year, so that can also cause people to run down to the beach.

Katy

I mentioned as well. There's so many beautiful trails and hikes on the island as well. Frankly, I personally get overheated. So I like to hike when the air is a bit more crisp and I can enjoy it more. So it's probably a good time of year to go hiking and exploring the trails.

Holly

Absolutely. That's probably one of the main draw cards of coming to Capri in the autumn and the winter seasons is the hiking. Now, I'm obviously going to preface that with of course, if it's raining, no, obviously. Sometimes I feel so personally upset when people come to the island and it's raining and I feel like they didn't get the experience etc. But I then have to think of it myself and go look wherever you live in the world there's rainy days and we do just have to accept them and then try to make the most of the day. But yeah, so hiking if it's not raining, of course, hiking. There are so many beautiful tracks. And of course, when it's crystal clear, beautiful winter or autumn day, there's nothing better than packing a picnic lunch or getting ourselves Michelangelo to pack one for you and heading off on one of these trails. And in Anacapri, you can head up to Monte Salaro on the chairlift, which opens year round again, subject to the weather at the moment. The last ride is at four, I think, but it may go to three in January, I think, but yeah, you can go up to the top of the mountain and look over the whole of the island and then, of course, walk down to if you don't want to catch the chairlift back, you could walk down and go to the Cetrella Valley. We have the views all over the island again and across down the Amalfi Coast. It's spectacular and then continue your whole way down to Anacapri central. And on the way you'll no doubt pass some of the wild goats on the island, which is beautiful. And that's just one walk. Of course, there's the Sentiero dei Fortini, which is the Fort Walk, which is basically from just near the Blue Grotto all the way along the coastline and Anacapri coastline to the Lighthouse. And then, of course, in Capri, another kettle of fish. There's so many beautiful hikes there. The Pizzolungo is my favorite on the Eastern coastline of pretty much between the Villa Tragara to the Arco Naturale. And then you can do a loop round back to the Piazzetta, or you can walk up and of course, see the archeological ruins of Emperor Tiberius's most famous villa on the island, Villa Jovis, which is the very top of Tiberio and on the way back down, you can go via Villa Lysis and visit the beautiful villa that Jacques Fersen set up there. So there's so many beautiful walks. Most of the museums are also open during the winter season, albeit with obviously less hours of

operation this season. I know, I just saw it today. Actually, the Villa Lysis is closing for a little bit longer, but like generally, I will say this the best resource, the best resource. But if you're going to visit Capri in the low season is to go to www.capritourism.com. Now on this website (it's both in Italian and English) they post a monthly updated list of one - what museums that are open and they put in the hours of operation and the prices, and they have restaurants open as well as accommodation open because it's the only resources updated on a monthly basis - it's the best place to go to find out what's open. And of course, then when you go to that site and you access those separate web pages, you can then find the contact numbers for the direct either Museum restaurant accommodation and you can contact them directly.

Katy

That's the official page, isn't it? Yes, from the Tourism Department. So I think when everyone's listening because it's really hard to find the official pages sometimes because maybe the skills may not lie in managing Google so much, sometimes it's really hard to find official sites in Italy. But thank you, Holly, for sharing that one with that, because this is where you can find the up-to-date information because they do have a vested interest in keeping it up to date. There are some more commercial sites that are usually run by expats that live on the island, which they're fine, but this is the official one from the tourism office, and they will have the most up to date information because the other sites will probably drag their information from here anyway.

Holly

Also, look I remember from when we had the restaurant, they would contact and say, look, we need to know your updated hours of Operation etc. We would always submit the most up-to-date information. It's in our interest also for us for people to be able to find us to know that we are open. I very much highly recommend going to the website for the most up-to-date list. Yeah.

Katy

I mean, I think it's really good to know that there are so many things open, even if it is truncated hours. So who's going to be out 24/7. Anyway, what are you going to be doing? This is how I'm visiting my wintertime in Capri as maybe get up for a breakfast, a coffee and go for a hike, maybe grab some lunch, maybe a picnic. I've got to say, everyone, this is my number one on my wish list of things to do when I get there. I've known Holly, well for about 18 months now, and all I can think about is his picnic. Views for miles, even though I'm a little bit sick of picnics now, after all our lockdowns - it was pretty much all we can do. But I'll make an exception for picnic on Capri. It's in the Wonder Woman movie, so that's all it needs to be said, really.

Holly

And of course, and of course, our produce is Gianluca actually, obviously, we make a whole range of different cold insalatas, pasta salads - of course, there's a Torta Caprese involved, but we do make all of our produce from what we're growing in the garden. So you always have fresh basil, fresh tomatoes in the summer season. In the winter season, you might have some spinach thrown in and some different - we've got cauliflower, fennel, we still have the last of our eggplants still coming along. Okay. We've got some peppers and lettuces, cabbages. Oh, my gosh. I'm forgetting right now at the top of my head. But, yes, we have a lot still in the garden that we make all our seasonal produce with. So not only are you getting a spectacular view with your picnic, you're also getting delicious food and of course, our wine.

Katy

I mean, stop it. That's my idea of heaven really. I think there's nothing better to be outdoors in nature and just taking in the sea breezes. I mean, if you're a sea person, this is definitely the thing you've got to do. You take in these breezes, like, check out the views are spectacular. Unbelievable. Can't wait to get back.

Holly

No, it's very relaxing and very I would say yes, if you're looking for that creativity or the energy I was talking about before, why you come here to be inspired? Well, you can definitely be inspired by nature. Which again brings it back to why people came here in the first place after the discovery of the Blue Grotto. It was the main reason nature. Nature and history. Because after people started discovering all the Roman ruins on the island, obviously, this is where the Roman Empire was run by Emperor Tiberius for the last ten years of his life. And these days now they've discovered or it's been noted that there is apparently twelve Roman villas on the island that he built over his time. And so there's so much history here. And that's obviously why the very first of those people who are coming on the grand tour that were intrigued by the Blue Grotto, the next thing they were doing was being transported up the mountain to look at the archeological ruins of Villa Jovis. I think if you get back to basics, what made Capri what it is today, the nature and the history. And I think it's important to think about that when you're thinking about what you want to get out of the island and why what is the difference between summer and winter? Yes, you can still see these things in the summer. But why is it that 20,000 plus people visit per day in July and August? I would like to speculate that maybe it's more to go to the beach.

Katy

Yeah, maybe. Let's face it, the Romans kind of knew what they were doing. They didn't choose the lesser-known places to set up. They were very discerning. They knew exactly where to go.

Holly

All the villas are cliff side, best water views on the island, all in the most spectacular locations. So the island is rich in history and culture and tradition, and it's natural beauty. It's so difficult to even describe until you see it yourself when you see epic limestone cliffs falling from meters and meters high to the depths of the sea. And this is the reason why you get these crystal blues and greens and the colors of the water and with the flora and the fauna. And it's so inspiring.

Holly

For example, for me, I must admit, I'm a bit of an outdoorsy person myself. I very rarely will spend a full day inside. I'm going to say that today was an exception because it was really wet. But guess what? Like it is anywhere else in the world. The kids went to school. Gianluca did me a favor today and he picked them up and dropped them off. Life goes on when it's raining or not. But if it's not raining, of course, we're out and about. And I feel like I'm so fortunate to live here because in every season, I will turn around and look at a different corner and go, wow, it's magical. There's always something that amazes me. And so for me, I say I'm very lucky, and I'm very happy to be here and sharing our island with not only for example, all your listeners today, Katy, but obviously also the opportunity to have my children be raised in such a unique environment. I think it's beautiful.

Katy

Absolutely. Now just getting to this point because what do you do if it rains if you're visiting? That's a good point, because let's face it, it does happen. And if it didn't happen, then there wouldn't be rain to water the Earth. So you can have your beautiful garden with all its abundant produce.

Holly

Exactly. Okay, well, I'm going to give you some tips now. Some of these tips will vary depending upon whether you're staying on the island or whether you're visiting for the day. Obviously, if you're staying on the island and you can see forecast rain, you've got a little bit more of an opportunity to plan things. So in that regard, if you're staying on the island and it's raining. These are some of the things I would suggest. How about taking a cooking class with us?

Katy

That's an excellent idea.

Holly

We run food experiences. We love sharing our love of food and obviously homegrown produce. We run our cooking classes, tasting sessions, degustation dinners, lunches, etc and while this

year we created an outdoor garden - but we're also in the process of making them able to be enjoyed during times when it's wet and windy, etc. So we'll be up and running for that next season. Don't you worry. What else could you do? You could indulge in a long lunch or dinner at a local restaurant. Now, as we said before, I didn't actually mention we were talking about the Capri tourism website has a list of restaurants open?

Holly

Yes, it is significantly less than the amount of restaurants that are open in the summer season. To give you an example, I'll probably say that in summer and the summer season there's around 130 to 40 restaurants open. There are only 14,000 of us, so there is no way that 140 restaurants could survive with the residents alone. And of course, it's not going to be sustainable. So in the winter season, yes, many restaurants closed. However, that does not mean that there is no restaurants open there are. They are ones that cater to the locals, and we have our favorites, etc. Everyone does. Everyone has whatever they like to do when they go out. But in saying that you can always find a restaurant where you can indulge and just take in a local experience. You won't, for example, in the summer season, you're likely to be sitting in a restaurant and next door to you might be someone that may have well grown up in the suburb next to you back in your country, whereas in winter, I can assure you you're most likely going to be hearing a lot of Italian. But it's also beautiful. I remember when I first came to Capri when I ate in Gianluca's restaurant - in this night in particular, he had a very Italian clientele and I was just sitting there. I was dining alone and I just loved watching the scenes. I like observing, and it was beautiful to see how expressive Italians are when they're talking about food and amongst their friends or family. Anyway, I suggest it's a nice thing to do. Find your local Anacaprese or Capri restaurant that you want to dine in and have a long lunch or dinner. Embrace it.

Holly

Next I would say this is both for day or if you're staying on the island day. Day trippers or if you're staying on the island, find those indoor museums and churches that you would like to visit. So there are some museums that are more climatized to be visited during sunny days, and then there are others that are okay for indoors. So, for example, the churches, the church in the square, beautiful St Stefano where Gianluca and I were married, which actually also has a bit of the marble along the altar that came from Villa Jovis. Interesting enough. So the Roman ruins up there, and you can see that on the altar of the Church San Stefano in the Piazzetta. Also one of the most beautiful churches on the island, is located in an Anacapri called Chiesa di San Michele Arcangelo and this has the most amazing ceramic depiction of Adam and Eve that you should definitely go and see that's open year round as well. And it's obviously indoor. There are other museums you might think about in there for indoor would be Casa Rossa, a very interesting, intriguing museum. It was actually the home of one of the very first Americans that settled on the island. His name was John MacKowen. Interestingly enough, he collected a number of artifacts and archaeological items from around the island and a far, and he put these in his home. Very Interestingly enough. And very few people know

that actually this museum houses five of the statues, the Roman statues that were found on the seabed of the Blue Grotto. Very interesting because they have in this museum. They were extracted in 1964 and now just only this season, they've actually put an interactive light show - so talking back to the interactive light show. It's surrounding the statues, and it's actually the light show. I find it very intriguing because part of it is actually spoken as if you're feeling that the statues are speaking to you. It's very interesting. And it's something I would if you're into the history of the island, and it's a beautiful thing to go and see. That's what I'd say from a cultural perspective. I would also say, look, if you're here for a couple of days, why not lap up some beauty in one of the salons there? Of course, us locals, we do like to get our hair done and get a massage, get your nails done, etc. There are a number of places that are open year-round, and you can have a day of luxury. And one place off the top of my head is the Gatto Blanco Spa in Capri. I think they're, I don't know, in the low season generally, they're just closed on Saturdays, Sundays, and public holidays, but they're open all other days so you can go and get your hair on or enjoy a bit of indulgence. So that's something else I do.

Katy

Do they have any special local treatments that they do, Capri?

Holly

No, we're not Ischia. Ischia has amazing treatments, and that's something we do, actually, in our low seasons. Sometimes if we can get off the island, we might go over there for a little bit of a treat because they have the thermal springs and they do all sorts of types of treatments. But I mean, here they offer quite a lot of different beauty treatments, but they're very much those that can be found on the mainland.

Katy

We did mention you did sneak in the Blue Grotto there. So I'm asking you, is the Blue Grotto actually open?

Holly

Well, it is open, but only on calm days. Again, that capritourism.com website has a link to actually contact them to find out if it's open in the low season generally, I think from ten to two. And again, the weather must be completely calm, and you'll generally have to contact them before to know if the Blue Grotto little gozzo - those little boats that take you in the traditional row boats are actually operating on that day. Look, the tours, the larger tours that go around the island again, subject to the weather conditions, the sea conditions, they run year-round. Yes, they definitely do. But they don't take you inside the Blue Grotto. They will take you past the Blue Grotto, but not in. So if you're looking to go into the Blue Grotto, you'll definitely have to contact before going around the island.

Katy

I mean, seriously, I can't stop saying this. This is one of the highlights of my life just sitting on the boat and going around the island because it is so beautiful, like it honestly is one of the highlights of my life. I cannot sort of say it enough, really. I mean, even if that's the plan for the day. Damn, that's a pretty good plan. I would say it's like I couldn't think of anything better.

Holly

We'll see in low season. It's a little bit more difficult, but you need to wait for those perfect, beautiful days. They're not so rare. It's just more that you have to take advantage of those days when you can. I can assure you everyone in Capri is outdoors when it's a beautiful, sunny winter today.

Katy

Yeah, absolutely. All right. Now, clearly, contrary to popular belief, everything is not closed, which sounds amazing. But if we wanted to go there - where would we stay?

Holly

Before I move on? I just wanted to run through just the last couple of things for what to do if it rains. Only because if I forget I won't get back to it. If you are intrigued in Capri history and you just wanting to lounge around again, if you're staying on the island, read a book, or go to La Conchiglia, the local books store, which is filled with amazing books and intriguing, intriguing books on Capri history. And they have a whole lot in English as well. You could spend half a day - I do. I go in there for an hour, 2 hours looking and I don't know what to buy next. I think I've got half the bookstore in my house, but I just love learning more and more things about Capri's history because there are so many elements to it. So many different nationalities came here from around the world and all put their mark on the island. So if you're into, for example, Russian history, you'll read a lot about that on Capri as well as German, English, American, lots of different history. So I love reading up. Next thing, if you're into movies, albeit in Italian, head to Cinema Paradiso in Anacapri, they are open year-round and they have a whole range of Italian movies. What about going to again, if you're on the island for a little while, if you're into yoga, pilates etc, or even one of the local gyms, you can either get somebody to come and do a yoga class with you, or you can go to the gym and join one. And in the winter season, like I said in the lead up to Christmas, there are lots of pop-up activities. So again, pre covid, there were so many different things that used to pop up, whether they'd be like live music, random in either a different bar or in the piazza, or if there was the chess club set up and you could join the competition or if you wanted to go to the pop-up tea room, there was always something going on, and there is generally there'll be a calendar event that launched at the start of the month that you can also find on either carpitourism.com or different Facebook groups that we're on. And I guess the last but not least thing is, in the worst case, scenario if you're stuck in Capri when it's raining, there is the

bars in the piazza. They don't have much inside area, but Piccolo Bar is generally open year-round. They have an upstairs area, and if you're there in the morning and you can sip on a cappuccino or a cafe or a cornetto or any of the beautiful pastries they make there. Or in the afternoon, it's never too early for an Aperol Spritz or a nice glass of winter warming red wine. So they are my tips for what's to do when it's raining. I'm sorry to cut you off before, but where do you stay? That's the next question.

Katy

Where do you stay? Absolutely. They are amazing tips. I'm starting to wonder why anyone would go in summer, really. Some people just are not summer people. So if you're really into more of a cooler environment, but obviously not freezing cold, like in the mountains then I don't see why you wouldn't venture across to Capri, but yeah, I think it's true. Where should you stay? Because obviously some of the hotels are probably not operating and you probably have a limited choices. But Holly, you've got all the good tips. So where would we stay?

Holly

Look, I will say that yes, definitely hotel-wise. Most of the hotels again will shut down at the end of October, so in respect of hotels that will stay open in the low season, some might not extend the whole way through the low season. Some might just go to January 6 or just after the New Year's Eve celebrations, or others might go to just the start of December. This year, for example, there's one hotel that stays open all year round. It's called Quattro Stagioni. It's a one star hotel, but it's beautiful and quaint and so great view is quite central near Due Golfi, which is like the roundabout, which takes you to all parts of the island.

Holly

And then there's a number of different other hotels, like La Reginella is one which is a lovely, affordable hotel that's on the way to the AArcò Naturale, so you're a bit more in the neighborhood region Matermania of Capri, which is lovely too this year, I think Gatto Bianco, which is actually quite next to the piazza, is open. It's a four star hotel and that's open until January 6. But again, every year they change the opening. So it's always good to check in with that capritourism website. Hotels are limited. However, there are so many beautiful little B & B's, Airbnbs where you'll get a different experience because you'll also be interacting much more with locals because you see locals around, because in our low season, obviously, as many of us work in the hospitality industry, our daily life resumes to routines such as taking the kids to school, going shopping. We all go for an aperitivo - some things that we very rarely get to enjoy in the summer season. So if you're staying in a B & B or an Airbnb. You're more likely to have more interaction with your host or whoever is running it than you would in the summer season. And it's lovely because you get their insider tips and to know more about the people. If you want to interact. If you don't have to interact, of course you don't have to, but you get a different, more local community feel so B & Bs. In Anacapri I know many, many that are open, some with beautiful views. I have a friend up in Il Tramonto B & B. She has the most spectacular view of the sunset and she's open year-round, including the Christmas and New

Year period. And the Airbnb is the same. I'm going to say, like if it was me and I was wanting to take a big group of friends and all my family, I would love to put people into or recommend a beautiful villa. So we work a lot with villa owners and we do a lot of catering in villas, and we go to the villas that people rent and do cooking classes and provide dinners, cater for dinners, tasting sessions, etc. And at this time you can get these amazing villas that you might be outpriced in the summer season for a more affordable price where you really feel like you're living a luxury experience in the winter. If it's raining outside, you don't need to go anywhere. Cut off on the couch with a good book next to the fireplace with someone preparing your meals. I mean, I couldn't ask for anything else. If you're looking out to a sea view and for me in Australia, I must say when people say to me, I wouldn't travel there in winter. It's cold, I'm like, but I did so much of my travels like look at the Blue Mountains. I'd go to different little remote country areas for little breaks, getaways from the city. I don't know when I hear people say, oh, no, I never go to Capri in the winter. I go, oh my gosh. It's a perfect little getaway in my mentality from the way I used to travel to do little trips in Australia. I know the big barrier is getting over here. The ferries run year-round. They run year-round from Naples, and Sorrento. The Amalfi coastline will not be running in the low season, neither will any of the ferries direct to the other islands, so Ischia to Capri etc is not running. However, the Naples and Sorrento line are running in Naples, there are two different ports. There is the Port Beverello where you catch the high-speed ferries, which are the ones you're most likely to catch when you're coming to capture in the summer season. However, obviously, in the low season, these are the ones that are least likely to run in the event of any sort of rough sea. Then there is another port called Calata di Massa. Now this port is where the car ferries go, so they're much bigger and they're more likely to run obviously, when there's a little bit of high sea or rain. etc However, in both of those instances, there are times when no ferries will come at all. It's rare, however, it happens, and it's obviously for safety reasons. If the boats aren't going, then you can't do anything about it other than remain flexible with your plans and persevere and come the next day when it's safe to do so - to hop on a ferry. So the ferries from Naples, they will take - the hydrofoil takes 50 minutes. The car ferry can take 1 hour to one and a half hour, so it's a slower ferry. So if, for example, you weren't so great with seafaring in terms of if you get a little bit of sea sickness, etc, it might be better for you to approach the island from Sorrento because it's a shorter ride. So they have also the hydrofoils and car ferries, and they're 20 minutes or 30 minutes. So it's a shorter trip and obviously, wait for the time.

Holly

If you have the flexibility to travel, wait for the time when the sea is right for you. Obviously, if it's a bit of a rough day, don't risk it because obviously, if you arrive, especially if it's only for a day trip, you don't want to be feeling unwell when you arrive because it will affect your whole experience on the day. If you can reschedule, reschedule. But that is probably the biggest deterrent. Again, I'm going to preface this with also, this can happen in the summer season too. Again, rare that boats won't go, so it's only attracted to winter temperatures, etc. But in saying that also, if you're going to be staying on the island while the temperatures could affect the ferry timetables, I always recommend if you're going to have to stay in the

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island, never have your departure time or date on the same day as you have an international or other flight. So always schedule, so you've got a little bit of time either. Head back to Sorrento, head back to Naples spend a couple of days there. So you've got a bit of a buffer in the event that there was some bad weather and the ferries weren't running. So that's my advice on ferries. I have an app I use what is it? 3B Meteo and I look always at the wind on the speeds because I'm always trying to plan out off-island trips too. So don't worry, we live by the temperature I told you. And of course, sometimes you have to call directly to the ferry companies in the morning just to check that they're going and if there's going to be any changes or what they foresee for the day. But I guess for us it's very different because it's a part of our normal daily life dealing is dealing with potential transport problems.

Katy

That's part of traveling as part of life, nothing is ever going to go perfectly ever. And I think it's how you respond to that and how you adapt. And my approach is if you have a little few backup plans in your pocket, like a plan B, plan C and plan D, like you're going to have an amazing time. There's nothing more delightful than sitting over a long coffee and a cornetto or aperitivo. I like storms myself.

Holly

Taking life in another city, in another culture, in another atmosphere is beautiful.

Katy

Yeah, for sure.

Holly

Watching the day go by. It's all about taking it in. I think if anything covid taught us, is that like - well our family - was to slow down in times when you can slow down, take it all in.

Katy

Piano, piano.

Holly

I call that the theme of the island. We're on island time here, okay, so piano piano means slowly, slowly and everyone will tell you. If you're running something like piano, relax slowly, don't worry. We're on island time.

Katy

Now Holly, did you have anything else you wanted to tell everyone what it's like in Christmas, in winter and Capri.

Holly

Some other things I say - okay, look, sunset and sunrises are something that's more than magical. I know I spoke briefly about the nature, but I'm going to talk also about the timing. The reason being is because in summer, it's very difficult for us to get up at five in the morning to see a sunset or for me, anywhere I'm working. And then also in the evening, we're generally working as well. So for me, I find the shorter days here. It's magical. You get up at 7.30 and you can watch the most magical sunrise and then in the evening at 4.30. And of course, obviously the sun is setting in a different location. So normally you'd have to go to Anacapri to watch the sunset from the Lighthouse. But now you can actually walk to the end of Via Tragare literally on the left-hand side of your side. You have the Faraglioni the epic Faraglioni, and then straight ahead of you, you're watching the sun set into the sea. I mean, probably one of the most amazing things I enjoy about winter is the sunsets and sunrises, not only because they're so picturesque, but more so because they're in a time frame that I can manage.

Katy

It's so true. Who wants to be getting up earlier when you're on vacation.

Holly

I know. Anyway, I would say maybe on a final note, just a couple of other Christmas type things. I'd say something that's beautiful is the Zampognari. It's a lovely tradition here where bagpipe type instruments. The tradition has been passed down from father to son for generations, generally farmers or shepherds. The story goes back to where the origins come from, from the Campania. So from the countryside regions of Campania, and they would come into the cities around Christmas. So generally between the 29 November and the 7th December. And then again, you'll see them in carpet from the 16th to the 24th and they play through the streets. And it's so nice. It just herald in Christmas. When you hear the bagpipes, you feel okay now it's the season and you'll find them walking around all over the island. They'll even stop you in houses. They'll stop in at nonna's house and the kids love it and they'll have a dance. But they'll be in the piazza, just traveling around the streets. So it's a lovely tradition that I love seeing. And for us, we always give a little in exchange for a song for exchange for a little bit of a cash donation. And they're just beautiful. I think it's very beautiful tradition. So that's something I like to look forward to. Just heralds in Christmas and also again, just before Christmas and over the Christmas to New Year period is when more restaurants, shops and nightclubs will reopen just for that period. So whilst they might not be open in November or after January 6, they will reopen just for like a one week, ten day period, as there's quite a lot of things happening.

Holly

So generally there's a Capri Hollywood Film festival, which might find some Italian actors and actresses on the island - come and visit during this time. And they have a lot of schedule free film screenings, etc. And then they also have obviously, I spoke about before the new years eve in the piazza and the fireworks. And so it's quite a beautiful Christmas celebratory festive vibe. So that's why I think one or two of the nightclubs will reopen. Another five or six restaurants will reopen and then all the piazza bars, like I said, different shops will reopen. Look, I'm going to say I'm going to preface this also with it know the boutiques of the Via Camerelle - other than I think the local Capri Watch will be open, but generally, the boutiques along there are only open for the summer season. So yes, they will be boarded up. I know people get a little shocked at that, but as with the hotels, as with the bulk of the restaurants, as with a lot of the resort-style tourist centric activities on the island, they will not be open during the low season. Another thing is, look, you'll find beautiful artisan shops open. I have a lovely friend, Antonio Palombo beautiful - he does artworks in his little gallery, and he's always open between Christmas, and you can often find him out in front of his gallery in Capri painting away. So it's a different time. It's a time to really explore the local side of the island. So maybe I'll finish it off with this - low season visits - ok: December, a great time. November is a transition period because October the end of October, a lot of the residents have worked a really long season and they're closing their businesses. You have a little bit of a different vibe. It's a transitional vibe. But towards the end of November, everything is hyping up and getting ready towards this great festive community, Christmas spirit and festive vibe. And then after January 6, things go very quiet. So if I was to say to you maybe what month I would recommend to come in low season. I would definitely say the November, December and the mid to mid-January when it gets to mid-January to February. What does happen at this time on the island, is there's a lot of work going on? So for example, all the businesses, this was the same as us when we had the restaurant, we would start to plan for the next summer season because depending on when Easter is, you're opening again in March because you generally open the week or two before Easter, all we did before when we had the restaurant. So in February there's a lot of work going on and it's very quiet. So you're more likely to have more closed services on the island and also sometimes a little bit of not so slightly construction work or a bit of noise - so I probably recommend not visiting. Again, depending on what you want to do. If you want to take my idea and get a Villa and lounge out and stay away from the Piazzetta, there are different things and you just want to have your own experience in nature. Go for it. But I would say that the weather and the type of work to go on in the island at that time may be a deterrent for some. So if I was to pick and choose my low season months, when would I come? I would say November, December.

Katy

Yeah. Let's face it, that's a Christmas time and Christmas is special and that's why I wanted you to share that. You get the bagpipes. You get the food. You get the lights, all of the above.

Holly

And the last thing and my favorite of all is like only because I guess my children are also part of the Tarantella band - Bella Capri. And I love this is a tradition that's been going back hundreds and hundreds of years of the dancing, the traditional local dance here the Tarantella and they have four or five different groups all over the island. You generally have an affiliation, your family, like when you're born, you know which group you're going to dance with and on News Eve - sorry New Years Day is this concert where they have all the different Tarantella bands and they are in the Piazzetta and they dance one after another and it goes for like 5 hours. And I love it so colorful. It's so spirited, that dancing, singing. I mean, imagine hearing 'O sole mio and all the dances and the tambourines, and it's something I just think it's so enjoyable and they will then do that in the Piazzetta in Capri, and then they'll go to Ancapri and do it. So you always have a band going in either one of the piazzettas. So I really enjoy - it's a beautiful evening. After those days, I will have a couple more concerts in the square, but after that, then slowly - things wind down a little into the January, February.

Katy

Well, that sounds absolutely charming. It really does. And the whole Christmas time sounds magical. And if you're the type of person that wants to experience things in a little bit of a slower way - piano, piano - without the crowds. And it doesn't bother you if you don't have that beach experience then it sounds like it's an absolutely stunning time of the year to visit and a very intimate experience too that most visitors in summer would have.

Holly

I definitely would encourage you if you're coming during this period. I just know from my experience, not all locals may be able to speak perfect English. You may well need your Google Translate on hand, but they definitely love trying to communicate if they can't - obviously, if they can't speak English fluently. I definitely also think they're so intrigued as to what you're doing there, so they definitely want to have a conversation. They're always like, oh, wow. What are you doing here? Oh, thank you for coming. Because it's beautiful people, miss - I think a lot of the residents like I'm saying before, only in the last 20/30 years, that tourism wasn't so busy in the low season before that, it was so in fact, actually, most of the nightclubs were open in the winter, and it was something that it was a regular thing to come to Capri during the low season.

Katy

Now, Holly, I know that everyone would love to know how they can follow you and stay in touch with you and organize a beautiful picnic with you. How can they do that?

Holly

Well, you can follow along on our Instagram account @michelangelo_capri and on this account, I love sharing a bit of food daily life on the island. We do an Insta story every day.

We love interacting, and so you can write and that's me who is speaking to if you write me a message. We also have another account, @.caprisostenibile. In all our business activities, we have a very sustainable focus, as we would love our island to be obviously sustainable, especially in these times, uncertain times. So on that side, you can see a lot of our nature projects and our picnics feature on there as well. And of course, you can find us on our website at www.caprimichelangelo.com And on Facebook. we're at [michelangelocookingschool](https://www.facebook.com/michelangelocookingschool). Other than that, reach out wherever you like. We've got my email address bookings at [caprimichelangelo.com](mailto:bookings@caprimichelangelo.com). Generally, if you're writing in English, it will be me responding. If you're writing in Italian, you'll get Gianluca.

Katy

It doesn't matter which one because you're both gorgeous. Anyway, everyone, Holly's Instagram is an absolute delight. I've been known to rewatch her stories like, five times, and I'm not stalking you - just saying the scenery is just stunning.

Holly

They also save everything in highlights. So if you want to see if you missed one, you can go and have a look at the little titles of the highlights below and choose whichever theme you'd like to go and watch. So enjoy. You can see a little bit of our children and their life on the island and then doing the Tarantella.

Katy

Do you know what I think we'll do? We're going to put all your links and everything onto the show notes. But what we might do is we might find - we'll end in this show with a little bit of Tarantella or find some tune so people can hear what it sounds like.

Holly

Oh, yes, you must. I'll send you some. Like I said, I love it and I'm sure when other people can witness it, you will often see it here. In the summer season, the bands will play for weddings or birthdays or big celebratory events. And again, I think it just puts such a beautiful Capri spirit into any celebration. It just does. It's beautiful.

Katy

Well, I would love to see that at Christmas time. Thank you for joining us again on Untold Italy. And I hope you have a beautiful Christmas with your family. Buon Natale, thank you so much, Katie.

Holly

And to you and yours. Buon Natale from Capri and to all the listeners. Thank you so much.

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Katy

Well there is no doubt that Capri is beautiful all year round. What a magical place that has captured the imagination of people since Roman times and probably before then too. As we think about how to make the most of our time in Italy, consider visiting tourist hot spots like Capri during times that are less busy. You'll surely have a different, more intimate and definitely less crowded experience

Holly mentioned so many great ideas for spending Christmas and the offseason on Capri and of course we've put them into the show notes on untolditaly.com/102 You'll also find a link to the Capri Michelangelo Instagram page and website where you can sign up for the latest news from Holly, Gianluca and their amazing cooking school and sustainable products including the most delicious tomato sauce and olive oil

Well that's the end of our show today. As always, if you've enjoyed this episode, please share it with your family and friends who love Italy and consider giving us a 5 star rating or review. Knowing that you enjoy the show is actually the best Christmas present of all. In the spirit of giving we'll be back with some Italian Christmas food ideas from our friends next week. I'm going to leave you with a little tarantella music that Holly mentioned

“ciao for now”