

The Itinerary of Cilento Bread

Kernels on their way to become bread

As good as bread

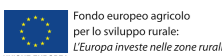


As good as bread



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The Mayor and the Municipal administration



River Solofrone



Ancient bridge on River Solofrone



village of Trentinara, through a panoramic road in Contrada Perato. Here it is possible to visit the characteristic old town center, where the bread production cycle is concluded by more bread baked in wood burning ovens. In this locality is the church where bread is blessed during the traditional Bread Celebration in August. From the panoramic square and following the indications for the Tremonti pathway, it is possible to return to the starting point through an easy trail that leads to River Solofrone and the Mill of Serra after crossing antique stone terraces, long rows of dry-stone walls and several ruins of traditional technologies that are the symbol of the close ties between the inhabitants and their territory.

The bread itinerary extends in an area particularly rich in water, with abundant springs and fountains that provide several drinking sources for the hikers.

In the past fountains were the sole sources of water supplies for the village, where both men and animal drank. They also were aggregation spots, where women met to do the laundry with lye and where they exchanged information and chatted about the goings-on of their lives. Along the itinerary, besides the many fountains and springs, there are several panoramic areas with view of the village of Trentinara, of the thick vegetation of its mountains, and the plain of Paestum and its sandy shore. There also are finds of industrial archaeology, like the remains of the Roman aqueduct and the “Calcare”, circular stone structures where, through well-established techniques, lime was produced.

The grain mills

For long years some of these springs fed the ancient grain mills built along river Solofrone, thanks to the expert use of water that was diverted from its natural course and conveyed to large collection tanks, from which it flowed – through a channel - to the mill tower. When the distance between the tanks and the mills was large, the channel, which ran on solid walls – emptied in a series of arches that reminded of the unwinding of Roman aqueducts. The towers for the drop of water were the elements that better marked the horizontal grain mills: usually built in the back of the building, had variable height between 4 and 12 meters.

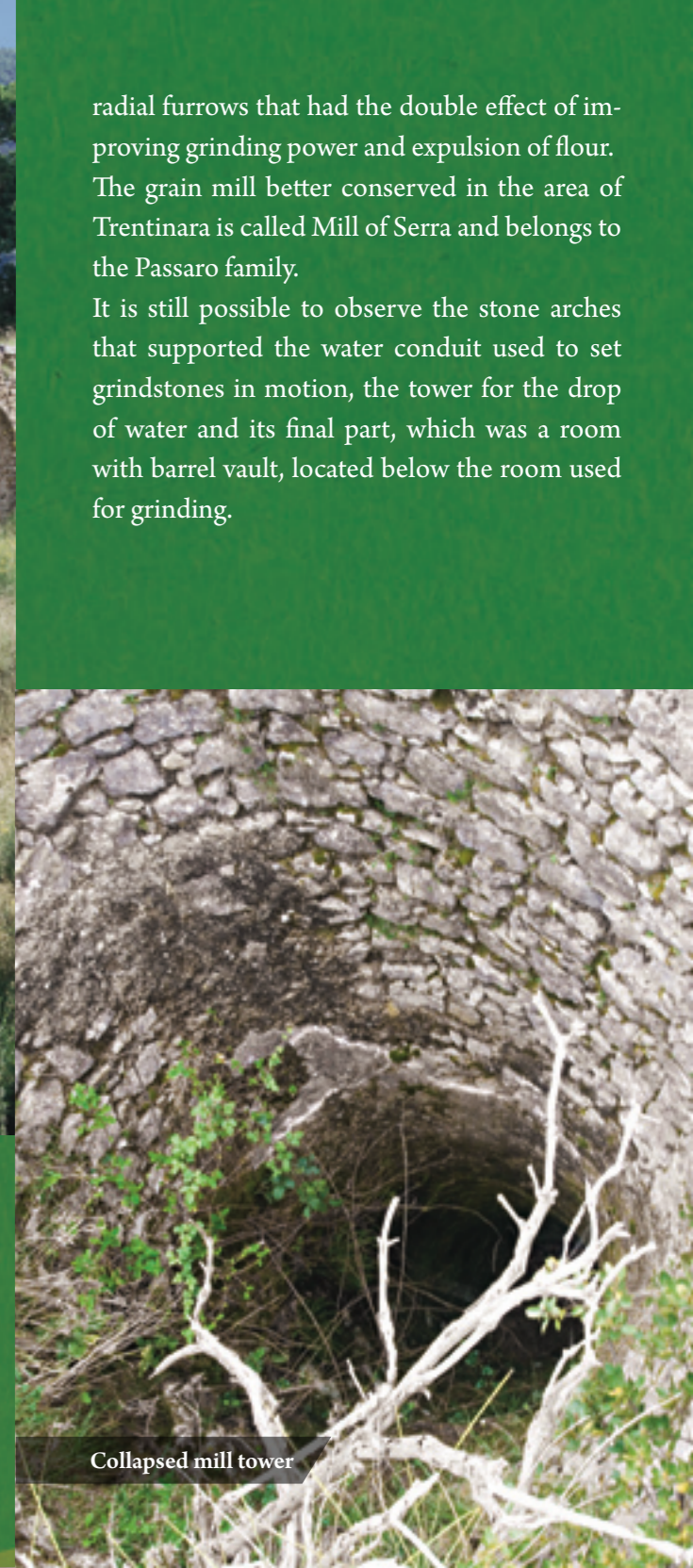


Views of the Serra mill



After such a fall, water acquired the necessary power to rotate the hydraulic wheel placed horizontally inside the tower and, through the axis fixed to the vertical turbine (ritrecine), transmitted rotation from the wheel to the millstone. Wheat, poured in a hopper, was conveyed between the two horizontal millstones through a central hole opened in the upper one.

The rotating upper millstone, rubbing the wheat against the inferior one, caused its crushing. This way they obtained flour that was then expelled by centrifugal force. Since the wheels were subject to wear and tear, they were made of very strong limestone and were constantly bushhammered to ensure maximum power. In particular, the inferior wheel was carved with



Collapsed mill tower



Traditional processing of bread in Trentinara

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Today it is possible to attend all the phases of bread manufacturing at some didactic ovens in the city of Trentinara. Following the **Itinerary of Cilento bread**, it is possible to discover the fields of wheat, the fountains and the springs, the ancient mills with threshing grounds and the wood-burning ovens: an itinerary that reveals traditions and customs that have characterized the life of the Cilento populations since the past.

- | | |
|-------------------|------------------------------------|
| 1 Vetuso Fountain | 6 Voso Fountain |
| 2 Mill of Serra | 7 Oven |
| 3 River Solofrone | 8 Capo d'Acqua Source and Fountain |
| 4 Calabrese Farm | 9 Dried-up Fountain |
| 5 The farmyard | 10 Old town Center |