

Eating events or Sagre:

Pretty well every town and village throughout the Marche has some food or wine event during the summer months. Here are just a few of them:

June

- Pianello (near Cagli) - Sagra della Lumaca (snails) - mid-June
- Apiro (near Cingoli) - Sagra del formaggio pecorino (pecorino cheese)

July

- Sefro (near Camerino) - Festa della Pizza - early July
- Matelica - Sagra della Rana (frogs)
- Ostra Vetere (near Corinaldo) - Festa della trota (trout) – early July
- Montemarciano (near Senigallia) - Sagra del pesce (fish)
- Corinaldo - polenta festival on third Sunday in July to commemorate the time when the town's people successfully resisted a siege thanks to copious supplies of the stuff.
- Sefro (near Camerino) - Festa del Tortellino alla boscaiola (pasta) - late July
- Castelplanio (near Jesi) - Sagra della crescita sul panaro (stuffed flat bread) - last Sunday of July
- Ostra Vetere (near Corinaldo) - Sapori ed Aromi di Casa Nostra - late July - local food, music and a procession of old farm machines

August

- Monte Vidon Combatte (near Fermo) - Sagra delle quaglie (quails) - 1st Sunday
- Sassoferrato - Sagra del Cinghiale (wild boar)
- Cingoli - Sagra di prosciutto e melone
- San Severino Marche - Sagra della ceca (chick peas)
- Staffolo (near Cingoli) - Festa del Verdicchio (verdicchio wine festival)
- Fermo - Sagra delle vongole (shell fish)
- Serra San Quirico (near Fabriano) - Sagra del coniglio in porchetta (roast rabbit with fennel)
- Montepredone (near San Benedetto del Tronto)- Sagra delle olive fritte (fried stuffed olives)
- Pedaso - Sagra Nazionale delle cozze (mussels)
- Massignano (near Ascoli Piceno) - Sagra delle frittelle (omelettes)
- Vererotta (near Ascoli Piceno) - Sagra della vitella allo spiedo (spit-roast veal)
- Loro Piceno - Sagra del Vin Cotto (a sweet "cooked" wine)

September

- Apiro (near Cingoli) - Sagra della polenta
- Montecassiano - Sagra del pesce (fish)
- Cupramontana - grape festival in the heart of Verdicchio wine country in September.
- Piandimileto (near Urbino) - Mushroom fair
- Lapedona (near Fermo) - Sagra del Vino Cotto (the Marche version of Vin Santo)
- Fermo - Sagra della Polenta
- Arcevia - Sagra dell'uva (grape festival)

October

- Acqualagna (near Cagli) - Fiera nazionale del tartufo (truffle fair) - last weekend in October and first three weekends in November in the town that calls itself the "truffle capital".
- Acquasanta Terme (near Ascoli Piceno) - Festa d'autunno (autumn produce)
- Montemonaco (near Ascoli Piceno) - Sagra della Castagna (chestnut)
- Castelsantangelo sul Nera (near Visso) - Sagra del Marrone Castellano (chestnut)
- Sant'Agata Feltria - White Truffle fair
- Sant'Angelo in Vado (near Urbino) - Mostra del tartufo bianco (white truffle)

November

- Talamello (near San Leo) - Formaggio di Fossa cheese fair
- Acqualagna (near Cagli) - truffle fair - last weekend in October and first three weekends in November in the village that calls itself the "truffle capital".

Fun & Games:

- Ascoli: Piceno La Quintana - jousting in Ascoli's main square on the first Sunday of August. The most authentic "medieval" goings on in the Marche.
- Urbino: Festa del Duca - a jamboree in honour of Duke Federico on the third Sunday in August.
- Cagli: Palio dell'Oca - medieval games in the piazza to win a golden goose in mid-August.
- Mondavio: Wild Boar Hunt - a medieval chase in the square - very jolly. mid-August.
- Fermignano: Palio della Rana - yes, a race with frogs in wheelbarrows - the joint is really jumpin' on the first Sunday after Easter.

Eten:

Items with an "*" are Marche specialities

aceto - vinegar
affettato - sliced cured pork meats
aglio - garlic
*agnello - lamb
anatra - duck
anguilla - eel
antipasto - hors d'ouvres
arrabbiata - spicy ("angry") pasta sauce
arrosto - roast
asparaghi - asparagus
*baccala' - salt cod
basilico - basil
in bianco - "white" ie. dish without tomato
bietola - chard
bistecca (maiale/manzo) - steak (pork/ beef)
bollito - boiled
alla brace - cooked over embers
braciola - chop, usually of pork
branzino - sea bass
*brodetto - Marche fish stew
in brodo - in broth
bruschetta - toasted bread with oil & garlic
burro - butter
*cacciagione - game
alla cacciatore - with sweet pepper and tomato
calamari - squid
*cappelletti (in brodo) - "hats" of stuffed pasta (in broth)
carciofi - artichokes
carne - meat
carote - carrots
carpa - carp
castagne - chestnut
*castrato - older, stronger tasting lamb
cavolfiore - cauliflower
cavolo (nero) - cabbage (dark)
ceci - chick peas
cefalo - grey mullet
cetriolo - cucumber
*ciauscolo - soft cured pork salame
ciliege - cherries
*cinghiale - wild boar
cipolla - onion
*coniglio (in porchetta) - rabbit (stuffed with wild fennel)
contorno - vegetable dishes
*coratella d'agnello - tasty fry-up of lamb's unmentionables
costarelle - spare ribs
cotto - cooked
cotechino - boiled sausage
cozze - mussels
crostini - toasted canapes

crudo - raw
dolci - sweets
fagiano - pheasant
fagioli - beans
fagiolini - french beans
faraona - guinea fowl
farcito - stuffed
fave - broad beans
*fegatelli - pig's liver wrapped in caul fat
fegatini - chicken livers
fegato - liver
fettina - thinly sliced meat
fettuccine - pasta ribbons
fichi - figs
filetto - fillet
finocchio - fennel
focaccia - flat bread
formaggio - cheese
*formaggio di fossa - strong, cavern-aged cheese
fragole - strawberries
frittata - omelette
fritto - fried
frutta - fruit
frutti di mare - shell fish
funghi - mushrooms
gamberi - prawns
gelato - ice cream
gnocchi - small potato dumplings
alla graticola/griglia - grilled
insalata (verde/mista) - salad (green/mixed)
in umido - stewed
involtini - stuffed meat rolls
lenticchie - lentils
lepre - hare
*lonza - cured fillet of pork
luccio - pike
*lumache - snails
macedonia di frutta - fruit salad
magro - lean
maiale - pig/pork
mandorle - almonds
manzo - beef
marmellata - jam
mela - apple
melanzane - aubergines
merluzzo - cod
miele - honey
minestra - soup
minestrone - vegetable soup
misto - mixed
nocciole - hazelnuts
noce - walnut
nostrano, nostrale - locally produced
oca - goose
olio d'oliva - olive oil
orata - gilt-head bream
osso buco - shin of veal
ostriche - oysters
pane - bread
panforte - dried fruit spiced cake
panino - roll
panna - cream

panzanella - bread & tomato salad
pappardelle - wide pasta noodles
*passatelli - a pasta made of breadcrumbs & cheese
patate - potatoes
penne - pasta quills
peperoni - peppers
peperonata - braised peppers and tomato
pesce - fish
pescespada - sword fish
*piccione (ripieno) - pigeon (stuffed)
piselli - peas
pollo - chicken
polpette - meatballs
pomodoro - tomato
*porcini - boletus "cepes" mushrooms
prosciutto (crudo) - ham (raw cured "Parma")
ragu' - meat sauce
ripieno - stuffed/stuffing
riso - rice
rombo - turbot or brill
in rosso - cooked with tomato
*salame di fichi - figs pressed into salame shape.
salsiccia - sausage
*seppie (con piselli) - octopus (with peas)
sogliola - sole
sott'olio - food preserved under oil
spezzatino - meat stew
allo spiedo - grilled on skewers
spinaci - spinach
*stoccafisso - salt cod (see *baccala'*)
tacchino - turkey
tartufo/tartufato - truffle/flavoured with truffles
tiramisu - sweet with eggs and cream cheese
tonno - tuna
tortellini - stuffed pasta rings
triglia - red mullet
trippa - tripe
trota - trout
uovo - eggs
verdura (cotta) - green vegetables (cooked)
*vincisgrassi - Marche version of lasagna
*vino visciolato - red wine infused with wild cherries.
vitello - calf or veal
vongole - baby clams
zucchini - courgettes
zuppa inglese - trifle