**The mountain cheeses, polenta, chestnuts, apples, olive oil**

**TRENTINO, A FESTIVAL OF FLAVOURS**

**Between September and November**, a rich calendar of events brings the villages of Trentino to life. During the holidays visitors will find seasonal products and excellent food and wine that renews its connection with the land and nature in autumn.

**Time for “Desmontegade” and mountain cheese festivals**

In autumn, cows, goats, and sheep, announced by the festive ringing of large bells, return from high altitude mountain pastures. The return of herds and flocks is celebrated in each valley with the "desmontegade", a moment of thanksgiving, but above all a festive occasion to delight locals and tourists with local dairy products.

There are also numerous events that celebrate the cheese of Trentino. September is the month of **the symbolic cheese of Val di Sole,** **Casolèt**, to which the CheesFestiValdiSole is dedicated, scheduled until the end of 25 September with events dedicated to the culture of the mountain pastures and its gastronomic tradition. There is no shortage of guided visits to the mountain pastures as well as to the dairies, agricultural fairs and festivals, the **Latte in Festa in Val di Rabbi,** which involves tastings and themed menus offered by the valley's restaurants with show cooking.

In **Valsugana**, in Levico Terme, until September 30 every Saturday afternoon (from 5.30pm) at the "Ponte dei Sapori" it is possible to discover and taste the typical cheeses of each Trentino valley.

Between the 11 and 12 of November in Val di Non, the **Formai dal Mont** returns, a review of mountain cheeses from Val di Non, Val di Sole and the Paganella plateau, an opportunity to taste the best products including milk from the moutains and fresh, cow's and goat's cheeses.

For further information, please visit <https://www.visittrentino.info/en/articles/special-autumn/autumn-harvest-and-cattle-festivals>

**The Polenta Festivals**

Until September 19, the Polentata in Alta Quota takes place every Tuesday at the Tognola refuge above San Martino di Castrozza from 12.30pm. Up here the scent of the mountain air, the spectacular view of the Pale di San Martino and, above all, the typical dish par excellence, that is Polenta di Storo with sausage, Toséla and mushrooms or alternatively with goulash or venison marinade.

The most awaited event dedicated to this typical dish is the **Storo polenta festival**, on the **1 and 2 October**: a real challenge to the last three among the polenteri of the Valle del Chiese. In the historic center of the Valle del Chiese town the focus will be: Polenta carbonera, very rich and tasty; the potato polenta, simple and sober; Polenta macafana, a “poor” but at the same time very rich single dish; Polenta “cucia”, cooked with mountain butter and mountain cheese.

**The chestnut festivals**: walks through centuries-old chestnut groves, tastings and workshops.With the umistakeable scent of chestnusts autumn begins the right season to enjoy them, freshly harvested and shelled at the foot of chestnut trees that are often centuries old, authentic "patriarchs" of the mid-mountain woods. Festivals and gastronomic events are also dedicated to this symbolic fruit of autumn in the mountains where, in addition to chestnuts, you can taste honey, sweets and flour. There are many villages that host festivals, walks through historic chestnut groves to immerse yourself in the the flavours of autumn.

Further information on chestnut festivals in Trentino[**here**](https://www.visittrentino.info/en/articles/special-autumn/chestnut-festivals-in-trentino)**.**

**Open oil mills**

Around the Trentino shore of Lake Garda, in autumn, a second harvest begins, from which the highly prized DOP oil is produced, the most northerly extra virgin olive oil in Europe – I thought it was the most northerly in Europe? What has enabled the life of olive trees in this part of Trentino for two thousand years is the wind. The diversity of the Mediterranean climate of Lake Garda is guaranteed by two winds in particular, the Ora and the Pelèr. These winds are also well known to sailing sports enthusiasts who sail the waters of the lake with boards and dinghies. During November a unique opportunity is offered to visit the oil mills of the area. The **Frantoi Aperti** event is scheduled **for the 4 and 5 November**: two days to talk, smell and taste the extra virgin olive oil produced in local mills.There will be seven oil mills in the area which will be open on those days with guided tours and tastings. Each oil mill will create a special experience for the weekend. Over the two days, the local restaurants participating in the initiative will also welcome their guests with bread and oil.

For more information, please visit [www.gardatrentino.it/it/eventi/frantoi-aperti\_11319](http://www.gardatrentino.it/it/eventi/frantoi-aperti_11319)

**Apple time**

The Trentino apple is unique nationwide, but multiple in its varieties: there is the Golden Delicious, sweet, and crunchy, the Renetta Canada, soft and doughy, and the Red Delicious which is intense, and aromatic. It is impossible to not celebrate this autumnal fruit. Among the novelties proposed by the Val di Non there is MelaColgo: there are ten agriturs between the Non and Sole valleys that adhere to this initiative and where every weekend **from the 15 September to 22 October 2023**, you can pick apples directly from the tree as well whilst meeting the farmer and enjoying a local snack.

For more information, please visit [www.visitvaldinon.it](http://www.visitvaldinon.it)

**Pomaria**, the Apple Festival in Val di Non returns from 13 to 15 October. With many new features and a richer calendar than in the past, it is scheduled in the village of Casez and over the three days you will be able to pick apples from the tree, learn to cook strudel, take part in tasting sessions, walks and guided excursions. There will also be the chance to stock up on flavours at the food and wine stands of the producers associated with the Apple Route.

For more information, please visit [www.pomaria.org](http://www.pomaria.org)

**Finally…**

In Valsugana, **from 6 to 8October** in the Chestnut Park of Pergine Valsugana there is the **Pumpkin Festival**. **On 14 and 15 October**, in the Cesare Battisti Park in Brentonico, an appointment with "Flavours of Autumn", a weekend dedicated to the products of Monte Baldo with the mountain market, a special "Journey among the flavours of autumn" - a cycle of tastings in the company of the producers of the Plateau -, workshops for children, walks among the chestnut groves. Torbole on Lake Garda, from 6 to 8 October, offers the 2nd edition of the **Freshwater Fish Festival**, to relaunch the cuisine of lake fish combined with other typical products of the area, with tastings and debates on ancient flavours and crafts of the Italian pre-Alpine lakes. Finally, within the Month of Taste, the event dedicated to local flavours in Garda Trentino, the Lomaso **Potato Festival**, **from 28 to 29 October**, a weekend full of events to celebrate the symbolic product of this area; **from 10 to 12 November** in Cavrasto, however, there is the **Walnut Festival,** and, on this occasion, the ancient peasant houses are transformed into small shops selling local products.

For more information, please visit:<https://www.visittrentino.info/en/articles/special-autumn/local-produce-harvest>