



This is a small cream-coloured, long-shaped bean. Its colour varies and has different types of speckles. It has been known since Etruscan times and this particular type of pulse is typical of the Lake Trasimeno area, where the particularly damp soil has favoured its cultivation.

It was the main form of protein for the local populations up until the Second World War. However, because of the gradual depopulation of the countryside and cultivation difficulties, it started to disappear. In fact, cultivation was long and tiring and was carried out without any mechanical means.

Over the last few years, a group of farmers have joined together in a consortium and are cultivating the fagiolina again, striving to protect and promote it. The main feature of this product is its small size and, being white like a grain of rice, it is also called risina. Moreover, ripening is progressive and the beans need to be gathered every day for a couple of weeks.

The local fagiolina recipes are very simple: the dried beans are boiled and eaten with a little extra virgin olive oil, while the fresh beans, also known as cornetto, are cooked in a pan with tomato and garlic. They do not need to be soaked in water prior to cooking, as long as they are simmered on a very low flame.