



**30th edition**  
**Il Piatto Verde**  
**Riolo Terme 25/29 March 2025**  
**Elixir Of Life**

*Herbs, roots , berries, seeds and flowers of longevity*

**APPLICATION FORM**

School.....

City..... State .....

Address..... Street number.....Postcode.....

Phone..... Email.....

Head Teacher .....

Accompanying Teacher .....

Student ..... Class.....Age .....

The student is declared to be eligible for the competition in accordance with the regulations.

**RECIPE TITLE**

.....

Starter  First course  Main course  Dessert

**WINE, BEER OR INFUSION TO MATCH**

.....

We request free-of-charge accommodation for two people for the following days

Wednesday 26 March  Thursday 27 March  Friday 28 March

By signing the current form, you testify to acceptance of all the competition rules and regulations.

School stamp

Head Teacher's signature







**ATTACHED SHEET 2**

**WINE/BEER/INFUSION MATCHING**

WINE/BEER/INFUSION

.....

WHERE IT IS PRODUCED

.....

CLASSIFICATION

.....

.....

**ORGANOLEPTIC ANALYSIS**

VISUAL

.....

.....

OLFACTORY

.....

.....

GUSTATIVE

.....

.....



## LIST OF AROMATIC HERBS TO CHOOSE FROM

- **Southerwood** (Artemisia abrotanum)
- **Sorrel** (Rumex acetosa)
- **Wood sorrel** (Oxalis acetosella)
- **Milfoil** (Achillea vulgare)
- **Wormwood** (Artemisia absinthium)
- **Roman wormbood** (Artemisia pontica)
- **Costmary** (Chrysanthemum balsamita)
- **Burdock** (Arctium lappa)
- **Calendula** (Calendula officinalis)
- **Artichoke** (Cynaria sp)
- **Milk thistle** (Silybum marianum)
- **Chicory** (Cichorium intybus)
- **Cochlearia** (Cochlearia officinalis)
- **Crepis species**
- **Watercress** (Nasturtium officinale)
- **Bucks Horn** (Plantago coronopus)
- **Arugula** (Eruca sativa)
- **Tarragon** (Artemisia dracunculoides)
- **Land Cress** (Lepidium sativum)
- **Hop** (Humulus lupulus)
- **Horehound** (Marrubium vulgare)
- **Nettle** (Urtica dioica)
- **Picris species**
- **Daisy** (Bellis perennis)
- **Rhubarb** (Rheum raphanistrum)
- **Horseradish** (Armoracia rusticana)
- **Rocket** (Diplotaxis tenuifolia)
- **Sonchus asper**
- **Sow thistle** (Sonchus oleraceus sp)
- **Tansy** (Tanacetum vulgare)
- **Dandelion** (Taraxacum officinale)
- **Old man's beard** (Clematis vitalba)

edited by Sauro Biffi, Director of The Garden of Medicinal Herbs - Casola Valsenio