



Tour Name

Morning Market Food Tasting at Sant'Ambrogio

Tour City

Florence

Tour Snapshot

The cured meats, breads and cheeses produced in and around Florence are every bit as good as you think they are. Find out for yourself on this market tour that's full of the good stuff, namely: vino, pecorino, parmiggiano reggiano and other items of cheesy and meaty goodness.

Highlights

- Explore Florence's most vibrant local grower's market
- Try a mouth-watering assortment of local foods such as pecorino cheese, prosciutto di parma, wild boar salami, finocchiona, Chianti wine, typical Italian coffee, biscotti and fresh fruits
- Meet local food experts and growers and find out about how some of these delicious products are grown, made and or produced
- Discover the local secrets behind one of the most well-known food scenes in the world

Local Impact: How you will help the local community by joining this tour:

- You will enjoy a walk around a local farmers' market where locals shop for their daily food. Each farmer sells a specialty from their farm, like Armando and his selection of mushrooms from the hills of the Garfagnana mountains close to Lucca.
- You'll also see local butchers, fishmongers, bakers, and family-run salumi & cheese stands, which helps promote local producers in the region and gives you more insight into local products.

Inclusions: All tastings, expert guide.

Exclusions: Items of a personal nature and tips and gratuities for the guide.

Schedule details

- Duration: 2 hours
- Meeting point:
Piazza Sant'Ambrogio at The Church of Saint Ambrose (Chiesa di Sant'Ambrogio) on the Left side of the FACADE.
- Find the exact meeting point with what3words: [///devotion.wounds.topping](https://www.what3words.com/?w3w=///devotion.wounds.topping)
- Starting time: 10.00 AM
- Ending point:
Piazza Sant'Ambrogio at The Church of Saint Ambrose (Chiesa di Sant'Ambrogio)

Full Itinerary

Prepare your taste buds for an epic foodie adventure around the local's favourite market in Florence! This food tour offers an array of Italian treats (that's breakfast sorted!) and an insight into local food and culture from an expert local guide.

Together we'll check out typical delicatessens where Florentines do their daily shop for fresh ingredients. Most of these establishments are owned by local businessmen and women and they usually specialise in the specific products that they sell, making them the city's ultimate food experts. For instance, on our first stop, we'll introduce you to you to an award-winning third generation butcher, who is training his two sons to take over the family business.

In keeping with the family-theme, our next foodie stop will be an artisanal cheese store owned by a brother/sister duo. This is one of the few places left in Florence where you can still buy the ancient grain bread of *montespertoli* (your guide will explain) and enjoy a taste of their cheese accompanied by this delicious, traditional bread.

We will also check out C BIO, an organic farm to table store, created by a famous Florentine Chef Fabio Picchi whose famous Cibreo cafe, restaurant and theatre are all situated in this district.

Fresh pasta is next and we'll take you to a market stall that offers 15 different types daily, all made fresh on the premises. Here you'll learn about our regional pastas including ravioli, pici & tortelli and you'll see the wonderful homemade sauces that pair perfectly with each type of pasta.

After the pasta maker we'll head off to meet the baker to try some of the best fried polenta and coccole in town. A coccole is a savory donut typically served with stracchino creamy cheese and prosciutto perfect with a glass of chianti.

Platters of Tuscan and Emilian specialties follow, from another of our favourite market sellers, including Pecorino Toscano, Parmigiano Reggiano (aged for 36 months), Prosciutto di Parma, wild boar salami and finocchiona.

Your tour will end with an Italian-style coffee at a lively indoor bar, close to the market. Before you go, don't forget to ask your expert local guide for more tips on what else to see, do and (most importantly) eat during the rest of your stay in Florence

Additional information

Inclusions: All tastings, expert guide.

Exclusions: Items of a personal nature and tips and gratuities for the guide.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge.

Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.

Local contact

Office phone number: +39 345 088 2826

Email address: info@florenceurbanadventures.com