



SUMMER SCHOOL

SCIENCE IN THE KITCHEN: FROM FARM TO FORK 22 - 25 June 2026

Monday 22nd June

- 9.00 Welcome and visit to the UNISG campus
 - 9.30 Introduction to the course and brief presentations
 - 10.00 **FORAGING SESSION** in the UNISG Gardens to learn how to recognise and collect wild plants, herbs and flowers with Professor Andrea Pieroni
 - 11.00 Transfer to the Pollenzo Food Lab with the harvested products; explanation about the characteristics of each plant, how to use them in the kitchen, and what their benefits are for our health.
 - 13.30 **COOKING SESSION** to create a variety of dishes and drinks together based on the wild plants collected, held by the Pollenzo Food Lab Team, followed by a convivial lunch in the Food Lab
 - 15.00 **SEMINAR** "Healthiness, biodiversity and pleasure: different values with the same taste. The evolution of human taste" with Professor Gabriella Morini
 - 17.00 End of lessons
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Tuesday 23rd June

- 9.00 **HARVESTING SESSION** in the UNISG Gardens to learn about biodiversity, seasonality and organic production; harvesting of different varieties of vegetables, herbs and edible flowers with the Pollenzo Food Lab Team
- 10.30 **COOKING WORKSHOP**: "One Health: When the Planet Teaches Us How to Cook" ; contemporary issues for better and tastier meals with the Pollenzo Food Lab Team
- 12.30 Lunch at the Pollenzo Food Lab
- 14.30 **SENSORY TEST** on chocolate in the Sensory, Behavior, and Cognition Lab to understand one's perception of food
SEMINAR on "The effect of food on our physical and mental well-being: How what we eat affects who we are" with Professor Riccardo Migliavada
- 16.00 End of lessons



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Wednesday 24th June

- 9.30 **SEMINAR:** “When Cooks are Communicators: Contemporary Cuisine and Sustainability” with the Pollenzo Food Lab Team
- 11.00 **COOKING LAB:** “Science in the Kitchen for Global Goals: Culinary Knowledges and Techniques Applied for Healthy and Sustainable Diets”; fermentation, preservation and circular recipes to reduce waste in the kitchen with the Pollenzo Food Lab Team
- 13.00 Lunch in the Pollenzo Food Lab based on dishes prepared together
- 17.30 **WORKSHOP:** “How Can Vegetables Take the Stage?”; creation of dishes with seasonal vegetables as the main actor with [URI Sapori Condivisi](#), at URI location
- 19.00 Dinner all together at URI Sapori Condivisi
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Thursday 25th June

- 9.00 Departure by bus for [Reis](#) for a visit to learn about a sustainable farm to fork concept: found in the mountains near Cuneo, Reis aims to produce healthy and delicious local products and vegetables and promote them through their dishes, all through a strong sense of community, love for nature and zero impact on the environment, with Juri Chiotti
- 10.30 Visit to the Reis gardens to learn about their values and the connection between the farm and the restaurant
- 13.00 Lunch at Reis
- 15.00 Departure by bus to return to Pollenzo
- 16.30 Arrival in Pollenzo and end of course