



A STATUE OF JULIUS CAESAR



ROMULUS, REMUS, & THE SHE WOLF



THE ANCIENT PANTHEON



RUINS AT THE ROMAN FORUM



INSIDE THE COLISEUM

## DID YOU KNOW?

ACCORDING TO LEGEND ROME WAS FOUNDED IN 753 B.C. BY TWIN BROTHERS ROMULUS & REMUS WHO WERE DESCENDANTS OF A LATIN KING. WHEN THEIR FAMILY WAS OUSTED FROM POWER THE TWINS WERE LEFT FOR DEAD BY A RIVER BANK, WHERE A WOLF FOUND THEM & RAISED THEM AS HER OWN. THIS IS WHY TO THIS DAY THE SHE-WOLF IS THE SYMBOL OF THE CITY OF ROME. BY 44 B.C. (THE YEAR OF JULIUS CAESAR'S ASSASSINATION) ROME HAD GROWN INTO AN EMPIRE WHICH RULED THE CIVILIZED WORLD FROM ENGLAND TO NORTH AFRICA & EGYPT. THE IMPERIAL CITY OF ROME WAS THE LARGEST URBAN CENTER OF ITS TIME, WITH A POPULATION OF MORE THAN ONE MILLION PEOPLE. ANCIENT ROMANS ARE ADMIRER FOR THEIR ADVNCD KNOWLEDGE & INNOVATIONS IN ARCHITECTURE, MILITARY TECHNOLOGY, CITY PLANNING, SEWER SYSTEMS & MEDICINE. SURVIVING SYMBOLS OF ROME'S MIGHT INCLUDE THE PANTHEON, COLISEUM, & THE ORIGINAL LUXURY SPA: THE BATHS OF CARACALLA.



FLAG OF
   
 THE ROMAN EMPIRE

## THE LOCAL CUISINE

ROME'S CUISINE REFLECTED ITS IMPERIAL DOMINANCE OF REGIONS FROM AFRICA TO EUROPE. THUS SPICES & LOCAL INGREDIENTS FROM REGIONS THROUGHOUT THE EMPIRE WERE BROUGHT BACK TO ROME & INTEGRATED INTO THE CUISINE. INGREDIENTS SUCH AS GINGER, CUMIN, CORIANDER, DATES, A HEAVY DOSES OF HONEY WERE COMMONPLACE IN THE CUISINE. ONE INTERESTING NOTE IS THAT NEITHER PASTA NOR TOMATOES EXISTED IN THE ERA OF THE ROMAN EMPIRE, BUT OLIVE OIL & GARLIC WERE ALREADY KEY COMPONENTS IN THE CUISINE. FRESHLY BAKED BREADS MADE IN CIRCULAR STONE OVENS WERE EXTREMELY POPULAR, AS WERE ALL TYPES OF GRILLED MEATS, SEAFOOD & POULTRY. LAMB WAS ESPECIALLY HIGHLY ENJOYED BY ROMANS & WAS SAID TO BE ONE OF JULIUS CAESAR'S FAVORITE DISHES. THIS WEEKS GRILLED CHICKEN & LAMB SPECIALS ARE GRILLED OVER A WOOD & CHARCOAL FIRE IN TYPICAL IMPERIAL ROMAN STYLE.

## THE LOCAL VINO



MADE IN THE HILLS OF ROME IN THE CASTLE TOWN OF FRASCATI. ROMANS FOR OVER 2000 YEARS HAVE MADE THE 15 MILE SOUTH EAST TREK INTO THE BEAUTIFUL HILLSIDE TOWN FOR SUNDAY AFTERNOON PICNICS IN FRASCATI FEATURING HEARTY ROMAN FOOD WASHED DOWN BY DELIGHTFUL FRASCATI WHITE WINE. BACK IN ROMAN TIMES IT WAS ALMOST A NECESSITY IN THE SUMMER TIME TO GO UP TO THE HILLS TO ENJOY THE WINE BECAUSE THE NOTORIOUS SUMMER SUN WOULD CAUSE THE FRASCATI TO RE-FERMENT & EXPLODE IN THE BOTTLE IN TRANSIT. THIS WEEKS PREMIUM REGILLIO FRASCATI IS CONSIDERED ONE OF ROME'S FINEST.