



The TORREGROTTA 2025 HYGEIA LEGACY



Day 1 – Monday, 17 November 2025 | Venue: Aula Consiliare, Comune di Torregrotta

09:00-09:30	Welcome by the Mayor of Torregrotta, Dr. Antonino Caselli, and Institutional Greetings
09:30-10:00	Opening Session <i>Cultivating Identity, knowledge, and future: a journey through the European Legacy of medicinal plants along the Aromas Itinerarium Salutis Route</i> María Luisa Vázquez de Ágredos Pascual, Director of the Aromas Itinerarium Salutis Association (AIS)
	<i>Mapping the Cultural Routes of the Council of Europe in Sicily: analytical tools and perspectives for territorial development</i> Carlotta Costanzo, University of Catania
10:00-11:20	Session 1 – Knowledge, health, and community: The Route of Historic Pharmacies and Medicinal Gardens in the Niceto Valley The Cultural Routes of the Council of Europe are instruments of cooperation that foster dialogue among institutions, universities, museums, businesses, communities, and healthcare organisations, transforming heritage into a resource for social cohesion and sustainable development. The European Route of Historic Pharmacies and Medicinal Gardens, certified in 2024, demonstrates how recovering the memory of materia medica and healing practices—within a context of multilevel synergies—can translate into concrete actions for territorial regeneration, sustainable promotion, and collective well-being. This session presents the experience of the Niceto Valley as a model network integrating landscape, memory, and health, enhancing dialogue between traditional and contemporary medical knowledge, and between culture, environment, and personal care.
10:00-10:20	<i>The Commitment of the Human Milk Bank of Messina to supporting breastfeeding, premature infant health, and maternal well-being</i> Alessandro Arco, Director of Neonatology and Coordinator of the Human Milk Bank, Policlinico of Messina <i>The use of galactogenic herbs to support breastfeeding: a bridge between modern integration and the traditional history of phytotherapy</i> Sabrina Assenzio, Dietitian, Human Milk Bank, Policlinico of Messina
10:20-10:40	<i>From the Encyclical “Laudato Si” to a new perspective: integral ecology</i> Father Sergio Siracusano, Director of the Diocesan Office for Social Issues and Labour, Archdiocese of Messina, Lipari, Santa Lucia del Mela
10:40-11:00	<i>Governing tourism: networks and itineraries for sustainable transformation</i> Filippo Grasso, University of Messina

Promoters:



Cultural route
of the Council of Europe
Itinéraire culturel
du Conseil de l'Europe



Partners:





11:00-11:20	<i>From bio-cultural memory to territorial networks: the Niceto Valley as a laboratory for regeneration and sustainable Tourism</i> Giuseppe Pandolfo, Municipality of Torregrotta
11:20-11:35	Coffee Break
11:35-12:35	Session 2 – Youth in action: tradition and innovation for new rural economies in Europe How can cultural and natural heritage be transformed into concrete opportunities for the future? In this session, young associations, researchers, and entrepreneurs share experiences that combine tradition and innovation, showing how biodiversity can foster sustainable rural economies and stronger, more creative, and more cohesive communities.
11:35-11:55	<i>Tradition and Innovation in the Sicani Mountains</i> Francesca Cinquemani, Azienda Agricola Francesca Cinquemani
11:55-12:15	<i>Entrepreneurship in the agro-food sector in Transylvania, Romania</i> Lucian Cuibus, University of Agricultural Sciences and Veterinary Medicine of Cluj-Napoca
12:15-12:35	<i>Sándor Kovács: Spices from the pages of history</i> Dorottya Kékegyi, Dorka Spice House
12:45-13:00	Official Presentation of the Candidacy of the Municipality of Torregrotta and the Niceto Valley Route to the Aromas Itinerarium Salutis Association
13:00-14:30	Brunch and Tasting of Local Products and Dishes
15:30-18:00	Guided visit to the Municipal Social Community Centre of Torregrotta and to the “Artistic Silks for Aromas” exhibition by Telsiope Visit to the Herbal Path and Business Testimony curated by Ezio Sindoni and Alessio Sergi Visit to the Ancient Pharmacy and the historical centre of Roccavaldina
18:00-19:00	Session 3 – Networking between Participants, Speakers, and Local Representatives
19:00-20:00	Sensory performance “The Playful Fruit” by Artist Carles Tarrasó and Presentation of the Book “Nutrire l’Incontro”
19:00-22:00	Communal Dinner and Screening of the Documentary “SPICES: European Tales of Ancient Medicinal and Culinary Legacies” (2025)
22:00	Transfer to Torregrotta

Promoters:



Università degli Studi di Messina

Partners:





Tuesday, 18 November 2025 | Venues: Aula Consiliare, Municipality of Torregrotta and “Pietro Castelli” Botanical Garden

9:00-10:20	Session 4 – Citrus fruits between <i>materia medica</i> and new economies: memory, landscapes, and innovative cultural enterprise
	Citrus fruits, long central to <i>materia medica</i> for their therapeutic properties, represent a living heritage that unites culture, science, and European memory. This session explores how the pharmaco-botanical tradition of citrus cultivation can serve as a source of entrepreneurial and cultural innovation, generating sustainable economies and opportunities for younger generations.
9:00-09:20	<i>The landscape of the Garden of Kolymbethra: a source of historical memory, biodiversity, agroecological value, and aesthetic beauty</i> Giuseppe Lo Pilato, The Garden of Kolymbetra
9:20-09:40	<i>Todoli Citrus Fundació: biodiversity as a catalyst for economy and imagination</i> Óscar Olivares-Fuster, Todolí Citrus Fundació
9:40-10:00	<i>Hesperidarium: The Garden of Citrus Fruits and the Medici Collections</i> Alberto Tintori, Vivaio e collezione di agrumi di Oscar Tintori Vivai
10:00-10:20	<i>From Pantelleria's Walled Gardens to the Orangeries beyond the Alps: cultural motivations, early stakeholders, and a roadmap for the creation of a European Cultural Route of Citrus Fruits</i> Serena Savelli, member of Glaeba research group
11:00	Transfer to Messina
12:00	Visit to the “Pietro Castelli” Botanical Garden – University of Messina and closing remarks
13:00	Lunch
14:00	Transfer to Torregrotta
15:30-16:30	General Assembly of the Aromas Itinerarium Salutis (AIS) Association (<i>by invitation only</i>)

Reference contacts

General inquiries: director@aromassalutis.eu – AIS Secretariat | Urgent (during the seminar): [+393339366533](tel:+393339366533) – Simona Tardi, AIS Executive Secretary

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