

Corsican Organic Products

Here is a first go at a Corsican Organic Products directory. It will doubtless grow and I'll be happy to receive any information that you'd like to contribute.

Corsica is a place where organic (*bio* – in French) produce is no surprise, since a large proportion of the agriculture uses traditional methods on very small holdings and intensive chemical farming has never been the norm. The rigour involved to obtain the organic label (AB – *Agriculture Biologique*) means that it is well recognised. *Bio* forms a growing proportion of Corsican agricultural production.

The directory is organised under these headings:

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/ Meat / Olive Oil / Restaurants / Shops / Textiles / Wine

Cheese

Virtually all farmhouse (*fermier*) sheep & goat cheese produced in Corsica is organic, but may not be labelled as such (since it's self-evident!). However some does carry the *Bio* label, eg:

- ◆ Jean-André Mameli, Pozzalincu-Mandriolu, 20167 Sarrola Carcopino – 04 95 10 01 85

Corsican farmhouse cheeses are often eaten with *confiture de figues* (fig jam) , or *figues au noix*.(a sweet fig & walnut preserve). These latter are also almost always *bio*.

While it's not officially a cheese, most *brocciu* produced in Corsica is AOC. *Brocciu* is almost a national product, for it is used in so many different culinary ways. It is made from sheep's whey and is a superior version of the French *brousse*. It can be eaten as is – it's beautifully clean, excellent after a rich meal like *civet de sanglier* – a heavy wild boar stew. You can add sugar and *eau de vie* – even better. It can be used to make a very popular desert – *fiadone*, a sort of Corsican cheesecake. It can be a filling for *beignets* (like small doughnuts, but much lighter). It is often used for savory dishes, too.

Dried Fruit

Nuts

Corsica is the principal almond-producing region of France and is growing in strength. There are about 60 producers (600 hectares) and nearly all supply '*Corsicamandes*', a company that commercialises their production and supplies about 65% of French almonds.

Chestnut production is also becoming more formalised and a considerable number of the abandoned chestnuts-forest plantations are being rehabilitated.

- ◆ Virginie Brunini, lieu dit Fornello, Chemin de Callane, 20230 Ste Lucie de Moriani - 04 95 38 44 78 & 06 09 61 79 75 (hazelnuts)
- ◆ Maurice Choukroun, I Santi, route de Vensolasca, 20215 Vescovato – 04 95 36 64 69 (hazelnuts)
- ◆ Coopérative Aliméa, Bravone, 20230 Linguinzetta – 04 95 38 88 74 (almonds & hazelnuts)
- ◆ GAEC Sativa, Flori Pasquin & Jean-Yves Aquaviva, Calasembia, Route du Cintu, 20224 Lozzi – 04 95 48 09 08 (fresh & dried chestnuts, chestnut flour)
- ◆ Stéphane Guerrini, 20244 Cambia – 04 95 48 42 96 (chestnut flour)

- ◆ Jean-Luc Guidicelli, Pian di Vallu, 20250 Santa-Lucia-di-Mercurio – 04 95 47 11 05 (fresh & dried chestnuts, chestnut flour)
- ◆ Roselyne Hubert, Ville di Paraso, 20226 Belgodere – 04 95 61 50 23 (almonds)
- ◆ Didier Lorenzini, Migliacciaru, 20243 Prunelli di Fiumorbu – 06 03 92 92 31 (fresh & dried chestnuts, chestnut flour)
- ◆ Jacques Laurent, Place de l'Eglise, Exploitation LD Forciolo, RN 193, 20163 Tavera – 04 95 52 83 36 (fresh chestnuts & chestnut flour)
- ◆ Jérôme Pierlovisi, Casa A Torra, 20167 Cutuli – 04 95 25 61 49 (chestnut & maize flour)
- ◆ Phillipe Porruncini, Couvent de Tavagna, 20230 Pero Casevecchie – 04 95 36 95 14 (hazelnuts)
- ◆ Christiane Rollin, Aghione, 20270 Aléria – 04 95 56 60 38/06 10 07 96 07 (shelled almonds in 250g packets)
- ◆ Marie-Claude Scarbonchi, U Poghju Curintina Suttana, 20167 Cuttoli – 04 95 25 83 46 (chestnut flour)
- ◆ Patrick Venturini, 1 bis Rue du Nouveau Port, 20220 Bastia 04 95 32 33 95 (almonds)
- ◆ Jean-Paul Vincensini et fils, 20244 San Lurenzu – 04 95 47 15 45 (fresh chestnuts, chestnut flour & chestnut jam).

Essential Oils

- ◆ Jean-Pierre & Paul Caux, Corsicapam, Salva d'Orajo, Carbonajola, 20117 Ocana – 04 95 23 81 88
- ◆ Muriel Crestey, Levole, 20221 Cervione – 04 95 36 04 46/04 95 36 04 66 (olive oil-based cosmetics – www.realia-cosmetic.com) – Muriel is looking for massage practitioners and beauticians and others who would be interested in distributing her products in Europe – or anywhere in the world where EU standards are accepted.
- ◆ Noëlle Irrola & Emellie Cortaggiani, GAEC de l'Astratella, Salduccio, 20260 Lumio - 04 95 60 62 94 (www.astratella.com)
- ◆ Albrecht von Keyserlingk, Essences Naturelles Corses, lieu dit Acqua Buona, 20230 San Nicolao – 04 95 38 46 04

Food Supplements

- ◆ Dr Christophe Giradin Andreani, Phytocorsa, Route de Pinarello, 20144 Sainte Lucie de Porto Vecchio – 04 95 71 23 32 www.phytocorsa.com – spirulina, chlorella and many others in pure or formulation variants

Fresh Fruit & Vegetables

- ◆ Christiane Angelini, Sud Distribution, RN 198, 20137 Porto Vecchio – 04 95 70 36 30/06 18 24 22 28 (vegetables)
- ◆ Association Cap Vert, Lieu Dit Cepitta, 20228 Luri – 04 95 35 05 07 (vegetables)
- ◆ Patrick Berghman, Lieu Dit Puntimoso, BP 13, 20230 San Nicolao – 04 95 38 58 38/06 14 10 54 96 (citrus & clementine juice) – ww.patrick-berghman.com

- ◆ Alain Ceria, Place de l'Ecole, Saint-Jean-de-Pisciatella, 20117 Cauro (vegetables)
- ◆ Peter Bliesener, Route du barrage, 20230 Chiatra di Verde – 04 95 38 89 11 (vegetables)
- ◆ Virginie Brunini, Lieu Dit Fornello, Chemin de Callane, 20230 Sainte-Lucie-de-Moriani 04 95 38 44 78/06 09 61 79 75 (vegetables)
- ◆ Earl La Ferme d'Alzetta, Route de Mela-Muratello, 20137 Porto Vecchio – 04 95 70 02 32 – 04 95 70 02 32 (fruit & vegetables)
- ◆ Antoine Filippi, Fieramosca, 20230 San Giuliano 04 95 38 88 45 (citrus)
- ◆ Bernard Labbe, Favalli, 20131 Pianottoli Caldarello – 04 95 71 86 18 (fruit)
- ◆ Jean-Jacques Laurent, Au Jardin de la Testa, Lieu Dit Cirione, Route de la Testa, 20144 Sainte-Lucie-de-Porto-Vecchio (fruit & vegetables)
- ◆ Jean-Louis Mazoyer, Capicorsine, 20270 Aléria – 04 95 57 08 12 (fruit & vegetables)
- ◆ Marc Prietto, Domaine Agricole de Valle, Lieu Dit Purretta, 20144 Sainte-Lucie-de-Porto-Vecchio – 06 14 07 02 33 (fruit & vegetables)
- ◆ Laurent Quilichini, Arcabalenu, Lieu Dit Manareccia, 20100 Bilia – 04 95 73 47 02 (vegetables)
- ◆ Michel Satta, Bioloretto, Domaine de Loretto, Chemin de Loretto, 20090 Ajaccio – 04 95 23 23 06 (vegetables)
- ◆ Marie-Claude Scarbonchi, U Poghju Curintina Suttana, 20167 Cuttoli – 04 95 25 83 46 (fruit)
- ◆ Albrecht von Keyserlingk, Ferme Boréo, 20230 San Nicolao – 04 95 38 46 04 (citrus)

Honey

Most Corsican honies are organic and AOC. Here are some producers labelled *bio*:

- ◆ Maurice Choukroun, I Santi, Route de Vensolasca, 20215 Vescovato – 04 95 36 64 69 (and jam)
- ◆ Jean-Yves Foignet, 20230 Canale di Verde – 04 95 38 81 31
- ◆ Jean-Marc Godillot, Campana-Mezzana, 20128 Albitrecciua – 04 95 25 72 89
- ◆ Yves Tercé, 20214 Calenzana - 04 95 65 27 14

Meat

- ◆ Jean-Charles Abbattucci, Lieu Dit Kiesale, 20140 Casalabriva – 04 95 70 04 55 (lamb)
- ◆ Jacques Abbattucci, Ferme fil di rosa, 20140 Serra di Ferro - 06 08 69 94 45 (veal)
- ◆ Henri Santoni, Ferme du Pagliaccio, 20124 Zona – 04 95 78 63 48 (lamb & kid)

Olive Oil

Most olive oil produced in Corsica is organic and AOC.

- ◆ Jean-Charles Abbattucci, Lieu Dit Kiesale, 20140 Casalabriva – 04 95 70 04 55
- ◆ Jean-Louis Mazoyer, Capicorsine, 20270 Aléria, - 04 95 57 08 12 (and jam)

- ◆ Marie-Claude Scarbonchi, U Poghju Curintina Suttana, 20167 Cuttoli – 04 95 25 83 46 (and jam)

Restaurants

Organic restaurants have begun to appear in Corsica (not very quickly, it's true); one example is L'Ortu at Vescavato (tel 04 95 36 64 69) in a house built from Corsican pine (Iabelle & Maurice Choubroun, the hosts, are continental French, albeit here for 16 years). They are beekeepers and producers of fresh veg, and are fascinated by medicinal and aromatic plants.

Shops

- ◆ Biomarket, ZI du Vazziu, Ajaccio
- ◆ Croque Nature, Porto Vecchio
- ◆ Essences Naturelles Corses Boutique, Moriani Plage – this is a retail outlet for von Keyserlingk (see Essential Oils)
- ◆ A Licata, Porto Vecchio
- ◆ Oshadi, St Florent
- ◆ le Petit Marché, Bastelicaccia
- ◆ La Roulotte, Bastia (Furiani) & Ajaccio (regular deliveries to other regions)
- ◆ Saveurs Naturelles, Ajaccio

Textiles

- ◆ Jean-Louis Rossi & Catherine Soundiarassou, Sarl Machja, 9 Chemin du Fiumicellu, 20200 San Martino di Lota – 01 75 50 40 04/06 11 72 49 30 (www.machja.com) – fairtrade women's and men's wear of high-quality organic cotton, using natural dyes. These highly fashionable clothes are casual and smart. They are now introducing a range of jeans as well. They seek outlets worldwide.
- ◆ Corsican cork pillows and cushions: Valérie Gaudemard produces wonderful cork-granule pillows and cushions. I sleep on one. They give support to the neck, can be arranged to suit your shape and are breathable, never rot, can be washed, hypoallergenic – what more could you want? The pillow covers are in wild organic cotton mattress ticking. Valérie produces the pillows in various sizes and shapes – for sleeping, lumbar support, half moon shapes for the neck and can manufacture to order. You can find her products at fairs in Corsica or by mail order direct from her workshop: Allupiera, Lieu Dit Bragalina, Route de Cargèse, 20167 Alata (tel 04 95 22 20 31, email vgaudemard@wanadoo.fr).
- ◆ Lana Corsa (www.lana-corsa.com) is the only user of natural Corsican sheeps wool. And that at only about a ton a year (out of a potential 90 or so). They produce beautiful and hand-knitted clothing, much is natural undyed colours – cream, pale beige, light gray and charcoal. You'll find them at Ponte Leccia and in 2006, they are opening a new workshop and showroom just off the Ponte Leccia-Corte road out of the village.

Wine

- ◆ Jean-Charles Abbattucci, Domaine Comte Abbattucci, Lieu Dit Kiesale, 20140 Casalabriva – 04 95 70 04 55 (red, white & rosé)

- ◆ Monika & Gwenaële Boucher, La Testa, 20144 Sainte-Lucie-de-Porto-Vecchio – 04 95 71 40 34/06 07 63 86 59 (red, white & rosé AOC Porto Vecchio)
- ◆ Jean-Paul Cantara, Domaine de la Murta, 20114 Figari – 04 95 71 00 34 (red, white & rosé AOC Figari)
- ◆ François & Jean-François Francisci, Clos Petra Rossa, BP 148, 20220 Ile Rousse 04 95 61 53 92 (wine & muscat)
- ◆ Christian Imbert, Domaine de Torraccia, 20137 Lecci – 04 95 71 43 50 (red, white & rosé AOC Porto Vecchio)
- ◆ Sylvain Paoli, Campo Maggiore, 20253 Farinole – 04 95 37 13 59 (red, white & rosé AOC Patrimonio)
- ◆ Pierre Richarme, Lieu Dit Navara, 20100 Sartène – 04 95 77 10 74/04 95 77 07 11 (red, white & rosé)

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