



## Our books



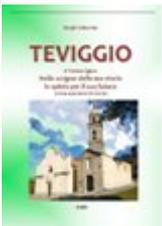
**The first book** is based on our grandparents and parents' testimonials, and it allows us to understand sacrifices, difficulties, and pains of those who were our ancestors. It was a very hard living which used to be unchanged for ages up to the middle of Nineteenth century, even if it was comforted by the religion and faith. Nevertheless, it was also a world out of which, today, you can get sound principles, the importance of family, solidarity, and mutual respect. In the first volume published on December 2002, whose title is *Buto*, in the *Alta Val di Vara*, you can find the history (with unknown details about the Second World War), legends, traditions, cooking, crafts, customs, usages, proverbs and so on.

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**The second book** "Buto in cammino" (Buto on its way), instead, contains news and information (since the Fifteenth century) got out of old documents kept in Buto's parish archives, Teviggio's vicarage archives, and Brugnato's diocese archives. First authors of this second book are various: 38 vicars, bishops, nurses, midwives, hospital sons, emigrants, soldiers, nearby villages. About 35.000 data have been computerized giving us a statistical processing of surnames, names, births, deaths, and weddings. Moreover, 254 typical surnames of our valley included in parish registers have been listed, along with notes about their first registration and their village of origin.

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**The third book** was written by the Teviggio's community with the co-operation of ButoCultur@. It describes, among other things, environment, work, tradition, proverbs, the parish, and contains a lot of statistical results based on data from parish registers which was set up since 1622.

The millenary history of the Teviggio's village has been written on the basis of the parish registers, by reading reports of pastoral visits, viewing documents kept in the archives of the old diocese of Brugnato (now it is in the library Niccolò V of Sarzana), looking into more than 100 historical texts about territory, with photos, tales and documents of village people.

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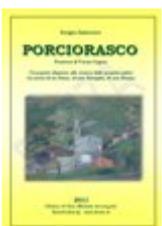
**The fourth book** contains old cooking recipes (these often go along with news and curiosities), and also relates proverbs whose subject is the relationship between countryman and food symbolized by the saying *besögne mangià pè vive, nu vive pè mangià* (You have to eat for living, not to live for eating).

Though they were the same, typical local dishes had never equal ingredients and doses: They were different depending on family, season and what you had at disposal.

It was a mainly "poor" cooking due to the need of making the best of products you had at disposal, which were plentiful in summer/autumn and, on the contrary, poor in winter/spring.

It was a plain cooking; nevertheless it was a strong one in its lack of ingredients. Genuineness of components handed down during the time by countrywomen, who lived in small villages at the sides of Gottero Mountain, makes delicious such recipes so that they can radiate the taste of this land.

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**The fifth book** is the history of Porciorasco. This village is rich in events and tradition, but now without its parish and people.

It is the story of the De Paoli's family, which arrived to Porciorasco at the end of Sixteenth century, and set up and managed a business that could unite people, and give four parishes and personages to Varese Ligure's society of Eighteenth/Nineteenth century.

It tells the story of the honourable Member of Parliament Mrs Angela Gotelli who participated to Italian politics of Nineteenth century, and greatly helped to develop all Gottero Mountain's localities loved, Porciorasco above all, by her.

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Donations for books on Buto have to be given in favour of Buto's *San Pietro Apostolo* parish. Those for the book on Teviggio should be made to the *Santi Quirico e Rocco* di Teviggio parish. Donations for the book on Gottero Mountain's recipes have to be given to Buto and Teviggio parishes, and those for the book on Porciorasco to the Porciorasco's *San Michele Arcangelo* church