



Siamo Qui

"we are here!"

April 2013

italianamerican.com | iahfi.org

Issue 475

HABEMUS PAPEM!

We have a Pope!

By Rosanna Aiuppa

This joyous announcement was made on March 13 when his name was announced: *Francesco I*, Pope Francis the 1st. Breaking with all manner of pomp and centuries-old traditions and rituals, what an incredible list of firsts he is setting. This started with his appearance on the balcony to the jubilant crowd, not in an ermine-draped red cape, but in the simple white Pope's garb. From his neck did not hang the ornate gold crucifix or the gold keys of St. Peter, a sign of his station, but the simple iron cross he has always worn. He broke the customary silence of his very first Papal blessing, by first speaking and asking them to say a silent prayer for him before he commenced his first official rite, blessing the crowd. Pope Francis is the first Jesuit to become Pope, the first to choose the name of the venerated Saint Francis, synonymous with renouncing his father's wealth, caring for the poor, and the one who most opted to live his life modeled after that of Christ. This was not a name chosen by chance. Jorge Mario Bergoglio is truly making history and the world is noticing.



Referring to himself as the Bishop of Rome, he is the first non-European Pope in centuries, the first from Latin America to lead the 1.2 billion Catholics. He will most likely offer a more pastoral face to the Papacy. He comes from the most unequal part of the world, one that has grown the most, but has done the least in reducing misery. As Cardinal in Argentina he enjoyed a reputation as an austere intellectual, balancing this by his genuine humility and concern for the most vulnerable in his flock. By his example, Pope Francis will perhaps change the distance that the faithful in the pews have felt towards the Vatican. Renouncing the palatial trappings of the Archdioceses in Buenos Aires, he lived in a small apartment, cooked his own meals, and often took public transportation. Part of his strength and simplicity is perhaps due to his formative years.

He was witness to his hard-working parents' struggle to build a better life in Argentina, after migrating from the impoverished mountainous area of Piedmont in northern Italy. The pattern of migration to the Southern Hemisphere is not as widely known. These waves of immigrants started arriving in the 1870's and lasted until the 1960's.



© Getty Images
Pope Francis checking out of his hotel

It was considered as the destination of hope for poor Italians not as welcomed further north. Today Argentina and Brazil, with Uruguay not far behind, vie for the honor of having the largest percentage (about 60%) of Italian descendants outside of Italy. Up until the 1930's, most came from this northern region of Italy. The climate was familiar, the language was closer to theirs, and they found less prejudice than in America. As the population was more similar to theirs, it was thus much faster to be assimilated.

Two factors influenced the next wave: First, the Open Door Migration to the USA was shut down with the change in the Immigration Law of

continued on page 4

PRESIDENT'S MESSAGE



Thank you to the many members who, over the last few months, have worked diligently on the Renaissance of the IACC. The fruits of your efforts have not gone unnoticed. February and March have been banner months, with so many members stepping up and volunteering to either chair or work on various committees. The number of members participating in membership events has also increased.

The reconvening 55+ Senior Group is just one of the many activities in which you may participate. We will be changing the monthly Membership Buffet Social from the 3rd Monday to the 2nd Monday of the month. We also plan to expand the socials to include a cultural presentation, starting on May 13th with the movie *Mal'occhio*. I invite all members to participate in this monthly event.

Don't be left behind. Now is the time for you to reacquaint yourself with old friends and to make new ones. No matter how limited your schedule, if you would like to learn how you can become involved in club activities, please call me, Frank Zeoli (Membership Chair), or Linda Sciocchetti in the Membership Office.

A big "Thank You" to everyone who worked on making the Carnevale dinner dance and the St. Patrick / St. Joseph Mass and Brunch such great successes. The Mother / Daughter Luncheon & Fashion Show is coming up this month. I know the committee has been working hard to make this a very special event.

Enjoy your club's activities. Happy Spring to everyone!

Angelo Tarantino, President

April Calendar

View our complete online Calendar at italianamerican.com

Every Monday	Italian Grand Buffet Chair Yoga
Every Wednesday	IACC Bowling
April 10, Wednesday	Women's League Meeting
April 15, Monday	Meet & Greet Member Social
April 16, Tuesday	Board Meeting
April 20, Saturday	Pavilion Clean Up Day
April 21, Sunday	Mother/Daughter Luncheon
Save the Date	
May 13, Monday	Meet & Greet Member Social <i>Mal'occhio</i> Documentary Presented Men's Bocce League begins
May 14, Tuesday	Women's Bocce League begins
May 15, Wednesday	55 & Over Luncheon
June 9, Sunday	St. Anthony Mass in the garden
June 13, Thursday	Andrea Bocelli, Times Union Center
June 16, Sunday	Farmers' Market opens
June 27, Thursday	Bus trip to Yankee game

ITALIAN AMERICAN COMMUNITY CENTER

257 Washington Avenue Extension
Albany, New York 12205

***a place where family and friends can
meet, eat, play and
celebrate Italian heritage***

I A C C Office

Linda Sciocchetti IACC Office Manager

Monday - Friday 9:30 AM - 2:30 PM

518.456.IACC | FAX: 518.456.0338

membership@italianamerican.com

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Please submit articles, suggestions, or comments to:
Rachel Cameron, Editor, rcamero@nycap.rr.com

Layout Editor Needed

Please contact the IACC Office if you are
interested: 456.4222

Member Profile Sante & Carmela DiCarlo

by Anna Acconi

We Did What We Were Supposed To Do

Fate has an interesting way of shaping destiny. Sante DiCarlo and his father were to travel to America aboard the Andrea Doria, but, instead, took a different ship two weeks before the fateful voyage because the Volcania had two available openings. Born in Fontechiari, Frosinone, Sante arrived in Albany when he was 19 Years old. Carmela Ricupero was born in Reggio Calabria and emigrated to Albany at the age of 20. They met when they attended night school to learn and improve their knowledge of English and their lives have been connected ever since. Married for almost 52 years, Sante and Carmela raised four children, worked hard, contributed to their community, and, as Carmela said, "We did what we were supposed to do."



When Sante arrived in Albany in 1956, he brought some skills as a workman and a mason and a desire to work and succeed. After working at Marone Brothers Builders and at Lanzetta Marble Company for more than 20 years, Sante, along with Anthony Marchio, brother of Maria Marchio, started their own company, D and M Tile. Sante retired about 10 years ago from the company, but continues to keep busy, working in his greenhouse throughout the winter and early spring in order to maintain his magnificent garden where he grows numerous vegetables, more than 100 tomato plants, a palm tree, and five fig trees.

Growing all those vegetables demands a great deal of work on the part of Carmela, who cans the vegetables and tomatoes. Never one to be idle, Carmela worked at various jobs until she started to raise her family, returned to the work force as soon as her youngest daughter began school and worked as a cleaner at the SUNY Albany campus until her retirement to help raise her grandchildren. Sante and Carmela currently have six grandchildren. In addition to her busy schedule, Carmela and her sisters and brother, member Carlo Ricupero, spend time caring for their 98 year-old mother, a labor of dedication and love.

Sante and Carmela DiCarlo, charter members of the IACC, have long been active members of the Italian American community in Albany. Throughout the years, Sante and Carmela have quietly offered their services in whatever capacity they are needed. In fact, Sante, along with his partner, Anthony Marchio, were responsible for the installation of all the tile work in the building and have provided repairs during the past 40 years as needed. For many years, Sante worked with the festa committee to set up for the festivities, while Carmela volunteered her services when she could.

Surely, Sante and Carmela did what they were supposed to do. Ask their family, friends, and colleagues about them and you will hear words of praise for two devoted persons who selflessly care for others. As Sante says, "I always help when I can."

Pavilion Clean Up Day by Earl Knowles

Volunteers are needed to help open the Pavilion for the season. We need to clean inside the building and the grounds outside. The Pavilion Clean Up Day will be April 20 beginning 9 AM. A rain date of April 21 at 12:30 PM has been established. Bring your work gloves! Hope you can join us!

Members 55 and Over

By Sharon Patrei

Please mark your calendars for our first 55+ Luncheon on May 15. Details will follow in the May issue of *Siamo Qui*. You may call Sharon Patrei at 765.3283, Kathy Ryan at 852.7892, or Carole Mann at 373.0375 for your reservation. We are so excited to have you join us.



Our 23rd Annual Mother ~ Daughter Luncheon
 Sunday, April 21, 2013 12:30-4pm

\$27* for Ladies, Little Ladies Under 12 Free, *\$2 Discount for Members
 Cash, Check or Credit Cards Accepted



Christopher
& Banks

April Showers... Bring May Flowers...



Luncheon includes Mimosa Toast, Antipasto Chopped Salad, Villa Italia Rolls & Butter, Entrée selections of: Chicken Tuscany (spinach, roasted red peppers, spinach), Grilled Salmon or Eggplant Parmigiana, Fresh Fruit Plate and Italian Pastries for Dessert. Soft Drinks and Coffee included. Little Ladies receive a Shirley Temple, Kraft Mac n Cheese, Chicken Fingers & French Fries and "make your own cupcakes" for dessert.
 Sponsor a centerpiece for only \$20 each (see website for more details)



Sponsored by The Women's League of The Italian American Community Center
 Please visit us on line at www.italianamerican.com for more information & Sponsorship Opportunities.
 Event is at The I.A.C.C. 257 Washington Ave. Ext., Albany Call 518.456.4222 for tickets.



continued from cover

1924. Italy and poorer nations were shut out, in favor of the more industrialized Northern Europeans. The second factor was that during the late 30's and 40's, Europe, and Italy in particular, was ravaged by the world-wide depression followed by WW II. This period saw the largest numbers head south, especially to Argentina. The North prospered, as the economic boom took hold in Italy during the 50's, since it was more industrial and the center of small artisan factories. Immigration was no longer necessary. However, the poorer and forgotten people of the South could not sustain the poor agrarian population and were forced to immigrate. First choices were to northern Italy and Germany. Since the USA was next to impossible to enter, the other logical destination once again became the Southern Hemisphere. Argentina, Brazil, and Uruguay received this next wave of Italians. However, this time, immigrants were mostly coming from the South and Sicily.

True to the Italian immigrant's desire to better the life of their children, Pope Francesco, as the child of Italian immigrants, was encouraged to pursue his studies. He received his Master's Degree in Chemistry. Pope Francesco eventually followed his spiritual calling. He committed himself to God and to making a difference in social justice within the church.

His provocative first steps and departure from the rigid precedents of his predecessors, projects the idea that he is an authentic, humble, and credible Pontiff, who will be up to the task of guiding the church through these turbulent times. Many serious problems have been inherited by this humble man. History will judge the impact of this Pope. May he live up to his namesake and reawaken the faith in his church, influence for the better, and bring back to the fold many who have been disenfranchised.

St Joseph / St Patrick's Mass and Brunch

By Maria Marchio & Santa Pasquini

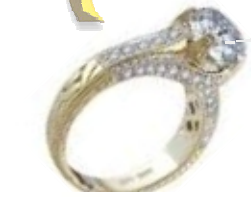
Our St Joseph / St Patrick's Mass and Brunch was a great event. About 103 people attended. Father Chiamonte's sermon was very moving and had the attention of everyone in the room.



Thank you to Father Chiamonte for his service and everyone who attended. The Brunch by Mallozzi Group following Mass was delicious. Pam and the entire wait staff did a superb job. We hope to see everyone again in June when we celebrate a Mass for St. Anthony.

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Arthur Ave. Bus Trip by Frank Zeoli

On Saturday, March 23, the Social Activities Committee sponsored a day trip to Arthur Avenue in the Bronx for members and non-members (Italians and non-Italians alike). The bus was filled with humor, laughter, and great conversation. Jim Sano, Rosanna Aiuppa, and Maria Marchio marched up and down the aisle of the bus telling jokes, offering everyone water, Italian baked goods, and gourmet chocolates.

Once on Arthur Avenue, everyone was “off and running” on a four-hour shopping spree, buying Italian meats, cheeses, pastries, breads, and, last but not least, homemade pasta. Everyone took a brief respite at a restaurant of their choice for a great lunch. Many followed that up with a cappuccino and pastry at one of the many bakeries in the neighborhood.



After a great day, packages were loaded into ice-filled coolers under the bus. The group then headed home with more stories, jokes, and laughter.

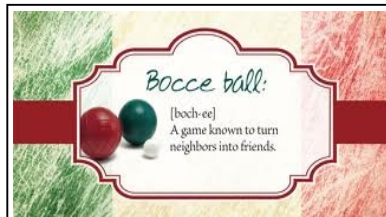
At the beginning of the day, many did not know each other. However, as they arrived back in Albany and exited the bus, since many felt like family, there was much hugging and kissing and wishing *Buona Pasqua* (Happy Easter) to all. We can't wait until next year's trip.

CHAIR YOGA IS HERE AT THE IACC

Everyone has enjoyed this class so much that we are offering a 2nd session. If you have even a little stress in your life, you should give this class a try. It is wonderful! Yoga instructor, Tracy Swanson teaches this yoga class called *Chair Yoga*. Chair Yoga is a gentle form of yoga that is practiced sitting in a chair or standing using the chair for support. Everyone can do this. The class runs through Monday, April 29th. The one-hour class is held upstairs in the IACC Boardroom and begins at 6:30 PM. Classes are open to men and women.

Price: \$10 per class to drop in

Remember to wear loose, comfortable clothing!



Women's Bocce League

Our 2013 Women's Bocce season is about to begin on May 14th at 6:00 PM. Team members please call your captains to let them know whether or not you will be playing this year. NEW members are always welcome. You need not know how to play. We would be happy to teach you this very simple game. We have a good time every Tuesday. For those of you who are new, it is an opportunity to make new friends. New members who wish to join us, please call Sharon Patrei at 765.3283.

40th Anniversary

In 2013 the Italian American Community Center will celebrate our 40th anniversary. To commemorate this momentous occasion, we are planning a year-long celebration of events honoring the great Italian Americans who have made this club what it is.

We are calling for volunteers to serve on a 40th Anniversary Committee to help plan the celebrations. Anyone interested in serving on this committee please contact Frank Zeoli, Social Chairman, at fzeoli@nycap.rr.com or 935.5174.

Immigrating to America *By Rachel Cameron*

Last month, in our Book Club, we read *The Shoemaker's Wife* by Adriana Trigiani. It was a fascinating glimpse into some of the experiences of Italian immigrants to the US. The lyrics below are from one of the traditional Irish songs sung by the Irish Tenors a few weeks ago at Proctor's. Even though this song was originally written about Irish immigrants, it could easily apply to immigrants from Italy as well.



Emigrant Eyes *Author: Guy Clark and Roger Murrah*

Old Ellis Island was swarming,
Like a scene from a costume ball,
Decked out in the colors of Europe,
On fire with the hope of it all,
They were standing in line just like cattle,
They were pushed and sorted and shoved;
Some were one desk away from sweet freedom;
Some were torn from someone they loved.

To this sprawling tower of Babel
Came a young man confused and alone;
Determined and bound for America;
Carrying everything that he owned;
My father's own father stood huddled
With the tired and the hungry and scared,
A turn of the century pilgrim,
In love with the dream that they shared.

Sometimes when I look in my grandfather's emigrant eyes,
I see that day reflected, I can't hold my feelings inside.
I see starting with nothing and working hard all of his life,
'So don't take it for granted' say Grandfather's emigrant eyes.

Now he rocks and he stares out the window,
But his eyes are still just as clear
As the day he sailed into the harbor,
To land on the island of tears.
My grandfather's days are numbered,
But I won't let his memory die,
For he gave me the gift of this country,
And the look in his emigrant eyes.

Sometimes when I look in my grandfather's emigrant eyes,
I see that day reflected, I can't hold my feelings inside.
I see starting with nothing and working hard all of his life,
'So don't take it for granted' say Grandfather's emigrant eyes.

How I gaze with pride at my children,
And I marvel how quickly they've grown,
Born and raised in America,
It's the only home they've ever known.
They never knew their great-granddad,
Or that he was determined and wide,
But I hope that I've passed on his spirit;
And the look in his emigrant eyes.

Sometimes when I look in my grandfather's emigrant eyes,
I see that day reflected, I can't hold my feelings inside.
I see starting with nothing and working hard all of his life,
'So don't take it for granted' say Grandfather's emigrant eyes.



Yankee Baseball Game

Coordinated by Jim Sano



Thursday June 27

8:15 AM Juice, Coffee, & Donuts – Poolside

8:30 AM Bus will leave IACC Parking Lot

1:05 PM Yankees vs Texas Rangers

Seating: Section 434A

Dinner stop on Arthur Ave. Bronx

9:00 PM Estimated time bus will return to IACC

Transportation: Yankee Trails Video Coach

Cost: **\$59 – Members** | **\$65 – Non-Members**

Reservations: IACC 456.4222 First Come First Served

Questions: Jim Sano 438.4631

Foundation Book Club by Richard Ognibene



"When the moon hits your eye like a big pizza pie

that's *Amore*." *Amore* is the title of a recent book by Mark Rotella that tells the story of Italian American singers and their songs during the "Italian Decade" from World War II to the mid-1950s. The Book Club at the IACC will be discussing Rotella's *Amore* on Tuesday, May 14th at 7:00 PM.

From the beginning of the great immigration of Italians to the United States in the 1880s to the 1920s and beyond, many Italians suffered discrimination at the hands of the institutions that were supposed to help including churches, schools, and a government that ordered approximately 10,000 Italian Americans interned in camps in the US during WW II. However, at the same time, several factors helped to minimize discrimination, until two decades later it was more a memory than a reality. Among those factors were the service of 1.2 million Italian American soldiers in WW II and the emergence of prominent Italian Americans in diverse forms of public life.

Fiorello LaGuardia, who served as New York City Mayor from 1934 to 1945, was one such individual. The list also included several renowned sports figures of that era like Joe DiMaggio and Rocky Marciano. Even more prevalent was the large array of Italian American singers, most notably, Frank Sinatra, whose widely-copied crooning style dominated the American musical scene until the era of rock and roll displaced, but did not eliminate it. It is this "story of Italian American song" that Mark Rotella tells in his book, *Amore*.

The book begins with a discussion of the Old Country origins of the Italian musical style, and presents a warm portrait of the way in which Enrico Caruso's immeasurable popularity paved the way the next generation of Italian musical artists. Rotella's book is filled forty (mostly short) chapters on individual singers, the communities from which they came, and the songs that made them famous. Besides Sinatra, a partial list of the singers includes Perry Como, Louis Prima, Vic Damone, Frankie Laine, Dean Martin, and Tony Bennett, who, even if they *Americanized* their names, represented an admired group of individuals whose work embodied musical excellence. These singers were everywhere, on radio and TV and in movies. They were a source of pride for an ethnic group that had not felt so welcome in an earlier period of American history. Along with Italian Americans who entered college and professional life after WW II, and the hard-working Italians whose participation in the post-war boom enabled them to join the middle class, the singers whose stories are told in *Amore* were a force for Italian American progress in this country.

Please join us on May 14th at 7:00 PM to reminisce about the songs you loved and the individuals who helped put them in your memory. For further information contact Dick Ognibene at 372.4919 or at rtoignibene@nycap.rr.com.

Membership Meet and Greet Social

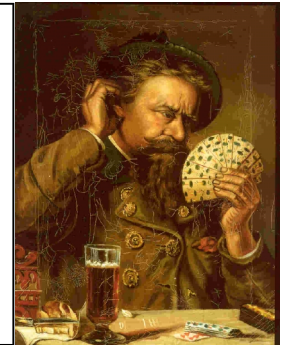
The socials provide an opportunity for members to meet other members (new & old), enjoy the camaraderie of fellow members, and be updated on planned activities at the club. We hope more members will attend these get-togethers in the months to come.

If you would like to attend, you will need to register with Linda in the Office, by the Wednesday before each social. This is necessary, because we need to make reservations with the restaurant. The only cost to you will be the cost of the buffet, but your membership benefit applies, so you buy one dinner and receive the second one free. (Drinks, tax, and gratuity are extra.)

The *Membership Meet and Greet Socials* are for ALL MEMBERS and are scheduled at 6:00 PM. The next scheduled dinner is Monday, April 15. Beginning in May, the socials will be held on the 2nd Monday of the month. Therefore, the May social will be held on Monday, May 13. We encourage you to attend. Please mark your calendar and contact the Office to make your reservations.

Card Player Needed

Wanted: Male card player for Tuesday night games. This small group of men meet in the Card Room most Tuesdays from 6 – 10 PM. Call Nick Mancini 286.3009 with any questions. IACC membership is required.



Andrea Bocelli is Coming to Albany

Andrea Bocelli is coming to the Times Union Center on June 13th at 7:30 PM and the Italian American Community Center has discounted tickets available. Lower Level seats are available for \$223.00. Upper Level seats are available for \$70.00. Contact the Membership Office at 456.4222 to purchase tickets or for more information.



Women's League

Hello Ladies and Hello Spring!

I hope everyone had a wonderful Easter! It's such a sure sign of springtime! I wanted to thank everyone who contributed items to the "Wish List" for the Ronald McDonald House. Our speaker,



Garry Finkell, was so appreciative of all the donations. We are also going to buy \$200 worth of gift cards for use at CVS Pharmacy and a local gas station. We had such a great response to help this amazing organization. I hope we continue to help them every year. There are some other plans to help the Ronald McDonald House, such as going to the house (they have a great kitchen) and making dinner for the residents there and possibly going to Albany Medical Center Hospital to the Ronald McDonald Family Room and providing some entertainment. This is really what the Women's League of the IACC is really about – helping our community.

Since we didn't have time last month to go over reports and activities, we will have an information-filled meeting in April. There are many items to go over as I pass the baton to the next president and her officers. Please attend and make your voices heard for what *you* would like to see happen in *your* Women's League.

I also want to remind everyone to make plans to attend the Mother/Daughter Luncheon and Fashion Show on Sunday April 21st. Details are on page 4. Call the office 456.4222 to make your reservation.

Our meeting is on Wednesday, April 10th at 6:30 PM. Our dinner choices this month are Chicken Piccata, Stuffed Sole or Pasta Primavera, with Chocolate Mousse for dessert. The price remains at \$20. Please email your reservation to Lynn Indelicato at domlynn@yahoo.com or call 469.1284 by Sunday, April 7th. Cancellations will need to be in by then also. Remember the cancellation policy remains in effect.

Donna Zumbo, Women's League President

Single-Use Day Passes are available to members for use at the Guilderland YMCA.

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Thursday Nights, 7 PM

April 18, 25, May 2, 9

Cost: \$45 Members | \$55 Non-Members

Intermediate to Experienced Italian Speakers– Many of us possess an expansive vocabulary of the Italian language, but do not have a good grasp of the grammar. We therefore struggle to form sentences. Using an innovative approach to communication, this class will present fun and challenging exercises, as we explore and practice the patterns of the beautiful Italian language.

Call the Office at 456-4222 to register

Class size will be limited

Credit Card payments accepted. Call the office for details.

Mail Payment to: Italian American Heritage Foundation, Inc. (IAHFI)
257 Washington Ave Extension | Albany, NY 12205

New Members

Matthew P. Badalucco
Albany

Sponsor: Santa Pasquini

Michael & Paula Donlon
Guilderland

Sponsor: Frank Zeoli

Leonard & Frances Fiore
Niskayuna

Sponsor: Frank Zeoli

Arnie & Bettyann Prindle
Albany

Sponsor: Jim Sano

Roger & Margaret Putnam
Selkirk

Sponsor: Frank Zeoli

Italian Summer Camp

July 8-12 and/or July 15-19



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CARING & SHARING

April Birthdays:

By Anna Acconi



Cheryl Bearup
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 Charlene Caputi
 Anthony Carioto
 Sylvia Coleman
 Ennio Corsi
 Angelo Culmo
 Steve Dupra
 Joseph Farinacci
 Clara Ferrarese
 Louise Giuliano
 Rev. Dominic Ingemie
 John Lins
 Isabel Mancini
 Robert Michel

David Parente
 Paul Petersen,
 Virginia Pioggia
 David Quadrini
 Cindy Riggi
 Mary Lou Ritz
 Theresa Russo
 Margaret Sano
 Lawrence Scarano
 Agatina Simeone
 Colleen Stockert
 Paul Stockert
 Teresa Swanson
 Gloria Yacono

Condolences

It is with great sadness that we report the passing of Joseph Lombardo, son of members Joe and Charlotte Lombardo, who succumbed after a long illness on March 1. Our sincere sympathy is sent to Joe and Charlotte and the entire Lombardo family.

Please contact Anna Acconi at 966.8664 or aaconni111@aol.com

Men's Bocce League

By Jim Sano

Beginning May 13, the men will play pre-season bocce at 6 PM. Games will be open to members and non-members. No official teams will be formed. Even if you have no experience, come join the fun. Members will be available to teach the fine points of the game. Call Jim Sano 577-6158 with any questions.



Baseball Bus Trip

by Jim Sano

The IACC is considering sponsoring a weekday bus trip to a Red Sox and/or Mets baseball game (date yet to be determined).

We are interested in determining how many would like to attend before we buy tickets. Please call the IACC Office at 456.4222 with the number of tickets you would be interested in purchasing. You will then be contacted either by phone or e-mail with the details (date, final pricing, seat location, etc).

Assume the cost including transportation & tickets would be approximately \$75 to \$110 per person depending upon the date. This trip would also be open to non-members.



Peppa's Pasta Primavera

Courtesy The Italian Notebook

Here is how Peppa makes *pasta alla primavera* for six. (Of course, there are many variations on this theme).

- 1- 1/4 lbs pasta – use rigatoni or penne or bowtie pasta
- a bunch of wild asparagus or about 6 – 8 stalks of garden asparagus
- fresh peas (about 1- 1/2 c when shelled)
- fresh fava beans, if available (about 1 c. or more when shelled)
- 1 large onion, white or yellow
- olive oil – about 1 cup
- grated Parmigiano or pecorino (sheep's milk cheese – sharper than Parmigiano and better, I think, for this dish)
- salt, pepper

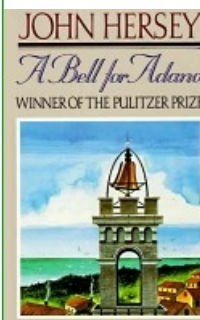
Finely-chop onion and sauté until golden (do not burn!) in olive oil. Add peas and fava beans and gently simmer, adding about 1 to 2 c. of hot water so that beans and peas start to cook down, though they should remain *al dente* ("to the tooth", ie, chewy). Add asparagus tips if garden asparagus – and if wild asparagus, add all of the stalk (breaking into pieces of about 1/4 inch until not possible to break, ie, until you reach the "tough" part at base).

Simmer all vegetables until tender, though NOT mushy! Serve over pasta which you have cooked in salted water until *al dente*, remembering to save the water when draining. If sauce needs more moisture, add a bit of the pasta water and or a bit of olive oil. Generously sprinkle with grated cheese, mix and serve.

Optional addition: zucchini, chopped into small pieces – sauté in olive oil with beans, peas – but after the legumes have cooked a bit as zucchini will cook down much more quickly.

Enjoy!

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