

# Legendary Foods of ITALY and FRANCE

Presented by: Larry Canepa

Two Fridays: September 15 and 22

10:00 a.m. – 12 noon

**ONLINE via ZOOM**

*Enrollees will receive a link via email before each session.*

805-967-6030  
vistas@vistaslifelonglearning.org

First up on our buffet—*Italy: Unified country, regional tastes.* Across the globe, no country’s food and wine traditions are considered more romantic and sought after than those of Italy. Italy consists of 20 regions, each lending its own flavor to the dishes we know and love. No matter the region, the emphasis is on fresh, high-quality, seasonal ingredients. We’ll consider 2000 years of culinary history, dating back to the Roman Empire.



Next on the menu—*France: Liberté, égalité, fraternité ... and food.*

France has played an exceptional worldwide role as a center of high culture since the 17th century. From chic Paris bistros to hearty campagne kitchens, from haute cuisine to cuisine bourgeoise, from tradition to audacity, we’ll consider everything from crisp baguettes to exquisite pastries, with delicious cheese and a bottle wine on our table.



## Enrollment form: **Legendary Foods of Italy and France**

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**VISTAS members \$30; non-members \$45**

- **EITHER pay online** on our website by secure credit card through PayPal:  
<https://www.vistaslifelonglearning.org/current-courses>
- **OR mail this form** and your check to: VISTAS Lifelong Learning, Inc.  
P.O. Box 23228, Santa Barbara CA 93121

Number of persons \_\_\_\_\_ \$ \_\_\_\_\_ Check # \_\_\_\_\_

Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Chef Larry P Canepa is a certified culinary educator, author, researcher, food historian, lecturer on culinary topics, and director of training and development at Dinner at Eight, LLC. Chef Canepa has taught for over 25 years at the International Culinary School at the Art Institute of Phoenix as well as Le Cordon Bleu.*



*Among the classes he has presented to an appreciative VISTAS audience via Zoom in recent years are “Humanity’s Relationship with Food—Past, Present, and Future,” “Foods That Changed the World,” and Food in History.”*



## VISTAS Fall 2023 Calendar

**SUBJECT TO CHANGE; for up-to-date information, visit our website ([VistasLifelongLearning.org](https://VistasLifelongLearning.org)) frequently!**

Course / Event	Date(s)	Time	Venue
Annual Fall Picnic	Saturday, September 9	12:30 pm	Tucker’s Grove
Fiction Book Club / Sharon Alvarado	3rd Thursday monthly	10:00 am	Bethany Congreg. Church
Monday Nonfiction Book Club / Dawn McGrew	4th Monday monthly	1:30 pm	Via Zoom
Flight—Ups and Downs of Aviation / Bruce Phillips	Mon. Sep. 11 and 18	1:00 pm	Bethany Congreg. Church
Impact of Railroads on Am. Music / Norm Cohen	Wed. Sep. 13, 20, 27, Oct. 4	9:30 am	Bethany Congreg. Church
<b>Legendary Foods of France and Italy / Larry Canepa</b>	<b>Fri. Sep. 15 and 22</b>	<b>10:00 am</b>	<b>Via Zoom</b>
Women behind Walls / Bee Bloeser	Thur. Sep. 28	9:30 am	Bethany Congreg. Church
Rethinking Obesity / Dr. Fima Lifshitz	Tues. Oct. 3	9:30 am	Valle Verde
Money in America’s Political System / Ted Anagnoson	Mon. Oct. 16, 23, 30	9:30 am	Bethany Congreg. Church
The Nature of Time / Jim Hemmer	Wed. Oct. 18	9:30 am	Bethany Congreg. Church
Pirates! / Peter Beuret	Thur. Oct. 26	9:30 am	Bethany Congreg. Church
History and Development of the Bible / Norm Cohen	Fri. Oct. 27, Nov. 3, 10, 17	9:30 am	Venue TBD
The US in the World: A Top-10 Summary / D. Stowell	Tues. Oct. 31	10:00 am	Via Zoom
Thirty-Six Years in the CIA / Heidi August	Mon. Nov. 6	9:30 am	Bethany Congreg. Church
<i>Sitting Bull: In His Own Words</i> / J. Ferry & G. DeSoto	Wed. Nov. 8	9:30 am	Valle Verde Theater
Church Music in the 16th Century / Henry Michaels	Mon. Nov. 13, 20, 27	10:00 am	Via Zoom
“The Opulent Summer” Mural / C. Garfinkle	Wed. Nov. 15	9:30 am	Bethany Congreg. Church
Combating Human Trafficking / Florrie Burke	Fri. Dec. 1	9:30 am	Bethany Congreg. Church
Women Architects of S.B. / Rose Thomas	Mon. Dec. 4, 11	1:00 pm	Bethany Congreg. Church
Science Behind the Botanic Garden / S. Windhager	Wed. Dec. 6	1:00 pm	Santa Barbara Botanic Garden