



Manna, the elixir coming from the ash tree

(from the end of July to the end of August)

In summer, in the country around Castelbuono and Pollina, an art that has disappeared anywhere else is still practiced: the harvest of the manna. Every day the ash trees bark is incised to let their sap flow and dry. The substance obtained is called « manna » and it is particularly popular among the local people for its medicinal properties and its nice and sweet taste.

The activity includes the **visit to an ash tree grove** with **demonstration** and **explanation of the extraction process** by a manna producer + the **tasting of the manna**.

Tour dates: on request

Tour cost: on request

Duration: 2 hours

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