



la **Food
sitter**
travels ✈️





Rustic Toscana



Rustic Toscana is where you will be in contact with locals, taste genuine Italian food stay in an authentic tuscan villa, enjoy day trips to picturesque towns like Volterra, San Gimignano, Lucca, Panzano.

The bucolic Tuscan landscapes can be admired all around, with sunrises and sunsets to take your breath away.

Team



Maria Grazia Zagaglia, better known as Mary, the most authentic Tuscan of all Tuscans, was born and raised in the fields of Montegemoli and knows the local cuisine better than anyone.

Every ingredient, every flavor, everything with a rich history to complement the Rustic Toscana Tour experience to perfection.



Marcela Senise, a curator and gastronomic consultant by profession, known as lafoodsitter, has extensive international experience.

Having lived for 25 years in England, Italy, and the United States, she has a solid background and has collaborated with renowned chefs and brands.



João Rodrigues,
a former lawyer,
followed his passion for
gastronomy and became
a talented chef.

He finds inspiration in the
authentic flavors of
Italian cuisine and the
diversity and cultural
power of New York.

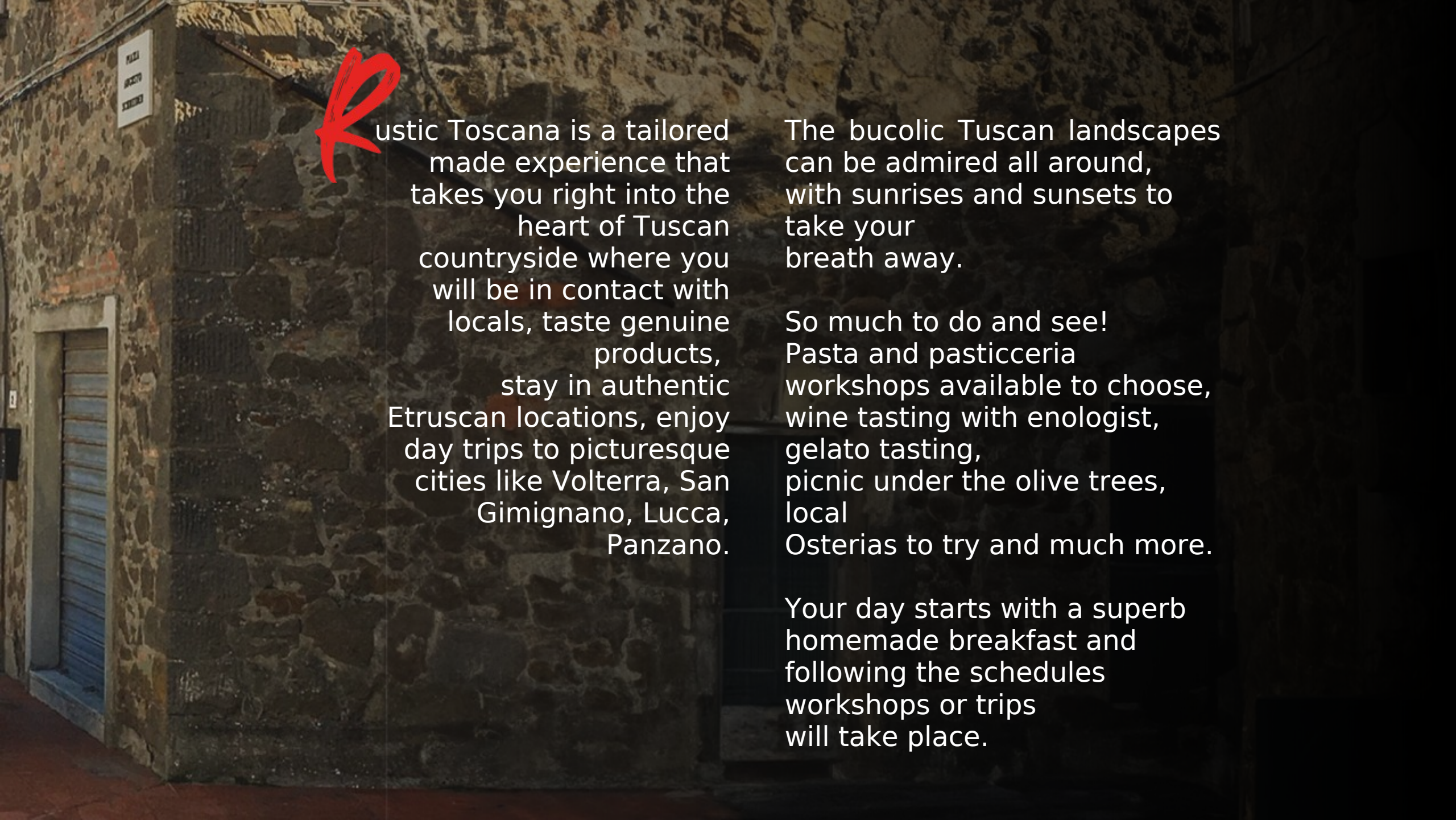
João believes in the
power of food to create
connections and offer
meaningful memories to
those
who experience
his creations.

Marcela Senise Fundadora /
Diretora
@lafoodsittertravels

Maria GraziaZagaglia Fundadora

João Rodrigues Chef Curador
@joaojvr

Miro Fotógrafo
@miro_foto

A photograph of a rustic stone building with a blue door. A red arrow points from the top left towards the text. The text is overlaid on a dark, semi-transparent rectangular area.

Rustic Toscana is a tailored
made experience that
takes you right into the
heart of Tuscan
countryside where you
will be in contact with
locals, taste genuine
products,
stay in authentic
Etruscan locations, enjoy
day trips to picturesque
cities like Volterra, San
Gimignano, Lucca,
Panzano.

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breath away.

So much to do and see!
Pasta and pasticceria
workshops available to choose,
wine tasting with enologist,
gelato tasting,
picnic under the olive trees,
local
Osterias to try and much more.

Your day starts with a superb
homemade breakfast and
following the schedules
workshops or trips
will take place.



ut of many daily experiences of my living in the countryside, getting to meet the locals, cooking with them, eating local products, visiting the close surroundings little villages and small cities, “paese” as Italians call it.

Back in the days I lived in Montegemoli, I started getting requests from my Airbnb guests with suggestions, sometimes even to take them around for the day. What more a foodie like me could ask for? Good food, incredible sceneries, fun and the chance to get to know wonderful people too.

So after testing some itineraries I’ve created ‘Rustic Toscana Food Tour’ with a seasonal experience.









Grazie mille!

Ci
vediamo
in Toscana





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