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***More than the Sum of its Parts- Our diverse Cultural***

***Heritage as Building Blocks for European Unity***

**Liceo Classico Vittorio Emanuele II – Palermo**

**Sicilian Proverbs related to food**

We have many proverbs related to food in our tradition . It’s a pleasure to share them with you

**A cocciu a cocciu si inchi lu parmentu**

Translation: Grain after grain the bag is full

Meaning : step by step you reach your goal

**A diunu nun manciari sfinci A digiuno non mangiar dolci**

Translation: Don’t eat sweets with an empty stomach

Meaning : first think to what is necessary

**A pignata taliata nun vuddhi maj La pignatta guardata non bolle mai (taliata from Talia, the muse)**

Translation: If you keep watching the pan i twill never boil

Meaning : don’t waste time

**Arangi arangi, cu havi guai s’arangi - Arance, arance … chi ha guai si arranci (O si li chiangi)**

Translation: Oranges , oranges, those who have troubles will have to make do

Meaning : troubles is something personal

**Cu havi la panza china un criri a chiddu chi è addiùnu Chi ha la pancia piena non crede a chi è a digiuno**

Translation: Those who can always have food don’t believe to those who lack food

Meaning : rich people are not interested in poor ones

**Cu mancia faci muddichi**

Translation: Those who eat will necessarily dirty

Meaning : It may happen to make mistake when doing something

**Cu n’homu riccu nun ci maciari pira ka i fatti s’i mancia e i zubbi s’hi tira**

Translation: With a rich man don’t eat pears, if pears are ripe he will eat them, if they are unripe he will throw them

Meaning : rich men take everything for them

**Cu paga ‘nnanti mancia pisci fitenti**

Translation: Those who pay before will eat stinking fish

Meaning: it’s better to pay after

**Cu travagghia mancia, cu un travagghia mancia e bivi Chi lavora mangia, chi non lavora mangia e beve**

Translation : Those who work will eat, theose who don’t work will eat and drink

Meaning : bosses will eat and drink even thug they don’t work

**E pigghiatillu stu mastru ka è bonu, ti fani u pani ka giuggiulena, ti lu metti intra u cantaranu e t’u fa viriri ri luntanu**

You can marry this good man, he can make bread and sesame , he will put the bread into a basket and he will show it from far away.

Meaning : better not to marry a greedy man

**Ficu unu, tricoppii rui, piri quanti ‘nni voi**

Translation: One fig, two apricots, and pears as far as you can eat

Meaning: figs and and apricots are not easily digestible

**Funci, pateddi e granci spinni assaj e nenti manci**

Translation: Mushrooms, barnacles and crabs you spend a lot and you don’t eat at all

Meanings: it refers to the fact that this food is expensive

**L’amuri è cumu a lu citrulu: accumincia ruci e finisci amaru**

Translation: Love is like cucumber : it starts sweet and ends bitter

The first part of cucumber is sweet then it’s bitter…like love at the beginning and at the end of a relation

**Lu piru quannu è maturu cari sulu**

Translation: Pears when ripen they fall from the trea

Meaning : It’s unuseful to force the events

**Ogni fichiteddu hi musca è sustanzia**

Translation: Every little liver of a fly is substance

Meaning: you have to accept everything

**Pani duru e cuteddu ka nun tagghia**

Translation: Hard bread and knife which doesn’t cut

Meaning: it refers to a very difficult situation or two people who don’t get on well together

**Pi canusciri n’amicu quantu vali si c’aia manciari setti sarmi hi Sali**

Translation: To know the value of a friend you need to eat seven ounce of salt

Meaning : You need time to know a person

**Pisci cotti e carni crura**

Translation: Cooked fish and raw meat

Meaning: fish has always to be cooke while you can have raw meat

**Vinu vecchiu e hogghiu novu**

Translation: Old wine and new oil

Meaning : with the passing of time wine improbe , while oil ha sto be fresh

**Sali metticcinne na visazza, conzala quantu vua…ma sempri cucuzza è**

Translation: You may garnish it with as much salta s you want but pumpkin still has little flavour

**Nun si po' aviri la carni senz' ossu.**

**•** Translation**:** You can't have meat without the bone.  
**•** Meaning: You can't have the good things in life without some of the bad.

**Chiddu arrusti u so pesci nte ciammi di l'incediu.**

• Translation: This guy roasts his fish in the flames of a fire.  
• Meaning: Don't take advantage of the misfortunes of others.

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| **A petra ufferta di n'amicu e comu un pumu.**  • Translation: A rock offered by a friend is like an apple. • Meaning: You can accept anything from a friend. |
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| **U Pesci fet d'a testa.**  •Translation: The fish stinks from the head. • Meaning: Corruption starts at the top. |
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* The devil eats macaroni with the monk and drinks wine the politician.

No need to say the meaning …