



Email: italiamia@iahcsd.com

Website: www.iahcsd.com

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IAHCSCD March 2026 Newsletter **(IAHCSCD bollettino mensile di marzo 2025)**

Message from the President (Messaggio da la Presidente)

Caio Amici,

First and foremost, I hope you all didn't sustain much damage during the Blizzard of 2026. Let's hope all the harsh weather is behind us.

Our February event, Carnevale, was a complete success. The food, entertainment and the company of friends made the night unforgettable. We now look forward to our March 23rd event. Mingo and Cena Condivisa (covered shared dish) with a St Joseph's Feast theme. All info and tickets available on our website www.iahcsd.com.

I'm pleased to let everyone know that Barbara Capauno's surgery was a success and she is recuperating nicely. She thanks everyone for their prayers.

In addition to our regular events, we have scheduled a Dine to Donate on March 31st at MIO FRATELLO RESTAURANT in Selbyville. Information to follow. We are also planning a food demonstration from a Chef who comes highly recommended from NY. We are awaiting dates of availability.

As always thank you for your continued support and if you have any suggestions for the club, please send us an email at italiamia@iahcsd.com.

Grazie Mille e tanti saluti,
Maria ... "Together Let Us Do Good "

IAHCSCD FOUNDATION Updates

Do More 24

The Italian American Heritage Foundation took part in Do More 24 Delaware, Delaware's largest giving Day from 6 p.m. on March 5th to 6 p.m. on March 6th. The Foundations total donations raised to date was \$680, excluding the Power Hour Prizes. We will update when our final report is received.

As always, **thank you so much** for your generous support. An event like Do More 24 is an awesome moment to appreciate just how many people care about giving our community what it needs to thrive!

The Foundation is considering donations currently. **NOTE TO MEMBERS:** If you volunteer or donate at a non-profit in Sussex County, please send information (name, contact, background, how the organization supports Sussex County communities & your involvement) to www.iahcsd.com and the Foundation will consider adding to our growing list of non-profits to support.

New IAHCSCD Members (Nuovi membri IAHCSCD)

Benvenuto!

Sue Ann & Bert Hennessy

March Birthdays (compleanni di marzo)

Buon compleanno! 🎂

Danielle DeNoia March 1
Cynthia Valone March 1
Anthony Guasto March 9
Lucille Curcio March 17
Celeste Florek March 17
Gary Conte March 18

Upcoming Meetings, Dine & Donate & Events

SAVE THE DATE!

March 23, Monday ... St. Joseph's Celebration & Mingo

- Trails of Beaver Creek Clubhouse, 27378 Covered Bridge Trail, Harbeson
- 5:00-8:00pm
- Ognuno porto un piatto (Bring a covered dish or appetizer)
- Dessert & coffee provided
- Mingo with Pat Brown, Ice Productions (60, 70, 80's music)
- BYOB
- 50/50
- \$15 per person

March 31, Tuesday ... DINE TO DONATE

- **Mio Fratello Italian Steakhouse**
- 38016 Fenwick Shoals Blvd # 4, Selbyville, DE
- **Coupons are required.** To request coupons, email italiamia@iahcsd.com or call Maria at (917) 577-3171
- **Reservations recommended.** <https://www.miofratellos.com/> or call Mio Fratello at (302) 436-6400.

- April 26, Sunday ... 2nd Annual Sunday Dinner at Nonnas
- Venue TBD
- 2:00-5:00pm
- More info to come!

For your conversations (Per le tue conversazioni) Italian with Maria

 ENGLISH ITALIAN	
Good morning	Buongiorno
Good afternoon	Buon pomeriggio
Good evening	Buonasera
Goodbye	Arrivederci
See you later	A più tardi
See you soon	A presto
Take care	Abbi cura di te
Have a nice day	Buona giornata

@lango way italy

Italian History and Culture (Storia e cultura Italiane)

The **Feast of St. Joseph (Festa di San Giuseppe)** is celebrated in Italy on March 19th, honoring the husband of Mary and earthly father of Jesus. It is a major holiday, especially in Sicily, where it is also celebrated as Father's Day and marks the end of winter with traditional bonfires (*fuochi*), elaborate, non-meat, three-tiered altars (Tavola di San Giuseppe), and the consumption of fried *zeppole* pastries. The day is widely celebrated as Father's Day in Italy, with children making crafts or giving gifts to their fathers.

Key Traditions and Customs:

St. Joseph's Table (Tavola di San Giuseppe): These are large, decorative tables or altars set up in homes and public spaces, covered with special foods, flowers, and candles to fulfill a vow or ask for a blessing.

The Food: Because it falls during Lent, the feast focuses on seafood, vegetables, and pasta (not meat). Key foods include fava beans, pasta with breadcrumbs (symbolizing "poor man's parmesan"), and sfini or *zeppole di San Giuseppe*—deep-fried dough filled with custard or ricotta.

Bonfires (Fuochi nella Notte): In various regions, large bonfires are lit to burn old crops and signify the end of winter, a tradition meant to bring good luck for the upcoming season.

Symbolic Offerings: Tables are often adorned with breads shaped like holy symbols (crosses, lilies, or St. Joseph's staff) and fava beans, which are considered lucky.

Charity: Traditionally, the food prepared for the Table is offered to the poor, or guests are invited to eat, often with the poor representing the Holy Family.

Regional Significance:

Sicily: As the patron saint of Sicily, the celebrations are particularly intense, involving large parades with musicians, and street-side cooking.

Calabria: Famous for the tradition of *u cumbitu*, where families prepare *lagane e ceci* (pasta and chickpeas) to share with neighbors, fostering community solidarity.

From the Italian Kitchen (Dalla cucina italiana)

We have, not 1, but 2 great Italian recipes suggested for this month!

Zeppole di San Giuseppe

Ingredients (Makes ~20–24 zeppole):

1 cup (125 g) all-purpose flour
1 tsp baking powder
2 tbsp sugar
Pinch of salt
1 egg
¼ cup (60 ml) milk
1 tsp vanilla extract (optional)
Oil for frying (vegetable or sunflower)
Powdered sugar for dusting

Instructions:

Make the batter:

In a bowl whisk together flour, baking powder, sugar, and salt. In another bowl beat egg with milk and vanilla, then stir into the dry ingredients to form a thick, sticky batter.

Heat the oil:

Pour enough oil into a deep pot or heavy pan to come about 2–3 inches (5–7 cm) deep. Heat to about 175 °C / 350 °F (oil should shimmer but not smoke).

Fry the zeppole:

Using two spoons, drop tablespoon-sized portions of batter into the hot oil. Fry in batches so you don't crowd the pan. Cook 2–3 minutes per side until puffed and golden.

Drain:

Use a slotted spoon to transfer the zeppole to paper towels to drain briefly.

Serve:

Dust generously with powdered sugar and serve warm.

Soft on the inside, golden outside — classic Italian treats perfect! Enjoy!



Italian Struffoli (Baked Honey Balls)

Italian Struffoli are a delightful traditional dessert that has been cherished for generations. These golden, bite-sized treats are made by baking small balls of dough and then drenching them in sweet honey syrup. Unlike other recipes, this is a baked Struffoli (not fried), which dramatically cuts down on the time needed to be in the kitchen.

Often flavored with hints of citrus or vanilla, Struffoli cookies are adorned with colorful sprinkles, transforming them into festive delicacies, especially during holidays like Easter. With their crispy exterior and tender interior soaked in honey, each bite offers a heavenly taste of Italy's culinary heritage, making them a beloved dessert worldwide.

Struffoli Dough

Ingredients:

3-1/2 cups all purpose flour
1/4 cup granulated sugar
1-1/2 teaspoon baking powder
1/4 teaspoon salt
4 large eggs
1/2 cup vegetable oil
1 teaspoon vanilla extract

Instructions:

- Preheat oven to 350 degrees F.
- Line cookie sheets with parchment paper.
- Sift flour, sugar, baking powder, & salt together in a large bowl.
- In another bowl, whisk together eggs, oil & vanilla extract.
- Blend the two mixtures together just until a dough is formed.
- Allow to rest for 10 minutes
- Roll handfuls of dough on a lightly floured surface into ropes, each about 1/2-inch thick. Cut into 1/2-inch pieces.
- Place the pieces of dough on the prepared cookie sheets & bake for about 15 minutes (until a light golden brown).
- Cool on parchment paper on a wire rack.

Honey Sauce

Ingredients:

3/4 cup honey
1-1/2 tablespoons orange juice

Instructions:

- Combine the honey & orange juice in a skillet over medium heat. Cook until syrupy (about 1-2 minutes).
- Add the dough balls to the skillet & turn off the heat. Gently toss until well coated, then let cool in the skillet for 5 minutes.



*****Please share your Italian recipes with other IAHCSD members.
***Email your favorite recipes to www.iahcsd.com & title the email "RECIPES"**

Proverb of the Month
"IL MATTINO HA L'ORO IN BOCCA"
"The Early Bird Catches the Worm"

QUESTIONS, SUGGESTIONS OR COMMENTS?
Please contact Tina Donofrio, Newsletter Editor

italiamia@iahcsd.com