

The Cognoscenti S Guide To Florence: Shop And Eat Like A Florentine Revised Edition

Florence, the birthplace of the Renaissance, is not only a city of art and history but also a paradise for food and shopping enthusiasts. With its vibrant markets, renowned boutiques, and traditional trattorias, Florence offers a unique and unforgettable experience for those who wish to immerse themselves in the local culture and traditions.

In this revised edition of "Shop and Eat Like a Florentine," you will find everything you need to know to navigate the city's culinary and shopping scene like a local. Written by an experienced Florentine, this comprehensive guide will lead you to the best markets, shops, and restaurants, providing insider tips and recommendations to ensure you have an authentic and memorable experience.

Markets: A Feast for the Senses

Florence's markets are a vibrant tapestry of colors, scents, and flavors, offering a glimpse into the daily life of the city's inhabitants. From the bustling Central Market to the charming Sant'Ambrogio Market, each one has its own unique character and charm.



The Cognoscenti's Guide to Florence: Shop and Eat Like a Florentine, Revised Edition by Lise Apatoff

★★★★☆ 4.4 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled

Print length : 224 pages
Lending : Enabled



- **Central Market (Mercato Centrale):** Located in the heart of Florence, this bustling market is a foodie's paradise, with over 500 stalls offering everything from fresh produce and meats to artisanal cheeses and local specialties.
- **Sant'Ambrogio Market:** This charming market is known for its lively atmosphere and abundance of organic and local products. Here, you can find fresh fruits and vegetables, handmade pasta, traditional Tuscan bread, and a variety of local delicacies.
- **Mercato di San Lorenzo:** This covered market is a great place to find leather goods, souvenirs, and traditional Florentine crafts, such as ceramics, jewelry, and wood carvings.

Boutiques: A Shopper's Paradise

Florence is a fashion capital, home to both renowned luxury boutiques and hidden gems where you can find unique and stylish items. From high-end designer stores to independent boutiques, there is something for every taste and budget.

- **Via Tornabuoni:** This elegant street is lined with luxury boutiques, such as Gucci, Prada, and Ferragamo, showcasing the latest collections from top designers.

- **Via dei Calzaiuoli:** This pedestrian street is a great place to find mid-range fashion stores, as well as traditional leather shops, jewelry stores, and perfumeries.
- **Santo Spirito:** This bohemian district is home to independent boutiques and workshops, where you can find unique clothing, accessories, and home decor.

Trattorias: A Culinary Journey

Florence's trattorias are the heart and soul of the city's culinary scene, offering a warm and inviting atmosphere to enjoy authentic Tuscan dishes. From traditional pasta dishes to hearty meat stews, each trattoria has its own signature menu.

- **Trattoria Mario:** This beloved institution serves up classic Florentine dishes, such as bistecca alla Fiorentina, ribollita, and pappa al pomodoro.
- **Trattoria Sabatino:** Known for its cozy atmosphere and friendly service, this trattoria offers a wide range of traditional Tuscan dishes, including homemade pasta, wild boar stew, and truffle-infused dishes.
- **Trattoria 13 Gobbi:** This charming trattoria serves up a daily menu that showcases the freshest seasonal ingredients, with a focus on local specialties and artisanal products.

Insider Tips and Recommendations

To help you make the most of your shopping and dining experience in Florence, here are a few insider tips and recommendations:

- Visit the markets in the morning when they are at their busiest and freshest.
- Take advantage of the "happy hour" deals offered by many bars and restaurants in the early evening.
- Learn a few basic Italian phrases to enhance your interactions with locals and vendors.
- Respect the dress code of the establishment you are visiting, especially in upscale boutiques and restaurants.

Whether you are a seasoned traveler or a first-time visitor, "Shop and Eat Like a Florentine Revised Edition" will be your indispensable guide to exploring the culinary and shopping wonders of this enchanting city. With its comprehensive recommendations, insider tips,

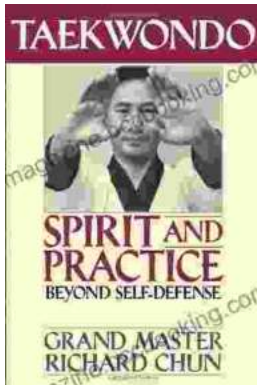


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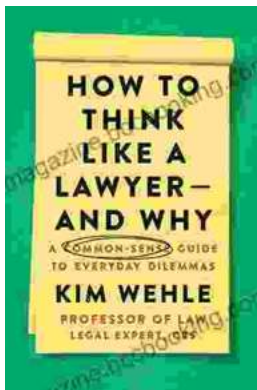
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