

March in Italy: Blossoms, Saints, and Sweet Traditions

Spring is arriving in Italy.

Across the country, almond trees are blooming, piazzas are filling again, and the rhythm of festivals slowly returns after winter. March is a quiet but powerful month. It is the moment Italy wakes up.

In this month's Immersion Travel Italy newsletter, we're heading south to Sicily for one of the most beautiful early spring celebrations in the country, and then into the kitchens and streets of Italy for a beloved March feast day that is as sweet as it is sacred.

Almond Blossoms and Ancient Temples

Sagra del Mandorlo in Fiore – Agrigento, Sicily



Each March, the hills surrounding the Valley of the Temples in Agrigento burst into soft white and pale pink blooms. The almond trees flower just as the light begins to change in Sicily, signaling that winter has ended.

The **Sagra del Mandorlo in Fiore** is more than an almond flower festival. It is a celebration of renewal, folklore, and cultural identity. International folk groups perform in traditional dress, parades wind through the historic center, and the backdrop is one of the most extraordinary archaeological landscapes in Europe.

This festival has its own dedicated chapter in my book, **Ultimate Festival and Travel Guide Sicily**, where I walk you through the history of the celebration,

what happens during the week of events, how to plan your visit, and what else to see in Agrigento while you are there.

If Sicily is on your radar, you can explore the full guide here:

<https://amzn.to/3KARdo8>

The Sweetest Feast of March

**Festa di San Giuseppe
March 19**



March 19 is the Feast of Saint Joseph, and across Italy the day is marked with devotion, processions, and tables of traditional foods.

But let us be honest. For me, it is about the **zeppole**. These delicate pastries filled with cream and topped with cherries appear in pastry windows throughout Italy in March. They are light, rich, and impossibly good when made correctly.

I have tried to make them at home!! Several times. Let us just say that I am not skilled enough.

The real zeppole, the ones that matter, are found in the streets during the celebrations, when the scent of fried dough drifts through town and the pastry shops sell out by afternoon.

If you want to experience them properly, you need to be in:

- Palermo, where elaborate altars and processions fill historic neighborhoods
- Rome, especially in neighborhoods like Trastevere, where parish churches celebrate with Mass, smaller processions, and traditional sweets
- Bari, where southern tradition and pastry artistry meet

In these towns, the feast is not just observed. It is lived. The processions move slowly through narrow streets, families gather, and the zeppole are not just desserts. They are part of the ritual.

Sometimes the only way to truly taste Italy is to be there when the bells are ringing and the pastries are fresh.

Ultimate Festival and Travel Guide Puglia (for Bari's Festivals)

<https://amzn.to/3HFAe2w>

And if you are planning to be in Rome in March, I walk you through seasonal traditions, neighborhoods, and religious celebrations in my Ultimate Festival and Travel Guide Rome & Beyond

<https://amzn.to/440Dq0l>



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Italy is waiting.

 **Ready to start your journey?**

Click here to dive into the blog and explore

Don't miss out! New blog posts are added regularly   

Grazie mille for being part of this amazing journey. I can't wait to share even more of Italy with you.

Arrivederci,

Katerina Ferrara.

Katerina Ferrara Author

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