

MIRTO ROSSO – A TOUCH OF SARDINIA!

by Dan Pemble, Kissimmee, Florida – March 29, 2024

During a 4.5-year business stay on the Italian Mediterranean island of Sardinia (1987-1992) in the town of Olbia, I learned to truly enjoy the Sardinian-originated after-dinner drink (called a “digestivo”) known as “Mirto”! This drink, actually a liquor, has 3 varieties, all of which are made from the berries and leaves from the myrtle bush. My favorite by far is “Mirto Rosso”, as fabricated from the berries. The taste is very unique – almost medicinal.



Myrtle Bush Berries & The Finished Product – MIRTO ROSSO!

On March 28, 2024, while visiting a very special friend from Sardinia who was vacationing in Tampa, Florida, I was gifted a bottle of Mirto Rosso that was homemade by his aging mother Margherita! While residing in Sardinia, we had the good fortune of meeting this beautiful woman on many occasions at dinners and at other events she hosted at her home in a small village! There is no doubt that her Mirto Rosso, now in my possession, came directly from her heart and I will savor every drop! As I just conveyed to her: “A million thanks to YOU, Margherita, for this special gift” (translated as: “Un milione di pensieri a TE, Margherita, per questo regalo speciale”!).

Interestingly enough, it is now possible to find Sardinian-vintage Mirto in the USA, but it takes some patience to find a supplier! In fact at this time I cannot provide a dependable source; just ask the proprietor in your local liquor store. Most importantly, if you have never tried Mirto, you owe it to your-self to do so. You won’t be disappointed!

By the way, you may know that one of the world’s 5 “blue zones” (locations for many of the world’s human “centurions”) is located in a small village in an area of Sardinia known as the Ogliastra Region, just 100 miles south from where my wife and I resided for the noted time period. Could the consumption of Mirto have something to do with a longer life? Possibly!