



GOURMETHICA

PRESS KIT

The taste of a second chance.

*"This isn't an ethical stance.
It's a way of choosing."*



AT A GLANCE

Gourmethica Sàrl — 42 boulevard des Tranchées, 1206 Geneva

Online Italian fine grocer, **since 2013** · gourmethica.ch

Owner: Teresa Sofia, since November 2025

39 products · 7 categories · 4 partner houses

Delivery within Switzerland only · free shipping from CHF 150.00

Site in French, German, Italian and English

In one sentence — an Italian grocer in Geneva whose four suppliers each work on land confiscated from the mafia, inside a prison workshop, or within a social reintegration cooperative — and whose last mile is handled by a Geneva work-integration company.

THE RELEASE

“This isn’t an ethical stance. It’s a way of choosing.”

Geneva — There’s a simple way to test whether a fine grocer means what it prints on its labels: follow its supply chain, link by link, all the way back.

At Gourmethica the result is unusual. The pasta is bronze-cut, from wheat grown on land taken back from the mafia. The panettone rises for 72 hours in a Padua pastry workshop built inside a prison. The grissini are shaped by hand, one at a time, by young apprentice bakers at the Malaspina institute in Palermo. The honey — acacia and orange blossom — comes from the hives of a Tuscan cooperative that gives a home and a job to people leaving prison. The olive oil is cold-pressed for a workshop in Rimini staffed by people in professional reintegration. And once the order reaches Geneva, it is picked and shipped by **Réalise**, a Geneva training-through-practice organisation.

Four houses, as many social projects — and a work-integration company handling the last mile.



“Taste comes first — no compromise. Social impact isn’t a selling point. This is simply how our producers work.”

— TERESA SOFIA, OWNER OF GOURMETHICA

Founded in 2013 and taken over in November 2025 by Teresa Sofia, the house has grown a great deal: from a seasonal address selling only panettoni and colombe, it now carries 39 references available year-round — oils, pasta, preserves, sauces, biscuits, honeys and jams — without ever changing the concept. The site runs in four languages. Distribution goes through Réalise.

We didn’t choose a cause. We chose producers — and they come with their story.

THE HOUSE

Born in Neuchâtel, based in Geneva

Gourmethica started in Neuchâtel in 2013, by word of mouth and email — an address for Swiss customers looking for Italian food that was both good and fairly made.

In November 2025 the business changed hands. Teresa Sofia took over, rebuilt the online shop, widened the range and put the producers back at the centre. The site was remade from the ground up: four languages, Swiss payment methods, fast delivery.

The selection principle didn’t change. Three criteria, in this order:

- 1. Taste first.** No compromise, no exceptions. A mediocre product doesn’t make the catalogue, whatever story sits behind it.
- 2. Human impact.** Reintegration, social cooperatives, liberated land. Not as an argument — as a condition.
- 3. Considered agriculture.** Organic, short supply chains, craft passed down.

It is a small catalogue. Thirty-nine references where others carry three hundred. Every product comes from one of four workshops, and each workshop was chosen for its taste and its social impact.



Four workshops, four true stories

Libera Terra

SOUTHERN ITALY · PASTA, PASSATA, PRESERVES

The Libera Terra network farms agricultural land confiscated from the mafia by the Italian state, under the 1996 law that allows seized assets to be reassigned to social use. Eight social cooperatives work this land, from Sicily to Calabria, Puglia and Campania; the first, Placido Rizzotto, was established in 2001 at San Giuseppe Jato. The Libera Terra brand followed in 2002.

This is the house's pasta and passata. Wheat grown on reclaimed land, bronze-cut; tomatoes from the South.

"Liberated land, flavours that mean something."

Pasticceria Giotto

PADUA · PANETTONI, COLOMBE, SAVOURY BISCOTTI

The Giotto pastry workshop has operated since 2005 inside the Due Palazzi prison in Padua. It began with four inmates and one hundred panettoni. It now employs forty-six detained people, supervised by four master pastry chefs, and exports to Switzerland, France, Germany, England and the United States.

This is not a symbolic workshop: Giotto's panettoni have placed in Gambero Rosso's national ranking for more than ten years, and the *New York Times* devoted a feature to them in December 2021. Naturally leavened over 72 hours. Year-round, the workshop also makes savoury biscotti.

"When time and care change everything — even a life."

Cotti in Fragranza

PALERMO, SICILY · GRISSINI, FROLLINI, CHOCOLATES

Cotti in Fragranza was founded in 2016 inside the Malaspina juvenile detention facility in Palermo, by the Rigenerazioni social cooperative with Fondazione Don Calabria per il Sociale. Young people nearing the end of their sentence learn the baker's trade — and keep it when they leave.

The project was named **Italy's best social food project by Gambero Rosso in 2019**, and honoured in 2021 by President Sergio Mattarella as an *Alfiere della Repubblica*. In 2024 it opened a third workshop, in a building confiscated from organised crime.

"The grissino as a craftsman's gesture — and an act of trust."

La Madre Terra

OIL FROM PUGLIA · WORKSHOP IN RIMINI

The house's extra-virgin olive oil comes from Puglia, cold-extracted: rounded and fruity, with a light bitterness at the finish — the mark of olives picked at ripeness. It is bottled, like the range's sauces, pestos and preserves, by a social cooperative in Rimini that employs people in professional reintegration.

Small batches, ICEA-certified organic ingredients, no preservatives. The range also carries the house honeys — acacia and orange blossom — from a beekeeping cooperative in Lunigiana, Tuscany.

"An organic Italy, made by hand."

THE LAST MILE

Réalise, Geneva

A chain is judged by its far end too. Gourmethica's orders are picked and shipped from Geneva by **Réalise**, a Geneva organisation running training-through-practice programmes in labour-intensive sectors — logistics among them.

In practice: the person packing the box is in training, and that training leads to a job. The same principle applied upstream, applied here.



THE OFFER

What the house sells

The shop — 39 references across seven families: oils, pasta, biscuits & snacks, spreads & creams, sauces & tomatoes, condiments, honeys & jams.

The selections — Composed selections, built as tables to sit down at rather than assortments. *Prima Tavola* CHF 63.00 · *La Cena Italiana* CHF 80.00 · *La Dispensa* CHF 109.00 — alongside shorter selections built around a single producer or product.

The recipes — Nine published at gourmethica.ch/recettes, in four languages, one a month.

Seasonal — Panettoni at Christmas, colombe at Easter, by Pasticceria Giotto — the two products the house began with.

Corporate — Company gift boxes quoted to order, from 5 boxes, answered within 48 hours.

Delivery — Switzerland only. Under CHF 60.00: CHF 19.00 · CHF 60.00–149.00: CHF 9.00 · from CHF 150.00: free.

FACTS & FIGURES

Founded	2013, Neuchâtel
Taken over	November 2025
Legal entity	Gourmethica Sàrl
Registered office	42 bd des Tranchées, 1206 Geneva
References	39 permanent + seasonal
Partner houses	4
Site languages	FR · DE · IT · EN
Market	Switzerland
Logistics	Réalise, Geneva
Payments	Visa, Mastercard, Amex, TWINT, Apple Pay, Klarna, Amazon Pay

Three angles

1. The complete chain.

Few retailers can trace *every* supplier to a verifiable social project, logistics included. It is the strongest angle and the most checkable — each link is publicly documented in Italy.

2. Twenty years of panettone in Padua.

Seventy-two hours of natural leavening, forty-six bakers trained by four master pâtissiers, a Gambero Rosso ranking held for over a decade — and a workshop that happens to sit inside a prison. A natural December story. To be handled as a pastry house of real excellence whose location means something, never as a story about inmates.

3. A Swiss business handover.

Founded in Neuchâtel in 2013 on two seasonal products, the house was taken over in late 2025 by Teresa Sofia, is now based in Geneva, rebuilt online and grown to 39 references — without ever changing the concept. A Swiss Romandy entrepreneurship angle, and a handover that worked.

Visuals — logos, food photography and packshots in high resolution. A usage sheet accompanies this kit; brand rules are governed by the house Brand Book 1.0.



PRESS CONTACT

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*The house is spelled **Gourmethica**, without an accent, in every language.*