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cultourgastronomy.eu

Supporting small traditional food & drink producers and small tourism businesses in their initiatives in Gastronomy tourism!

Our European regions present a strong attractiveness of local cuisine & local products and gastronomy is definitively part of the tourist attraction. In many countries, local initiatives are launched to develop & promote gastronomic tourism in rural areas.

However, small producers are rarely involved from the start. There are very few, if any, systemic training courses that could help them integrating new tourism offers and better promoting their products and .

CultourGastronomy wants to develop a complete training program & digital tools to strengthen competencies of local farmers & producers, as well as family businesses in tourism. The aim is to empower them to contribute to gastronomy tourism and to the promotion of the tangible and intangible cultural heritage that constitutes the culinary identity of a region.

What are we developing through CultourGastronomy?

- A complete Training course for small local food & beverages producers and tourism service providers, to expand their offerings & attract new tourists by developing a tourism offer.
- The CultourGastronomy e-learning platform which provide free access to all project results, as well as to Interactive Repository with various materials on project topics.
- A Gastronomy & Cultural heritage Guidebook to raise the awareness of both business & local communities on the importance of local foods production & preservation of the culinary identity of our regions.

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Portugal, the story of the ”Sweet sardines”!

How can you explain that these (sweet!) sardines ended in the small Medieval city of Trancoso close to Guarda, but far from the sea in Portugal? With CultourGastronomy, you will discover how a group of friends and citizen of Trancoso reintroduced this traditional sweet. From an old forgotten receip, it has become part of the gastronomic local heritage!!

You know good practices in Gastronomy tourism supporting local producers, that you would like to share with us?

Send information and links to Isabelle Trinquelle at the Mediterranean Center of Environment itrinquelle@medcenv.org

The Dairy House in the Rhodope’s mountain, Bulgaria

PAX Rhodopica Foundation visited the family dairy “Rhodopa Milk” and introduced them to the project. Founded in 1993, this farm started with main activity milk processing and traditional Bulgarian dairy production. Situated in an ecologically pristine area, the dairy maintains European-level hygiene standards, offering a diverse range of both Bulgarian and European cheeses. The production is of exceptional quality and is available in specialized stores and key partners.
But the family also operates a small family hotel: “The Dairy House”. A complex that offers all comforts and cosiness to its visitors, dairy specialties and surprises. It became a gateway to eco-tourism, hunting, fishing, skiing, and more, all accompanied by Rhodope hospitality.

More info is available at:
https://mlechendom.com/?lang=en.

Exploring economic diversification towards tourism in Messinia, Greece

The Mediterranean Center of Environment started developing its network of stakeholders in the region of Messinia, West Peloponnese!

During October 2023, the MCE met local producers already involved or wishing to get involved in tourism. The objective was to learn about their approach and their difficulties to diversify their activities and welcome visitors.
Here a short introduction to the people the MCE met...

Since 2019, the Bousdouska family has been welcoming tourists to their olive grove in Korifasio. With **"Messinian Story**" they want to highlight the traditions of the region. Visitors have the opportunity to discover the basics of olive oil production and participate in a cooking class, before enjoying the meal together in a lovely courtyard!

In the village of Maganiako, the MCE met with Panagiotis and Konstantinos, two members of **NOSTOS**, a cooperative that aims to bring life back to the village of and promote its local products. NOSTOS produces quality dried figs, using a traditional process. It has rehabilitated several trails for hiking, organizes events in the village and restored two buildings for its activities with visitors.

The MCE met then with Apostolis **Zontanos**, producer of the famous dried Corinthian raisins, a traditional Greek product! Apostolis spoke to us about the various attractive activities that could be developed to help visitors discover his traditional production and his expertise. An initiative worth following! Just like the farm **Ta Dio Pigadia**, where Jules develops permaculture. The goal of this Frenchman settled in the Peloponnese is to use the farm as a place to discover & learn about this alternative farming technique based on a holistic approach to agriculture, following the natural functioning of the surrounding ecosystems.

Meet the CultourGastronomy Partership!

The partnership is composed by six partners from six EU countries

- CDE Petra Patrimonia (France – leader)
- University of Salamanca (Spain)
- Polytechnic University of the Marche (Italy)
- MCE Mediterranean Center for Environment (Greece)
- Pax Rhodopica Foundation (Bulgaria)
- Polytechnic University of Guarda (Portugal)

On May 3 and 4 and October 11 and 12, 2023, the partners of CultourGastronomy met to evaluate the project progress and organized working session face to face. They were hosted alternatively by the Polytechnic University of Marche, Ancona, Italy and by the Polytechnic University of Guarda, Portugal.