



SE
NC

**SOCIAL ENTERPRISE
& NATURAL CAPITAL**

An opportunity for
young people and local communities

Training Course

Borrello (Italy), 4-13 September 2023

INTRODUCTION



Following our Study Visit to the Abruzzo region in November 2022, during which we visited various social enterprises prioritising environmental sustainability, we found that the subject is very broad, taking in such diverse areas as tourism, waste management, animal husbandry, agriculture and health services. We came to the conclusion that our Social Enterprise and Natural Capital (SENC) project needed a tighter focus in order to explore the subject in a practical, manageable way. In conjunction with all the involved partners, we decided that this focus would be food, from production and growing, to delivery and cooking, through to uses for food waste.

With this in mind we developed an experimental Training Course which took place in Borrello, Abruzzo, between the 4th and 13th of September 2023. Prior to the course, we asked participants to research the production of food in their home countries, allowing us to compare the 'food calendars', used to map out seasonal availabilities of food, from areas across Europe. We also asked them to select a few recipes typical to their countries and, for the first few days of the week, we were treated to no less than 24 practical cooking activities, each hosted by participants in which those recipes were taught to the group as a whole. These recipes were selected based five main characteristics: slow, seasonal, responsible, traditional and local.



The first two sections of this dossier outline the recipes and food calendars produced by the participants and collaborators. The final section reveals the outcomes from two days of theme based activities; Entrepreneurship, Education and Social Communication in which participants applied their learning from the practical activities and further explored the field of social enterprise, natural capital, sustainability and food production. They developed products, concepts and initiatives that will be expanded on during the final stages of the SENC project, a twin pair of Youth Exchanges to be realised in both Belgium and Abruzzo in 2024 and 2025.



INTERNATIONAL PARTNERS



- ARCI Chieti (Italy)
- Estestvoizpitateli (Bulgaria)
- Shtek House (Serbia)
- Agenda 21 (Romania)
- Center for Environment (Bosnia & Herzegovina)
- EDEN (Albania)
- Association Broz (Slovakia)
- Association SUNCE (Croatia)
- Le Fagotin (Belgium)

PRACTICAL COOKING ACTIVITIES



During the first few days of the Training Week participants had the opportunity to share recipes with members of the larger group. Generally these activities ran two at a time, giving participants the chance to engage with at least 11 practical cooking workshops over three days, while delivering one of their own. Ingredients were provided by ARCI Chieti, equipment and kitchen space provided by the Rifugio De Sanniti, who hosted the group for the entire week.



Food is universal and, as such, is a wonderful medium for facilitating all kinds of valuable conversations, from practical skills and personal stories, to cultural, scientific and historical learning. The activities gave participants access to these kinds of conversation, allowing them to learn from each other, share experiences, compare cooking techniques and develop ideas together.



Of course, the activities also produced lots of fantastic things to eat! Throughout the week we were treated to a range of food that was as diverse as it was delicious. Additionally, many of the recipes were for easily preservable food, such as compotes, chutneys and pickles, which means that participants in upcoming Youth Exchanges will also be able to try some.

The following pages feature the recipes that were used in the practical cooking activities, which inform both the theme based activities and the further development of the SENC project.

NOTES ON PRESERVING

Many of the recipes included are for preservable food. As such, it is very important to have appropriate containers for storage, such as jars or bottles, preferably with safety button lids. These must be completely free from dirt or contaminants beforehand and the containers must be sterilised once filled.

Before use:

Wash the jars and place them in a pre-heated oven at 125°C, leave them for 15 minutes. Meanwhile wash the lids. Once the jars are ready, take them out and put the lids in but turn the oven off and leave everything to cool.



After filling:

Place the tightly sealed jars in a large saucepan, cover with water and bring to the boil. Put the lid on the saucepan and boil for at least 30 minutes. Remove from the heat, but keep the lid on and let everything cool completely, ideally for 24 hours.



STUFFED DRIED RED PEPPERS & VINE LEAF ROLLS

Presented by Serbia

Preparation Time: 1 hour

Ingredients:

15 dried red peppers
20 vine leaves
10 onions
2 leeks
3-4 tomatoes
4 carrots (optional)
1kg minced meat (pork, beef or both)
1kg rice
6tsp smoked paprika
Salt & pepper
Cooking oil
(For a vegetarian alternative, replace the minced meat with ground walnuts)



Method:

Chop the onions and leek and sauté in oil and a little water until they are starting to soften, then add the mince (or walnuts) and chopped carrots (if using). Sauté for 3-5 minutes.

Rinse the rice and stir it into the mixture. Add the smoked paprika and season with salt and pepper. Stir well, remove from the stove and leave to cool.

Bring a pot of water to the boil and add the dried peppers, simmer for 5 minutes until soft. Remove from the heat and allow to cool.

Squeeze the excess liquid from the peppers and use a teaspoon to fill them with the mince and rice mixture. Close each pepper with a slice of tomato. For the vine leaves, place a couple of teaspoons of the mixture in the centre of each leaf, fold in the sides and roll up from the bottom.

Pack the peppers and rolled leaves tightly into a casserole dish and pour 250ml of water over the top. It is a good idea to place a plate on top of the vine leaves to help them keep their shape. Put the lid on the dish and cook in the oven for 30-40 minutes at 180 °C.

Remove the lid and cook for 15-20 minutes more to bake and evaporate any excess water.



KUKURUZNA LJEVUŠA (BOSNIAN CORNBREAD)

Presented by Bosnia

Preparation Time: 45 Minutes

Ingredients:

500g corn flour
5 eggs
500ml milk
1 tsp baking powder
1 tsp salt
500g white cheese
(stracciatella or ricotta)
2tbsp of kajmak (or butter)



Method:

Mix the cornflour, baking powder, salt and 250ml of the milk in a bowl and whisk together. You are looking for a pancake mix consistency, so you can add water if it is too thick.

Lightly oil a baking tray and pour the mixture in, bake for 20 minutes at 200°C.

Meanwhile, whisk together the remaining milk, eggs, cheese, kajmak and a pinch of salt.

Take out the baking tray and pour the cheese mixture over the top, spreading evenly. Bake for a further 10 minutes.



SATARAŠ

Presented by Bosnia & Herzegovina

Preparation Time: 1 Hour 30 Minutes

Ingredients:

0.5kg Onion
2kg Red Pepper
1.5kg Tomato
1kg Zucchini
200ml Cooking oil
Salt & Pepper

Method:

Dice the onions and peppers and sauté until tender. Finely chop the tomatoes and zucchinis and stir in. Season to taste with salt and pepper.

Cover the pan and simmer for 10-15 minutes, or until slightly thickened.

This is a flexible dish that can be served as a side, with rice or a topping for chicken or beef.

KOMIŠKA POGAČA

Presented by Croatia

Preparation Time: 3 hours

Ingredients:

1 kg bread flour
400ml warm water
5 tsp active dry yeast
1 tbsp salt
olive oil
2 onions
400ml tomato sauce
70g salted anchovies
10 olives
A jar of pickled capers
2 tsp oregano
fresh parsley

Method:

Mix the flour, yeast and salt in a large bowl, then gradually add the water and knead the mixture together. Add a drizzle of olive oil and keep kneading until you have a firm, smooth dough. Cover the dough with a cloth and let it rest for at least an hour.

Finely chop the onion and sauté in olive oil until they begin to soften, then add the tomato sauce and season to taste. Simmer for 10 minutes.

Divide the dough into two balls, one slightly larger than the other. Roll out the larger one until roughly 5mm thick. Place the dough on baking paper in the tray, allowing any excess to hang over the edge.

Pour the filling onto the dough and dot with the anchovies, olives (halved) and capers. Drizzle a little olive oil over the top and season with oregano, parsley and black pepper.

Roll out the remaining dough to the same thickness and place over the top. Turn up the sides of the bottom dough and press round the edges to seal in the filling. Prick the top with a fork and leave to rest for 15 minutes. Meanwhile, preheat the oven to 200°C.



Brush more olive oil over the top of the dough and bake for around 35 minutes, or until golden brown. Remove from the oven, cover with a cloth and rest for 15 minutes.

This is a very flexible recipe, so why not experiment with your favourite ingredients?



ZACUSCĂ WITH EGGPLANT

Presented by Romania

Preparation Time: 2 hours

Ingredients:

3kg eggplant
3kg sweet peppers
3kg tomatoes
2kg onions
10 spicy peppers (Jalapeno or serrano)
1 head of garlic
700g butter
6tsp smoked paprika
Salt & pepper
Cooking oil



Method:

Slice the sweet peppers in half and remove the cores, then place them and the eggplants in a foil-lined baking tray and roast at 400°C for 20 minutes. Remove the sweet peppers, flip the eggplants and roast them for a further 20 minutes. Leave to cool.

Meanwhile, chop the onions and peppers and sauté until soft. Finely chop the tomatoes and add them to the pan.

Peel the roasted sweet peppers and scoop out the inside of the eggplants, discard the skins. Stir both into the frying pan.

Transfer everything into a lidded pan and simmer on a low heat for 1 hour, stirring frequently to avoid sticking. Crush the garlic and stir into the mixture, along with the paprika. Add salt and pepper to taste, stir and simmer for 5 more minutes.

GRANATIERSKY POCHOD

Presented by Slovakia

Preparation Time: 30 Minutes

Ingredients:

2 medium potatoes
Pasta (weight equal to potatoes)
Half an onion
1tbsp ground paprika
Salt to taste
Cooking oil



Method:

Chop the potatoes into small pieces and boil until soft. Meanwhile cook the pasta. Dice the onion and sauté over medium heat until golden, remove from the heat and stir in the paprika.

Combine the potatoes, pasta and the onion-paprika mix. Slightly mash the potatoes with a fork. Serve hot with with a side of pickles or fermented vegetables.

HANDMADE PASTA ALLA CHITARRA

Presented by Italy

Preparation Time: 40 Minutes

Ingredients:

100g flour - 00 grade (extra fine)

1 egg

Method:

Put the flour on the pastry board and make a mound. Use your hands to make a hole in the centre and crack the egg into it.

Using a fork start to mix it. You could add a little salt at this stage, if you like.

When the dough is beginning to firm up, start to use your hands! Knead the dough until you have a soft, smooth consistency. If you push gently on it with your fingertip and the dough bounces back like a soft pillow, you have done a good job. If the dough gets too hard add a little water and knead again until you have the right consistency. It might take a bit of practice!

Cut the dough into 4 pieces. Roll them out as flat as possible and sprinkle with flour to prevent sticking.

If using a pasta machine: choose the thickness setting that is right for you, we recommend 7. Place the rolled out dough in the machine and turn the handle.

If using a chitarra (pictured): Lay the rolled out dough across the strings. Stand facing the chitarra and place a rolling pin at the farthest edge of the strings and press the dough through the chitarra.

Place the pasta in small nests and sprinkle a little flour on them.

Fresh pasta cooks very quickly. Just bring a pan of lightly salted water to the boil and drop the pasta in for 1 minute - that's all it takes!



TOMATO SAUCE

Presented by Italy

Preparation Time: 2 Hours

Ingredients:

30kg Tomatoes

Basil Leaves

Method:

Wash the tomatoes thoroughly and immerse them for a few minutes in boiling water.

Drain the tomatoes, roughly chop them and pass them through a tomato mill (pictured), this will remove the skin and seeds, leaving just the sauce.

Bottle the sauce together with one basil leaf per bottle, then seal and sterilise.

Store the bottles in a dry, dark place for up to 1 year.



ZUCCHINI PANCAKES

Presented by Slovakia

Preparation Time: 30 Minutes

Ingredients:

2 zucchini
3 small potatoes
4tbsp flour
2 eggs
2 cloves of garlic
Salt & pepper to taste
1tsp marjoram
Olive oil



Method:

Peel the potatoes and grate them along with the zucchini. Stir in a pinch of salt and wait a few minutes, then strain out the excess liquid.

Add the flour, eggs and grate in the garlic. Add salt, pepper and marjoram. Whisk all the ingredients until they create a smooth mixture.

Heat the olive oil in a pan. Using a spoon, put the mixture in the pan in individual circles. Fry for 2 minutes, then turn over and repeat. Cook until both sides are golden brown. Serve with homemade ketchup, garlic dip, mayonnaise or simply some fresh veggies.



KAJMAK

Presented by Bosnia & Herzegovina

Preparation Time: 1 Hour

Ingredients:

1L whole milk
Salt

Method:

Pour the milk into a large pan and heat gently without stirring until the milk separates into layers. Avoid boiling the milk.

Remove from the heat, cover with a cloth and allow to cool, preferably overnight.

Carefully scoop the top layer off the milk and place in a pot. This is 'sweet' kajmak and can be used in cooking or as a sweet spread.

If you stir in salt then you have 'old' kajmak, which will keep for longer and can be used like butter, in cooking or maybe on toast or with a jacket potato.

The remaining milk can be bottled and placed in the fridge.

HOT PEPPERS IN OIL

Presented by Italy

Preparation Time: 2-3 Hours

Ingredients:

2kg firm chillies
1.25L extra virgin olive oil
85g fine salt

Method:

Wash the chillies with baking soda and rinse them thoroughly under running water. Place them to dry on a clean tea towel.

Wearing latex gloves, cut the chillies into rounds on a non-wooden chopping board. Heat the olive oil in a saucepan and pour in the sliced chillies. Cook for 8 minutes, stirring frequently, then add the salt and cook for a further 2 minutes.

Remove from the heat and leave to cool.

Pour the mixture into jars and top up with more oil if necessary. Seal the jars and sterilise.



MIXED PICKLE

Presented by Albania

Preparation Time: 30 minutes

Ingredients:

400g Cucumber
200g Cauliflower
200g Carrot
200ml Vinegar
100g Sugar
100g Salt
4 Bay leaves
500ml water
Black pepper

Method:

Peel the carrots, then thinly slice them along with the cucumbers and cauliflower. Mix the veg together in a bowl with the salt and sugar, adding black pepper to taste.

Place the mixture into jars and add 50ml of the vinegar to each, then top up with water and add one bay leaf to each. Put the lids on the jars and shake well.

Seal and sterilise the jars.



SAUERKRAUT

Presented by Belgium

Preparation Time: 1 Hour

Ingredients:

1kg Cabbage

100g Carrot (optional)

20g salt

Method:

Grate or finely chop the cabbage (and carrots, if using), but retain a whole cabbage leaf for each jar. Place in a mixing bowl and mix in the salt.

Allow to rest for 5 minutes then squeeze the excess juice out of the vegetables, the salt will have drawn it out.

Pack the veg mix tightly into the jars. The aim is to remove all of the air, otherwise the fermentation will not work properly. The juice should be above the level of the veg. Take the whole cabbage leaves and place on the top to seal and pack down.

Seal and sterilise the jars. The sauerkraut will be ready to eat after a week, but will be at its best after three weeks. Keeps for up to a year.

FIG LEAF SYRUP

Presented by Bulgaria

Preparation Time: 1 hour 30 minutes

Ingredients:

30 fig leaves

1kg sugar

1L water

1 packet of limontozu

Method:

Wash the leaves well and put them in a saucepan. Cover with water and bring to the boil. Reduce the heat and simmer for 30 minutes.



Allow to cool then remove the leaves, squeezing out any excess liquid. Discard the leaves.

Strain the liquid through a cheesecloth and add the sugar. Return the liquid to the stove and bring back to the boil. Simmer for 15-20 minutes, add the limontozu and simmer for a further 5 minutes.

Using the funnel, carefully pour the liquid into the bottles, seal and sterilise.

PICKLED VEG

Presented by Croatia

Preparation Time: 1 hour

Ingredients:

150g Carrots

100g Pumpkin

100g Sweet Potatoes

50g Bell Peppers

3g Salt

2tsp Lemon juice for flavour



Method:

Peel and grate the carrots and sweet potatoes, peel the pumpkin and dice along with the bell peppers. Mix everything together in a bowl and sprinkle the salt and lemon juice over the top.

Place the mixture in jars and allow to rest for 24 - 48 hours. Remove the lids to release any excess gas, then seal and sterilise.



STERILISED BEANS

Presented by Belgium

Preparation Time: 30 minutes

Ingredients:

1kg Dried Beans, any variety.

(Soak the beans overnight beforehand)

Method:

Put the beans in jars, leave about 2cm of space. Add water until the beans are submerged. Seal the jars and sterilise. Leave to cool for at least 24 hours before opening.



COFFEE LIQUEUR

Presented by Italy

Preparation Time: 2 Hours

Ingredients:

700g moka coffee

700g sugar

385ml pure alcohol

1 vanilla pod

Method:

Using a moka pot, prepare about 700g of coffee. Then take the coffee and run it through the moka pot a second time, to make it stronger. (University style!)

Take the weight of the prepared coffee and measure out the same weight of sugar. Stir in the sugar and an open vanilla pod (or a little vanilla powder).

When the liquid is cold, add the alcohol (55% of the weight of the coffee). Stir well, strain and bottle. It is best to let it rest for three weeks before drinking - patience is a virtue!



ROŽATA (CARAMEL CUSTARD)

Presented by Croatia

Preparation Time: 2 Hours

Ingredients:

1L milk
12 eggs
250g sugar
4tsp vanilla essence
3tbsp rum
1 lemon

Method:

Gently heat 150g of the sugar in a small saucepan, stirring constantly, until the sugar has melted into caramel (it should be dark brown).

Using a teaspoon, carefully pour the caramel into jars, turning the jars so the caramel coats the sides. Be quick, it will not take long to set!

Whisk the eggs together with the remaining sugar and vanilla essence until smooth, then stir in the zest of the lemon and the rum. Meanwhile, gently warm the milk in a pan.

Gradually add the milk to the mixture and stir in, then pour the mixture into the jars using a funnel.

Cover each jar with tin foil and place them into a large pot. Fill the pot with water to just below the tops of the jars (or level with the custard mix).

Bring the water to the boil, reduce the heat and simmer for an hour. The custard should set, so if it is still liquid after an hour it needs cooking for longer.

Carefully take the jars out of the pot, remove the foil and place in a pre-heated oven at 180°C for 10 minutes.

Put the lids on the jars and allow to cool. Eat straight from the jar!

APPLE COMPOTE

Presented by Romania

Preparation Time: 40 Minutes

Ingredients:

3kg seasonal fruit
6 litres of water
250g sugar
1 lemon
1 cinnamon stick
5 cloves
1 tsp vanilla extract
A pinch of salt

Method:

Fill a bowl with water and squeeze in the juice of the lemon. Cut the apples into roughly equal cubes and put them in the water so that they do not oxidise. Add the other ingredients and then boil. Simmer over low heat so the apples don't crumble until soft.



FRUIT COMPOTE (VOĆNI KOMPOT)

Presented by Serbia

Preparation Time: 30 Minutes

Ingredients:

1kg seasonal fruit

200g sugar

3-5 cloves per jar

Method:

Use whichever fruit is in season to prepare compote for later use, whether that's apples, pears, grapes or berries.

Wash the fruit, chop into bitesized pieces if necessary, and place in a jars. Add one spoon of sugar and a few cloves into each jar. Top up the jars with water. Seal the jars and sterilise (the heat will cook the fruit).

This recipe is simple and versatile, so feel free to experiment - you might want to add different spices such as cinnamon or ginger, or use combinations of your favourite fruits.



BAKED PLUM & WALNUT JAM

Presented by Bulgaria

Preparation Time: 12 Hours

Ingredients:

3kg Plums

1kg Sugar

200g Walnuts

1 packet Limontozu

Method:

Wash the plums, carefully slice almost in half and remove the stones. Replace the stones with the walnuts. Place the plums in a baking tray (as pictured). Sprinkle the sugar over the top and leave for at least 3 hours, but it's better left overnight.

Preheat the oven to 200°C. Add a cup of water to the baking tray. Bake for 1.5 hours.

Remove from the oven and stir in the limontozu. Be careful, it will be extremely hot!

Allow to cool and place in jars, seal and sterilise.





NEOLE

Presented by Italy

Preparation Time: 2 Hours

Ingredients:

6 eggs

12tbsp sugar

12tbsp sunflower oil

Vanilla powder

1 lemon

12tbsp flour - 00 grade (extra fine)

Method:

Zest the lemon. Crack the eggs into a bowl and, little by little, add the sugar. Mix very well then stir in the vanilla powder, lemon zest and the sunflower oil.

Carefully add the flour, again little by little. Add 2 spoons of flour and stir, then add another 2 spoons only after the previous ones have been well mixed in.

Put a neole iron (pictured) over a gas hob at a medium heat and let it get hot for some minutes.

Grease the iron using some kitchen roll dipped in oil. This is essential and must be done for every neola!

Now put a spoon of dough on the iron and close it. Wait 10 seconds and turn it to over to heat the other side. Wait 10 seconds more and turn over again to open the iron and check. If it has a good gold colour, it's ready! Repeat until you have used up all the batter - remember to grease the iron though!



SEASONAL PRODUCE CHARTS

To inform our discussions about food production and sustainability we asked each group of participants to research the seasonal variations in available food in their home countries. It was interesting to see the differences that even slight variations in climate and location produce. As a result, it quickly became clear that there is no universal solution to sustainable food practices and that it is important to take an adaptable approach when developing social enterprises, particularly if those enterprises are intended to expand or operate internationally.

SERBIA

SEASON	FRUIT	VEGETABLES	GRAINS
SPRING	Cherries, Strawberries	Cauliflower, Onions, Radishes, Spinach	
SUMMER	Apples, Apricots, Blackberries, Blueberries, Cherries, Currants, Grapes, Melons, Nectarines, Peaches, Pears, Plums, Raspberries, Strawberries, Watermelons	Beetroot, Cucumbers, Eggplants, Garlic, Lettuce, Onions, Peas, Potatoes, Radishes, Spinach, Tomatoes,	Corn, Oats, Sunflowers, Wheat
AUTUMN	Apples, Grapes, Pears, Plums	Beetroot, Broccoli, Cabbage, Eggplants, Kohlrabi, Potatoes, Spinach	
WINTER			

ROMANIA

SEASON	FRUIT	VEGETABLES	GRAINS
SPRING		Forced Rhubarb, Mange Tout Peas, Rocket, Watercress	
SUMMER	Apples, Blackberries, Blueberries, Cherries, Pears, Plums, Raspberries, Strawberries	Asparagus, Beans, Lettuce and other Salad Leaves, Peas, Rhubarb, Sweetcorn, Tomatoes	Barley, Oats, Wheat
AUTUMN	Apples, Pears, Plums	Garlic, Onions	
WINTER		Root Veg, eg Carrots, Chard, Kale, Leeks, Parsnips, Potatoes, Turnips	

BOSNIA & HERZEGOVINA

SEASON	FRUIT	VEGETABLES	GRAINS
SPRING	Blackcurrants, Cherries, Redcurrants, Strawberries	Lettuce, Radishes, Peas, Spring Onions	
SUMMER	Apples, Pears, Plums	Beans, Eggplants, Peppers, Green Beans, Tomatoes	Corn, Wheat
AUTUMN	Melons, Musmula, Watermelons	Beans, Potatoes, Pumpkins, Squash	Corn
WINTER			

ITALY

SEASON	FRUIT	VEGETABLES	GRAINS
SPRING	Cherries, Strawberries	Artichokes, Asparagus, Cauliflower, Lentils, Radishes, Spinach	
SUMMER	Apples, Apricots, Almonds, Blackberries, Figs, Grapes, Hazelnuts, Honeydew Melons, Nectarines, Peaches, Pears, Plums, Watermelons, Yellow Melons	Beans, Beetroot, Chickpeas, Chilli Peppers, Cucumbers, Eggplants, Green Beans, Lettuce, Peas, Peppers, Potatoes, Spinach, Tomatoes, Turnips, Wild Chicory, Zucchini	Ancient Grains, Corn, Barley, Oat, Spelt, Wheat
AUTUMN	Apples, Chestnuts, Olives, Pears, Rosehips	Broccoli, Cabbage, Kohlrabi, Pumpkins	
WINTER	Lemons, Oranges, Tangerines	Broccoli, Cabbage, Fennel	

BELGIUM

SEASON	FRUIT	VEGETABLES	GRAINS
SPRING	Strawberries	Asparagus, Broccoli, Celery, Leeks, Radishes, Rhubarb, Rocket, Spinach	
SUMMER	Blackberries, Blackcurrants, Cherries, Currants, Melons, Pears, Plums, Raspberries, Strawberries	Asparagus, Beans, Beetroot, Broccoli, Cabbage, Carrot, Eggplants, Lettuce, Onions, Radishes, Tomatoes, Zucchini	
AUTUMN	Apples, Chestnuts, Pears, Plums, Raspberries	Artichoke, Beans, Beetroot, Cabbage, Celery, Cucumber, Fennel, Leeks, Mushrooms, Pumpkins, Radishes, Tomatoes, Zucchini	
WINTER		Artichokes, Beetroot, Carrots, Chicory, Parsnips, Winter Salads	

ALBANIA

SEASON	FRUIT	VEGETABLES	GRAINS
SPRING	Cherries, Oranges, Peaches, Strawberries, Tangerines	Broccoli, Carrots, Cauliflower, Celery, Leek, Mushrooms, Spring Onions	Wheat
SUMMER	Apricots, Berries, Cherries, Figs, Grapes, Melons, Nectarines, Peaches, Pears, Plums, Strawberries, Watermelons	Broccoli, Celery, Cucumbers, Dill, Eggplants, Okra, Parsley, Peas, Peppers, Pumpkins, Spinach, Tomatoes, Turnips	Barley, Corn, Oats, Rye, Wheat
AUTUMN	Dates, Grapes, Kiwis, Peaches, Pears, Pomegranates, Quince	Beetroot, Carrot, Fennel, Leek, Okra, Peppers, Pumpkins, Red Turnips, Spinach, Tomatoes	Wheat
WINTER	Oranges, Pears, Persimmons, Quince, Tangerines	Beetroot, Broccoli, Carrots, Cauliflower, Celery, Green Onions, Mushrooms, Spinach	Rye
YEAR ROUND	Apples, Lemons	Garlic, Onions, Potatoes	

SLOVAKIA

SEASON	FRUIT	VEGETABLES	GRAINS
SPRING	Cherries, Strawberries	Arugula, Asparagus, Chives, Lettuce, Onions, Radishes, Spinach	Barley, Oats
SUMMER	Apples, Apricots, Blackberries, Blackcurrants, Blueberries, Cherries, Cranberries, Elderberries, Grapes, Gooseberries, Nectarines, Peaches, Pears, Plums, Raspberries, Redcurrants	Beetroot, Cabbage, Carrot, Celery, Chives, Cucumbers, Garlic, Green Beans, Kale, Kohlrabi, Leeks, Lettuce, Lupin Beans, Onions, Parsley, Pattypan Squash, Peas, Peppers, Potatoes, Spinach, Zucchini	Rye, Spelt, Wheat
AUTUMN	Apples, Blackberries, Blueberries, Cranberries, Grapes, Gooseberries, Nectarines, Peaches, Pears, Plums, Raspberries	Beans, Beetroot, Cabbage, Carrot, Celery, Chives, Eggplants, Kale, Leek, Lettuce, Onions, Parsley, Peppers, Potatoes, Pumpkins, Spinach, Zucchini.	Corn
WINTER	Pears, Grapes	Brussel Sprouts, Leek, Parsley	Buckwheat
YEAR ROUND		Horseradish	

THEME BASED ACTIVITIES

During the last few days of the Training Course, three theme based activities ran in parallel: creation of educational modules, realisation of promotional material and planning a social entrepreneurship development, all building on what we had from the learned cooking activities.

In this way we were able to address, using food as a specific case study, three elements related to natural capital and social enterprise (educational, communicative and entrepreneurial) while at the same time developing new skills, knowledge and competences with the participants.

The outcomes from these activities are presented in the following pages and, as you will see, represent a wealth of ideas and practical solutions for the creation and development of social enterprises. Given the experimental nature of the Training Course, the participants had a shorter time frame than they usually would to realise these outcomes, but they rose to the challenge extremely well and produced work of an excellent standard. Bravissimo!



SOCIAL ENTREPRENEURSHIP

The Social Entrepreneurship theme explores the details of how social enterprises are conceptualised and created. We aimed to produce something that would take us through the necessary steps in order to set up a social enterprise. During the initial brainstorming we decided as a group that we would work on a model of holiday that would be enjoyable and engaging for the guests as well as providing some rewards and environmental legacy for the local community which we would visit.



The chosen destination we based the work on was Borello as we all had some experience of the place, believed in its potential and could easily gather more information as needed. However, we also put some time in to imagining how the holiday experience might be adapted for a number of other locations.

The group produced a comprehensive and attractive brochure detailing how these holidays would be put together, including planning budgets, scheduling, networking in the area in question and, most importantly, incorporating sustainable practices into the experience.

We feel the brochure speaks for itself so, without further ado, here it is. Enjoy!





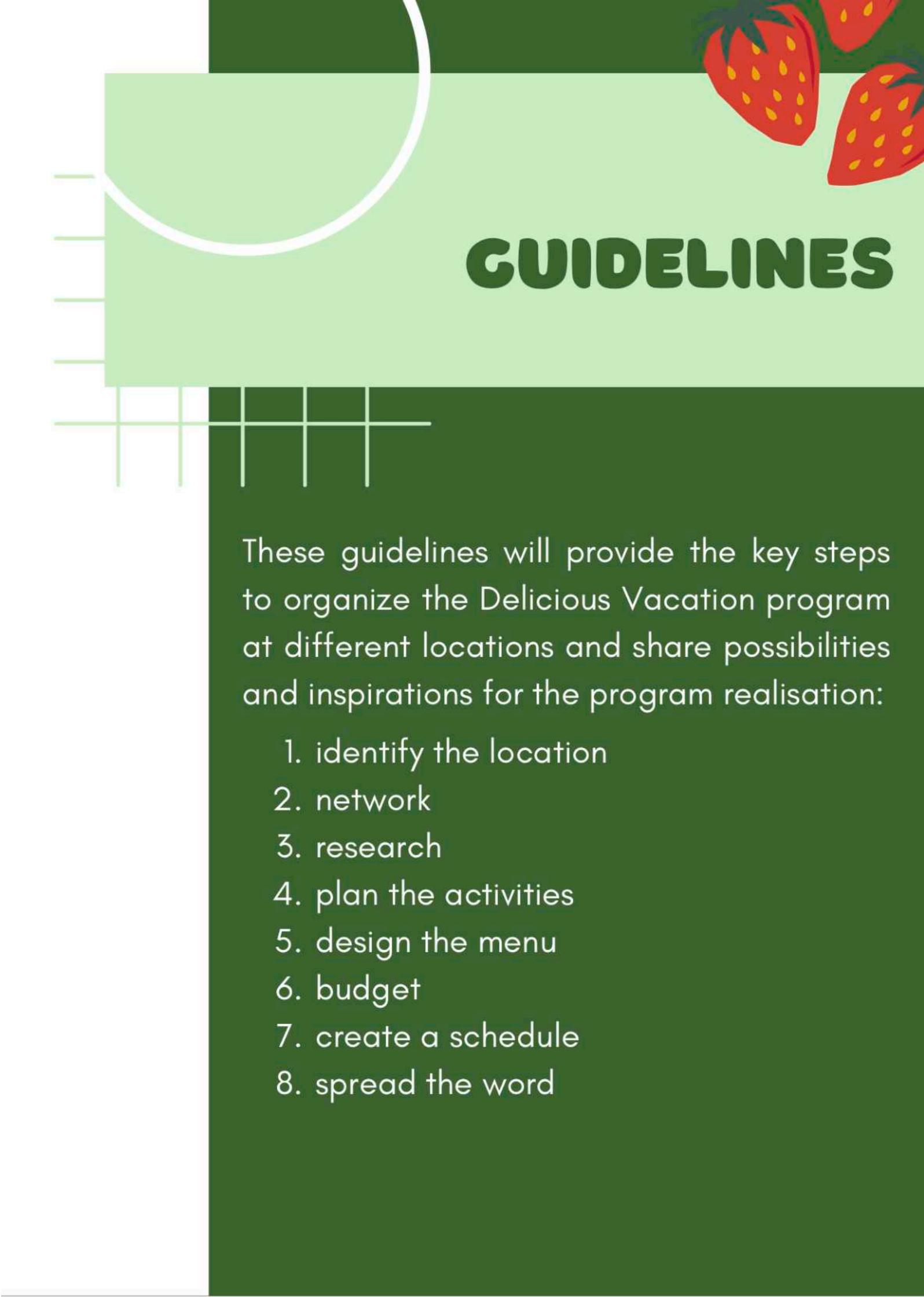
delicious vacation

MANAGEMENT PACK

THE IDEA

Delicious Vacation is an experience-based program designed to promote sustainable local production and support local communities. The aim of the multiple day event is to offer the guests a chance to participate in a small-scale food production workshops using locally sourced ingredients while enjoying natural wonders in the surrounding area. The program is fair priced and additional profit will be used for needed improvements in the community (according to community needs). The participants can experience local culture, cook local dishes, visit producers and go deeper into a more sustainable living during their stay.



The background features a dark green top section with a light green curved shape on the left and several red strawberries with yellow seeds on the right. Below this is a light green horizontal band containing the title. The bottom section is dark green with a white grid pattern on the left side.

GUIDELINES

These guidelines will provide the key steps to organize the Delicious Vacation program at different locations and share possibilities and inspirations for the program realisation:

1. identify the location
2. network
3. research
4. plan the activities
5. design the menu
6. budget
7. create a schedule
8. spread the word

IDENTIFY THE LOCATION

First step would be choosing a suitable location and for this you need to take into consideration resources that you have available such as: produce, accommodation and most suitable season of the year for the particular location in terms of attractiveness for visitors. Seasonal and as much locally produced ingredients as possible, preferably organic or equivalent, are crucial to reflect the program purpose which is to promote a more sustainable and eco-conscious way of life. Accommodation can be provided by one entity or more smaller providers, e.g. local families.



NETWORK

Establishing a stable network of local providers such as farmers, food producers, accommodation providers, artisans, representatives of local NGOs and protected areas who will take part in the program as suppliers or activity facilitators is a pivotal step in ensuring that the program is not only successful but also benefits the local community.



RESEARCH

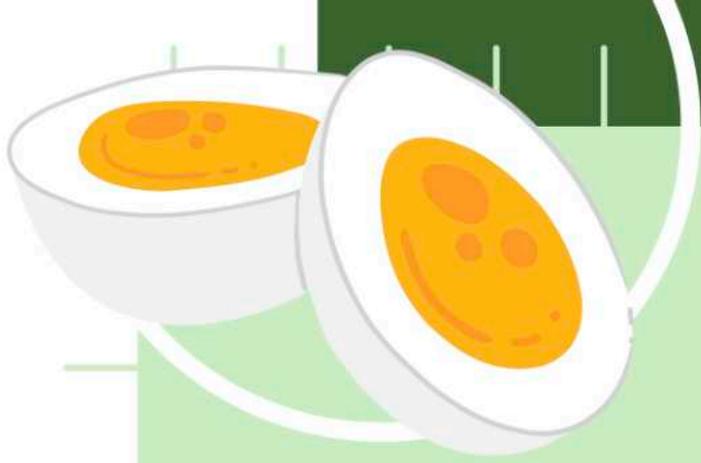
Detailed research of local culture and traditional food making practices will ensure genuine perspective is provided to the participants. Including local artisans in the activities will provide knowledge-based and experience-based insight into the local practices. Program facilitators should be able to provide guests with the information about the local area, flora and fauna, climate, history, etc.





PLAN THE ACTIVITIES

With all of the information you have by now you can move on to planning the activities. Various practical workshops, field visits and excursions connected to food production are the base of the program. E.g. visits of local farms and local producers, wild foraging workshops (herbs, plants, mushrooms), cooking classes, workshop on usage of typical local ingredients, using leftovers, preservation of seasonal ingredients, etc. It is recommended to include the products that are made during the workshops into the meal planning for the program as much as possible to ensure no food goes to waste.



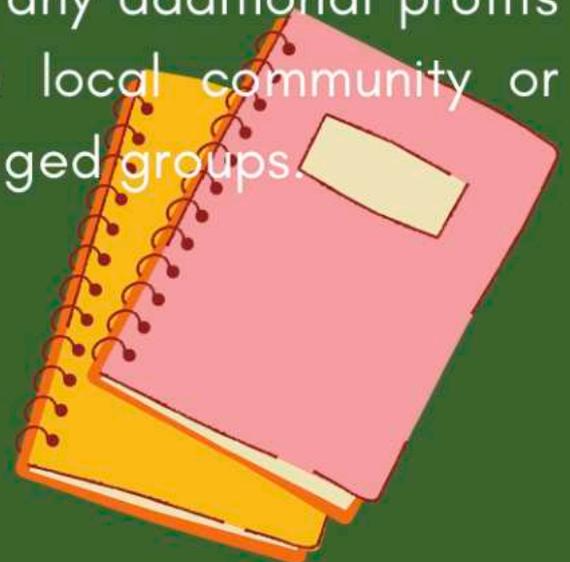
DESIGN THE MENU

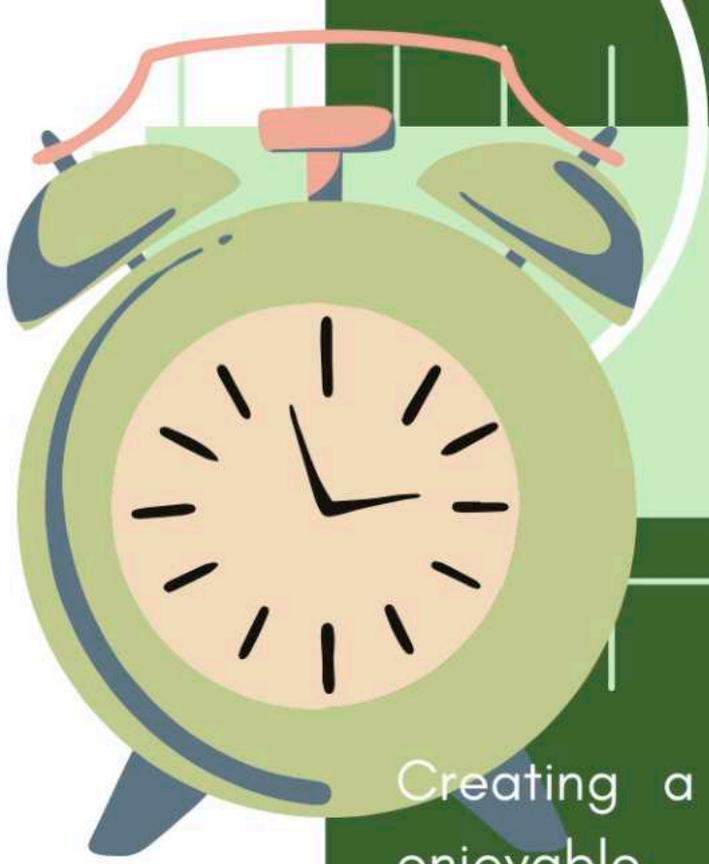
Besides consuming the food prepared during the activities, meal planning for the guests for the duration of the stay is suggested. The option of self-catering accompanied by recommendations of local restaurants to promote local economy is also possible. Combining both approaches might meet the needs and feasibility of the organizing beneficiary. Proper food planning is needed to estimate adequate quantities and timing of supply of the needed ingredients to avoid food waste. We highly recommend to include vegan options, and only sustainably produced meat and dairy products. Adjustments might be needed according to food intolerances and allergies, so gluten free and nut free meal option should be thought through beforehand.



BUDGET

Planning the adequate budget is necessary for the successful realisation of the event since little to no financial inputs are expected. Amount of ingredients necessary for workshops as well as meals for the guests, price of accommodation, utilities, needed equipment for the given number of participants, necessary transport for excursion and personnel costs have to be taken into consideration. We highly recommend to invest any additional profits into improvements in local community or supporting disadvantaged groups.





CREATE A SCHEDULE

Creating a time effective, feasible and enjoyable schedule will ensure the enjoyment of the guests and the success of the program. Duration of the program is contingent on organising beneficiary's preferences and possibilities; at least two-day event is recommended. The individual activities might be mandatory as well as elective. Sufficient time for each activity has to be planned to provide relaxed atmosphere. Time needed for preparation of the meal/ingredients, proofing and baking/cooking times as well as time needed for the product to be ready to eat has to be considered.

CREATE A SCHEDULE

Schedule needs to be designed according to availability of ingredients, supply availability and food viability to ensure the best possible quality and freshness. Including sufficient time for relaxation and exploration of the region is necessary. Organise a welcome get together to provide general information to participants.





SCHEDULE EXAMPLE

	Morning	Afternoon	Evening
Mon	Breakfast Welcome get together	Lunch Picking vegetable in the garden Free time	Cooking using harvested vegetables Dinner
Tue	Breakfast Making bread or pasta	Lunch Soap making	Free time Dinner
Wed	Breakfast Cheese making Visiting the producer	Lunch Free time	Pizza party
Thu	Breakfast Wild kitchen	Wild kitchen Outdoor cooking Lunch	Dinner Free time
Fri	Breakfast Free time	Pita making Lunch	Making slatko Dinner
Sat	Breakfast Free time	Lunch Free time	Making ice cream Dinner
Sun	Breakfast Excursion	Lunch get together and saying goodbye	

CREATE A SCHEDULE

Keep in mind: Welcome get together was scheduled the first day after arrival to provide enough time to settle down. Workshop on soap making (using leftover olive oil and animal fat) will take place the second day, because the produced soap needs to dry. Bread or pasta making will be done on a day before pizza night, since pizza dough has to rest 24 hours can be prepared at the same time as bread, etc.



SPREAD THE WORD

Advertising the program to the appropriate audience is a substantial task. Local tourist offices, webpages focused on regional tourist information and travel guides are great tools to attract potential customers. Including people active in social media (YouTube, Tik-Tok, Instagram, etc.) might promote the program and mediate the experience to other interest groups. Use the tools you have available (social media marketing, content creation, etc.) to spread the word and bring in people interested in getting a little taste of life in your area.



REDUCE THE IMPACT

The program already encompasses a lot of sustainable and eco-friendly approaches, e.g. using the local products to decrease carbon footprint, reducing food waste, incorporating vegan meals and using organic products to support biodiversity, however, more actions should be considered. Hereby we are proposing various tips on how to decrease the negative impact of the event on the environment. Any additional measures are more than welcome.





TRAVEL IMPACT

Avoiding air travel whenever possible is one of the most efficient ways to reduce carbon footprint created by travelling. Communicating this to the guests is a key component. Recommending eco-friendly ways to travel and including tips on travel companies that can provide transport to the chosen destination might be a great assistance for the guests. For overseas guests, stress the possibility to take part in the program as a part of longer stay in the area rather than coming only for the duration of the program. Providing shared transport from a meeting point available to all participants might help to avoid car rental.

TRAVEL IMPACT

Encourage the participants, especially those travelling overseas, to get involved in volunteering events after or before the program as a compensation for creating travel carbon footprint. We recommend to include contacts for local NGOs that are organising environment or social focused volunteer events to simplify the process for the participants.



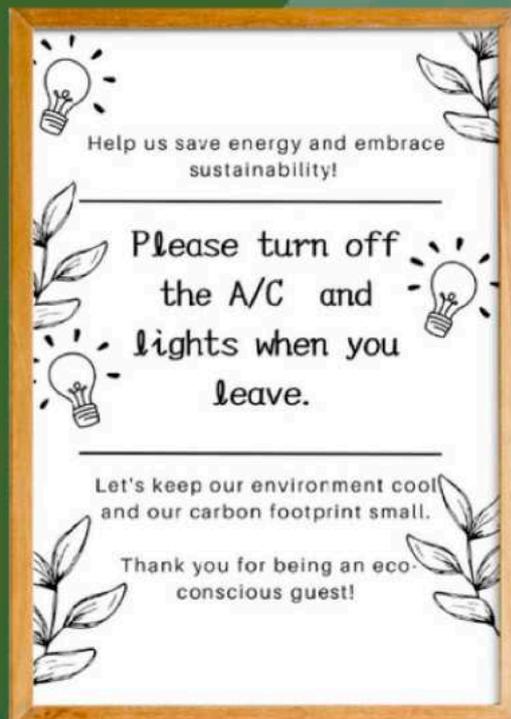


SAVING ENERGY AND RESOURCES

Energy and resource consumption has a great impact on the environment. It is crucial to find an accessible and kind way to motivate the participants to decrease the negative impact during the program and most importantly to adopt the habits in their day-to-day life. Please include concrete tips on how to save energy and resources in the venue and accommodation units, e.g. turning off the light when you leave the room, unplugging appliances when they're not in use, walking instead of driving, closing water tap when brushing teeth, taking short showers, switching off heating and AC when windows are open. Placing attractive and eye-catching signs around the venue is highly recommended.

SAVING ENERGY AND RESOURCES

SAVE ENERGY



REDUCING WASTE



You should strive to lead by example when it comes to reducing waste during the program: avoiding plastic packaging as much as possible, buying food and other goods in bulk, reusing scraps and composting organic waste. Most of the goods should come from local producers with close relationship with the organizers, thus packaging and supply of the products can be discussed before and adjusted, e.g. providing reusable containers, bags or beeswax wraps, etc.



REDUCING WASTE

Buying toilet paper made out of recycled paper in big packs and toxic-chemical free hygiene and cleaning product preferably in refillable containers is favoured. Other liquids (juice, milk, yogurt, etc.) can be bought in glass containers and be refilled or used for products made during the program. Establishment of compost is a great educative tool and brings added value to avoidable food waste. The compost can be then distributed to the cooperating farmers, which will support the principles of circular economy.



CONCLUSION

Using the profits from the program to implement more energy efficient concepts and waste reduction solutions for the future is essential for ensuring the perpetuation of the sustainability idea, as well as for encouraging guests to carry with them some of the ideas home. Buying water retention devices, building compost toilets, sun dehydrator, etc. should be considered. However, the primary focus should always be on principles of buyerarchy and waste management: **Reduce - Reuse - Repair - Remake - Recycle.**



LOCATION IDEAS

PECKA VISITOR CENTER

Pecka visitor center is an old local village primary school transformed into accommodation facilities in Bosnia and Herzegovina. This Center is the starting and ending point for picnics, climbing, bicycle riding, hiking in the highlands of Krajina and meeting with the guides. The main aim of this Center is to provide information to visitors about the routes, tourist attractions, local food producers, accommodation, etc.

<https://www.outdooractive.com/en/accommodation/western-balkans/pecka-visitor-center/17574571/>

LOCATION IDEAS

CHATAMA FOREST CENTER

Chatama Forest Center in Bulgaria offers accommodation in a natural environment, food, guides, bicycles and kayaks for rent. Beautiful location by the lake and wonderful people that run it captured my heart. It's a place to come to reconnect with nature, alone or with friends. The organisation was able to apply innovative practices to show that we can live in nature with minimal negative impact.

[https://bikearea.org/?](https://bikearea.org/?fbclid=IwAR3iMKNh9GM6WDKiWXYVp4T5WPbmE0_EsWax8c7wxrjaSyuprC9rpcR1whU)

[fbclid=IwAR3iMKNh9GM6WDKiWXYVp4T5W](https://bikearea.org/?fbclid=IwAR3iMKNh9GM6WDKiWXYVp4T5WPbmE0_EsWax8c7wxrjaSyuprC9rpcR1whU)

[PbmE0_EsWax8c7wxrjaSyuprC9rpcR1whU](https://bikearea.org/?fbclid=IwAR3iMKNh9GM6WDKiWXYVp4T5WPbmE0_EsWax8c7wxrjaSyuprC9rpcR1whU)

<https://www.facebook.com/chatamalive>

LOCATION IDEAS

URBAN ORGANIC

At Urban Organic they have 10 years experience designing, building and managing food growing gardens in London and beyond. They work with restaurants, businesses, schools and community groups to create gardens that add value, raise profile, support health and create greener, cleaner cities.

<https://www.urban-organic.co.uk/>

LOCATION IDEAS

RIFUGIO DEI SANNITI

Located in the Val di Sangro, Borrello is surrounded by splendid natural scenery that ranges from the mountains of the Maiella National Park to the mountains of Roccaraso, the Abruzzo National Park. The place provides the possibility to experience authentic Italian rural life. In vicinity there is Natural reserve Cascate del Verde. The area extends for approximately 287 hectares and includes the highest waterfalls of the Apennines which dominate the middle Sangro valley, flowing between rock bastions, towers and limestone pinnacles in a suggestive landscape and is home to many native species.

<https://rifugiodeisanniti.it/>

Created as part of the Erasmus + project:
"Social Enterprise and Natural Capital"
2023. Borello, Italy



Co-funded by
the European Union



Agenzia Italiana
per la Gioventù

This publication reflect the views only of the authors and the Commission cannot be held responsible for any use which may be made of the information contained therein

SOCIAL COMMUNICATION



Perhaps more than any other business model, it is very important for social enterprises to communicate their ethics, processes and objectives to both potential and existing customers. Given the emphasis on social benefit over capital gains it is vital that any given social enterprise's message is clear in any marketing, whether that is physical advertising, social media engagement, website content or video output, while at the same time demonstrating their successes to investors and customers.

The Social Communication theme based activity gave us the opportunity to rethink common marketing practices. We quickly

came to the conclusion that, since social enterprises aim to provide a social benefit, any marketing output should also offer some kind of value to the end user. Rather than simply encouraging potential customers to spend their money on whatever the business produces, we sought to find a way of giving those potential customers something appealing, informative and useful whether they choose to engage with the business or not.

We also came to the conclusion that, since our output would have a value, it would be far less disposable than traditional marketing materials. In short, it is more likely that the end user would keep or collect what we produced. This led to us conceptualising marketing in a way that could build a collection or database, whether in physical or digital form.

It would be fair to say that our approach is probably a more expensive way of marketing than the traditional method. However, while we were unable to come up with solid costings of our eventual designs and concepts, we are confident that the gradual building of a database that would be accessible by potential customers indefinitely would offset the additional costs of our approach.

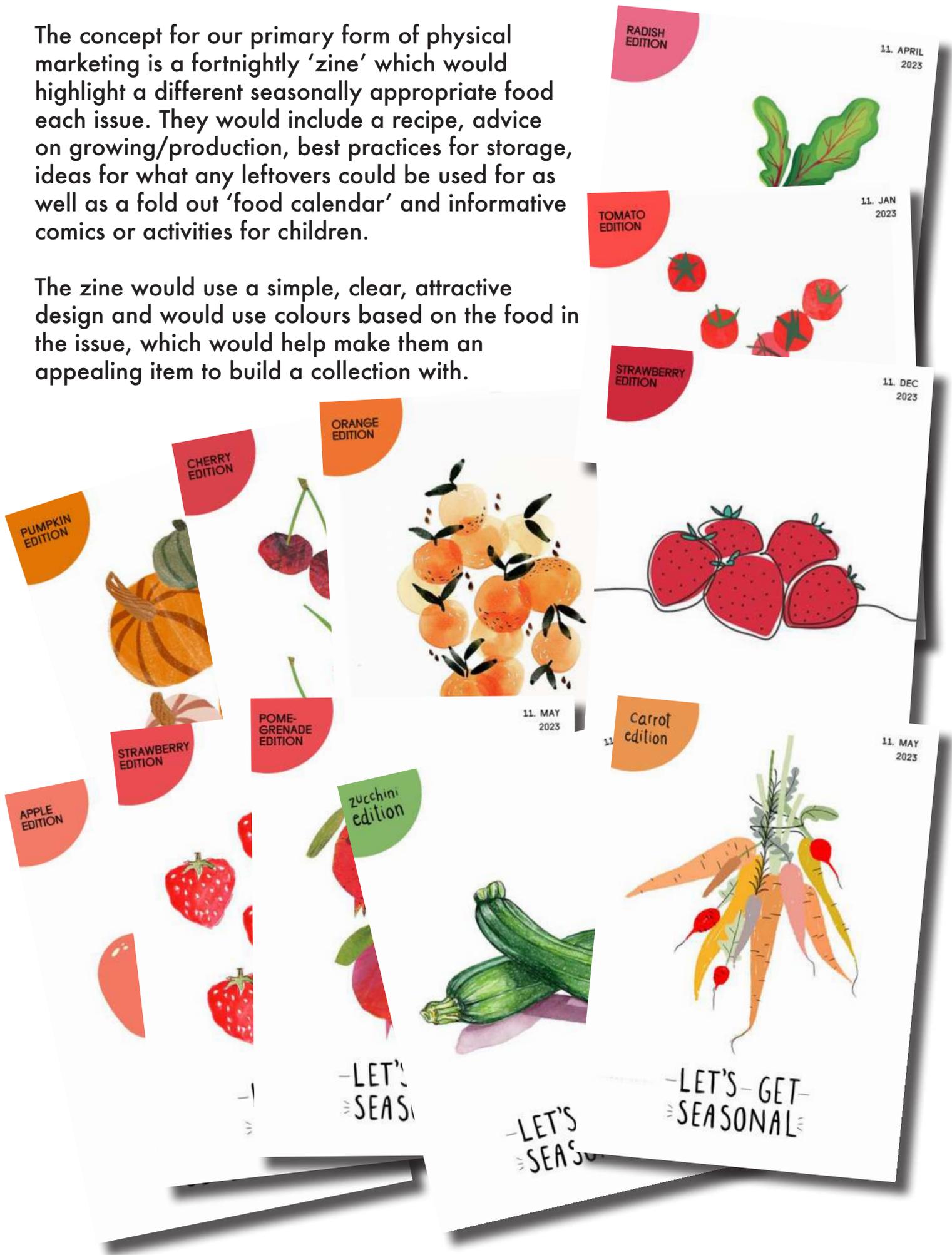
One of the challenges we faced was that, while the message we aimed to communicate was clear (sustainable, low-impact, healthy food), the actual business we were designing marketing for was entirely hypothetical at this stage. As a result we decided to produce something adaptable. We decided on the name 'Let's Get Seasonal' for our imaginary social enterprise, but our outcome could be adjusted to suit any objectives a sustainable food-based social enterprise might have.

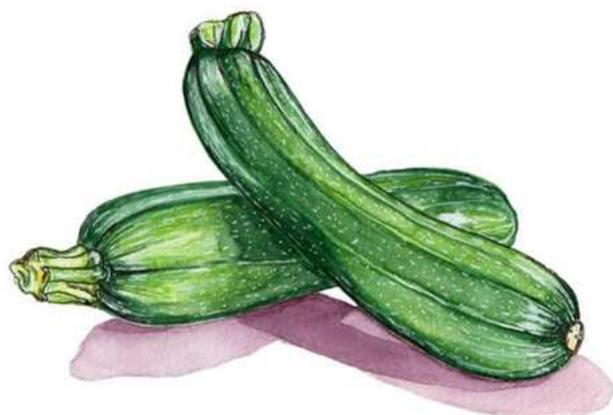


LET'S GET SEASONAL

The concept for our primary form of physical marketing is a fortnightly 'zine' which would highlight a different seasonally appropriate food each issue. They would include a recipe, advice on growing/production, best practices for storage, ideas for what any leftovers could be used for as well as a fold out 'food calendar' and informative comics or activities for children.

The zine would use a simple, clear, attractive design and would use colours based on the food in the issue, which would help make them an appealing item to build a collection with.





— LET'S — GET —
SEASONAL —

RECIPE: ZUCCHINI PANCAKES - SLOVAKIA

FOR 4 SERVINGS:

1 MEDIUM ZUCCHINI
3 SMALL POTATOES
5-6 TABLESPOONS OF FLOUR
2 EGGS
1 CLOVE OF GARLIC
SALT / BLACK PEPPER
MARJORAM / OLIVE OIL



METHOD

- PEEL AND GRATE BOTH THE ZUCCHINIS & THE POTATOES.
- PEEL & SLICE OR CRUSH THE GARLIC.
- MIX THE VEG TOGETHER IN A LARGE BOWL WITH A PINCH OF SALT.
- ALLOW THE MIXTURE TO REST FOR 5 MIN
- SQUEEZE THE EXCESS LIQUID FROM THE MIXTURE, THEN STIR IN THE FLOUR, EGGS AND GARLIC FOLLOWED BY THE PEPPER & MARJORAM.
- HEAT THE OLIVE OIL IN A SHALLOW, FLAT-BOTTOMED PAN.
- CAREFULLY PUT THE MIXTURE IN THE HOT OIL AND PRESS INTO INDIVIDUAL PANCAKE SHAPES ROUGHLY HALF AN INCH THICK.
- ONCE THEY ARE BROWN ON BOTH SIDES YOUR PANCAKES ARE READY!

SERVING SUGGESTIONS: DELICIOUS WITH HOMEMADE KETCHUP, MAYONNAISE OR GARLIC DIP OR SIMPLY SOME FRESH VEGGIES.

VARIATIONS

THE RECIPE CAN VARY DEPENDING ON THE SEASON / YOUR DIET.

VEGAN: SKIP THE EGGS
VEGGIES: CABBAGE / CARROTS / BEETROOT / PUMPKIN / KOHLRABI

KEEP IN MIND THAT THIS IS NOT A FIXED RECIPE, YOU CAN EXPERIMENT, USE DIFFERENT VEGETABLES AND HERBS DEPENDING ON YOUR PREFERENCE.



HEY, I'M HENRY, BORN AND RAISED IN ITALY. I LOVE THE SUN SO MUCH, THAT'S WHY I TAKE SOME REST DURING WINTER & SPRING, SO I CAN BE IN GOOD SHAPE FOR SUMMER AND FULL OF ENERGY. THIS LIFESTYLE MAKES ME PACKED WITH NUTRIENTS AND VITAMINS. YOU CAN EVEN EAT MY SKIN (IT WILL MAKE YOURS HEALTHY TOO). I DON'T LIKE CROWDED PLACES AND SUPERMARKETS. SO IF YOU WANT TO FIND ME, JUST ASK THE LOCALS, EVERYBODY KNOWS ME.

OH, HI, I'M ZOD. I COME FROM A FOREIGN COUNTRY, BUT I'VE ENDED UP HERE IN ITALY. I'M ALWAYS ON THE ROAD.

THIS IS A HARD JOB, I HAVE TO STAY AVAILABLE ALL YEAR LONG, EVEN DURING HOLIDAYS. I'M SO TIRED AND STRESSED OUT, I FEEL SO DEAD INSIDE. I HAVE TO PUT SO MANY CHEMICALS ON MY SKIN SO I CAN LOOK FRESH AND PRETTY FOR YOU. YOU CAN FIND ME EVERYWHERE, I'M THE EASY CHOICE. BUT AM I THE HEALTHIEST? WELL, IT'S UP TO YOU.

I MAY BE CHEAPER, THAT DOESN'T MAKE ME A KEEPER...



Co-funded by
the European Union



Agenzia Italiana
per la Gioventù

LEFTOVERS

THE POTATO PEEL CAN BE MADE INTO DELICIOUS HOMEMADE CHIPS. JUST SPRINKLE WITH OLIVE OIL & SEASON WITH ROSEMARY, SALT & PEPPER, THEN COOK IN THE OVEN FOR 20 MIN, OR UNTIL THEY'RE CRISPY.

LEFTOVER POTATO & ZUCCHINI IS ALSO USEFUL FOR COMPOST OR CAN BE USED AS FOOD FOR LIVESTOCK, SO IT HELPS TO PRODUCE MORE FOOD!

EGG SHELLS HAVE A VARIETY OF USES IN THE GARDEN:

- IN POTTING SOIL THEY FACILITATE DRAINAGE & RELEASE CALCIUM & OTHER NUTRIENTS.
- THEY ARE A GOOD ADDITION TO COMPOST.
- CRUSHED UP & SPRINKLED AROUND PLANTS THEY CAN HELP DETER SLUGS AND SNAILS, AND EVEN PUT OFF CATS WHO MIGHT USING YOUR GARDEN AS A LOO.

NATURAL CAPITAL & COST EFFECT

- ZUCCHINI NEEDS TO GROW CLOSE TO WATER
- ITS PREFERABLE IF COWS/CHICKENS LIVE CLOSE TO THE GARDEN, BECAUSE OF THE PRODUCTION WASTE
- IMPORTANCE OF POLLINATORS: BEES + OTHER INSECTS

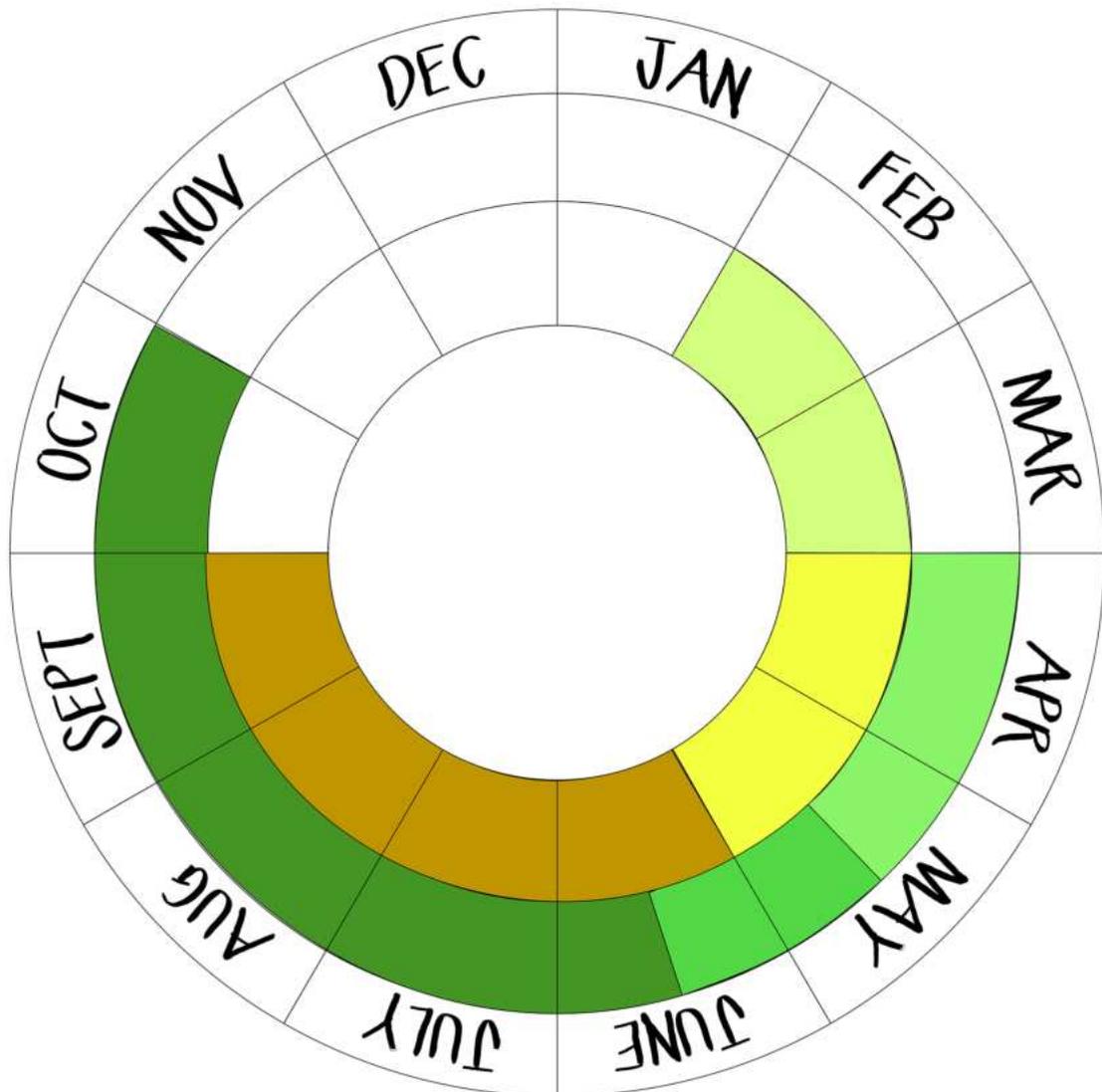
TO MAXIMIZE COST EFFECT WHEN GROWING VEGETABLES STAY CLOSE TO WATER SOURCES, CATTLE, & CHOOSE ADEQUATE SOIL TYPE.

GROWING FOOD IS A FORM OF ADDING VALUE. THE LEFTOVERS ARE USED FOR ANIMAL FEED AND COMPOST THAT ADDS MORE VALUE TO OUR SOIL WHICH GENERATES EVEN MORE AND BETTER PRODUCTS.

REMEMBER THAT YOU CAN BUILD NATURAL CAPITAL, STORE IT, TRANSFORM IT, & EVEN DIMINISH IT WITH BAD PRACTICES. USING PESTICIDES WILL KILL ALL KINDS OF INSECTS, EVEN THE ONES THAT ARE HELPING THE GROWING PROCESS.

PLANTING	GROWING	HARVESTING
Plant directly in rich soil in a place with lots of direct sunlight, about 1 inch deep and 2-3 inches apart.	Watering deeply once or twice per week is better than frequent shallow watering because it allows the water to reach the deep roots.	They take about 2 months to be ready to harvest and can be sowed and harvested multiple times per growing season.

ZUCCHINI

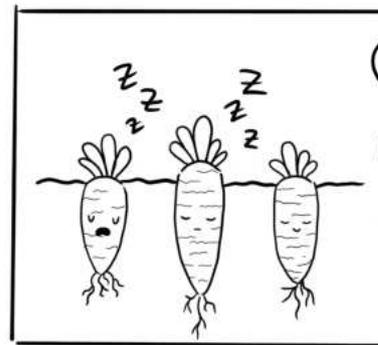


POTATO

PLANTING	GROWING	HARVESTING
For each sprouting potato, dig a hole about 6 inches deep, and then pop in the potato with sprouts pointing up and cover with soil.	Generally, they need 1 to 2 inches of water a week.	They take between 80 and 130 days to harvest after planting.



LET'S GET
SEASONAL



OH!
THEY ARE
STILL
GROUNDED...



RECIPE: CARROT CHUTNEY - UK

- 4 LARGE ONIONS (RED OR WHITE)
- 6 - 8 MEDIUM CARROTS
- 8 CLOVES OF GARLIC (OR 1 HEAD)
- CORIANDER, CUMIN AND CARDAMOM (ALL GROUND)
- SUGAR / HONEY
- WHITE VINEGAR

METHOD

- PEEL & GRATE THE CARROTS & SLICE THE ONIONS. PEEL & CHOP OR CRUSH THE GARLIC CLOVES
- PLACE THE ONIONS AND GARLIC IN A WIDE-BOTTOMED PAN WITH A LITTLE OIL, COOK ON A LOW HEAT UNTIL THEY START TO GO SOFT
- STIR IN THE CARROTS AND CONTINUE COOKING UNTIL THEY GO SOFT AS WELL
- STIR IN THE SPICES AND SIMMER FOR 5 MINUTES.
- USING A TABLE SPOON, EVENLY SPREAD THE SUGAR OVER THE TOP OF THE VEGETABLES, THEN STIR IN.
- DO THE SAME WITH THE VINEGAR, MAKING SURE TO SPREAD IT EVENLY.
- SIMMER FOR A FURTHER 5 MINUTES, THEN COVER AND LEAVE TO COOL

HOW TO STORE FOR WINTER:

- PLACE THE CHUTNEY IN JARS - MAKE SURE THE LIDS ARE TIGHTLY FITTED.
- PLACE THE JARS IN A LARGE POT WITH A LID, FILL THE POT WITH WATER UNTIL THE JARS ARE COVERED & BRING TO THE BOIL.
- ONCE THE WATER IS BOILING COVER THE POT, REDUCE THE HEAT A LITTLE & LEAVE FOR 1 HOUR.
- WITHOUT REMOVING THE LID LEAVE THE POT TO COOL FOR 24 HOURS.
- STORE IN A WARM, DRY PLACE. THEY WILL KEEP FOR UP TO 18 MONTHS.

VARIATIONS

THE RECIPE CAN VARY DEPENDING ON THE SEASON

VEGGIES: CABBAGE / BEETROOT / KOHLRABI
SWEET VERSION: APPLES

KEEP IN MIND THAT THIS IS NOT A FIXED RECIPE, YOU CAN EXPERIMENT, USE DIFFERENT VEGETABLES AND SPICES DEPENDING ON THE SEASON, LOCATION, PREFERENCE...

LEFTOVERS

THE PEELS AND OFF-CUTS OF THE CARROTS AND ONIONS CAN BE USED TO MAKE VEGETABLE STOCK, A CHEAP ALTERNATIVE TO BOUILLON, WHICH CAN SERVE AS A BASE FOR MANY SOUPS, STEWS OR RISOTTOS:

- PUT THEM IN A PAN WITH YOUR CHOICE OF SEASONING.
- COVER WITH WATER.
- BRING TO THE BOIL AND SIMMER FOR ONE HOUR.
- STRAIN THE LIQUID AND LEAVE IT TO COOL

NATURAL CAPITAL & COST EFFECT

TO MAXIMIZE COST EFFECT WHEN GROWING VEGETABLES STAY CLOSE TO WATER SOURCES, CATTLE, & CHOOSE ADEQUATE SOIL TYPE.

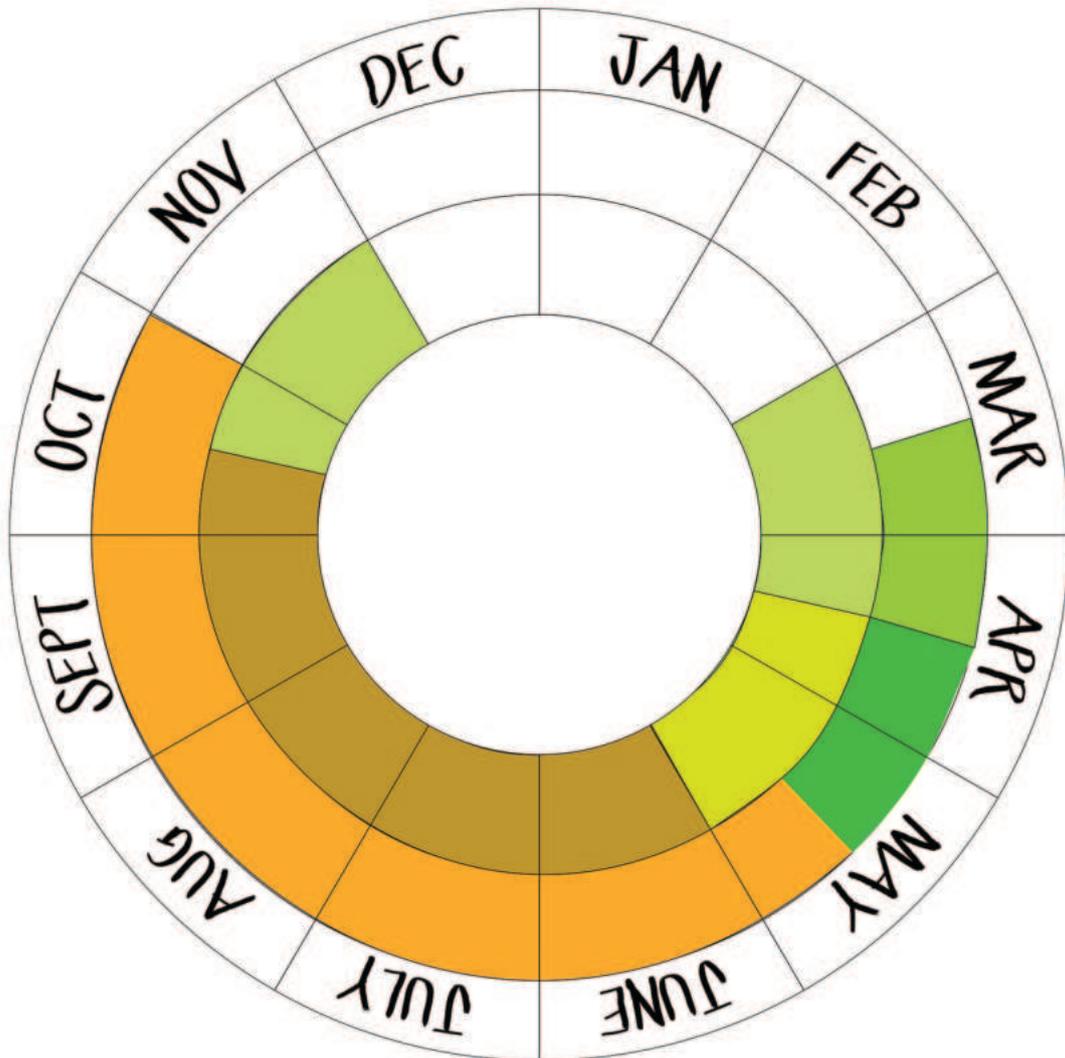
GROWING FOOD IS A FORM OF ADDING VALUE. THE LEFTOVERS ARE USED FOR ANIMAL FEED AND COMPOST THAT ADDS MORE VALUE TO OUR SOIL WHICH GENERATES EVEN MORE AND BETTER PRODUCTS.

REMEMBER THAT YOU CAN BUILD NATURAL CAPITAL, STORE IT, TRANSFORM IT, & EVEN DIMINISH IT WITH BAD PRACTICES. USING PESTICIDES WILL KILL ALL KINDS OF INSECTS, EVEN THE ONES THAT ARE HELPING THE GROWING PROCESS.



PLANTING	GROWING	HARVESTING
Plant in a fertile, well-drained soil with direct sunlight, sow 1/4 inch deep, 2 to 3 inches apart in rows 1 foot apart.	Carrots require about 1 inch of water per week when the roots are young. As the roots mature, increase the water to 2 inches per week.	Most varieties are ready to pick in 70-100 days.

CARROT



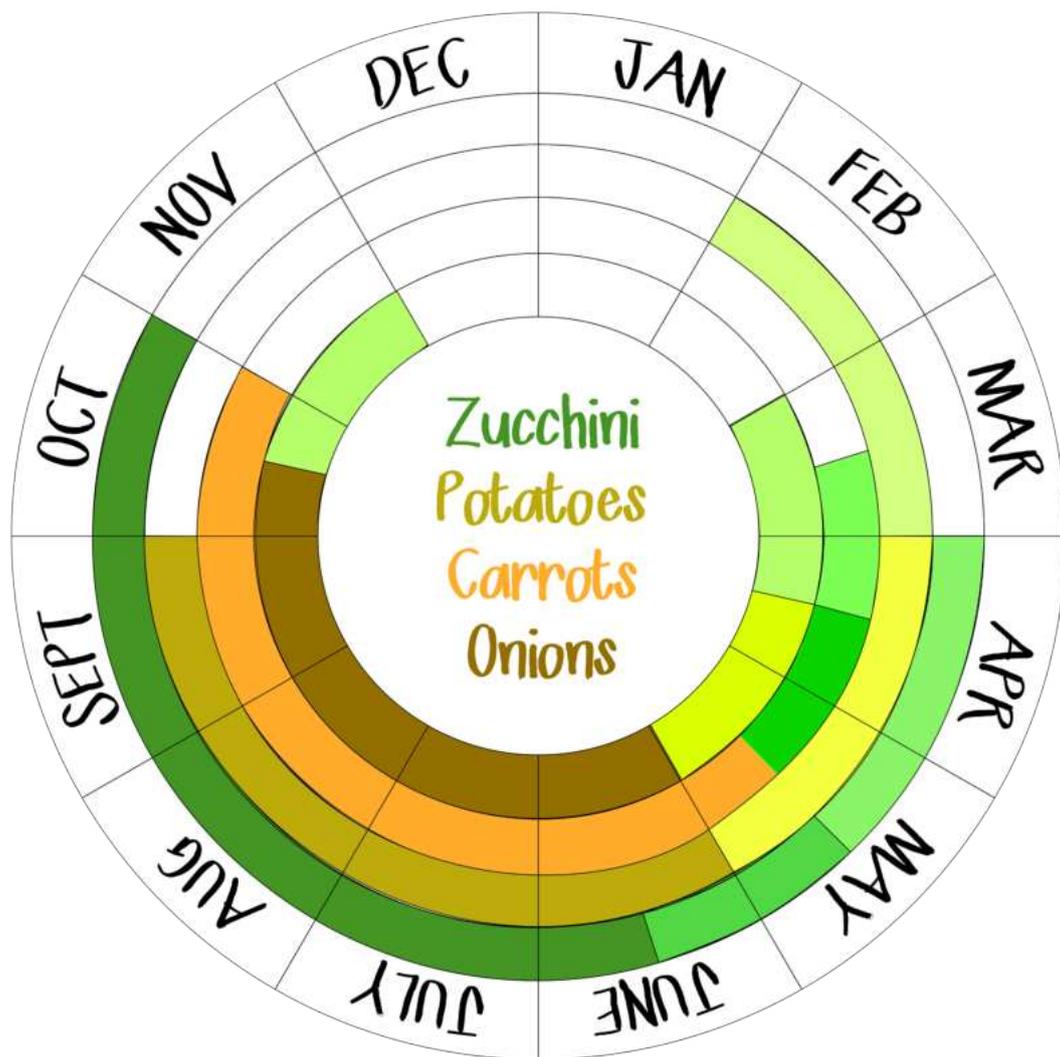
ONION

PLANTING	GROWING	HARVESTING
Plant them in a sunny spot that has fertile, well-drained soil, about 6 inches apart in rows that are 12 inches apart.	Water thoroughly after planting, and regularly thereafter, about once a week if there is no rain.	Harvest the crop in summer or early autumn.

THE LET'S GET SEASONAL WEBSITE

While we unfortunately did not have the time to build a prototype website, we did develop a concept for how it might work. Firstly, and most straightforward to implement, it would feature a database of all previous Let's Get Seasonal editions which could be viewed or printed by the end user, allowing them access even if they didn't find a physical version.

The more ambitious element is an interactive version of the food calendar printed in the zines. This would need a large quantity of data and a lot of research to produce, but the outcome would be very valuable, particularly to people interested in growing their own fruit and veg.



Users would select the country of their choice from a drop down list and would then be able to populate the calendar with any fruit or veg they chose, which would show them the planting, growing and harvesting information for their chosen produce, specific to their chosen country's climate. Users could make the calendars as simple or as complex as they liked. So, for example, if someone had a small piece of land and wanted to grow potatoes, carrots and leeks then they could build and print out a calendar with the relevant information on it. On the other hand, perhaps a school or college could produce a calendar featuring a wide range of fruit and veg. Ideally, each item would also come with advice on cultivation and harvesting techniques.

EDUCATIONAL MODULES

The goal of this theme based activity was to reflect on the experience of the practical cooking workshops and develop it in an educational direction. The participants were guided through the process of recognising their capacities and knowledge about food in general, as we tried to compare food with different origins and quality. When the participants became aware of how much they already knew about food, what they consume and what they could change in their daily consumption, they transformed all that information into educational modules.



In order to make the educational part as interesting as possible, they had the freedom to disseminate information through games and activities that are personally interesting and engaging for them in the process of learning through play. The participants referred to two very important products to the regional diet of Abruzzo, namely olives (olive oil) and cereals. They have developed two interactive educational modules that, along with entertainment, also offer a lot of information about these products, from their origins right up to their consumption.

EDUCATIONAL MODULE ON OLIVE OIL



INTRO

- ▶ This educational module has been created in order to explain, more specifically, to educate students on responsible consumption of food using the example of olive oil and its usage in simple dishes + its beneficial effects on health and environment when compared to different types of oil.
- ▶ In this module, we tried to reach high school students, since we believe, that their knowledge is sufficient enough for the understanding of the topic of responsible OLIVE OIL production, utilization and its possible effects on our bodies and environment. With such audience, the possible positive impact on the environment and humans has the highest chances of success, since they are the most susceptible to influence and positive change.
- ▶ Since we wanted to make this module as approachable and adaptable as possible, instead of olive oil, it is possible to use local fruits, veggies....

Preparation: Ice-breaker games:

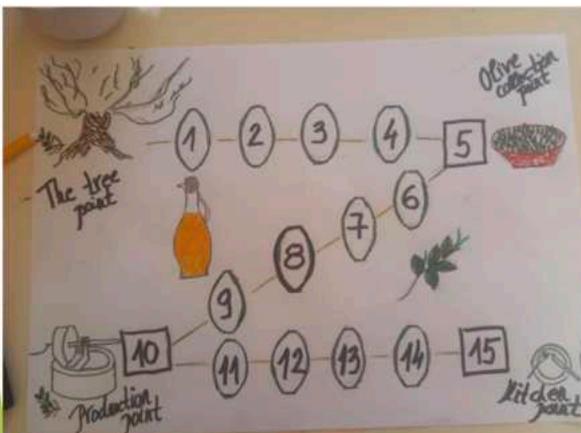
- 1) Discuss in pairs: Do you use olive oil at home? If so, do you know in which dishes? Do you participate in cooking at home? Have you researched or do you know how to properly use olive oil? (5-10 min)
- 2) Preparation:
 - 1) Sensorial: introduction of the trunk skin, leaves, roots, branches, fruit...

The facilitator will introduce different parts of an olive tree to the students and the students will have the opportunity to use their senses to get acquainted with the morphology of the plant. This activity should increase their interest in following activities.
 - 2) Benefits of olive oil on health + environment: the facilitator will try to incite interest in the students by asking questions. The students should engage in this exchange of information in a free manner.
- 3) Truth or False questions: This activity can be done in smaller groups but also as a 1 group, depending on the size of the particular group.
 - 1) Olive oil is not suitable for cooking because of its low smoke point. F
 - 2) If olive oil gets cloudy or solidifies in the refrigerator, it is 100% authentic and high quality. F
 - 3) A very green colour indicates high-quality olive oil. F
 - 4) Extra-virgin olive oil is the only 'healthy' type of olive oil. F

OLIVE MAP Game

The objective of this game is to incite curiosity about subject and competitiveness in students.

- ▶ This is the example of the card



1. How many kg of olives one tree can produce?

- 30 kg

OLIVE MAP GAME

Object of the Game

Explain words using other words, synonyms or opposites! Try to get your team to correctly guess as many words as possible before the timer runs out (30 sec). You can move your game piece forward on the game board as many steps as your team had correct guesses, and the team that's first to reach the finish space wins the game!

Gameplay

1. The players form a two teams and agree on the order the teams get to explain and guess. Each team chooses a game piece and places it in the starting space.
2. The first team decides who will explain while the rest of the team will guess. The explaining player picks up a stack of word cards. Whenever the team gets a word right, the explaining player places the card on the table and begins to explain a new word of the same number from the next card.
3. Turn the timer and start explaining. Whenever the team gets a word right, they move a game piece for one place. The other team can monitor the timer.

Explaining: The words have to be guessed completely right. If the word is "plant", "planting" is not accepted. If the word is "farmer", "farm" is not enough. With compounds the guesser usually gets half of the word right quickly. E.g. if the word you're explaining is "birdwatching", the guesser might say "animal watching". Once the guesser gets half of the compound right (in this case the word "watching"), the explaining player may use it to explain the rest of the word. If the guesser says any part of the compound, it can be used by the explainer. These rules also apply to phrases consisting of two or more words. You can use opposites. The easiest way to explain the word "big" would be to say "the opposite of small".

Stealing Words

If a game piece passes a stealing space (marked with picture), that team will have to play a stealing turn on their following turn. This means that all of the teams can guess and win the playing turn.

Black Olive Eight

When the team gets at place Black Olive Eight they have to give the right answer right or they move a game piece for two place back.

End of the Game

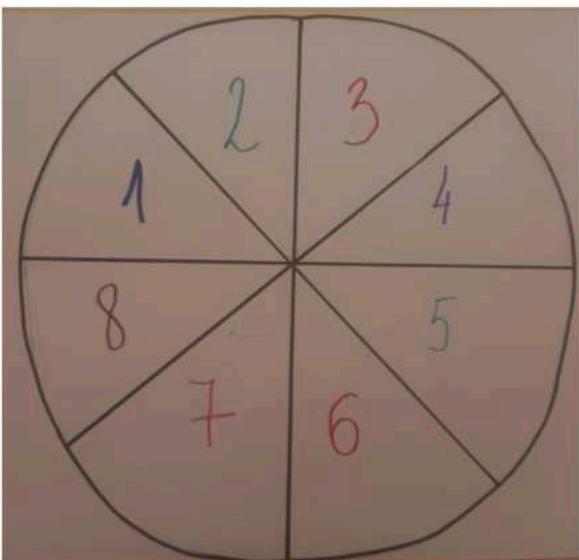
The game ends when the first team reaches the finish. This team is declared the winner of the game.

1. card
- How many kg of olives one tree can produce?
- **30 kg**
 - When does the olive tree bloom?
- **April-May**
 - Name the country where the oldest olive tree grows
- **Greece**
 - What does the olive branch represent?
- **Peace**
 - Which insect doesn't like olive tree?
- **Mosquito**
 - What kind of packaging should olive oil have?
- **Dark glass bottle**
 - Which country is the biggest olive oil consumer?
- **Greece**
 - How is olive oil produced?
- **cold pressed**
 - What does olive oil eliminate from the stomach?
- **harmful bacteria**
 - Which country produce 70% of the world's production of olive oil?
- **Spain**
 - What is the colour of the ripe olive?
- **black**
 - Related to mental health, what does it reduce?
- **Depression**

2. card
- How old is the oldest olive tree?
- **2000 years**
 - What is the average lifespan of an olive tree?
- **500 years**
 - What is the color of the olive tree flower?
- **White**
 - When should olives be harvested?
- **Autumn**
 - What is the latin name of the most common olive species?
- **Olea europea**
 - How many kg of olives are needed to produce 1l of olive oil?
- **45 kg**
 - What vitamin does the olive oil contain?
- **vitamin E**
 - For how long we can keep and use the olive oil?
- **2 years**
 - How do we call the best grade of olive oil?
- **extra virgin olive oil**
 - The health benefit of olive oil?
- **antibacterial**
 - What could be the main skincare product made of olive oil?
- **soap**
 - What amount of olive oil is healthy to consume per day?
- **40 ml**

➤ example

QUIZ

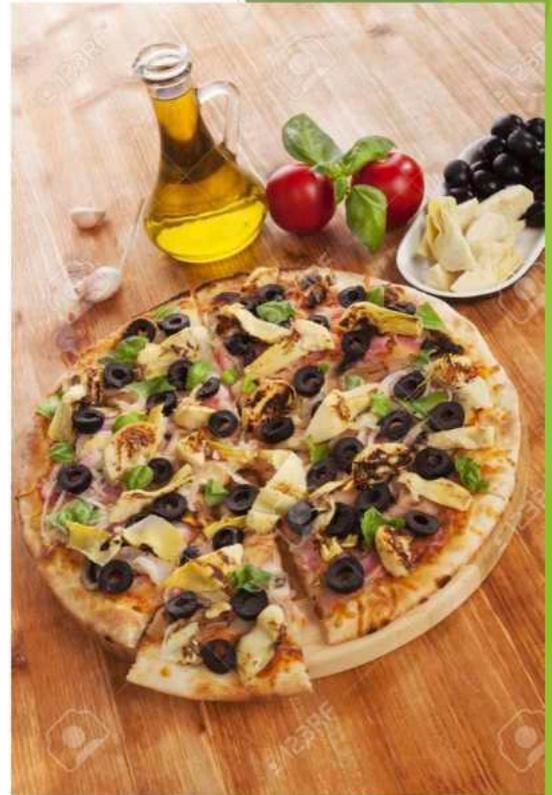


- Kids will throw darts/pebbles/... to choose questions. Each number has multiple questions. Students will be expected to cooperate and work in groups to find correct answers. The winning group will get the title of OLIVE OIL EXPERTS and will be crowned with an OLIVE WREATH.
- The QUIZ questions will be a mix of info from all of the activities.



COOKING ACTIVITY

- ▶ Taste-testing different types, brands (local/industrial) of olive oil, give their opinions on different taste, to guess and match them...
- ▶ The purpose of this cooking activity is to actively engage students in the process of food preparation with our ingredient which is, in this case, olive oil. Students will prepare simple dishes - Pizza Marinara and salad. In this way, they will learn to cook healthy and tasty. The reward for their efforts will be the dishes they prepared.



Conclusion + Discussion

- ▶ Free discussion: While eating the meals they prepared, students are expected to express their opinions on the different activities, what they learned; to understand the importance of buying and using local products instead of buying in stores and the benefits of including olive oil in their diet and replacing different oil types with olive oil.
- ▶ What kind of olive oil did you like the most?
- ▶ Are you gonna be using olive oil more in your diet?
- ▶ Do you think it's important to buy local? If so, why?

Grains

From the seeds to the table

Introduction

▀ How bread is done ?

→ Vidéo :



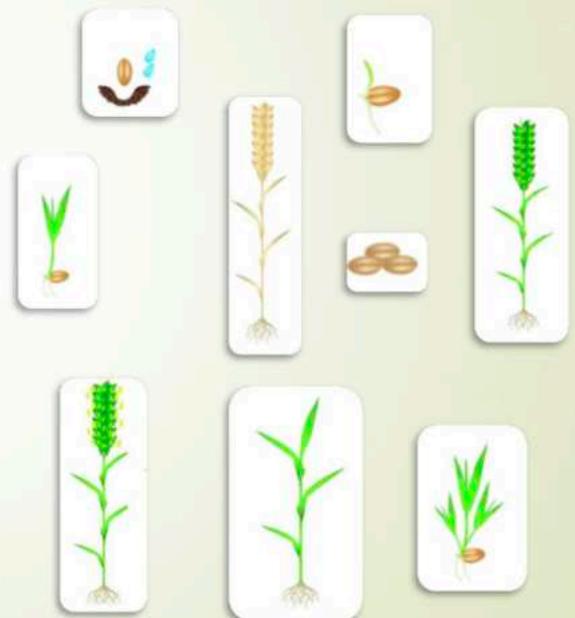
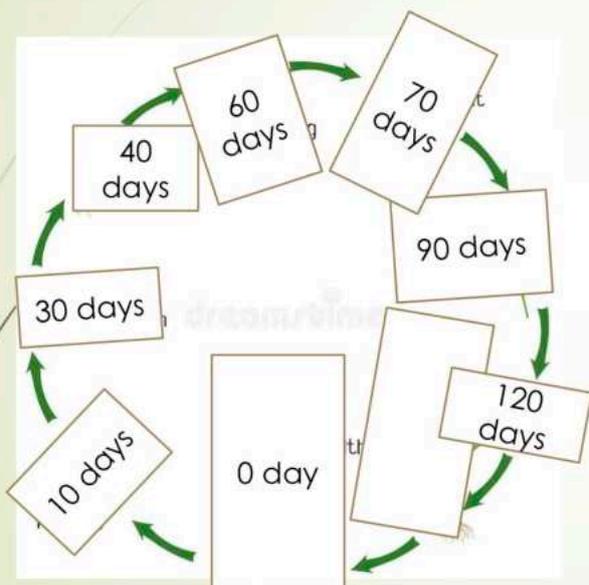
→ So now, let's do some bread together but in a different way. First we have to start from the beginning : the seeds

The preparation

- Show different jar with several seeds of wheat at different time of their evolution.



Next game with photos of the evolution of a seed at several times. The kids have to put the right photo at the right time (all together).



Analysis of seeds/plant (game)

► 4 elements :

- Name of the seeds
- A picture of the plant
- The seed
- the flour

- Show and explain who is related to what (we give information about the plant and where it comes from)

<https://www.wellcurve.in/blog/different-types-of-flour-name-list/>



Rice

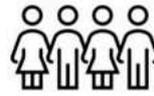
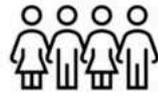
Wheat

Oat

Buck
wheat

Corn

- After the kids are separated in two groups; the first group write their names with the flour and the second with the seeds.



- Then the first student says his name and says which flour he wrote his name with, then the kid from the other group with seed the flour is made of says his name too and makes a pair. And then repeat the process for the rest of the group.

Creative game with grains seeds (music, etc.)

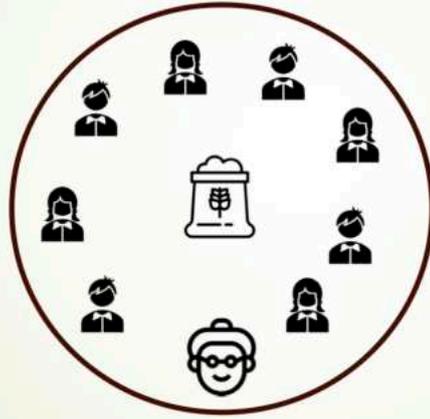
By pairs, help the kid to use their seeds for making a home-made maracas



Making bread with grandmas

1 big round table, 1 grandma.

The grandmother supervises the kids doing different type of bread depending on the different flour. 3-4-5 breads are baked.



At the end, do a blind test with the different breads

GOING IN THE FIELD



Grandmother kitchen

Visit of the mill near the river

Field of wheat

Conclusion

- Did you like making home-made bread ?
- What was your favorite grain ?
- Would you like make bread at home ?
- So now you know how to do it → make it, baked it in your home with your parents !

CIAO FROM BORRELLO!





PARTICIPANTS:

Albania:	Françeska Hamollari, Erisa Risilija, Denisa Bleta
Belgium:	Andra Carpentier, Romane Olivier, Sébastien Massinon
Bosnia & Herzegovina:	Tihomir Dakic, Predrag Gajanović, Branislav Ristic, Katarina Vrhovac
Bulgaria:	Mila Mihaylova, Elitsa Diamandieva, Teodora Goranova
Croatia:	Ivana Triva, Marko Lukić, Željana Smoje
Italy:	Mario Serrao, Nicola Salvatorelli, Cristina Della Piana, Giorgio Micoli, Manuela Maggi
Romania:	Eduard Marian Paraschiv, Stefan Cosmin Buruiana, Mariana Doicu
Serbia:	Marija Rasic, Ana Fodora, Goran Vukic, Bojana Ćirić
Slovakia:	Natália Budačová, Michaela Kalivodova, Tomáš Rusnák, Lucia Glajšeková

SPECIAL THANKS TO THOSE WHO HELPED IN THE REALISATION OF THE TRAINING COURSE:

Andrea Natale from the Abruzzo Institute for Protected Areas
The Hotel "Rifugio dei Sanniti" Borrello
The association "Donkeysciotte" Borrello
The local producers from Borrello: Rio Verde Tartufi, I saponi di Ascanio

We are all just human beings: for this reason it is possible that this dossier contains mistakes and inaccuracies.

Feel free to write us at:

circoloarcichieti@yahoo.it

**Contents may be used and reproduced but, please, quote the source.
Thank you.**

PROJECT REALISED BY:



SUPPORTED BY:



GRANTED BY:



Agenzia Italiana
per la Gioventù



Co-funded by
the European Union

This publication reflects the views only of the authors and the Commission cannot be held responsible for any use which may be made of the information contained therein.

