8-MAR-2012 13:13 FROM: AGRICULTURAL ECNOMIC 357-22919231

TD: 985344683

P:2/3

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Reçu CLT / CIH / ITH

Le 3 0 MARS 2012

To whom it may none to

The "Mediterranean Diet" is a vital abstract of our identity, not only in Cyptus but also in the broader Mediterranean basis. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditional relating to all stages of the Mediterranean Diet, from production to consumption.

(Glomanuo)

(Cate)

(Name)

The Petralona wines Ltd grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

#### ΒΕΒΑΙΩΣΗ

Η Οινοβιομηχανία Πετράλωνα Λτδ παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

Η «Μεσογειακή Διατροφή» αποτελεί ζωτικό στοιχείο της ταυτότητάς μας, όχι μόνο στην Κύπρο αλλά και στην ευρύτερη περιοχή της Μεσογείου. Αποτελεί επίσης αναπόσπαστο κομμάτι της ζωντανής μας κληρονομιάς πιστεύουμε ότι η συμπερίληψή της στον πιο πάνω κατάλογο θα ενισχύσει τις προσπάθειες μας για προστασία και προώθηση των παραδόσεων που σχετίζονται με όλα τα στάδια της Μεσογειακής Διατροφής, από την παραγωγή μέχρι την κατανάλωση.

Sign

Υπογραφή

Your Transypiers jour

9 9. MAR. 2012@11:09FROM:AGKYPEROUNTA WINERYC 3574 22819231

TO: 925NO, 676

P 1

## To whom it may concern

The MASILIAO. MUDERALY Of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intensible Cultural Heritage of Humanity.

The "Mediterranean Diet' is a vital element of our identity, not only in Cypnis but also in the broader Mediterranean basin, it constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

...

21315015

Manne)

The Forest Friend Association grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

#### ΒΕΒΑΙΩΣΗ

Ο Φιλοδασικός Σύνδεσμος Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

Η «Μεσογειακή Διατροφή» αποτελεί ζωτικό στοιχείο της ταυτότητάς μας, όχι μόνο στην Κύπρο αλλά και στην ευρύτερη περιοχή της Μεσογείου. Αποτελεί επίσης αναπόσπαστο κομμάτι της ζωντανής μας κληρονομιάς πιστεύουμε ότι η συμπερίληψή της στον πιο πάνω κατάλογο θα ενισχύσει τις προσπάθειες μας για προστασία και προώθηση των παραδόσεων που σχετίζονται με όλα τα στάδια της Μεσογειακής Διατροφής, από την παραγωγή μέχρι την κατανάλωση.

Sign

Υπογραφή

AJESM KONTEBUT

## To whom it may concern

The Syprice Total and Marky trave White Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin, it constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the implifiens relating to all stages of the Mediterranean Diet, from production to consumption.



20-MAR-2012 05:47 From: DEPT. OF AGRICULTURE 22781425

MINI PIZENZKIM

18 MPR-2018 08:50 From: KLADOS OPDR/KD1

22772243

To: +357 25943440

215-MAR-2012 13:30 From

To 357 DOOM PROM

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## In whom it may concern

and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Meditarranean Diet for inclusion to the Representative List of UNESCO for the Intensible - Gullural Herhage of Humanity.

The "Madharanean Dist" is a vital element of our identity, not only in Cypnia but also in the broader Mediterranean basin. It constitutes an integral part of our living hedrage and we bulleva that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Dist, from production to consumption.

6-MAR-2012 14:24 FROM: AGRICULTURAL ECHOMIC 357-22819231

TO:925222216

## To whom it may concern

The .D.LEASTRO. Enterolisers. How prants its unconditional and historied consent to the Ministry of Education and Culture to proceed to the nomination of "Meditorianean Diel" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Meditorranson Dist" is a vital element of our identity, not only in Cyprus but pice in the promote the traditions relating to all stages of use 4.04.15 sualished haritans and YA halfage consumption.

(Bignature

(Date)

07.03.12

(Name)

Lina Ellina

9-MAR-2012 10:27 FROM AGRICULTURAL ECHOMIC 357-22819231

TD1925542518

P12/3

## Te whom k may sen son

The "Mediarraneen Diet' is a vital element of our identity, not only in Cyprus but also in the breader Mediarranean basin. It constitutes an integral part of our living horizon and we believe that its inclusion in the above-mentioned list will estate us greatly in our efforts to protect and premote the inclusions relating to all stages of the Mediterranean Diet, from production to consumption.

(Date)

....8.-3.-2012...



2012 14:28 FROM: AGRICLLTURAL ECNOMIC 357-22819231

TD:925821718

P:2/3

## To whom It may gondern

The ...... grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intengible Cultural Hertage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean besit. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will easiet us greatly in our efforts to protect and promote the traditions relating to all alsoss of the Mediterranean Diet, from production to consumption.

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Anastasia Guy...

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9-MAR-1018 69:05 FROM: PAR. COLLOWHE ECHORED DO FELDED

## To whom it may concern

The LINOS RUSLUM grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of Veditornanean Dieth for inclusion to the Representative List of UNESCO for the Intensible dulptural Heritage of Idumanity.

The "filed terranean (Digi" is a vital element of our identity, not only in Cyprus but also in the product Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and provided the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Bignature)

(pate)/ 8/3/12

K. Denehim

P:243

05-MAR-2012 07:01 From:GARDEN KAMARA HOUSE 24342296

To:357 22819231

P.172

6-MAR-2012 14:38 FROM: AGRICULTURAL ECHOMIC 357-22819231

TO:924342296 INTERNAL HALLANDENIA

H. 2413

## Townson kmay concern

The Ellie Morniati (Bee Minicum K: Drys) grants its unconditional and informed consent to the Minktry of Education and Culture to proceed to the nomination of "Muditerrancan Diet" for inclusion to the Representative List of UNESCO for the Intensible . Cultural Haritage of Humanity.

The "Madisorranger Dief" is a vital element of our Identity, not only in Cypnus but also in the broadcr Mediamanean basin. It constitutes an integral part of our Wing heritage and we believe find its inclusion in the above-mentioned list will assist up growtly in our efforts to protect and promote the inditions relating to all stages of the Mediterranean Diet, from production to consumption,

(Signaturo)

- John must

(Name)
Ellit Kovnioti

DIMOS ATHIENOU

+357 24522333

08/03 112 09:44 No.454 02/02

6-MAR-2012 14:41 FROM: AGRICULTURAL ECNOMIC 357-22819231

TD: 924322333

B. -

1556 KBSS 75500T

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# To whom it may opposite

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean banin, it constitutes on intogral period our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

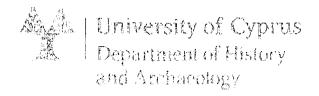
(Signature)

(Data)

... 8th March 2012.

(Name)

Ermiani, Rapaul. Papashianti



Tel.: 22-892180, Fax: 22-892181, Tel.: 22-674658, Fax: 22-674101

Nicosia, March 16th 2012

## To whom it may concern:

The Department of History and Archaeology grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

Associate Professor Chris Schabel

Chairperson of the Department of History and Archaeology

6-MAR-2012 14:45 FROM:AGRICULTURAL ECNOMIC 357-22819231

TO: 925002652

P:2/3

## To whom It may concern

The SAMUS NAVASATY OF TECHNOLOGY grants its unconditional and informed consent to the Ministry of Education and Guiture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Guitural Herlage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will exsist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)

(Date)

69.03. 2012mmmmm

06/03/2012 19:32

le 22/03/12 14:54 A4 NORM Pg:7/16

DR C.HADGIGEORGIOU

22003643 6-MAR-2012 14:49 FROM: AGRICULTURAL ECNOMIC 357-22819231

TD:922003643

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To:357 23515231

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EDUCATIONAL

grants its unconditional and informed consent to the Minkiny of Education and Cuttum to proceed to the nomination of "Meditarranean Dist" for Inclusion to the Representative List of UNESCO for the Intangible . Cultural Haritage of Humanity.

The "Mediumanean Dist" is a vital algorish of our identity, not only in Cypnis bin size in the broader Mediturranean basin. It constitutes on intogral part of our living heritage and we believe that he inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterraneen Diot, from production to consumption,

(Olgnoture)

The SALPIMA. District and Nutrition Association and Informed consent to the Ministry of Education and Culture of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will essist us greatly in our offerts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)

(Date)

..... F. 18 ... M. 2. ........

(Norne)

Dr Elens P. Andrew (Resident of Corona)

09-MAR-2012 06:57 From: DEPT. OF AGRICULTURE 22781425

To:357 22819231

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P: 2

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TO 92/2357778

## To which he have consults

The "Madrantswan Clat' is a vital sloment of our identity, not only in Cyprus but also in the brander Madrantswan busin. It constitutes an integral part of our fluing haritage and we believe that its inclusion in the above-maniforms list wis saviet as greatly in our efforts to protect and prompts the traditions relating to all stages of the Madiantswan Dist, from production to nonsumption.

Apignatura)

(Delle) 8/3/2017

(Name)

Branou George

06-MAR-2012 13:38 from:

INFAME ELECTION

## To whom it may concern

The GASTERAEA	grants its unconditional
and informed consent to the Ministry of Education and Culture	
"Mediterranean Diet" for inclusion to the Representative List	of UNESCO for the Intangible
Cultural Heritage of Humanity.	

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Date)

12-3-12

(Name)

MARILENA LOANNIDOL

NEALOVOUVO !

5-MAR-2012 15:03 FROM: AGRICULTURAL ECNOMIC 357-22819231

TD:924663959

10:457 22819331

P.2/3

## To whom It may concern

The SCOW FOOD GPRUS ASSOCIATION grants has unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterrangen Diet" for inclusion to the Representative List of UNESCO for the Intengible . Cultural Horliage of Humanity.

The "Mediamanean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Modimmanean basin. It constitutes an integral part of our living horitage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Moditerranean Dirt, from production to consumption.

(Signature)

(Name)

MICHAEL HAW I LA PRIEL

(SLOW FOOD LEADER)

# Diète Méditerranéenne au Patrimoine Immatériel Chypre

Annexe 4
Adhésion/Consentement
(Agros)

The Women Club of Agros grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

#### ΒΕΒΑΙΩΣΗ

Ο Όμιλος Γυναικών Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

Η «Μεσογειακή Διατροφή» αποτελεί ζωτικό στοιχείο της ταυτότητάς μας, όχι μόνο στην Κύπρο αλλά και στην ευρύτερη περιοχή της Μεσογείου. Αποτελεί επίσης αναπόσπαστο κομμάτι της ζωντανής μας κληρονομιάς πιστεύουμε ότι η συμπερίληψή της στον πιο πάνω κατάλογο θα ενισχύσει τις προσπάθειες μας για προστασία και προώθηση των παραδόσεων που σχετίζονται με όλα τα στάδια της Μεσογειακής Διατροφής, από την παραγωγή μέχρι την κατανάλωση.

Sign

Υπογραφή

Mapia Tocháhu

The Association of the People and Friends of Agros grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

#### ΒΕΒΑΙΩΣΗ

Ο Σύνδεσμος Φίλων του Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

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Sign

Υπονραφή

The Culture Centre and Peripheral Theatre of Agros grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

### ΒΕΒΑΙΩΣΗ

Το Πολιτιστικό Κέντρο και Περιφερειακό Θέατρο Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

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Sign



The Agros Youth Center grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterrange" Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

## BEBAIQEH

Το Κέντρο Νεότητας Αγρού παρέχει την άνευ όρων και ενημερωμένη αυναίνεση του στο Υπουργείο Παιδείας και Πολιπομού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεφογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Αυλης Πολιτιστικής Κληρονομίας της Ανθρωπότητας.

Η «Μεσογειακή Διατροφή» αποτελεί ζωτικό στοιχείο της ταυτότητάς μας, όχι μονοιστήν Κύπρο αλλά και στην ευρύτερη περιοχή της Μεσογείου. Αποτελεί επίσης αναιτόσπαστο κομμάτι της ζωντανής μας κληρονομίας πιστεύουμε ότι η συμπερίληψή της στον πιο πάνω κατάλογο θα ενισχύσει τις προσπάθειες μας για προστασία και προώθηση των παραδόσεων που σχετίζονται με όλα τα στάδια της Μεσογειακής Διατροφής, από την παραγωγή μέχρι την κατάνάλωση.

Sign

Υπογραφή

NEWTO NEOTHTAE ACTOY

The Cooperative Society of fruits and vegetables of Pitsilia Area of Troodos grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

#### ΒΕΒΑΙΩΣΗ

Η Ομάδα Παραγωγών Φρούτων και Λαχανικών Σεδιγέπ Πιτσιλιάς Τροόδους παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

Η «Μεσογειακή Διατροφή» αποτελεί ζωτικό στοιχείο της ταυτότητάς μας, όχι μόνο στην Κύπρο αλλά και στην ευρύτερη περιοχή της Μεσογείου. Αποτελεί επίσης αναπόσπαστο κομμάτι της ζωντανής μας κληρονομιάς πιστεύουμε ότι η συμπερίληψή της στον πιο πάνω κατάλογο θα ενισχύσει τις προσπάθειες μας για προστασία και προώθηση των παραδόσεων που σχετίζονται με όλα τα στάδια της Μεσογειακής Διατροφής, από την παραγωγή μέχρι την κατανάλωση.

Sign

Υπογραφή

EFAIPEIA DIAGESEOS FEDRTIKON Mapiros Marzin

9. Mar. 2012 10:10 38-MAR-2012 09:03 From: KLADOS OPOR/KON

Photos Phot ades Distributors

22772243

Vo. 0434 To:22471200

06-MAR-2012 13:39 From:

22772243

To:357 22010231

P.2/3

## To whom it may concern

The AGROS WAINRALMINERAL WATER. and informed consent to the Minking of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the intentitible . Cultural Heritage of Humanity.

The 'Maditerranean Dier' is a vital element of our identity, not only in Cyprus but size in the broader Mediterranean beain. It constitutes an integral part of our living herisge and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Data)

(emqV)

The Community Council of Agros grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

#### ΒΕΒΑΙΩΣΗ

Το Κοινοτικό Συμβούλιο Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

Η «Μεσογειακή Διατροφή» αποτελεί ζωτικό στοιχείο της ταυτότητάς μας, όχι μόνο στην Κύπρο αλλά και στην ευρύτερη περιοχή της Μεσογείου. Αποτελεί επίσης αναπόσπαστο κομμάτι της ζωντανής μας κληρονομιάς πιστεύουμε ότι η συμπερίληψή της στον πιο πάνω κατάλογο θα ενισχύσει τις προσπάθειες μας για προστασία και προώθηση των παραδόσεων που σχετίζονται με όλα τα στάδια της Μεσογειακής Διατροφής, από την παραγωγή μέχρι την κατανάλωση.



The Agros Cooperative Society of Rosewater Producers grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

## ΒΕΒΑΙΩΣΗ

Η Ομάδα Τριανταφυλλοπαραγωγών Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

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Sign

Υπογραφή

11/03 1/21/21/11

## To whom it may concern:

The Association of traditional Meat Producers of Pitsilla grants its unconditional and informed consent to the Ministry of Education and Gulture to proceed to the nomination of "Meditenanean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Hentage of Humanity.

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## BEBAIOSH

Η Ένωση Παραγωγών Παραδόσιακών Αλλαντικών Ππσιλιάς παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Χπουργείο Παιδείας και Πολίπομού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσάγειακής Δίατραφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιπστικής Κληρονομιάς της Ανθρωπότητας

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Sign

Υπογραφή

ENDIER TRAPAROTON

NAPAROEIAKON LAMANTIKON

HATTIMES T.

A country's gastronomical culture is one of the most important aspects of its identity. Cyprus is characterized by a rich gastronomical tradition with many 'Geographical Indications'. i.e., products that traditionally manifest a 'link' with a specific geographical area (in some cases with the whole of Cyprus) and to which they owe their special characteristics. This link can include human elements, i.e., the production know-how and/or the reputation of the product, as well as environmental elements, i.e., the vegetation, climate, morphology of the geographical area. This Gastronomical Man is a first attempt to present the agricultural products and foodstuffs of Cyprus that are linked to a geographical area. The possible existence of additional products that could be included on the Map at a future stage

#### Halloumi

History: Hallourn production has been known in Cynnas since the old days. Duke Hattery reasoning resourcement review in Cyptis. See the field of 39 July Lot Learned Donal, who which will not come reference to Calabillation in one of his manuscripts in 1556 AC. A later report of Halbourn in that of Arch marchitis in 1556 AC. A later report of Halbourn in the field proposes of 1964 the importance of 1964 the importance of 1964 the importance of 1964 of 1964 the importance of 1964 of

"Halloumat, "Halloumakis", "Halloumis"

Production method: The milk is heated at coagulation temperature or pisteurized at temperature higher than 65°C and then cooled. After milk coagulation with remet, the curd ("drosnon") is cut and reheated while stirring to 40°C. The curd is placed into special models" ("standars") and pressed. After the removal of "Anari" cheeses, the es of card are placed in the whey and heated at a temperature higher than 90°C for at least 30 min (kooking'), curd pieces are removed from the whey and salted on their surface. Leaves of fresh or dried mint are added. The pieces of Halloumi are folded and, once cooled, they are placed in salt whey for 1-3 days before being packed. For the production of mature Halloumi, it can be kept in salt whey for at least 40 days at 15-20°C.

Gastronomy: The pericularity of Halloumi not to melt at high temperatures allows it to be consumed both as it is, as well as fined, grilled, etc. Furthermore, Halloumi is consumed in soups (e.g. Trahanas), it complements watermelson, or grated not peach. It is also used as in ingedient in vanous backed goods (e.g. Halloumi pies)

Trainable and an end fermented product produced during the summer from Jours been another post milk and wheal. The stopp obtained from the hearing of the ending endeut virth water as local trainables. History, knooling to M. W. Wawer. Trahavas is "a national didn't dispraise", indiend to linked to the Cypton-Leistony (2027). Because of its rough texture, the word "Trahavas front probably organises from the word "Italianas", reasoning sough-cettared had so it.

Production method: A small amount of sour milk with salt is added to the milk. The milk is left for about 2 Production method: A result amount of sour mits with still added to the mit. If he mit is left for about? If you are non-membrane until a gift entire for execution of the mit is left for about? If a result is required to the production of the mit is selected and the formation of a viscous mean? The colored manual left is cold for a failer 12 man, it is readed, and fooliey all selected for formation of a viscous mean? The colored manual left is cold for a failer 12 man, it is readed, and fooliey all selected formations of a viscous mean? The colored manual left is cold for a failer 12 man, it is readed, and fooliey all selected for formations of a viscous mean. The colored manual left is cold for a failer 12 man, it is readed to foolie yet of the production o

Gastronomy: Consumed as a soup, especially during winter. Trahanas is often cooked in chicken broth with the addition of Halloumi (see number 1).

#### Kypriaki epitrapezia elia (Cyprus table olive)

The Cyprus table plive is produced by the processing of the Cypriot local variety which is cultivated throughout the island

which is characted throughout the skined
History, Archeeologie executions users and edited pit this rates of the Acetamic
Nociol/Nic glob hand the remains of ancient close stone prosess belonging to the
Lane Browne Age and Hellenheitz. Prenof, Indications of table of the regions are in
Innumerable part of the earth in regions with access of the proper size in
Innumerable part of the earth in regions strakes, or in fact, the weighty polymory tools in the Cyprol
Journal of the earth of the part of the cannot be a transport of the part of the name of places,
Lumanization, etc. though you the related, further reviewhere of each production marked his reversing of the part of the part of the cannot be a strained by the part of places.

Foreign and the part of part of places and the part of place

Gastronomy: The Cyprus table clive is part of the daily diet of Cypriots. It is served as a part of breakfast, as a side osh, as a constituent in salads, appetizers and dips. It is also used in pastry and confectionery.

#### Kypriako extra partheno elaiolado (Cyprus extra virgin olive oil)

Cyprus olive oil is extra-virgin oil produced by the processing of the Cypriot local variety. The main of we production areas are scattered throughout the island and up to an abitude of about 700 m.

History: Archaeological excavations unearthed ofive pits in sites of the Acerami Neolithic Spoch and remains of ancient olive stone presses belonging to the Late
Bronze Age and Hellenistic Period, Indications of olive oil exports are innumerable since ancient times. The olive tree and iff products have always played a primary role in the Cypriot household as part of the diet, in religious rituals, etc. In fact, the word "Olive" appears in the names of places, landmarks, etc, throughout the island, further

Production method Cilve harvesting is done by hand-picking or via mechanical harvesting. Usually the best time to havest is when 2/3 of the olive has turned black. The fruit is transferred within one or two days in shallow platic cortainers to olive mill in where it is processed. Cyprus olive and is usually consumed 3 months after citraction. When stored under optimizant conditions, it has a shelf life of at least 12-18 months.

Gastronomy: Used in appetizers, salach, as a spread on bread, for frying and also to marinate meat. It is also used in valous foods and sweets.

Flaouna is a baked-good with the main ingredients being Flaouna cheese and eggs it is preduced during Easter throughout Cyprus Flaouna has a requare, tringular or round shape. In the villages of Paphos district. Paskies

History: According to Cypriot researchers, the predecessor of flaguna is "palathi". an ancient Greek pie with figs. The respective roman word was "fladonis" while later the Anglo-Saxons named it "flaon" today" flam (flad)isannou, 1993). For Cypriots, Flaouna is a reincarnation symbol. Is linked with various Easter customs and is offered as a transfer of the state of the st

Production method: First, the filling of Flaguna (called "foukos") is made. Grated cheese is mixed with eggs and leaver and some sending is added Various beta (such as notice), a money clasted trees or hotel with grant and leaver and to respect to the sending is added Various their (such as noting, master, begreath in the continuent) are included and raising are also sine string sended. The "foulkos" is left 'Arte need to every fine the rest day, the doubt is repeated, opened up in to small ples and filled with "foulkos" after that the edges of the pies are folded to the continuent and the sending th in on the sides. Flaguna is finally daubed with an egg and sesame mixture before baking Gastronomy: Consumed warm or cold, accompanying various drinks

#### Pafitiki pissa (Paphos gum)

aphos gum is produced from the resin of tremithos tree (Pritaria tlantica subst. Cypricola). Upon chewing, it is hard with the intense haracteristic taste of resin.

History: The production center for Paphos gum used to be the previously

History: The production center for Fabris guinn used to be the previously further Cyprot Village of Lemba. It was also produced in replacing villaged of 18sh and Kison-cips, where the remittors tree was found. The man guinn produces year Christian Cyprotion Standardowner of these villages, in congruence with the resource in 1965, the Turkon Cyprotion Standardowner of these villages, in congruence with the resource in manner of tremship is set a caused gray production in the last of sceals. Gady, results amounted the manner of the control of the great Jestion, the footnotional production method.

Production method: After resin is collected from the trees, it is filtered very slowly (1-2 days) through thyme branches and the "frimintina" is collected. The trimintina is heated until it is liquefied and is again filtered through a cloth into a container with cold water, so as to cool and be handled manually freated bence by piece, stretched and folded for about half an hour contained in the trimintina is manually freated bence by piece, stretched and folded for about half an hour until it turns from yellow to white. The gum pieces are then placed on a clean cloth for 24 hours to cool/dry and are wrapped with paper (Rizopoulou-logumenidou, 2008). Gastronomy: Used exclusively for chewing.

#### Paphitiko tyri (Paphos cheese)

Paphos cheese is produced during Easter in Paphos district. It is made of sheep or goar milk or a mixture of the two, and has a hard and of sheep or goar milk or a mixture of the two, and has a hard mixture of the two mixtures of the "talan" (the container in which it is cooked.

History: "Excellent cheeres of the villages of Paphos" (Archmandrite History: "Excellent cheeres of the villages of Paphos" (Archmandrite

Kyprianos, 1788). From ancient times until today, Paphos cheese is produced from February to April when there is an abundance of milk. Also, it is strongly linked to the production of Easter Flaguna (see number 5)

Indeed to the production for claim's results (see Aurither's). The Production method for this file is a self-or claim and a ferric capability in the code to at and street production method from this hard with a self-or claim and the self-or claim's claim and the self-or claim's claim and for this hard self-or claim's claimed from the self-or claim's claimed and present on credit for the claim are filled when self-or claimed, the fault has a placed in the not when for 20 in minutes in order for the claim and stated. Follip, the claim as filled when self-or claim and stated. Follip, the claim as filled when self-or claim and stated. Follip, the claim as filled when self-or claim as filled. Follip, the claim as filled when self-or claim and stated. Follip, the claim as filled when self-or claim as filled. Follip, the claim as filled when self-or claim as filled. Follip, the claim as filled when self-or claim as filled. Follip, the claim as filled when self-or claim as filled. Follip, the claim as filled when self-or claim as filled when self-or claim as filled. Follip, the claim as filled when self-or claim as filled when self-or claim as filled. Follip, the claim as filled when self-or claim as filled when self-or claim as filled when self-or claim as filled. Follip, the claim as filled when self-or c

Gastronomy: Consumed with bread, but mainly used for the making of Flaouna (therefore, sometimes

## Paphitiko loukaniko (Paphos sausage)

Paphos sausage, produced in the villages of Paphos district, is made from park minced meat, that is "cooked" (matured) in the dry red wine of the region and sun-dried.

History Sauses to sopher with other meat products, constituted the basic food for rural families. The absence of refrigerators is did to the need of finding preservation methods to ensure most columption throughout the year. According to Xeutus (2001) fored sausages used to be also eaten raw (and are very tast) in Pablom.

rely usays in Fajinas.

Production methods Salt is added to the minced meat and the meat is left in red wine for at least 4 days, after which time various helps are added. Clean port intertines are filled with the mixture and tes are created, so that there are 3-7 saurages between two consecutive ties. The saurages are then either dried in the sun or in a room under controlled conditions.

Gastronomy: Eaten cooked in various ways (e.g. fried, gnilled etc) and often in combination with tomato, cucumber and bread, etc.

#### Koufeta amygdalou Geroskipou

Koulers amyoglatur Gerostopou are roasted almonds covered with 
Amyoglatur Covered and Covered and Covered with 
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Amyoglatur Covered 
Amyoglatur 
Amyog

History: The production of Koufeta arrygdalou Geroskipou started in 1895 in the village of Geroskipou by Sofocles Athanasiou. The production know-how was passed down from generation to generation and remains unchanged. Koufeta Arrygdalou Geroskipou, mainly sold in fairs (Aristidou & Vakis, 1992), have been awarded a prize at a special exhibition carried out in Stroumpi village in 1937. They have always been the traditional treat, offered during weddings/baptisms.

Production method: Deshelled almonds are roasted for about 30 minutes and placed in the "Koufenera" (special rotating yease). Syrup (sugar dissolved in water) is gradually pouted in the rotating yessel, until the almonds are totally enveloped. Gastronomy: Consumed as a sweet.

#### Laukaumi Geraskinau

("Protected Geographical Indication") Loukoum is a confectionery product with sugar as the main ingredient. The name "Loukoum Geroskipou" is the first Cypriot name to be registered as a Protected Geographical Indication (PGI) in the European Union. Loukoumia are also

produced in Lefkara village (Loukoumla Lefkaron) and in Foini village

Louiscuma reinious. Histary: The production of Louiscum's Gerostripou dates back to the 19th century, specifically to 1855, when 5 societs Athanasiou stated production. The initial recipe of Louiscumi Gerostripou with the local know-how has been transferred from generation to operation and six uses within the same geographical area untill floday. Similarly, both Louiscumi Leftaron and Louiscumi Foliniou each have their own history, which traces back many varis.

Production method: Loukoum a produced in different areas are quite distinct from each other especially Production methods to about an opposition of lifetime trans are quite distinct from each other, especially in active of lattile, there are appears are from it may due to the opposition method which offers at statch) are added in his winer. All the harding and while strong, flavor additive a rabid airmorth are added plant of the area of the Gastronomy: Consumed as a sweet.

#### Halitzia Tillyrias

Halitzia Tillyrias is a soft white cheese, with holes and a slightly sour aftertaste. It is manufactured in the Tillyria region from raw sheep or goat milk or a mixture of the two.

History: No historical references on this product have been found so far. According to local producers, the production know-how has been passed

Production method: Raw milk immediately after being milked is filtered through a cloth. Rennet is added and the milk is left for about 1 hour to coagulate. The curd is then placed into special containers. ("talaria") and softly pressed manually. The curd is removed from the talaria, cut into four pieces, salted and placed in salt whey without the removal of the Anari cheese (the surplus whey is later used to make Anari). At low temperatures, about 40 days are required for cheese maturation, while at higher temperatures maturation occurs sooner. Halitzia Tillyrias are kept in salt whey for about 4 months.

ronomy: Eaten either sprinkled with alive oil and oregano, in salads or with bread.

#### Maxilles Lysou

district.

History: According to K Giaggoul's, Maxilles are named after the latin word maxilla", which means "pre-nature fig". Furthermore, according to word maxilla", which means "pre-nature fig". Furthermore, according to word "maxilla", which means 'premature fig' Furthermore, according to R Papaggelou (2001), the word is derived from the latin word "macilentus", which means 'thin'. Maxilles were once the wintertime sweet for the people

or you.

Production method: The figs, while on the tree, are daubed with olive oil at the edge using a straw to bring about the simultaneous maturation of the fruits. After about 7 alays, the first mature and are collected. The figs are placed on one needless on the ground for 1-2 days to wiff, sharwards, they are collected. The figs are placed on one needless on the ground for 1-2 days to wiff, sharwards, they are collected. The figs are placed or warm water with femile for 1-2 minutes, are stranded and fit to could'up (Joinsoid Wu. 2007). Documentary The brings access our traditional wife. 2007. Documentary The brings access our traditional control of the placed o

#### Syka Tillyrias (Tillyria figs)

Tillyria figs are smoked via the burning of sulphur and then sun-dried. They are small in size, white, soft, sweet in taste, and produced between

History: No historical references on this product have been found so far. According to locals, the production know-how for this product has been transferred through generations. The Kypiranou (2000) states that figs of the variety "kouting" which are cultivated primarily in the Tillyria region, reconsidered the best, and from these, "pastosyka" are manufactured in Tillyria.

Considers the Century of the local fig yarrely found in Pilyna, called "outsino" is used. The figs are allowed to over-mature, are collected and blaced in special from sor containers, where they are smoked with the burning of sulphur for about 24 hours. Subsequently, the smoked figs are dired in the sun for 7 – 10 day and then immersed in hot water to be washed. They are left to dry and are picklaged.

Gastronomy: Consumed as a sweet

#### Haroupomelo (Carob honey) and Pasteli Anogyras

Carob honey is produced from carobs ("Black Gold of Cyprus"). It is viscous with a deep-red color. Pastell Anopy as is a sweet made from carob honey.

with a deep-ed color. Pastel Allengras is a sweet made from careb beney.

Histographistonic deferences on cash beney exist since the Glays. From carbos, careb name is extracted fiscallanes, 1865. "A special and very sweet yrup is produced from crosh named carbo horsy (fischer 1911). As the world 'pastel' originates for a pastel in concerned, it is mentioned in Asiates as a laxed product. The world 'pastel' originates from exhibit and an air seatable of the in France, world anought facility that it is not of an production from the control of the area of the interest of the production from the control of the interest roduction (Pandes, 2006) Production method: Carobs are collected, washed and, once dried, milled. They are left to soak in water

Prediction methods (Labob) in croditection systems, once indee, insuch joys are it to Sack orwalds. "Receptify double passes out and calculated the airse is bedien with constant itming in a beautify and yielding the viscous liquid. That is the careb new, Constant situming of careb news of beautif hours yielding the viscous liquid. That is the careb news, Constant situming of careb news of beautif hours creates a Sackar, promphour-unsat. This manual is lift on call leafer being manually handled About in – 3tg at a time is cut and, cump a wooden stack fixed on the viscous fixed in a distinctive fashion until obtaining a fix global could be 7th six paraties."

Gastronomy: Carob honey is used for pasteli production and other traditional foods e.g. "tsiertslelloudkia", ground sesame puree with carob honey, etc. It can also be used as a spread on bread or mixed with olive ground sesame puree with carob honey, etc. It can also be used as a spread oil and eaten with warm bread. Pastels Anogyras is consumed as a sweet.

#### Arkatena Omodous

Arkatena is a type of "koulduri" (circular bread) made with leaven using the foam produced from chickpea fermentation (called "Arkatis"). They are produced mainly in Omodos and Koilani villages of Limassol district. History: "At a specific location in the mountains, "paximadia of the worker" ere baked from a mixture of cereals, beans and chickoga flour" (Bichter, were baked from a mixture of cereals, beans and chickpea nour inkiner, 1913). The name "Arkaten" it most probably derived from the Greek word 'ergalis' (meaning worker'), due to the long-hour production method of 'Arkati In the past, Arkatena were offered at baptisms and weddings.

Production method: Milled chickpeas and ginger are immersed in hot water in the morning and by late evening, foam' starts rising at the surface. This foam (Farkatis') is gradually collected overnight and covered with flour The Gam is left to swell and then kneaded with flour and various beths, such as mastic, nutmeg, etc. The resulting dough is shaped into "koulouria", that are baked in a pre-heated oven. After baking, soft "koulouria" can be re-baked (after first cooling) for 5-6 hours to harden ("pax madia"). Gastronomy: Consumed either in their soft form or as bread ("pannisides"), or in the form of paximadia

#### Almond sweet

Gastronomy: Consumed as a sweet

Artifornia Sweet
A Artifornia Sweet
A Roddinaria Sweet to the fourneX lournes region with almonds as the basic raw material. It contains usuper as well as wrone of flavors.

History No historial references on this product have been founds of at. The Kourn-Xylournes region, and specifically the village at around the village of Limnati. The bissioned almond tree flavis a significant will region to the control of the significant of the significant of the production method for his almond west of presented.

Production method: The almonds are de-shelled and milled. Syrup (water, sugar, mastic, rosewa lemon) is prepared and is gradually added to the milled almonds, until a homogeneous mass is formed. The sweet is packaged in class lars.

#### Soutzioukkos - Ppalouzes - Kkiofterka 17 - Ensima - Portos

History: Production dates back to the end of the 19th century when grape production was plentiful in mountainous/semi-mountainous areas, especially a Marathasa and Pitsilia. Initially, these products were the basic dry food consumed by farmers while they worked. Later on, they were consumed as a dessert, replacing sweets.

desset i replacing sweets.

Production method: Grippes are pressed and the derived julice is filtered and boiled. Special white soil is added as a cleaning agent. Once cooled, the julice is n-heated and flour is gradually added. The flour — grape julice mature is stirred until viscous. Rose water or rose geranium is added. Depending on further treatment of the mixture, Soutzoukkos, Papilouzes and Kköfferfa are produced:

treatment of the mixture, soutzourcos, epablicuses and ix-order as he produced:

Soutzioukkos, "Indimnosi or visinitar as relinandis or interest as relinandis or as the two edges of each thread are titled on a tree branch (V shape). The threads are immersed in the mixture and are hung to cool and dry. This immersion / hanging procedure is repeated 4–5 times until enough of the mixture is captured in layes around the nuts.

Ppalouzes. The above mixture is placed in trays to cool down. Crushed almonds or walnuts are sprinkled Kkinfterka. These are small square or rectangular pieces of Phalouzes, that are placed in the sun to dry

Epsima. The grape juice is left to boil without stirring until very viscous.

Person Crushed wheat is added to the hot grape juice. With constant stirring and warming, Portos is formed. Roasted sesame can be added.

Gastronomy: Soutzjoukkos/Poalouzes/Kkiofterka are often served with drinks, especially Zivania Ppalouzes is also consumed cold or warm as a dessert. Epsima is used for the production of various sweets or as a substitute to honey and sugar. Portos belongs to the category of marmalades.

#### Tsamarella - Apohtin

Traditional meze dishes made from goat meat, with an intense salty

History: Instally, these products were produced at the villages of Marathas and Paphos for the purposes of meat preservation. Today, Tsamarella is also produced in the Pitsilia region. Tsamarella is registered as "Presidium" by the Slow Food Foundation.

Tsamarella. Goat meat from the round and fore-shank is mainly used (bone removed). The meat is cut into big pieces, which are bladed with a knife and salted. The salted meat pieces are pressed and left overnight to absorb the salt water. The following day, they are placed in the sun to dry for 5–10 days. ling on the weather). The pieces are daily turned and moved as required to be "cooked" evenly Isamarella is then immersed in hot water several times for 2-3 minutes. Sprinkled with oregano, it is again placed in the sun for 1 more day

Apohtin: Its production method is similar to Tsamarella's, however meat with the bone-n is used. Sometimes, all of the animal (except the head) is used, opened in the middle with the intestines and fat

Gastronomy: Meze dishes of excellent taste, especially when served with Zivania

#### Hoiromeri, Posyrti and Lountza Pitsilias

Three meat products produced mainly in the Pitsilia region from pork meat that is "cooked" (matured) in dry red wine of the region and then smoked using wood from indigenous trees and bushes. They are dark-colored with an intense, characteristic smell of wine and smoke and with a slightly salty

History: Historically, these products were produced in high altitude areas because of the cold climate that is favourable for meat preservation. Every roual family, even in mid 20° century, used to raise 1-2 ging destined for the preparation of these products, allowing for the availability of meat throughout the

#### Production method:

Holromeri Pitsilias: Pork round is salted and left for 5-7 days. It is covered with wine for about 2-3 days to "cook" (mature). Afterwards, it is smoked using wood of Indigenous plants (umoking temperature not higher than 28°C, meat not placed directly over fire) while periodically pressed. Corrander is also added. Finally, the meat may be placed in a cool aerated room to mature.

Posyrti Pitsillas Pork abdomen is used. The procedure is a milar to that above for Holromeri, except that no meat pressing is performed. Lountza Pitsilias Pork fillet is used. The procedure is similar to that of Hoiromeri, except that meat

Gastronomy: Holromeri Pitsilias is eaten as mezes, while Posyrti and Lountza Pitsilias are fried or grilled and served mainly for breakfast or as part of a sandwich

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#### Loukaniko Pitsilias (Pitsilia sausage)

Pitsilla sausage is produced in the Pitsilia region from pork minced meat that is "cooked" (matured) in the dry red wine of the region Various herbs are added, and the meat is smoked using wood from indigenous

History: Sausages, together with other meat products, used to be one of the most important foods for rural families. The absence of refrigerators led to the Pitsilia region is an area of high altitude and its cold climate was favourable for meat pr

Production method: The minced meat (with some fat) is marinated in wine salt and various berbs. It is left for 3-8 days in the wine and once removed, passed into post intestines that have been previously cleaned. Ties are made so that there is a series of 8-12 sausages between two consecutive ties. The sausages are then smoked for 2-5 days.

Gastronomy: Prepared in various ways (e.g. fried or on charcoal), and often served with tomato, cucumber and bread.

## Fountoukia Pitsilias (Pitsilia hazelnuts) 21

Pris ila hazelnuts are edible nuts of mainly two varieties: "Ntopia" (Local) or "Makroula" (Corylus maximo) and "Peratika" (Corylus aveiliana).

History: The hazelnuts of Pitsila, known as Telfokarka", are found in the Pitsila region, especially on the north side of Troodes, from Madan to Papoutsa. During the summer, mainly in mid-August, the festivals of Hazelnuts and other fairs are organized in certain Pitsila villages.

Production Method: The harvesting of Pitsilia hazelnuts is mainly carried out in August when the nut is easily removed from its leafy outside and obtains a brown color. The nuts are de-shelled during the afternoon hours and are placed in the sun for about a week to dry. They can be kept for at least a year at appropriate temperatures

Gastronomy: Consumed fresh or dried in their fresh form, they can be consumed shortly after harvest, before de-shelling and drying. Dried hazelnuts are often consumed with beer and other alcoholic beverages and used in confectionery and in chocolate production.

#### Rodostagma Agrou (Agros rose water) It is the distillate from the whole flower of "Roges Damaskinis" (Rose

History: Rose water production has been carried out since the old days in the villages of Troodos, mainly Milikouri and Agros. It was sold during fairs and usually exchanged for other products, that could not be produced in the

Production method: The roses are collected in the early morning and their petals are placed directly into a distiller. The derived steam is passed through a cold tube, is liquefied and collected. The rose wate is stored in dark-colored, glass containers away from sunlight.

Gastronomy: Rose water is widely used to make the syrup for various confections (e.g. baklayas, katerif). as well as other sweets, such as rise milk, etc. It is also used in the production of Soutzicukos, Ppalouzes and Kkiofterka (see number 17)

#### Pestropha Troodous (Troodos trout)

The trout (Oncorhynchus mykiss) of Troudos is a fresh-water cultivation, produced in hatcheries on the Troudos mountains range.

History: Since 1960, because of the infertility of the soil of the mountaino area of Troodos, people in many surrounding villages began to utilize the rivers and dams, that existed in the area. This led to the development of trout. cultivation. Since 1971, villages like Kakopetria, Platres and Foini, have become a destination both for locals and tourists for the consumption/purch

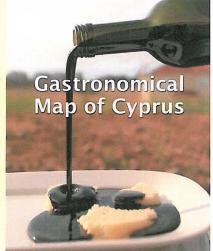
Production method: Trout production is carried out in reservoirs with spring water from the Troppos

Gastronomy: The trout of Troodos is often grilled. Lately, it is also used as the main ingredient in various





MINISTRY OF AGRICULTURE, NATURAL RESOURCES AND ENVIRONMENT



#### Mandarinia Arakapa

#### (Arakapa mandarins)

Arakapa mandarins are cultivated mainly in the geographical region o Arakapa willage in the Limassel district and are produced from the variety o spp. Citrus Reticulato Blanco of the same name. This tree is known as th but contains a large number of seeds. The fruit is of medium size with a



yellow-orange color during maturation. Its skin is thin and smooth and is easily removed (Kapari - Isala

History: The mandarin tree of Araxapa was imported to Cyprus in 1870 (Pavildes, 1986). According to P. Cennados (1995). His tree was initially imported by a man named Glousouf Efents, after whom the tree was named in the old days.

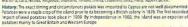
was name a meticology. Production meticology and production selected production of the production meticology and production meticology and production of the production of th

Gastronomy: Consumed fresh. They can also be used to make sweetened mandarin juices, fresh juices,

#### Kypriaki patata kokkinogis

#### (Cyprus red soil potato)

Synsus de air posses au envous for tres excellent flavor and firm texture. They are usit y disruptibled by their cetadah sixt, obstained from the ferill red soil of kockinohoris (red soil villages) in the eastern region of Cyrus, where try are cultivated. They are also cultivated in the region west of Noosia Wask, Pensistence and Attornerius). The main varieties are Spunts. Marfora, Cara, Nools, Seignindo, Dumant, Timade, Litela, Chaptisto, Ditts, Ripa, Superriac (et Marfora, Cara, Nools, Seignindo, Dumant, Timade, Litela, Chaptistro, Ditts, Ripa, Superriac (et Marfora, Cara, Nools, Seignindo, Dumant, Timade, Litela, Chaptistro, Ditts, Ripa, Superriac (et Marfora, Cara, Nools, Seignindo, Dumant, Timade, Litela, Chaptistro, Ditts, Ripa, Superriac (et Marfora, Cara, Nools, Seignindo, Dumant, Timade, Litela, Chaptistro, Ditts, Parkerson, Pa

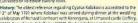


parabete transpra Corest Britania and Western Europe
Production, methods Postacos are cultivared in New seasons. The spring copy is planted in
Novemberl-Formany and harvested in April June Seed for this copy is give easily imported and is certified,
A portion of the aging copy is served as seed for the winder copy, planted in AugustiCoreber and
naivested in November/December Eithis pring and winter cross are irrigated. After being upsootes, the
these sarcecificated by Amed overhip seed if marchines and are pastaged does to the felfel, existing the
frachesis of the product. The practice of crop rotat on is often applied to the field using cereals of winter
cultivation.

Gastronomy: Cooked in various ways such as oven-baked, poiled, fried, stuffed, mashed, etc. They are also used as an ingredient in many other dishes.

#### Kolokasi

Kolokasianlant, commonly known as Kolokasi (Colocosia Esculentum) is an edible plant (vegetable) belonging to the Araceae family. It is cultivated for its edible starchy roots.



cultivated for its edible starchy grots.

History: the closes therefore egaparding Cyprus Kolbisanis accredited to the 12° of My 1191 where Kolbaks was served during dinner at the wedding celebration of Renzogation University and Company, at trivision Leafly Lieffey.

1928) According to Sakelbrian (1990), the best (follows in Cyprus was produced in Lapithers and Payloss. Petro the Turkins Amazian (1914), applicant cultivation was carried out in Ayrus Androinkes of Karpasas. In Systemschol and to a letter extent in the Paphas driver. Today, Kolbisas is carried pulliform to the Americans Cost (inc. expectally the wilder of Softs, with mortilar amounts in the Carpasas of Cost (inc. expectally the wilder amounts in the Carpasas of Cost (inc. expectally the wilder amounts in the Carpasas of Cost (inc. expectally the wilder amounts in the Carpasas of Cost (inc. expectally the wilder amounts in the Carpasas of Cost (inc. expectally the wilder amounts in the Carpasas of Cost (inc. expectally the wilder amounts in the Carpasas of Cost (inc. expectally the wilder amounts in the Carpasas of Cost (inc. expectally the wilder amounts in the Carpasas of Cost (inc. expectally the wilder). Frenarus and Liopetri

Production method: Kolokasi planting starts at the end of February and continues until May It is planted in the redsoil felds of the Kokinohora following the cultivation of a generously fetrilized crop. Kolokas have a large rental corting system along with many side croots and non-edible leaves Its production is mainly consumed locally, while some is exported to the UK.

Gastronomy: Kolokas is cooked in various ways, e.g. With tomatoes with or without meat, or as kapama with wine (very well known in the Ammochostos district)

#### Akathiotiko tyri (Akanthou cheese)

Akanthou cheese was produced in the village of Akanthou from raw milk of goats that grazed a variety of aromatic plants in the area. melit of opast that glazed a valency of aromatic states in the late.

History tank, Nigmons (1988 rifest) it Xecollent Cheese of Akanthour, while in 350 Saelbarris reports that the cheese of Akanthou were the Saelbarris reports that the cheese of Akanthou were the Saelbarris reports that the cheese of Akanthou were the Saelbarris reports that the cheese of Saelbarris reports that the saelbarris that the saelbarris reports that the saelbarris that the saelbarris

Production method: The milk was warmed, rennet was added and, after coagulation, the curd was cur The control of the co

Gastronomy: Akanthou cheese was used for the preparation of "Flaouna" (see number 5), was eaten as meze dishor was grated onto pasta.

#### Laggopittes Rizokarpasou

Laggopittes Rizokarpasou are ples (With holes) cooked on a flat, round and smooth rock placed on charcoal

and smooth rock placed on charcoal History: According to Kypris and ProTopapas (1997), "Lagophittes were cooked on a rock in Rizostarpase during fasting on the celeptation of John the Baptis on 25th August: Bibliography shows that Lagophittes were also produced in different variations in other areas of Cyprus, especially in Paphos district Valges."

Production method: First, a viscous puree (very soft dough) is prepared using flour, water and leaven ( Production methods: I have a viscous purce (very positionaging) is prepared using mouth water an exercing small armount of glot an be addred). The doubly is covered and placed in a warm place to tiwelf. The rock is then heated and daubed with oil so that laggopittes do not stack on it. The purce is slowly poured on the rock to zook When the pie is cooked on not side, it is turned to cook also on the other side (loannidou M, 2007, Documentary: The bruge across our traditional tastes).

Gastronomy: Laggopitles Rizokarpasou are served warm or cold with honey or carob honey and/or epsima (see numbers 14 and 17).





**Gastronomical Map of Cyprus** SCALE: 1:400.000 KERYNIA AMMOCHOSTOS Legend LARNAKA Highway Main Road Rivers - Torrents Halloumi
 Trahanas 16. Almond sweet 3. Kypriaki epitrapezia elia (Cyprus table olive) 4. Kypriako extra partheno elaiolado (Cyprus 17. Soutzioukkos - Ppalouzes - Kkiofterka ---- District Boundary Epsima - Portos extra virgin olive oil) 18. Tsamarella - Apohtin 5. Flacuna 6. Pafitiki pissa (Paphos gum) 19. Hoiromeri, Posyrti and Lountza Pitsilias Urban Area

7. Paphitiko tyri (Paphos cheese)

8. Paphitiko loukaniko (Paphos sau: 9. Koufeta amygdalou Geroskipou

10. Loukoumi Geroskipou ("Protected

Geographical Indication"), Louko Lefkaron, Loukoumi Folniou 11. Halitzia Tillyrias

13. Syka Tillyrias (Tillyria figs)
14. Haroupomelo (Carob honey) and

12. Maxilles Lysou

Pasteli Anogyras

20. Loukaniko Pitsilias (Pitsilia sausage)

22. Rodostagma Agrey (Agres rose water)

21. Fountoukia Pitsilias (Pitsilia hazelnuts)

24. Mandarinia Arakana (Arakana mandarin

(Cyprus red soll potato)

28. Laggopittes Rizokarpasou

27. Akathiotiko tyri (Akanthou cheese)

Pitsilia Region

Solea Region

Marathasa Region



LEMESOS