

THE GEOPARK GASTRONOMY CRITERIA AND ACTION PLAN

The Geopark Gastronomy Action Plan is an essential framework that aims to promote the culinary heritage and gastronomic diversity of a geopark. This action plan involves various strategies and initiatives to highlight the unique food culture, local ingredients, traditional recipes, and culinary traditions within the geopark territory. The plan integrates elements of sustainable development, cultural conservation, and tourism promotion, contributing to the overall economic, social, and environmental well-being of the geopark community.

The key components of the Geopark Gastronomy Action Plan, including but not limited to:

1. CULINARY HERITAGE CONSERVATION:

Culinary heritage conservation is a vital aspect of preserving cultural identity and traditions. Food is not just sustenance; it is a reflection of history, geography, and social customs. By safeguarding traditional recipes, cooking techniques, and ingredients, we ensure that future generations can continue to experience the tastes and flavors that have been passed down through the ages.

Through culinary heritage conservation, we honor the hard work and creativity of our ancestors who developed these dishes over centuries. We also celebrate the diversity of cuisines around the world, recognizing that each culture has its own unique culinary traditions that deserve to be cherished and protected.

Furthermore, by promoting traditional cooking methods and local ingredients, we support sustainable agriculture and small-scale food producers. This helps to preserve biodiversity and promote environmental stewardship.

PRACTICAL ACTIONS:

This involves documenting traditional recipes, culinary practices, and food-related rituals within the geopark area, as well as safeguarding endangered food traditions.

2. LOCAL FOOD SOURCING AND PRODUCTION

Local food sourcing and production is a vital aspect of sustainable living and supporting the local economy. By choosing to buy locally grown and produced food, consumers can reduce their carbon footprint by decreasing the distance that food travels from farm to table. This not only helps to lower greenhouse gas emissions but also supports small-scale farmers in the community.

Furthermore, local food sourcing promotes biodiversity and preserves traditional farming practices that have been passed down through generations. By purchasing locally sourced food, consumers can ensure that they are getting fresh, high-quality products that are free from harmful chemicals and pesticides.

In addition, buying local helps to strengthen the local economy by keeping money within the community and supporting small businesses. Support local food sourcing and production is a

simple yet powerful way to make a positive impact on both the environment and the community.

PRACTICAL ACTIONS:

Create a comprehensive inventory of agricultural goods, byproducts, and food materials (meat, fish, egg, etc.) that are cultivated within the geopark region. Highlight the utilization of locally obtained ingredients, backing for small-scale farmers, and the advancement of sustainable farming methods to guarantee the accessibility of top-notch, genuine food products.

3. GASTRONOMY EDUCATION AND TRAINING:

Education and training play a crucial role in acquiring a comprehensive understanding of local cuisine. Cooking is more than just a set of instructions; it involves a profound knowledge of ingredients, methods, and tastes. Culinary education offers visitors insight into the significance and history of local culinary traditions.

By engaging in practical training, visitors are taught how to cook a diverse range of local dishes, spanning from entrees to desserts. Alongside refining their culinary techniques, guests are also educated on food safety, nutrition, as well as local customs and practices.

PRACTICAL ACTIONS:

Educating local communities and tourists about the significance of gastronomic heritage, providing culinary training programs, and engaging youth in traditional cooking techniques. These educations could be training courses, workshops or a recorded video.

4. GASTRONOMIC EVENTS AND FESTIVALS:

Gastronomic events and festivals are a celebration of food, culture, and community. Planning such events requires careful consideration of various factors to ensure a successful and memorable experience for attendees.

Primarily, selecting the right location is crucial. The venue should be easily accessible, spacious enough to accommodate a large number of guests, and ideally have an outdoor area for al fresco dining experiences.

Next, curating a diverse lineup of vendors offering a wide range of culinary delights is essential. From local food providers to renowned chefs displaying their dishes, variety is key to keeping attendees engaged and satisfied.

Additionally, incorporating entertainment such as live music, training sessions or cooking demonstrations can enhance the overall experience and create a festive atmosphere.

PRACTICAL ACTIONS:

Organizing food-related events, such as harvesting ceremonies, culinary festivals, farmers' markets, and cooking demonstrations, to display the diversity of local cuisine and attract visitors.

5. PROMOTION OF GEOPARK GASTRONOMY:

The promotion of geopark gastronomy is essential in conserving and celebrating the traditional dishes and culinary practices that have been passed down through generations.

By highlighting the local cuisine within geoparks, visitors can not only enjoy delicious meals but also gain a deeper understanding of the history and culture of the area. This can help to support local farmers, producers, and restaurants, boosting the economy and creating sustainable tourism opportunities.

Furthermore, promoting geopark gastronomy can help to raise awareness about the importance of conserving traditional customs and biodiversity. By incorporating local ingredients into dishes, chefs can highlight the unique flavors and culinary traditions of a region, creating a truly authentic dining experience for visitors. Promotion of geopark gastronomy can also rise the visibility of the geopark and promote it to the wider audiences.

PRACTICAL ACTIONS:

Marketing the geopark as a gastronomic destination, developing culinary trails, and collaborating with local restaurants and food establishments to feature geopark-inspired dishes and food products highlights. In addition, creation informative brochures, posters, boards and social media posts to promote geoparks gastronomy more precise.