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Local food products *Cantabria*



FUNDACIÓN
EROSKI

contigo



SCHOOL OF
NUTRITION



Energy to grow



Tix and Loy have taught us how important it is to eat a balanced diet as part of our everyday lives, eating all kinds of food in the recommended quantities.

But, do you think that food is the same all over the world?

The answer is no, because the things we eat vary a great deal depending on where we are.

The weather, geography and cultural and historical heritage of each region mean that each place on the map specialises in growing, making and eating specific types of food. These types of food are known as local food products. Have you heard of them? Tix and Loy are going to explain them a bit more.



1/ The advantages of local food products

Local food products are types of food which are produced, processed and distributed in a specific geographical region. They also have specific characteristics that set them apart.

Do you know the countless benefits of local food products? Here they are:

1. **They are fresher**, because the distances they have to be transported are shorter.
2. **They keep their flavour and nutritional properties better.**
3. Because they do not have to be transported very far, **they mean we can cut costs and emit less CO₂ into the atmosphere.**
4. Because they are **top-quality products**, they always taste good.
5. They allow us to get to know and enjoy the **specific flavours of our land.**
6. They encourage **food tourism** (between regions).
7. They help **maintain customs and traditions from the past.**
8. They allow us to **get to know and establish a relationship** with the environment in which we live.
9. The production of local food products helps **develop the local economy.**
10. They help **enrich our community.**

*Did you know...?
Thanks to the interest
shown by farmers and
consumers, flavours,
traditions and part of
the past of our food
culture are now being
recovered.*



Have you ever helped
collect the local
harvest?

Do you know anyone who works
making local food products?



2/ Protected Designations of Origin (PDO)

The current internationalisation of the market has harmed a lot of local food products.

Protected Designations of Origin (PDO) were created to protect and highlight the production of food of this kind.

Not all local food products have a PDO, however, **only those that meet certain requirements.**

A product with a Protected Designation of Origin has a label that tells us that...

- ... the product comes from a specific region.
- ... it has specific characteristics because it comes from that region.
- ... it is entirely produced in that region.

Do you know how to identify products with a Protected Designation of Origin?



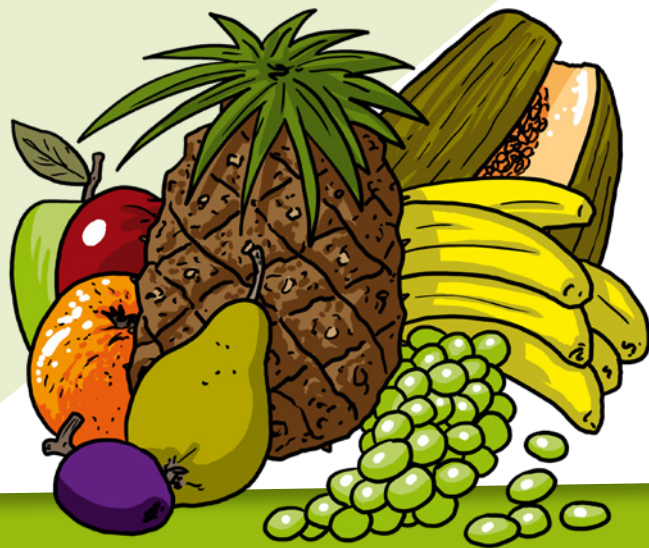
3/ Seasonal produce

This is food, mainly fruit and vegetables, which is eaten when it is at its optimum level of ripeness. The advantages of this kind of food over other kinds include:

1. More nutritional properties and better flavour because their properties remain intact.
2. Economic savings because larger quantities of the product are available.
3. They respect the environment because they defend the natural life cycles of products and help reduce the intensive farming of single products.

We can enjoy different kinds of seasonal fruit and vegetables over the year.

Like oranges for example. Although we eat them all year round, they are a winter product. In fact, the best months to eat oranges are from January to April.



*Did you know...?
There are
different protected
designations of
origin for different
types of product.*



*If I ask you to name some typical products from Cantabria,
could you name me any?*

I'm going to tell you the names of some of our local products. Let's see if you've heard of them:

- Cantabrian cream cheese
- Quesuco de Liébana cheese
- Picón Bejés-Trevieso cheese
- Cantabrian beef
- Sobao Pasiego
- Canned fish



Cantabrian cream cheese

Cantabrian cream cheese was the **first Cantabrian product with a Protected Designation of Origin.**

It is mainly made in the **mountainous** region in the south of the Community of Cantabria.

The milk is from **Friesian cows** and is **coagulated** at 30°C using animal rennet. Different stages of **drying, moulding and salting** lend it a creamy texture, a round shape and a mild flavour.



Picón Bejés-Trevieso cheese

The production process for this cheese is **more complex** because it **can be made from raw cow's, goat's or sheep's milk**, and even a mixture of all three!

After a **long maturation and drying process** (at least **two months**), the end result is exquisite: a slightly green cheese with a strong aroma and a slightly spicy flavour.



Quesuco de Liébana cheese

"Quesuco" is an affectionate name for this cheese and refers to its **small size**.

"Quesuco" comes from the Valley of Liébana.

It is mixed and made much in the same way as other Designation of Origin cheeses, but with slight differences in terms of coagulation (higher temperature and less time) and maturation (less time).

This cheese is **between white and yellow in colour and has a gentle aroma and mild flavour.**



Cantabrian beef

The **cattle** from which Cantabrian beef comes **can be bred, raised and fattened anywhere in the Community**. It must belong to one of three breeds: Concave Brown, Brown Swiss and/or Limousin.

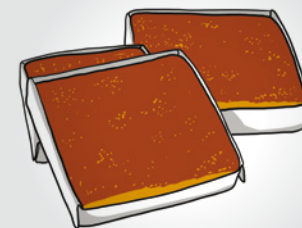
There are **four types** of Cantabrian meat depending on the age of the cattle: **calf** (light pink meat), **yearling** (light red meat), **heifer** (red meat) **and ox** (bright red meat).



Sobao Pasiego

These delicious sponge cakes **take the flag of Cantabria to every corner of Spain**.

Made between the Rivers Pas and Pisueña, they are not only known for their **sweet taste, smell of butter and light brown colour**, but also because they are wrapped in white paper with very characteristic folds and triangles.



Canned fish

Different types of fish are canned: **anchovies, tuna and sardines, amongst others.**

Cantabrian anchovies, for example, account for almost 80% of Spain's anchovy production and are well known throughout the country and abroad. Of all Cantabrian anchovies, the **best known are those from the Bay of Santoña, which are caught** in the fishing grounds of the Bay of Biscay.



What have we learned today?

- Food products with Protected Designations of Origin are those which are produced, processed and distributed in our own community.
- We can recognise them in the supermarket thanks to their quality labels.
- The production and distribution of these products in our community contributes towards local economic growth.

Activities

Local food products – Cantabria

1. Let's play with food names



As we have seen, calligrams (or shape poems) are a type of visual poem that form a drawing with the text. That drawing represents the theme of the poem. It can be a character, an animal, a landscape or any object you can imagine!

Let's see some examples!

The first is by Guillaume Apollinaire, a French writer who popularized this type of poem at the beginning of the 20th century.

Although it is written in French, what do you think the poem is about?

Cette adorable personne c'est toi
 dont la bouche est si douce
 et qui me fait si plaisir
 de te voir et de te parler
 car tu es si gentille
 et si bonne
 que je t'aime
 et que je t'embrasse
 tout le temps
 car tu es mon amour
 et mon trésor
 et mon bonheur
 et mon espoir
 et mon avenir
 et mon présent
 et mon passé
 et mon tout.

Activities

Local food products – Cantabria

The following is from Guillermo de Torre, a Spanish writer, who made this in 1923. 95 years ago!

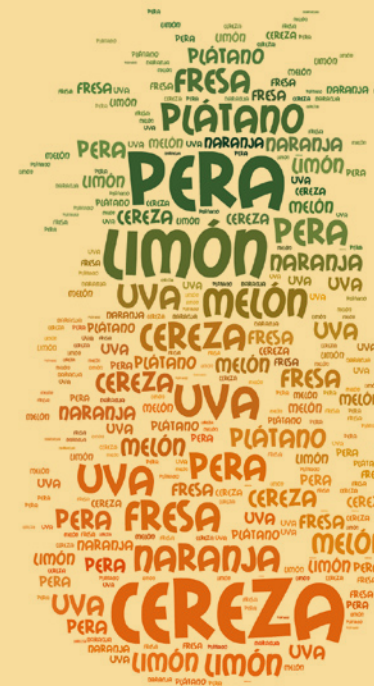
Una constelación pluricolor
Un sol de repetición arroja
ciudad y el mar copulados
El ventilador pirotécnico multi-
plica sus aspas deshilachadas.
Los cohetes braman sironas sobre la
efimera topiza el cielo estival.

Here's another example:

CAER LEVANTARSE APRENDER
SOCIALIZAR DISFRUTAR QUERER
AMAR REIR LLORAR APLAUDIR
AYUDAR AL QUE LO NECESITE
VER COSAS NUEVAS NO RENDIRSE
DECIR SOLUCIONES NO PROBLEMAS
BAILAR COMO SI NADIE TE VIERA
CANTAR COMO SI NADIE TE
ESCUCHARA
NO RENDIRSE NUNCA

Since we have been learning a lot about the products of our region, we are going to create a calligram with them!

Here are some examples of food calligrams:



Activities

Local food products - Cantabria

Now it's your turn!

a) First, choose a product from our region. It can be a seasonal food. Think of something that inspires you and write a poem about that food.

b) Then it's time to make the calligram. Transform the poem into a drawing, that's shape reflects the theme of the poem; that is, the food that you have chosen.

