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# Local food products *Asturias*



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 CO<sub>2</sub> 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?





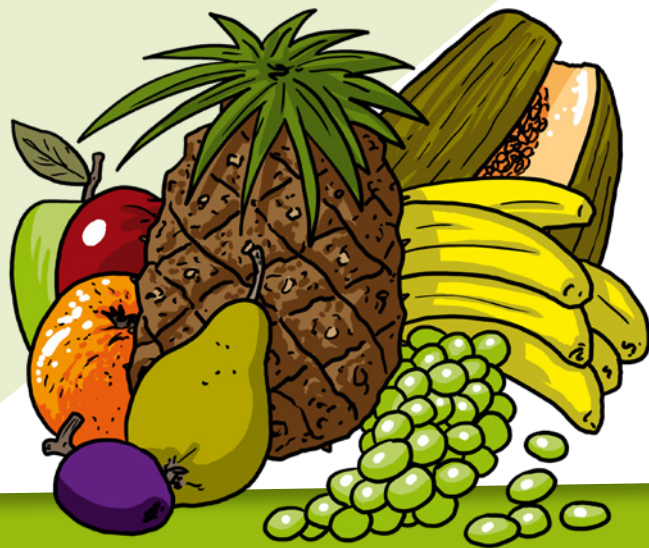
### 3/ Seasonal produce

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 Asturias,  
*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:

- Cider from Asturias
- Faba Asturiana
- Cabrales cheese
- Asturian beef
- Chosco de Tineo



## Cider from Asturias

Asturian Cider, made from apples, is well known all over the world.

It is grown in areas with acidic soils. When it rains, this acidity is softened, giving Asturian cider its unique flavour.



## Faba Asturiana

The Faba Asturiana Designation of Origin only applies to dried beans belonging to the **Phaseolus Vulgaris** species.

These beans can be produced anywhere in the Principality provided the **traditional** process is used, because this process ensures that the beans are all top quality.

After collecting the pods, the beans are cleaned by vibration. They are then packed for sale. There are three kinds of Faba Asturiana available on the market: beans, beans with cold meat and cooked beans.



## Cabrales cheese

Cabrales Cheese was first made by chance. A farmer left some milk in a container in an Asturian cave by accident. When he went back a few months later, he saw that it had turned into cheese, Cabrales Cheese.

It is now made from raw cow's milk or mixtures of goat's, sheep's and cow's milk. After it has turned into cheese, it is left to mature in caves for anything between two and four months.

It is **soft and creamy**. It has a very **strong smell** and a **slightly spicy flavour**.



## Asturian beef

Asturian beef is one of the best quality types of meat in Spain.

The rainy, cool, mountainous climate in which the cows are bred and fattened means they can **eat from the land in a peaceful environment.**

The animals are also looked after and housed very well.

**Organic** Asturian beef is also produced in the **Protected geographical indication.**



## Chosco de Tineo

This strange cold sausage is **made from pork** and consists of a **mixture of different parts of the animal, such as the loin, tongue and the back of the neck.** The Asturian locality of Tineo lends its name to this product because it is mainly made there and in other nearby localities.

As part of the **production process**, the meat is **marinated in salt, garlic and paprika**, which turns it red.

When the pieces of meat are ready, they are **tied with string**, which gives these sausages **their strange deformed shape.**



## 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 – Asturias

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

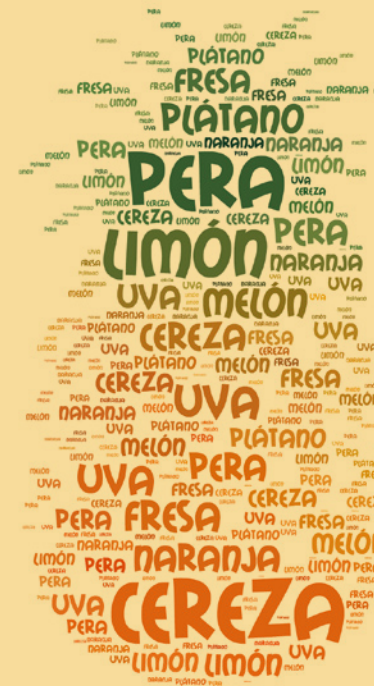
Una constelación pluricolor  
Un sol de repetición arroja  
ciudad y el mar copulados  
El ventilador pirotécnico multi-  
plica sus aspas deshilachadas.  
Los cohetes braman sironas sobre la  
efimera topiza el cielo estival.

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 - Asturias

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.

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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.

