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# Local food products Aragon



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.**

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



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.



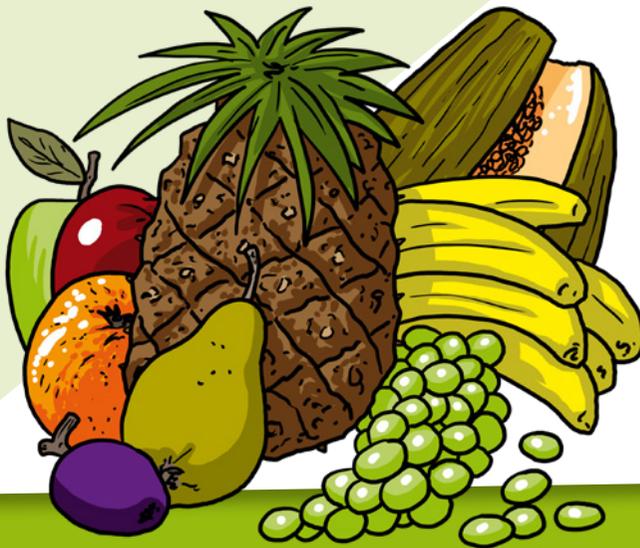
### 3/ Seasonal produce

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 Aragon, 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:

- Ham from Teruel
- Olive oil from Moncayo
- Olive oil from Bajo Aragon
- Cariñena wine
- Onions from Fuentes del Ebro
- Peaches from Calanda
- "Ternasco" from Aragon
- Asparagus of Navarre



## Ham from Teruel

The height and cold weather which are typical of the province of Teruel make it an ideal place to **cure pork products using natural methods**. Ham from Teruel is made using pork from **selected species of pig bred in the province** and it must meet specific requirements throughout the production process, such as a minimum drying and maturing period of 14 months.



## Olive oil from Moncayo

This protected **Extra Virgin Olive Oil** is made from **Empeltre, Arbequina, Negral, Verdial and Royal olives**. It has **fruity aromas** which bring green and/or ripe olives and nuts to mind.



## Olive oil from Bajo Aragon

**Local Empeltre** olives are used to make **Virgin and Extra Virgin Olive Oil**. This type of oil stands out for its colour, which has touches of yellow, and, above all, its **smooth, slightly sweet** taste. It is particularly good for direct consumption and dressings.



## Cariñena wine

Cariñena wine is recognised as one of the most important wines in Spain. This wine **comes from rocky ground in central-south Aragon, in the heart of the Ebro Valley**.

The grapes, which are smaller than normal, give the wine **very intense flavours and aromas**.



## Onions from Fuentes del Ebro

These mild, smooth, tender onions are considered **one of the most exquisite and unique types of onion in the world**. They are grown in vegetable gardens alongside the River Ebro and are **very good for the health**. With thick stems, they are strawy-white in colour on the outside. They are wonderful for salads and caramelising.



## Peaches from Calanda

These peaches are grown in Bajo Aragon, between Teruel and Zaragoza. **“Thinning”** is an important part of **growing** this sweet, juicy fruit. It consists of **removing 70% of the fruit from each tree by hand**, leaving a distance of about 20 centimetres between the peaches remaining on it. By doing this, although each tree bears fewer peaches, they are exceptionally large and have very firm flesh.



Did you know... ?



In Aragon, there is an official Organic Agriculture label used to certify fruit and vegetables grown using organic methods. These rules of production ensure that these products have more nutritional properties and taste better.

## "Ternasco" from Aragon

Do you know what "ternasco" is? It is another name for **young lamb**. "Ternasco" from Aragon is a lamb which is fed on its mother's milk and natural cereals from the day it is born. It is sold in shops whole or in pieces. When it is sold in pieces, each piece must be marked with the letters "TA". "Ternasco" from Aragon is **very juicy, tender meat and is excellent for cooking**.



## 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.

## Asparagus of Navarre

Yes, you read it right, Asparagus of Navarre. As you know, we share a border with the Community of Navarre and that means that the soil and weather conditions in the two communities are very similar. Asparagus of Navarre are a type of **white asparagus** which grows in the **fertile soils of the Ribera del Ebro**. They **grow underground** and do not see sunlight at any point in time. This means they stay white until they finish growing. They are an exquisite product which has become famous thanks to **its health benefits and therapeutic properties**.



# Activities

## Local food products - Aragon

### 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 reconnaissance-foi  
adorable herodonna c'est la  
soms As grand d'appeau canotice  
v o i  
A Oct  
ti: to buehi  
f v al x de  
lon  
vo  
cu aufer  
l'imper  
fuit le unage  
da ton buste o.  
dors ou remm  
a. traviso un magk  
ou esquis  
un peu  
plus bas  
c'est ton  
-oeur  
que  
bati-

# Activities

## Local food products - Aragon

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  
El ventilador pirotécnico multi-  
Los cohetes bramán sironas sobre la  
Ciudad y el mar copulados  
plica sus aspas deshilachadas.  
y efimera topiza el cielo estival.10.000 proyectiles por minuto.

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 - Aragon

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.