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Local food products *Galicia*



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?



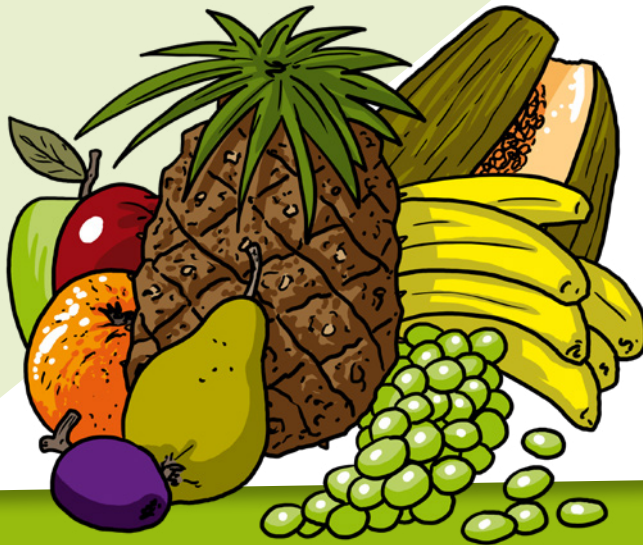
3/ Seasonal produce

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 Galicia,
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:

- Tetilla cheese
- Mussels from Galicia
- Peppers from Herbón
- Honey from Galicia
- Galician beef
- Chestnuts from Galicia



Tetilla cheese

“Queixo Tetilla”, as it is known locally, is **one of Galicia’s best known products**. Recognised for its quality and shape, it is made from cow’s milk produced by Friesian, Brown Swiss and Galician Blond cows.



Peppers from Herbón

These typical Galician peppers were first grown in the 17th century. **The Franciscan monks of Herbón brought seeds of the plant from Mexico** and it soon became one of the most important products in the region.

Peppers from Herbón, which are grown in greenhouses or in the open air, are green, wrinkled and, on average, 4 centimetres long. **They have a slightly hot, savoury flavour**. But be careful because sometimes these peppers can be burning hot. Hence the famous Galician expression “Os pementos de Padrón, uns pican e outros non” (Peppers from Herbón, some burn and some do not).



Mussels from Galicia

Mussels from Galicia were the first type of seafood in Europe to be given Protected Designation of Origin status. **There are more than 3,000 mussel rafts in Galicia**. Mussel rafts are the floating platforms on which mussels are **cultivated**. **The process is slow and regulated by the Administration** so that the mussels grow for a year in the sea. If you want to eat Mussels from Galicia, buy some in the market and **wash them with a little bit of water and remove the byssus**. They can be eaten in seafood cocktails, salad, with pasta and as part of many other typical Galician recipes.



Honey from Galicia

In Galicia, there are more than 30,000 beehives, the structures in which bees produce their honey from the nectar they collect from flowers. One of the reasons why **Galician honey is good is the great range of plant life** in the region due to the granite soil and the wind and air from the sea. There are different types of honey: eucalyptus, chestnut, heather, bramble and wildflower. Honey, which **contains proteins, trace elements and vitamins**, is very nourishing.



Galician beef

Galician Beef was the first beef with guaranteed, certified, integral control in the European Union.

This beef only comes from **young calves belonging to local breeds** born and raised in Galicia. The calves are fed in the traditional manner with **natural food products**.

You can **recognise Galician Beef in the market thanks to the Protected Geographical Indication quality label**. This label distinguishes between four types of Galician Beef: Supreme (pink), Supreme Galician Blond Beef (light pink), Galician Beef (yellow) and Yearling (blue).



Chestnuts from Galicia

Chestnuts from Galicia are grown in all four provinces, but mainly Lugo and Ourense. The nuts are harvested and eaten in autumn.



The harvest is collected naturally. When the nuts mature, they fall from the trees and are collected by hand in less than 48 hours. Chestnuts contain a **lot of carbohydrates**, making them the perfect energy food. **They are also low-calorie nuts because they do not have much fat and contain a lot of water.** You can eat them raw, roasted, boiled, ground, crystallised, in purée... Don't think twice about it, eat chestnuts.

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 – Galicia

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

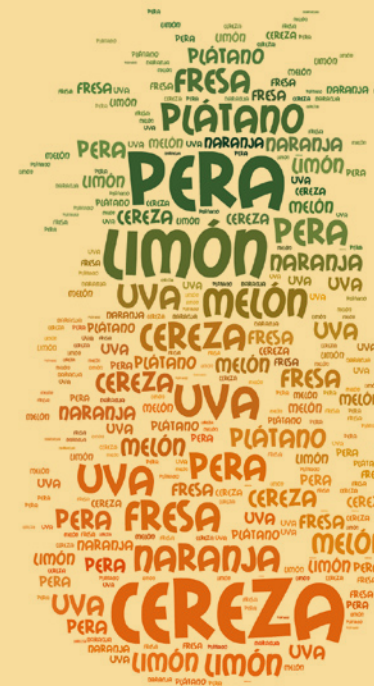
Una constelación pluricolor
Un sol de repetición arroja
ciudad y el mar copulados
El ventilador pirotécnico multi-
plica sus aspas deshilachadas.
Los cohetes braman sironas sobre la
efimera topiza el cielo estival.

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 – Galicia

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.

