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Local food products  
Catalonia



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?



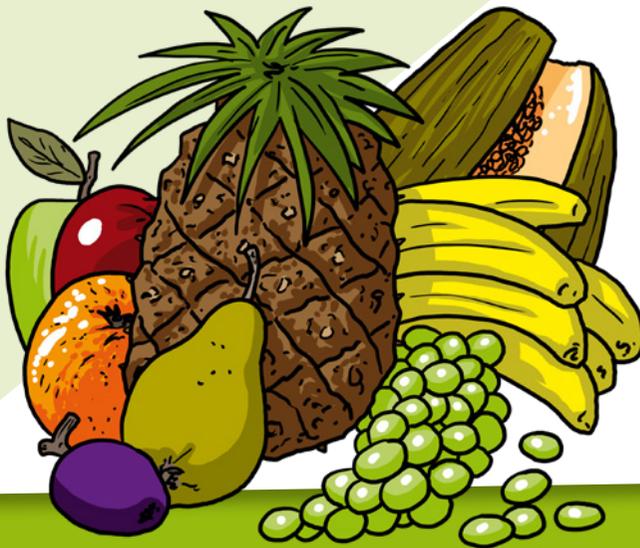
### 3/ Seasonal produce

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 Catalonia, 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:

- Pears from Lleida
- Rice from the Ebro Delta
- Cava
- Hazelnuts from Reus
- Catalan Butifarra
- Calçots



## Pears from Lleida

Fertile land, often referred to as the **Garden of Eden of Fruit**, surrounds Lleida. Half of the pears grown in the country grow here under the Pears from Lleida Designation.

The climate in the area makes these pears delicious. **Dry summers make them sweet and cold winters let the pear trees rest.** These pears are rounder than others because of the height at which the trees grow.

There are **three types of Pears from Lleida**, all equally delicious: **Limonera** (which looks like a lemon), **Blanquilla** (the smallest but juiciest kind) and **Conference** (the best known).



## Rice from the Ebro Delta

As you know, a river delta is a lot of sediment which builds up where a river flows into the sea. The river splits up into a lot of streams because of this sediment before it reaches the coast. This is what happens with the Ebro Delta.

**Fresh water and salt water meet on land like this and create very rich, fertile soil**, perfect for growing the finest rice, like the types of rice from the Ebro Delta.

14 different types of rice are grown on this land, but the only exclusively Catalan varieties are Bahía, Gleva and Bomba, an Extra-category rice. In short, the best you can buy!



## Cava

When people talk about wine, we immediately think of red wine. But there are lots of different kinds, including wine with bubbles, like Cava, the **sparkling wine most sold in the world after Champagne**. 85% of all Cava is made in Catalonia.



Cava is made from **3 types of grape**: mainly Macabeo grapes, which make it sweet; Parellada grapes, which make it fresh; and Xarel-lo grapes, which lend it body.

**A little bit of sugar is added** to the juice extracted from these grapes and mixed to the taste of each winemaker to produce one of the most appreciated drinks from our land.

But you won't be able to try it until you are older because it contains alcohol.

## Hazelnuts from Reus

Hazelnuts have been grown in our country since the 13th century. **95% of all the hazelnuts grown on the peninsula are from Reus.**



These nuts form an **integral part of the Mediterranean diet** and can be eaten in many different ways.

Most of the Hazelnuts from Reus grown nowadays come from the province of Tarragona.

You can buy Designation of Origin Hazelnuts from Reus in shops and supermarkets in their shells, without their shells and toasted.

## Catalan Butifarra

This is the best known and most eaten sausage from Catalonia. Its success is, to a large extent, due to its mild flavour, which is popular with both grown-ups and children.



These sausages are made using the best cuts of pork. The best lean meat from the legs and back is chosen and, sometimes, bacon is added to make it juicier. After chopping the meat up into small cubes, a range of different condiments can be added, like sugar, pepper, truffle, liqueur, nutmeg... That is why there are Butifarras with different flavours and colours. When all the ingredients are mixed together, the mixture is kneaded, inserted in intestines to give it the cylindrical shape we all know and then cooked. And it's ready! Butifarra is a **protein food**, so it can give you a lot of energy if you eat it for breakfast or as a mid-morning snack.

## Calçots

Another very special product which comes entirely from our land is the calçot. There are not many kinds of onion in the world that are so **important** that there is an entire festival based around them: the "calçotada", a **gastronomic festival** where everyone eats roast calçots with Romesco sauce, followed by Butifarra and typical Catalan meats.



Calçots get **their name from the way in which they are grown**. As they grow, the bulbs of the onion plants are "shoed" (calçar), i.e. they are covered with soil again, and stay white because they do not see sunlight.

## 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 - Catalonia

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 estuyi.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 - Catalonia

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.

