

6/

Local food  
products  
Navarre



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.



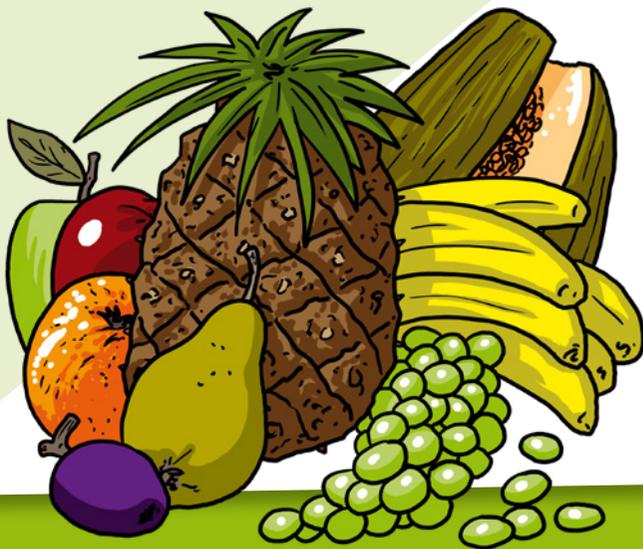
### 3/ Seasonal produce

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 Navarre, 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:

- Roncal cheese
- Piquillo peppers from Lodosa
- Olive oil from Navarre
- Navarra Wine
- Asparagus from Navarre
- Artichokes from Tudela



## Roncal cheese

The recipe for this cheese is a traditional, unwritten secret which has been handed down through the generations of families in the **Valley of El Roncal** for more than 1,000 years. Navarrese shepherds **feed their Lacha and Navarra sheep on natural grass** in the fields of the valley.



The cheese made from the milk produced by these sheep **is totally natural** and has a characteristic appearance. It is hard and crumbly, marble white inside, like the colour of elephant tusks, and is cylindrical on the outside with brown and grey rind which looks mouldy. But don't worry, that doesn't mean it's not good! When you want to eat it, you remove the rind with a knife and you are ready to enjoy the slightly spicy flavour of this delicious cheese.

## Piquillo peppers from Lodosa

These peppers are grown in south-west Navarre and many people call them the red gold of Navarre.

**Small, bright red in colour and with the tip slightly crooked,** these peppers are easy to identify.



Once harvested, the best peppers are roasted and then peeled one by one and cleaned, without using water or any kind of chemicals. That is how they always keep their authentic flavour: a **sweet flavour with that roasted aftertaste that has made them so famous.**

There are a thousand ways to eat them!

## Navarra wine

Although 70% of the wine produced is red wine, the Navarra Designation of Origin covers wines of all kinds: red, white and rosé.

Did you know that wine is made from grape juice?

**The grapes are harvested and drained to get all the juice out. The juice**

**is then closed in barrels so that it can ferment.** That is how it turns from grape juice into alcoholic wine.

Different types of red wine are produced by leaving it longer in the barrel: Joven, Crianza, Reserva and Gran reserva.



## Olive oil from Navarra

Only the finest olives from the south of Navarra are used to make Designation of Origin Olive oil from Navarra.

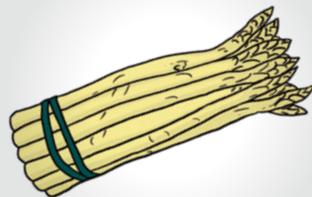
This oil is slightly fruity with green, bitter and spicy notes. It is different from other kinds of olive oil because of the climate and type of soil found in the region.

This delicious product, which many call “liquid gold”, is made using 100% natural Arróniz, Empeltre and Arbequina olives.



## Asparagus of Navarre

Asparagus of Navarre are **white asparagus** grown in the fertile soils of the Ribera del Ebro.



They are different from green asparagus because they **grow underground and do not see sunlight at any point in time**. This means they stay white until they finish growing. You know the darker, softer part of asparagus that you eat? It is like that because that is the part that sticks out of the ground and receives sunlight.

## Artichokes from Tudela

Another gem from Navarre's Ribera region is the Artichoke from Tudela. It is also known as **the flower of the vegetable garden** because of its shape. Artichokes from Tudela are different from other artichokes because their leaves do not fully close. And although it may surprise some of you, **they have a lot of calcium**, like milk, which makes your bones healthy and strong. **There are a thousand different ways to eat them:** boiled like other vegetables, in stews, raw in salad, blanched and battered, roasted, etc.



What's your favourite way to eat them?

## 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 - Navarre

### 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  
à d'adorable herosonne c'est la  
soms As grand d'appeau canotice  
v o i  
A Ouf  
ti: to boudie  
f v al x de  
lon  
voe  
cu au feu  
P'imper  
fuit le unage  
da ton buste o.  
dors ou remon  
à travers un image  
ou esquis  
un peu  
plus bas  
c'est ton  
-oeur  
que  
bati-

# Activities

## Local food products – Navarre

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

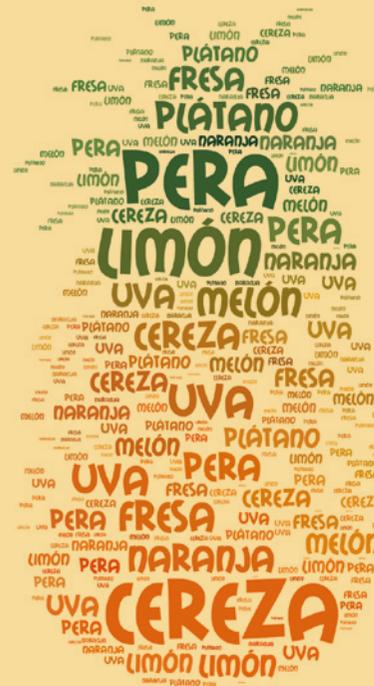
Una constelación pluricolor  
Un sol de repetición arroja  
El ventilador pirotécnico multi-  
Los cohetes bramán sironas sobre la  
Ciudad y el mar copulados  
plica sus aspas deshilachadas.  
y efimera topiza el cielo estuyi.  
10.000 proyectiles por minuto.

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 - Navarre

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.

