

Description of the workshop in Choczewo municipality, May 4-12, 2013

Diet for the citizens of Baltic Sea Region

The Grundtvig Workshops Diet for Citizens Baltic Sea Region was held in Choczewo municipality , organized by Polish Ecological Club Gliwice Chapter.

In the Workshops participated 16 people from Estonia, Latvia, Lithuania, Finland and Germany. The aim of the Workshops was to learn about culinary traditions and the prevailing models of nutrition of people in the Baltic Sea Region, as well as to present the concept of diet for the residents of the Baltic Sea, which is likely to reduce the negative impact on food production in the states of the Baltic Sea. Our eating habits and becoming more dominant industrial production of food, are an important contributor to the eutrophication of the Baltic Sea and the loss of traditional relationships between farmers and consumers.

During the Workshops we were presenting culinary traditions of different nations as well as alternative, which is Ecological Recycling Agriculture (ERA) and Diet for the Clean Baltic Sea base on ERA.

Organizers had prepared two trips. First to an organic farm in Trzcińsko Jack Plotty implementing the ERA system, where the principle of closed-loop agricultural nutrients explained professor Joseph Tyburski. The second trip was organized to the Marine Station of the University of Gdansk in Hel, where its director - prof. Krzysztof Skóra showed the risks of contamination of the Baltic Sea and the work station for the protection of the Baltic Sea ecosystem and save the flora and fauna of our sea.

The Workshops programme included a presentation of traditional dishes of countries from which the participants came and Polish dishes. Two days was predicted for presenting macrobiotic and vegetarian cuisine. Workshops in this topic led Kazimierz Kłodawski - Macrobiotics with years of experience. In addition to the typical culinary workshops were conducted classes on the social and psychological aspects of eating - that part has prepared and led by Danuta Bener. There were, of course, time for feasting together and getting to know the customs of the tables of participants and presentation of Kashubian culture and cuisine.

The organizers also took care of daily contact with nature and the physical activity of the participants. At the end of a contest and workshop participants prepared dishes with a dedication to a clean Baltic Sea. Everyone had prepared fantastic dish and all were rewarded packets with organic food produced in Poland. The ambiance during all days of the workshop

was exceptional, and the people who took part in the workshops declare their willingness to further exploration of sustainable production and consumption.

Below, short pictures documentation of our Workshops



Every day was started with fitness exercises



The breakfast at the terrace was our daily ritual.



The participants described their expectations to the Workshops.



Our please of living was quite comfortable



A moment of relaxation in the sun, because the weather was very good all the time



Our first meeting with the Baltic Sea, what's a wind.



In fact we are all leaving in the same catchment area of the Baltic Sea



Common pictures with municipality authorities.



The common works Estonian and Latvian participants on the preparation of the Baltic Sea totem.



It was result, it's really great, wasn't it?



We were learning to recognise information on the Ecological products from different countries.



There are a lot, but the EU sign is one in all of them.



In the ecological farm together with prof. Józef Tyburski.



Here live the ecological pigs.



The small pigs under mother's care, also outside.



Trip to the Hel - on the tower with a guide in the municipality of Gniewino



Trip to the Hel, visit the museum of Kashubian village - Nadole



At the Hel, on the lecture of prof. Krzysztof Skóra at the Station of Scientific Research of the University of Gdansk



Feeding the seals in Scientific Research Station



Here was a garbage, and now thanks to the commitment of staff and volunteers Scientific Research Station the area was restored as a dune landscape with appropriate vegetation



Lithuanian evening wasn't just only a traditional food, but also a great music performed by participants from Lithuania



and common singing Lithuanian and Latvian participants



And the next day training on the lake, no one is missing



Can we be devoted to the Baltic Sea by macrobiotic diet, oh, it will be difficult!



Do the women eat the same like men? At the West?



And in the East?



Show macrobiotic food preparation – the Master Kazimierz Kłodawski



Edible plants found on a nearby meadow

And in the end, the final of the Workshops - competition for the best dishes dedicated to the Baltic. All eagerly set to work. The composition of teams was national, with the exception of the Nordic combined forces. Almost all dishes base on products which was bought in Poland, but some of them was brought by participants from their countries.



Consultation between the Teams, absolutely recommended.



Commemorative photo at the beginning of work.



The huge concentration of German Team, it must be difficult.



But there is result, the winner dish from Germany – 7 points according criteria Diet for the Baltic Sea.



Scandinavian Team did not give up and prepared a great casserole.



Estonian dish, very original.



And there really delicious dessert by Latvian recipe



The Latvian table, very national and very taste.



All was eaten, in this day the lunch wasn't necessary.



Time for thanks to our Chef, without him we couldn't to know the taste of different national cuisines.



Many thank for the residence owner, who helps us a lot to fulfil workshops goal.



For participants were also prizes for good humour and willingness to participate in the activities



In the end dances at real kashubian ensemble.



All participants played very good.



Some of them tried to play on traditional instruments.



Time to say good bye, by organizers of Workshops , we said Good bye to the Baltic Sea and all Participants.