

# Our European Countryside

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**Krzysztof Grabowski**

*Deputy Marshal of the Wielkopolska Region*

Dear Ladies and Gentlemen,

the fifth year of having implemented the Rural Development Programme for 2014-2020 is passing. During this period, the Self-Government of the Wielkopolska Region has decided on a number of calls for proposals, by transferring significant resources for the development of rural areas within our region. In the last quarter of 2019, I was pleased to sign agreements with Programme beneficiaries who invest in improving the road infrastructure. Thanks to the aid granted for the purposes of whether on the construction or modernisation of local roads, 29 communes and three districts will have carried out their tasks. The total value of the agreements signed accounts for PLN 30 million. By reading the newsletter entitled „Our European Countryside” you will learn in which cities either new or modernised road sections will be built.

On November 8, 2019, the Minister of Agriculture and Rural Development announced another competition for the partners of the National Rural Network. In the case of regionally-situated projects, the contest relates to ventures which will be under implementation in 2020. I encourage you to get familiar with the article entitled „Knowledge and development through integration and entertainment”, wherein not only do we write about when the call for applications will take place and what pool of resources we allocate for this purpose but do also present selected projects of NRN partners from 2019.

Following multiannual tradition, in November the Wielkopolska Region celebrates its holiday in the capital of the European Union, entitled St. Marcin’s Day in Brussels. This time, the „Solna Dolina” Local Action Group – based in Kłodawa – played a significant role in the promotion of our region to get the Self-Government of the Wielkopolska Region awarded the invitation to the event. The group has kept promoting both culinary and cultural heritage of Wielkopolska in Belgium.

The Wielkopolska Culinary Heritage Network – having operated since 2008 – actively participates in events which contribute to the increase in the popularity of healthy, traditional food based on local and organic ingredients. In this issue of the “Nasza euroPROWincja” newsletter, we shall present the report from the Poznań Tastes of Regions Fair and the Łódź Natura Food Fair. I warmly and heartily encourage you to read.

On the occasion of the upcoming Christmas, I would love to wish you continued health, a respite from everyday concerns and tasks, and above all, numerous beautiful moments spent within the family circle. May this particular time pass in the atmosphere of pleasant and uplifting meetings. For 2020 to come, I wish you all the plans and intentions, successes in private and professional life come true, and the successful implementation of many interesting projects serving for the benefit of local communities.

# Where will new local roads be built?

**PLN 30 million from the 2014-2020 Rural Development Programme will be granted to beneficiaries of operations such as “Construction or modernisation of local roads”. Deputy Marshal Krzysztof Grabowski has signed 32 agreements with Programme beneficiaries. We are to provide information on projects that have been subject to be subsidised.**

Source: The Marshal Office of the Wielkopolska Region



In the Rzgów Commune Office in Konin Commune, Deputy Marshal Krzysztof Grabowski has signed agreements with several Programme beneficiaries. For the implementation of road-building investments, the Sompolno Commune has been granted with PLN 2.4 million, the Rzgów Commune PLN 1 million, and the Wierzbinek Commune PLN 521 thousand.

— PLN 30 million represents the amount of support that we allocate in 2019 for whether the construction or reconstruction of communal and district roads. 29 communes and 3 districts in Wielkopolska Region will benefit from the financial support under the European Agricultural Fund for Rural Development — says Deputy Marshal Krzysztof Grabowski.

In northern Wielkopolska, road-related investments shall be carried out by the Białośliwie Commune, which, owing to co-financing of PLN 204,300, will rebuild the road in Dębówko Nowe, as well as build a parking lot. The Łobżenica Commune will modernise the road connecting Łobżenica with Kościerzyn Mały. To conduct this very task, it has been granted with PLN 1,142,655. The road in Rudnicz in the Wągrowiec Commune will also undergo modernisation thanks to co-financing accounted for PLN 404,069. The investment comprising with the construction of a communal road in Kuźnica Czarnkowska (Różana Street, Pocztowa Street, Parkowa Street, Akacyjowa Street) will be implemented by the Czarnków Commune. The task will be carried out in the design-build system with the support of European resources in the amount of PLN 1,169,455. Reconstruction will also take place at Polna Street in Lubasz. Within the framework of the project

subsidised in the amount of PLN 1,145 809, the Lubasz commune will also perform dehydration.

In the eastern part of the region, the Sompolno Commune has obtained resources from the 2014-2020 RDP worth PLN 2,431,244, which are to be spent on performing operations towards the rebuilding of Warszawska Street in Sompolno and the road in Sompolinek. The amount of PLN 1,907,192 has been received by the Dobra Commune for the reconstruction of the Długa Wieś – Dobra commune road. Both the Commune and Town of Tuliszków will build the Ogorzelczyn – Osada Leśna Ogorzelczyn – Grzymiszew road. The signed agreement for the conduct of this task shall provide for aid in the amount of PLN 1,332,656. In the Rychwał Commune, a subsidy of PLN 1,302,983 will be allocated for the construction of a road in Złotkowy and the Wola Rychwalska – Rychwał (Sokołów) road. The reconstruction of W. Szymborska and Cz. Miłosza Streets has been planned by the Rzgów Commune, having obtained PLN 1,022,912 for this very purpose. The Grodziec Commune will allocate PLN 782,772 for the modernisation of the road in Janów. PLN 521,873 will be granted the Wierzbinek commune for account of the construction of the commune road together with the path

in Wierzbinek. The Kłodawa Commune, thanks to co-financing for PLN 385,407, will rebuild the road in Głogowa. The 2014-2020 RDP beneficiaries are also two communes from the Wrzesiński District. The Nekla Commune, which has received PLN 352,810 subsidy, will build roads on Jana Pawła II Street and Nekielska Street in Nekielka, while the Commune and Town of Pyzdry will modernise the road in Tłoczyzna. The amount awarded for this purpose is PLN 330,780.

Road-building investments in the Gniezno District will be implemented by the Kiszkowo Commune and the Łubowo Commune. The first one will allocate co-financing of PLN 951,919 for the reconstruction of the Sławno – Głębokie road; the second one has been granted with PLN 415,719 for the reconstruction of the communal access road to the agricultural land in Myślęcín. The Czempień commune will exploit PLN 1,389,469 for the reconstruction of the road in Piechanin, while the Lwówek commune has been granted funding in the amount of PLN 673,860 for the reconstruction of the commune road in Konin towards Zgierzynka (to national road no. 92). The Programme's beneficiaries have also included the Duszniki Commune, which has obtained PLN 372,540 for the reconstruction of the commune road at Leśna Street in Niewierz.

PLN 1,463,111 constitutes the amount of aid granted to the Granowo Commune for the reconstruction of exit roads at the housing estate in Granów, including Lipowa, Dębowa, and Kasztanowa Streets. The road on the section of Borek

Street in Wielichowo-Wieś will undergo reconstruction by the Wielichowo Commune, which has received PLN 503,886. With the support of PLN 686,210, Hubala Street in Miejska Górka will get expanded, while the commune road in Chojna will be rebuilt in nearby Pakosław. PLN 41,913 has been granted to the Pakosław for this project.

In southern Wielkopolska, the funds have been granted to the Nowe Skalmierzyce Commune and Town, which has obtained PLN 1,364,976 for the construction of the commune road at Słoneczna Street in Fabianów. PLN 1,048,091 has been received by the Przygodzice Commune. Thanks to the subsidising, the Chynowa (Jany) – Przygodziczka (Klady) road will be rebuilt. The Lisków Commune will allocate the funds of PLN 577,113 for the reconstruction of the Małgów, Małgów – Kolonia roads. The Czermín Commune will implement a road-building investment in Broniszewice. For the implementation of this project, it has been granted with PLN 259,000. Co-financing of PLN 239,393 will be utilised by the Żerków Commune, which will reconstruct the road in Dobieszczynna.

Support from the 2014-2020 RDP will also allow modernising three sections of district roads. The Jarociński District has been granted with PLN 3 million for the reconstruction of the Hilarów – Wola Książęca district road; the Kościański district PLN 1,375,000 for the reconstruction of the district road leading to the town of Srocko Wielkie, while the Nowotomyski District PLN 891,144 for the reconstruction of the Łomnica – Nowy Dwór road lane.



Source: The Marshal Office Of the Wielkopolska Region

On October 7, 2019 – in Granowo in the Grodzisk District – two agreements were signed with the 2014-2020 RDP for whether the construction or modernisation of local roads. A co-financing of almost PLN 1.5 million will be allocated to the reconstruction of exit roads at the housing estate in Granowo on Lipowa, Dębowa, and Kasztanowa Street. The second agreement, signed by the Wielichowo Commune, relates to co-financing for over half a million zlotys for the reconstruction of the road in Wielichów Wies.

# Knowledge and development through integration and entertainment

**In 2019, the partners of the National Rural Network have implemented 29 projects with a total value of PLN 600,000. The initiatives included outdoor events, fairs, workshops, and training courses. In this issue of the newsletter, we will look closer at some of them. We also inform you about a new competition for the NRN partners as regards operations planned for 2020. The call for proposals at the headquarters of the Marshal's Office in Poznań will take place from December 9, 2019, to January 17, 2020. The pool of available funds amounts to PLN 872 thousand.**



Source: Duda Family Foundation named after Maksymilian Duda

The handicraft workshops were popular among the participants. The eager ones were able to make, e.g., clay dishes.

— *Interest in participating in calls for proposals – organised as part of the National Rural Network – is gradually growing every year. In order to be able to apply for funding for an enterprise, one must register in the NRN partners database at [www.ksow.pl](http://www.ksow.pl). Both public and private institutions of any kind, as well as non-governmental organisations, universities, natural persons, may become partners of the NRN. Financial aid can be obtained for the implementation of non-investment tasks addressed to residents of rural areas* — says Deputy Marshal of the Voivodeship Krzysztof Grabowski.

Out of 29 projects completed in 2019, 12 of them were constituted by outdoor and exhibition events. The advantage of this type of events is represented by their open nature, having enabled the participation of a wide range of participants, including whole families. However, NRN partners'

projects are distinguished by the fact that they engage and activate, by entertainment-oriented measures, both residents and guests through actions that contribute to the development of rural areas. It is done, among others, thanks to information points organised where one may learn about the possibilities of obtaining subsidies from the Rural Development Programme for 2014-2020, about how to, either, effectively promote a local product, implement joint ventures in cooperation with organisations operating in the immediate or somewhat distant environment, and many other issues important for improving the quality of life in the countryside.

One of the interesting examples of outdoor events host by the NRN partners in 2019 is the Summer Family Festival of Flavours and Handicrafts of Wielkopolska in Pakosław. The event, initiated by the Duda Family Foundation named after

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Maksymilian Duda, took place on June 22 and was addressed to the residents of the southern part of the region. Its leitmotifs were revolving around both the culinary and cultural richness of the Wielkopolska Region, as well as the development of pro-ecological and pro-health attitudes.

— *Our goal was to get interested of as many people as possible in the sustainable development of rural areas, i.e., in such a development which does not come across with negative consequences for the natural environment and the health of residents. Hence the great emphasis on education and promotion of the right attitudes* — says Wojciech Duda, president of the foundation.

Both local producers of natural food and handicraftsmen presented themselves at the exhibition stands. The event was neither absent of competitions and workshops in which the local community was encouraged to participate in significant numbers. The organisers prepared handicrafts workshops for children and adults, print workshops onto educational eco-bags, Eco Design workshops with the use of “Do It Yourself” method, as well as culinary workshops entitled “Healthy Nutrition”, enriched with a theoretical talk about the principles of proper composition of meals in such a way that they have a good effect on our body.

Attractive prizes could also be won during the festival. The winners of the culinary competition organised during the event received equipment which would definitely facilitate

work in the kitchen: a juicer, food processor, and slow cooker. The participants could also have a snack in the form of healthy muffins and fruit salads. The event was, therefore, an excellent opportunity to promote a healthy lifestyle, active leisure, but also to promote ecological attitudes related to environmental protection, prevention and adaptation to climate change. About 500 people from the Rawicki, Gostyński, Krotoszyński, and Leszczyński Districts took part therein. The Local Action Group “Gościńska Wielkopolska” Association based in Pępów, as well as the Pakosław Commune, got also involved in the implementation of the venture.

The Lisków Commune in the Kalisz District, as an active partner of the National Rural Network, decided to get back to the roots which have made Lisków not only recognisable in Wielkopolska Region. It is thanks to the activities of Fr. Wacław Bliziński, then the parish priest of the local congregation, who inscribed himself in history as an active folk and social activist. The priest has become famous, among other things, for his efforts to stimulate the rural population to get involved in social work and take them out of poverty and underdevelopment. Thanks to him, a folk laundry, bakery, dairy cooperative, as well as agricultural-and-commercial school were established. Within the Commune, he founded vocational workshops, was teaching how to read and write in Polish, how to manage and care for farms. Rapidly, as a result of Fr. Bliziński’s activities, Lisków became a place perceived as a role-model and eagerly visited by those who wanted to



Source: Lisków Commune

The 3rd “Work and Culture of the Village” Fair in Lisków was attended by the deputy marshal of the Wielkopolska Region Krzysztof Grabowski, who was greeted at the official opening by Maria Krawiec, the head of the Lisków Commune.

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implement the solutions used here in their own lives. In 1925, at the initiative of the priest, a European-wide agricultural exhibition entitled “Lisków – Polish Village” was organised. About 40,000 people took part therein, headed by the Kalisz resident Stanisław Wojciechowski – the then President of the Republic of Poland and Władysław Grabski – the Prime Minister and the Minister of the State Treasury. A similar exhibition took place in Lisków, again, in 1937. Its participants included, among others, president Ignacy Mościcki.

At the beginning of the second decade of the 21st century, the return to the tradition of having host exhibitions in Lisków occurred. The first exhibition entitled “Work and Culture of the Village” took place in June 2012, thanks to EU subsidising under the Wielkopolska Regional Operational Programme for 2007-2013. The next one – organised in August 2016 – was of considerable importance due to the fact that it accompanied the celebration of the Diocesan-Voivodeship Harvest Festival in Lisków. At that time, the place was visited by many distinguished guests, including parliamentarians, members of the European Parliament, as well as representatives of the Wielkopolska Region Board, numerous local self-governments, and institutions related to the development of agriculture and rural areas within Wielkopolska Region.

Owing to resources originating from the National Rural Network, on June 16, 2019, the 3rd “Work and Culture of the Village” Fair was organised in Lisków. 32 exhibitors presented their products and services, attracting about 600 visitors. The

exhibitors’ group included manufacturers of useful and ornamental plants. The stands promoting countryside life, care for health, farm aesthetics, and ergonomics of the farmer’s work appeared during the event. There were also themes related to Renewable Energy Sources.

— *The 3rd Fair „Work and Culture of the Village” was accompanied by an exhibition of photographs called „Lisków Then and Now”, which highlighted the scale of changes which have taken place over the years within the Commune. We also held a competition for “The most interesting arrangement of the fair stand”. Its winners were awarded attractive material prizes — says the head of the Lisków Commune, Maria Krawiec.*

For several years, the Dąbie Commune has been effectively seeking out funds for the NRN partners, which bets on the promotion of cucumber farming and processing. On August 6, 2019, an outdoor event called the “Cucumber Day” took place on the sports field in Karszew. The event was organised by the Dąbie Commune, which invited the District Koło Starosty, the Agricultural Advisory Centre of Wielkopolska Region in Poznań, and the Krzysztof Górecki’s Industry-and-Commercial Enterprise “Ogórecki”.

- The Cucumber Day represents a training-and-exhibition event which opens up for an opportunity to promote the cucumber as a local product, learn about its nutritional value, conditions and method of farming, protection against pests, and suitability for processing – says Mayor of the town of Dąbie Tomasz Ludwicki.



Source: Dąbie Commune

During the event, a carving show was organised, i.e., the art of hand-carving in fruit and vegetables. The youngest ones have also been invited to participate in it.

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The schedule of the event included many attractions with a cucumber in the lead role. The following contests were popular among the participants: "For the strangest shape of a cucumber", "For the largest soil cucumber", "The most interesting composition - a wreath of cucumbers", "The most interesting rhyme play with a cucumber", or "A cucumber knowledge quiz". In addition, a carving show was organised, i.e., the art of hand-carving in fruit and vegetables. The instructors, during a stage show, as well as on their own stand, presented the spectacular art of dishes decoration.

The exhibition stand under the name "Local product – short supply chains" was prepared by the Agricultural Advisory Centre of Wielkopolska Region in Poznań in cooperation with the Social Cooperative "How Tasty". Event participants could taste traditional cold cuts, pates, stewed fruits, and cucumber products. In addition, at stands promoting organic farming products, one could get familiar with the method of producing vegetables and herbs and learn about their health-related features.

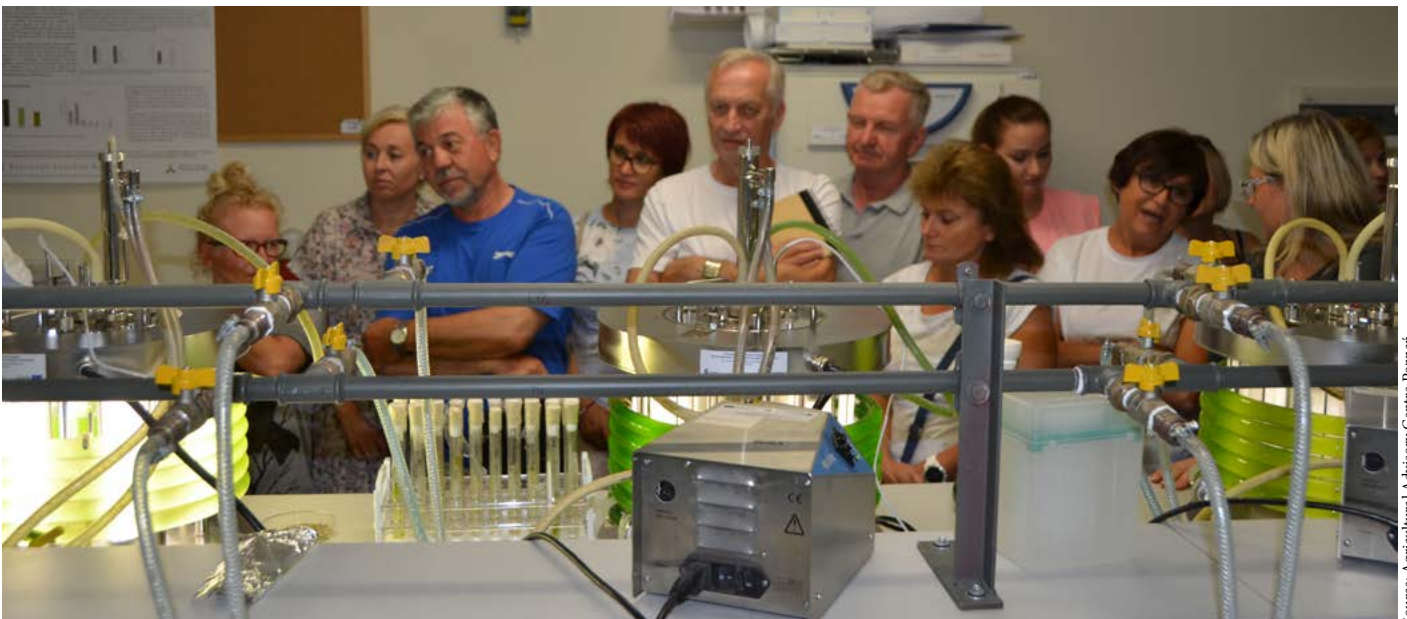
As part of the event, the stands of local folk artists were also prepared, which presented their extensive craft offer. One could admire sculptures, straw and hay products, paintings, intricately woven tray cloths and tablecloths. Traditionally, the cooked cucumber soup and bread with lard and low-salt cucumber were included for this occasion.

The promotion of Renewable Energy Sources was served by a project implemented by the Agricultural Advisory Centre in Brwinów – Branch Office in Poznań – in cooperation with the EUROPEA Poland Association of Agricultural and Forestry Education and the Lublin Agricultural Advisory Centre in Końskowola.

Participants of training courses organised under the project entitled "Renewable Energy Sources as an opportunity to improve air quality" got acquainted with the topic of energy-saving construction, i.e., the use of Renewable Energy Sources to optimise energy consumption costs. They were presented with activities and programmes aimed at supporting air protection implemented within Wielkopolska, and the advantages of exploiting photovoltaic installations mounted on the roofs of buildings were pointed out. The organisers also made sure that the training has a practical value. To this end, they taught how to use the pyrometer – a measuring instrument for non-contact temperature measurement – by showing the possibilities of its utilisation in consulting work. A pyrometer, received by each and every of the training participants, facilitates quick decision making on commencing thermomodernisation works of buildings, as well as checking of the performed thermal insulation after the implementation of the investment.

A study trip to the Lubelskie Voivodeship constituted a continuance and supplement to the training. The Lublin Region represents one of the national leaders in the combat against poor air quality, as well as a region that effectively uses EU funds to improve its quality. Participants visited, among others, Agricultural biogas plant in Zaścianek and an innovative tower biogas plant adapted for the disposal of food products in Sedliszczki in Piaski Commune.

As part of the project, a renewable energy source knowledge competition "RESs for clean air" was organised, addressed to agricultural and forestry school students from the Wielkopolska Region. A "RES Guide" was also published, which was brought into farmers in Wielkopolska.



Training classes organised by the Agricultural Advisory Centre in Brwinów, Poznań Branch Office, also contained practical elements in which the participants took an active part.

Source: Agricultural Advisory Centre Poznań

# The Union appreciates the traditions of Wielkopolska Region

It was as many as ten times when St. Marcin's Day was organised in Brussels – an event promoting Wielkopolska in Europe.



Photo by: KobusArt

One of the participants of this year's St. Marcin's Day in Brussels was Artur Orzechowski – Polish Ambassador in the Kingdom of Belgium.

This year's edition of the Brussels ceremony gathered around 600 guests, including members of the European Parliament, representatives of the European Commission, the European Committee of the Regions, and the diplomatic corps. Among them were, among others, Artur Orzechowski – Polish Ambassador to the Kingdom of Belgium and Leszek Miller – Member of the European Parliament from the Wielkopolska Region. The event was also attended by representatives of Polish self-governments, representatives of regional offices, international organisations and associations, as well as Wielkopolska residents living in the capital of Belgium.

One of the attractions of the evening were St. Marcin's crossants baked on the site by confectioners from Suchy Las. They are the first product from our region, entered in the EU register of products with Protected Geographical Indication, and in the Belgian environment - a recognisable symbol of Wielkopolska.

The event was graced by the "Solna Dolina" Local Action Group Association based in Kłodawa, which at the invitation of the Self-Government of the Wielkopolska Region, presented specialities from Wielkopolska at the headquarters of the Information Bureau of the Wielkopolska Region in Brussels. The Group comes from the Koło District and actively participates in the development of rural areas in its vicinity. The Association operates in the communes of Chodów, Dąbie, Grzegorzew, Kłodawa, Przedecz, and Olszówka.

Among the delicacies presented by LAG, representatives were, among others, stuffed goose meat, dumplings with cabbage and mushrooms, potatoes with gzik [curd mixed with cream (instead of cream, milk or yoghurt is used), mixed with chives and radish], or bread baked in the old Polish method, served with lard and cucumber. Guests of the Wielkopolska-themed evening could also taste traditio-



Among the delicacies presented by the LAG representatives were, among others, traditional cold cuts, cheeses, tinctures, beers, and other specialties of Wielkopolska cuisine.

nal cold cuts, cheese, tinctures, beer, and other specialties of Wielkopolska cuisine.

— *The initiative to organise St. Marcin's Day gives rise that Wielkopolska Region becomes more and more recognisable in the capital of the European Union, and croissants baked on the spot by confectioners gain a large group of international fans. The presentation of regional products is one of the forms of promotion of the Wielkopolska Voivodeship in Europe* — said Izabela Gorczyca, director of the Information Bureau of the Wielkopolska Region in Brussels.

In addition to culinary touches, during the ceremony, our region was also presented from an artistic side. Cultural accents were provided by "Asocjacja 2006" Interdisciplinary Theatre Group, which presented a para-theatrical etude on the figure and life of St. Marcin. Poznań-originated stilt walkers introduced the guests to the unique mood of the Poznań St. Marcin parade. The tasting of the products was

accompanied by the music of The Raisins and the First Poznań Non-Symphony Ukulele Orchestra.

The stay in the capital of the European Union allowed Wielkopolska residents to get to know the seat of the EU authorities. The programme included the meeting with Ewa Kopacz – Member of the European Parliament. The summary of the visit to Belgium was a study trip to the Schaapskooi sheep farm in Kasterlee. A project under the LEADER approach covered by the Rural Development Programme for 2014-2020 is being implemented therein. The representatives of the "Solna Dolina" had the opportunity to establish contacts with the Belgian LAG, as well as interchange knowledge and experience related to community-led local development in both countries. The organisation of the trip to Belgium was feasible thanks to the co-financing from the European Union under the National Rural Network Operational Plan.



One of the points of the visit of the delegation from Wielkopolska Region was visiting the seat of the European Parliament.

# Regionally means deliciously

**This year's edition of the Tastes of the Regions Fair took place on September 28-30, 2019, at the Poznań International Fair. Countless attractions awaited visitors: culinary shows of famous stars, lectures, workshops, competitions, but above all, the opportunity to taste both healthy, regional food. As part of the event, Medals of the Tastes of the Regions Fair and the culinary Pearls 2019 were awarded.**



Source: www.smaki-regionow.pl

The 2019 Flavors of Regions attracted a record-breaking number of visitors. The event was attended by over 30,000 people.

The Tastes of the Regions Fair represents an event filled with original and delicious food, addressed to people with sophisticated tastes and paying great attention to the quality of the consumed products. It is also an event for conscious consumers seeking out organic products confirmed by quality certificates.

This year's edition was record-breaking, as far as the attendance is concerned. The event was attended by over 30,000 people. As many as 220 representatives of local producers from all voivodeships participated in the fair exhibition. Not only was the event nationwide but also international. It is due to the presence of guests from Moldova and Croatia, representing the regions cooperating with Wielkopolska. Along with them, the Self-Government of the Wielkopolska Region prepared the largest stand at this year's fair, covering as vast area as of 350m<sup>2</sup>. All lovers of food based on traditional recipes could savour, among others, delicious cold cuts, cheese, honey, bakery products, and fruit-and-vegetable preserves.

— *Over thirty local producers, processors, and restaurateurs associated in the Wielkopolska Culinary Heritage Network presented at the Wielkopolska stand. During the Tastes of the Regions Fair, I was pleased to hand certificates to eight new members of the network. A number of 115 entities already belong to this prestigious group promoting our regional cuisine under a common brand* — says Krzysztof Grabowski, Deputy Marshal of the Wielkopolska Region.

The new members of the Wielkopolska Culinary Heritage Network are: Zakład Mięсны Konarczak Sp.J. from Pogorzela, Lipka Wielka Vineyard from the Lwówek Commune, Bojanowo Brewery, Mateusz Sikora - individual farmer from Sikora Apiary from Opalenica, Farm of Renata and Jarosław Gumuła from Nowy Tomyśl, Linie w Ogniu – historical kitchen Agricultural facility lines Marek Grądzki from the Lwówek Commune and Folwark Wąsowo Żrebięcarnia in the Nowy Tomyśl Commune.

During the fair, the Medals of Taste of the Regions were awarded. It constitutes a unique distinction, which purpose is to promote local products and the idea of healthy

traditional food. This year, the jury assessed 65 submitted products in two categories: products of both plant and animal origin. 20 medals and three distinctions were awarded.

Among the winners of the Competition for the Medal of Tastes of the Regions was the Shareholders' Dairy Cooperative in Strzałków, which was awarded for the Cottage Cream Yoghurt. The 19th edition of the nationwide Competition "Our Culinary Heritage - Tastes of the Regions" was also decided on. The "Pearl" statuettes awarded in a plebiscite organised by the Polish Chamber of Regional and Local Product were handed this year to, among others, the Dairy Cooperative from Września for "Gzik Wrzesiński", Małgorzata Lempka for "Pear Sugar Mousse", and to Zbigniew Lisiński for "Acacia Honey Noteć Honey". Piotr Borowski, president of the Shareholders' Dairy Cooperative in Strzałków was awarded the "Key to the Polish Pantry", an award granted to people who have been particularly meritorious for the protection of culinary heritage and the development of the market of both regional and traditional products.

The Poznań International Fair has also become an arena for culinary struggles led by the circles of village housewives (CVH) as part of the "Battle of the Regions" competition. The first place was won by the CVH in Gorzyków (Wielkopolska Region). The ladies from Gorzyków made a stuffed duck roulade in the company of young cabbage. The CVH "Ah, te baby" in Kłanin (West Pomeranian Region) won the second

place in this competition for the cabbage rolls with fish in the forest in two flavours, and third place was won by the CVH "Luba" in Lubajny (Warmian-Masurian Voivodeship) for Masurian Luba, or potato roulade with chanterelle sauce.

This year's edition of the Tastes of the Regions Fair was unique due to the presence of many stars of the media culinary scene, to whom authority and popularity were given. Ola Nguyen and Laurentiu "Lorek" Zendiu, the winner and winner of the second place in the MasterChef 2018 show, respectively, as well as Tadeusz Muller - the host of the TVN Style program "Z gruntu zdrowo", presented their cooking skills.

The fair was also accompanied by many interesting attractions, which made the passing time more joyful and encouraged whole families to enjoy the day. Those willing to could participate, among others, in fruit-and-vegetable workshops prepared by the Polish Ecology Association. Furthermore, the organisers invited the exhibitors of the Asian Festival. They served sophisticated dishes originating from China, Japan, and Thailand. A culinary cinema was a regular element of the programme which appeared every day. The exhibition of the Tastes of the Regions was also visited by school and kindergarten groups, thanks to whom the fair gained an educational dimension and showed that through play one may effectively teach the youngest of healthy nutrition principles.



Source: www.sniki-regionow.pl

The Tastes of the Regions is an event for conscious consumers seeking out organic products confirmed by quality certificates. Many of them can be savoured on site.

# Natural products at the Łódź Fair

**Eight food companies from the Wielkopolska Region presented their product offer during the 12th NATURA FOOD International Organic and Natural Food Fair in Łódź, which took place on October 18-20, 2019. The participation of Wielkopolska residents in the event was feasible thanks to co-financing from the 2014-2020 RDP Technical Assistance as part of the National Rural Network.**

Source: The Marshal Office of the Wielkopolska Region



At the stand prepared by Wielkopolska Region, visitors could taste delicious cheeses, crunchy dried fruit, natural cold cuts and bakery products, as well as homemade pickles.

This year's edition was already the twelfth in the history of the Łódź Fair. As many as 362 exhibitors from Poland and around the world took part therein. The companies from, among others, South Korea, Palestine, Sweden, Greece, Great Britain, Latvia, Lithuania, the Czech Republic, and Germany presented their assortment. This group includes eight companies from Wielkopolska Region belonging to the Wielkopolska Culinary Heritage Network: Smokehouse Escapada Barbarka from Golina in the Konin District, Cheese Factory Capri Chodzież, Ecological Bakery by Aga Bagietka from Dopiewa, Zakład Produkcji Spożywczej i Handlu Frąckowiak SPJ from Granów dealing with the production of fried cheese, Przedsiębiorstwo Produkcji Spożywczej „FRYKAS” Sp. z o.o. from Kościan, MICROFOOD S.A from Ostrzeszów – a producer of crunchy dried fruit sold under the Puffin brand, Okręgowa Spółdzielnia Mleczarska w Kole, and Spółdzielnia Mleczarska Września.

— *Since 2008, the Self-Government of the Wielkopolska Region has consistently focused on promoting the culinary heritage brand. When looking for healthy, regional products, it's worth looking for a characteristic white chef's hat on a blue background* — says Mateusz Sieradzki, coordinator of the Wielkopolska Culinary Heritage Network.

The event dedicated to organic food and healthy lifestyle trends was of high popularity. Within three days, the fair was visited by over 12,000 people. It was an opportunity to get to know new companies and their offers, which often contain niche products which are not available on a daily basis in chain stores.

During the event, a competition for the Gold Medal of the fair was organised, to which also products from our region were registered. In the “Traditional Product” category they were: whole tinned asparagus from Przedsiębiorstwo Produkcji Spożywczej „FRYKAS” Sp. z o.o., gzik Wrzesiński from the Spółdzielnia Mleczarska Września and 6% cottage cheese produced by the Okręgowa Spółdzielnia Mleczarska in Koło. In turn, in the “Special Nutritional Product” category, Wielkopolska was represented by fried cheese with calcium from Zakład Produkcji Spożywczej i Handlu Frąckowiak SPJ.

When having entrepreneurs in mind, the fair organisers launched a special B2B meeting platform. When thinking about enthusiasts of organic and natural cuisine, vegetarians, vegans, allergy sufferers, and people on elimination diets, a completely changed zone of culinary shows was presented, which special guest was the popular chef Karol Okrasa.

# Christmas Eve Mushroom Soup

**Mushroom soup is one of the dishes that appear on the Wielkopolska table during the Christmas Eve supper. It is an extremely aromatic, expressive, and filling dish. Most often it is served with noodles, although in some regions also with potatoes or croutons.**

## Ingredients:

- 100 g of dried mushrooms
- 130 g of peeled carrot
- 65 g of peeled parsley - root
- 60 g of peeled celery - root
- 60 g of peeled onion
- 3 medium-sized garlic cloves
- 4 allspice
- 2 bay leaves
- salt, black pepper
- parsley
- 2 tablespoons of clarified butter

## Touch-up:

- 2 heaped tablespoons of wheat flour
- 2 heaped tablespoons of 18% sour cream

## Preparation:

Dried mushrooms to be poured with cold water and left for a few hours. Then, when using the same water, cook the mushrooms until softness. We shall skim them off immediately after boiling. Then strain them. Then leave about 2 tbsp. The rest to be used for Christmas Eve dishes. Peel all the vegetables and cut into larger stakes. Then we shall throw them in a mushroom broth. We pour water. We make touch-up. Mix the cream and flour thoroughly. Add hot broth and stir. We cook the soup, add spices for taste purposes. The left out 2 tablespoons of mushrooms to be cut finely, fried in butter, together with chopped onion. We press garlic. We pour in the touch-up. We add fried mushrooms. Boil lightly. Before serving, pour in chopped parsley. Serve with noodles, potatoes, or croutons.



Source: [www.przepisane.pl](http://www.przepisane.pl)

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