

"Seminar on the Cretan diet, fasting and botany"

Programme (1st Group from 21 March until 01 April, 2011)

Supervised by Prof. Jacques ZAFFRAN and Dr. Lucas ANDRIANOS

PEOPLE IN EACH GROUP: 20 PERSONS

LANGUAGES (TRANSLATION POSSIBLE): GREEK, ENGLISH, FRENCH AND GERMAN

DURATION OF EACH SEMINAR: 10 DAYS

STARTING DATE: MARCH 21, 2011

END OF PROGRAMME: LAST WEEK OF MAY 2011

REGISTRATION: Tel: 0030 28240 22 500, Fax: 0030 28240 22060, email: OAC@OTENET.GR

DAY 0: Monday, 21 March, 2011: ARRIVAL AT THE ORTHODOX ACADEMY OF CRETE

17:00 Arrival at the Academy

20:00 Welcome and Dinner at the Academy

DAY 1: Tuesday 22 March, 2011: "INTRODUCTION TO THE ACTIVITIES OF THE OAC AND THE MONASTERY OF GONIA"

8.00 - 8.30 Breakfast

8.30 - 9.30 Welcome tour of the Orthodox Academy of Crete (OAC) and the Museum of Cretan Flora (L. Andrianos)

9.30 - 10.00 Introduction to the work of the OAC (E. Larentzakis)

10:00 - 10:30 Coffee Break

10:30 - 11:00 Introduction to the History of Crete (G. Vlantis)

11.00 - 11.30 Introduction to the economical systems of Greece and Crete with emphasis on food trade (L. Andrianos)

11.30 - 12.00 Discussions (General Director K. Kenanidis)

12.30 - 13.30 Lunch in the OAC

14:00 - 16.00 Free time for dialogue and personal reflexion

16.00 - 17.00 Visit to the monastery of Gonia

17.00 - 19.00 Visit to the iconography workshop of the OAC (K. Stefanaki)

19.30 - 21.00 **Cooking lessons: Cretan pies and traditional diet at the OAC kitchen**
(Cheese pies, meat with Askolymprous)

21.00 Dinner

DAY 2: Wednesday 23 March, 2011: "OLIVE AND OLIVE OIL"

Destinations: Astrikas, Zymvragou, Vouves, Kolympari

8.30 - 9.30 Breakfast

9.30 - 11.00 Visit to the family business "BIOLEA" in Astrikas (film about picking olives and tasting of various products made with/of olives)

11.00 - 12.30 Visit to the ancient olive tree and the olive Museum in Vouves

12.30 - 13.30 Lunch at the OAC

14.00 - 16.00 Free time for dialogue and personal reflexion

16.30 - 18.30 Visit to the family business "PSILLAKIS" in Zymvragou (organic olive oil and tasting of various products made with/of olives)

19.00 - 21.00 **Cretan culinary lesson on the Olive and Olive Oil at the OAC kitchen**
(Soup with olives and fennel, dakos, cheese, olive Tsounati in vinegar)

21.00 Dinner in OAC

DAY 3: Thursday 24 March, 2011: "SEAFOODS AND PRODUCTS OF THE OPEN MARKET"

GASTRONOMY AND BOTANY SEMINAR (SPRING 2011)
Institute of Theology and Ecology
Orthodox Academy of Crete (OAC) – Kolymbari- Chania

"Seminar on the Cretan diet, fasting and botany"

Destinations: Souda, Monastery Chrysopigi, Pachiana open market, Old Town of Chania
5.30 - 6.00 Breakfast (self service)
6.00 Departure for the port of Souda, Chania
6.30 - 8.00 Visit to the Fish Market Control Center in Souda
8.00 - 9.30 Visit to the Greek Marine Research Center (ELKETHE). Aquaculture in Souda
9.30 Departure for Chrysopigi Monastery, Chania
10.00 - 11.00 Visit to the monastery Chrysopigi and their organic olive farming
11.00 - 12.30 Visit to the farmer's open market in Pachiana, Chania
11.30 - 12.30 Visit to the natural juice industry BIOXYM in Chania
13.00 - 14.30 Lunch at a tavern at the port of Chania
14.30 Meeting at AGORA, the central market in Chania
14.30 - 17.30 Guided Tour of the Old Town of Chania
17.30 Free evening in Chania
19.00 Departure for Kolimbari
19.30 - 21.00 **Cooking Lessons on seafood at the OAC kitchen** (fish and baked derbilien, squid)
21.00 Dinner

DAY 4: Friday 25 March, 2011: NATIONAL HOLIDAY

Kolimbari village
9.00 - 9.30 Breakfast
10.00 Following the Parade in Kolimbari
13.00 - 14.00 Lunch at the OAC
15.30 Fishing and swimming around the OAC beach areas (free afternoon)
19.30 - 21.00 **Cooking lessons on festal Cretan cuisine** (rice Pilafi, lamb in the oven)
21.00 Cretan evening with traditional dances

DAY 5: Saturday, 26 March, 2011: "BOTANICAL EXCURSION, FRUIT AND WINE TASTING"

Destinations: Cretan Botanical Park in Omalos, Samaria Gorge (high entrance), Kasteli
8.30 - 9.00 Breakfast
9.00 - 9.30 Film about the "Museum of Cretan Flora" of the OAK
9.30 - 10.00 Guided tour of the Museum and the Botanical Garden of the OAC with Prof. Jacques Zaffran
10.00 Departure to the Cretan Botanical Park in Omalos area
10.30 Visit of the Cretan Botanical Park in Omalos and culinary lessons of traditional kitchen (tea, wine tasting Roman wine)
13.00 -14.00 Lunch at the Cretan Botanical Park
14.00 Departure to the plateau of Omalos (visit to the Samaria Gorge high entrance)
15.00 Departure back to Vatolako
16.00 - 17.00 Visit to the winery and the vineyards of the Manousakis family
17.00 - 18.00 Visit to a fruit packing firm and orchards of the GR-FRUTA in Vatolako
19.30 - 21.00 **Cooking lessons on Cretan edible wild plants at the OAC kitchen** (Cheese pies, Cretan salad, radish, stamnagathi)
21.00 Dinner

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DAY 6: Sunday, 28 March, 2011: "ORTHODOX RELIGION AND COOKING"

Destinations: Monastery Gonia, Milia, Vouves

09.00 - 10.00 Liturgy at the Monastery of Gonia (optional)

10.00 - 10.30 Breakfast

10.30 Departure for Vlatos in Milia

11.30 Visit and lunch in village Milia

13.30 -14.00 Cooking lesson at the traditional and organic Cretan cuisine of Milia restaurant

14.00 Lunch at Milia traditional taverna

16.00 Departure to the village of Vouves

17.00 Visit to the family business 'ELLINAKI Argiro' in Vouves (xerotigana, sesame, noodles)

19.30 - 21.00 **Cooking lessons on Cretan traditional pastes and products** (cakes with foil, pies, moussaka)

21.00 Dinner at the OAC

DAY 7: Monday, 29 March, 2011: "WINE, HERBS AND VEGETABLES (GREENHOUSES)"

Destinations: Kastelli, Falassarna, Paleochora

9.00 - 9.30 Breakfast

9.30 Departure for Kastelli

10.00 - 11.00 Visit to the family winery Pnevmatikakis

11.00 Departure for a botanical trip to Paleochora and Falassarna

Lunch packet

13.00 - 14.00 Lunch in Paleochora

14.00 - 16.00 Visit to the greenhouse of Theodorakis Evi in Paleochora

16.00 - 18.00 Free time and swimming in Paleochora

18.00 Departure for Kolympari

19.30 - 21.00 **Cooking lessons on traditional Cretan sweets at the OAC kitchen** (sweet and walnut)

21.00 Dinner at the OAC

Day 8: Tuesday, 30 March, 2011: "MEAT AND PASTA"

Destinations: Port of Souda, Akrotiri, Chania, Aptera, Xerosterni, Pasakaki

08.00-08.30 Breakfast

9.00 - 9.30 Visit to the meat factory of Paterakis in Akrotiri

9.30 -10.00 Visit to the pasta factory of Chiotaki in Akrotiri

10.30 - 11.00 Visit to the Mill of Crete, Port of Souda

11.30 – 12.30 Visit to the archaeological site of Aptera

Lunch packet

13.00 Departure for Xerosterni Vamos, Chania

13.30 - 16.00 Visit to the traditional slaughter-house and dairy firm of Stavrianoudaki, Mitato (Gruyere), in Xerosterni

16.00 Departure to Chania - Pasakaki

17.00 Visit to the family bakery "Pateromichalakis" in Pasakaki

18.30 Departure for OAC

19.30 - 21.00 Cooking lessons on traditional Cretan "fasting diet" at the OAC kitchen

21.00 Dinner at the OAC

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DAY 9: Wednesday, 31 March, 2011: "CHEESE AND YOGHOURT"

Destinations: Pervolakia, Sfakia, Frangokastello, Euromediterranean Youth Center (EYC) in Nopigia
7.30 - 8.00 Breakfast
8.00 Departure for Pervolakia Kissamos
8.30 - 10.30 Visit to a family dairy in Pervolakia (Papayannakis)
10.30 Departure for Askifou
12.30 - 14.00 Visit to the traditional sausage production of Zoulis (Askifou Sfakia)
Lunch packet
14.30 Departure for Sfakia
16.00 - 18.00 Guided botanical tour and swimming in Frangokastello
18.30 Back to the Euromediterranean Youth Center (EYC) of the OAC in Nopigia
19.30-21.00 End of seminar and preparation for departure
21.00 Dinner in the OAC

Day 10: Holy Thursday, 1 April, 2011: END OF SEMINAR

9.00 - 9.30 Breakfast
9.30 - Departures