

WHY IS TAVIRA THE REPRESENTATIVE COMMUNITY OF PORTUGAL?

Tavira was chosen by Portugal to represent the Mediterranean diet in UNESCO for several reasons.

Tavira is a historical city with heritage resulting from the presence in its territory of civilizations of the Mediterranean Antiquity, such as Phoenicians, Greeks, Romans, Arabs/Berbers,...

The Mediterranean urbanism of Tavira reveals itself in the structure of squares and alleyways, neighbourly relations, the existence of dozens of churches and convents, palaces and monuments, "telhados de tesouro" (pagoda roofs) and "portas de reixa" (trellis doors), which mark the physiognomy and the aesthetics of the estuary city.

The **coastline** includes Parque Natural da Ria Formosa (Ria Formosa Natural Park), an internationally listed and protected ecosystem, made of barrier islands and marshlands, biologically very rich.

The intermediate **"barrocal"**, with clay and chalky soils, keeps a varied flora adapted to the climate; olive, almond, carob and fig trees, family farming, "telheiros de cerâmica" (ceramic sheds) mark the landscape of these territories.

The **"serra"** (mountain range) with the features of a forest and Mediterranean woodland, still keeps activities of community farming, livestock rearing, apiculture, hunting, handicrafts,...

To be visited: Historic Centre of Tavira, the Castle, dozens of churches, shrines and convents, Santa Catarina da Fonte do Bispo, "barrocal and serra" itineraries and Cachopo, Cabanas and Santa Luzia, Barril beach and the anchor cemetery,...

IS THE MEDITERRANEAN DIET AN "ECO-FRIENDLY" DIET?

The Mediterranean Diet is in line with the requirements to protect the Planet's biodiversity and to promote the endogenous products, fosters the fair management of the water resources, produces less CO₂ and strengthens the local economies. FAO-Food and Agriculture Organization considered the Mediterranean Diet a good example of a sustainable diet.

The food landscapes of the Mediterranean Diet testify the physical and social identity.

To visit: Tavira's salt pans landscapes, boat journeys on ria Formosa with migratory birds watching, bicycle or car trails throughout inland areas, where it is possible to see olive groves, orchards and home vegetable gardens, clay lands, villages and small settlements,.... For more information on tourist entertainment companies refer to cm-tavira.pt site.

The variety and the nutritional value of the Mediterranean Diet result from the consumption of products according to each time of the year.

WHICH ARE THE SPECIFIC FOODS OF THE MEDITERRANEAN DIET?

These are usually foods of plant origin, vegetables, fresh fruits, dried fruits, olive as the main dietary fat, the wine, the bread, dairy products, eggs, poultry meat,...

Soups and aromatized aqueous dishes are very characteristic of the Portuguese gastronomy.

To taste: seaside, "barrocal" and serra" restaurants provide a diverse and very rich Mediterranean gastronomy: the octopus, tuna fish, xarém (a kind of polenta), cataplanas (round sealable copper recipients), fish or shellfish soups, bivalve mollusks, "gaspachos" (cold soups) and cold salads, sweets of almond and fig, Food and Wine festivals of "Serra" (March/April) and of the Sea (May).

WHICH ARE THE CYCLICAL FESTIVITIES OF THE MEDITERRANEAN DIET?

This geocultural space hosts cyclical festivities hand in hand with the celebration of food, people's interaction around the dining table, highlighting cooperation and sharing cultures.

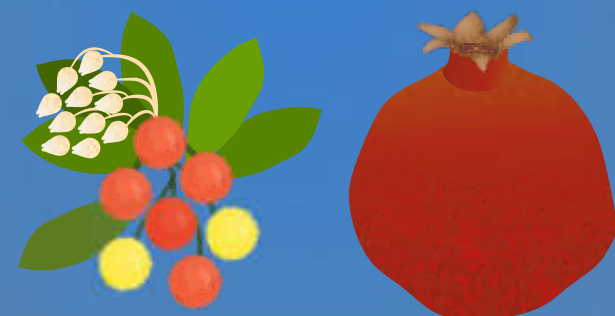
The Mediterranean Diet has a relation with the astral cycles, which strongly influence agricultural activities, planting and harvesting, the fisheries affected by the tides, the correct relationship between men and nature which structures the religious and profane festivities (Carnival, Easter, Popular Saints, "Magustos", Christmas,...), as well as the food and dishes characteristic of each time of the year.

The celebration, the feast and the dining table are core elements in the Mediterranean cultures.

To discover and to take part in: "charolas" (chants to celebrate the New Year, Singing of the Kings) in January, celebrations and processions in Easter, the Mays, "dia da espiga", "São João e a moura encantada do castelo" (23rd June to 24th June), "São Martinho e os magustos", Christmas Celebrations and New Year Celebrations.

ALONG TAVIRA... DISCOVERING THE MEDITERRANEAN DIET

MEDITERRANEAN DIET
INTANGIBLE CULTURAL HERITAGE OF HUMANITY
TAVIRA



WHAT IS THE MEDITERRANEAN DIET?

THE MEDITERRANEAN DIET, or *dieta* of the ancient Greeks, which means life style, is the set of traditional knowledge and techniques of civilizations and peoples of the Mediterranean culture, resulting from the millenarian community experiences, passed down from generation to generation. It is a way of living which keeps a healthy food standard, recognised by WHO – World Health Organization, based on the consumption of fresh, seasonal and proximity products.

To be visited: "Mediterranean Diet – Millenary Cultural Heritage" Exhibition in "Museu Municipal de Tavira", Mediterranean Diet Fair on the first half of September,...

INTANGIBLE CULTURAL HERITAGE OF HUMANITY BY UNESCO.

The "Mediterranean Diet" was inscribed on UNESCO's List of Intangible Cultural Heritage of Humanity, during the 8th Intergovernmental Conference held in Baku on 4th December 2013. Tavira is the community representing Portugal in this inscription such as are Sória /Spain, Koroni /Greece, Cilento /Italy, Chefchaouen /Morocco, Agros /Cyprus and Brac and Hvar /Croatia.

The Intangible Cultural Heritage defines the experiences of the communities, which due to their ancestry should be passed on to the future generations, such as traditions and oral expressions, including the language, performing arts, social practices, rituals and festival activities, knowledge and habits related to nature and the universe and artisanal techniques.

Portugal faces the Atlantic Ocean but is deeply Mediterranean in the fundamental features of its climate, landscapes, economies, culture and ways of living.

tavira

DIETA MEDITERRANICA



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MEDITERRANEAN DIET
ALL YEAR
TAVIRA