

POLAND

Local development

Location

Przeworsk

Programming period

2014 – 2020

Priority

P6 – Social inclusion & local development

Measure

M20 – Technical Assistance

Funding (EUR)

Total budget 7 121.55

RDP contr. 4 506.22

Private 2 615.33

Project duration

2018 – 2018

Project promoter

Przeworsk County

Contact

rozwojregionalny@powiatprzeworsk.pl

Website

www.powiatprzeworsk.pl

A project that aimed to mobilise society, build inter-generational cooperation and promote the region's culinary tradition as means to preserve its cultural heritage.

Summary

Preserving the cultural heritage of a region is important, especially in an era of globalisation and the outmigration of younger people from rural areas to urban centres. This project emerged to address the need to involve the local community in order to nurture local traditions and promote the culinary identity of the region.



The project provided culinary workshops for schoolchildren and the production of a publication entitled 'In the footsteps of the old flavours of Przeworsk county'.

Results

The publication 'In the Footsteps of Old Flavours of Przeworsk County' became one of the region's showpieces and continues to attract interest in the regions culinary identity.

The first 1000 copies of the book ran out very quickly. An additional 500 copies were printed using Przeworks County's own resources and the demand still remains high.

The project activities raised the profile of the regional culinary tradition, thus serving to improve the quality of life and working conditions for rural residents.

The involvement of various age groups in the project, made it possible to transfer the values and culture of Przeworsk, which are very important for the preservation of local identity.

Context

A significant threat to the preservation of cultural heritage is a lack of awareness and a lack of willingness to learn, especially amongst young people.

In order to preserve cultural heritage it is necessary for people to learn about the culture and traditions of a specific region, the achievements of past generations, and local products.

All of the above activities cannot take place without the involvement of the local community, which has an innate knowledge of local traditions. Local food and regional products have always played an important role in everyday life and they are often present at important events such as baptisms, communions, weddings, name days and holidays. Local food and regional specialties are becoming more popular amongst consumers.

Objectives

The overall objective of the project was to preserve and promote the culinary heritage of the Przeworsk region by displaying the diversity of local culinary traditions and rituals, while at the same time improving the quality of life of rural residents through inter-generational integration.

Activities

The project was implemented from March to October 2018. Culinary workshops took place, carried out by members of the local Village Housewives' Clubs (koło gospodyń wiejskich - KGW). Students from 18 to 20 years old took part in the workshops which took place in three secondary vocational schools specialising in nutrition and catering services in Przeworsk. The schools involved were the Schools Complex in Kańczuga and the Schools Complex in Zarzecze. The first stage of these workshops was the theoretical part devoted to issues related to the passing down of traditions through generations and the ways of preparing a given dish and the traditions associated with it. The next stage was the preparation of dishes by students with the participation of members of

the local KGWs, the Association of Active Women from the municipality of Zarzecze and the Women's Association Gmina Gać. The dishes were cooked using local products – vegetables, fruits, various types of grains and other wholesome ingredients. The workshops culminated in the laying of the table and serving of the dishes. The workshops concluded with a tasting of the prepared dishes.



The next stage of the project was the production of a publication on the old flavours of the Przeworsk county. The book explored traditional recipes and flavours which are now often overlooked and forgotten. These recipes have been passed down through generations and have features that are unique to each region. The recipes were accompanied with information about when to prepare them (at particular times of the year) depending on the produce available in the local area, as well as the rituals associated with the preparation of these dishes. The book also included poems referring to the culinary traditions and the products of the Przeworsk area.

The final stage of the project was a meeting to present and discuss both the workshops and the publication. The publication was made available free of charge during this meeting. The meeting began with a lecture on the importance of culinary culture and tradition in the life of the village of Przeworsk, as well as performances by schoolchildren and members of the KGW clubs. The themes of the performances referred to the rituals associated with traditional dishes and flavours that make up the culinary heritage of the Przeworsk region.

Main Results

The project's direct beneficiaries were:

1. Young people of Przeworsk county with an interest in culture, customs and culinary heritage of the region, including the 18 to 20 year olds studying at three secondary vocational schools. The participation of young people in the project helped to create a sense of identity and attachment to local traditions, and the desire to preserve the legacy of past generations. It has become an inspiration for the future development of the region.
2. Inhabitants of the county with an interest in the region's culinary heritage, including the KGW members from Przeworsk county, the Association of Active Women from Zarzecze and the Gać Commune Womens' Association.

The publication 'In the Footsteps of Old Flavours of Przeworsk County' became one of the region's showpieces – helping to grow interest in regionality and tradition. This influences more and more young people to connect with life in the countryside. It emphasises culinary values and describes old rituals that are characteristic of the county.

The popularity of the publication exceeded expectations – the first 1000 copies ran out very quickly. Given the interest, an additional 500 copies were printed using own resources. Even after the end of the project and the distribution of the entire print run, interest in the publication continues.

The project activities contributed to the creation of a new image of the regional culinary tradition, thus serving to improve the quality of life and working conditions for rural residents.

The project not only promoted inter-generational integration, but also established a good practice of community participation. The involvement of different age groups made it possible transfer the values and culture of Przeworsk, which are very important for the preservation of the local identity, to a younger generation. Both public organisations (the regional authorities, vocational schools) and social organisations (KGW clubs, associations) were involved in the implementation of the project, creating an extensive and sense of community, network throughout the county.



Additional sources of information

www.powiatprzeworsk.pl/upload/pliki/gazeta/sladami.dawnych.smakow.www.pdf