



International workshop in Estonia 13-14.09.2019

Location: Harmoonikum in Viimsi and Ajaveski in Jõelähtme

Food - following traditions of the body and mind

Goal:

Link traditional food to traditional dishes. People in the workshop will gain knowledge and skills in cooking and handicraft. The workshop consists of two parts - on the first day, people acquire knowledge in the preparation of traditional and healthy food and participate in the cooking processes. Practical activities are complemented by versatile nutrition counseling. On the second day they participate in a ceramics workshop, where dishes for traditional food are prepared and cooking training continues.

13.9.2019 Harmoonikum www.harmoonikum.ee

14.00 Lunch

15.00 - 17.30 Workshop:

- What is healthy food
- Fermented foods - theoretical and practical activities, preparation for the next day's dinner
- Introducing craft dishes for cooking
- How delicious food is delighted - tasting

18.00 Harmonic Dinner - Laidoner's Mrs. Dinner.

An example of the use of local cultural history in product development.

14.09.2019 Ajaveski Art and Crafts center www.ajaveski.eu

11.00 - 13.00 Ceramic Workshop - Making special dish for Estonian traditional (fermented) food

- The shape of the pots according to purpose and workshop

13.00 - 14.00 Lunch

14.00 - 16.00 Visit

16.00 - 18.30 – Harmoonikum - Food training continues and dinner (oven food, bread making ect) is prepared together

18.30- Dinner in “cultural history sauce”

MTÜ Põhja-Harju Koostöökogu Reg. kood 80269590
Postiaadress: Mõisa tee 2, Kostivere, Jõelähtme vald, 74204 Harjumaa
A/a EE921010220086728011 SEB
e-mail: info@leaderph.eu; www.leaderph.eu