

Bratkartoffeln & Kräuterquark

Why typical for
GERMANY?

The logo for 'sus+' features the lowercase letters 'sus' in a bold, black, sans-serif font, followed by a plus sign '+'. A small green leaf icon is positioned above the 's'.

Innovative Education towards
Sustainable Food Systems



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Origins

“QUARK” with origins in middle Europe

In “Ur”german peasant life:

Milk as main staple food ->Home ferment product



POTATO

Late introduction (potato command, breadmaking, Frederick the Great) of potato as **food to feed the poor** -> various creative processing



1. The Convenience Version

→ Quark producer: DMK

Biggest milk processor (6,8 Billion l/ year)

Origin & feed intransparent

Criticized for low milk price

→ Potatoes

Variety Colomba (susceptible to Phytophthora +high nitrogen use)

Origin traceable only to packaging firm

Chlorpropham, Imazalil, Thiabendazol to prevent sprouting & mold; Clean from earth & perfect



Everyday authentic (?) food: Easy Preparation

Ferment milk, add rennet & drain

Add fresh cut herbs and salt/pepper

Boil, peel, cut & fry potato (in butter
“*barbarorum laudatissimus cibus*”)



Fun Fact

In German there's 2 different words for peeling the potato (before and after cooking)



Impact on Health

Did you know?

Potatoes are low in calories (80/ 100g)

High fat (potatoes fried, high fat quark-> MFGM, milk matrix) 10,9 g (6,9 saturated)*

High carbohydrate (Polysaccharides) 3,7 g*

Quality protein rich (Quark&Potato) 8,8g*

Vitamins (Thiamin B1, Riboflavin B2, Pyridoxin B6 und Niacin)

Minerals (Kalium, Magnesium, Iron)

Lactic fermentation by-products



Grass fed cows improve fat quality

Choose **low fat** in moments of low energy need!

Peel after boiling to save nutrients/ Steam

Choose organic to avoid pesticides & Seasonal to avoid toxins to imitate freshness

*Contents in 100g Milram Ready-to-eat Frühlingsquark



In packaging (Plastic & Aluminium ca. 30g)

ENVIRONMENT

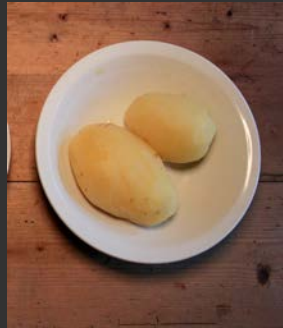
Extensive & Low Cost Agriculture

- Late blight & pests call for pesticides
- Fertilizers



WASTE

In quest for esthetics
"The oval, round & clean"



Sustainability

SOCIO ECONOMICAL

Exportorientation!

- > Low milk price
- > Pressure to get bigger



EDUCATION
ABOUT LOCAL
BIODIVERSITY

WE NEED A
SHORTER &

BONUS FOR
SMALL MILK
PRODUCERS/
/ MILK QUOTA



CLEAR
CHAIN!

..& VARIETIES+
SEASONALITY
(480 in DE)

REUSABLE &
RECYCLABLE
PACKAGING

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