

# Sustainable Food Systems & Diets

## *Intensive Programme*



**Poland, Warsaw & Kiry, 22<sup>nd</sup> July – 4<sup>th</sup> August  
2017**



**U N I K A S S E L  
V E R S I T Ä T**



**FH MÜNSTER**  
University of Applied Sciences



UNIVERSITY OF  
COPENHAGEN



**Eesti Maaülikool**  
Estonian University of Life Sciences

[www.emu.ee](http://www.emu.ee)

***Project SUSPLUS „Innovative Education towards Sustainable  
Food Systems” (No. 2016-1-PL01-KA203-026652)***

## Programme of the course

### Saturday 22<sup>nd</sup> July

Arrival in Warsaw; check-in at the Ikar Hotel

19:00 welcome workshop & party in a canteen, building 23 at the WULS campus

### Week 1: Kiry, Tatra Mountains

#### Sunday, 23<sup>rd</sup> July

08:00 – 09:00 Breakfast in Ikar Hotel

09:00 Departure to Tatra Mountains (from Ikar hotel)

17:30 Arrival to Kiry & welcome

18:30 – 19:30 Dinner in Kiry

20:30 – 21:30 Meetings and presentations; Program and syllabus outline; formation of 8 subgroups of 4 students (all teachers involved)

#### Monday 24<sup>th</sup> July

08:00 – 09:00 Breakfast

09:00 – 12:00 Field trip to organic farm in Ząb (**case study B**), cheese, horses – by bus

13:00 – 14:00 Lunch in Kiry

14:15 – 17:00 Field trip to organic farm in Chochołowska Valley (**case study C**) (sheep) – by bus & choo-choo

17:00 - 18:00 Field trip to Witów (**case study D**), 50 cows & bulls, 400 sheep, 10 horses, regional cheese – by bus (on the way back)

18:00 – 19:00 Dinner in Kiry

19:30 – 21:00 Sustainability of the national dish: 10 student's presentations and assessments

#### Tuesday 25<sup>th</sup> July

08:00 – 09:00 Breakfast

09:00 – 12:00 Field trip to Murzasichle to regional baca (**case study E**), regional cheese preparing – by bus

13:00 – 14:00 Lunch in Murzasichle

15:00 – 18:00 Workshop: sustainability assessment methodology (Prof. Paola Migliorini & all other teachers) + working groups on case studies (with a coffee break 16:30-17:00)

18:00 – 19:00 Dinner in Kiry

19:30 – 21:00 Sustainability of the national dish: 11 student's presentations

### Wednesday, 26<sup>th</sup> July

- 08:00 – 09:00 Breakfast
- 09:00 – 12:00 Workshop: quality assessment with cheese tasting from different farms (Prof. Angelika Ploeger) + working groups on case studies (with a coffee break 10:30 -11:00)
- 13:00 – 14:00 Lunch in Kiry
- 14:00 – 15:30 Visit at bacówka in Biały Potok (by foot 15 minutes from Kiry) (**case study F**), sell point of the regional cheeses
- 16:00 – 17:45 Workshop: agroecological practices for plant and animal at agroecosystems level (Prof. Alexander Wezel and Prof. Paola Migliorini) + working groups on case studies (with a coffee break 16:30 -17:00)
- 18:00 – 19:00 Dinner in Kiry
- 19:30 – 21:00 Sustainability of the national dish: 11 student's presentations and assessments

### Thursday, 27<sup>th</sup> July

- 08:00 – 09:00 Breakfast
- 09:00 – 12:00 Workshop: food quality and diets aspects (Prof. Susanne Bügel and Prof. Johannes Kahl) + working groups on case studies (with a coffee break 10:30 -11:00)
- 13:00 – 14:00 Lunch in Kiry
- 14:00 – 18:00 Students own work (preparing presentations)
- 18:00 – 20:00 Ceremonial dinner with folk music (in Kiry)

### Friday, 28<sup>th</sup> July

- 08:00 – 09:00 Breakfast
- 09:00 – 12:00 Common discussion and presentation of 8 working groups, intermediate assessment and feedback (all) (with a coffee break 10:30 -11:00)
- 12:00 – 13:00 Lunch in Kiry
- 13:00 Leaving for Warsaw by bus
- 20:00 Arrival at IKAR hotel, SGGW, Warsaw

## Week 2: Warsaw University of Life Sciences

***Warning: all lectures & workshops during the second week of the course will take place in rooms 1070 and 1071, building 32 (green building), 1 floor – see the campus map.***

### **Saturday 29<sup>th</sup> and Sunday 30<sup>th</sup> July**

Observation of the Polish food market (to be discussed during the workshops in the 2nd course week).

### **Monday 31<sup>th</sup> July**

- 08:00 – 09:00 Breakfast in Ikar Hotel
- 09:00 – 13:00 Systems thinking and foodservice - Prof. Carola Strassner (with a coffee break 10:30 -11:00)
- 13:00 – 14:00 Lunch in University canteen (building 23)
- 14:00-18:00 Creative Problem solving – teaching some tools – Prof. Carola Strassner (with a coffee break 15:30 -16:00)
- 18:00 Dinner packets (room 1070)

### **Tuesday 1<sup>st</sup> August**

- 08:00 – 09:00 Breakfast in Ikar Hotel
- 09:00 – 13:00 Local & seasonal meal program at the [www.bangaloresteinerschool.org](http://www.bangaloresteinerschool.org) using traditional cooking methods for enhanced nutrition with zero wastage – Dr. Sundeep Kamath (India, Bangalore) (with a coffee break 10:30 -11:00)
- 13:00 – 14:00 Lunch in University canteen (building 23)
- 14:00 – 18:00 Analysis of the Food Value Chain – a lecture & case studies – Prof. Teresa Briz (with a coffee break 15:30 -16:00)
- 18:00 Dinner packets (room 1070)

### **Wednesdays, 2<sup>nd</sup> August**

- 08:00 – 09:00 Breakfast in Ikar Hotel
- 09:00 – 13:00 Sustainable crop production – pest & diseases control - Prof. Eve Veromann (with a coffee break 10:30 -11:00)
- 13:00 – 14:00 Lunch in University canteen (building 23)
- 14:00 – 18:00 Values-Based Food Supply Chains – Dr. Mathieu Desole, ISARA (with a coffee break 15:30 -16:00)
- 18:00 – 19:00 Dinner packets (room 1070)

**Thursday, 3<sup>rd</sup> August**

- 08:00 – 09:00 Breakfast in Ikar Hotel
- 09:00 – 10:30 Sustainable food production and green diets for Europe – Prof. Ewa Rembiałkowska
- 10:30 – 11:00 Coffee break
- 11:00 – 13:00 Environment, farm systems & crop quality – Dr. Dominika Średnicka-Tober
- 13:00 – 14:00 Lunch in University canteen (building 23)
- 14:00 – 15:00 Own work of students
- 15:00 – 18:00 Visiting The Fryderyk Chopin Museum
- 19:00 – 21:00 Common Dinner of students & teachers in the ‘Kampania Piwna’ restaurant, Old Town

**Friday, 4<sup>th</sup> August**

- 09:00 – 12:00 Students own work (preparing for the test/exam)
- 12:00 – 13:00 Test/exam (room 1071)
- 13:00 – 14:00 Lunch in University canteen (building 23)
- 14:00 – 17:00 Preparation of national dishes
- 17:00 – 18:00 Final evaluation – certificates’ commencement
- 18:00 – 22:00 Common Dinner (a national evening)

**Saturday 5<sup>th</sup> August – departure**

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## Information about case studies in Kiry

### Case study A

#### Farm in Kościeliska Valley

Farmer is one of the most popular shepherds (baca), one of his mountain shepherd huts he has established in the Kościeliska Valley. Tourists visit it often, especially in summer.

Farmer works with sheep with a great passion. He fights for cultivating the tradition of shepherdness. He had several mountain huts, for example in Raba Wyżna, also another one close to Kraków, where he cooperated closely with the Jagiellonian University.

Baca also is known for his large sense of humour.

### Case study B

#### Organic farm in Ząb

The farm has 20 sheep (cross of mountain breeds) and 20 cows (mostly Simental). Family produces mixed sheep-cow cheeses. Plant production is not conducted.

The area of the holding is 9.94 ha, including 7.47 ha of meadows and pastures. Farm is located in the Podhale region in Ząb (the highest village in Poland - 1013 m above sea level), in the Tatra mountains. The farmers own the organic farm since 2004. They have got a prize for the best organic farm in Małopolskie voivodship in 2010.

The farm is a family-run, is geared up to the production of cow's milk and sheep's milk, also veal cattle and beef. The milk is intended for the production of mountain cheeses according to the traditional recipes. Beautifully decorated and high standard hygienic room for production and storage of traditional cheeses is capturing the attention.

The cheeses are designed for direct sales, both on the farm and on the local markets. Farmers take an active part in the activities of the Małopolska Poland Association of organic farmers. The farm also conducts the extensive tourism activities. The farm is equipped with all the necessary machinery and equipment, adapted to keep holding in the area with high slopes.

Farmers use very well the production capacity of the farm. Despite the weak soils and location of the holding the yields of grass for silage are high, due to the balance in crop production and livestock. Resourcefulness of hosts and the use of all the possibilities of promotion and sales shows that even at bad soils in the uppermost village in Poland organic farming can be profitable.

## Case study C

### Organic farm in Chochołowska Valley

Organic farm in Ciche in Chochołowska Valley is a farm with tradition. The total area of the holding is 146.00 ha, in that of permanent grassland 105.55 ha and 0.20 ha arable use. Part of the land is leased.

The farm is raising sheep breed Polish Mountain Sheep and dairy cows breed Polish Red. Shepherding is cultivated in the family for several generations. The farmer is a connoisseur of shepherding in the Podhale region.

The holding is located in Ratułów village. Here is a large house and winter flock. In the season of sheep grazing stock are in the mountain pasture Hala Jugowska. Milk from sheep and cows is processed into cheese in a modern mountain hut.

The farmer possesses the EU certificate for the cheese 'oscypek' as a traditional product included into the list of "protected designation of origin" under the supervision of IJHARS. The farm is equipped with a set of machines for hay and haylage.

The farmer sells his organic cheese directly to local markets, tourists on Krupówki or Chochołowska Valley. In contrast, ewe lambs and dodges are sold for export to Italy. Baca has a number of diplomas for participation in exhibitions of animals in Klikowa, Nawojowa, Polagra in Poznań, where he won the Championship for a dodge breed Poland Mountain Sheep.

The farmer has been cooperating for a long time with Agricultural University in Kraków. He works socially as a member of the Board of the Provincial Sheep and Goat Breeders in Małopolska. He participates in many conferences focused on sheep production.

## Case study E

### Mountain hut in Murzasichle

Murzasichle is a beautiful village close to Zakopane, on the edge of the Tatra National Park. There is a shepherd hut of one of the Bacas in Murzasichle. Baca is working near the house, just off the main road that leads via Murzasichle. The hut is hidden between the houses, but a wooden signpost leads to it. Baca grazes his 300 sheep on the mountain Kopieniec.

The mountain hut is a small family company. They produce three products which - according to the European Union - every real mountain hut has to produce - oscypek, bundz, redykołka.

Baca, who wants to make regional cheese, is obliged to receive quite a few certificates. He has to conduct water testing, testing of animals - sheep and cows, inoculate the dog.

Also baca himself and his helpers called 'juhas' have to be tested. To sell oscypek he has to obtain a certificate confirming compliance of the production with the certificate given by the European Union.

## **Case study F**

### **Bacówka in Biały Potok**

The activity of selling regional cheese is a long tradition of the family; grandmother and great grandmother of the Baca were the owners of the hut in Kościeliska Valley.

In view of the fact that the Baca's generation is not carrying on agricultural activity any more, they purchase cheese products from local producers-farmers, mostly from cow milk, or mixed cow-sheep milk. They sell 1000 – 2000 kg of cheese per month depending on the season and month.

A lot of people in the area deal with the production and sale of regional cheeses, these products are more and more loved by tourists and often bought as a gift during their stay at in the mountains for family and associates.

The location of the mountain hut is very attractive, the Pisana Glade where the hut is located is famous for regional cheese production. There are three huts at the Pisana Glade, so the competition forces quality.

In the year 2016 in the adjacent village the new thermal pools were opened, therefore they observe an increase in tourism in the area and hence growth in trade. The bacas think that from year to year a profit from trading activities will be growing.



## **Contact with the Intensive Programme organizers:**

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**More info about SUSPLUS project:** <http://susplus.eu/>