

8-MAR-2012 13:13 FROM: AGRICULTURAL ECONOMIC 357-22819231

TO: 925344683

P: 2/3

0088400018

Reçu CLT / CIH / ITH

Le 30 MARS 2012

N° 0379

To whom it may concern

The TSIAKAS ANTONIS grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion in the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)

(Date)

08/04/12

(Name)

COSTAS TSIAKIAS

To whom it may concern:

The Petralona Wines Ltd grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

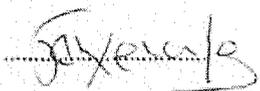
**ΒΕΒΑΙΩΣΗ**

Η Οινοβιομηχανία Πετράλωνα Λτδ παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

Η «Μεσογειακή Διατροφή» αποτελεί ζωτικό στοιχείο της ταυτότητάς μας, όχι μόνο στην Κύπρο αλλά και στην ευρύτερη περιοχή της Μεσογείου. Αποτελεί επίσης αναπόσπαστο κομμάτι της ζωντανής μας κληρονομιάς πιστεύουμε ότι η συμπερίληψή της στον πιο πάνω κατάλογο θα ενισχύσει τις προσπάθειές μας για προστασία και προώθηση των παραδόσεων που σχετίζονται με όλα τα στάδια της Μεσογειακής Διατροφής, από την παραγωγή μέχρι την κατανάλωση.

Sign

Υπογραφή

  
Χάρι Παπαχριστοφόρου

9. MAR. 2012 11:09 FROM: AGKYPEROUNTA WINERYC 357-22819231  
25-MAR-2012 13:37 FROM: 357-22819231

TO: 925 NO. 676 P. 1 P:

To whom it may concern

The Vasiliko Kyperounda Winery grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)  


(Date)  
9/3/2012

(Name)  
Anton Niksaam

**To whom it may concern:**

The Forest Friend Association grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

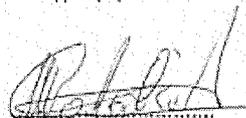
**ΒΕΒΑΙΩΣΗ**

Ο Φιλοδασικός Σύνδεσμος Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

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Sign

Υπογραφή



Αργυρί Κουταβού



15

To whom it may concern

The Cyprus Food and Nutrition Museum grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)

*Stavros*



(Date)

6.3.2012

ΚΥΠ ΔΙΑ ΤΡΟ  
CyFoodMuseum

(Name)

*Christalleni Lazarou*

20-MAR-2012 05:47 From: DEPT. OF AGRICULTURE 22781425

To: +357 22809873

P.3/5

NUMEROUS TO: +357 22809873

2012/03/14 12:02 PM

18-MAR-2012 08:50 From: KLADOS GIPOR/KON

22772243

To: +357 25943440

P.1/2

06-MAR-2012 13:30 From:

To: +357 22809873

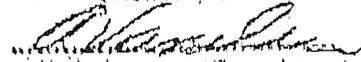
P.2/3

To whom it may concern

The Mavros Chyros ..... grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)



(Date)

13/3/12

(Name)

Andri Vassiliou

17

6-MAR-2012 14:24 FROM: AGRICULTURAL ECONOMIC 357-22819231

TO: 925222216

To whom it may concern

The D. LEASTRO Enterprises Ltd grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the promote the traditions relating to all stages of the food production, preparation and consumption.

(Signature)

*Lina Ellina*

(Date)

07.03.12

(Name)

Lina Ellina

8-MAR-2012 10:27 FROM: AGRICULTURAL ECONOMIC 357-22819231

TO: 925542510

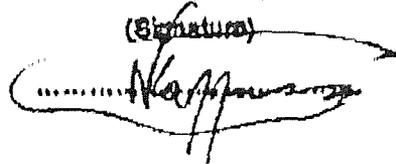
P: 2/3

To whom it may concern

The CAMPAIDARIA... HISTORICAL... MUSEUM, 700 P.O. Box... grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)



(Date)

8.3.2012



2012 14:25 FROM: AGRICULTURAL ECONOMIC 357-22819231

TO: 925821718

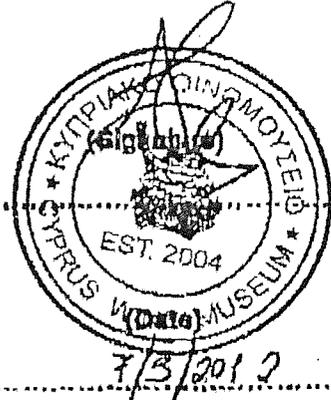
P: 2/3

19

To whom it may concern

The ..... Cyprus Wine Museum ..... grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.



(Name)

Anastasia Guey

20

9-MAR-2012 09:25 FROM: PAK.CULTURAL HERITAGE OFFICE

To whom it may concern

The LINOS MUSEUM grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)



(Date)

8/3/12

(Name)

K. Demetris

05-MAR-2012 07:01 From:GARDEN KAMARA HOUSE 24342296

To:357 22819231

P.1/2

6-MAR-2012 14:38 FROM:AGRICULTURAL ECONOMIC 357-22819231

TO:924342296

P:2/3

12/03/2012

P.2/3

To whom it may concern

The *Ellie Karamiati (Bee Museum, K. Anrys)* grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)

*Ellie Karamiati*

(Date)

*06/03/2012*

(Name)

*Ellie Karamiati*

DIMOS ATHIENOU

+357 24522333

08/03 '12 09:44 NO.454 02/02

6-MAR-2012 14:41 FROM: AGRICULTURAL ECONOMIC 357-22819231

TO: 924322333

P: 2/3

To: 357 22819231

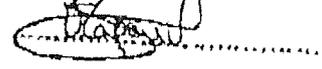
P. 2/3

To whom it may concern

The Kallithea Municipal Museum of Athi grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)



(Date)

8th March 2012

(Name)

Ermioni Papouli-Papashiarti



University of Cyprus  
Department of History  
and Archaeology

Tel.: 22-892180, Fax: 22-892181, Tel.: 22-674658, Fax: 22-674101

Nicosia, March 16<sup>th</sup> 2012

**To whom it may concern:**

The Department of History and Archaeology grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

A handwritten signature in black ink, appearing to be 'CS'.

Associate Professor Chris Schabel

Chairperson of the Department of History and Archaeology

6-MAR-2012 14:45 FROM: AGRICULTURAL ECONOMIC 357-22819231  
06-MAR-2012 13:35 FROM:

TO: 925002652

P:2/3

To whom it may concern

The CYPRUS UNIVERSITY OF TECHNOLOGY grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

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(Signature)  
*[Handwritten Signature]*  
D. PROTIS *[Handwritten Name]*  
(Date)

07.03.2012

DR C.HADGIGEOGIU

06/03/2012 19:32 22003643

6-MAR-2012 14:49 FROM: AGRICULTURAL ECONOMIC 357-22819231

TO: 922003643

To: 357 22819231

P: 2/3

P. 2/3

ο'Υχαράλαμους ΧΤΕμνησίου  
To whom it may concern

EDUCATIONAL INSTITUTE

The **CHILD HEALTH RESEARCH** grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.



(Signature)

*XTEμνησίου*

(Date)

7/02/2012

(Name)

Hadjigeorgiou Charalambos

OTHER-EMAIL TO: ED ...  
05-MAR-2012 13:38 From:

The Cyprus Dietetic and Nutrition Association  
and informed consent to the Ministry of Education and Culture to present  
"Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible  
Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the  
broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe  
that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and  
promote the traditions relating to all stages of the Mediterranean Diet, from production to  
consumption.

(Signature)

*Eleni P. Andriani*

(Date)

7-3-12

(Name)

Dr. Eleni P. Andriani  
(President of CyDNA)

09-MAR-2012 06:57 From:DEPT. OF AGRICULTURE 22781425

To:357 22819231

P:2/3

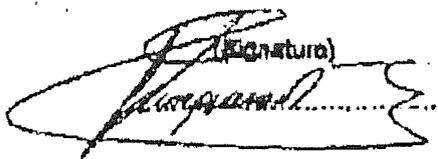
TO:3572357778

P:2/3

To whom it may concern

The Cyprus Chefs Association grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)  


(Date)  
8/3/2012

(Name)  
Kyriakou George

06-MAR-2012 13:33 From:

To whom it may concern

The .....G.ASTERAEA..... grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

(Signature)  


(Date)  
.....12-3-12.....

(Name)  
MARILENA IOANNIDOU

29/29

6-MAR-2012 15:03 FROM: AGRICULTURAL ECONOMIC 357-22819231

24003909  
TO: 924653959  
10:57 22819231

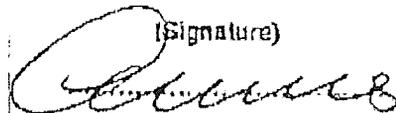
06A.4  
P: 2/3  
P.2/3

To whom it may concern

The SLOW FOOD CYPRUS ASSOCIATION grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

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(Signature)



(Date)

7/3/2012

(Name)

MICHAEL HADJIARIEL  
(SLOW FOOD LEADER)

# Diète Méditerranéenne au Patrimoine Immatériel Chypre

## Annexe 4 Adhésion/Consentement (Agros)

To whom it may concern:

The Women Club of Agros grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

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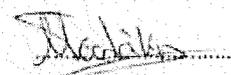
**ΒΕΒΑΙΩΣΗ**

Ο Όμιλος Γυναικών Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

Η «Μεσογειακή Διατροφή» αποτελεί ζωτικό στοιχείο της ταυτότητάς μας, όχι μόνο στην Κύπρο αλλά και στην ευρύτερη περιοχή της Μεσογείου. Αποτελεί επίσης αναπόσπαστο κομμάτι της ζωντανής μας κληρονομιάς πιστεύουμε ότι η συμπερίληψή της στον πιο πάνω κατάλογο θα ενισχύσει τις προσπάθειες μας για προστασία και προώθηση των παραδόσεων που σχετίζονται με όλα τα στάδια της Μεσογειακής Διατροφής, από την παραγωγή μέχρι την κατανάλωση.

Sign

Υπογραφή

  
Μαρία Τσουλάκη

**To whom it may concern:**

The Association of the People and Friends of Agros grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

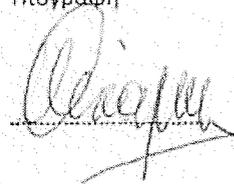
**ΒΕΒΑΙΩΣΗ**

Ο Σύνδεσμος Φίλων του Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

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Sign

Υπογραφή



**To whom it may concern:**

The Culture Centre and Peripheral Theatre of Agros grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

**ΒΕΒΑΙΩΣΗ**

Το Πολιτιστικό Κέντρο και Περιφερειακό Θέατρο Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

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Sign



*[Handwritten signature]*

**To whom it may concern:**

The Agros Youth Center grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

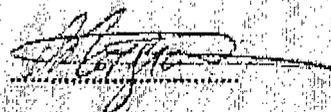
**ΒΕΒΑΙΩΣΗ**

Το Κέντρο Νεότητας Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

Η «Μεσογειακή Διατροφή» αποτελεί ζωικό στοιχείο της ταυτότητάς μας, όχι μόνο στην Κύπρο αλλά και στην ευρύτερη περιοχή της Μεσογείου. Αποτελεί επίσης ανεπάρσαστο κομμάτι της ζωντανής μας κληρονομιάς πιστεύουμε ότι η συμπερίληψή της στον πιο πάνω κατάλογο θα ενισχύσει τις προσπάθειες μας για προστασία και προώθηση των παραδόσεων που σχετίζονται με όλα τα στάδια της Μεσογειακής Διατροφής, από την παραγωγή μέχρι την κατανάλωση.

Sign

Υπογραφή



ΚΕΝΤΡΟ ΝΕΟΤΗΤΑΣ ΑΓΡΟΥ

To whom it may concern:

The Cooperative Society of fruits and vegetables of Pitsilia Area of Troodos grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

The "Mediterranean Diet" is a vital element of our identity, not only in Cyprus but also in the broader Mediterranean basin. It constitutes an integral part of our living heritage and we believe that its inclusion in the above-mentioned list will assist us greatly in our efforts to protect and promote the traditions relating to all stages of the Mediterranean Diet, from production to consumption.

**ΒΕΒΑΙΩΣΗ**

Η Ομάδα Παραγωγών Φρούτων και Λαχανικών Σεδιγέπ Πιτσιλιάς Τροόδους παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

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Sign

Υπογραφή

  
ΣΥΝΕΡΓΑΣΤΙΚΗ ΕΤΑΙΡΕΙΑ ΔΙΑΦΕΡΕΩΣ ΓΕΩΡΓΙΚΩΝ  
ΠΡΟΪΟΝΤΩΝ (ΣΕΔΙΓΕΠ) ΠΙΤΣΙΛΙΑΣ - ΤΡΟΟΔΟΥΣ ΛΤΔ  
Marina Parasiti

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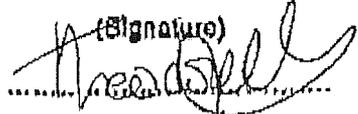
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P. 2/3

To whom it may concern

The AGROS NATURAL MINERAL WATER (PP/LA) grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

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(Signature)  


(Date)  
8.3.2012

(Name)  
THEODOROU MARIA

To whom it may concern:

The Community Council of Agros grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

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**ΒΕΒΑΙΩΣΗ**

Το Κοινοτικό Συμβούλιο Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Αυλής Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

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Sign



*[Handwritten signature]*

**To whom it may concern:**

The Agros Cooperative Society of Rosewater Producers grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

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**ΒΕΒΑΙΩΣΗ**

Η Ομάδα Τριανταφυλλοπαραγωγών Αγρού παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

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Sign

Υπογραφή

  
Μαρίνου Παπαίου



To whom it may concern:

The Association of traditional Meat Producers of Pitsilia grants its unconditional and informed consent to the Ministry of Education and Culture to proceed to the nomination of "Mediterranean Diet" for inclusion to the Representative List of UNESCO for the Intangible Cultural Heritage of Humanity.

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**ΒΕΒΑΙΩΣΗ**

Η Ένωση Παραγωγών Παραδοσιακών Αλλαντικών Πιτσιλίας παρέχει την άνευ όρων και ενημερωμένη συναίνεση του στο Υπουργείο Παιδείας και Πολιτισμού, για να προχωρήσει στην υποβολή της υποψηφιότητας της «Μεσογειακής Διατροφής» για ένταξη στον Αντιπροσωπευτικό Κατάλογο της Αυλής Πολιτιστικής Κληρονομιάς της Ανθρωπότητας.

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Sign

Υπογραφή



ΕΝΩΣΗ ΠΑΡΑΓΩΓΩΝ  
ΠΑΡΑΔΟΣΙΑΚΩΝ ΑΛΛΑΝΤΙΚΩΝ  
ΠΙΤΣΙΛΙΑΣ



**Mandarin Arakapa**  
(Arakapa mandarins)

Arakapa mandarins are cultivated mainly in the geographical region of Arakapa village in the Limassol district and are produced from the variety of *Citrus reticulata* Blanco of the same name. This tree is known as the "Cyprus" or "local" and is famous for its fruit, which is very aromatic and tasty. 2-4 contains a large number of seeds. The fruit is of medium size with a yellow-orange color during maturation. Its skin is thin and smooth and is easily removed (Kapari - Iasia, 2006).

**History:** The mandarin tree of Arakapa was imported to Cyprus in 1870 (Papadakis, 1966). According to P. Gennadiou (1958), this tree was initially imported by a man named Giosouf J. Lefteris, after whom the tree was named in the old days.

**Production method:** Arakapa mandarins ripen from December until March. The specific variety "is adapted very well to the soil and climatic conditions of the semi-arid region around Arakapa village. It is noted that the tree foliage is quite resistant to the low winter temperatures of the region. Additionally, the variety is characterized by the phenomenon of biennial bearing i.e. alternating years of overproduction and underproduction. Strict pruning and fruit reduction in the year of overproduction is advised as a measure against this phenomenon, which also increases the size of the fruit.

**Gastronomy:** Consumed fresh. They can also be used to make sweetened mandarin juices, fresh juices, as well as liqueurs.



**Kypriaki patata kokkinogis**  
(Cyprus red soil potato)

Cyprus red soil potatoes are famous for their excellent flavor and firm texture. They are easily distinguished by their reddish skin, obtained from the fertile red soil of Kokkinohoria (red soil villages) in the eastern region of Cyprus where they are cultivated. They are also cultivated in the region west of Nicosia (Kadi, Peristeria and Astromerou). The main varieties are Spunta, Marfona, Gera, Nicola, Sotirio, Diamant, Timotei, Ureka, Chaloutis, Datta, Fika, Superstar, etc.

**History:** The exact timing and circumstances potato was imported to Cyprus are not well documented. Potatoes were a staple crop of the island prior to its becoming a British colony in 1878. The first recorded import of seed potatoes took place in 1909. By independence in 1960, the island was an exporter of potatoes mainly to Great Britain and Western Europe.

**Production method:** Potatoes are cultivated in two seasons. The spring crop is planted in November/January and harvested in April/June. Seed for this crop is generally imported and is certified. A portion of the spring crop is reserved as seed for the winter crop, planted in August/October and harvested in November/December. Both spring and winter crops are irrigated. After being uprooted, the tubers are collected by hand or with special machines and are packaged close to the fields, ensuring the "freshness" of the product. The practice of crop rotation is often applied to the fields using cereals of winter cultivation.

**Gastronomy:** Cooked in various ways such as oven-baked, boiled, fried, steamed, mashed, etc. They are also used as an ingredient in many other dishes.



**Kolokasi**

Kolokasi plant, commonly known as Kolokasi (*Colocasia Esculentum*), is an edible plant (vegetable) belonging to the Araceae family. It is cultivated for its edible starchy roots.

**History:** The oldest reference regarding Cyprus Kolokasi is accredited to the 12<sup>th</sup> of May 1191 where Kolokasi was served during dinner at the wedding celebration of Richard Lionheart with Berengaria, at Limassol castle (Jeffery, 1948). According to Sakellarios (1926), the first Kolokasi in Cyprus was produced in Laphos and Paphos. Prior to the Turkish invasion of 1974, significant cultivation was carried out in Ayios Andronikos of Karpas, in Syrniochori and to a lesser extent in the Paphos district. Today, Kolokasi is mainly cultivated in the Ammochostos district, especially the village of Sotira, with smaller amounts in Frenaros and Lofeti.

**Production method:** Kolokasi planting starts at the end of February and continues until May. It is planted in the red soil fields of the Kokkinohoria following the cultivation of a generally fertilized crop. Kolokasi has a large central rooting system along with many side-roots and non-edible leaves. Its production is mainly consumed locally, while some is exported to the UK.

**Gastronomy:** Kolokasi is cooked in various ways, e.g. with tomatoes with or without meat, or as kapama's with wine very well known in the Ammochostos district.



**Akathiotiko tyri (Akanthou cheese)**

Akanthou cheese was produced in the village of Akanthou from raw milk of goats that grazed a variety of aromatic plants in the area.

**History:** Mich. Kyprianos (1788) refers to "Excellent cheese of Akanthou", while, in 1890 Sakellarios reports that "the cheeses of Akanthou were the best of the island". Akathiotiko cheese was produced during the "Cody" fasting period prior to Easter and exported to neighboring countries. The sheep used to graze on the milk strainer branches of rock-rose, the leaves of which has a sticky taste with a subtle odor. As a result, the foreign bodies in the milk would stick on the plant leaves, while the milk obtained the special aroma of the plant (Ioannidou M., 2009, Documentary: The bridge across our traditional tastes: The cheeses of Cyprus).

**Production method:** The milk was warmed, rennet was added and, after coagulation, the curd was cut and strained. The curd was placed in special moulds ("salina") and manually pressed. The moulds were placed in the hot cheese whey (first heating). The cheese was removed from the moulds, re-pressed, and placed back into the moulds to be re-heated (second heating). Then, the cheese was removed from the moulds, salted, and placed back into the moulds. This procedure was repeated for 2-3 days. Finally, the cheese was removed from the moulds and left outside for 3-4 nights to be humidified by the even humidity. Lastly, the cheese was placed on "pashinka" (bunched straw) over smoke from burnt lentils or was immersed in melted wax (Economides, 2004).

**Gastronomy:** Akanthou cheese was used for the preparation of "Ploauna" (see number 5), was eaten as meze dish or grated onto pasta.



**Laggopittes Rizokarpasou**

Laggopittes Rizokarpasou are pies (with holes) cooked on a flat, round and smooth rock placed on charcoal.

**History:** According to Kypris and Ptochopoulos (1997), "Laggopittes were cooked on a rock in Rizokarpasou during fasting on the celebration of John the Baptist on 29th August". Bibliography shows that Laggopittes were also produced in different variations in other areas of Cyprus, especially in Paphos district villages.

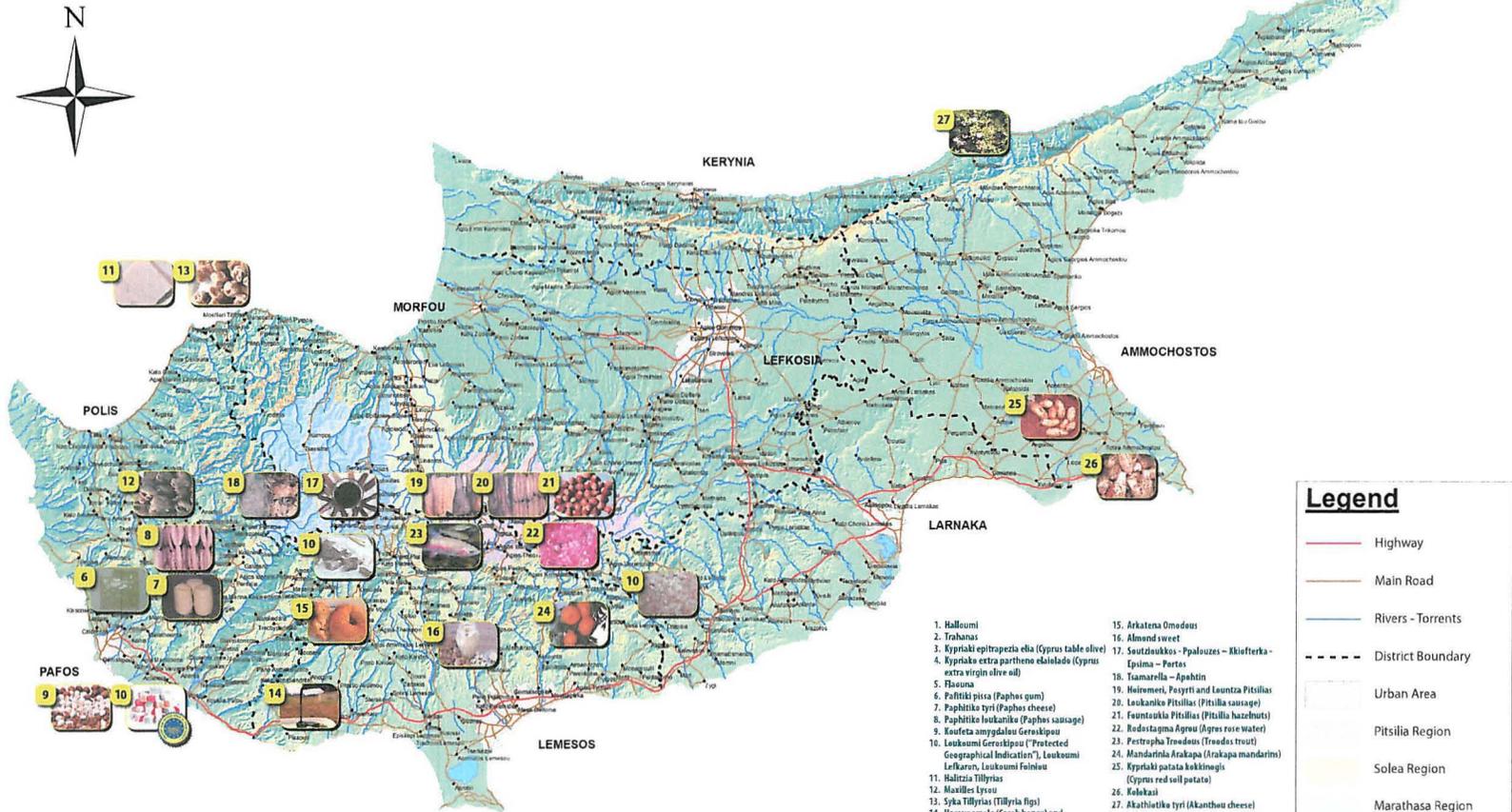
**Production method:** First, a viscous puree (very soft dough) is prepared using flour, water and leaven (a small amount of salt can be added). The dough is covered and placed in a warm place to swell. The rock is then heated and doused with oil so that laggopittes do not stick on it. The puree is slowly poured on the rock to cook. When the pie is cooked on one side, it is turned to cook also on the other side (Ioannidou M., 2007, Documentary: The bridge across our traditional tastes).

**Gastronomy:** Laggopittes Rizokarpasou are served warm or cold with honey or carob honey (and/or ephra) (see numbers 14 and 17).



# Gastronomical Map of Cyprus

SCALE: 1:400.000



Note: Wine and spirits are not included on the map