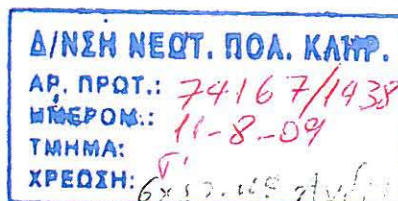


ΠΕΛΟΠΟΝΝΗΣΙΑΚΟ ΛΑΟΓΡΑΦΙΚΟ ΙΔΡΥΜΑ
 Βας. Αλεξάνδρου 1
 ΝΑΥΠΛΙΟ 21 100
 Τηλ. 27520 28947 Fax. 27520 27960
 e-mail : pff@otenet.gr educatio@pli.gr

Προς
 ΥΠΟΥΡΓΕΙΟ ΠΟΛΙΤΙΣΜΟΥ
 ΓΕΝΙΚΗ Δ/ΝΣΗ ΑΡΧΑΙΟΤΗΤΩΝ &
 ΠΟΛΙΤΙΣΤΙΚΗΣ ΚΛΗΡΟΝΟΜΙΑΣ
 Δ/ΝΣΗ ΝΕΟΤΕΡΗΣ ΠΟΛΙΤΙΣΤΙΚΗΣ
 ΚΛΗΡΟΝΟΜΙΑΣ
 ΤΜΗΜΑ Γ'
 Ερμού 17
 ΑΘΗΝΑ 101 86
 Υπ' όψιν : Π. Ανδριανοπούλου
 Γ.Ν. Δρόνη



ΝΑΥΠΛΙΟ 6 ΙΟΥΛΙΟΥ 2009
 Αρ.Πρωτ. 259

Το Πελοποννησιακό Λαογραφικό Ίδρυμα ενισχύει την υποψηφιότητα της Ελλάδας για την εγγραφή της Μεσογειακής Δίαιτας στον Αντιπροσωπευτικό Κατάλογο της Άυλης Πολιτιστικής Κληρονομιάς, μέσα από μια έκδοση παραδοσιακών γλυκισμάτων, η οποία βρίσκεται και στο πωλητήριο του ΠΛΙ και μια ιδιότυπη ξενάγηση – παράσταση της θεατρολόγου- φιλόλογου Ιωάννας Ρεμεδιάκη

Η έκδοση με τις παλιές τοπικές συνταγές γλυκισμάτων της Βρισηίδας Παπαντωνίου, παλιάς Αναπλιώτισσας, πραγματοποιήθηκε το έτος 2007, στο πλαίσιο του εορτασμού των Ευρωπαϊκών Ημερών Πολιτιστικής Κληρονομιάς, που είχε ως θέμα τη διατροφή

Με αφορμή αυτή την έκδοση η θεατρολόγος- φιλόλογος Ιωάννα Ρεμεδιάκη εφαρμόζει στον 1^ο όροφο του Μουσείου «Β. Παπαντωνίου», όπου αναπτύσσεται μέρος της μόνιμης έκθεσης του ΠΛΙ «Το Ελληνικόν Άστυ : Ναύπλιο 1822-1922», μια υποκειμενική ξενάγηση που μέσα από τις μικρές ιστορίες που συνοδεύουν τα εκθέματα.

Η ηρωίδα, Βρισηίδα Παπαντωνίου, θρυλική μαγείρισσα, που επέλεξε να μαγειρέψει νόστιμα και όμορφα της ζωή της και τη ζωή της οικογένειάς της και των φίλων της, θα κάνει το ίδιο και για το κοινό αυτής της ξενάγησης- παράστασης, στην οποία μπορούν όλοι να γίνουν εκθέματα, αν θέλουν να θυμηθούν αγαπημένες γεύσεις και παλιές τοπικές συνταγές μέσα από τη χαρά της κοινής ζωής των ανθρώπων, εδώ στο Ναύπλιο και σε όποιο Ναύπλιο μας μεγάλωσε και μας περιβάλλει. Γιατί εμείς είμαστε η ιστορία, μικρή ή μεγάλη, χαρούμενη ή δύσκολη, εύγευστη ή άγευστη, σημαντική πάντως σε κάθε περίπτωση.

Τέλος η Ιωάννα Ρεμεδιάκη προτείνει για τα παιδιά της δευτεροβάθμιας εκπαίδευσης ένα εκπαιδευτικό πρόγραμμα που να βασίζεται στην προσωπική επαφή με τα εκθέματα και στη σχέση των παιδιών με την παιδική ηλικία, την δική τους ηλικία δηλαδή.

Αυτό δημιουργεί μια πολύ ενδιαφέρουσα διαφοροποίηση σε σχέση με την παράσταση, καθώς δεν στηριζόμαστε πλέον σε αναμνήσεις αλλά σε μια διαδικασία σύγκρισης και αντιπαραβολής, η οποία μπορεί να εξάψει την φαντασία των παιδιών και να τα κάνει να συνειδητοποιήσουν καλύτερα την δική τους παιδική ηλικία.

Τα παιδιά θα ξεναγήσουν και θα ξεναγηθούν ανακαλύπτοντας το δικό τους έκθεμα προκειμένου να το παρουσιάσουν στους άλλους. Η είσοδος των παιδιών στην κοντινή τους παιδική ηλικία επιτυγχάνεται με οδηγό τη γεύση , τη μεσογειακή γεύση μέσα από ένα κατάλληλο για το χώρο έδεσμα που θα τους προσφέρεται στην αίθουσα με τα παιδικά εκθέματα.

Στη συνέχεια το πρόγραμμα προχωρεί σε δραματοποίηση των εκθεμάτων , των οποίων την ιστορία θ' ανασυνθέσουμε , στηριζόμενοι στις καταγεγραμμένες πληροφορίες του Μουσείου και στη φαντασία μας.

Το ζητούμενο είναι να φτιαχτεί μια ιστορία, με αφορμή τις γεύσεις και τα συγκεκριμένα παιδικά εκθέματα, με την οποία τα παιδιά θα μιλήσουν για την δική τους ηλικία, τις ανάγκες τους και τις ευαισθησίες τους.

Με φιλικούς χαιρετισμούς



Ιωάννα Παπαντωνίου
Πρόεδρος και Διευθ. Σύμβουλος

ΚΟΡΩΝΗ 27/08/2009 ΑΡ.ΠΡΩΤ.5139



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
ΠΕΡΙΦΕΡΕΙΑ ΠΕΛΟΠΟΝΝΗΣΟΥ

ΝΟΜΟΣ ΜΕΣΣΗΝΙΑΣ
ΔΗΜΟΣ ΚΟΡΩΝΗΣ
ΚΟΡΩΝΗ
ΤΚ.24004
ΤΗΛ. 27250-22500
FAX : 27250-22552
e-mail :dkoroni@otenet.gr

REPUBLIQUE HELLENIQUE
SECRETARIAT GENERALE
DE LA REGION
DEPARTEMENT DE MESSENIE
MUNICIPALITÉ DE KORONI
Adresse : Koroni
CP : 24004
Tel : +30-210-2725.0.22.500
Fax : +30-210-2725.0. 22552
@ : dkoroni@otenet.gr

Dans le cadre de l'initiative des Ministères du Développement Rural d'Espagne, de Grèce, d'Italie et du Maroc, concernant la candidature transnationale de la Diète Méditerranéenne pour son inscription dans la Liste Représentative du Patrimoine Culturel Immatériel de l'UNESCO, la Municipalité de Koroni voudrait vous exprimer son consentement le plus chaleureux.

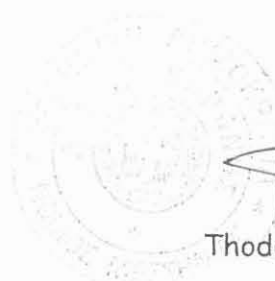

La Municipalité de Koroni souhaitait être sélectionnée en tant que région emblématique de la Grèce, étroitement liée à l'initiative ci-dessus, en tant que lieu et population.

Les activités portuaires importantes de notre région pendant la période vénitienne et ottomane, l'engagement de Koroni dans la lutte de la libération du joug ottoman en 1821, aussi bien que la présence active dans la vie économique de la région et du pays ont plaidé pour ce choix. L'oléiculture et la production de l'huile d'olive - produit emblématique de la Méditerranée- chez nous des l'Antiquité, fleurit et consiste un des revenus de base pour les habitants de la région.

Parallèlement à l'oléiculture, la culture d'autres produits traditionnels comme le raisin, la collecte d'herbes et des légumes sauvages qui se transmet de génération en génération, l'intervention tempérée au paysage naturel des alentours pour des modalités des cultivassions agricoles, aussi bien que la multitude des mœurs et des coutumes, des pratiques sociales et des rituels, auxquels la nourriture tient un rôle prépondérant renforce notre proposition.

De surcroît, la dimension matérielle du patrimoine culturel de Koroni, telle la production préindustrielle des ustensiles en céramique (pitharia) pour le stockage et le transport d'huile d'olive et des olives, accord parfaitement avec la notion vaste du patrimoine culturel immatériel.

Etant donné le soutien fort de l'initiative de la candidature transnationale par l'ensemble de la municipalité de Koroni et de la région de Messénie, on voudrait souligner notre souhait que Koroni soit la communauté emblématique grecque dans le cadre du dossier de la Diète Méditerranéenne.

 Le Maire

Thodoris Salantis

AGRICULTURAL COOPERATIVE OF KORONI

To:
Ministry of Culture & Tourism
General Directorate of Antiquities &
Cultural Heritage
Directorate of Modern Cultural Heritage
Department C

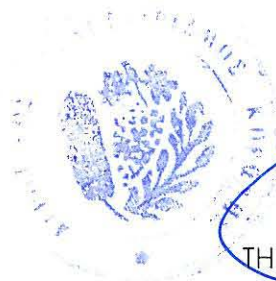
And

Permanent Diplomatic Representative
of Greece to UNESCO

The Agricultural Cooperative of Koroni is active in the wider area of the town, and focuses on the conditions of almost all the small olive oil producing farmers in the region of Koroni. It fully supports the nomination of Greece, Italy, Spain and Morocco for the Mediterranean Diet to be incorporated into UNESCO's list of Intangible Cultural Heritage.

All of us, the members of the local Olive Oil Agricultural Cooperative, are proud – and not only because through our daily work in the fields of our region, Koroni, we have been producing the best oil and olives in the world for centuries. We are also proud because we are doing everything possible to preserve and pass down important elements of our local identity to the younger generations, to our children and grandchildren. A large part of this identity is centred on olive oil, and particularly on the knowledge which our grandfathers and grandmothers passed down to us about cultivating the trees and the different uses of olive oil in nutrition, in pharmaceuticals, in religious life and more.

Acceptance of the nomination will be an important step in the attempt we are making not only to boost olive growing and the production of olive oil and olives, but also to preserve the culture of our region particularly with whatever concerns nutrition for people the length and breadth of the Earth.



KORONI 27/11/2009

THE PRESIDENT

THEMISTOKLIS APOSTOLIDIS



COR / 04

ΜΑΝΙΑΤΑΚΕΙΟΝ ΙΔΡΥΜΑ

Ministry of Culture & Tourism
General Directorate of Antiquities &
Cultural Heritage
Directorate of Modern Cultural Heritage
Department C

And

Permanent Diplomatic Representative
of Greece to UNESCO

Athens, 4 December 2009

Dear Sirs,

With this letter we wish to report that the Maniatakeion Foundation ardently supports the nomination for the incorporation of the Mediterranean Diet into UNESCO's representative list of Intangible Cultural Heritage. Aside from its wealthy and extensive historic past (Koroni has developed a leading role in business activities such as transit trade, agricultural production, shipping etc.), Koroni is also a town of incomparable natural beauty and agricultural products of a uniquely high quality. It is an example, we can say, of a local society where the Mediterranean diet and the traditional method of cooking remain part of the residents' daily lives. Its fertile and blessed soil produces oil, the globally renowned Koroneiki olives, grapes, wine, figs, wheat, pulses and dairy products, all of which form the basis of Mediterranean cuisine, which has attained distinction for its unique value for thousands of years.

We know that, in our times, globalisation and the pace of life are such that other, more harmful foodstuffs dominate eating habits. The shift towards healthier eating habits and ways of life has become no longer a luxury but a necessity. For this reason, we want to protect the Mediterranean Diet and to bring it to prominence worldwide and we encourage any action aiming to promote and showcase it.

Attached: 1) a brief description of the Maniatakeion Foundation, its goals and the actions it takes in order to protect and promote intangible cultural heritage and particularly the Mediterranean diet, 2) the book that the vice President of the Maniatakeion Foundation, Eleni Tagonidi Maniataki wrote with the title "ΚΑΛΛΙΓΕΥΣΤΟΝ", with recipes most of which are based on the Mediterranean diet (in the Greek language).

Yours faithfully,

MANIATAKEION ΙΔΡΥΜΑ
ΠΑΠΑΔΙΑΜΑΝΤΟΠΟΥΛΟΥ 2
ΔΙΠΛΩΜΑΤΙΚΟ ΠΡΟΤΕΡΟΝ
115 28 ΑΘΗΝΑ

Chairman



Brief description of the Maniatakeion Foundation, its goals and the actions it takes in order to protect and promote intangible cultural heritage, and particularly the Mediterranean diet.

The Maniatakeion Foundation is a private legal entity and a non-profit foundation. It was established in 1995 by the economist-entrepreneur Dimitris Antonis Maniatakis and his wife Eleni Tagonidi Maniataki an author. The Foundation's goal is to support cultural activities, economic development and social activities and to systematically promote the historical and cultural presence of Koroni in the development of Hellenism over time.

The aims of the Foundation are achieved through three specific pillars of activities: **cultural, economic and social development.**

A) **Cultural activities** include promoting knowledge of history and contributing to the preservation of cultural heritage, which is divided into a) tangible and b) intangible. **Tangible cultural heritage**, monuments, which are the material, remains of the past and which are connected to diachronic human activities of every kind. On the other hand, **intangible cultural heritage** is everything which comprises its identity, a stock of abilities and skills that each of us inherits from past generations; skill our needs created centuries ago which by all means should not be forgotten. Our intangible cultural heritage essentially makes us a link in an unbreakable chain of life in a specific environment. It includes theatrical performances, visual arts, celebrations, traditional arts and crafts, handicrafts, local cuisine, gastronomy, village life and agricultural life.

In this spirit and in the context of protecting intangible cultural heritage, the vice President of the Maniatakeion Foundation, **Eleni Tagonidi Maniataki**, wrote the book *ΚΑΛΛΙΓΕΥΣΤΟΝ* (Kalligevston that means Savoury Tastes) in 2001, in order to promote the cultural value of the Mediterranean diet and to help transfer it to coming generations. The book includes 250 recipes, most of which are based on the Mediterranean diet. Every recipe is cooked in a traditional way, with local products of the wider area of Koroni. An important feature of the book is that it gives, with scientific accuracy, the contents in terms of calories, protein, carbohydrates, vegetable fibres and fat. In addition, all the recipes contain 0 (zero) cholesterol. The recipes combine taste with healthy eating. There are strict rules and fundamental requirements to creating a balance, based on the combination of foods and the method of cooking. Ms Tagonidi Maniataki wrote this book strongly believing that the Mediterranean diet has proved to be one of the most healthy and balanced diets in the world. The main elements are vegetables, fish, olive oil and wine, "in moderation". She claims that there are many variations of the Mediterranean diet because there are so many countries bordering the Mediterranean Sea. The tremendous impact of the diet is due to studies which show that people who live around the Mediterranean have the longest average life expectancy and correspondingly lower chances of heart problems or other chronic conditions. The recipes in Ms Tagonidi Maniataki's book are widely in use by local



societies, including the "Panagia i Eleistria" Association of Koroni, local events, celebrations etc.

B) **Economic development activities** aim to promote mild, sustainable and profitable business initiatives which are beneficial to the community. The Foundation organises one-day seminars and conferences in order to showcase the beneficial impact of the Mediterranean diet on cardiac health - and, by extension, on well-being - and its absolute harmony with the climate, geographical location, manners and customs of the Mediterranean people.

In 2009, the Foundation hosted an international conference on: "Historic Memory & Economic Growth". This took place in Athens at the Old Parliament House - National Historical Museum on 2 July 2009, and in Koroni on 4 July 2009. The Conference was held with the patronage of the Hellenic Parliament and the cooperation of the Embassies of Italy and France in Greece. At the Conference, important figures spoke about making the most of the opportunities for capitalising on cultural heritage (both tangible and intangible) as part of the development of Hellenism over time and how it can act as a lever for economic growth in times of an economic crisis, such as the one we are currently experiencing. The concept of agro-economics was stressed at the Conference, covering cultivation and production of olives, oil, figs, grapes, wine etc. The production of local goods is a great comparative advantage, and is a lever for the growth of the local community. At the same time, the products available for visitors promote health and prevent illnesses.

C) The Foundation also aims at promoting **social and humanitarian** projects via initiatives focusing on Koroni and its residents, as well as via its volunteers. It supports initiatives for protecting intangible cultural heritage, hosting seminars and one-day meetings on the Mediterranean diet and urging people to follow it (as it has been shown that it means adopting perhaps the healthiest methods of eating and living) and also encourages the creation of small industrial units in order to produce, standardize and package local products. It organises meals which include foods from seasonal ingredients, cooked straight after harvesting and often invites foreigners who live in the Municipality of Koroni to taste the great variety of types of Mediterranean cuisine cooked in a traditional method.

Furthermore, the Maniatakeion Foundation, in order to help in matters of preserving intangible cultural heritage, takes additional actions including collaborations with distinguished folklorists to film special documentaries about traditions, manners and customs in the regions of Koroni and the wider Messenia.

In conclusion, all the activities of the Maniatakeion Foundation focus on preserving cultural heritage (both tangible and intangible) in combination with social and development actions in order to improve the economy of the region of Koroni. As such, the Foundation aims to host international scientific conferences and meetings and art exhibitions, to publish books and to create television and cinema productions to preserve and promote cultural, historical and folkloric elements which are beginning to vanish.



Ministry of Culture & Tourism
General Directorate of Antiquities &
Cultural Heritage
Directorate of Modern Cultural Heritage
Department C

And

Permanent Diplomatic Representative
of Greece to UNESCO

Athens, 4 December 2009

Dear Sirs,

We would like to announce that the "Panagia i Eleistria" Association of Koroni supports the nomination for the Mediterranean Diet to be included in UNESCO's list of Intangible Cultural Heritage. The value of preserving and promoting the Mediterranean Diet is irrefutable in our times, not only because it is a healthy way of eating – as has been proven by scientific studies – but also because it is an integral part of the cultural identity and social life of the peoples of the Mediterranean.

The "Panagia i Eleistria" Association of Koroni was established in 1967 and aims to develop and preserve the bonds of natives of Koroni, as well as to promote and preserve the tangible and intangible cultural heritage of Koroni. Our events take place both in Athens and in our native town Koroni and we promote various activities keeping in touch with expatriate descendents of Koroni in a number of foreign countries. We organise festivals, celebrations and meals to promote the dietary tradition of our area and the local products of the wider region of Koroni, such as fruit, pulses, vegetables, olive oil, olives, wine and dried fruit. However, it is important to mention that the eating habits of our region and the associated habits, techniques and knowledge which our grandfathers and grandmothers handed down to us and which we possess, are not simply a fad diet or some isolated recipes for preparing food. They are the multitude of other things that reflect the relationship our land and its people have with the natural environment such as the sea, trees, herbs, vegetables and flowers; in other words, the actual landscape which surrounds us. In addition, it is important to mention that all of this is also reflected in our songs, in our oral traditions, and in our collective memory.

For all the above mentioned reasons, we believe that the inclusion of the Mediterranean Diet in UNESCO's list of Intangible Cultural Heritage will not only help us to protect local knowledge on the selection, cultivation and harvesting of raw ingredients, the preparation of the food and all the cultural expressions which go hand in hand with this knowledge, but

will also help us to promote it as a worthwhile component of humanity's global cultural repository.

Yours faithfully,



Vasilis Apostolopoulos
President



Nikos Triantopoulos
Secretary