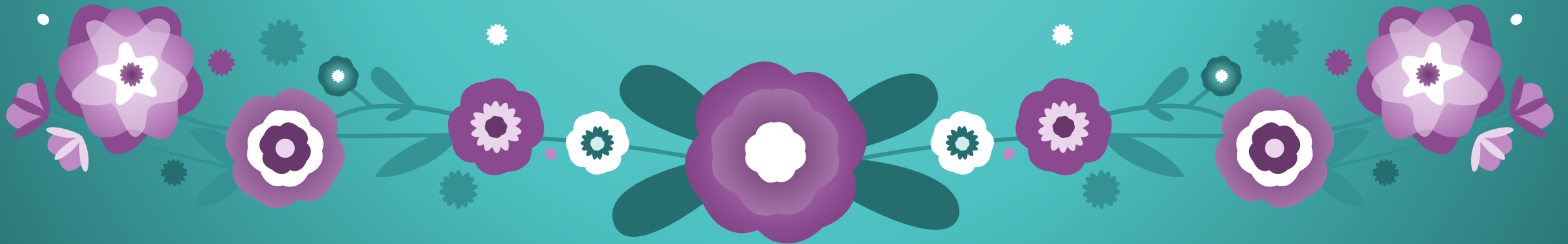
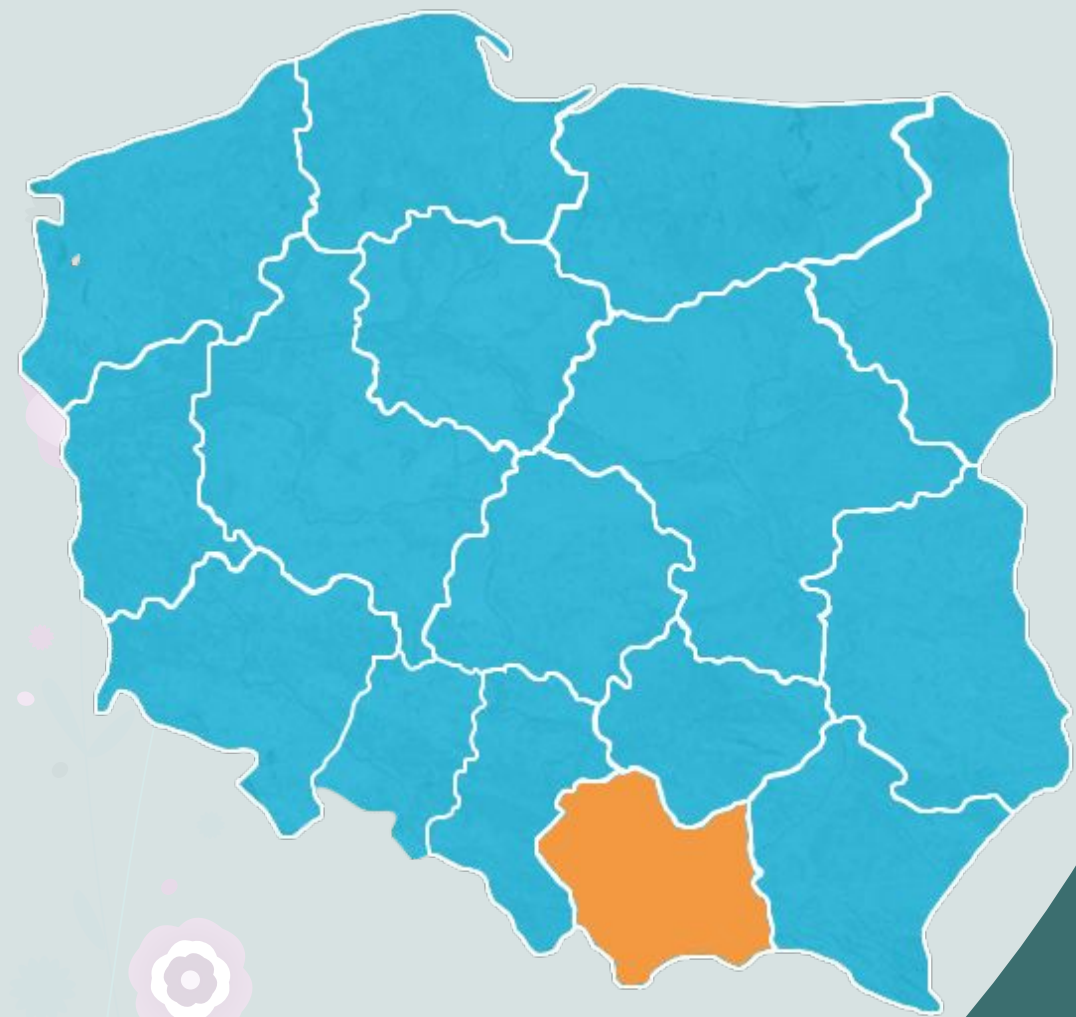


LOCAL PRODUCTS

POLAND - MAŁOPOLSKA





In this presentation, we would like to show you most of our local products – made in Poland, especially in our region.



A festive arrangement of food, likely a centerpiece for a celebration. It features a large, round, golden-brown bread (possibly a kump or similar traditional Polish bread) in the center, surrounded by various cheeses, including a large wheel of cheese and smaller pieces of cheese. The arrangement is garnished with fresh green herbs, possibly dill or parsley, and small white flowers. The background is a rustic wooden surface.

OSCYPEK

We have a special type of cheese
— smoked sheep cheese made in
the south of Poland, in the Tatra
Mountains (in Polish: **oscypek**)



Józef Klimowski,
a mountaineer from
Nowy Targ is one of the
most famous producers of
this kind of cheese.
He has been making it
for 20 years.



OBWARZANEK

It's similar to German pretzel but tastes more like a bun. It is sprinkled with sesame seeds, poppy seeds, salt or cheese. You can buy it in the capital of Małopolska - Cracow.

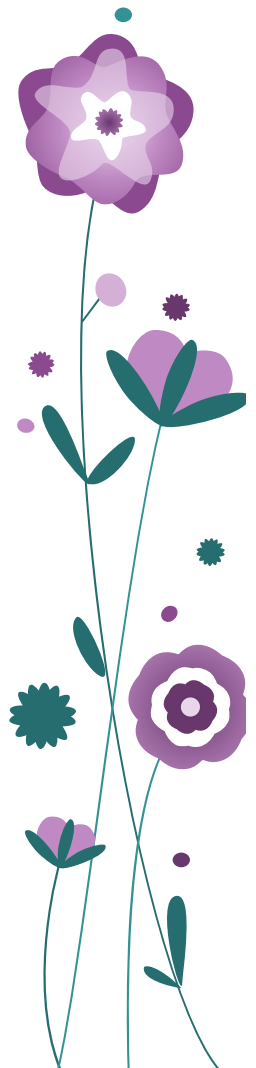


Obwarzanek is the culinary symbol of Cracow.

Today about 99% is sold in street mobile stalls.



NATURAL JUICES – MAURER FROM ŁĄCKO





MAURER runs a family farm in a small village called Zarzecze, which is situated by the river Dunajec in Łącko commune. They installed a traditional ecological press in their plant in 2002. They would love to offer you the unique and untouched taste of mountainous apples not only in fruit but also in juice.



HONEY
FROM
SADECKI
BARTNIK



Miód natury cud

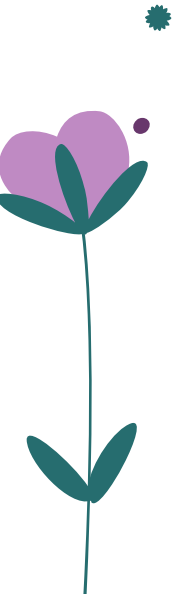


A glass jar filled with golden honey is in the foreground. A wooden honey dipper is positioned above the jar, with a thick stream of honey dripping from its ridges into the jar. In the background, several pieces of natural honeycomb are visible, showing their characteristic hexagonal cell structure. The entire scene is set against a soft, out-of-focus background.

HONEY FROM SĄDECKI BARTNIK

'Sądecki Bartnik', which was founded by Anna and Janusz Kasztelewicz, was established in 1973 in Stróże – a place located about 20 km from Gorlice. Today, its apiaries comprise of over 1500 bee families from which honey products are made.

Thanks to the clean environment and absence of industry, it became an ideal place for a beekeeping farm famous for product of the highest quality.



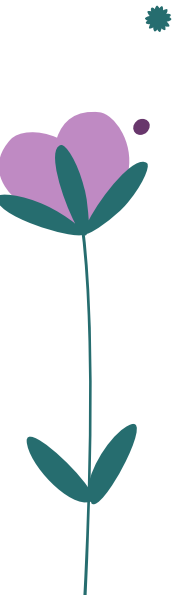


PRĄDNICKI BREAD

Baked for a century in Prądnik and then in Cracow. It is a monumental bread - its weight can reach up to 14 kilograms, and its length (if it is oval) can reach 1 meter.



It is covered with a dark brown rind and is baked on rye sourdough, following traditional recipes stored in old documents. It stays fresh even for a few weeks.





BAKERY GALA

Bobowska Bakery was founded in 1950 in Bobowa. Their products are created according to traditional recipes. Bread on natural sourdough with the best quality ingredients.

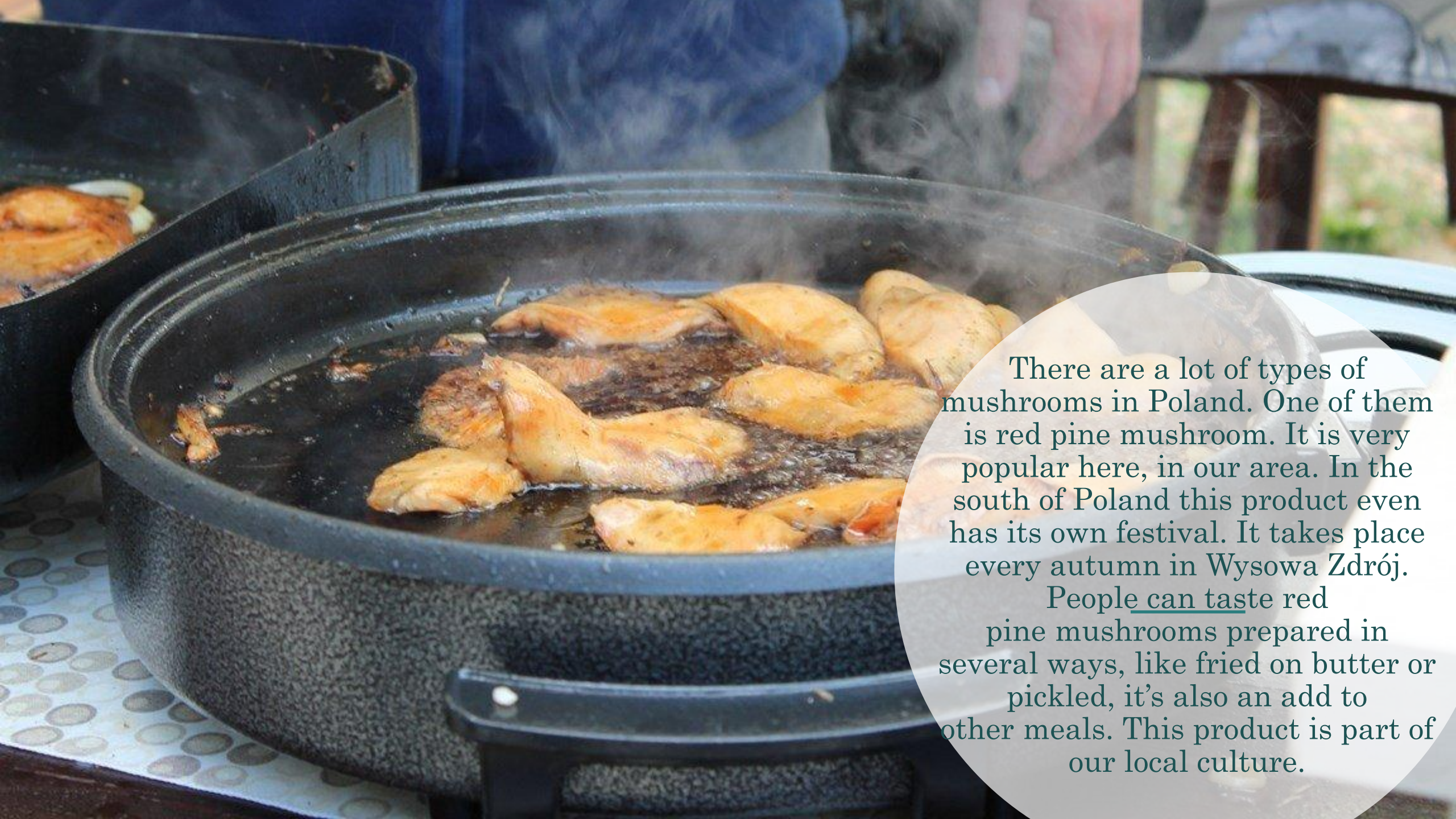


BOGONIOWICE CHEESE

The company produces mozzarella cheese. It is based on natural raw ingredients and semi-finished products, which makes the taste of the products natural.



RED PINE MUSHROOM FESTIVAL



There are a lot of types of mushrooms in Poland. One of them is red pine mushroom. It is very popular here, in our area. In the south of Poland this product even has its own festival. It takes place every autumn in Wysowa Zdrój.

People can taste red pine mushrooms prepared in several ways, like fried on butter or pickled, it's also an add to other meals. This product is part of our local culture.



Thanks for your attention!

Presentation made by
Emilia Cetnarowska & Aurelia Gierut



Erasmus+

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