



BALTIC CUISINE

MAKE FOOD AND DRINKS LIKE A LOCAL

GOOD FOOD IS ALWAYS AN EXPERIENCE



**GO
RURAL**



ESTONIA • FINLAND • SWEDEN • LATVIA

*Åland and
South Coast*

Hälsingland

BALTIC SEA *cuisine*



Baltic sea region cuisine basic requirement is, that the food must be fresh, tasty, locally sourced and locally prepared.

The region is characterised by the fact that, during the spring and summer there are in the menu lighter dishes of fresh vegetables, herbs, berries, mushrooms and fish. During the late summer and fall harvests are preserved for the winter – preparing sauerkraut, marinating and salting cucumbers and mushrooms, cooking jams and compotes, freezing berries and drying herbs for teas. During the fall and winter, the cuisine becomes substantial with meat, vegetables, legumes, pickled, marinated and spicy dishes that are supplemented with warming and aromatic spices.

Local ingredients are important to many businesses all year round, although the seasons and the specific characteristics of the local area are also taken into account, and all this is reflected in the quality of the food on offer.

Nowadays, we are increasingly more interested in where our food comes from, who has produced it and how it has been made. Many head chefs challenge themselves to find increasingly more exciting ingredients to make their dishes even tastier, more natural and more appetising.

There are many different and distinctive eateries in all our countries that offer characteristic ingredients of the area

and dishes inherent to our national cuisine, which have been modernized in an exciting manner. This is done by companies that offer simple traditional farm food as well as distinguished and internationally recognised restaurants that present high-quality culinary sensations.

There's a growing number of places popping up in each country that offer more than just great food. This means that new things are also taught and new knowledge provided - how to make food, where it grows etc.

Food workshop programmes with professional or amateur chef teach how to cook meals from locally grown ingredients and cooking is followed by enjoying the dishes made together. And for those who don't want to learn the secrets of cooking themselves, there is the option of ordering a nice lunch or dinner in an unusual setting, such as a forest. Visits to small-scale producers are also an experience.

Trends come and go, but the Baltic Sea region will forever be unique for its coastline, the four seasons, the unspoiled nature and top quality fresh produce. The centuries-long traditions behind cultivating exceptional products, hunting and fishing have created a presumption that anyone could be a great cook.

Good food is always an experience – a feast for taste buds and joy from enjoying one's company during a meal.

MEDUS KŪKA (HONEY CAKE)
a multi-layered cake with honey as its main ingredient.



Latvia



LATVIA has a wealth of culinary traditions, because the country is at the crossroads of Europe, and so influences from other nations have come from the East and the West over the course of centuries. Latvian cuisine is distinctly seasonal, because we have four seasons, and each of them offers specific products and tasty treats.

During the springtime, Latvians eagerly await the availability of birch juice. They grow green onions on windowsills. Onion skins are used to dye Easter eggs. Sorrel is sought out in gardens or meadows. Tarts with rhubarb are baked. The summer begins with wild and garden strawberries. Summer Solstice would not be Summer Solstice without caraway seed cheese and beer. Summer also involves new potatoes, cherries, tomatoes from the garden, ice cream, fresh honey, herbal teas and aromatic apples. Cranberry fool is whipped. Mushrooms are roasted and marinated. Mushroom hunting and fishing are nearly cult rituals or examples of meditation for Latvians. Meat is grilled over hot coals, and fish soup is cooked. Soured cream and dill can be added to nearly every dish. Pretzel-shaped pastry is baked for birthdays, and tarts are baked for weddings. People can pickles and jams, and they dry and freeze various goodies from the garden and the forest, because a long, hard winter is coming. During

the autumn, Martin Day's rooster or goose is roasted in the oven, with apple cake or poppy seed pastry for dessert. Work sessions are held during the autumn, and potato pancakes are served. Fish, pork, sausages and even cheese can be smoked. Fresh butter is smeared on a slice of rye bread. Cranberries are used to produce lemonade. People buy and sell summer produce at annual markets. The Christmas table will groan under bacon pierogi, gingerbread, roast meats and sauerkraut. The Christmas table on New Year's Eve, people roast fish and put fish scales in their pocketbooks so as to ensure money in the new year. All of the peas on the table are eaten so as to ensure no tears in the coming year. People believe that at least nine dishes must be served on New Year's Eve to ensure that the next year will be a good one. Latvians are hospitable, and they will bring gifts when they come visiting and always give you one for the road when you're leaving.

Welcome!

TRY ME

LATVIAN FLAVOURS THAT YOU NEED TO TRY OUT ON YOUR NEXT TRIP



RUPJMAIZE (dark rye bread) has always been a staple of Latvian diet. For an added drop of sweetness, apple juice is often used in the recipe for Latvian dark rye bread. It is also used to make Rupjmaizes kārtojums (Layered rye bread), a traditional Latvian dessert made from rye breadcrumbs, blackcurrant or lingonberry jam, and whipped cream. Latvians make also a beverage, called kvass, from fermented dark rye bread.

JĀŅU SIERS (Jāņi cheese or Ligo cheese) is a Latvian sour milk cheese with cumin, traditionally eaten when the Latvian celebration the Summer Solstice. Nowadays the cheese has become one of the symbols of Latvian culture.

SPEĶA PĪRĀGI (Bacon buns) are Latvian oblong or crescent-shaped baked bread rolls or pastries filled with finely chopped fatty bacon cubes and onions. Smaller bacon buns are often prized for their daintiness and are considered the work of a skilled cook.

PELĒKIE ZIRŅI (grey peas) is a popular Latvian cuisine snack made from large grey peas. It is a traditional Christmas dish in Latvia.

AUKSTĀ ZUPA (summer cold soup) is a sweet cold soup made from beets and kefir (hence the vibrant pink colour). To add some richness to the dish, dill and spring onions are also found in auksta zupa.

LATVIAN STEW is a braised pork with dried apricots and brunes. It is a simple, comforting combination of tender, slow cooked pork shoulder, carrots, onions, apricots, and prunes that's warm and flavorful and even better the next day.

LOCAL FISHES from local fishermen: flounders, pike, sturgeon. If you look at Latvia's long coastline, it shouldn't come as a surprise to you that Latvians like eating fish and also offer it to the guests.

BIEZPIENMAIZE (Latvian cheesecake) is a baked cheesecake, where yeast dough is for the base and cottage cheese for the topping. Usually it would contain sultanas and would be served cut in rectangles.

STRAWBERRIES WITH MILK (and also other berries like blueberries, raspberries) is a simple dessert that you just have to try.

MEDUS KŪKA (Honey cake) is a multi-layered cake with honey as its main ingredient. It also has a creamy filling made from sour-cream between the layers. It is a sweet and delicious treat that goes very well served with an afternoon tea.

BEER from local breweries - excellent taste.

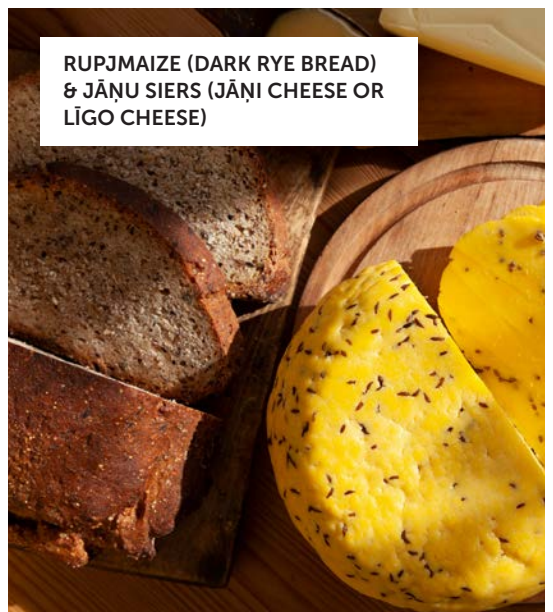
APPLE CIDER (and also made from other fruits and berries).

At the end of the day try **RIGA BLACK BALSAM** (Melnais Balzāms), a liqueur which comes in several flavours, the most popular of which being blackcurrant and cherry.

AUKSTĀ ZUPA
(SUMMER COLD SOUP)



RUPJMAIZE (DARK RYE BREAD)
& JĀŅU SIERS (JĀŅI CHEESE OR
LĪGO CHEESE)



BIEZPIENMAIZE
(LATVIAN CHEESECAKE)





FOOD WORKSHOPS AND PROGRAMMES (all over the country)

MAKE IT YOURSELF

FOR MORE INFORMATION ABOUT THE PACKAGE, MAKE A CLICK



A banquet on the farm with fishing in the sea, fish smoking, tasting, dancing and singing

RESTORĀNS „OTRA PUSE” (Restaurant „Otra Puse”)

📍 Jūras iela 6/8, Roja, Talsu novads, LV-3264, Latvia

@ rojahotel@inbox.lv, www.rojahotel.lv

The show „Travel in time” with fish smoking, ancient fishermen activities, stories and meal

ZVEJNIEKU SĒTA „DIENIŅAS” (Fisherman Farm „Dieniņas”)

📍 „Dieniņas”, Bērziems, Tukuma novads, LV-3113, Latvia

@ ivetaunoskars@inbox.lv, www.dieninas.lv

Bread baking workshop

SĒTA BĒRZIŅI (Farm Bērziņi)

📍 „Bērziņi”, Jūrkalnes pagasts, Ventspils novads, LV-3626, Latvia

@ jurislavstovskis@inbox.lv

The „Sklandrausis” (carrot bun) making workshop

SPĒLMAŅI KROGS (Spēlmaņi Tavern)

📍 Pils iela 7, Alsunga, Kuldīgas novads, LV-3306, Latvia

@ slavinski@inbox.lv, www.spelmanukrogs.lv

Bread baking workshop

SĒTA IEVLEJAS (Ievlejas Farm)

📍 „Ievlejas”, Sakas pagasts, Dienvidkurzemes novads, LV-3466, Latvia

@ ievlejasagita@inbox.lv, www.facebook.com/ievlejasmaize

Tour in the traditional rural homestead, seeing the ancient household items and cheese or butter making masterclass

SĒĻU SĒTA „GULBJI” (Rural Homestead „Gulbji”)

📍 „Gulbji”, Rubeni, Rubenes pagasts, Jēkabpils novads, LV-5229

@ gulbjumajas@inbox.lv

Cake/dessert making workshop

MĀJAS RESTORĀNS DZĪLES (Dzīles Home Restaurant)

📍 Zaļā iela 9, Malnava, Ludzas novads, LV-5750, Latvia

@ dzileslv@gmail.com, <https://dziles.lv>

Mandala tea workshop “Making your own herbal tea”

ZEMNIEKU SAIMNIECĪBA „OZOLIŅI” (Farm „Ozolīni”)

📍 „Annas Ozoliņi”, Zauves pagasts, Cēsu novads, LV-4113, Latvia

@ laukuteja@ozolini.lv, www.ozolini.lv

Rucava “white butter” making workshop

RUCAVAS TRADĪCIJU KLUBS „ZVANĪTĀJI” (Tradition Club „Zvanītāji”)

📍 “Zvanītāji”, Rucavas pagasts, Dienvidkurzemes novads, LV-3477, Latvia

@ sandra.rtkc@inbox.lv

Mushrooming and cooking workshop

VIESNĪCA KĀRĻAMUIŽA (Kārļamuiža Manor)

📍 Kārļi, Drabešu pagasts, Cēsu novads, LV-4138, Latvia

@ info@karlamuiza.lv, www.karlamuiza.lv

Masterclass of making dumplings made of roughly ground whole wheat flour

ZEMNIEKU SAIMNIECĪBA VAIDELOTE (Vaidelote Farm)

📍 „Vaidelotes”, Jauncode, Bauskas novads, LV-3901, Latvia

@ vaidelotes@gmail.com, www.vaidelotes.lv



FARMTOURS WITH TASTINGS

(all over the country)



TASTE
LOCAL FOOD

FOR MORE INFORMATION
ABOUT THE PACKAGE,
MAKE A CLICK



Tasting of herbal teas, green cocktails from medical plants



ZEMNIEKU SAIMNIECĪBA AVOTIŅI (Avotiņi Farm)

📍 „Avotiņi”, Lāde, Limbažu pagasts, Limbažu novads, LV-4001, Latvia

@ julmis@inbox.lv, <http://ulmis.lv>

Tasting of home-made fish products, apple ciders and wines



CĪRULIŠI MĀJAS LABUMI (Cīrulīši Homemade Goodies)

📍 „Cīrulīši”, Kaltene, Talsu novads, LV-3264, Latvia

@ siarozkalns@gmail.com
www.facebook.com/cirulisi

Home-made coffee from chicory tasting



KAFEJA ALIDA (Cafe Alida)

📍 „Dzelmītes”, Elkšņu pagasts, Jēkabpils novads, LV-5217, Latvia

@ kafeja.alida@gmail.com, www.kafejaalida.lv

Excursion and apple cider tasting



SABILES SIDRS (Sabile Cider)

📍 Rīgas iela 22, Sabile, Talsu novads, LV-3294, Latvia

@ visit@sabilessidrs.lv, www.sabilessidrs.lv

Excursion and tasting products from ostrich meat and eggs, as well as making souvenirs from ostrich feathers



STRAUSU UN KAZU FERMA NORNIEKI (Nornieki Ostrich and Goat Farm)

📍 „Nornieki”, Snēpeles pagasts, Kuldīgas novads, LV-3328, Latvia

@ nornieki@gmail.com, www.straussunkaza.lv

Tasting the hemp products and excursion in a traditional rural farm



KANĒPJU SĒTA ADZELVIEŠI (Adzelvieši Hemp Farm)

📍 „Adzelvieši”, Burtnieku pagasts, Valmieras novads, LV-4206, Latvia

@ info@adzelviesi.lv, www.adzelviesi.lv

Tour of the farm, ice-cream tasting made from the local eggs



GOGELMOGELS (Gogelmogel Ice Cream)

📍 „Ceplīši”, Skultes pagasts, Limbažu novads, LV-4025, Latvia

@ gogelmogels@gmail.com
www.facebook.com/gogelmogels

Birch sap adventure in „Birzī”



BIRZĪ (Birzī Birch Sap Factory)

📍 „Kainaži”, Brantu pagasts, Smiltenes novads, LV-4708, Latvia

@ birzi@birzi.lv, <https://birzi.lv>

Excursion in the windmill and the „Miller’s lunch” with wheat flour porridge and dessert



ĀRAIŠU VĒJDZIRNAVAS (Āraiši Windmill)

📍 „Vējdzirnavas”, Drabešu pagasts, Cēsu novads, LV-4101, Latvia

@ vineta.cipe@inbox.lv
www.facebook.com/AraisuVejdzirnavas

Guided tour with story, Latvian apple cider tasting and music



Mr PLŪME SIDRA DARĪTAVA (Mr. Plūme Cider)

📍 „Zīles”, Jumpravas pagasts, Ogres novads, LV-5022, Latvia

@ sidrs@mrplume.lv, www.mrplume.lv

Introduction of lamprey catching, preparing and tasting the grilled lamprey



CARNIKAVAS NĒĢI (Carnikava Lamprey)

📍 Zvejnieku iela 22, Carnikava, Ādažu novads, LV-2163, Latvia

@ info.krupis@inbox.lv
www.facebook.com/siakrupis



FARMTOURS WITH TASTINGS (all over the country)

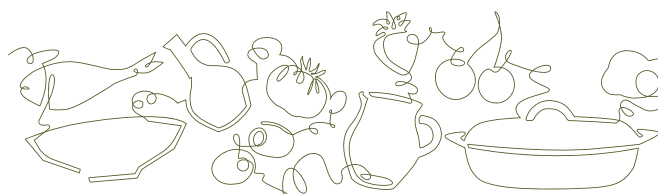


Educational tour in the mill, tasting the water pretzels, bread and pancakes made from locally made grains

KONU DZIRNAVAS (Ķoņi Mill)

📍 Ķoņudzirnavas, Ķoņu pagasts, Valmieras novads, LV-4247, Latvia

@ konudzirnavas@inbox.lv, <http://konudzirnavas.lv>



Tour in the goat farm, tasting the various kinds of goat cheese and goat milk ice-cream

KAZAS PIENA PRODUKCIJA LĪVI (Līvi Goat Farm)

📍 „Ozolkrogs”, Bērzaunes pagasts, Madonas novads, LV-4853, Latvia

@ kazas.siers@inbox.lv, www.facebook.com/zslivi

Trying out being a beekeeper!

MĀCĪBU DRAVA APIKARE (Apikare Training Apiary)

📍 “Dravasmāja”, Cīravas pagasts, Dienvidkurzemes novads, LV-3453, Latvia

@ www.apikare.mozello.lv



TASTE LOCAL FOOD



FOOD WORKSHOPS AND PROGRAMMES IN GAUJA NATIONAL PARK



ENJOY GOOD FOOD AND BEAUTIFUL NATURE

FOR MORE INFORMATION ABOUT THE PACKAGE, MAKE A CLICK



Preparation and tasting of dairy products together with a cheese master



SIERA MEISTARES JELENAS SAIMNIECĪBA „IEVIŅAS”
(Cheese master Jelena's farm „Ieviņas”)

📍 „Ieviņas”, Mārsnēnu pagasts, Cēsu novads,
LV-4129, Latvia

📧 ievinlauki@gmail.com

Wine workshop and degustation



KRIMULDAS MUIŽA (Krimulda Manor wine)

📍 Mednieku iela 3, Sigulda, LV-2150, Latvia

📧 info@krimuldasmuiza.lv, <https://krimuldasmuiza.lv>

Available programs: adventure „From grain to bread”, „A treat with the taste of freedom”, „Rye bread baking event”



Learn more about Latvian cultivated cereals and their foodstuffs and the annual rhythm on the farm. Offers an opportunity to get involved in the process of baking rye bread, to become a master of pie making, to cook farm-grown products in a vegetable soup by the fire, and to enjoy a Latvian-tasting meal in an old barn.

MAIZES MĀJA “KRŪMIŅI” (Bread house “Krūmiņi”)

📍 „Krūmiņi”, Liepas pagasts, Cēsu novads,
LV-4128, Latvia

📧 maizesmaja@gmail.com, <http://maizesmaja.lv>





Degustation and wine making workshop

ZILVER DZĒRIENU DARĪTAVA (Zilver winery)

📍 Pīlādži, Siguldas pagasts, Siguldas novads, LV-2150, Latvia

@ info@zilver.lv, www.zilver.lv

Ice cream making workshop and degustation

BLISS GELATO

📍 Līvkalna iela 6B, Sigulda, LV-2150, Latvia

@ info@blissgelato.com, www.blissgelato.com

Degustation of 10 Latvian flavours Masterclass - making your own special ice cream during the tour

SIGULDAS SALDĒJUMS (Sigulda Ice Cream)

📍 Pils iela 16, Sigulda, LV-2150, Latvia

@ info@siguldassaldejums.lv
www.siguldassaldejums.lv

Sweets making workshop, a chance to buy real Latvian bread - rye bread and smoked meat.

RĀMKALNI (Rāmkalni)

📍 Vītiņkalni, Krustiņi, Inčukalns, Siguldasnovads, LV-2141, Latvia

@ info@ramkalni.lv

Tours in brewery, bread is baked in the wood oven and delicious local meat products are smoked.

RAISKUMA LABUMU DARĪTAVA (Raiskuma Brewery)

📍 „Rūķi 1”, Raiskums, Cēsu novads, LV-4146, Latvia

@ raiskumietis@raiskumietis.lv
www.raiskumietis.lv/daritava

They offer tasting of bread, a short story - basic principles of baking healthy bread.

„CĒSU MAIZE” (Bakery „Cēsu Maize”)

📍 Rīgas iela 18, Cēsis, LV-4101, Latvia

@ cesu.maize@gmail.com, www.cesumaize.lv

Our guests are welcome to get to know our story, taste a real bouquet of garlic flavors grown in Latvia, as well as to learn the intricacies of growing garlic.

LATVIJAS ĶIPILOKS (Latvijas Ķīplok factory)

📍 Muciņas, Līvi, Drabešu pagasts, Cēsu novads, LV-4101, Latvia

@ inese@latvijaskiploks.lv, www.latvijaskiploks.lv



EVENTS

FOOD EVENTS
YOU SHOULD
VISIT

- 1 **Slow Food Straupe Market** takes place each month on the 1st and 3rd Sunday in Straupe Zirgu pasts. Gathering together local farmers, craftsmen and visitors.
- 2 **Home Cafe Days** in summer and the early autumn months.
- 3 **Rye bread festival** in July.
- 4 **Bread day in Āraiši Windmill** each year on the last Sunday of July.
- 5 **Milk, bread and honey Festival** in Jelgava every year, at the end of August.
- 6 **Latvian Vinemakers Festival** in Straupe Mare in September.
- 7 **Gardu Muti** in Valmiermuiža Latvian every solstice, 4 times in year.
- 8 **Zvejnieksvētki (fisherman's holiday)** in seaside towns in summer time.



VERIVORST (BLOOD SAUSAGE MIXED WITH BARLEY)
Traditional Christmas food.



Estonia



Estonian cuisine is a delightful mix of hearty dishes and has developed on the basis of traditional farm and estate cooking and offering, later following the traditions of cooking in cities. Use of domestic and local, incl. organic, foodstuffs is typical of Estonian food culture.

Different seasons are clearly expressed on Estonian food table. Besides fresh and lighter summer and autumn dishes, preserves and meat dishes are prevailing on food table in winter and spring. Spring is the season of fish dishes, summer is the season of berries and autumn is the time for mushroom and game dishes.

Welcome!



TRY ME

ESTONIAN FLAVOURS THAT YOU NEED TO TRY OUT ON YOUR NEXT TRIP



RUKKILEIB (rye bread/dark bread) - rye is a very popular ingredient and rye bread is worth eating every chance you get. Estonians make also a beverage, called kali, from rye bread. And for dessert lovers defenety leivasupp (bread soup) – creamy and sweet soup, that is usually made with soaked and mashed bread, raisins, fruit juice, cinnamon and sugar.

Räim (Baltic dwarf herring) is a subspecies of the Atlantic herring and is leaner than its Atlantic counterpart. Look for it on nearly every menu, prepared in a variety of ways.

KILU (a marinated spicy sprat fillet) is delicious with rye bread and occasionally complemented by poached or hard-boiled eggs, green onions, and fresh herbs.

KOHUKE (Estonian curd snack) which is offered in all kind of flavours, from vanilla to cheesecake and blueberry.

KAMA, a flour mixture which contains barley, oat, rye and pea flour. You can find kama mixed into all kind of desserts, but most commonly, you'll see it mixed with buttermilk or kefir.

VERIVORST (Blood sausage mixed with barley) may seem strange at first, but if you don't try it, you don't know if you will like it. It is traditional Christmas food.

MULGIPUDER, a unique porridge, consists of mashed potatoes and barley and makes for an excellent side dish. As a main dish it is often mixed with bacon and onions.

MULGIKAPSAD (Sauerkraut with Pork and Barley), which are cooked slowly, until the sauerkraut and barley are tender. It tastes much more and better that you'd imagine when looking at the short list of ingredients.

ROSOLJE (Mixed Beetroot Salad) is a „fuchsia-colored” salad from Estonian cuisine. It is prepared with pickled herring and bite-sized pieces of beets and potatoes, all coated in a refreshing, creamy dressing. With rosolje, all of the ingredients are mixed in the same bowl. This gives it plenty of different flavors and textures.

SÜLT (Meat Jelly) is a dish traditionally made from a mixture of meat, trotters, hocks, rind and other ingredients that have been cooked for several hours and cooled afterwards, forming a jelly. A traditional Christmas and wedding food served as an appetizer or as a meal itself.

HERNESUPP (Pea Soup) with yellow dried peas and smoked pork is a classic fastelavn festival food. Making this soup requires a bit of effort and patience, but the result is enjoyable.

GAME MEAT - delicious wild boar meat is definitely worth a try, and for the more adventurous, there are also a couple of restaurants serving bear meat.

At the end of the day try a **rum-based liqueur VANA TALLINN** (Old Tallinn), which is one of Estonia's hallmark products. Although the recipe is kept secret, some of the flavorings include citrus oils, cinnamon, and vanilla.

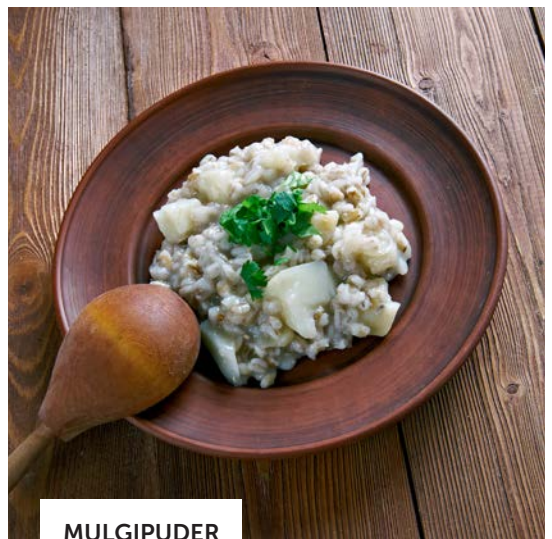
**KILU (A MARINATED
SPICY SPRAT FILLET)**



**KOHUKE
(ESTONIAN CURD SNACK)**



MULGIPUDER



FOOD WORKSHOPS AND PROGRAMMES



LEARNING
IS
EXCITING

FOR MORE INFORMATION
ABOUT THE PACKAGE,
MAKE A CLICK



How do small entrepreneurs in Estonia work? How are genuine bread, mustard or cider made on the farms? Come and see for yourself. The entrepreneurs will organize the workshops where you can experience what they do on their farms every day through hands-on interactions. Learn how to make some exciting meals, make cider, handle medicinal herbs and much more.

Estonian food culture workshops at Harmoonikum

HARMOONIKUM

- Viimsi alevik, Viimsi vald, Harjumaa, Estonia
- info@harmoonikum.ee, <https://harmoonikum.ee>

Workshop „Mõisanaps, a decantation workroom at Sagadi Manor”

SAGADI MÕIS (Sagadi Manor)

- Sagadi küla, Haljala vald, Lääne-Virumaa, Estonia
- sagadi@rmk.ee, www.sagadi.ee

Workshop „Cooking underground experience”

KAUKSI PUHKEMAJA (Kauksi Holiday House)

- Kauksi küla, Alutaguse vald, Ida-Virumaa, Estonia
- kauksi.puhkemaja@mail.ee
www.kauksipuhkemaja.ee

Workshop „Butter and barley bread workshop”

Workshop „Glazed curd snack workshop”

Workshop „Making sõir (a quark cheese)”

EESTI PIIMANDUSMUUSEUM (Estonian Dairy Museum)

- Hans Rebase tee 1/2-1, Imavere küla, Järva vald, Järva maakond, Estonia
- info@piimandusmuuseum.ee
www.piimandusmuuseum.ee

Estonian wines workshop at Estonian wine chamber at Hindreku Farm

HINDREKU TURISMITALU (Hindreku Tourist Farm)

- Valgma küla, Paide, Järvamaa, Estonia
- info@hindrekutalu.ee, www.hindrekutalu.ee

Workshop „Mustard making”

Cocktail and moctail workshop „The mysterious world of the flowers of Lääne County’s meadows”

TÄNAVA TALU (Tänava Farm)

- Haeska küla, Haapsalu, Läänemaa, Estonia
- marjatar24@gmail.com

Workshop „Mustard making”

MUSTJALA MUSTARD

- Pahapilli küla, Saaremaa vald, Saaremaa, Estonia
- info@mustjala-mustard.com
<https://mustjala-mustard.com>

Workshop „Let us make our own food!”

Workshop „Honest Horticulture workshop”

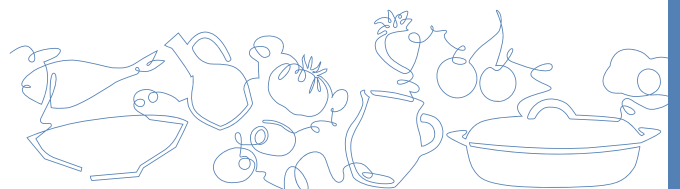
KLAARA-MANNI PUHKE- JA SEMINARIKESKUS (Klaara-Manni Holiday- and Seminar Center)

- Põhjala, Randivälja küla, Tori vald, Pärnumaa, Estonia
- info@klaaramanni.ee, www.klaaramanni.ee

Workshop „Joint cooking at Põnka Holiday House”

PÕNKA PUHKETALU (Põnka Holiday House)

- Rätsepa küla, Tori vald, Pärnumaa, Estonia
- info@ponkaland.com, www.ponkland.com



FOOD WORKSHOPS AND PROGRAMMES



Workshop „Jointly made gourmet meal at Riida farm in Manija”

RIIDA TALU MANIJA SAAREL
(Riida Farm in Manija island)

Manija küla, Manija saar, Pärnumaa, Estonia

riida@manilaid.ee, www.manilaid.ee

Educational programme “Food throughout the year in Estonian farms”

C. R. JAKOBSONI TALUMUUSEUM
(Farm Museum of C. R. Jakobson)

Kurgja küla, Põhja-Pärnumaa vald, Pärnumaa, Estonia

kurgja@memu.ee, <https://maaelumuuseumid.ee>

Workshop “Baking home made bread”

AVINURME PUIDUAIT (Avinurme Woodworking Center)

Võidu tänav 3, Avinurme alevik, Mustvee vald, Jõgevamaa

info@puiduait.ee, www.puiduait.ee

Programme „From water to bread or making flour in a mill and bread in a bakery”

HELLENURME VESKIMUUSEUM
(Hellenurme Mill Museum)

Hellenurme küla, Elva vald, Tartumaa, Estonia

mae@veskimuuseum.ee, <https://veskimuuseum.ee>

Workshop „Blood sausage workshop”

EESTI MAAELUMUUSEUM
(Estonian Agricultural Museum)

Pargi tänav 4, Ülenurme alevik, Kambja vald, Tartumaa, Estonia

info@memu.ee, <https://maaelumuuseumid.ee>

Cooking workshop of Maitseelamuse Koda

MAITSEELAMUSE KODA (Chamber of Flavours)

Peipsiääre vald, Tartumaa, Estonia

maitseelamuse.koda@gmail.com

Workshop „Fish cooking on Lake Peipsi”

Workshop „Tea culture in Peipsiveer”

Workshop „Honey Hut on the Onion Route”

MESI TARE (Mesi tare guesthouse)

Kesk tänav 119, Varnja alevik, Peipsiääre vald, Tartumaa

info@mesitare.ee, <https://mesitare.ee>

Plant world workshop “Väetoidu aastaring” (Superfood All Year Round)

JUULAMÕISA KOHAPÄRIMUSKOHVIK
(Local Heritage Cafe of Juulamõisa)

Juula küla, Tartu vald, Tartumaa, Estonia

eneli.kaasik@gmail.com, <https://juulamois.ee>

Workshop „The healing flavours of Energia Farm”

ENERGIA TALU (Energia Farm)

Vihi küla, Põhja-Sakala vald, Viljandimaa, Estonia

info@energiatalu.ee, www.energiatalu.ee

Programm „An evening of Estonian food and folk tales”

MÄNNIKU (Männiku Forest Farm)

Intsu küla, Viljandi vald, Viljandimaa, Estonia

metsatalu@metsatalu.ee, www.metsatalu.ee

Workshop „Making sõir (a quark cheese) in Seto style”

TOOMEMÄE TALU KODURESTORAN „Maagõgõnõ”
(Home restaurant Maagõgõnõ at Toomemäe farm)

Saabolda küla, Setomaa vald, Võrumaa

toomemaetalu@gmail.com

Workshop “Pliinidõ küdsäminõ Taarka Tarõ Kõögikõsõh” (Baking pancakes in the Setomaa style)

TAARKA TARÕ KÕÖGÕKÕNE (Cafe Taarka Tarõ)

Obinitsa küla, Setomaa vald, Võrumaa

rieka@taarkatare.ee

FARMTOURS WITH TASTINGS

TASTE
LOCAL FOOD

FOR MORE INFORMATION
ABOUT THE PACKAGE,
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Programm "Visit to Piesta Kuusikaru applefarm with tasting"

PIESTA KUUSIKARU TALU (Piesta Kuusikaru Farm)

 Kullimaa küla Põhja-Pärnumaa vald, Pärnumaa, Estonia

 kylli@kuusikaru.ee, www.piesta.ee

Programm „A visit to the winery Valgejõe Veinivilla”


VALGEJÕE VEINIVILLA (Valgejõe Winery)

 Valgejõe küla, Kuusalu vald, Harjumaa, Estonia

 info@veinivilla.ee, www.veinivilla.ee

Programm „Tasting craft wines at Habaja Distillery”

HABAJA VIINAVABRIK (Habaja Distillery)

 Kose maantee 2, Habaja alevik, Kose vald, Harjumaa

 vein@habaja.ee, <http://habaja.ee>

Programm „Visit and wine tasting at Allikukivi Winery”

ALLIKUKIVI VEINIMÕIS (Allikukivi Winery)


 Allikukivi küla Saarde vald, Pärnumaa, Estonia

 info@allikukivi.ee, www.allikukivi.ee

Cider workshop „Dégorgement’ in Tori Cider Farm”

Programm „Cider tour in Tori Cider and Wine Farm at the edge of Soomaa”

TORI SIIDRI- JA VEINITALU (Tori Cider and Wine Farm)

 Jõesuu küla, Tori vald, Pärnumaa, Estonia

 info@siidritalu.ee, www.siidritalu.ee

Programm „Visit to Jaanihanso Cider House with tasting”

JAANIHANSO SIIDRIVABRIK (Jaanihanso Cider House)

 Kaelase küla, Põhja-Pärnumaa vald, Pärnumaa, Estonia

 cider@jaanihanso.ee, www.jaanihanso.ee

Programm „Visit to Järiste Winery and degustation of artisanal wines”

JÄRISTE VEINITALU (Järiste Winery)

 Aiamaa küla, Nõo vald, Tartumaa, Estonia


 veinitalu@gmail.com, <http://jaristeveinitalu.com>

Programm „Estonian viticulture and workshops in the vineyard”

Workshop „Personal winemaking in the winery”

Primary course „Making craft wine”

MURIMÄE VEINIKELDER (Murimäe Winery)

 Truuta küla, Otepää vald, Valgamaa, Estonia

 info@murimaevein.ee, <https://murimaevein.ee>

Programme „Picturesque cider tour and tasting at Siidrikoda”

SIIDRIKODA KODAS (Cider Farm Kodas)


 Valgjärve küla, Kanepi vald, Põlvamaa, Estonia

 broneering@kodas.ee, <https://kodas.ee>

Programm „Educational wine tour with tasting”

UUE-SAALUSE VEINITALU (Uue-Saaluse Winery)

 Uue-Saaluse küla, Rõuge vald, Võrumaa, Estonia

 info@uuesaaluseveinitalu.ee
<https://uuesaaluseveinitalu.ee>

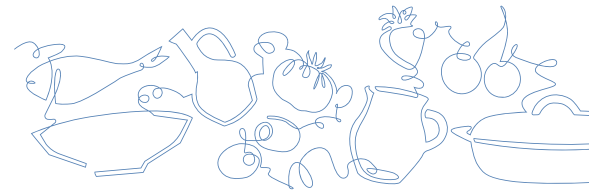


EVENTS

FOOD EVENTS
YOU SHOULD
VISIT



The summer and autumn are busy seasons for Estonian cuisine. Regional food events showcase local ingredients and food producers. The list of events is by no means final, as new festivals pop up all the time.



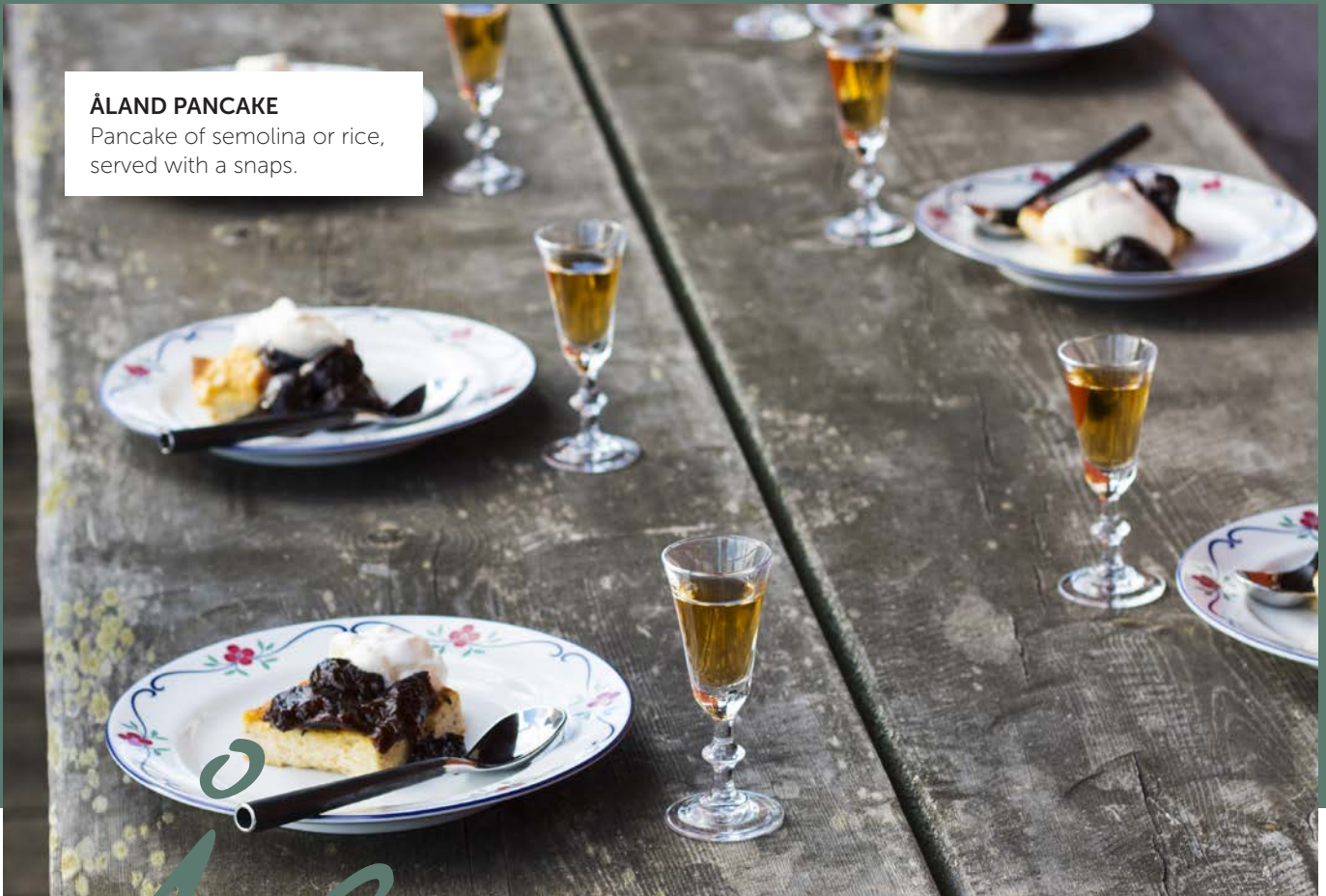
See more from www.visitestonia.com

- 1 **RäimeWest herring festival** in May, in Pärnumaa
- 2 **Tuulekala (Garfish) festival** in May, in Hiiumaa
- 3 **Sõira Festival** in June, in Setomaa
- 4 **Rääbise (Vendace) Festival** in July, in Jõgevamaa
- 5 **Saaremaa Food Festival** in September, in Saaremaa
- 6 **Küüslaugu (Garlic) festival** in August, in Jõgevamaa
- 7 **Lesta (Flounder) Festival** in August, in Hiiumaa
- 8 **Lüübnitsa Onion & Fish Festival** in August, in Võrumaa
- 9 **Peipsi Food Street 175 km**, in August when Pop-up restaurants will be opened on a road that is 175 km long in total.
- 10 **Onion festival in Lüübnitsa**, in Võrumaa
- 11 **Honey festival in Karksi-Nuia**, in Viljandimaa
- 12 **Tartu Food- and Wine Festival** in August, in Tartumaa
- 13 **Open Café Days in all over Estonia** from May till September



ÅLAND PANCAKE

Pancake of semolina or rice, served with a snaps.



Åland, Finland



For Ålanders food is exceptionally important. With respect for nature we aim to live according to the season and prepare a lot by hand. The fresh sea air, fertile soil and long growing season allows for a high quality and unique aromas – difficult to find anywhere else.

Back in the day people living in the archipelago had to preserve the little they had. That way of thinking still lives on and, today, is the foundation for what is considered sustainability.

A hundred years ago, Ålanders were experienced seafarers who were used to sailing around the seas of the world. On their travels the seamen experienced new flavours and returned back home with new spices, ingredients and influences. You can still see traces of this heritage until this day. New influences are brought in innovatively from foreign cuisines!

Make food and drink like a local



TRY ME

ÅLAND FLAVOURS THAT YOU NEED TO TRY OUT ON YOUR NEXT TRIP

ÅLAND PANCAKE - in the old days in the archipelago, serving pancake with a snaps was a way to lure passing boats to stop by at the jetty to share local gossip as well as world news. Still today, Ålanders and foreigners gather around the Åland pancake and most local cafes and restaurants have it on their menu. When it comes to the question of semolina or rice, the choice is yours. It could be noted, however, that semolina is actually produced locally whereas rice has to be imported.

WATERFOWL - roasted waterfowl, waterfowl soup, "råddarkrâpå" - the local dishes based on waterfowl are quite a few and deeply rooted in our society. For a long time, fresh waterfowl was a sure sign of spring but today spring hunting is illegal according to the EU. As a result, the most frequent species have changed from eider and scoter to goldeneye and tufted duck and in the autumn flocks of mallards passing through the archipelago on their way south. Traditionally the bird is plucked, then seared over a fire of elder wood to give it the right flavor. The seasoning usually consists of bay leaves, juniper berries, allspice and a lot of onions. The dish is often served with lingonberries, unless it is a soup.

SUNDSPIROG - also called Bomarsundspirog or Russian Minced Meat Pasty, is clear evidence of Russian presence in Åland. Finland, and therefore Åland too, was under Russian rule between 1809 and 1917 and thousands of Russian soldiers were temporarily housed in local farms during the construction of the Bomarsund Fortress in Sund. The Russian Minced Meat Pasty, or Sundspirog, is wheat dough stuffed with fried minced meat, cooked rice and boiled eggs. In other words, real food for a lumberjack. Or should we say real food for a fortress builder?

ÅLAND BLACK BREAD was originally intended for long sea voyages and it takes several days for the bread to get its dark colour. After baking, the loaves are left in the stove to cool and are then wrapped in wool blankets. Rye, sourdough and in some cases sour milk are the main ingredients but time and handicraft decide the outcome.

Black bread will keep for a long time and is therefore an excellent provision when heading for fishing communities or going on trading trips to nearby places. When the bread was eventually too dry to eat, it could be boiled in water to make a porridge, which is called "Beso" in the eastern parts of the archipelago.

Even today, black bread is a must-have in most local homes both on weekdays and during holidays. It is served with butter, pickled herring or other types of pickled fish and different kinds of sauces.

HERRING "How many pans a person?" is an old way of measuring when it comes to herring. Whether you prefer filets or whole herring with only the head and intestines removed, is a question of taste. A whole herring, tail and all, takes but a few minutes to prepare, which is a true sign of fine quality. It is also easier to tell how fresh a fish is if it is intact. Puritans claim that a herring should not be stored for more than an hour or so and that it should move and flap in the pan to taste the best. Fried herring is often served with mashed potatoes, lingonberries, pickled cucumber or pickled beetroots.

Åland, Finland



SMOKED FISH



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SMOKED FISH is something of a national sport in Åland and summer cottage without a fishnet and some kind of smoker is quite rare. In Åland smoked fish usually means that it is hot-smoked, most commonly using alder and juniper, two species of wood that are also predominant in the barren archipelago of the Åland Islands. The Ålanders themselves mostly fish and smoke perch, whitefish and flounder but in local shops and markets you can always find smoked and seasoned trout or salmon.

CREAM FILLED DONUT - in 1965, the Cream Filled Donut was introduced in Åland and today it has its given place in our society. It all started thanks to baker Hjördis Karlsson. The idea to fill a long donut with fresh whipped cream was something Hjördis Karlsson picked up from Sweden. The very first cream filled donuts were baked at Lilla Hembageriet, a nowadays torn down yellow wooden house in Nygatan in central Mariehamn. The donuts became so famous that they were flown to Helsinki to be sold at Stockmann department store. The only change to the original donut is that today there is also a slightly smaller version. Why change something perfect? The question of whether there should be apple puree or raspberry jam under the whipped cream is perhaps the biggest controversy.

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FOR MORE INFORMATION
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Åland, Finland



Apple safari in Northern Åland, Tjudö

ÖFVERGÅRDS

📍 Vesterbacken 76, 22330 Tjudö, Åland Islands, Finland

📧 info@ofvergards.ax, <https://ofvergards.ax>

Ecological family farm with own cheesery

MATTAS GÅRDSMEJERI

📍 Norra Finbyvägen 8, 22530 Sund, Åland, Finland

📧 gardsmejeri@mattas.ax, <https://mattas.ax>

Ecological family farm with vegetarian tastings and handicrafts

HIMMELSGÅVA

📍 Himmelsgåva, 229 40 Åva, Åland Islands, Finland

📧 himmelsgava@gmail.com, <https://himmelsgava.ax>

An island in Åland islands known about their highland cattles. Accommodation, tastings and activities.

JURMO

📍 Island Jurmo, Åland Islands, Finland

📧 djurmo@jurmo.ax, <http://jurmo.ax>

Accommodation and wine tastings in a 17th century country house milieue

KVARNBO PENSIONAT AND WINE TASTINGS

📍 Kvarnbo-Kyrkvägen 48, 22430 Saltvik, Åland Islands, Finland

📧 info@kvarnbopensionat.ax
<https://kvarnbopensionat.ax/en>

Factory visit with lemonade tasting

AMALIAS LIMONAD (Lemonade factory)

📍 Lemlandsvägen 1865, 22610 Lemland, Åland Islands, Finland

📧 limonad@limonad.ax, <https://limonad.ax>

Chocolate factory and workshops

MERCEDES CHOCOLATERIE (Mercedes chocolate factory)

📍 Lemlandsvägen 1865, 22610 Lemland, Åland Islands, Finland

📧 mercedes@chocolaterie.ax, <https://chocolaterie.ax>

Restaurant and the southernmost apple orchard in Finland

PEDERS APPLAGÅRD (Peders Apple Garden)

📍 Österbyggevägen Kökar, 22730 Åland Islands, Finland

📞 +358 40 0826608, www.aplagarden.ax

Brewery and restaurant with tastings and guiding

STALLHAGEN BREWERY

📍 196 Getavägen Godby, 22410 Åland Islands, Finland

📧 pubstallhagen@stallhagen.com
www.stallhagen.com

Danish style hotel and restaurant

CARLSRO BADHOTEL

📍 Lumparlutsvägen 12, 22710 Degerby, Åland Islands, Finland

📧 info@carlsro.ax, www.carlsro.com

Family farm and accommodation

SOMMARÖGÅRD (Summer Garden)

📍 Föglövägen 1262, 22710 Åland Islands, Finland

📧 info@sommarogard.ax, <http://sommarogard.ax>

Pig farm in the forest and horse wagon excursions

NYGÅRDS SKOGSGRISAR

📍 Norrbyn 45, 22530 Sund, Åland Islands, Finland

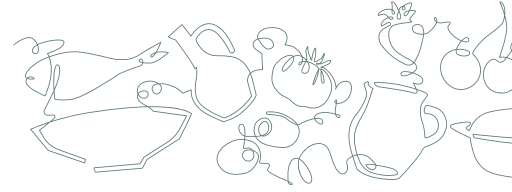
📧 ronja.brenner@aland.net

Åland, Finland



EVENTS

FOOD EVENTS
YOU SHOULD
VISIT



- 1 **Åland Spring Fair (Åland grönskar)** in May. Discover Åland in the time of the apple blossoms and spring asparagus during the last weekend of May.
- 2 **Åland Harvest Festival „Skördefesten”** at the end of September.



TASTE
LOCAL FOOD



RURAL TOURISM ORGANISATIONS



Baltic Country Holidays

www.countryholidays.lv

ADDRESS

Kalnciema str. 40, Riga, Latvia
+371 67617600

lauku@celotajs.lv

www.countryholidays.lv

BALTIC COUNTRY HOLIDAYS

(Lauku ceļotājs) is a Country Tourism Association based in Latvia, established in 1993. The association unites small family-run accommodation and service providers in the Latvian countryside. Since then, the organisation has grown in size, and has varied and developed its products to include all three Baltic States. Through many years of operation, great relationships have been established with suppliers, and visitors benefit from this extensive local knowledge and personal service.



ADDRESS

Lielā iela 30, Ieriķi, Latvia
+371 28658900

info@entergauja.com

www.entergauja.com

ENTER GAUJA

Gauja National Park Tourism Cluster with the brand name "Enter Gauja" was created in 2012 to strengthen tourism destination and enhance its competitiveness in international markets. Today the Cluster combines a wide range of tourism entrepreneurs. Many small businesses have grown and developed and are now well known locally, regionally and internationally. Overnight stays have increased by 30% and Gauja National Park is now the second most visited tourist destination in Latvia after Riga, with more than 1,000,000 visitors a year.



ADDRESS

Laurinkatu 50, 08100 Lohja, Finland
+358 44 369 1309

tourist@lohja.fi

www.visitlohja.fi

VISIT SOUTH COAST FINLAND

Visitlohja is a regional tourism office in southern Finland. Visitlohja is run by the city of Lohja and co-operating with local tourism entrepreneurs and associations. Their common target is to develop the best possible tourism experience for visitors. Products and services offered include good accommodation in a rural atmosphere. A unique part is to make your own food in the forest to high end cuisine in awarded restaurants and activities – from small hikes in pristine nature to glass blowing in the world-re-nowned Fiskars Village. The region is situated right next to Helsinki and can therefore provide an unrivalled combination of the Finnish lifestyle, culture and nature.



E·E·S·T·I
MAATURISM
ESTONIAN
RURAL TOURISM

ADDRESS

Vilmsi 53 G, 10115 Tallinn, Estonia
+372 600 9999

eesti@maaturism.ee

www.maaturism.ee

ESTONIAN RURAL TOURISM ASSOCIATION

Established in January 2000, the non-profit organisation Estonian Rural Tourism (ERTO) represents the common interests of rural tourism providers in order to support the development of countryside tourism in Estonia. ERTO with its members forms a rural tourism cluster comprising rural tourism accommodation providers, active tourism providers, rural SMEs in agricultural and production sectors, travel associations, schools teaching tourism and others. The organisation works closely with a range of tourism umbrella organisations and stakeholders.



**FÖRETAGSAM
SKÄRGÅRD**

ADDRESS

Jomalagårds vägen 16, 22150 Jomala,
Finland
+358 407444877
info@skargarden.ax
www.skargarden.ax

RURAL TOURISM ORGANISATIONS

FÖRETAGSAM SKÄRGÅRD

Företagsam Skärgård (Enterprising Archipelago) is a non-profit organisation established in 2007 to support the development of the region of the Åland Islands archipelago and its 6 archipelago municipalities in the around 40 inhabited islands in its area. Several development projects are being undertaken and Företagsam Skärgård maintains a good communication network to important actors in the archipelago, as well as to related archipelago areas in Europe.

Söderhamn°

ADDRESS

Södra hamngatan 50,
826 50 Söderhamn, Sweden
+46 270 753 53
info@visitsoderhamn.se
www.visitsoderhamn.se

VISIT SÖDERHAMN

Visit Söderhamn's mission is to make Söderhamn an attractive destination to visit and experience all year round. Their work takes place in close collaboration with the business community and associations, to develop, profile and market Söderhamn as a destination. Visit Söderhamn provides brochures, maps and digital information and helps with the booking of activities and accommodation in Söderhamn and Hälsingland. A tourist information office is located in central Söderhamn and is open during the summer. Visit Söderhamn also has 5 InfoPoints strategically located around Söderhamn, tourist service places where the visitor can get tourist information.

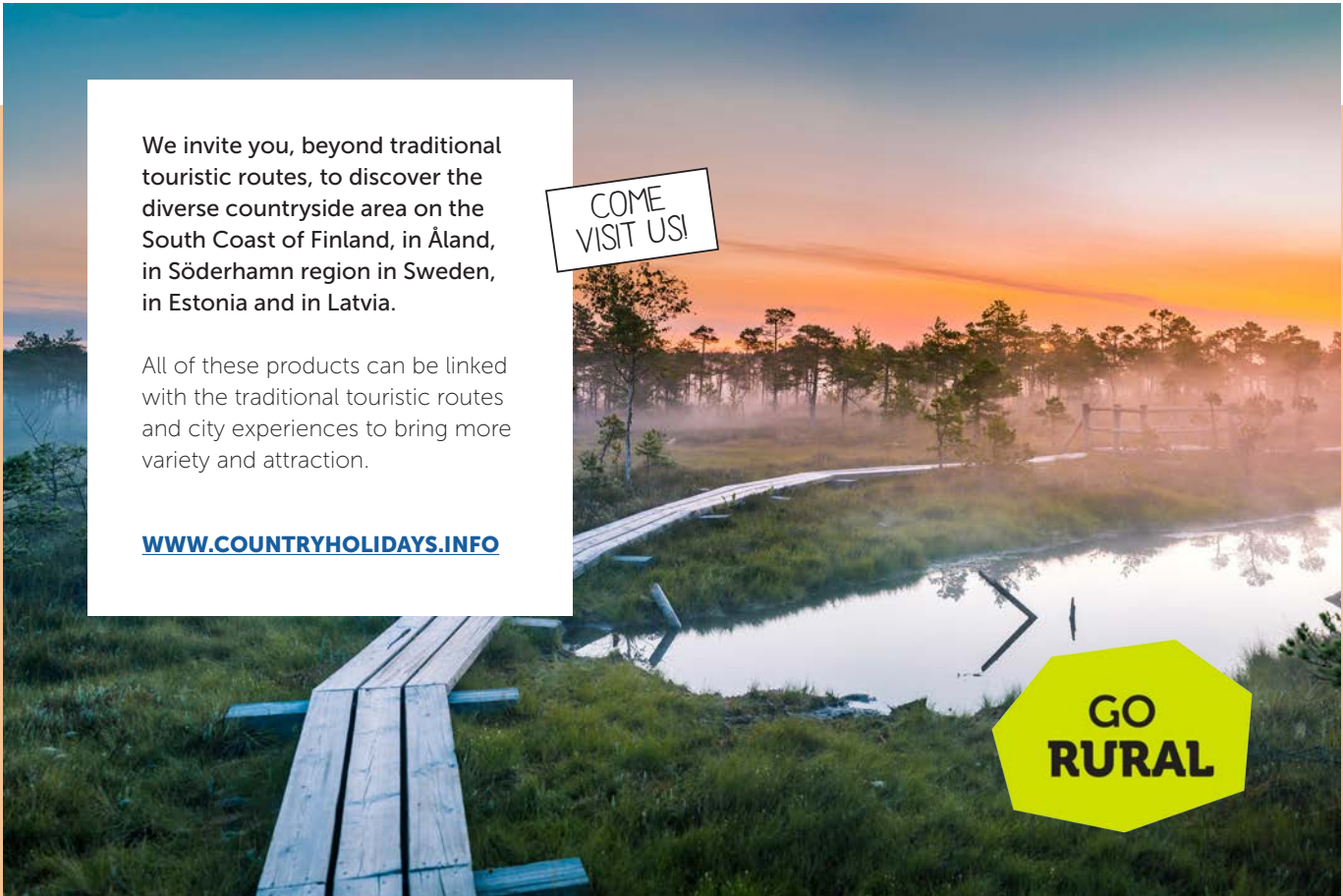
We invite you, beyond traditional touristic routes, to discover the diverse countryside area on the South Coast of Finland, in Åland, in Söderhamn region in Sweden, in Estonia and in Latvia.

All of these products can be linked with the traditional touristic routes and city experiences to bring more variety and attraction.

WWW.COUNTRYHOLIDAYS.INFO

COME
VISIT US!

GO
RURAL





EUROPEAN UNION
European Regional Development Fund



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