



## PRIDE 2 – “Partnership for Rural Improvement & Development in Europe”



The PRIDE 2 project follows the successful delivery of PRIDE in 2017-17. As before around 15 European countries offer a number of pre-agreed ‘structured training courses’ (STC’s) to adult education staff from Grampus’s UK-based consortium of 15 partners involved in rural sustainability. PRIDE 2 embraces “Green Village” (an earlier “Leonardo da Vinci” project) principles of environmental, cultural, social and economic sustainability in the countryside

### Structured course “OLIVES, ALMONDS & WILD FOOD”

30th October to 6th November

Host: Kato Drys Community Council – CYPRUS

The wet winter and spring of 2019-20 has resulted in some bumper crops here in the mountainous parts of Cyprus's Larnaca District! Our 'PRIDE 2' (Partnership for Rural Improvement & Development in Europe) project is alive and kicking and we are looking for 9 trainers, teachers, demonstrators to join a training course; Kato Drys Community Council offer OLIVES, ALMONDS & WILD FOOD – 30th October to 6th November.

The Erasmus+ PRIDE2 project grant will flights, accommodation, food and internal travel.



#### Program:

The host manages an olive grove in nearby Skarinou and harvest almonds at Athasi Heights and around Kato Drys. We are extremely fortunate in Kato Drys to have Yakobus Kornioti, (Elli Kornioti) an almond expert who will tell us something about the huge variety of types and their critical importance for bees.

**Day one:** arrival to Larnaca or Paphos, transfer to Pano Lefkara.

**Day two:** we gather our hand rakes, nets and reciprocating combs for a day of olive picking in Skarinou (Marios

Papantoniou). WE must gather 100 kilos plus. Lunch is a picnic amongst the trees of village bread, local tomatoes and halloumi, olives (of course!) and homemade lemonade ! In the evening a welcome meal from a wood-fired oven - with a focus on sustainability.

**Day three:** a more relaxed (Sunday 1st November) day, starting in a 1,000 year old olive grove in Kato Lefkara, where we discuss these endangered relic trees from the Crusaders and Frankish times.... then

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its foraging for mushrooms, capers, wild herbs, mosfillo berries (hawthorn-type), Pistacia terebinthus seeds....etc., a huge variety of natural abundance.



**Day four:** we finish our olive picking and it's off to the mill in Choirokoitia (Marios Nikolaou ), where our own olives will be crushed; while we excitedly wait to see our yield of extra-virgin olive oil, we snack on toast with new oil (oops...just drooled on the keyboard!!) - each of us get our very own bottle to take home. We call in at the Neolithic World Heritage site and see how 7,000 years ago the locals were still hunter/gatherers but also farmers, with goats and cattle and fields of early wheat varieties.

**Day five:** visit to Nicosia to look at evidence of food gathering on ancient ceramics in the National museum and visit shops and markets on the theme of local food - free time in the divided capital

**Day six:** almond day with nets, catchers and rattling poles to knock the nuts from the branches.... in between we see Panayiota Demetriou making and preserving a variety of products - and have a go

**Day seven:** A day in the mountains...focus on the special dried and smoked meats, preserved fruits, rose products and (if there's been rain) forest mushrooms

**Day Eight:** Departure day but a chance to really explore the value of local and wild food in a Europe torn apart by a disastrous pandemic - will we re-embrace our rural roots?

We get time for swimming in the sea and shopping throughout our busy schedule!

Inquiries and application form or write to [jessica@grampusheritage.co.uk](mailto:jessica@grampusheritage.co.uk)

**For more information please contact:**

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