



Cofinanciado por
la Unión Europea

FOOD and SUSTAINABILITY

Mallorca - Spain

IES Inca

Sustainable tourism in European coastal areas

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FOOD and LOCAL PRODUCTS

Gastronomical Map of Mallorca



- There are many local fruits and vegetables in the Balearic Islands and, therefore, in Mallorca.
- With all of these fruits and vegetables many local products are made.

LOCAL FRUITS AND VEGETABLES

POTATO (Sa Pobla)



ORANGES (Soller)



ALMONDS



**VEGETABLES -
(Mediterranean)**

**TOMATOES
(Mediterranean)**



LOCAL FRUITS AND VEGETABLES

OTHER



RED PEPPER (Marratxí)



OLIVES - OIL (Caimari)



LOCAL FARM ANIMALS

ECOLOGICAL LAMB



BLACK PORK



**PORC NEGRE
MALLORQUÍ**

@autoctones_balears



LOCAL PRODUCTS

SOBRASSADA



PANADES



LOCAL PRODUCTS

WINE



CHEESE



LOCAL PRODUCTS

ENSAÏMADA



RUBIOLS and CRESPELLS



WHERE CAN WE FIND THEM ?

MARKETS

- Visiting the local markets allows us:
 - To see the customs and traditions of the towns.
 - To see what the most common foods in the area and its artisanal products are.
 - To find seasonal products and ecological products.



MARKETS



Mercado de Inca



Mercado de Sineu

ECOLOGICAL MARKETS



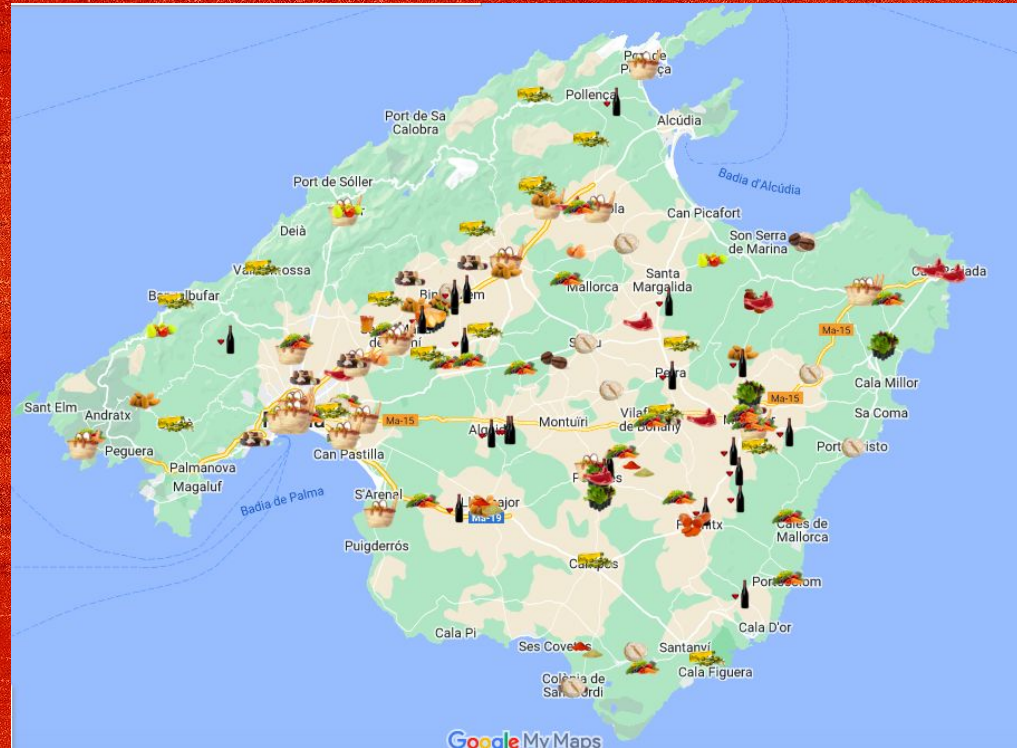
Mercado de Alcudia



MARKETS



Ecologic Google Maps - online finder



How local products are promoted in restaurants and hotels



SLOW FOOD Balearic Islands



WHAT DO THEY DO?

El Ginebró (Inca)

- It offers a healthy and varied daily menu from Monday to Friday, made with local products and with an excellent quality-price ratio so you can enjoy good food with organic and seasonal products.
- Every weekend it offers a 6-course tasting menu made with organic and seasonal products.

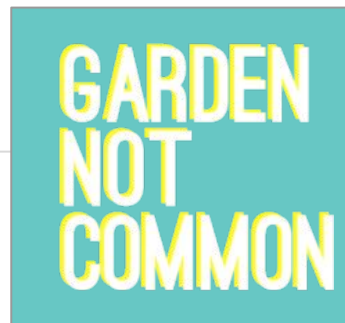
Es Ginebró - Restaurant vegetarià i ecològic a Inca (esginebro.com)



Garden Hotels

They offer their customers local and seasonal products that have been grown locally and, in this way, they support the local community and contribute to strengthening indigenous production. This food is later offered in the ecological buffets of these hotels.

They also promote organic production in the Balearic Islands, acquiring fruits and vegetables from different Mallorcan agricultural cooperative.



km 0

Organic
Mallorcan Lamb

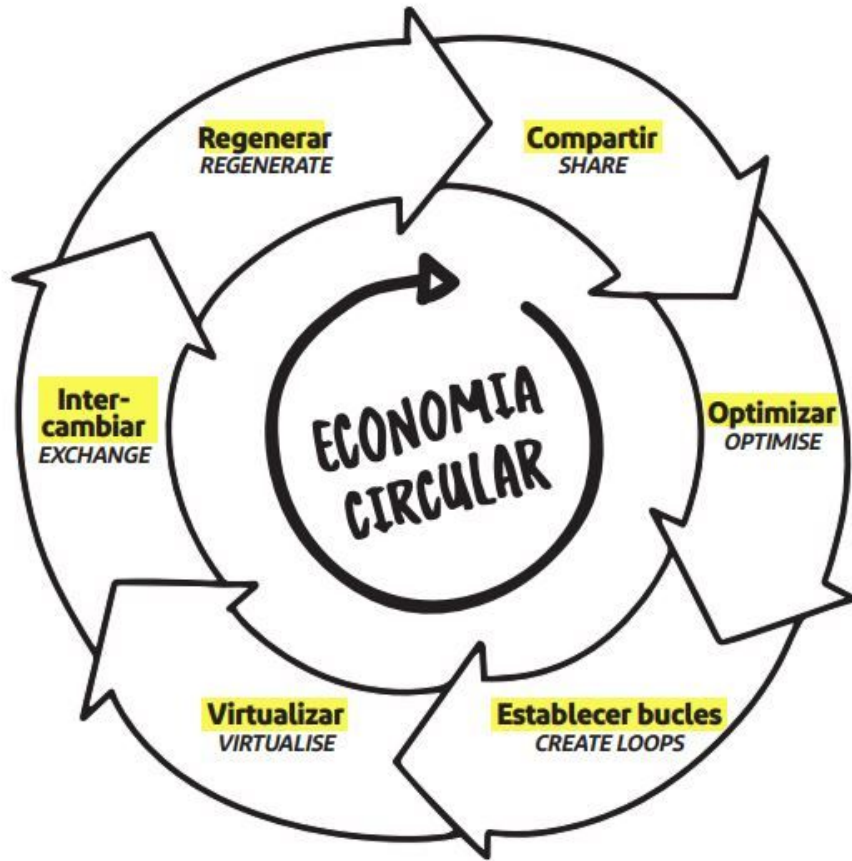
Plastic Free

Compost



95,000 kg of products of Balearic origin

We are committed to local, proximity (km 0) and seasonal products. We believe in a slow food philosophy driven by local businesses, prioritising food that is good for you, good for us and good for the planet.



CONTROL ORGANISATIONS

- They are publicly funded organizations and non-profit private associations that help conserve, control and promote natural products that are cultivated in a specific place. In this case we are focusing in control organizations that specificlley protect the local products from the Balearic Islands.



ORIGEN PROTECTED organism Balearic Islands Quality



- WINE
- OLIVE
- OIL
- CHEESE
- PAPRIKA



PROTECTED GEOGRAPHICAL INDICATION

organism Balearic Islands Quality



- SOBRASSADA
- ENSAÏMADA
- ALMONDS



IGP Ametlla de Mallorca

ECOLOGIC -

- CBPAE ecological agricultural production council
- APAEMA ecological agricultural production association





Thanks!

Any questions?

- Sarah
- Aina
- Blanca
- Noah