



Crete's Culinary Sanctuaries Eco-Agritourism Network

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2022 Private Study Tour in Crete, Greece

The Culture and Cuisine of Crete and Mediterranean Diet Concepts

7-Day Program for The University of Wisconsin, Stevens Point

June 5 – 11, 2022 (Crete Segment)

An experiential learning program designed to provide an overview of the culture, nature, agriculture, and cuisine of Crete

- Group Organizer/Leader: Professor Elizabeth Fakazis, UWSP
- Resident Study Tour Coordinator: Nikki Rose, Founder, Crete's Culinary Sanctuaries
- Based on arrival at Heraklion Airport on Day 1 and departure from Heraklion Airport on Day 7
- **6 Days (Day 7, Travel Day).**
- Preferred lodging: Based on availability at registration confirmation, subject to change.
- Heraklion Hotel – 2 nights. Marin Dream marinhotel.gr
- Archanes – 4 nights. Troullos Apartments. troullos.gr and VillaArchanes.gr
- NOTE: ALL STUDENTS MUST CARRY THEIR STUDENT IDS WITH THEM AT ALL TIMES TO ENTER HISTORIC SITES.
- **IMPORTANT:** On days designated "Outdoor Activities" please be prepared for long walks/hikes in full sun on old stone walkways, archaeological sites, or rocky dirt paths with sticker bushes, farms, kitchens, food production factories. Always bring water with you wherever you go, a hat, wear very comfortable walking shoes and clothes. No skimpy shirts or shorts, please, especially on days where you'll visit religious sites. You will not be allowed to enter without following their dress code.
- The temperature can drop significantly at night. Bring a sweater based on the itinerary. It could rain during your visit. Bring a lightweight, hooded raincoat.

Study Tour Resident Organizer: Nikki Rose



Nikki Rose is a Greek American professional chef, writer and seminar director living in Crete. She is a graduate of the Culinary Institute of America and has worked in fine dining, culinary education, journalism and sustainable tourism projects around the world. Chef Rose has published over 100 articles and contributed to books, academic conferences and mentor programs, TV and radio programs focusing on cuisine, heritage preservation and sustainable tourism. Rose frequently speaks at international conferences and is an adviser for sustainable tourism/culinary heritage projects around the world. Rose's recent published papers: Routledge Handbook of Sustainable Food and Gastronomy; and Cambridge Scholars, Meeting the Challenges of Climate Change to Tourism. Rose's book, "Crete: The Roots of the Mediterranean Diet," highlights her decades of work in Crete.

Chef Rose is founder of Crete's Culinary Sanctuaries, an award-winning program for best practices in Responsible/Sustainable Travel. Rose formed CCS "school without walls" in 1997 to help provide tangible support to residents working on action programs to protect their cultural and natural heritage. Teachers in the CCS Network include resident university professors, archaeologists, botanists, ecologists/mountaineers, professional chefs, fishers, organic farmers-producers, vintners and sustainable tourism/community-based tourism practitioners. CCS organizes a range of dynamic seminars for academic institutions, health and tourism professionals and has hosted over 3,000 students, teachers and researchers to date.

Rose/CCS has received numerous awards from National Geographic, the United Nations Convention on Biological Diversity, the UN-World Tourism Forum for Peace and Sustainable Development, World Travel and Tourism Council, and is featured in National Geographic, NPR, WSJ, The New York Times, Lonely Planet, Archaeology Magazine, Australian Gourmet Traveller, France 24, TV New Zealand, and O'Globo Brasil.



Throughout this study tour, students will meet over 20 resident specialists on-site for presentations and tours:

- *Archaeological and historic sites*
- *Nature reserves, organic farms, and vineyards*
- *Traditional villages, tavernas, and artisan food production facilities*
- *Several distinctly different cooking demos or classes featuring fresh, local and organic ingredients*

CCS Network Study Tour Teachers (brief listing, subject to change)

1. Resident Botanist, Natural History Museum
2. Agronomist, PhD, Agrobiodiversity
3. Chef-Proprietor, Organic Farmer, Olive Oil Producer
4. Traditional Chefs, Bakers, Artisan Food Producers
5. Licensed historians for private tours of Archanes, Knossos, and Heraklion
6. Specialists of Wild Plants and Herbs used in Traditional Cuisine and Teas
7. Award-Winning Sustainable Community-Based Tourism Practitioners
8. Award-Winning Organic Farmers, Vintners, Olive Oil Producers



Resources, links to Crete's Culinary Sanctuaries Work - brief listing:

National Geographic Center for Sustainable Destinations, Articles by Nikki Rose
<https://destinationcenter.org/2014/02/development-endangers-med-diet-foods/>

CCS Founder, Nikki Rose, Paper in The Routledge Handbook of Sustainable Food and Gastronomy
<https://www.routledge.com/The-Routledge-Handbook-of-Sustainable-Food-and-Gastronomy/Sloan-Legrand-Hindley/p/book/9780415702553>

CCS in United Nations World Tourism Organization, International Year for Sustainable Tourism
<http://www.tourism4development2017.org/events/crete-culinary-sanctuaries-educational-programs-celebrating-our-cultural-and-natural-heritage/#>

CCS in United Nations Convention on Biological Diversity
<https://www.cbd.int/idb/2017/celebrations/gr>

Food Tank, Interview with CCS Founder Nikki Rose
<https://foodtank.com/news/2017/04/crete-cook-cultivates-sustainable-sanctuaries>

Archaeological Institute of America, Interview with CCS Founder Nikki Rose
<https://www.archaeological.org/news/aianews/3303>

CCS in Tourism Concern Ethical Travel Guide
<https://ethical.travel/listing/cretes-culinary-sanctuaries-network>

US-Based Organization - linking food movements and information
Food Tank
<https://foodtank.com>

CCS in Books: Brief Listing

Routledge Handbook of Sustainable Food and Gastronomy (paper by Nikki Rose)
Cambridge Scholars, Meeting the Challenges of Climate Change to Tourism (paper by Nikki Rose)
Lonely Planet, Crete (contributions by Nikki Rose)
The Jungle Affect (contributions by Nikki Rose)
The New Agritourism (contributions by Nikki Rose)
Crete: The Roots of the Mediterranean Diet (Author, Nikki Rose)

Heritage Protectors, CCS Documentary in Production,
Short trailers and information: www.cookingincrete.com



A Brief History of Crete, Greece

The isle of Crete is credited as the birthplace of the first civilization in Europe. The Minoan Civilization flourished from about 2600 BC until 1150 BC. The Minoans had significant naval power and commercial contact with ancient Egypt, Mesopotamia and other ancient civilizations in the region. They exported olive oil, wine, herbs, currants, wool, textiles, and dyes.

Imports were precious stones, copper, ivory, silver, gold, and tin used in the production of bronze alloys. The Minoans also exchanged artistic ideas and techniques with their trading partners, as evident in artwork, transport vessels (elaborately designed amphora), and precious metal production.

Women played a powerful role in society, as evidenced by archaeological findings and deities worshiped at the time. The respect and protection of nature and her food sources also played a central role in society through religious beliefs/mythology, art and ceremonies. In mythology, Zeus was raised in Crete and there are many mountain sanctuaries in his honor with artifacts providing information of the beliefs and rituals of our ancestors.

After the collapse of the Minoan civilization, a series of invasions, occupation, raiders and traders through the ages has shaped the cultural, architectural and natural heritage of Crete. As the southernmost island in Europe, Crete's strategic location at the crossroads of Europe, Africa and Asia, and mild climate for agricultural production made Crete an ideal location and target for invasion and occupation. Crete succeeded in joining Greece in 1913, after a series of rebellions against the Ottoman Empire and also rejecting pressure by the great powers of Europe to consider autonomy.



Crete's diverse ecosystems, rugged mountain terrain, majestic coastal vistas, intriguing geology, botany, biodiversity, music, literature and heroic resistance movements throughout time, all encompass the distinctive character of the isle and its people. Several historic figures were born in Heraklion, Crete, including the world-famous painter, Doménikos Theotokópoulos (El Greco, 1541-1614). As was Nikos Kazantzakis, the celebrated Greek writer

(1883-1957), whose works include *Zorba the Greek*, *Captain Michalis*, and *The Last Temptation of Christ*. Known as “The Garden of Greece,” agriculture plays an integral role in everyday life, emphasizing our interrelationship between food, nature, culture and community.

Modern Crete is blessed with a fascinating history spanning over four thousand years, natural beauty and an abundance of healthy food choices, both wild and cultivated. There is much to discover and enjoy. There is also much to protect. Beyond the seaside resorts and imposing limestone cliffs are people striving to preserve their heritage -- ecologists, historians, sustainable organic farmers, artisan food producers, beekeepers, fishers, chefs and many others. They are striving to maintain what many of us have lost touch with – a connection between their community and nature. Their knowledge of sustainable living practices is beneficial to the global community.

Many people around the world are striving to “return to the land,” while many people in rural Crete have never left the land. But modern society beckons and rural communities are abandoned or developed. Crete's Culinary Sanctuaries Educational Network (CCS) introduces visitors/students to residents like Yiorgos, who maintains his small family farm much like his ancestors, using sustainable organic methods. He refuses to buy food from outside sources and even collects salt from a rocky beach nearby. “The chicken I eat must first dine at my house,” he says.

Crete is also the center of the Mediterranean Diet studies. The renowned traditional healthy cuisine of Crete is not a phenomenon; it’s a matter of respecting the land and the bounties it provides. Every great chef will tell you that they are only as good as their ingredients. The foundation of the Mediterranean Diet concepts, which has been deemed by UNESCO as “Intangible Heritage” requiring protection, is fresh, local, organic food and a clean environment.

Many wild plants are used in cooking and natural medicine, which CCS seminar attendees discover during botanical hikes in the countryside and cooking demonstrations. Both residents and visitors benefit from community-based preservation programs. Careful consideration and strong alliances are required to sustain these programs. Residents are investing their time and money to share valuable knowledge and real, safe food. CCS offers visitors/students a rare opportunity to discover the heart of Crete and obtain information that can enrich their lives.



General Information about Crete, Greece

The isle of Crete, Greece is 8,336 sq. Km. (6.3% of the total area of the Greek territory). It is located at the southern edge of the Aegean Sea, about 160 sq. Km. from the mainland. The length of the island is 256 Km. Its largest width is 57 Km and smallest width is 12 Km.

The percentage of mountainous area is 49%. The population in Crete is 621,340, representing 5.76% of the population of the Greek territory. 2010 GDP of Crete amounted to 10,955 million Euro (4.9% of the national GDP). The branch "Trade and Tourism" has the most important contribution to the added value of the products of Crete, with 4,589 million Euro. The unemployment rate is about 23.7%, but much higher for the youth. The Value Added Tax (as of October 2016) is 24% for most goods and services, including dining establishments and accommodation.

Annually, Crete attracts about 2.8 million charter tourists during the season from April-October. Because of the high level of tourism activity, there is a large proportion of seasonal working and self-employment. The island has remarkable natural, cultural and historical resources. Although the majority of tourists today are interested seaside holidays, rather than cultural heritage. Many people are striving to change that - to introduce visitors to the cultural and natural wonders of their magnificent island.

Day 1: Sunday, June 5: Heraklion, Introduction to the Culture and Cuisine of Crete

Time	Contact Hours	Details
<p>Please arrive by 2:00 pm, if possible.</p> <p>6:00 pm</p> <p>6:00 – 10:00 pm</p> <p>Meals included Dinner</p>	4.0	<p>Arrival at Heraklion Airport. CCS will arrange private taxis or a minibus transfers to your hotel. At the Airport ARRIVALS SECTION, look for the person carrying a sign – UNIVERSITY OF WISCONSIN. Travel about 20 minutes to Heraklion city center hotel. Check into rooms. Rest.</p> <p>Meet your local guide at the Hotel Lobby. Walking tour of the area, noting key historic sites, followed by dinner. Your group's menu will be planned by CCS in advance to enjoy traditional and modern regional cuisine with an emphasis on fresh and local ingredients.</p>

Day 2: Monday, June 6 : Heraklion Area; Tour Minoan Palace of Knossos; Archaeology, Minoan History

Time	Contact Hours	Details
<p>Whenever you like before meeting</p> <p>9:30 am 9:30 am - 5:30 pm</p> <p>Meals included, Breakfast, Lunch</p>	8.0	<p>Breakfast at the hotel. *Outdoor Activities. Keep your valuables in a safe place. You will be traveling by public bus and visiting public spaces.</p> <p>Meet your professional guide in the hotel lobby. Travel by public bus to Knossos, about 20 minutes away.</p> <ol style="list-style-type: none"> 1. Tour the Minoan Palace of Knossos archaeological site with a resident licensed historian. Overview of Minoan cultural and culinary heritage, agriculture and ancient trade routes that have shaped the cultural and natural heritage of Crete. 2. Lunch with your guide at The Chickpea. An organic agricultural cooperative. www.apokinou.gr/en 3. Private guided tour of the renowned archaeological museum with a licensed historian. Overview on ancient conservation, agricultural, culinary practices and celebrations. Minoan outlook on the protection of Gaia (the goddess Earth/nature) 4. [Time permitting] Tour the city of Heraklion, key historic sites. Return to your hotel. Evening free.

DAY 3: Tuesday, June 7: Heraklion to Archanes. Wines of Crete, Indigenous Varietals, Cultivation and Production Methods. Cultural Heritage Preservation/UNESCO Intangible Cultural Heritage; Tour Historic Village; Small-Scale Artisan Food Production.

Time	Contact Hours	Details
Breakfast any time per hotel's schedule		Breakfast at the hotel. Check out of rooms. *Outdoor Activities. Please be packed and ready to leave before you go to breakfast. Be prepared for a half-day of touring a farms and ag-production facilities. Bring water and a light-weight purse/backpack with everything you need. You will not have access to your stored luggage until you check into to your lodge later.
10:30 am		Meet your private bus driver at or near your hotel - depending on parking issues, the driver will coordinate with your hotel staff.
10:30 am – 2:30 pm	3.0	[Note: No CCS guide on this trip.] Travel 40 minutes inland to an award-winning winery for a private tour and tasting with the innovative vintners. Discussion about indigenous grape varietals, traditional and modern sustainable cultivation and production methods. Light lunch at the winery.
2:30 pm		Travel to Archanes, 30 minutes away. Check-in to your lodge. Rest.
6:20 pm		Walk on your own to meet your guide in front of Bakaliko cafe on the village square (ask your lodge owner for directions). Please wear comfortable shoes for walking along stone pathways. The temperature might drop significantly by nightfall. Bring a sweater.
6:30 – 9:30 pm	3.0	Walking tour of Archanes with a resident guide. The region-village is renowned for wine and olive oil production since the Minoan period - over 4 thousand years ago - and has been continuously occupied since prehistoric times. The village has undergone extensive EU-funded architectural/heritage restoration projects. There are several cafes, tavernas, traditional and modern bakeries, butcher shops, cheese shops and traditional stores to explore.
Meals: Breakfast, Tastings, Dinner		Join CCS Founder, Nikki Rose, for dinner featuring fresh, local traditional cuisine.

**DAY 4: Wednesday, June 8: Wild Plants in Cuisine, Teas and Traditional Medicine;
Hands-On Cooking Class with Professional Chef-Proprietor**

Time	Contact Hours	Details
8:30 - 9:30 am		Breakfast at Bakaliko.
10:00 am - 11:30 am	1.50	Walk on your own to meet with biologist/herbal medicine specialist, Myrro at her Myrro Lab (one block away from Bakaliko). Lab/Workshop demos and discussion on innovative ways to utilize wild and cultivated herbs in cuisine and herbal medicine.
12:00 – 4:00 pm	4.0	<p>Location: Kritamon Restaurant in Archanes. Walk on your own for a tour of Chef's herb garden, hands-on cooking class and lunch. Meet Chef Dimitris Mavrakis, a noted innovative chef-proprietor, wild plant forager, organic gardener, olive oil producer. His culinary expertise and menu reflects modern interpretations of traditional cuisine, sourcing sustainable organic products, seafood, responsible collection of wild edible plants and their usage in traditional and modern cuisine. Lunch featuring a range of local specialties. A true "nature and farm to table" experience.</p> <p>Note: Please contain your hair in a hat or band, and wear appropriate shoes and clothes for your cooking class. For those wearing fingernail polish, kitchen prep gloves are required to be worn during all cooking preparations .</p> <p>Evening free.</p>
Meals included Breakfast, Lunch		

Day 5: Thursday, June 9: Biodynamic Farming; Heirloom Seed Saving Initiatives; Food Sovereignty, Agricultural Cooperatives, Agroecology.

Time	Contact Hours	Details
8:30 - 9:30 am	7.00	Breakfast at Bakaliko. Outdoor Activities. Directly after breakfast , please be ready to go for a full day excursion out of town. Bring water and anything you will need for the day. Wear clothes and shoes suitable for hiking and farm tours in full sun.
9:50 am		[Note: No CCS guide for this short trip.] Walk on your own to meet your private bus near the church of the Panayia and big clock tower. The bus will leave at 10:00 am.
10:00 – 11:30 am		1. Travel to an excellent olive oil factory nearby for a tour of the groves, presentation and sampling with the owners-producers. Discussion on olive varieties, cultivation, extraction methods and flavor components. Note: videos of the olive harvest, which is conducted in winter, will be provided.
12:00 – 5 :00 pm Travel time about 45 minutes each way		2. [A CCS guide will join the group in Archanes.] Travel south to the Asterousia Mountains and the village of Pyrgos. Tour a community biodynamic farm to learn about young organic/biodynamic farmer programs; heirloom seed saving initiatives and outreach to protect and preserve Crete's distinctive cultural-culinary heritage, including traditional cuisine that has evolved over four thousand years via historic influences, occupation and exploration. The farm collaborates with a global group of sustainable organic farming/seed freedom and Agroecology Europe initiatives. Also collaborating with Vandana Shiva and the global Seed Freedom movement.
Meals included: Breakfast, Lunch, Tastings		Return to Archanes at approximately 6:00 pm. Evening Free. NOTE: Crete's Culinary Sanctuaries is featured in UN Convention on Biological Diversity Success Stories. www.cbd.int/2010/stories . Also in numerous publications and conferences regarding heirloom seed saving and #Agroecology.

DAY 6, Friday, June 10: Botanical Hike, Biodiversity, Edible Wild Plants and Herbs

Time	Contact Hours	Details
8:00 - 8:45 am		Breakfast at Bakaliko. Be prepared for a hike up steep, narrow rocky paths. Bring water (2-3 small bottles easier to manage); wear appropriate hiking shoes and a hat. NO Flip flops, sandals or slippery soled shoes allowed for your own safety.
9:00 am - 12:30 pm (estimated time frame)	3.50	Join a resident botanist for a botanical hike of the area. Learn about Crete's biodiversity-endemic plants and lack thereof in some regions, climate and soil conditions that have shaped agriculture and traditional cuisine. Discover the importance of biodiversity and conservation. Wild edible plants are an integral part of Crete's culture, cuisine, teas and traditional medicine. Discussion on seasonality and usage of plants in everyday life. Note: we will hike half way up the mountain and return to the village for more presentations and lunch.
1:00 - 2:30 pm	1.0	Lunch at Bakaliko: Join your teachers for lunch. Sample local wild herb teas, if desired. Afternoon free.
7:00 – 9:00 pm Meals included: Breakfast, Lunch and Dinner		Walk on your own to the village square. Location TBD by Nikki. Farewell dinner with Professor Fakazis and Nikki Rose.

Day 7: Saturday, June 11: Travel Day. Private Bus transfer to Heraklion airport. Flight to Athens. Time to be confirmed by UWSP. Travel to Heraklion. About 30 minutes.

[Reminder to keep info about details: Before departure day – ask your lodge owner where to leave your keys when you check out. Check out of rooms by noon. Please be packed and ready to go by ____.

Note: We recommend that you have some supplies in your room for breakfast on your own, since no shops are open in the village this early. There are small cafes near the port when you arrive there.

____: Meet your taxis at your lodge (or previously designated location nearby).

Activity Breakdown, Meals Included:

All breakfasts days 2 – 6. Day 7 also, depending on flights

5 Lunches

3 Dinners

Cooking Classes or Demos: 2

Contact Hours with Specialists: 35 hours

Note:

1. This program is subject to change due to weather and other unforeseen conditions.
2. **CCS seminar itineraries and contacts are confidential and NOT to be disclosed to the general public.**

3. All seminar attendees must complete our CCS registration form, detailing food and drug allergies, food preferences and any health conditions CCS needs to be informed of to organize this seminar for the comfort and safety of all attendees.
4. **Links to CCS Travel and Packing Info, General Terms and Conditions, Registration Form for Food Preferences, etc. <http://www.cookingincrete.com/CCS-Registration-Details.html>**

Crete's Culinary Sanctuaries program fees include:

1. Transportation for the full group to/from airport on arrival and departure dates and to/from accommodation and scheduled presentations.
2. CCS guides to and from accommodation and/or designated meeting places for all scheduled excursions.
3. Expert guide/resident specialist fees.
4. Entrance fees to historic sites and other sites requiring entrances fees, such as monasteries, nature reserves and farms.
5. Private tours and tastings with the owners-operators of a winery, farms, olive oil producers.
6. Scheduled cooking classes, demonstrations and meals at excellent tavernas in rural areas.
7. 6 nights' shared accommodation per details below.
8. All breakfasts on days noted, scheduled lunches and scheduled dinners. All menus are tailored to the group, prearranged by Chef Rose, featuring a wide variety of fresh and local specialties.

Accommodation:

During the first segment of the study tour, the group will stay in small hotels. See our list of preferred hotels on Page 1.

During the last segment of this study tour, the group will stay in self-catered apartments in Archanes. The lodge owners are not usually on premise. All self-catering lodges provide linens, towels, and basic kitchen utensils, however, they do not usually provide shampoo, soap or other toiletries. CCS Guides and the Group Leader have information on basic logistical issues. Private, quadruple occupancy lodging is in restored homes converted into unique visitor lodging, traditionally furnished, some with patios/gardens and kitchenettes, TV's, and air conditioning. This allows seminar attendees to have private apartments/cottages in the village. It also allows opportunities to participate in local life. The village has about a dozen tavernas, several cafes, bakeries, traditional products, a post office, and small supermarkets. Activities and accommodation are coordinated with CCS and the community-based tourism office managers, local travel agents or guides. All lodges have WiFi, as do most tavernas and cafes.

Meals: Please Read Carefully

1. All scheduled meals are prearranged by Chef Nikki Rose. Cuisine presented is family-style to include specialties of the house and region. **Scheduled meals include bottled water only.** During excursions and hikes, students are required to purchase/carry their own water. All requests for food and beverages not listed above are to be paid in cash by individuals **upon ordering.** A separate check will be presented to the Group Leader.
2. CCS guides are not responsible for handling additional food and beverage requests. In order to expedite payment and maintain CCS itinerary schedules, seminar attendees must be aware that if they want to order items not included in scheduled meals, the process and their payment of such items should not take longer than 10 seconds. Note that CCS meals are ample, so there should not be a need for menu additions.
3. CCS network presentations are also conducted during meal times, which is an integral part of the educational experience. **Scheduled meals with CCS guides are not seminar breaks.**
4. Breakfasts are simple, continental fare. Due the theme of this study tour, the group will normally be sampling food most of the day. We recommend light, continental breakfasts most days during your visit.
5. CCS guides do not accompany the group during unscheduled meals or free time. If lunch or dinner is not listed on the itinerary, that indicates free time to do as you wish.
6. **Please turn off your cell phones during scheduled classes and meals with CCS Teachers/Guides.**

CCS Guides:

1. During scheduled tours and excursions, a CCS guide and/or professional transportation provider will lead the group to and from their lodging (or designated meeting points nearby).
2. Our local, licensed guides handle all presentations and logistical details. A CCS guide may or may not be on the bus (or other form of transportation) with the group at all times, particularly during long-distance trips to several different sites.
3. A CCS guide will be waiting at each site to greet the group (farmers, chefs, historians wait for the group at their locations, for instance).
4. There are designated breaks in the CCS program for the Group Leader to schedule meetings-facilitated discussions with students without CCS guides.
5. **At no time whatsoever** shall the Group Leader or their Study Tour Attendees contact any CCS network teacher-presenter directly. All questions and communications shall be directed to Nikki's CCS Offices.

• Public Bus Info and Maps of Crete

Regional Bus Service: <http://bus-service-crete.com/maps5her.html#>

Info About Archanes: <http://www.cretetravel.com/guide/archanes>

Articles about Crete, Recipes: www.cookingincrete.com

See also, Lonely Planet, Crete

Note: The rest of this document is for Study Tour Coordinators Only