

INTERNATIONAL CONFERENCE

WE ARE WHAT WE EAT

food heritage in the parks
and monuments of Sintra



OCTOBER 19TH AND 20TH, 2018
NATIONAL PALACE OF QUELUZ

“**WE ARE WHAT WE EAT:
FOOD HERITAGE
IN SINTRA’S
MONUMENTS
AND PARKS**”

INTERNATIONAL CONFERENCE

October 19th and 20th, 2018

National Palace of Queluz

*As part of the WE ARE WHAT WE EAT (WAWWE) initiative held by **Parques de Sintra - Monte da Lua** (PSML) between June and October of 2018, we propose the discussion of ideas on how to simultaneously preserve and enhance the value of local food and built heritage in the Sintra Region.*

I. FRAMEWORK

The WE ARE WHAT WE EAT initiative celebrates the **European Year of Cultural Heritage** through **food heritage in the parks and monuments of Sintra**. To this end, a specific program has been created, running from June 3 to October 21, to celebrate the region’s food and gastronomic heritage, with its history and specificities, and which includes - in addition to the International Conference - thematic workshops with chefs, seminars with specialists, a recipe contest, heritage education activities, and interpretive courses,

among other initiatives. The program takes place in the various parks and historical monuments managed by Parques de Sintra (the National Palaces of Sintra, Pena and Queluz and their gardens, the Park and Palace of Monserrate, the Moorish Castle, the Convent of Capuchos, the Chalet of the Countess of Edla) with the goal of using the local food heritage to attract the interest of the population - particularly that of Sintra - to cultural and natural resources that they do not usually visit.



II. REFLECTION

The lines of debate focus on several thematic areas:

- Evaluating the feasibility of valuing emblematic and historic food products in the Sintra region through the certification of Protected Designation of Origin (PDO) or Protected Geographical Indication (PGI) (eg, the Pippin Apple from Fontanelas, the Pink Peach from Colares, the Strawberries of Sintra, the Honey of Sintra, etc.);

- Analyze the food consumption scenarios in the future, based on sustainability, social responsibility to consume locally, and which new products can enhance Sintra's agrifood offer;
- Identify historical dimensions of production and food consumption in the various monuments and parks managed by Parques de Sintra.

III. GOALS

By engaging in a joint reflection with several specialists on these topics, the conference intends to point out:

- how the value of food and monumental heritage of the Sintra region can be materialized;

- how the eventual certification of food/gastronomic products in the region can be encouraged;
- how the subject of gastronomy can be included as an integral cultural offer of some of the monuments of Parques de Sintra.

IV. PROGRAM

OCTOBER 19th

09h30 | Welcoming

10.00 | PANEL 1

Protect and enhance the fruit heritage of the Sintra region. DOP and IGP certification processes?

- **José Vicente-Paulo**, Cooperativa Agrícola de Sintra
- **Cristina Hagatong**, Directorate-General for Agriculture and Rural Development
- **Vito Rubino**, Università del Piemonte Orientale

Moderator:

Fortunato da Câmara, journalist and gastronomic critic

11.30 | Coffee break

11.45 | PANEL 2

The future of food. To preserve a sustainable heritage by changing consumption habits.

- **Alvaro Toledo**, FAO, International Treaty for Genetic Resources for Food and Agriculture

- **Dulce Freire**, ICS, Universidade de Lisboa, ReSEED Project (seeds in the Iberian Peninsula)
- **Raúl Rodrigues**, School of Agriculture of Ponte de Lima (recovering native apples)

Moderator:

Alexandra Prado Coelho, journalist and “We are what we eat” ambassador

13.15 | Lunch

14.30 | PANEL 3

New products from the Sintra region. Present projects and challenges.

- **Afonso David**, EcoAldeia de Janas
- **Joana Oliveira**, Boomberry
- **André Antunes** and **Henrik Ellerbrock**, Chão Rico
- **Manuel Costa e Oliveira**, Quinta da Reineta

Moderator:

Fortunato da Câmara, journalist and gastronomic critic

16.00 | Coffee break



16.15 | PANEL 4

Eating habits in the region of Sintra and in the monuments managed by Parques de Sintra, in the different eras.

- **João Luís Fontes**, IEM - Universidade Nova de Lisboa: *Eating with the friars. Food and frugality in Franciscan convents.*
- **Dolores Villalba Sola**, IEM - Universidade Nova de Lisboa: *Dining in the Moorish Castle: islamic food in the 12th Century.*
- **Ricardo Cordeiro**, IEM - Universidade Nova de Lisboa: *Food, daily and ceremonial practices of the Court in the town of Sintra. The experiences of the Countess of Edla between the Palace and the Chalet of the Park of Pena (1870 - 1910).*

Moderator:

Maria João Branco,

IEM - Universidade Nova de Lisboa

OCTOBER 20th

09.30 | Welcoming

10.00 | PANEL 5

Experiences of cultural tourism based on food heritage.

- **Rita Beltrão Martins**, Terrius
 - **Luís Sebastian**, Regional Directorate of Culture of the North
 - **Elena Viani**, Project East Lombardy - European Region of Gastronomy
- Moderator: Ana Barbosa**, Turaventur

11.30 | Coffee break

11.45 | PANEL 6

Research work in the areas of food heritage and gastronomic tourism in monuments.

Moderator:

Catarina Valença Gonçalves,

Spira-agência de revitalização patrimonial

SPEAKERS AND MODERATORS

PANEL 1

PROTECT AND ENHANCE THE FRUIT HERITAGE OF THE SINTRA REGION. DOP AND IGP CERTIFICATION PROCESSES?



JOSÉ VICENTE-PAULO

Cooperativa Agrícola de Sintra

A natural of the town of Fontanelas, Sintra municipality. After completing his 1st year of Landscape Architecture at the University of Évora, he started his degree in Agricultural Engineering the following year at the same University, a course that ended in 1991. In 1992, he joined the Superior Institute of Agronomy, this time to complete a master's degree in Agrarian Economics and Rural Sociology, as a fellow of the National Board of Scientific and

Technological Research, where he studied "The Impact of Portugal's Entry into the European Union on Cooperative Wineries and Bottling Producers of the Western Region", a course that ended in 1997. He began his doctoral thesis in Agronomic Sciences, as a fellow of PRAXIS XXI, where he studied "The Influence of Irrigation on the Vine on Wine Quality and the Ecophysiology of the Vine" and concluded the fifth year in 2002. In the meantime, he concluded both in Portugal, France (Bordeaux) and Germany (Geisenheim) short courses related to the vine and its enological aspects. He frequently participates in forums whose main theme is viticulture and fruit growing, particularly focused on the region of Colares. He has participated in about two dozen scientific publications, namely in congresses, dedicated to the following topics: cooperative wineries, vineyard irrigation

and vine behavior, and vineyard irrigation and its effects on the quality of must and wine. He was responsible for several investment projects, namely PROAGRI, AGRIS, AGRO, and participated in some research projects about the vine. Since 1987, he has had a strong presence in activities of a social

and/or associative nature at the local, national and European level. He is a wine grower, fruit grower, executive director of the Colares Regional Winery, C.R.L., chairman of the Board of Directors of the Sintra Agricultural Cooperative, C.R.L., and a viticulture consultant for several companies.

Communication Summary

Protect and enhance the fruit heritage of the Sintra region. DOP and IGP certification processes?

This work presents the main fruit varieties of the Sintra region. A brief overview of its evolution over the past decades and an analysis

of the current situation and future prospects will be made. Another aspect addressed is certification, its importance in the current market and the constraints to its implementation. Finally, proposals will be made for their protection and enhancement.



CRISTINA HAGATONG

Directorate-General for Agriculture and Rural Development

Graduate in Agronomy and MSc in Agrarian Economics and Rural Sociology from ISA-UTL and Post-Graduate in Portuguese Economics and International Integration from ISCTE - IUL. Member of the Ministry of Forestry and Rural Development at the Directorate-General for

Agriculture and Rural Development, as Head of the Division of Quality and Genetic Resources, responsible for promoting quality and differentiation schemes for agricultural products and foodstuffs, coordination and implementation of control and certification systems,

namely PDO/PGI/TSG and agricultural and organic production, as well as ensuring representation of Portugal in the community bodies in these areas, namely Council working groups and Regulatory Committees and expert panels.

Communication Summary

Citizens and consumers are becoming more attentive and careful in the choices of food products they consume. Geographical origin is often a determining factor in this choice, conferring a specific quality to the products, in many cases valued and appreciated, namely because it is associated with native varieties and breeds or particularities of the production method - this is often based on empirical know how, passed down through the generations and also associated with various cultural manifestations. The notoriety that some products and

names acquire often leads them to be “imitated”, “adulterated”, losing their genuineness and damaging the richness of the cultural and gastronomic patrimony of Portugal, by posing as traditional local or regional products. Designations of origin and geographical indications make it possible to value products, ancestral methods of production and the regions where they are produced, conferring rights on their producers, recognition within EU territory and around the world, and ensuring conditions of loyal competition, thus improving credibility in the eyes of consumers.



VITO RUBINO

**Università del Piemonte
Orientale**

Vito Rubino (1975) is the Director of the Advanced Education Course on Food Law and an assistant Professor of EU Law (University of East Piedmont, Alessandria). Is also a registered member of the Varese Bar Association. His main research fields are food law, labelling, responsibility and liability; hygiene and food safety; geographical indications and IP

rights. Some of his most recent projects are: coordination of the research team on “Comparative analysis of the system of rules for food safety in Italy/EU and China: Eat’s Safe II”, financed by the Italia-China Foundation (from 2017); membership of the research team on “Eat’safe” Project (Italy-China dialogue on food law), financed by Fondazione Cariplo and by Italia-China Foundation (Milan, 2016-2017); responsible for the Local Research Unit within PRIN 2009, Project covering “The impact of the new Europe after the Lisbon Treaty on the Common Agricultural Policy (CAP)”, food safety and the environment, coordinated at the national level by Professor Antonio Iannarelli (2011-2013).



FORTUNATO DA CÂMARA

Journalist and gastronomic critic moderator

Has been a gastronomy critic since 2006. Started in the weekly newspaper Sol, then later in the newspaper Público, and since 2015 he has been a gastronomy critic for the weekly magazine Expresso. He has published several books on gastronomy, all of which have been awarded by the Gourmand World Cookbooks Awards in different categories, among them: The Mysteries of the Abbot of Priscos - 80 curious and delicious tales of gastronomy, also awarded by the Portuguese Academy of Gastronomy in 2013, Manual to become a true

gourmet (2015), The Life and Unpublished Recipes of the Abbot of Priscos, which received the prize "Littérature Gastronomique" of the International Academy of Gastronomy in 2017, and TOP - Treasures of Portuguese Origin (2017). He graduated in Food Production in Catering at the Estoril Superior School of Hospitality and Tourism. He is a graduate of the Institut des Hautes Études du Goût in the graduate program «Goût, Gastronomie, et Arts de la Table», organized in partnership with the University of Reims and the Le Cordon Bleu cooking school in Paris. Between 2013 and 2015 he was invited by the Institut des Hautes Études du Goût to teach a masterclass in culinary criticism at the University of Reims. He hosted the radio program On the route of delicacies, a weekly chronicle on food history for SIM radio station, of the Renascença group. He is a gastronomic adviser, gives in training courses and taste education, and has been invited to lectures in the area of gastronomy.



PANEL 2

THE FUTURE OF FOOD. TO PRESERVE A SUSTAINABLE HERITAGE BY CHANGING CONSUMPTION HABITS.



ÁLVARO TOLEDO

FAO, International Treaty for Genetic Resources for Food and Agriculture

Álvaro Toledo is a technical officer in the Secretariat of the International Treaty on Plant Genetic of Plant Genetic Resources for Food and Agriculture. He is an agricultural engineer specialized in policies and initiatives to manage agricultural biodiversity.

Communication Summary

The plants that feed the world: global efforts to conserve, use and exchange agricultural biodiversity - the International Treaty of Plant Genetic Resources for Food and Agriculture.

The diversity of the agricultural plants that feeds us today is the result of a long evolutionary process. We have domesticated, conserved and exchanged our agricultural crops since the Neolithic. This heritage from the

past is crucial for the future as we need agricultural biodiversity to build sustainable food systems that are resilient to climate change and respond to societal needs. The International Treaty on Plant Genetic Resources for Food and Agriculture is an international agreement that brings together countries from all over the world that collaborate to ensure the conservation, sustainable use and exchange of plant genetic

diversity. The presentation will focus on the efforts made through the Treaty to ensure that

biodiversity is conserved for the future while it is used today to respond to the challenges of today.



DULCE FREIRE

ICS, Green Savers Project (seeds in the Iberian Peninsula)

Dulce Freire is a researcher at the Institute of Social Sciences, University of Lisbon, where she leads the research team of the ReSEED project, funded by the European Research Council (StG2017). As a historian, she has been developing transdisciplinary projects, focusing on rural, agricultural and food topics. Among the latest publications are the edition (with Pedro Lains) of the collective book “An agrarian history of Portugal, 1000-2000: economic development on the European frontier” (Brill Publishers: 2017).

Communication Summary

The project “Rescuing the seeds heritage: engaging in a new framework of agriculture and innovation since the 18th century” (ReSEED) aims to deepen the understanding of how the seeds brought in from the new world spread throughout the Iberian Peninsula and to evaluate the

changes they have induced in regional agricultures and culinary since the 18th century. The project is funding by the European Research Council (StG2017) and runs until 2023 at the Institute of Social Sciences of the University of Lisbon. Herbariums, botany books, travel diaries, newspapers,



memoirs, private correspondence, and other historical documents that have been less explored by researchers are used in this project. The data collected in documents of different origins allow analyzing historically the changes in the local varieties of cultivated seeds, agrarian systems, landscapes, levels of wealth and food practices. Due to the links with the colonial territories, the Iberian Peninsula functioned as huge laboratory,

where farmers and scientists began to make many of the experiences that modernized European agriculture. Crossing History, Geography, Biology and Agronomy, this project contributes to rescuing the heritages connected to the cultivated seeds, participating with new inputs on current discussions about agrobiodiversity, local products or sustainable agriculture and food.



RAÚL RODRIGUES

School of Agriculture of Ponte de Lima (recovering native apples)

Degree in Agricultural Engineering; Master in Horticulture, Fructiculture

and Viticulture; and PhD in Agricultural Sciences, by the University of Trás-os-Montes and Alto Douro. Adjunct Professor at the Superior Agricultural School of Ponte de Lima - Polytechnic Institute of Viana do Castelo. Researcher at the Mountain Research Center. He has dedicated his career to researching the side effects of pesticides on auxiliary organisms in fruit growing and viticulture, and to the collection, conservation and characterization of fruit species in the Minho region. He is the author and

co-author of about 70 scientific articles and 10 books in the various areas of sustainable agriculture. He has participated as a guest speaker and as member of scientific committees of several international congresses, Advisor of degree, masters and doctorate theses in the area of fruit growing and viticulture. He has participated as a guest teacher in the teaching of national and international master's degrees in the topics of reduction of the use of pesticides in agriculture and

fruit growing based on regional varieties of fruit trees. He has participated in several national and international projects in the field of sustainable agriculture. Member of the scientific committee of the Master course in Organic Agriculture of ESAPL. Member of the Working Group "Pesticides and useful organisms" of the International Organization of Biological Control (IOBC) and the International Federation of Organic Agriculture Movements (IFOAM).

Communication Summary ***Culture, gastronomy and landscape,*** ***bases for regional development***

Minho has an important plant and animal heritage that constitutes its cultivated biodiversity. This heritage has been selected for centuries by farmers, so its existence depends solely on humans. An example of this heritage is the approximately 100 varieties of apple trees that exist in the collection of the Superior

Agricultural School of Ponte de Lima and the several dozens of regional pear varieties already referenced in Minho. Examples are the orange groves of Ermelo and Amares. The existence of the Minhota, Barrosã and Cachena breeds, the Bordaleira sheep, the Bravia goat, the Bísaro pig, the Pedres, Amarela and Preta Lusitana hens, among others, is increasingly threatened due to abandonment of the fields and



aging of the population. On the other hand, we cannot neglect the fact that the region's rich and extensive cuisine has its origin in local products, and that there are a number of cultural traditions associated with plant and animal heritage that are in danger of being lost. Such regional varieties of horticultural and animal breeds have shown their economic potential as they have been the basis of agricultural production over the centuries, since they were perfectly adapted to the region and were also the basis for the food and development in the region. Thus, ensuring sustainable agricultural production is one of the main ways of conserving regional biodiversity and economic development, since a development strategy whose main objective is only the economic well-being of rural people has a precarious and unstable foundation and economic viability if it is based on the exploitation of a limited number of potential products. At a time when environmental concerns

are growing, accompanied by a demand for differentiated products capable of providing an economically viable alternative to the "massification" of production and allowing the exploitation of higher value-added market niches, prospects for preservation of these materials, contrary to the destruction/loss trend begin to emerge. The selection of plant and animal species for diversification of production systems should be based on social, ecological and economic criteria, which are currently the most widely used economic parameters. However, ecological parameters are an important element in the selection of any plant resource for farming and this should not be overlooked. Thus, the development of Minho agriculture must be based on a holistic view of the region with regard to productive potential. To counteract the lack of economies of scale, the region has a vast plant heritage, which must be valued and supported by sectoral policies. The emphasis

on “products that only exist in the region”, as well as in proximity markets, is a way of counteracting the abandonment of fields, and at the same time a way of valuing the landscape. This way,

there is room for the creation of differentiated products, inserted in a development policy that contemplates the sale of the culture, gastronomy and landscape of Minho.



ALEXANDRA PRADO COELHO

Journalist and “We are what we eat” ambassador moderator

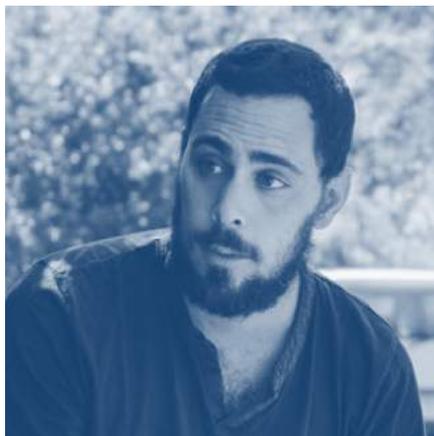
Born in Lisbon in 1967. Has

been a journalist for the daily newspaper PÚBLICO since 1990, in the International section where she has worked mainly in the Middle East and has reported from various parts of the world. She later moved to the Culture section, specializing in gastronomy since 2011. In 2006, she and photojournalist Daniel Rocha co-authored a book about Muslims in Portugal and she is currently about to publish another book about the iconic Cervejaria Ramiro, in Lisbon, with photographer Paulo Barata.



PAINEL 3

NEW PRODUCTS FROM THE SINTRA REGION. PRESENT PROJECTS AND CHALLENGES.



AFONSO DAVID

EcoAldeia de Janas

Since 2009, he has been a founding member of the Permanent Gardens collective, with which he has carried out various designs, consultations and implementations of Horticultural Gardens and Orchards in accordance with the principles of Agroecology. He is an enthusiast of crafts related to wood and ecological construction, having worked as an apprentice during 2011 with one of Sintra's most

respected carpentry masters. Along the way, he undertook a course of "formal" training in Environmental Engineering. A co-founder of the Janas Ecovillage, as well as the local sustainable Janas Village Initiative, which had an initial trajectory through Sintra in Transition. He is currently the coordinator, trainer and technician of Natural Construction and Carpentry in the Ecovillage of Janas and one of the people responsible for CEDAR - Center for the Study and Development of Regenerative Agriculture, an anchor project of the Janas Ecovillage in the agricultural area. As part of the Janas Ecovillage's action, he helped found Aldeia - Cooperativa Integral de Sintra, where producers from the Janas area gather, and which features an organic grocery store and a restaurant.

Communication Summary

The original work carried out by CEDAR of the Ecoaldeia de Janas will be approached, both for the preservation of some native species of Sintra and for innovation, adapting other horticultural crops to the

conditions of the region. Focus will be given to the pioneering work of the Aldea Cooperative as the creator of the local production and consumption network in Janas, as well as its potential and its challenges.



JOANA OLIVEIRA

Boomberry

Joana Oliveira, 36 years old. Holds a degree in Pharmaceutical Sciences from the Faculty of Pharmacy of the University of Lisbon. Worked for 4 years in a Pharmacy, but opted for a radical professional change and became a businesswoman in 2014, with

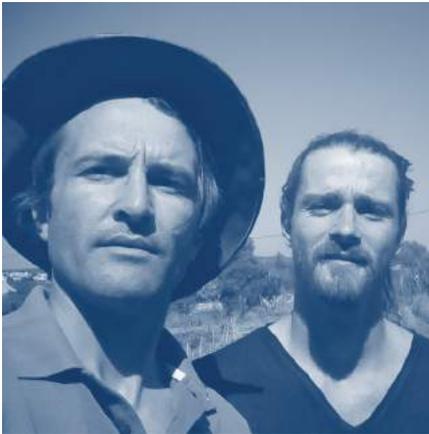
the intention of continuing the work in the two farms of the family, motivated by products' differentiation when produced according to the Organic Production Mode. Attended a course in Mushroom Production on Logs and Production of Blackberries. The immense love for Nature, for Organic Agriculture, and farms, along with the tradition of her grandparents work, the care and respect for the surrounding environment, keeps her active and willing to provide visits to both farms. In addition to working at the farm producing mushrooms and blackberries, Joana also has her own brand of gluten-free food products, certified by the APC-Portuguese Association of Celiacs.



Communication Summary

Presentation of the family farms, the products that are produced in each one of them and why. Brief explanation of mushroom production processes, according to the Japanese Millennial Method instead of the western adaptations of that method, as well as the challenges and specifications of blackberry varieties chosen for Serra de Sintra microclimate, where the

production is made outdoors. It is the speaker's conviction that Biological Agriculture is "the future and it's not logical to do it any other way (Conventional Agriculture)", emphasizing the pros of this production method, because it improves the consumer's health and allows him to be closer to the product and the producer.



ANDRÉ ANTUNES

Chão Rico

Born in Figueira da Foz, where he completed secondary education. Graduated in Veterinary Medicine from UTAD in 2007. After some

experiments in Small and Large Animals Clinic in Portugal, he emigrated to the United Kingdom in 2009 where he worked as an Official Veterinarian for the Food Standards Agency for 3 years, namely in official controls in slaughterhouses. Despite financial stability, the need to give a deeper meaning to his professional and personal life led him to return to Portugal to "find the thread". In the Summer of 2012, he settled down in Southwest Algarve, volunteering in methods of organic production in farms through WWOOF-Portugal. During this period, he gained a

taste and knowledge in the areas of agricultural production, natural construction, sustainable solutions for energy production and waste management, and alternative economies. It is around this time that he starts to implement sustainable agricultural production on several farms in the Aljezur and Lagos region, and discovers his vocation for this area. In May 2015, upon completing a Permaculture Course taught by Richard Perkins at his Ridgedale Permaculture in Sweden, he awakens to advances in regenerative agriculture and upon arriving in Portugal returns to the Aljezur area to work as agricultural manager of a farm in formation, with the objective of applying the principles adjacent to permaculture. Although he had the opportunity to put into practice techniques of regenerative

agriculture such as keyline cultivation and holistic grazing, the need to take income from the farming work itself led him to conceive the idea that would give rise to Chão Rico. After presenting the idea of developing a micro-garden with commercial ambitions in partnership with existing projects to various entities throughout the country, he decided to accept a partnership with the Janas Ecovillage in February 2017. It was here that he developed the idea and created the vegetable garden with Sébastien Goupillot - a French cook, creating the distribution network and production methods. In February 2018, he moves to Eugaria where he establishes a partnership with Eugaria Countryhouse and, together with Henrik Ellerbrock, creates the current garden of Chão Rico.

HENRIK ELLERBROCK

Chão Rico

Raised in Berlin and there engaged in different projects for peace education and conflict resolution,

Henrik developed a unique sense of the urgent matters to address for establishing a global society transformation. In 2010 he decided to move to Sintra, Portugal and

co-created the educational center for Permaculture and Sustainable Living Solutions - Terra Alta. Living and working there as a permaculture facilitator, he developed his passion for Natural Building and Regenerative

Landscape Design. In January 2018 he started a partnership with André Antunes in the project Chão-Rico building a garden to produce and sell organic certified vegetables locally.

Communication Summary

Presenting Chão Rico by defining its context, goals and guidelines, trying to make a bridge with the reason of its installation in Sintra region. Then, the presentation will focus on biointensive horticulture which is the main focus of the project at the moment, explaining its main challenges and

advantages. As a conclusion, we will establish some of Chão Rico's future goals and its integration in the social, economic and environmental context of the region. In the end we will shortly present some projects of agro-educational context that inspire us.



MANUEL COSTA E OLIVEIRA

Quinta da Reineta

José Manuel Álvares da Costa e Oliveira, 69 years old and Technical Agricultural Engineer, small producer of the Sintra Pippin apple. Managing Partner of Quinta da Reineta, a small company that is dedicated to the transformation of three varieties of traditional apples: Sintra Pippin, Palmela *riscadinha* and Sesimbra *Camoesa*.

Communication Summary

Single-member company dedicated to a Project of Transformation of Three Varieties of Traditional Apples: pippin of Sintra, riscadinha of Palmela and camoesa of Sesimbra. Focusing on Sintra's apple, it is intended to take advantage of all the fruit with reduced commercial potential, due to its low caliber and possible small damage, taking it to the Transformation, from which products like marmalade, jam, dehydrated apple, pressed apple bars,

vinegar condiment and barbecue sauce. Thus, value is added to agriculture, also by increasing the area planted with pippin apple orchards, taking advantage of unused and uncultivated areas, creating space for new farmers, especially young people. For its part, it also adds value to the Tourism Sector, getting new products of excellence in the market, greatly appreciated.

FORTUNATO DA CÂMARA

Journalist and gastronomic critic
moderator

PANEL 4

EATING HABITS IN THE REGION OF SINTRA AND IN THE MONUMENTS
MANAGED BY PARQUES DE SINTRA, IN DIFFERENT ERAS.



JOÃO LUÍS FONTES

IEM-Universidade Nova de Lisboa

João Luís Fontes was born in 1971 in Maceira, Torres Vedras. PhD in Medieval History (2012) by the Faculty of Social and Human Sciences of NOVA University (Lisbon), with a thesis entitled "From the "Poor Life" to the Serra de Ossa Congregation. Birth and institutionalisation of an eremitical

experience (1366-1510)". He is deputy director of the Institute of Medieval Studies (NOVA University) and a member of the Centre for Studies on Religious History (Portuguese Catholic University -

CEHR/UCP). Post-doctoral fellow by the Foundation for Science and Technology, with a research project on religious female experiences in late medieval Portugal (1350-1525).

Communication Summary

Eating with the friars. Food and frugality in Franciscan convents.

Those who visit the Convent of the Holy Cross of Sintra, better known as the Convent of the Capuchos, is usually impressed by the silence and austerity of the place, in its unique relation between spiritual life and contact with nature. Apart from the traditional architecture of the convents and secluded from the the village of Sintra, the convent is a clear testimony of the desire for a poor and solitary life that marks the history of the Franciscan Order, in its search for a greater fidelity to the form of life proposed by the Poverello of Assisi. The Capuchos of Sintra are part of a religious movement, known as the strict observance, begun by Friar Martinho de Santa Maria in Arrábida by 1539, that quickly grows in convents and friars with the protection of

Portuguese royalty and its most important noble families. With the Convent of Arrábida, the Capuchos of Sintra completed the group of religious houses known as *recoletas*, where poverty and austerity were notably difficult and the eremitical traces were particularly evident (its seclusion from the urban centers, the poverty of the places, the importance of solitude and silence in their daily life). It is in this context that we will try to understand the friars' diet – what and when did they eat – and how it accomplished their religious purpose of a more rigorous way of life. For that, we will use the normative texts produced inside their religious province, since the archives of these convents have disappeared after their extinction in 1834. Even here, it isn't easy to overpass the silence and hiding that remains over these friars and their daily life...



DOLORES VILLALBA SOLA

IEM-Universidade Nova de Lisboa

Dolores Villalba Sola holds a PhD and a degree in Art History from the University of Granada. Specialized in Almohad architecture and heritage management, she is currently an Assistant Professor at the Faculty of Social and Human Sciences of the NOVA University of Lisbon and post-doctoral researcher at FCT in the Institute of Medieval Studies

at the same University, where she is developing the project entitled “Almohad architecture, city and town planning in a light of Arab and Christian sources”. Among her published works are the books “La senda de los almohades”, “Arquitectura y Patrimonio” (2015), “Arquitectura del agua en la Granada almohade” and “Itinerario de un patrimonio por descubrir” (2013), in addition to various articles and book chapters such as “Spaces of Thought Creation in the Almohad Granada (Spaces of Knowledge, Four Dimensions of Medieval Thought, Cambridge Scholars Publishing, 2014)” or “Transformations in Medieval Fez: Almoravid hydraulic system and changes in the Almohad walls” in The Journal of North African Studies, 23, 4, 2018.

Communication Summary

Dining at the Moorish Castle: food and Islamic cuisine in the 12th century.

The study of food has not taken a broad path in its historical aspect so far, although food is the basis

of human life. As far as the Islamic world is concerned, cooking and food - like most other aspects of Muslim life - are governed by the Islamic religion. This fact has



fostered a deeper study of food from the point of view of religious doctrine, although, in actual daily practice, people did not always comply with the standards dictated by religion. Consequently, one of the themes that still needs to be extended is the analysis of the medieval Islamic daily food practices. However, some of the discoveries of archeozoology throughout the territory of al-Andalus are of great relevance to understand the alimentary practice in the Muslim territory, in addition to the exceptions to this alimentary

practice from the doctrinal point of view. A good example of this are the remains discovered at the Castle of the Moors. Thus, in this communication we will look at food and cooking in the 12th century in al-Andalus, from the starting point of the remains discovered in the Castle of the Moors. We will seek to know if the food practices in Castle of the Moors correspond to the food theories of the twelfth century collected both in the Koran and in the only remaining cooking manuscript of this time period.

**RICARDO CORDEIRO****IEM-Universidade Nova de Lisboa**

Ricardo Alexandre Forte Cordeiro was born in Lisbon in December 1984, graduate in History, Postgraduate in Cultural Practices for Municipalities by FCSH-UNL and master's in modern and Contemporary History, having defended the dissertation titled "Philanthropy: economic kitchens in Lisbon (1893-1911)" (<https://repositorio.iscte-iul.pt/handle/10071/5510>). He is currently a PhD student in Modern and

Contemporary History at ISCTE-IUL, developing the project “Food Assistance in Lisbon: Institutions, Practices and Individuals (1851-1935)”. Between May 2012 and December 2014, he was research assistant at the Center for Contemporary History Studies. Since January 2015, he has been a research assistant at the Research Center for Sociology Studies at the University Institute of Lisbon (CIES-IUL), and in 2014-2015 he was a researcher on the exploratory

project “Social Control and Criminal Policy in Portuguese Liberalism: National Reforms, transnational circulation, c. 1820-1867”, funded by FCT. He has recently published (September 2018) the chapter “Feed the hungry” - Food Aid in Lisbon: Charity Soup of the Holy House of Mercy of Lisbon and the Soup Kitchen cases, 1888-1918” in the book *La alimentación en la Historia*, published by the Ediciones Universidad de Salamanca.

Communication Summary

Food, daily and ceremonial practices of the Court in the town of Sintra. The experiences of the Countess of Edla between the Palace and the Chalet of Park of Pena (1870 - 1910).

The town of Sintra as the top summer resort of choice of the Portuguese aristocracy between the second half of the nineteenth century and the first decades of the twentieth century, will welcome the new practices of sociability and private life brought by these people. This communication intends to

analyze and describe the daily life and dynamics of an elite, in this case that of the Countess of Edla and King Ferdinand of Saxe Coburg and Gotha, focusing on their diet. It seeks to observe meals as an intrinsic part of daily life, inside and outside their residences, in the private and public spheres, from the dinners served at the table of the Chalet to the numerous picnics in the Park of Pena. What foods were consumed? How were they prepared? What ceremonies framed the meal? How was the food presented? What



tastes and habits led to the choice of menus? These are some of the issues that we intend to raise. For the enrichment of this exhibition, the daily life of other families, such as that of the third Duchess of Palmela, a figure from the higher echelons of Portuguese society, who owns the *Quinta de São Sebastião* in Sintra (known as Holstein House), will be taken into account, albeit more superficially. It is also important not to neglect the great banqueting feasts given by Queen Maria Pia to the kings of Europe and to other Heads of State in the Royal Palace of

Sintra. Edward VII of England in April 1903, William II, Kaiser of Germany, in May 1903, Queen Alexandra of England in May 1905, Alfonso XIII, King of Spain, in December 1903 and Émile Loubet, President of the French Republic, in October 1905, were some of these guests. Thus, by establishing a comparison of the different realities, domestic and public/official, but keeping the focus on the case of the Countess of Edla, we will have a clearer view of the eating habits of the Portuguese elite at the tail end of the Constitutional Monarchy in Sintra.

**MARIA JOÃO BRANCO****IEM-Universidade Nova de Lisboa**

moderator

Currently Associate Professor of Medieval History at the Faculty of Social and Human Sciences of the NOVA University in Lisbon and Director of the Institute of Medieval Studies at the same university. Between 2006 and 2009, she was Director of the Humanities and Social Sciences Department of Universidade Aberta. Between 2001 and 2003, she was Director of the Camões Center for Portuguese Language and Culture in Oxford,

where she was also a Fellow of St. John's College and a professor in the History Department of that University. Completed her MA in 1990 in Medieval History by the FCSH of the New University of Lisbon and in 2000 graduated from the Open University with a thesis on the construction of royal power in 12th and 13th century Portugal. Her areas of personal investigation are the construction of royal power and ecclesiastical elites linked to political power, the relations between the Papacy and Portugal through mid-thirteenth century, the creation of identities and the processes of

institutionalization of powers, areas in which he has published regularly. Among other books and articles, she is the author of Sancho I's biography published by the Círculo de Leitores Collection. She is a member of the Portuguese Academy of History in the category of Correspondent Academician and of the Portuguese Society of Medieval Studies, as a board member. She is an integrated researcher at the Institute for Medieval Studies at FCSH / UNL and a collaborator at the Center for the Study of Religious History of Catholic University.

PANEL 5

EXPERIENCES OF CULTURAL TOURISM BASED ON FOOD HERITAGE.



RITA BELTRÃO MARTINS

Terrius

Rita Beltrão Martins studied Zootechnic Engineering at UTAD - Universidade de Trás-os-Montes e Alto Douro (2005). Started her career in the Company Fertiprado (Vaiamonte - Alentejo), specialized in forage and pasture seeds. Afterwards (2008) started studying Quality and Food Safety,



and finished a Master in Food Safety and Innovation (2010). In parallel worked as quality manager in a traditional meat products factory in Lamego. Then, in 2011 co-founded Terrius – a Company based in Marvão (Alentejo) that has the objective of recovering old products like chestnut or acorn flour, and developing innovative products with local raw materials. Since 2013 Terrius is also dedicated to Food Tourism Tours around Alentejo, with the purpose of enhancing interest about Regional Gastronomy, its History and evolution. Additionally, is given attention to products and

its producers through visits during harvest period of the different products. Terrius Company is engaged with many projects in the areas of innovation, healthy food, gastronomy, and natural products, among others. Last year (2017) Rita Beltrão Martins started an International PhD “Agrichains: from fork to farm” at UTAD in collaboration with different national and international universities. The subject in study is using by-products and non-valuable natural products as gluten free flour source and its use to bake bread (with and without gluten).

Communication Summary

Cultural Tourism Experience based on Terrius Food Heritage: Gastronomy-Cultural Tourism Experiences.

Terrius started working in 2012 with the objective of recovering and valorising some products of Food Patrimony of Alentejo, specifically North Region, and at the same time, develop innovative products based on local raw materials. During these years,

Terrius has been developing storytelling experiences about Gastronomy History and some of its products in particular. So, we understood that Tourism was looking for a really specific offer that the company was only using as a mean of communicating its own products. From this moment on, Terrius started providing its available Food Patrimony, as

an experience of Gastronomy-Cultural Tourism. Through tasting and cooking experiences, but also through products history and its context in the environment lived

in the Region, we provide to the visitors a really unique experience with flavours and history from our Food Patrimony.



LUÍS SEBASTIAN

**Regional Directorate of Culture
of the North**

Bachelor (1996) by the University of Coimbra, Postgraduate (2007) and PhD (2011) in History and Archeology by the New University of Lisbon. Technician of the

Regional Directorate of Culture for the northern region (Portuguese Ministry of Culture); scientific coordinator of the archaeological intervention in the São João de Tarouca Monastery (1998- 2007); coordinator of the tourist-heritage project “Vale do Varosa” (2009-2018) and Director of the Lamego Museum (2012-2018).

Distinguished with more than a dozen national prizes in the area of museology, museography, communication, tourist information, conservation and restoration, editing, fundraising and research, and the international Prize AR&PA in 2016.



Communication Summary

The idea of gastronomy as an integral part of the cultural heritage of any community has long been perfectly accepted, as an object of historical (and scientific) study, heritage (immaterial cultural good) and element of touristic value. The development of the application of this idea has naturally led to the broader concept of food heritage, encompassing a broader and more complex universe, going from food to production, passing through forms and techniques of transformation, to which are added the human and social habits, characteristics of a culture, as particular, distinctive and personalizing elements of a culture. Already its “exploration” as an element of touristic value has taken on the most diverse forms, driven by the tourist boom that Portugal has been living progressively and exponentially in the last decade and the inevitable market value that the Portuguese gastronomy has internationally, and which has now become so much stronger. One of the most recurrent solutions

in exploring this potential has been the concept of “thematic dinner”, easily apprehensible, easily communicable, and easily adaptable to spaces, themes, opportunities, and perhaps the most tempting, easily adjustable in terms of scale, ranging from the most modest initiative to events of epic proportions. However, this offers in equal proportions the dangers of easy trivialization, decharacterization, low quality, and, not least, the degeneration of the base concept into a fallacious “farce” whose easy and quick immediate return can be misleading, exhausting itself in the long run, with much more important losses: that of its potential.

In a logic of sharing experiences, we propose to analyze from this point of view the application of two case studies, going from the “classic” thematic dinner, in an environment of historical evocation, to a “fundraising” dinner, attending the questions of assembly of concept, communication, production and execution.



ELENA VIANI

Project East Lombardy - European Region of Gastronomy

Research Fellow at the University of Bergamo for the topics related to food and wine tourism and trends in tourism demand, in particular in charge of the project East Lombardy- European Region of Gastronomy. Viani developed research activities about sustainable tourism planning, local development,

sustainable social development, cultural activities for the DPS - Department of Development and Economic Cohesion of the Italian Ministry of Economic Development. She has cooperated with other partners for studies and projects related to local tourism development, tourism demand, and tourism routes. After a Master in EU-project management (2015), she is a member of the European Register of EU- Project Designers and Managers and she designs and develops EU projects. At the PMTS Master's Course, Viani has been tutor for workshops about "Research in tourism" and methodology to develop a master thesis, aimed at providing students with knowledge about research in tourism sector and organization of practical activities and field research.

Communication Summary

2017 East Lombardy - European Region of Gastronomy Project was created after the decision of Bergamo, Brescia, Cremona and Mantua to team up as product club, betting on the union

between the artistic-naturalistic heritage and the food and wine tradition. The project involves 10 main partners, over 100 local stakeholders and more than 1.000 local operators: Lombardy Region,



Bergamo University (as scientific coordinator), the Municipalities of Bergamo, Brescia, Cremona and Mantua and the respective Chambers of Commerce. The four Lombard provinces achieved this important award in July 2015 by signing a Memorandum of understanding and starting a long procedure involving the partners and the local stakeholders in the development of strategies aimed to enhance and promote the local traditional food cultures, to integrate them in the touristic offer and to promote the spreading of development practices and sustainable consumption while respecting the single territories and identities, in order to celebrate a 2017 full of initiatives and events. The award achieved by East Lombardy allows to promote the local know-how and culture, thus meeting the tourists' demand for quality products and authentic experiences. The main goal is to increase the positive perception of a destination, to deseasonalise tourism, to diversify rural economies creating

a positive impact on economy, occupation and local heritage. On the other hand, the project aims to promote a better sustainable integration among each territory's resources, by implementing specific information, consumption awareness and food sustainable consumption campaigns, along with some distribution and promotion systems supporting the small producers, so that they can open up to the market preserving their peculiar features. After an intense 2017, the work of the partners is still in progress in 2018: events are organized to order to give value to the area and increase the visibility and awareness about the gastronomic destination, the local operators are actually involved in tourism products and different projects are organized in each area in order to give value to specific characteristics. One example is the project Stracciatella - Gelato di Bergamo (the Ice Cream of Bergamo), a new brand with the aim of promoting tourism and the local production of this area.



ANA BARBOSA

Turaventur
moderator

Born in Porto in 1949. Graduated in Philosophy. Managing partner of the tourist animation company Turaventur - Adventure and Tourism, since its establishment in January 1990. In this capacity, she co-authored the tourism programs that were developed during the first decade of the company's life. She was the author and co-author of several works of tourist information about the Alentejo, the region where she lives and works in since 1984. Among these works, the highlights are "The Best of the Alentejo" ([\[visitalentejo.pt/en/brochuras/pagina-5/\]\(https://www.visitalentejo.pt/en/brochuras/pagina-5/\)\) and "From the Ground to the Table - Enogastronomic Routes in Alentejo and Ribatejo" \(<https://www.visitalentejo.pt/en/daterramesa/>\). In 2010, she was awarded the "Tourism of Alentejo" 1st Prize by the Alentejo Regional Tourism Authority for her services to the Alentejo tourist development. In 1996, she was co-founder of PACTA - Portuguese Association of Enterprises for Cultural Animation and Nature and Adventure Tourism, where she held the position of President of the Board until the merger that resulted in APECATE. In this Association, she was Vice-President, President of the Directorate and President of the Tourist animation Section, between 2007 and 2016. Of the work developed in this scope, her participation is outstanding: in the institutional processes related to the legal framework of tourist animation companies; in the internal work to define the requirements of the APECATE Quality Seal; in the work of](https://www.</p></div><div data-bbox=)

subcommittee 6 of CT 144, coordinated by Turismo de Portugal, IP, which produced the first national quality standard for outdoor/nature tourism activities; and in the work, carried out by the Association, which defined the profile of competencies and training referential for the new professional qualification of Outdoor Tourism Technician. She is currently Chairman of the Board of the General Assembly of APECATE and represents

the Association in the vice-presidency of the Board of the General Assembly of the ARPTA - Regional Agency for Tourism Promotion of Alentejo. In September 2018, she was awarded the Tourism Merit Golden Medal by the Secretary of State for Tourism, Ana Mendes Godinho, an award that aims to distinguish the companies and personalities that have been outstanding for their work in favor of Tourism.

PANEL 6

RESEARCH WORK IN THE AREAS OF FOOD HERITAGE AND GASTRONOMIC TOURISM IN MONUMENTS.



**CATARINA VALENÇA
GONÇALVES**

**Spira-agência de revitalização
patrimonial
moderator**

PhD in Contemporary Art History by the Universidade Nova de Lisboa (2008); has a Diplôme des Hautes Études (3rd cycle) in Tourism by the Institut de Recherche en Études Supérieures Touristiques of the University of Paris 1 - Panthéon Sorbonne (2006); a Master's in Art, Heritage and Restoration from the Faculdade de Letras of the Universidade de Lisboa (2001) and a degree in History, focusing on Art History by the

Universidade Nova de Lisboa (1998). Has a Post-Grad in Culture and Cultural Heritage Law at the Law School of the Universidade de Lisboa (2010). Was a researcher for the Institute of Art History of the School for Human and Social Sciences of the Universidade Nova de Lisboa (2010-2013) and was a guest lecturer at the Post-Grad in Heritage and Cultural Projects at ISCTE, Lisbon, in 2010/2011. Currently, coordinates the Cultural Heritage Management class for executives at Nova SBE. Published 4 books on Art History and has authored several articles and papers on this topics. In 1998

founded “Rota do Fresco”, an heritage revitalization project, coordinated it until 2008, for the Association of Municipalities of Central Alentejo (Cuba). Is Founder and CEO of Spira since 2007. Was a member of the Board of SEDES – Association for Social and Economic Development between 2012 and 2016. Is still a member of the Board of APECATE – Portuguese Association of Companies of Tourism Animation and Events (2016-2019). Was co-founder of Portugal Heritage Association, and is its chairwoman in the three-year-period (2016-2019).

NOTES



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Monte da Lua

