

INTERREG IPA Cross-border Cooperation Programme "Greece – Albania 2014 – 2020"

«ΠΑΡΑΔΟΤΕΟ 3.2.1: ΈΚΘΕΣΗ ΠΡΟΣΔΙΟΡΙΣΜΟΥ ΤΩΝ ΚΟΙΝΩΝ ΠΑΡΑΔΟΣΙΑΚΩΝ
ΠΡΟΪΟΝΤΩΝ

«DELIVERABLE 3.2.1 Identification of common traditional products of the c/b area

CBTB

"Traditional Breakfast of the C/B area: Branding Scheme and Mobile Application for the
preservation and promotion of common traditional gastronomy"

*Deliverable 3.2.1: Identification of common traditional products of the
c/b area (Corfu)*

(CORFU CHAMBER OF COMMERCE)



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Contents

A.	ΕΠΙΤΕΛΙΚΗ ΣΥΝΟΨΗ	4
B.	INTRODUCTION	5
C.	METHODOLOGY	6
D.	IDENTIFICATION OF LOCAL AND TRADITIONAL PRODUCTS IN CORFU	8
a.	Theoretical framework/production structure	8
b.	Local and traditional products in the area	11
i.	General overview	11
ii.	List of the local and traditional products identified.....	11
iii.	Brief description of the local and traditional products identified	12
E.	IDENTIFICATION OF COMMON LOCAL AND TRADITIONAL PRODUCTS OF OTHER AREAS OF THE CROSS-BORDER AREA	30
F.	CONCLUSIONS.....	31

A. ΕΠΙΤΕΛΙΚΗ ΣΥΝΟΨΗ

Στο πλαίσιο της Δράσης «Προσδιορισμός των κοινών παραδοσιακών προϊόντων» (Identification of common traditional products) του Πακέτου Εργασίας 3 (Σχήμα του κοινού προωθητικού σήματος/επωνυμίας (brand) του Παραδοσιακού Πρωινού στη Διασυνοριακή Περιοχή (CBTB Branding Scheme) του έργου CBTB προβλέπεται η εκπόνηση μελετών προσδιορισμού των κοινών παραδοσιακών προϊόντων που θα περιλαμβάνει μία αναλυτική λίστα των παραδοσιακών και τοπικών προϊόντων τα οποία παράγονται, καλλιεργούνται και έχουν την προέλευσή τους στη διασυνοριακή περιοχή του έργου. Κάθε εταίρος του έργου θα συλλέξει τη σχετική πληροφορία και ο επικεφαλής εταίρος θα επεξεργασθεί το συνδυασμό και τη σύνθεση των διαθέσιμων πληροφοριών και δεδομένων ύστερα από ανάλυση των κοινών παραδοσιακών προϊόντων και παρουσίαση αυτών σε τελική μελέτη.

Το Επιμελητήριο της Κέρκυρας στο πλαίσιο της δραστηριότητας είναι υπεύθυνο για την εκπόνηση μελέτης προσδιορισμού των παραδοσιακών προϊόντων που θα περιλαμβάνει μία αναλυτική λίστα των παραδοσιακών και τοπικών προϊόντων τα οποία παράγονται, καλλιεργούνται και έχουν την προέλευσή τους στην Κέρκυρα καθώς και τον εντοπισμό των κοινών παραδοσιακών προϊόντων που έχουν την προέλευσή τους στην διασυνοριακή περιοχή του έργου.

Η παρούσα μελέτη **3.2.1 Προσδιορισμός των κοινών παραδοσιακών προϊόντων (D.3.2.1 Identification of common traditional products of the c/b area)** εκπονήθηκε από την εταιρία LIVING PROSPECTS ΕΠΕ στο πλαίσιο της από 27/08/2020 σύμβασης με τίτλο «Παροχή υπηρεσιών εξωτερικής εμπειρογνωμοσύνης για την υλοποίηση των Πακέτων Εργασίας 3 και 4 (WP 3 & WP 4) για το εγκεκριμένο έργο «Παραδοσιακό πρωινό της διασυνοριακής περιοχής: Πρόγραμμα Επωνυμίας (Branding) και Εφαρμογή Κινητών Συσκευών (Mobile Application) για τη διατήρηση και προώθηση της κοινής παραδοσιακής γαστρονομίας» (Traditional Breakfast of the C/B area: Branding Scheme and Mobile Application for the preservation and promotion of common traditional gastronomy) - CBTB» με το Επιμελητήριο Κέρκυρας.

Το παρόν παραδοτέο αφορά μελέτη που περιλαμβάνει τον προσδιορισμό και αναλυτική λίστα παραδοσιακών και τοπικών προϊόντων τα οποία παράγονται, καλλιεργούνται και έχουν την προέλευσή τους στην Κέρκυρα καθώς και τον εντοπισμό των κοινών παραδοσιακών προϊόντων που έχουν την προέλευσή τους στην διασυνοριακή περιοχή του έργου.

Συγκεκριμένα, το παραδοτέο περιλαμβάνει τα ακόλουθα:

- Μεθοδολογία υλοποίησης για την εκπόνηση της μελέτης
- Προσδιορισμός και καταγραφή της Παραγωγικής δομής της Περιφέρειας Ιονίων Νήσων και ειδικότερα της Περιφερειακής Ενότητας Κέρκυρας και της Κέρκυρας
- Εντοπισμός και καταγραφή των Τοπικών και παραδοσιακών προϊόντων της Κέρκυρας – Λίστα και αναλυτική περιγραφή
- Εντοπισμός των Τοπικών και παραδοσιακών προϊόντων της διασυνοριακής περιοχής που τυγχάνουν να είναι κοινά με αυτά της Κέρκυρας

B. INTRODUCTION

Under the framework of the Action " Identification of common traditional products " of the WP₃ (CBTB Branding Scheme) of the CBTB project, the elaboration of a study is foreseen including an analytical list of the traditional and local products that are produced, cultivated, originated in the cross-border area as well as the analysis and presentation of those identified as common for the c/b area. Each project partner will collect the respective information identifying the traditional and local products that are produced, cultivated, originated in its territory and then the Lead partner will additionally elaborate on the combination and synthesis of the available information and data collected in order to identify the common products in the c/b area.

The Chamber of Corfu in the context of the activity is responsible for the elaboration of a study with the analytical list of the traditional and local products that are produced, cultivated, originated in Corfu and the identification of those that are common for Corfu and other areas of the c/b area.

The current study **D.3.2.1 Identification of common traditional products** was prepared by LIVING PROSPECTS Ltd. under 27/08 contract entitled "Provision of external expertise services for the implementation of Work Packages 3 and 4 (WP 3 & WP 4) for the approved project "Traditional Breakfast of the C / B area: Branding Scheme and Mobile Application for the preservation and promotion of common traditional gastronomy) – CBTB with the Chamber of Corfu.

The study is a Regional Report including the identification of the traditional and local products that are produced, cultivated, originated in **Corfu**.

Specifically, the study includes the following:

- The methodology followed for the elaboration of the study
- Mapping of the production structure of the Region of Ionian Islands and with focus on those of the Regional Unit of Corfu and of Corfu island.
- Identification and mapping of the local and traditional products in Corfu – List and description
- Identification of those products that are common among Corfu and the other areas of the c/b area

C. METHODOLOGY

This section presents the methodology followed by the Chamber of Commerce of Corfu and the external expert Living Prospects for the **identification of the typical traditional and local products that are produced, cultivated and have their origin the area of Corfu.**

The overview of the approach followed included the following steps:

1. Identification of a list of typical, local and traditional products produced, cultivated and have their origin the area of Corfu
2. Analysis and description of the products identified
3. Conduction of a Regional report including the previous steps

The detailed description of the above mentioned steps is presented below:

Step 1: Identification of a list of typical, local and traditional products

In order the Corfu Chamber of Commerce identify the typical local and traditional products in Corfu a **desktop research** was implemented for the collection of the necessary data.

Specifically, the research included the identification and collection of data and information regarding both traditional and local products that are produced, cultivated and have their origin the area of Corfu and common traditional and local products in the cross-border area of the project.

The research was carried out with an extensive search of reliable sources, mainly using the Internet, aiming at the most complete collection of data regarding the cross-border area of the project and especially the local area, the area of Corfu. The resources of the research were studies, reports, statistics and other documents available on the same subject. Indicatively, the following resources were used:

- Chamber of commerce of Corfu official website
- List of producers registered as members of the Chamber of Commerce of Corfu
- Regional Framework of the Ionian Islands
- Region of Ionian islands official website
- Other sectoral reports
- Gastronomy guides and books
- Greek gastronomy guide - Corfu <https://www.greekgastronomyguide.gr/kerkyra/>
- Etc.

The thematic areas covered by the research were the following:

- Production structure of the Region of the Ionian islands, of the Regional Unit of Corfu and Corfu island
- Local and traditional products in Corfu: recording, special characteristics – description, identification and classification by product category
- Local and traditional products of the cross-border area that happen to be common with those of Corfu

Following the research, a list including the traditional products identified from Corfu was created. The main columns for the identification of the list of products used, is explained below:

- Local traditional product: Under the project and the current deliverable a local traditional product is defined a product that is produced, cultivated and has its origin the local area
- Product categories: Selection of one of the following categories: olive oil, citrus fruit, cold cut (meat), wine, dairy products (milk, yogurt, cheese, butter), honey, egg, fruit juice from lemon/orange etc., herbs for drinks, drinks, other products etc.
- Special characteristics (if applicable): They may have a specific classification such as Protected designation of origin (PDO), Protected geographical indication (PGI), Geographical indication of spirit drinks and aromatised wines (GI), Traditional speciality guaranteed (TSG), Organic etc.
- Area of cultivation/production: Identification of the area of origin (country/city etc.)

Step 2: Analysis and description of the products identified

According to the data and information collected during the research the analysis and detailed description of each local traditional product was elaborated including data and information regarding: image, classification, standardization and packaging, characteristics and specialties, properties and added value, if this product could be served/used for breakfast and other products/recipes that could be used for this product.

Step 3: Conduction of a report including the previous steps

After implementing the steps presented above the Chamber of Commerce and Living Prospects elaborated the current report mapping the local traditional products previously identified.

The current report analyzes and presents in detail the traditional local products which are produced, cultivated and have their origin Corfu as well as the common traditional local products of the cross-border area, recording in detail the information and data collected during the previous steps.

D. IDENTIFICATION OF LOCAL AND TRADITIONAL PRODUCTS IN CORFU

a. Theoretical framework/production structure

Corfu is a fertile island that is distinguished for the products it produces: The most famous agricultural products cultivated in Corfu island are: **olive oil, the oranges 'Merlin' and the kumquat**. Corfu is full of olive trees and kumquat is considered the trademark of Corfu island. Corfu also produces dairy products. The **'butter of Corfu'**, the **cheeses** the islands produces (for example the 'graviera' cheese and the **'Corfu' cheese** that comes from the Italian 'grana cheese') stand out for their special taste while the **milk and yogurt** possess a high position in local products. Moreover, the island produces soft drinks such as the **'tsitsimbira'** (only in Corfu) and **'liker kumquat'**. Corfu is also known in the field of gastronomy to produce unique products from Kumquat such marmalades, jams, greek spoon sweets and liqueurs as well as cold cuts called **'Noumboulo' and 'Salado'**. Of course Corfu, being part of the Mediterranean, could not be missing from the table **greek extra virgin olive oil, olive products, wine and vinegar**, which are essential components of the Mediterranean diet. Since the ancient times the Phaeacians were well known for their wine, as this is mentioned by Homer in Odyssey, whereas since the venetian era up until today the residents of Corfu produce nutrient-rich oil from "Lianolia", which is well known for its beneficial qualities for the body. Other products such as **pasta and honey** complete the traditional typical products of Corfu. Corfu has a long history of apiary because of the wide biodiversity of flora, characteristic of the Mediterranean climate. There are several beekeepers on the island who produce excellent quality honey and other products

COLD CUTS

Cold cuts in Corfu are prepared with traditional recipes from Corfu while using the best materials in the market. Modern machinery methods of quality assurance (HACCP) are used and they are considered necessary to produce these traditional sausages from Corfu which are characterized by distinctive taste and aroma. Noumboulo Foumikado (prosciutto of Corfu) and Salado (salami of Corfu) are the exclusive cold cuts of Corfu. Salami of Corfu, Sausages of Corfu, Smoked Pancetta of Corfu and Prosciutto of Corfu make up a mixed cold cuts plate from Corfu. Accompany them with fresh frozen Corfu Beer.

OLIVES AND OLIVE OIL

The most important product of Corfu is undoubtedly olive oil. Corfu is an island known worldwide for its top quality olive oil. There are over 4 million olive trees on the island, some of which are 500 years old and 3% of world olive oil production comes from Corfu olives. During the era of the Italian (Venetian) presence, the residents of Corfu Island were paid for planting and grow trees and replace the old ones with new trees, which would by far improve the image of the island. Because of this, oil production on Corfu island prospered and became famous all over Greece.

The olive grove of Corfu is beautiful. When one walks under these huge, centuries-old trees, feels like he is in a huge cathedral. In addition, when good Corfiot olive oil is found, one can appreciate its full, rich taste and its unique aromas.

Corfu enjoys a mild climate with abundant rainfall. Here, the hillsides abound with pine and olive trees. Corfu is privileged. With fertile soil, plenty of rain and just the right amount of humidity, anything plant here takes root and grows.

The vast olive groves of Corfu, in addition to the amazing landscapes they create in the verdant Corfiot countryside, also contribute to the economic prosperity of the island. Olive cultivation spread on the island during the Venetian period. Today, the olive is the main agricultural product of the island. The variety of olive cultivated in combination with the special climate of the island (mild climate with high humidity and a lot of rainfall from November to March) gives oil of exceptional quality.

In the taverns and restaurants of the island, all meals are cooked with local oil. Their taste is to some extent due to olive oil.

WINE

Traditional Corfu food is centred around the use of wine. The island actually has a few grapes that are endemic.

Although the landscape of Corfu is identified with the large her vineyard and the hills its overgrown with olives and from cypress clusters, the island has many types wines and several kilos of grapes.

In the southern vineyard dominates the white variety 'kakotrigis', the white robola. In the northern highlands vineyard, the red 'petrolithos', the 'black robola' and the 'skopelitiko' dominate. In some villages we will find some varieties as in village of Spartilas the 'mavrodafni', in Strinolas the sweet 'muschat' wine, while in the Laconas a dry one red wine from the variety 'marzavi' of Lefkada will be found.

The wineries are close to the central part of Corfu town. PGI Corfu wines are produced throughout the island, while in a small area in the south-west area of the island the Chalikouna wine (PGI) are produced.

The production of wine in Corfu was great during ancient time, but Venetian imposed the cultivation of olive trees and today there are very few areas where grapes grow up.

The wines that are still produced in Corfu island are the Petrokoritho, the Fraula and the Skopelitiko that are red wines, while the Kakotrygis, the Martzavi, the Afioni and the Robola are white.

SPICES

By the 16th Century, Corfu had become one of the most important ports along the Venetian-Mediterranean trading route. With stops in other important ports like Rhodes, Paphos in Cyprus, Koroni and Methoni in the Peloponnese – Corfu had one of the best city fortifications in the region, so strong that the Ottoman empire tried but failed multiple times to take Corfu, while successfully taking other cities in the Balkan region.

As such, spices from the east flowed through Corfu, which was a safe harbour for vessels to stop for repairs and to re-stock supplies. This led to spices from the East being off-loaded to the locals and becoming an important part of the cuisine due to their relative abundance compared to other parts of northern Greece.

Cinnamon, allspice, nutmeg, cloves, black pepper, amongst others, have featured in Corfiot cuisine for hundreds of years, and continue to be a part of the culinary tradition today in both savory and sweet dishes.

DRINKS AND LIQUEURS

The island of Corfu is also the only place in Europe together with Sicily where you can find the Kum Quat, a strange kind of tangerine.

This little fruit was imported in 1850 by English and today is used to produce the most famous liqueur of Corfu, the Kum Quat.

Another particular drink that is traditional from Corfu is the Tsitsibira that is very tasteful and fresh and is prepared with fresh lemon juice, lemon oil, water, sugar and ginger.

b. Local and traditional products in the area

i. General overview

The local and traditional products identified in Corfu island refer to the following categories: olive oil, citrus fruit, dairy products (milk, yogurt, cheese, butter), honey, cold cut, drinks, wine. A total of 14 traditional products are identified. Under the framework of the CBTB project, a local and traditional product is a product that is cultivated and produced in a specific area.

ii. List of the local and traditional products identified

Here is the list of the local and traditional products identified in Corfu.

No.	Local traditional product(NAME)	Product category	Special characteristics/classification (if applicable)	Area of cultivation/production
1	Olive oil	Olive oil	n/a	Corfu/Greece
2	Kumquat	Citrus fruit	PDO	North Corfu (Nimfes)/Corfu/Greece
3	Corfu' cheese	Cheese (dairy product)	n/a	Greece/Corfu
4	Wine	Wine	PGI	Corfu/Greece
5	Salado	Cold cut	n/a	Corfu/Greece
6	Corfu graviera	Cheese	n/a	Greece/Corfu
7	Noumboulo	Cold cut	n/a	Corfu/Greece
8	Kumquat liquer	Drink	n/a	Corfu/Greece
9	Pasta (Niokos)	Pasta	n/a	Greece/Corfu
10	Honey	Honey	n/a	Greece/Corfu
11	Corfu butter	Butter (dairy product)	n/a	Greece/Corfu
12	Tsitzibira (Ginger beer)	Drink	n/a	Greece/Corfu
13	Milk	Milk (dairy product)	n/a	Greece/Corfu
14	Yogurt	Yogurt (dairy product)	n/a	Greece/Corfu

iii. Brief description of the local and traditional products identified

In the current section, a detailed description of the local and traditional products identified is follows.



SHORT PRESENTATION OF THE PRODUCT	
NAME	Olive oil
PRODUCT CATEGORY	<i>Olive oil</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>
STANDARDIZATION & PACKAGING (if applicable)	
<p>The olive oil found in Corfu is mostly derived by mechanical methods and cold pressed. The latest years the new entrepreneurs occupied in the standardization of the olive oil, use new methods to produce extra virgin olive oil that is now awarded abroad.</p> <p>The standardization and bottling facilities, in which this olive oil which is good enough for export could be processed, are almost absent in the island, with some individual exceptions. Thus, most of the olive oil is exported to Italy, where it is refined and sold as Italian.</p>	
CHARACTERISTICS & SPECIALTIES	
<p>The olive oil found in Corfu island may be extra virgin olive oil, virgin olive oil, olive oil enriched with aromas of herbs and organic oils. The olive oil is produced in that way in order all olive oil nutrition ingredients be preserved and acidity be kept at minimum levels with no additive chemicals.</p>	
PROPERTIES - BENEFITS / ADDED VALUE	
<p>Extraordinary quality with substances beneficial to the human organism. Some of the varieties also include Ω_3 and Ω_6 that are good for the human organism.</p>	
COULD BE USED FOR BREAKFAST?	
Yes	
OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)	
Food, sweets etc.	



SHORT PRESENTATION OF THE PRODUCT

NAME	Kumquat
PRODUCT CATEGORY	<i>Citrus fruit</i>
AREA OF CULTIVATION/PRODUCTION	<i>North Corfu/Corfu/Greece</i>
CLASSIFICATION	<i>PDO (Protected Designation of Origin)</i>

STANDARDIZATION & PACKAGING (if applicable)

Kumquats are much hardier than citrus plants such as oranges. The Nagami kumquat requires a hot summer, ranging from 25 °C to 38 °C (77 °F to 100 °F), but can withstand frost down to about -10 °C (14 °F) without injury.

In cultivation in the UK, *Citrus japonica* has gained the Royal Horticultural Society's Award of Garden Merit (confirmed 2017).

The kumquat has been cultivated in Corfu since the 1800s and, today, the sweet alcoholic drink is sold all over the island.

CHARACTERISTICS & SPECIALTIES

The trademark of Corfu. The kumquat is a citrus fruit originating from China, by 1846 in Corfu, where it has been cultivated since the 12th century. Kumquat means 'Golden Orange' in Chinese.

It looks like a small, oval orange, but the kumquat, which originates in Asia, is a member of another species, *fortunella*. The flesh of a kumquat is quite dry and has a sharp flavour, while the skin is sweeter; the two different flavours complement each other well so that the fruit succeeds in both sweet and savoury dishes. The rind, flesh and pips of kumquats are all edible, though some people prefer to remove the pips.

Kumquat is an oval orange fruit with sweet and slightly acidic taste. The edible fruit closely resembles the orange (*Citrus sinensis*) in color and shape but is much smaller, being approximately the size of a large olive. Kumquat is a fairly cold-hardy citrus. Kumquat came and thrives in Corfu since the British domination. The English name "kumquat" derives from the Cantonese *kamkwat* ('golden mandarin orange').

Kumquat is a citrus tree, is grown extensively for almost a century in Corfu. The kumquats are a group of small fruit-bearing trees that stand 2.5 to 4.5 meters (8 to 15 ft) tall, with dense branches, sometimes bearing small thorns. The leaves are dark glossy green, and the flowers are white, similar to other citrus flowers, and can be borne singly or clustered within the leaves' axils. Depending on size, the kumquat tree can produce hundreds or even thousands of fruits each year. Production kumquat in Corfu reaches 100 tons per year.

Today, the kumquat, has earned PDO (Protected Designation of Origin) status and is mainly cultivated in Northern Corfu near the village of Nimfes.

PROPERTIES - BENEFITS / ADDED VALUE

The essential oil of the kumquat peel contains much of the aroma of the fruit, and is composed principally of limonene, which makes up around 93% of the total. Besides limonene and alpha-pinene (0.34%), both of which are considered monoterpenes, the oil is unusually rich (0.38% total) in sesquiterpenes such as α -bergamotene (0.021%), caryophyllene (0.18%), α -humulene (0.07%) and α -muurolene (0.06%), and these contribute to the spicy and woody flavor of the fruit. Carbonyl compounds make up much of the remainder, and these are responsible for much of the distinctive flavor. These compounds include esters such as isopropyl propanoate (1.8%) and terpinyl acetate (1.26%); ketones such as carvone (0.175%); and a range of aldehydes such as citronellal (0.6%) and 2-methylundecanal. Other oxygenated compounds include nerol (0.22%) and trans-linalool oxide (0.15%).

COULD BE USED FOR BREAKFAST?

Yes

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)

The kumquat is usually not eaten raw, but is used for producing fine liqueurs, wonderful jams of marmalades, sweet spoon (a candied preserve that is wonderful in a small spoon), fruit glaze, and in sweets (loukoumi with kumquat), or in a generous dollop poured over yogurt, ice cream etc. Kumquat jam is the most widely known but you can also find bergamot, orange, apple, pear, plum, figs and berries jams and marmelades. Generally is exploited in the best way as in baking, cooking and in cosmetics and toiletries. In the local cuisine it may be cooked as fresh with chicken, pork, pasta and wild animals as well grilled in the oven.

Apart from the number of culinary uses, they are also used in beauty products such as cosmetics and toiletries. In Corfu, you can easily find kumquat-based products at most touristic shops.



SHORT PRESENTATION OF THE PRODUCT

NAME	Corfu (Corfou) cheese
PRODUCT CATEGORY	<i>Cheese</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>

STANDARDIZATION & PACKAGING (if applicable)

It is produced in local dairy companies.

CHARACTERISTICS & SPECIALTIES

Corfu (corfou) cheese is a local cow's cheese with a particular tang. It was not produced in Corfu until the 1960s, and used the Italian pecorino as a prototype.

Spicy cheese made from cow's milk, a copy of the Italian Pecorino.

PROPERTIES - BENEFITS / ADDED VALUE

It includes high level of calcium.

COULD BE USED FOR BREAKFAST?

Yes

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)

It can be served with cold cuts or alone or added in local traditional food.



SHORT PRESENTATION OF THE PRODUCT

NAME	<i>Wine</i>
PRODUCT CATEGORY	<i>Wine</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>Protected geographical indication (PGI)</i>

STANDARDIZATION & PACKAGING (if applicable)

A large variety of wines is produced by five wineries in Corfu. The wine is produced and bottled in Corfiot wineries.

CHARACTERISTICS & SPECIALTIES

Since the times of Homer and the Odyssey, Corfu has been famous for its wine. It is famous as the sweet wine of the Phaeacians as Homer calls it in the Odyssey. Since ancient Greek times, Corfu wineries continued to produce excellent wine varieties up to date.

There are several local varieties that have survived such as kakotrygis (white), the Petrokorytho and Skopelitiko (red). Corfiot wine is produced by local grape varieties.

Special wines produced are: the wines labelled with PGI Kerkyra (Corfu Regional Wine) and PGI Halikouna (PGI = Protecting Geographical Indication), as well as the favourite wine of James Bond in the film "For Your Eyes Only"! that is produced from grapes Robola and kakotrygis.

PROPERTIES - BENEFITS / ADDED VALUE

Wine is considered very good for the human organism and the heart.

COULD BE USED FOR BREAKFAST?

Yes

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)

Wine is used in many local recipes as well as for the production of noumboulo and salado.



SHORT PRESENTATION OF THE PRODUCT

NAME	Salado
PRODUCT CATEGORY	<i>Colt cut</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>

STANDARDIZATION & PACKAGING (if applicable)

Though completely uncooked, salami is not raw, but cured. Salame cotto—typical of the Piedmont region in Italy—is cooked or smoked before or after curing to impart a specific flavor, but not for any benefit of cooking. Before cooking, a cotto salame is considered raw and not ready to eat.

Three major stages are involved in the production of salami: preparation of raw materials, fermentation, and ripening and drying. Minor differences in the formulation of the meat or production techniques give rise to the various kinds of salami across different countries.

Modern machinery methods of quality assurance (haccp) are used in Corfu and they are considered necessary to produce salado and other cold cuts.

CHARACTERISTICS & SPECIALTIES

Salado (salami of Corfu) is the exclusive cold cut of Corfu.

Local traditional salami, Corfu salado is made with excellent quality pork and beef, with lots of pepper and salt. It is hung and smoked with aromatic branches from the Corfiot land.

Salami is the local cold-cut -salami. Salami is a cured sausage consisting of fermented and air-dried meat, typically pork. Historically, salami was popular among Southern, Eastern, and Central European peasants because it can be stored at room temperature for up to 40 days once cut, supplementing a potentially meager or inconsistent supply of fresh meat. Countries and regions across Europe make their own traditional varieties of salami.

A traditional salami, with its typical marbled appearance, is made from beef or pork (sometimes specifically veal). Beef is usual in halal and kosher salami, which never include pork for religious reasons. Makers also use other meats, including venison and poultry (mostly turkey). Typical additional ingredients include: Garlic, Minced fat, Salt, Spices, usually white pepper, Various herbs, Vinegar, Wine.

PROPERTIES - BENEFITS / ADDED VALUE

The quality of salami is dependent on the quality of the raw materials and the level of technology used in its production. The aroma and taste of salami are developed by enzymatic and non-enzymatic reactions. The characteristic fermented meat flavour is believed to be developed by a combination of endogenous enzymatic activities and the lactic acid produced by the starter culture. Lactic acid bacteria develop the tangy flavor of

salami through the fermentation of carbohydrates and produces an appealing red color to the meat after fermentation, while coagulase-negative cocci can catabolize amino acids and fatty acids to produce volatile compounds. The flavour itself consists of odour properties, which comes from volatile substances, and taste and tactile properties, which comes from non-volatile substances that are a result of enhancers and synergists.

When smoke is applied to salami, it also affects the taste, smell, appearance, and texture. Some of these changes are due to the formation of phenolic compounds, which slow fat oxidation. The pyrolysis of cellulose and hemicelluloses in the salami casing produces carbonyls, which develop the colour of the meat.

More than 400 volatile compounds have been identified in different types of dry-fermented sausages. For example, the organic compounds identified in Hungarian salami produced the dominant flavours of smokiness, sweetness, pungency, sourness, and cloves; secondary flavours included cooked meat, cheese, popcorn, cooked potato, mushroom, seasoning, phenols, roasting, sulfur, and sweatiness. Some minor flavours included malt, garlic, fruit, pine, grass, citrus, honey, caramel, and vanilla. The overall smoky note is the result of numerous phenols. Whether these odorants are formed in the salami or simply transferred from the raw materials during manufacturing is unknown; systematic studies have yet to compare the odorants present in the raw materials to those in the final product.

Salami will remain stable for long periods of time, as it has a low water activity and contains preservatives, colourings, flavourings, antioxidants and acidifying cultures. Semi-ripened salami will maintain its flavour for a long time under retail display conditions, but it will eventually deteriorate due to the development of incipient rancidity. The shelf life of salami is mainly determined by sensory deterioration, which is the result of various oxidation phenomena; pathogenic or spoilage bacteria do not readily proliferate in dry-cured sausage. The main cause of flavour deterioration in dry-cured sausage is rancidity, though the possible formation of other off-flavours, such as mouldy, acid, putrid or pungent traits, may contribute to the decreased quality.

The use of coriander essential oil in salami has been shown to increase the higher synthetic antioxidant effect of butylated hydroxytoluene, which delays lipid oxidation and the rancid aroma and taste that come with it. Additionally, salami with coriander essential oil shows improvements in the sensory attributes of taste, odor, texture, brightness, and red colour intensity.

There are many aspects of salami that can be considered both negative and positive to human health. Salami has been found to be a possible allergen to some people due to the use of penicillium species mold starter during the drying and curing portion of processing to add flavor and stop growth of undesirable molds. These molds occur predominantly in the skin of salami.

Fermented pork back fat that is used to make salami has very high saturated fatty acid and cholesterol content, which are popularly believed to increase the risk of heart disease and pancreatitis.[citation needed] However, it has been shown that it is possible to replace the pork back fat in salami with extra virgin olive oil thereby changing the fatty acid profile of the salami. Olive oil contains far more monounsaturated and polyunsaturated fatty acids, so this substitution purportedly creates a healthier product. Salami is considered slightly acidic due to lactic acid that is present. Salami where extra virgin olive oil was substituted for the pork back fat has been shown to have a lower pH of around 5.00 compared to its original levels of around 6.35 to 6.55, making the salami more acidic. These lower pH levels are healthier for humans as higher populations of lactic acid bacteria inhibit the spread of spoilage microorganisms.

In 1994, there was an outbreak of *Escherichia coli* O157 with 17 cases all occurring from the consumption of pre-sliced salami that was processed by one company. A research investigation of the factory where the salami was processed found that all processing techniques and production methods complied with all regulations, and there was no evidence of contamination after processing.

Preservation of any meat products is important. Some fungi can create undesirable color and flavor in the contaminated meat and produce toxins. Some fungi that are not harmful to humans, such as those that are formed on the surface of dried salami, are an indication of maturation after ripening. Thus, producers have to eliminate fungi that have potential risks to human health. As natural preservatives are becoming more desirable food additives than artificial preservatives in food industries, some studies about salami have been focusing on the use of essential oils such as oregano and clove oil as preservatives that can be applied to salami production due to their anti-fungal activities. Several types of oils including rosemary, clove, oregano and sage oils were found to have different levels of inhibition effect to various types of fungi that could possibly grow on salami. Since several of these oils contain volatile compounds whose amount can affect the flavor of the food, researchers often perform a sensory test to find the amount of the oil that can best serve as an anti-fungal preservative but have the least effect on the flavor or appearance of the salami.

COULD BE USED FOR BREAKFAST?

Yes

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)

It is an excellent delicacy of the rich Greek Corfiot gastronomy. It is an excellent meze in Greek and Corfiot drinks such as tsipouro and ouzo, but also red wines. It can be ideally accompanied with the excellent Corfu cheese dish.



SHORT PRESENTATION OF THE PRODUCT

NAME	Corfu graviera
PRODUCT CATEGORY	<i>Cheese</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>

STANDARDIZATION & PACKAGING (if applicable)

It is produced in local dairy companies.

CHARACTERISTICS & SPECIALTIES

'Graviera' cheese is the second most popular cheese in Greece after 'feta' thanks to its special sweet and slightly salty taste.

It is known for its excellent quality, the traditional way of preparation, its pure ingredients and its pleasant taste. It is characterized by its light yellow color and asymmetrical holes. This cheese has a very pleasant and slightly salty taste, with a rich aroma of pure milk, causing a feeling of well-being and fullness to anyone who tastes it.

The excellent quality and taste of the cheese is based on the traditional breeding of the animals that graze freely in the mountainous and semi-mountainous areas of Corfu, and are bred with the rich in nutrients flora of the island.

PROPERTIES - BENEFITS / ADDED VALUE

It includes high level of calcium. Graviera is without technological or chemical interventions, retains all the nutrients and its special taste.

COULD BE USED FOR BREAKFAST?

Yes

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)

It is consumed alone, accompanies our food, becomes saganaki, and is included in our toast or salad.



SHORT PRESENTATION OF THE PRODUCT

NAME	<i>Nouboulo</i>
PRODUCT CATEGORY	<i>Meat (cold cut)</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>

STANDARDIZATION & PACKAGING (if applicable)

The special process that nouboulo's production needed is dated back to the period when Corfiots conserved their food in natural ways (inside salt). During Christmas they used to slaughter their pig, then, they salted it, smoked it by the fireplace by burning lent sticks of local herbs & finally they let it mature naturally

Nouboulo, is made by the traditional method: Pork loin is smothered with coarse salt. Black pepper and oregano are also added. The meat is stuffed inside a pig intestine and smoked over a fire made with pennyroyal, sage, oregano branches, myrtle, laurel and lentisk branches. Then it's left to age in a dry environment.

Modern machinery methods of quality assurance (haccp) are used and they are considered necessary to produce this product.

CHARACTERISTICS & SPECIALTIES

"Nouboulo fumicado" (from the Venetian nombolo) is the Corfiot prosciutto, an exclusive cold cut of Corfu or elsewhere the local "king" of cold cuts' specialties.

The Nouboulo Foumikado had first been located in the area of "Oros" (mountain) of Corfu at times when the Corfiots conserved their food by natural means. The Nouboulo Foumikado in all of its forms (atomic, loaf, in slices etc) is one of the most popular products of Corfu. It has roots back to the long period of Venetian Rule which left among other things, a huge legacy of traditional production of cold cuts. Sinarades Village holds tight this long gastronomical tradition, having the most specified nouboulo producer in the whole island. The etymology of the Venetian word "nombolo" has a unique interest. It means "a strand of rope", which is probably a visual simile of a tenderloin used for the production of nouboulo or the intestine that is encased. This nautical term, first appears during the 14th -15th c. and presents similarities with the Greek nautical term -synonymous with the Italian –"empolo" - "εμπολο". The first strand is seen as the axis around which the rest of the rope is twisted.

The Nouboulo is a first quality traditional Corfiot Delicatessen made of a whole piece of pork fillet which is marinated in local wine & seasonings, put inside a natural intestine, slightly smoked by burning of aromatic branches and let it mature naturally until it acquires a delicate flavor.

The Venetian era offered to Corfu the tradition for the production of cold cuts/sausages. Nouboulo is a pork tenderloin (smoked cured pork). Nouboulo (from Venetian nombolo: loin) is a traditional charcuterie product of the Island of Corfu. It is made from whole pork tenderloin, cured with salt and spices and marinated in wine. It is then encased in natural intestine, usually together with a strip of fat, and smoked over a mixture of herbs, including sage, bay laurel, thyme, terebinth and myrtle. It is consumed thinly sliced, usually on fresh bread.

Although it is enjoyed all year round, it is traditionally served as an hors d'oeuvre on Christmas and New Year's days.

PROPERTIES - BENEFITS / ADDED VALUE

A milestone in the history of noumboulo will be to be awarded PDO (protected designation of origin) or PGI (Protected Geographical Indication) status, which would further broaden its appeal and recognition.

COULD BE USED FOR BREAKFAST?

Yes

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)

It is a unique choice for a buffet where it can be served in thin slices with small breads that contain little or no salt at all. Ideal for a first cold course or as an ingredient inside a light main course. It is also suitable to be accompanied by all types of alcohol extracts, beer & wine. Noumboulo should be cut in very thin slices, to show off their light pink colour, served with soft cheeses and can accompany the two other typically Corfiot deli treats – the exceptional and unusual sykomaïda and kumquat or in summer by slices of cool melon, It is also excellent with strapatsada, eggs scrambled with tomatoes.



SHORT PRESENTATION OF THE PRODUCT

NAME	<i>Liker kumquat drink</i>
PRODUCT CATEGORY	<i>Drink</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>

STANDARDIZATION & PACKAGING (if applicable)
 Dozens of little ones distilleries scattered all over the island, produce the liqueur

CHARACTERISTICS & SPECIALTIES
 Dozens of little ones distilleries scattered all over the island, produce the liqueur with the orange-yellow color, the robust perfumes citrus fruits and bitter-sweet acid taste. The liquer is considered a gastronomic ambassador of the island

PROPERTIES - BENEFITS / ADDED VALUE
 The drink has same good effects in the health of a human organism as the kumkuat.

COULD BE USED FOR BREAKFAST?
 Yes

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)
 The kumquat liker is served either alone as cold drink or mixed with juices while it is also included on local cocktails.



SHORT PRESENTATION OF THE PRODUCT

NAME	<i>Pasta</i>
PRODUCT CATEGORY	<i>Pasta</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>

STANDARDIZATION & PACKAGING (if applicable)
 Pasta are produced and packaged in local small factories.

CHARACTERISTICS & SPECIALTIES

Flour + Water + Egg (not always) = pasta. Pasta is one of the most popular foods worldwide and in Corfu as well, because of the Italian influences.

Pasta first appeared in ancient Greece, and it was a square sheet of dough with the name lasanon (later lasagne). Corfu produced pure pasta, without adding dyes and preservatives using natural methods of colouring (green - spinach, orange - carrot).

'Niokos' is a type of orzo (pasta). Orzo is also known as risoni, is a form of short-cut pasta, shaped like a large grain of rice. Orzo is traditionally made from white flour, but it can also be made of whole grain.

PROPERTIES - BENEFITS / ADDED VALUE

n/a

COULD BE USED FOR BREAKFAST?

No

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)

Corfu has a tradition in pasta since the time of the Venetians, after all, its characteristic delicacies such as pastitsada or pastitsio are used locally spaghetti.

There are many different ways to serve orzo. Orzo can be served alone; in soup, especially for children; as part of a salad, a pilaf, or giouvetsi; or baked in a casserole. Orzo can be colored by saffron, chilies, and black beans to yield yellow, orange, or black pasta.

Orzo is essentially identical to the kritharáki, (little barley, or manestra -when soup-) in Greek cuisine ("barley noodle") in Turkish cooking, and ("songbird tongue") in Arabic cooking. In Spain, the equivalent pasta is called piñones. Confusion may arise from the fact that piñones is also the Spanish word for pine nuts.

Orzo is often boiled in Italian soups, like minestrone. It can also be boiled and lightly fried, to create a similar dish to risotto.



SHORT PRESENTATION OF THE PRODUCT

NAME	<i>Honey</i>
PRODUCT CATEGORY	<i>Honey</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>

STANDARDIZATION & PACKAGING (if applicable)

The honey is available in jams.

CHARACTERISTICS & SPECIALTIES

A wide variety of bee products from Corfu is offered like honey, organic honey, pollen, Royal Jelly, etc.

As honey is the key component of the Mediterranean diet, bee-keeping in Corfu is flourishing and produces quality bee products that are successfully comparable to similar products worldwide.

Participation in worldwide competitions gave awards to Greek producers from Corfu.

Honey was considered as the 'food of the gods' according to the ancient Greeks.

PROPERTIES - BENEFITS / ADDED VALUE

Natural product , a shield for the organism.

COULD BE USED FOR BREAKFAST?

Yes

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)

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SHORT PRESENTATION OF THE PRODUCT

NAME	Corfu butter
PRODUCT CATEGORY	<i>Butter</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>

STANDARDIZATION & PACKAGING (if applicable)

The butter is produced and packaged in local dairy companies. The most important factor for ensuring the quality of the cheese products is their immediate processing and disposal.

CHARACTERISTICS & SPECIALTIES

This butter is produced based on the original recipe and is known for its special and very characteristic taste. The authentic Corfu butter is produced from fresh pasteurized cream of cow's milk. The milk comes from Corfiot animals that are fed exclusively by the rich and unique local flora of, making it the only one in the world for its purity.

PROPERTIES - BENEFITS / ADDED VALUE

It is produced from the dairy companies, without technological or chemical interventions, and retains all its nutrients and vitamins. It is a natural source of vitamins A and D.

COULD BE USED FOR BREAKFAST?

Yes

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)

It is spreadable and can also be used in cooking and confectionary. The butter is usually used in pies, cakes and sweets as well as in bread.



SHORT PRESENTATION OF THE PRODUCT

NAME	<i>Tsitzibira (Ginger beer)</i>
PRODUCT CATEGORY	<i>Drink</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>

STANDARDIZATION & PACKAGING (if applicable)

Current ginger beers are often manufactured rather than brewed, frequently with flavor and color additives. Ginger ales are not brewed. Ginger beer is still produced at home using a symbiotic colony of yeast and a Lactobacillus (bacteria) known as a "ginger beer plant" or from a "ginger bug" starter created from fermenting ginger, sugar, and water.

Maturation is completed in the bottle where the beverage gets its authentic taste.

CHARACTERISTICS & SPECIALTIES

During the English presence in Corfu the English nobles enjoyed their favourite drink with ginger, tsitsimbira, (ginger - beer). Brewed ginger beer was brought to the Ionian Islands by the British Army in the 19th century, and is still made as a local specialty known as tsitsibíra (τσιτσιμπίρα) by villagers in rural Corfu.

It consists of ginger, fresh lemon, sugar and water which are 'fermented' in laboratory cauldrons and produce a peppery and tonic Lemonade flavored soft drink. No preservatives are used during its preparation, while not carbonate is added even though it foams. Tsitsimbira represents the newest history of Corfu. Corfu has its own beers. Traditional ginger beer is a sweetened and carbonated, usually non-alcoholic beverage. It is produced by the natural fermentation of prepared ginger spice, yeast and sugar.

Today, Corfu is the only one still flying the flag for the spicy fizz. The drink is brewed in large cauldrons and distributed to Corfiot cafes between Easter and autumn.

PROPERTIES - BENEFITS / ADDED VALUE

It consists of ginger - highly beneficial for the body. Fermented and refrigerated, the final beer can keep in the refrigerator for up to a month, and is said to have digestive properties. Ginger (included in the beer) stimulates circulation and helps the blood flow to the skin. This fact makes it important interchange for chilblains and poor circulation in the hands and feet. Ginger helps in the case of high pressure, to improve circulation. Sweating increases and decreases in body temperature, fever

COULD BE USED FOR BREAKFAST?

Yes

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)

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SHORT PRESENTATION OF THE PRODUCT

NAME	Milk
PRODUCT CATEGORY	<i>Milk</i>
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>
STANDARDIZATION & PACKAGING (if applicable)	
The fresh milk is produced from cow's milk of Corfu, retaining all its vitamins, nutrients, fats and rich taste, suitable for kids.	
CHARACTERISTICS & SPECIALTIES	
The most important factor for ensuring the quality of our milk, dairy and cheese products is their immediate processing and disposal.	
Milk, without technological or chemical interventions, retains all its nutrients and vitamins from mother nature and arrives, in just a few hours, fresh in the refrigerator.	
PROPERTIES - BENEFITS / ADDED VALUE	
It is ideal for breakfast because it gives you the energy you need to get started. It is our ally against stress. Proven to help against skin aging. It is a rich source of antioxidants. It is our most important ally against osteoporosis.	
COULD BE USED FOR BREAKFAST?	
Yes	
OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)	
It can be served as drink as well as used for cakes, creams (rizogalo) etc.	



SHORT PRESENTATION OF THE PRODUCT

NAME	Yogurt
PRODUCT CATEGORY	Yogurt
AREA OF CULTIVATION/PRODUCTION	<i>Greece/Corfu</i>
CLASSIFICATION	<i>n/a</i>

STANDARDIZATION & PACKAGING (if applicable)

The yogurt is produced from cow's milk of Corfu, retaining all its vitamins, nutrients, fats and rich taste, suitable for kids.

CHARACTERISTICS & SPECIALTIES

The traditional cow yogurt from Corfiot cow milk is prepared with the original recipe that gives it the characteristic skin, special texture and irresistible taste.

PROPERTIES - BENEFITS / ADDED VALUE

This milk dessert favors the human body with all its properties and incomparable taste. Distinctive in taste, unique in quality, it is produced in just a few hours from milk milking so that it can be enjoyed fresh, with all the nutrients. Made only with milk and yogurt yeast, it is ideal for those who want to combine a balanced diet with enjoyment.

COULD BE USED FOR BREAKFAST?

Yes

OTHER PRODUCTS PRODUCED BY THIS PRODUCT (if applicable)

It can be served alone or as ingredient in cooking and cakes.

E. IDENTIFICATION OF COMMON LOCAL AND TRADITIONAL PRODUCTS OF OTHER AREAS OF THE CROSS-BORDER AREA

The production and agricultural sector of Corfu is close to those of the Albania. Specifically, such as Albania, Corfu has also significant production levels of dairy products (yogurt, cheese, butter, milk), fruits (kumquat, oranges). Those products are already used for the production of other products such as marmalades (made from kumquat in Corfu), sweet cakes (made from butter and milk) and pies (made from cheese) as well as honey etc.

In more details, the products identified that are common/similar among Albania and Corfu and that could commonly represent the common CBTB cross-border traditional products are the following:

No.	Local traditional product(NAME)	Product category	Special characteristics/classification (if applicable)	Area of cultivation/production
1	Kumquat	Citrus fruit	PDO	North Corfu (Nimfes)/Corfu/Greece
2	Corfu' cheese	Cheese (dairy product)	n/a	Greece/Corfu
3	Corfu graviera	Cheese	n/a	Greece/Corfu
4	Honey	Honey	n/a	Greece/Corfu
5	Corfu butter	Butter (dairy product)	n/a	Greece/Corfu
6	Milk	Milk (dairy product)	n/a	Greece/Corfu
7	Yogurt	Yogurt (dairy product)	n/a	Greece/Corfu

F. CONCLUSIONS

Under the framework of the CBTB project, the elaboration of a study is foreseen including an analytical list of the traditional and local products that are produced, cultivated, originated in the cross-border area as well as the analysis and presentation of those identified as common for the c/b area.

The Chamber of Corfu in the context of the activity is responsible for the collection of the respective information identifying the traditional and local products that are produced, cultivated, originated in Corfu and then elaborate a study with the analytical list of those traditional and local products and the identification of those that are common for Corfu and other areas of the c/b area.

The current study D.3.2.1 Identification of common traditional products (Corfu) is a Regional Report including the identification of the traditional and local products that are produced, cultivated, originated in Corfu.

Specifically, the main outputs of the study are the following:

- Corfu is a fertile island that is distinguished for the products it produces: The most famous agricultural products and other products cultivated and produced in Corfu island are: **olive oil, the oranges 'Merlin', the kumquat, dairy products** ('butter of Corfu', 'graviera' cheese, 'Corfu' cheese, milk, yogurt), **soft drinks** such as the 'tsitsimbira' and 'liker kumquat', **cold cuts** ('Noumboulo' and 'Salado') as well as other products such as **honey, wine and pasta**.
- A total of **14 typical traditional and local products** from Corfu have been identified
- Half of them (7 products) are common with the Albanian territories (dairy products, honey), citrus fruit.
- 'Tsitsimbira', 'corfu cheese' and 'kumquat' are produced only in Corfu, while other products such as Noumboulo, Salado, graviera cheese etc. have influences from Italy