

**pegeželjac** I WANT:

Magazine of the Centre of Agricultural and Rural Development

YEAR 5, NO. 10 / RIJEKA / JULY 2024 / FREE COPY / ENGLISH

ORGANIC FOOD!

LOCAL PRODUCE!

A HEALTHY ENVIRONMENT!



**CORNELIAN  
CHERRY**  
- THE SUPER FRUIT

**BRSEČ  
GARLIC**

**KAŠETICA**

THE LITTLE  
WOODEN  
CRATE

**primorje-gorski kotar county**

Dear reader, you are holding in your hands the English edition of *Pegeželjac* magazine, in which you can find a lot of useful and interesting information about local products, the specialties of *Primorje-Gorski Kotar County* and our brand *Kašetica* – the little wooden crate, which brings together more than 150 producers of indigenous products

INDIGENOUS  
VARIETIES:

BELICA

JARBOLA

SANSIGOT

TROJIŠĆINA

ŽLAHTINA

SPARKLING  
WINES

**GORSKI  
KOTAR  
HONEYDEW  
HONEY**

**EXTRA VIRGIN  
OLIVE OIL:  
CRES, KRK**

**GROBNIK  
CHEESE**

**KRK PROSCIUTTO**







centar za poljoprivredu i ruralni razvoj  
primorsko goranske županije  
the centre for agricultural  
and rural development of  
primorje-gorski kotar county

**2000.** / the Centre for Highland Agriculture was established with the aim of providing support for the development of agriculture, solving the primary problems of agricultural production and protecting and developing the market for indigenous products

**2015.** / the Centre for Highland Agriculture changed its name to the Centre for Agriculture and Rural Development of Primorje-Gorski Kotar County

**2020.** / 29 local self-government units participate in the work of the Centre

**development** /

of fruit growing, olive growing, vegetable growing, viticulture, winemaking, animal husbandry, beekeeping

**promotion and development** j /

indigenous produce of  
Primorje-Gorski Kotar County

**preparation and implementation** /

EU projects

**education**

**publishing**

**revitalisation of agricultural land**

**restoration of permanent plantations  
over the entire County**

**investment** /

purchase of agricultural machinery,  
the equipping of a pedological  
laboratory, construction and equipping  
of a plant for fruit processing



## Centre for indigenous produce

### Brand

Kašetica is a Primorje-Gorski Kotar brand that brings together producers of indigenous produce from Primorje-Gorski Kotar County



### Centre

Kašetica is also the exhibition and sales centre for indigenous produce, where numerous events, promotions, tastings, presentations, exhibitions, training and workshops are organised



## Where are we?



Kašetica Primorje-Gorski Kotar • Centre of Indigenous Produce  
Krojačka 1, Rijeka • +385 99 334 9339 • kasetica@cpr.hr • www.kasetica.hr • fb Primorsko-goranska Kašetica



pegeželjac  
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goranska  
primorska  
županija

WWW.KASETICA.HR





## Recognisability

We are strengthening the visibility and recognition of both the tangible and intangible heritage of Primorje-Gorski Kotar County, i.e. the tourist destination of Kvarner



## Sustainable development

The project was created based on the strategic decisions of the County for the development of a sustainable economy, and the project's coordinator is the Centre for Agriculture and Rural Development of Primorje-Gorski Kotar County



## Place of exchange

We are a place for the exchange of knowledge and the gathering of producers, as well as the creative steps of related associations, institutions and citizens of the County who promote ecological production and actively promote the ideas of developing environmental awareness and sustainable tourism through their work

## A kašetica to take home...

.... our visitors can take home a piece of the wealth of our diversity, heritage, tradition and quality in a "kašetica" little wooden crate



# A kašetica full of the sea and mountains

From the very beginning, the recognisable element of this story is a very simple, symbolically strong wooden crate, known locally as a "kašetica", with which producers from the sea and mountains of our County are presented, and for whose promotion the building in Rijeka is used. It is a space for gatherings and education, sales and exhibitions and numerous other activities with the aim of increasing the visibility and recognition of both the tangible and intangible heritage of Primorje-Gorski Kotar County.

The design of the wooden crates is by Ivan Juretić, an architect from Grobnik, a great lover of the smell and texture of wood and all its forms.

He designed a total of 16 sizes and shapes of this useful item, which goes beyond the mere function of a product carrier and is presented as the light motif of the kašetica project and a visually attractive element that fits in universally with most interiors as well as exteriors.

Each wooden crate is made by hand, exclusively from Gorski Kotar fir, so it is unique and individually marked with the kašetica logo, in which the Adriatic Sea swims and the Gorski Kotar mountains rise.

Finally, the wooden box is put together every day according to the customer's order and wishes, filled with all possible delicacies from our producers and imaginatively arranged with raffia and transparent cellophane so that it is attractively decorated, perfectly presenting the story that we have been successfully telling for the fifth year in a row in our Centre of Indigenous Produce.

Come to Kašetica and take your very own wooden kašetica full of local produce home.







Many verses have been sung and stories written about wine, however, even more beautiful stories have been told alongside wine.

The culture of wine production and vine cultivation in our region goes back a long way into the past, and it is believed that in pre-Roman times, members of the Illyrian tribes living in this area invented the wooden barrel.

This extremely rich and long wine history has had its ups and downs, and the thousand-year-old tradition of winemaking and viticulture is still an important branch of the economy today.

Therefore, it is not surprising that the direction of development of our wine region is based on the preservation of indigenous values – the renewal of vineyards and the revitalisation of indigenous varieties of vines whose unique products have an individual place in the tourist offer.

The return of indigenous varieties started more than 15 years ago, and they are returning

to the wine scene in style thanks to the hard-working winemakers and winegrowers. The old varieties that we inherited are part of not only the natural but also the cultural heritage of the County, and their preservation is our obligation to the generations to come.

The multiple award-winning wines of Kvarner and the Croatian Littoral compete with the world's best wines, according to experts. Therefore, do not miss the opportunity to taste Žlahtina, Sansigot, Jarbola, Belica, Trojiščina or Stara Bakarska Vodica.

Be sure to visit the wonderful vineyards where they are produced: Vrbnik field and Baška valley – the real jewels of the island of Krk, the rejuvenated Vinodol valley, the home of Belica within the town of Kastav itself, the happy island of Rab, the renovated Bakar drystone terraces or the fascinating terraces of Zvoneća fields.

And don't forget – whether it's white, red or rosé, wine is best in good company!

## JARBOLA *HITS THE LEGS, NOT THE HEAD*

ZVONEĆA

JARBOLA IS AN INDIGENOUS GRAPE VARIETY FOUND IN OLD VINEYARDS ON THE SLOPES OF ČIČARIJA, MORE PRECISELY IN THE AREA OF ZVONEĆA. IT WAS THOUGHT TO BE IDENTICAL TO THE SLOVENIAN REBULA VARIETY, I.E. THE ITALIAN RIBOLLA GIALLA, HOWEVER, IT HAS BEEN DETERMINED THAT JARBOLA HAS A UNIQUE GENETIC PROFILE

It is not known exactly when Jarbola began to be cultivated in this area. Although the first records about it date back to the 19th century, when viticulture was the most important branch of the economy in the area of the municipality of Matulji and around Zvoneća, Jarbola has certainly been around for much longer in these parts

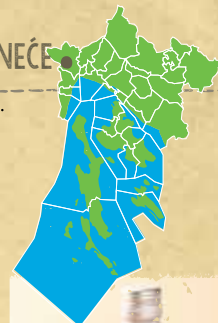
It is grown in the Zvoneća fields area, a protected cultural asset and a fascinating landscape bordered by high stone walls that, according to some sources, date back to the 15th and 17th centuries. Although the people of Zvoneća were once primarily engaged in agriculture and Jarbola occupied a significant place on the 60 hectares of arable land, over time, as people began other occupations, the land became less important, and Jarbola itself almost died out at the beginning of the 21st century.

Thanks to the enthusiasm of several young people from Zvoneća, the founders and



members of the Jarbola Association of Grape and Wine Producers, the old variety was saved, and the tradition of wine production was revived. And it is a wine that no wine list would be ashamed of having. It used to be said about

Jarbola that it was “the wine that hits your legs and not your head”, but today, it is a quality wine of controlled geographical origin and protected by the Croatian Littoral designation of origin.





# SANSIGOT NEW LIFE OF AN OLD VARIETY

SANSIGOT OR SUŠČAN CRNI IS AN INDIGENOUS VARIETY OF THE ISLAND OF SUSAK. IT IS NOT KNOWN WHETHER THIS VARIETY CAME TO THE ISLAND FROM SOMEWHERE OR ORIGINATED THERE, BUT IT HAS BEEN CULTIVATED ON SUSAK SINCE TIME IMMEMORIAL.

Genetic results have shown that Sansigot has a unique DNA profile that is not found in other countries, so we can rightly classify it as a Croatian indigenous variety. In the past, this variety has always had great importance on the island, occupying 50% or more of the total area of the vineyards, and wine was produced from it together with other red varieties.

Ivica Dobrinčić from the Šipun winery in Vrbnik is the most praiseworthy for the return of Sansigot onto the wine scene. Namely, after fifteen years of intensive work on finding quality vines suitable for propagation by grafting, he brought them back to the vineyards on the island of Krk with great success.

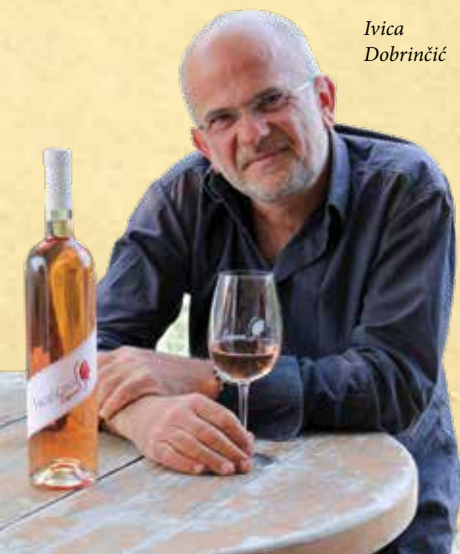
The variety has now been perfectly homed in Vrbnik, where a new life of this old Kvarner vine has begun with new plantations. Sansigot produces good red wines of medium strength with a fine, dry and lively taste, aged in barrels for a year, and they go well with all kinds of meat, mature cheeses and dark chocolate.



# TROJIŠĆINA A BIG COMEBACK

TROJIŠĆINA IS A RED GRAPEVINE VARIETY, SO IT IS OFTEN CALLED TROJIŠĆINA RED. ALTHOUGH OF UNKNOWN ORIGIN, IT HAS BEEN CULTIVATED SINCE TIME IMMEMORIAL ON THE KVARNER ISLANDS, PRIMARILY SUSAK, LOŠINJ AND CRES

Ivica  
Dobrinčić

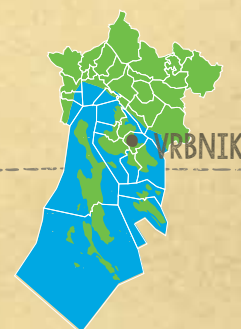


It can be served as table grapes, and most often, it is mixed in a coupage with other local varieties, and it produces delicious red wines that are enjoyed throughout Kvarner.

Despite its great presence and economic importance in the past, today, Trojišćina almost disappeared from Kvarner vineyards. However, this old variety is making a big comeback thanks to Ivica Dobrinčić, a great enthusiast who has been bringing almost extinct, forgotten and abandoned indigenous varieties back to life for decades. He has devoted 15 years of dedicated work to the revitalisation of Trojišćina and turned it into an absolute global rarity – the opol (rosé) coloured wine has won numerous awards and recognitions, and this fresh and delicate pink



wine with fruity aromas has already been recognised and recommended by numerous wine connoisseurs as an ideal nectar for enjoying warm summer months.





# ŽLAHTINA THE NOBLE QUEEN OF THE KVARNER

ŽLAHTINA HAS BEEN GROWN ON KRK AND IN VINODOL SINCE ANCIENT TIMES, AND IT IS MENTIONED IN THE STATUTES OF KRK AND VRBNIK AND THE VINODOL CODE

Žlahtina (Žlajtina, Belina) is an indigenous Croatian white grape variety whose origin, despite numerous theories, has yet to be determined precisely.

It was domesticated in the area of the Croatian Littoral and Kvarner islands, and today, it is the most economically significant and widespread indigenous variety in this region. The wines of Žlahtina are increasingly popular and win prestigious awards and recognitions at home and abroad, whilst the surface area of this variety grows year by year.

## The five faces of Žlahtina

We have the opportunity to try the Žlahtina variety in various styles:

### Young

The style for which the variety is best known is the fresh and young Žlahtina. It is a wine that is put on the market one year after being harvested and is produced in such a way that the harvested grapes are pressed immediately, the must is left to ferment and stabilise, and the wine is bottled in early spring and is ready for sale.

Young Žlahtina is straw-yellow in colour. It has beautiful, delicate, fruity and flowery aromas of fresh lemon, peach, apple, elder, magnolia and iris. In practice, it is dry and mineral, depending on the soil where the vineyard was planted, with good acids and a light body. This wine should be drunk within a year, served at 10°-11°C in a white wine glass with white fish with a lighter structure, such as fish carpaccio with a lemon and orange emulsion.

It took its name from the Slavic adjective “žlahtno”, which means noble. And indeed, the wines from Žlahtina do exude a noble beauty, freshness and attractive aromas. In addition to wine, Žlahtina also produces delicious table grapes with a rich taste.

Žlahtina is the most widespread on the island of Krk, where it arrived in the 1880s, and in the Vrbnik field, it was domesticated between the two world wars. The largest producer of wines from Žlahtina in the coastal region is the Pavlomir Winery, which, after many years

of effort, has returned this noble variety to Vinodol. It can be found in smaller quantities in Istrian vineyards, and believe it or not, Žlahtina is also grown on the Turkish island of Bozcaada, where it was taken by Austrian winegrower Dr Hermann areis.

### Aged

Aged Žlahtina, unlike the fresh, after fermentation, is aged in stainless steel or wooden barrels for a certain period of time, which rounds it off with a wide range of aromas and richness of taste and, if the winemaker wants, it is also aged in its own yeasts (a method called “sur lie”). This Žlahtina has a golden colour with aromas of ripe fruits such as peach, apricot and quince and opens up to more complex aromas that come from ageing in wood and from “sur lie” such as nuts, honey, toasted bread and vanilla.

Otherwise, it is dry, fresh, full-bodied, and has moderate alcohol content. It is ideal to drink within 5-6 years of being put on the market at 12°-13°C in a Burgundy glass with dishes with a greater structure and long-lasting flavour, such as creamy risotto with scampi and grated nutmeg.

### Sparkling wine

How is sparkling Žlahtina made? There are two methods, always starting with still wine in which secondary fermentation is stimulated by adding sugar and yeasts and in doing so, bubbles form in the wine. In the Charmat method, this process takes place in a tank, whilst in the traditional method, it takes place in a bottle where the wine is aged for a while in the yeasts.

Žlahtina, produced by the Charmat method, has large bubbles and aromas of lemon, lime and green apple. It is fresh, light, and ideal for drinking on hot summer days as an aperitif or with fish canapé snacks well chilled at 6°-8°C in a flute or tulip glass.

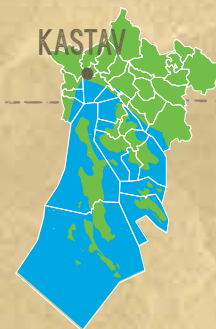
Žlahtina produced by the traditional method has small and numerous bubbles, aromas of citrus but also aromas of ageing in yeasts in the bottle such as butter, croissants and toasted bread. It is fresh, long-lasting in the mouth and at 6°-8°C in a wide tulip glass, it will surely brighten any social event with some fine snacks.







# BELICA LIKE SPICES



## Macerated

What is macerated Žlahtina? The method of red wine production is applied, in this case, to the white wine. The grapes that are harvested are not immediately pressed but are left to ferment and macerate in contact with the skins, which gives the white wine a more intense colour and more complex aromas; after that, the wine is aged for a certain time, stabilised and then bottled. Macerated Žlahtina has an intense orange colour, aromas of ripe peach, honey, quince and carob, gentle tannins from the skins and good freshness. Serving it at 13°-14°C in a red wine glass so that all its aromas can permeate, it can be enjoyed meditatively without food or with exotic Vietnamese, Chinese or Thai dishes, precisely because the wine itself is special and exotic.

## Sweet

The sugar at the end is certainly the dessert wine made from Žlahtina. The method is called "appassimento" in Italian: the grapes are picked a little later than the regular harvest, and the berries are full of sugar, then they are left to dry so that the water evaporates and a pure concentrate of sugar and strong aromas remains. After that, it continues with the same process as for the aged white wine. The resulting colour is intense, from golden-yellow to amber, with aromas of ripe and dried fruits such as plums and figs, marmalade, honey, carob and cinnamon; the wine is sweet, fresh, full-bodied and lingers in the mouth. It is served at 6°-7°C in a small sweet wine glass with desserts, dry cakes or dried fruit.

THE INDIGENOUS KASTAV BELICA IS ACTUALLY NOT A VARIETY BUT A COUPAGE, I.E. A MIXTURE OF 4 TO 6 VARIETIES OF WINES, 4 OF WHICH ARE INDIGENOUS. THE VARIETIES JARBOLA, MEJSKO BELO, DIVJAKA AND BRAJKOVAC GROW EXCLUSIVELY IN THE AREA OF KASTAV AND THE SURROUNDING AREA, WHILST MALVAZIJA ISTARSKA AND VERDIĆ ARE MOST OFTEN FOUND IN BELICA

It is precisely in this variety that the beauty of Kastav Belica is hidden; like spices, each variety contributes its different characteristics to this coupage. The art of creating Belica begins with the harvest, and all the grapes are mixed and processed at the same time in order to obtain a unique harmony.

Kastav is a town with a rich tradition of winemaking and viticulture, which is mentioned in the Law of the Town of Kastav document from 1400. It is widely known for Bela Nedeja, a traditional folk gathering when young wine is enjoyed.

In the past, Belica fed the people of Kastav, but unfortunately, in the last few decades, urbanisation has "eaten into" the vineyards that surrounded Kastav and brought Belica to the very edge of existence.

However, with the great efforts of several lovers of this wine, who came together in the Belica Association, along with the help of the Town of Kastav, Primorje-Gorski Kotar County and numerous other institutions and experts, Belica is returning in a big way.

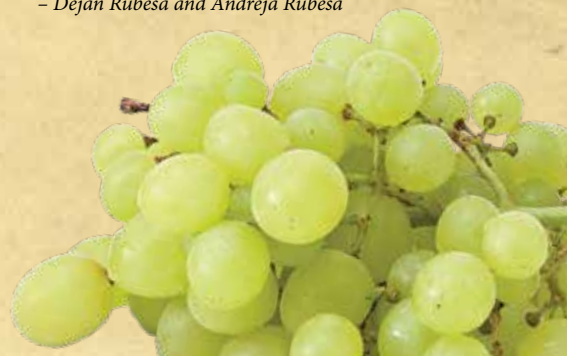


For the creation of a brand that has surpassed the boundaries of Kastav, one of the most deserving is, without doubt, the Kastav winemaker Dejan Rubeša, owner of the Plovanić Wines family-run farm and the largest producer of Belica. He has continued the centuries-old family tradition of cultivating vines and producing wines that have won multiple awards. Belica, as a still wine and the Plovanić sparkling wine have recently been rated as top wines. "The work on raising the quality of Kastav Belica and all the wines that we produce is evidently paying off. We are proud to be recognised, and that gives us even more motivation" – Dejan Rubeša and Andreja Rubeša



## The House of Belica

The oenological treasure of Kastav received its own museum. The House of Belica was opened in the old centre of Kastav in June 2019 as a result of the joint work of the Belica Society of Lovers of Wine, Vines and Grapes, the Town of Kastav and Primorje-Gorski Kotar County. There is a museum collection spread over two floors that celebrates the centuries of effort, sacrifice, sweat and suffering of Kastav's winemakers and it also provides an interesting picture of the entire economic and social development of this region.





# SPARKLING WINES

NOT A BANG, JUST A WHISPER



*The original Bakarska Vodka*  
Source: Ivan Sokolić, Vinopedia



*Vrbnička Vodka*  
from 1925  
Source:  
Anton Katunar,  
Vrbnik



*Bakarska Vodka, a "carbonated sparkling wine", was produced from 1960 to 2013*  
Source: Roto Ulaganja d.o.o.

THE NEW YEAR SHOULD NOT GO WITHOUT A GOOD GLASS OF SPARKLING WINE, AND THIS YEAR, CHOOSE SOME OF THE TOP LOCAL SPARKLING WINES

Throughout history, the coastal area of Croatia has had specific and traditional grape and wine products. One of them is a sparkling wine produced by the method of one alcoholic fermentation – Bakarska Vodka. Some authors believe that the beginning of the production of Bakarska Vodka is related to the officers and soldiers of Napoleon's army who stayed in this area around 1810 and who brought and transferred the technology of sparkling wine production to the then patricians of Bakar and they passed it on to the local population. According to other sources, the art of this technology was brought by the ship owners of Bakar from their business contacts with the French.

Traditional Bakarska Vodka is a sparkling wine that is produced in the town of Bakar and more so in Praputnjak using the "méthode rurale", and women were once responsible for its production.

Primorje-Gorski Kotar County is one of the leading counties in the overall Croatian

production of sparkling wines. Today, in Primorje-Gorski Kotar County, sparkling wine is produced in about a dozen wineries, both small and large. Their sparkling wines are regularly highly rated, awarded multiple times, and are amongst the best quality sparkling wines in Croatia. They are the Ružić Family Farm, the Plovanić Wines Family Farm, the Srdoči Association of Winemakers, Winegrowers and Fruit Growers, the Dolčina Agricultural Cooperative, the Pavlomis Winery, the Vrbnik Agricultural Cooperative, the Gospoja Agricultural Cooperative, the Ivan Katunar House of Wine, the Katunar Estate Winery, the Nada Winery and the Šipun Winery.







*The Prima Fabbrica Fiumana di Champagne factory existed in the area of today's Belvedere*  
Source: Zoran Petrović-Bebe, Guida di Fiume 1909, Riečki Novi List 1909.

*Vinodolska Vodica was produced from 1945*  
Source: Petar Stanić, Bribir



**Did you know that for the first time in the world, a sparkling wine was immersed in the sea off the coast of Vrbnik on the island of Krk?**

It is called Valomet, which is a local term for a rock against which waves break.

After production and bottling in the cellar of the Vrbnik Agricultural Cooperative, the sparkling wine is immersed in the sea at a depth of 32 m, where it ferments and matures in a secret location at a constant temperature, in darkness and silence. It is produced exclusively from the indigenous Žlahtina and has received numerous awards and recognitions for both its quality and appearance. In addition to its unique method of fermentation and exceptional quality, Valomet is also special in terms of its design. Each bottle is unique, decorated with deposits of shells and corals as conducted by nature.



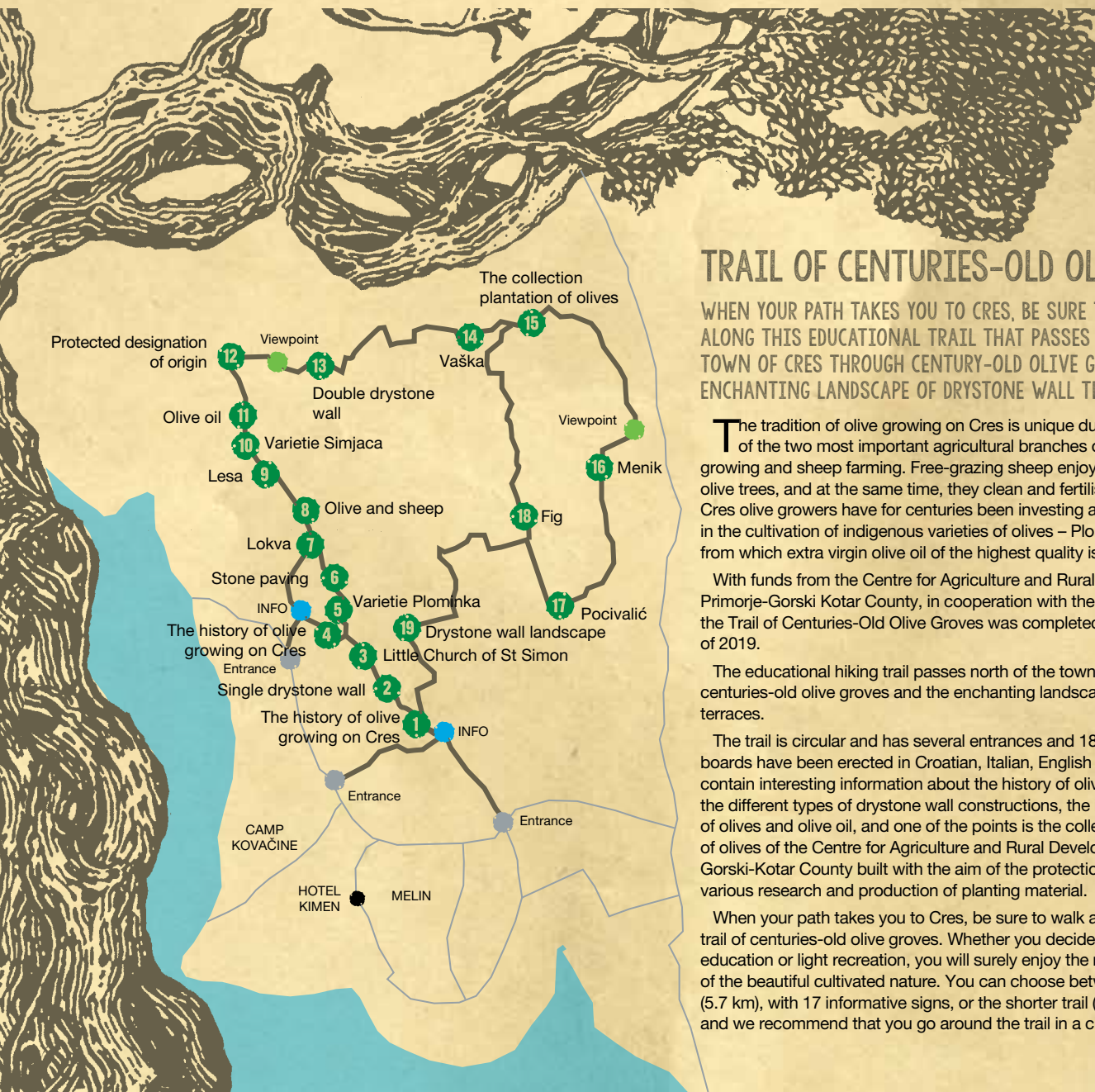


**HIDDEN**

# EXTRA VIRGIN OLIVE OIL OF CRES

CRES EXTRA VIRGIN OLIVE OIL WAS THE FIRST IN CROATIA TO  
HAVE A PROTECTED DESIGNATION OF ORIGIN

**THE TASTES AND SMELLS OF CRES CAPTURED**



## TRAIL OF CENTURIES-OLD OLIVE GROVES

WHEN YOUR PATH TAKES YOU TO CRES, BE SURE TO WALK  
ALONG THIS EDUCATIONAL TRAIL THAT PASSES NORTH OF THE  
TOWN OF CRES THROUGH CENTURY-OLD OLIVE GROVES AND THE  
ENCHANTING LANDSCAPE OF DRYSTONE WALL TERRACES

The tradition of olive growing on Cres is unique due to the symbiosis of the two most important agricultural branches of the island – olive growing and sheep farming. Free-grazing sheep enjoy the shade of the old olive trees, and at the same time, they clean and fertilise the olive groves. Cres olive growers have for centuries been investing a lot of love and effort in the cultivation of indigenous varieties of olives – Plominka and Simjaca, from which extra virgin olive oil of the highest quality is produced.

With funds from the Centre for Agriculture and Rural Development of Primorje-Gorski Kotar County, in cooperation with the Ulika Association, the Trail of Centuries-Old Olive Groves was completed on Cres at the end of 2019.

The educational hiking trail passes north of the town of Cres through centuries-old olive groves and the enchanting landscape of drystone-wall terraces.

The trail is circular and has several entrances and 18 info points where boards have been erected in Croatian, Italian, English and German. They contain interesting information about the history of olive growing on Cres, the different types of drystone wall constructions, the indigenous varieties of olives and olive oil, and one of the points is the collection plantation of olives of the Centre for Agriculture and Rural Development of Primorje Gorski-Kotar County built with the aim of the protection, education, various research and production of planting material.

When your path takes you to Cres, be sure to walk along the educational trail of centuries-old olive groves. Whether you decide to follow the trail for education or light recreation, you will surely enjoy the relaxing atmosphere of the beautiful cultivated nature. You can choose between the long trail (5.7 km), with 17 informative signs, or the shorter trail (4.8 km), with 15, and we recommend that you go around the trail in a clockwise direction.

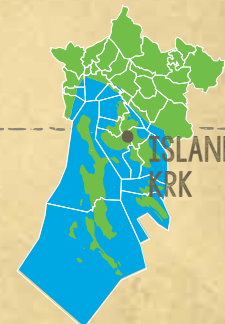



ISLAND  
CRES

# EXTRA VIRGIN OLIVE OIL OF KRK

## A UNIQUE TRADITION

THE LONG TRADITION OF GROWING OLIVES ON THE ISLAND OF KRK DATES BACK TO THE GREEK COLONISATION OF THIS REGION


ISLAND  
KRK

Cres extra virgin olive oil was the first in Croatia to have a protected designation of origin, and the first olive oil with this put on the market was Mosaico Premium from the Cres Agricultural Cooperative.

Produced from the indigenous varieties of Plominka and Simjaca (Slivnjača) olives, which are processed within 48 hours of being harvested, with a strictly controlled entire process of growing, harvesting, processing, bottling and storage, Cres extra virgin olive oil is a true masterpiece of Cres's olive growers.

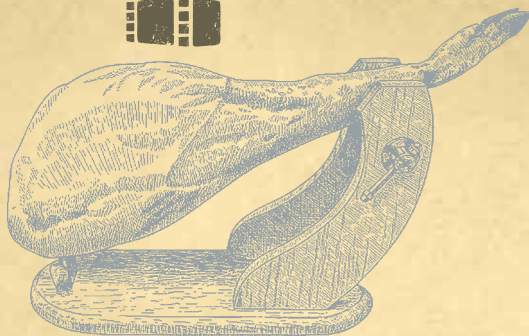


Krk olive oil is an extra virgin oil with a protected designation of origin and a protected geographical indication. It is produced on the island of Krk and the surrounding islets within the administrative boundaries, exclusively by mechanical processes from the fruit of indigenous varieties of olives, which individually or collectively must be represented in a minimum proportion of 80 per cent. Krk olive oil is harmonious, with a medium green fruitiness, medium bitterness and intense spiciness. The high content of oleic acid and polyphenols give it a freshness and high nutritional value. The interaction of natural factors, indigenous varieties, human factors, and the tradition of olive growing and oil production have resulted in a product that is unique for the entire area of Krk.

The long tradition of growing olives on the island of Krk dates back to the Greek colonisation of this region. Throughout history, there are numerous records related to olive growing on Krk, and how important it was in the lives of the island's inhabitants is best evidenced by the records of the many "toš", i.e. olive mills. A large part of social life in the winter period was connected with the processing of olives, and the olive mills were where the local people kept warm, socialised and exchanged experiences. Even today, great attention is paid to the development of olive growing and oil production, and Krk's olive growers win numerous awards and recognitions at events throughout Croatia.





**HIDDEN**

*In the House of Krk Prosciutto in Vrh, there is a drying room, a maturing room and a tavern, where guests can see in person the production of this gastronomic delicacy, find out everything about the production method and the characteristics of Krk prosciutto, taste it and, of course, buy the product right at the place where it is made. The House of Krk Prosciutto also produces other premium cured meat products such as sausages, pancetta, Krk salami and dried loin.*

**KRK PROSCIUTTO**

**THE FIRST CROATIAN BRAND IN EUROPE**

THE TRADITIONAL RECIPE, THE LONG TRADITION OF PRODUCTION, AND THE KNOWLEDGE, EXPERTISE AND SKILL OF THE PROSCIUTTO MAKER ŽUŽIĆ HAVE GIVEN HIS PROSCIUTTO SPECIAL CHARACTERISTICS. AFTER TASTING IT, CONNOISSEURS DESCRIBE IT AS PLEASANTLY SALTY, FRAGRANT, AND EVEN SWEET, WITH A SPECIFIC FULL AROMA THAT IS NOT MASKED BY THE SMELL OF SMOKE

In April 2015, the European Union protected Krk prosciutto with a designation of origin, and thereby Croatia received the first protected geographical indication, i.e. the first product – Krk prosciutto whose name is registered and protected on the European common market.

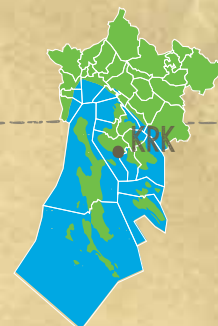
Mr Vjekoslav Žužić, the owner of the House of Krk Prosciutto, who started working on its standardisation more than 10 years ago, deserves the most credit for this great recognition.

**From long ago**

Prosciutto has enjoyed a great reputation on the island of Krk since ancient times and was considered a very valuable and special product. Although it is not known when pigs began to be bred on the island, that is, when pork began to be salted for the purpose of preserving it, but it is known from some written sources that in the Middle Ages, pig breeding on the island was not a rare phenomenon. Written sources of the tradition of salting pork date back to 1874. An old recipe for processing pork thighs was also found in one of the notebooks with recipes in the Franciscan monastery on the isle of Košljun.

Prosciutto is a tradition in the Žužić family that has been cherished for generations. Great-grandfather and grandfather Žužić used to dry prosciutto, and the secret of their success today is in their patience, high-quality raw materials of domestic origin, and with the modernisation of the production and care of each individual product.

Krk prosciutto, whose production is limited exclusively to the area of the island of Krk, is dry-cured with sea salt and pepper (along with salt and pepper, bay leaf and rosemary can also be used), air-dried without smoking and subjected to drying and maturing



Vjekoslav Žužić

processes lasting at least one year. The skin and subcutaneous fatty tissue are left on the thigh, whilst the pelvic bones are completely removed.

The Krk prosciutto of the Žužić family won the title of champion three times, i.e. it was declared the best prosciutto in Croatia at the prestigious Days of Croatian Prosciutto competition, which placed the County in a special place on the gastronomic map of Croatia and the world!





# GORSKI KOTAR "MEDUN" HONEY

A TREASURE FOR  
HEALTH FROM THE  
INSIDE OF PLANTS

THE WORD "MEDUN" (HONEYDEW HONEY) COMES FROM THE OLD SLAVIC LANGUAGE AND MEANS LOUSE, AND THE SHIELD-SHAPED APHID AND OTHER PLANT LICE, OF WHICH THERE ARE OVER 8,000 TYPES, ARE THE MAIN ACTORS IN THE STORY OF THE ORIGIN OF THIS HONEY

## How is honeydew honey made?

It is a bee product in which the bee is not the only active worker. Honeydew honey does not originate from flower nectar (pollen) but from plant juices from the deeper layers of plants that plant pests – lice – suck with their proboscis. If it weren't for the aphids, this special honey would not exist because bees are not able to reach such deep parts of the plant. The lice use part of the sugar in the honeydew for their own needs, whilst the excess remains available to other insects that come across it. Due to tissue damage on a leaf, pine needles or young twigs, plant juices spontaneously come to the surface where the bees land and collect the drops of honeydew and take them into the hive where processing continues in the same way as with nectar.

The honeydew that the bees bring into the hive also contains pollen, spores of various fungi and other plants that the wind blows onto it. These ingredients further enrich it, so it is not surprising that honeydew honey is many times richer in minerals and other nutrients beneficial for our health.

## Gorski Kotar honeydew honey – a European-protected designation of origin

Honeydew honey from conifers (fir, spruce, pine and larch) is most often found in Gorski Kotar, and it is precisely our Gorski Kotar honeydew honey that received the European protected designation of origin.



Gorski Kotar honeydew honey is a honey produced in the area of Gorski Kotar by native grey bees (Carniolan honey bees – *Apis mellifera carnica*).

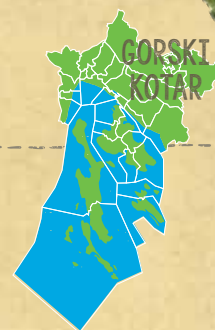


Branko Vidmar

## The father of honeydew honey

The "father" of honeydew honey, as he is often called, Branko Vidmar, a passionate beekeeper himself, has devoted years of work and love to promoting Gorski Kotar honeydew honey. According to him, honeydew honey is by far the healthiest type of food for the general revitalisation of the body. It contains up to 12 times more minerals and amino acids than nectar honey, is rich in folic acid and is nutritionally valuable for the diet of pregnant women. It has a specific taste, and its main characteristic is that it is less sweet. Due to the specific combination of sugars that is unique in nature, it is recommended for people with diabetes. It is thicker than nectar honeys, at the same time a natural probiotic and excellent support in the treatment of respiratory diseases.

Depending on the season, Gorski Kotar honeydew honey can also take on darker shades: brown to dark brown, almost black, often with greenish oil-like tones. The smell is medium to strong, balsamic and vanilla, with notes reminiscent of caramel, resin, dry leaves and burnt wood. It is characterised by a relatively weaker sweetness and associated aroma of medium intensity, which is associated with malt.







Pavle and Željka Egredžija

The Cornelian cherry, cornel or dogwood is a wild shrub or small tree with red berries. It can withstand a lot of sun, as well as low winter temperatures and is resistant to most plant diseases and pests, so it can be grown without the use of chemicals.

The Cornel cherries ripen at the beginning of autumn, and due to their sour-tart taste, they are rarely consumed fresh, but they have an extraordinary taste and are processed into jams, juices, liqueurs, brandies and various other delicacies.

# CORNELIAN CHERRY - THE SUPER FRUIT

"HEALTHY AS A  
CORNELIAN CHERRY"

THE UNJUSTLY NEGLECTED CORNELIAN CHERRY IS A TRUE "SUPERMAN" AMONGST FRUITS

The Cornelian cherry (*Cornus mas*) is rich in vitamin C, calcium and various other minerals, as well as numerous antioxidants. Therefore, it is considered a super fruit due to its extremely high nutritional value. A lot of scientific research is still needed in order to recognise the nutritional, health and cultural values of this fruit, but it is known that Cornelian cherry has been used in these areas since ancient times and was one of the most common medicines used for various health problems, as evidenced by the local saying "zdrav ko dren!" ("as healthy as a Cornel cherry").

Željka Egredžija and her husband Pavle run the E-Kos family farm, based on the family tradition of many years of small business, from the cultivation and preservation of indigenous types of fruits and vegetables to the preservation of seeds and processing of produce. Cherries, sour cherries, peaches, figs, Cornelian cherries, grapes, pomegranates, quinces, almonds, cherry plums, many medicinal and aromatic herbs, parsley, cabbage, Swiss chard, peas, tomatoes, onions and asparagus are just some of the wonders of nature that you can find at their estate in Kostrena.

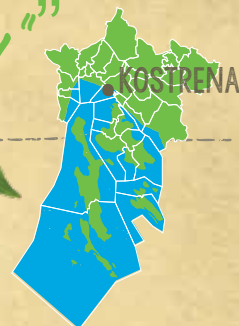
Their products from indigenous Cornelian cherry were also created based on tradition:

Cornel jam/fruit spread is produced in a completely traditional way, and local apples are also used for canning. It is 100% natural, without preservatives and without the addition of gelatine, and is of laboratory-tested quality.

Their DrenKo liqueur is a sunny product of their E-Kos family farm – it takes 45 sunny days for the fruits to release all their best ingredients and for the liqueur to acquire its fine, recognisable taste.

The Cornelian cherry in liqueur can be consumed in several ways, and the tasty and healthy red berries are the perfect addition to various cakes or ice cream.

- Cornelian cherries are also rich in calcium and can be a good substitute for milk and dairy products for those who have to avoid them for health reasons
- Research has shown that if more Cornelian cherries are added to plum jam, the antioxidant effect will increase
- Cornelian cherries have antioxidant, anti-inflammatory and anti-tumour effects
- Rijeka and its surroundings are rich in Cornel trees, and the Rijeka district of Drenova took its name from the Cornel tree
- The Cornel tree is known for its longevity and can live up to 200 years
- Apart from Drenova, Cornel trees also grow in Kostrena, Hreljin, the forests around Rijeka, in Mune and on the island of Cres
- Cornel trees traditionally grow in Central and Southern Europe, Asia Minor, Crimea and the Caucasus
- The extremely hard and tough Cornel wood is used to make handles for tools and furniture, hence the saying that a person who can "squeeze something out of dry Cornel wood" is capable of doing the impossible





## Medicine

Garlic is not only food it is perhaps the first plant in the world that was officially declared medicinal more than 5,000 years ago. It originates from Central Asia, and it was used in Roman, Greek and Egyptian cuisine, whilst in ancient China, it was an extremely valued medicinal plant. The ancient Roman writer Pliny described garlic as a cure for 61 health problems. It was mentioned as an ingredient in a series of recipes in the famous cookbook of Marcus Gavius Apicius from the 1st century AD, and supposedly, the first recorded strike in history took place because of garlic when slaves in ancient Egypt rebelled because it was removed from their menu.

## TINY DYNAMITE BRSEČ GARLIC

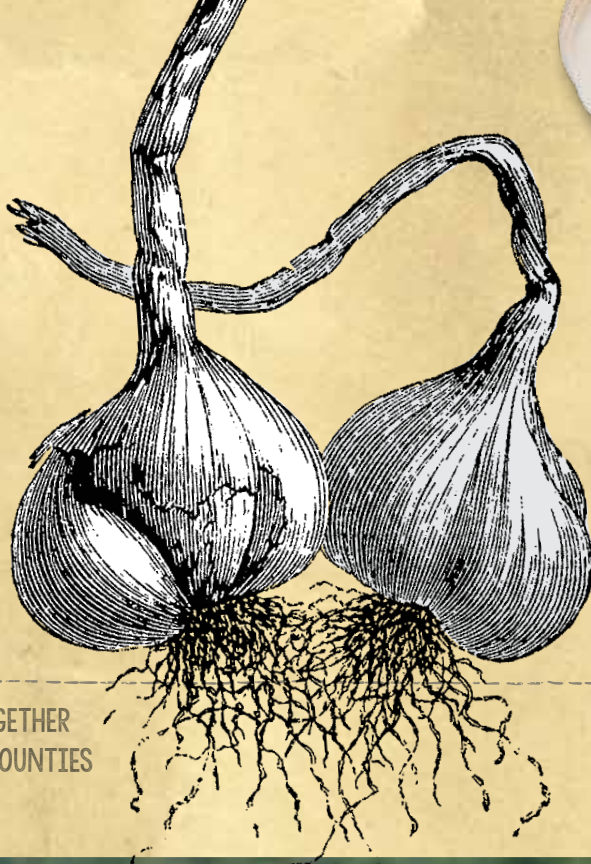
THE BIG COMEBACK OF THIS LITTLE GARLIC BROUGHT TOGETHER MANY DEVOTEES OF THIS MIRACULOUS FOOD FROM THE COUNTIES OF PRIMORJE-GORSKI KOTAR AND ISTRIA

Brseč garlic grows on compacted terra rossa in a narrow strip of land from Mošćenička Draga to Plominsko Zagorje. With an intense taste and smell, it is a real little bomb compared to other varieties precisely because of the pedological characteristics of the soil, where the head has no possibility of expansion. Each head of garlic, weighing an average of 24 grams, yields 8 to 10 cloves, and when peeled from the outer layer, they are a soft purple colour.

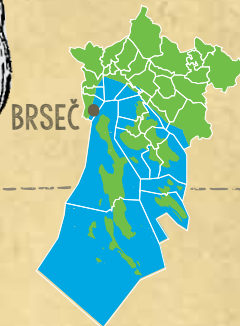
As an indispensable part of the Mediterranean diet, Brseč garlic was a highly sought-after commodity amongst the Austro-Hungarian aristocracy. Even today, it has the status of a cult food in the Littoral region, however, to date, the quantities have been very limited, and it was produced exclusively for the needs of only a few households. The story of Brseč garlic took off again with the gathering of garlic producers from the Brseč area when the Brseč Garlic Association was founded in 2019 with the aim of protecting and planting garlic, as well as the rural development and progress of the entire area of the Municipality of Mošćenička Draga. The wish of the founders and members of the Association is for garlic to be not only a goal but also a means of returning to agriculture, a driver of other economic, spatial and cultural changes for the better, such as stopping the trend of depopulation, encouraging settlement, refining numerous neglected agricultural plots

and restoring drystone wall landscapes, and as a valuable supplement to the tourist offer.

With such enthusiasm, positive energy and the cooperation of many, we have no doubt that nothing will stand in the way of Brseč garlic becoming the engine of the development of its region. After all, what is better against evil spells than garlic?



pegežljac 15







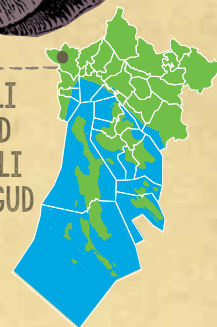
SAVED FROM OBLIVION

# BRGUD CABBAGE

BRGUD CABBAGE IS AN INDIGENOUS CROATIAN VARIETY OF CABBAGE KNOWN SINCE ANCIENT TIMES IN THE AREA OF LIBURNIA AND THE KASTAV REGION. TODAY, ONLY A FEW HOUSEHOLDS IN THE AREA OF MALI AND VELI BRGUD GROW AND SAVE THIS DELICIOUS FOOD FROM BEING FORGOTTEN



VELI  
AND  
MALI  
BRGUD



It has a specific taste and smell and shaded blue-purple leaves, and the traditional cultivation method itself is special. The cabbage seeds are sown on remote cabbage patches located at 300 to 400 metres above sea level. In this way, only strong young plants develop from the seeds, and due to the significantly colder climate, they are protected from parasites. At the end of June, the seedlings are planted in previously prepared soil in hollows.

The young plants produce firm and large heads of cabbage that have exceptional longevity, quality, and taste, whether consumed fresh or pickled.



In the past, tens of tons of this delicious cabbage were grown, but due to the depopulation of those regions, with fewer people per village, there were fewer and fewer heads of Brgud cabbage, so with the aim of protecting the originality and regional origin and renew the production of this unique variety at the end of 2019 the Brgud Cabbage Association of Producers was founded.

Respecting the local tradition of cultivation, the Brgud cabbage variety is in the process of standardisation and selection, and modern agro-technical measures in the production process are being introduced. It is a project carried out by the local self-government unit and the Centre for Agriculture and Rural Development of Primorje-Gorski Kotar County through the Institute for Agriculture and Tourism in Poreč, in which the seeds of Brgud cabbage are being produced and scientific and professional research is being carried out.



## Close varieties

Although it originates from the area of Mali and Veli Brgud, varieties close to the so-called "blue" cabbage are also planted in the surrounding area. So, in Mune, we can find Mune cabbage, in the areas along the Slovenian border Brkini cabbage, and it is also grown on the Istrian side of Učka and Čićarija. It is believed that similar cabbage has been present throughout northern and central Europe since the Middle Ages, and even today cabbage with similar characteristics as the indigenous is grown in the Netherlands and Germany.



Hydrolats, hydrosols or floral waters are created as a by-product during the distillation of essential oils. However, unlike concentrated essential oils, hydrolats are mild and harmless, so they can mostly be applied directly to the skin. Discreet and unobtrusive, they are most often used in cosmetics, but there are also numerous other applications of hydrolats, such as an agent for ironing clothes or air fresheners, and rose hydrolat is one of the ingredients of the original Lebanese baklava.

In Kašetica you can enjoy the following hydrolats:

DISCREET AND UNOBTUSIVE

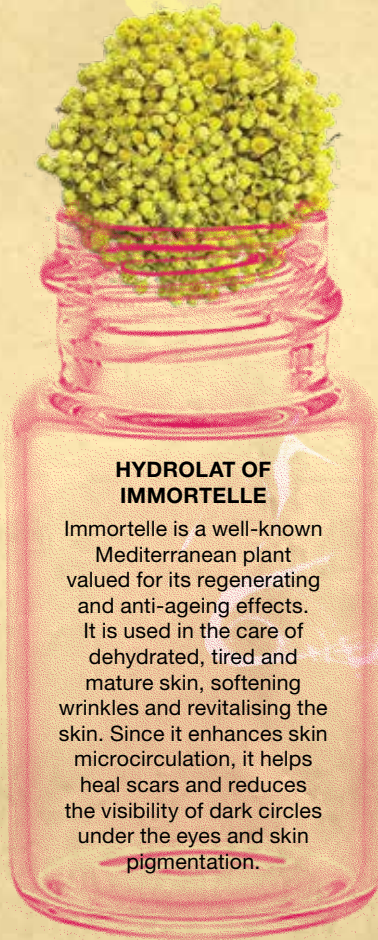
# SUBTLE AND GENTLE HYDROLATS

THIS CLEAR, FINELY SCENTED WATER HAS BEEN PART OF THE CULTURE OF MANY ANCIENT NATIONS FOR CENTURIES AND WAS USED FOR VARIOUS PURPOSES, FROM COSMETICS TO GASTRONOMY



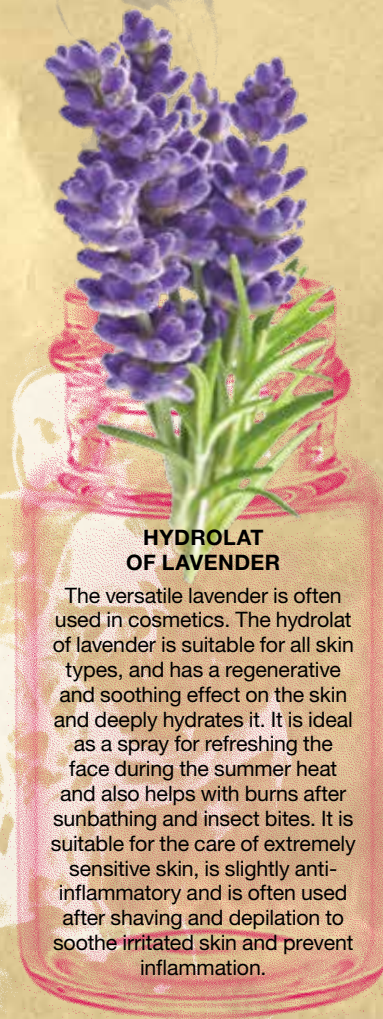
## HYDROLAT OF PEPPERMINT

Peppermint hydrolat contains small amounts of menthol, which cools the skin pleasantly without irritation. This is why it is ideal for skin care after sunbathing. It has an anti-inflammatory effect and helps with burns, insect bites, and itching brought on by various causes. Together with a hydrolat of aniseed, it is often used in natural mouthwashes because it freshens the breath.



## HYDROLAT OF IMMORTELE

Immortelle is a well-known Mediterranean plant valued for its regenerating and anti-ageing effects. It is used in the care of dehydrated, tired and mature skin, softening wrinkles and revitalising the skin. Since it enhances skin microcirculation, it helps heal scars and reduces the visibility of dark circles under the eyes and skin pigmentation.



## HYDROLAT OF LAVENDER

The versatile lavender is often used in cosmetics. The hydrolat of lavender is suitable for all skin types, and has a regenerative and soothing effect on the skin and deeply hydrates it. It is ideal as a spray for refreshing the face during the summer heat and also helps with burns after sunbathing and insect bites. It is suitable for the care of extremely sensitive skin, is slightly anti-inflammatory and is often used after shaving and depilation to soothe irritated skin and prevent inflammation.



## ON A PLATE

# RAB CAKE

## AN ISLAND DELICACY

A GASTRONOMIC SOUVENIR FROM THE ISLAND OF RAB, WHOSE RECIPE DATES BACK TO THE 12TH CENTURY

Legend has it that the Rab cake was prepared for the first time in 1177, when Pope Alexander III, accompanied by ten galleys, decided to seek refuge from a storm on the island of Rab. To show respect to the Pope, the Benedictine nuns prepared a Rab cake for him based on a communion wafer. Another legend says that the Pope gave the Benedictines a traditional cake from Sienna called “ricarelli di Sienna”, which is completely identical in composition to the Rab cake, and the people of Rab then adopted the recipe.

The original recipe of the Rab cake is still preserved today by the nuns from the Convent of St Anthony of Padua and the Benedictine nuns from the Convent of St Andrew. Although

today, the people of Rab cannot imagine a single festive event without the Rab cake, during history, the recipe was not so widespread and once, this first-class dessert was reserved only for wealthy citizens. The cake was made by Benedictine nuns, and the recipe was handed down orally to each succeeding generation. However, over time, women outside the convents began to teach, so the Rab cake began to be prepared by families.

Apart from its specific taste, the Rab cake is also known for the effort that it takes to make it. The original procedure requires several days for the cake to be ready, and the combination of almonds with maraschino (originally rosolio – a liqueur made from rose petals) and orange and lemon zest give this island delicacy its uniqueness.

### Recipe

#### Filling:

- 1 kilogram of almonds
- 900 grams of sugar
- 2 grated lemon peels
- 2 grated orange peels
- 3 sachets of vanilla sugar
- 8 eggs
- 100 ml of maraschino

Add the sugar and vanilla sugar to the ground almonds and mix with your hands. Then add the grated peel of the orange and lemon and mix everything again. Then add the beaten eggs and mix the mixture well with your hands, then add the maraschino and mix everything well again – the filling must be juicy.

#### Pastry:

- 40 grams of butter
- 2 eggs
- 2 tablespoons of sugar
- about 400 grams of flour
- pinch of salt

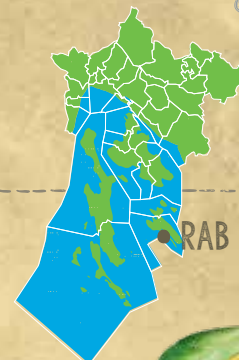
Knead the soft pastry and roll it out very thinly, then cut it into elongated rectangles on which the filling will be placed. Cut the pastry so that thin strips are left, from which you will make “merlice”, the cake’s decorations.

How to make it: Put baking paper on a baking sheet, grease the paper, and then lay the rectangles of pastry on the baking sheet and fill them generously with the previously prepared filling. Then, around the filling crimp a lacy border with strips of pastry.

Bake at 170°C for about 35 minutes, until the cake turns golden. After baking, sprinkle with icing sugar. Bon appétit!



*This native speciality is today the most original souvenir of the island of Rab, and contributing a lot to this was the House of Rab Cake – Vilma Slastice, which has presented the Rab cake at local fairs and international gastronomic shows, and for its originality, it has won numerous awards.*



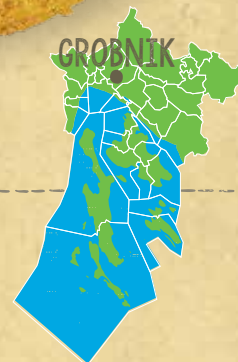




WITH GROBNIK CHEESE!

# POTATO POLENTA

POTATO POLENTA IS MORE THAN A NATIVE GROBNIK DISH. EMERGING FROM THE FRUGAL TRADITION OF OUR ANCESTORS, IT HAS NOURISHED NUMEROUS GENERATIONS AND IS AN IMPORTANT PART OF GROBNIK'S HISTORY, CULTURE AND EVERYDAY LIFE



You can try this delicacy and supreme gastronomic delight at the Festival of Polenta and Cheese, which is held alternately every year in Dražice and Čavle on the last Saturday in June. Be sure to visit Gašpar's mill next to the weir in Martinovo Selo, the last remaining of the 27 mills on the Rječina that still mills in the old-fashioned way.

Potato polenta, which once served as a substitute for bread, goes well with cabbage and beans, goulashes, salted fish or turnips and beans. However, the most delicious combination is, of course, with Grobnik cheese! If you can't get to Grobnik, you can make it yourself! There are many recipes, but we have chosen the one by Nikola Vrančić Kolja, the president of the Palentar Association, founded in 2013 with the aim of promoting potato polenta and Grobnik cheese.

Bon appétit!



## Recipe

### Ingredients for four people:

- 500 grams of potato
- 300-400 grams of cornflour
- 20-30 grams of butter
- water
- sea salt

Real Grobnik potato polenta, according to the old recipe, is prepared in a cast iron pot with a semi-round bottom directly over a fire (on the hearth or a wood-fuelled stove).

First, peel the potatoes, wash them well, cut them into cubes and shake them into the pot. Pour water to cover the potatoes, then cover with a lid and place over the fire. If any foam forms during the cooking, remove it. When the potatoes are cooked, crush them well with a potato masher and add the butter and salt. Be sure to reduce the heat or move the pot to one side, then slowly add the corn flour whilst constantly stirring so that there are no lumps.

How much flour you will add depends on the type of potato (how floury it is). Whilst the polenta is cooking over a moderate heat, it should be stirred every now and then, and when it thickens and starts to bake, it should be constantly stirred and turned over so that it does not burn. With this process, the polenta loses its moisture.

About three-quarters of an hour after you put the corn flour in, it will show you that it's ready by not sticking to the wooden stirrer; it will start to separate from the wall of the pot and smell nice and mild.

Now, still, according to the old custom, the polenta should be "crossed" by sticking the wooden stirrer through the middle of the polenta to the bottom of the pot, take it out, turn the cauldron by 90 degrees and push it again in the same place. Now, it just needs to be shaken out onto a prepared flat wooden plate.

If you did everything properly, when you turn the pot over the plate, the polenta will fall nicely in one piece onto the plate, and it will have a nice cross in the middle. As difficult as it was for you to stir it, it was the same for the polenta, so let it rest for a little. So that it doesn't get too cold, when you make the first crust, cover it with a clean tea towel.

Now it's time to clean the bottom of the cauldron and remove the baked layer of polenta or "Grobnik chips", as they still call it these days.

At the very end, I can only wish you:

Bon appétit!



Nikola  
Vrančić Kolja



# primorje county gorski kotar

## Total population

266,503

## Most populated

City of Rijeka • 108,622

Municipality of Viškovo 16,015

## Least populated

Municipality of Brod Moravice 667

## Towns

14

## Municipalities

22

## Settlements

510

## Area

3,588 km<sup>2</sup>

## Length of the coast

1,235 km

## Largest islands

Cres & Krk • 40,578 ha

## Smallest island

Boljkovac (Rab) • 0.11 ha

## Highest settlement

Begovo Razdolje

- 1,060 above sea level

## Highest mountain peak

Kula - Bjelolasica

- 1,534 above sea level

## Roads:

3,490 km

## Railroads:

135.5 km

## Ports:

101

## Airports:

4



Republic of Croatia



Primorje - Gorski Kotar County

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