

Attica Region Food and Beverage Manufacturing

The "basket of the Attica Region" in addition to its emblematic products, includes many more either of plant origin produced from large cultivated plants, rural / greenhouse vegetables, citrus fruits, various fruit trees, aromatic plants, legumes, etc., or of animal origin such as goat, sheep, beef, pork, poultry, fish, eggs, milk, etc.

With raw material from agricultural products of Attica (plant and animal production), but also products from the rest of Greece or from abroad, companies throughout the territory of Attica produce food of all categories, which are either available for domestic consumption or promoted abroad.

Meat

- Meat products of mammals, poultry
- Prepared meat products

Fish

- Fresh and frozen fish

Fruits - vegetables

- Packaged fresh fruits and vegetables
- Dried fruits - vegetables
- Frozen vegetables
- Vegetable salads

Flour mill products

- Flour of durum wheat, rye, barley, locust bean and corn

Vegetable and animal oils and fats

- oil
- margarine
- other vegetable oils
- butter

Bakeries and flours

- Various pastries
- pasta
- dough and puff pastry products
- rusks, breadsticks
- pies, tortillas, crepes
- buns, cookies

Dairy products

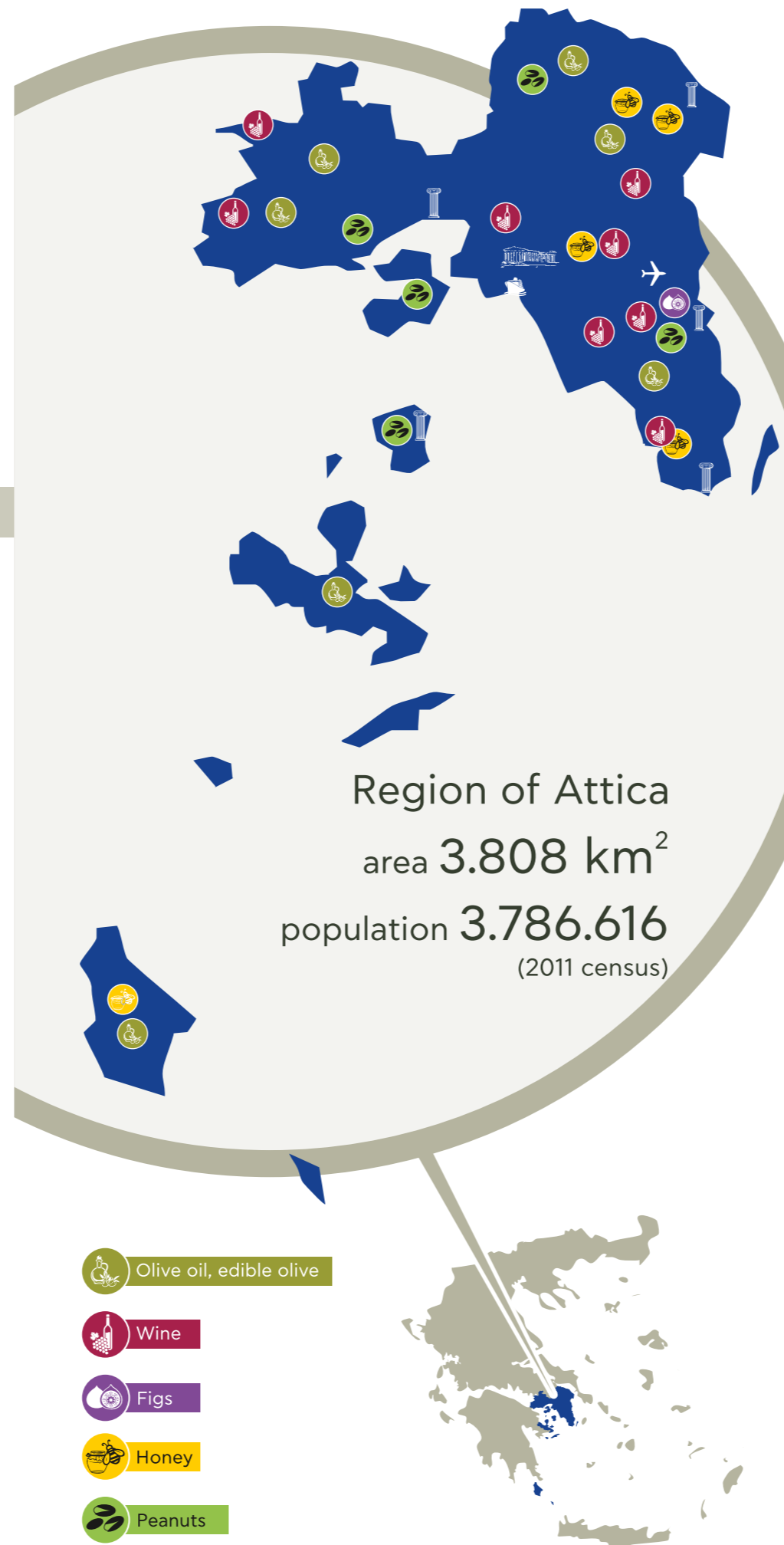
- milk drinks
- yogurt
- cheese
- ice-cream
- rice pudding, creams etc

Beverages

- wine
- tsipouro
- fruit juices
- vinegar
- beer

Other foods

- confectionery
- jams, pastries
- drinks from aromatic plants / herbs
- spices
- coffee
- pastels, cereal bars
- caramel nuts
- chocolates
- sweeteners
- bee products
- frozen food
- sausages
- farmed snail products
- vegan products
- baby food



HELLENIC REPUBLIC
REGION OF ATTICA



«Atticiros zin»

The writer, grammarian and sophist Athenaeus (2nd/3rd century AD) characterizes the Athenian diet as frugal, oligophagous



NUTRITION PRODUCTS of ATTICA LAND

REGION OF ATTICA
GENERAL DIRECTORATE OF RURAL FINANCE, VETERINARY & FISHERIES
DIRECTORATE OF RURAL AND VETERINARY POLICY
DEPARTMENT OF RURAL POLICY AND PROMOTION

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Figs

Today...

Figs are a rich source of potassium, calcium, vitamin B6 and fiber. Excellent domestic varieties of figs are 'Vassilika' and 'Mavra Markopoulou' which are consumed either dried or fresh from the end of July to the beginning of November. These varieties, which are cultivated within the borders of the Municipality of Markopoulo Mesogeion, produce the excellent product "Figs Vravronas Markopoulo Mesogeion" P.G.E.

The word "sycofant" which etymologically comes from 'sycon' (fig in Greek) today denotes one who accuses someone maliciously and with false evidence.

History...

- These sweet summer fruits have been known since antiquity for their special nutritional value and whenever an epidemic disease spread in the city of Athens, their export was considered a misdemeanor. The one who denounced those who illegally exported figs was described as a "sycofant".
- According to Herodotus, Xerxes, a lover of fresh figs, began his campaign in Attica to conquer its famous figs.



Honey

Today...

The "art" of beekeeping is widely practiced in the Attica Region, with an annual honey production of at least 500 tons. The great diversity of the Attic landscape as well as the rich sunshine, lead to the production of honey with special organoleptic characteristics. Among the most famous Greek honeys stands out the Attic thyme honey of Kythera due to its intense taste and aroma, as well as the thyme honey that is produced in significant quantities in the areas of Ymittos, Anavyssos, Grammatikos and Kapandriti of Eastern Attica.

History...

- One of the most widespread products of Attica in ancient Greece was honey and specifically thyme which was considered excellent.
- Beekeeping flourished in many places in Attica.
- Honey was so important to the ancient Greeks, that they often filled large amphorae with it and mixed it with wine, as offerings both to gods as well as to the souls of the dead.

FIGURE PRODUCTS OF ATTICA



Olive oil, edible olive

Today...

Olive cultivation for the production of both olive oil and edible olives, is widespread throughout the territory of Attica. However, the Extra Virgin Olive Oil 'Triiziniias' is presented as a more special product. It is produced from the variety 'Manaki' with the participation of the variety 'Koroneiki' in a percentage of up to 50%, and has been characterized as a product of Protected Designation of Origin since 2006. It has yellow-green-yellow color, fruity aroma of freshly cut fruit and bittersweet taste.

History...



- In ancient Athens, the olive tree was a sacred tree, with laws that strictly defended its protection.
- The region of Attica was self-sufficient and exporter of olives and olive oil.
- The Athenians used the products of the olive tree for beautification, lighting, smearing the body of the athletes but also as a prize, since the winners in the Panathenaea received vessels full of oil.



Wine

Today...

Wine is the pre-eminently traditional product of Attica, with Eastern Attica and especially the Mediterranean region having a dominant position on the wine map of Greece. In Eastern Attica are produced the wines with Protected Geographical Indication (PGI) of Pallini, Markopoulou, North Slopes of Penteliko, Attica, Anavyssos, Iliou, Paiania, Slopes of Parnitha, Spata, Koropi, as well as Retsines, of Attica, Mesogeion, Spata, Koropi, Markopoulou, Paiania, Pikermi. In Western Attica, the vineyard of Megara gives the wines PGI 'Gerania', 'Retsina Megara' while part of northwestern Attica participates in the production of PGI wines 'Plagies Kithairona'.

History...

- The day of an average Athenian in ancient Greece began with bread - barley for the poor, wheat for the rich - dipped in wine (unbridled wine), accompanied by figs or olives.
- Wine flowed abundantly at symposia but drunkenness was not acceptable.



Peanuts

Today...

The pistachios of Aegina and Megara have been products of Protected Designation of Origin (PDO) since 1994. However, the cultivation of pistachio has been established in other areas of Attica, such as Salamina, Markopoulo Mesogaia and Avlona, with significant production. A few grams of pistachios are enough to meet our daily needs for energy, good monounsaturated fatty acids, fiber, minerals and antioxidants.

History...

- P. Gennadios (1848-1917) states that the one who gave the first impetus to the cultivation of the tree was the importer of the chocolate industry in Greece D. Pavlidis, who established a pistachio plantation on his estate in Psychiko in 1860.
- The first organized pistachio in Aegina was installed by a visionary doctor, Nikolaos Peroglou during the last decade of the 19th century.