



## Crete: The Roots of the Mediterranean Diet

*enjoying the benefits of one of the world's healthiest cuisines wherever you live*

**Nikki Rose**



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Google e

38°47'33.59" N 20°26'19.03" E elev 274 ft

Eye alt 2379



Keikyra

Greece

Aegean Sea

Eskişehir

Ionian Sea

Korinthiakos Kolpos

Saronikos Kolpos

Athens

Izmir

South Aegean

Kos

Antalya

Mediterranean Sea

Kriti (Crete) Kritiko Pelagos  
Mesogeios Thalassa

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Google earth

36°31'12.40" N 25°17'58.75" E elev -317 ft

Eye alt 602.39 mi







ΕΠΙΣΤΗΜΗ ΚΑΙ ΑΝΑΧΩΡΗΣΗ  
ΤΟΜΕΙΣ ΤΗΣ ΚΟΙΝΩΝΙΑΣ





HKT-4084

24

SUPER MARKET



HIS MIES  
HIS MIES

MUSIC 60 70 80 KARAOKE

COCKTAILS SALOON SALOON

BAR

KARAOKE





Menu board on the left wall.

Bacon Burger

Menu board in the middle.

Menu board on the right.

Menu board above the counter.



Coca-Cola



Customers standing at the counter.



Just 30 years ago, Elounda was a small farming and fishing village; the very reason why travelers enjoyed the region.



SEED  
FREEDOM

ΠΑΡΕ ΤΟ ΣΠΟΡΟ ΤΗΣ ΠΑΛΙΟ  
ΚΑΙ ΒΑΛΤΟΝΕ ΣΤΟ ΧΩΜΑ  
ΝΑ ΔΕΙΣ ΑΠΟΥ ΘΑ ΣΟΥ ΓΕΝΝΑ  
ΤΑ ΔΩΡΑ ΤΟΥ ΑΙΩΝΙΑ

ΑΙΩΝΙΑ

Crete's heritage and natural resources are at risk.

By rekindling interest in Crete's culture and nature, residents and visitors equally benefit from participating in heritage preservation programs.

Responsible Travel = Respect, Value, Benefits

Providing communities with the resources they need to implement programs that work for them.







Azoria





Olive Tree (cir 2nd Century AD)



Ancient Olive Press  
(trapezium mortarium or mortar)  
about 2nd Century AD

copyright Nikki Resto



copyright Nikki Resto



























All-Natural Pest Control.  
Nikki's Home Organic Garden in Crete



**Food Meters Chapter 2. Weed Eating - fabulous purslane.**  
**Photo from Nikki Rose's organic garden in Crete.**

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Horiati (Greek Salad) 1002



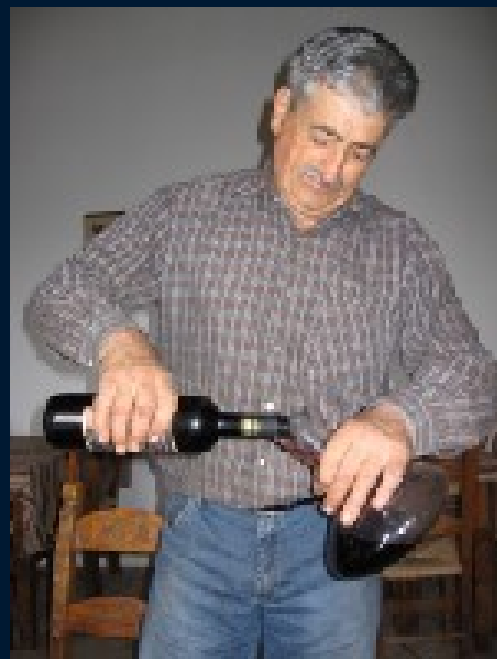
Horiati 1001 (Greek Salad)















# Crete's Culinary Sanctuaries

Eco-agritourism programs

CCS is an all-local network of:

- Chefs and artisan food producers
- Sustainable organic farmers
- Rural lodge owners and conservationists
- Historians, mountaineers and many others

We work with residents on action programs to help preserve Crete's cultural and natural heritage for generations to come.

[www.cookingincrete.com](http://www.cookingincrete.com)



# Crete's Culinary Sanctuaries

## Benefits of cultural immersion experiences

A chance to spend quality time with residents who are knowledgeable and passionate about Crete's culture, natural beauty and traditional cuisine

Keys to preserving Crete's heritage:

- Strengthen existing action programs
- **D**irect collaboration with communities
- Powerful cultural and natural heritage preservation programs
- Protection of our safe, clean food sources
- Sustainable organic farming training and expansion
- Emphasize the benefits to the local and global community





Traditional Cretan Cuisine and Nutrition =

Protection of our land and sea

Support of our stewards – the providers of our good, safe food

for generations to come





# Crete's Culinary Sanctuaries

Nikki Rose

Founder & Director

[www.cookingincrete.com](http://www.cookingincrete.com)