

JOIN THE JOURNEY  
'DISCOVERING GREEK PRODUCTS  
IN BELGIUM'  
SPREAD THE WORD

"Discovering Greek Products in Belgium" is an awareness campaign launched by a voluntary and participatory movement of citizens aiming to spread the word to local consumers in Belgium, about Greek products and the Greek Mediterranean Diet/Gastronomy in Belgium. It is an effort of a group of people, like you.

We seek a) to pinpoint shops and importers of Greek products and share this information i.e. Supermarkets, open air markets, bio shops, delis, art galleries, pharmacies, e-commerce. If you have information please share it with us.

b) to support and encourage events which will help enhance the visibility and promotion of the Greek Mediterranean diet and its health benefits. So if you are planning an event get in touch with us

**We aspire to create a network of action and awareness**

**CAMPAIGN "DISCOVERING GREEK PRODUCTS IN BELGIUM".**

Thanks to all and each of you for the support and your contribution. Send innovative recipes and information on where you found Greek products to the team of the campaign (T.Ekmektzoglou, D.Livaniou-Komninou, N.Kyriazakou, K.Tsichlaki, D.Kodona, P.Pavlis):  
Email: [discovergreekbe@gmail.com](mailto:discovergreekbe@gmail.com)

**Your voice at Page:**  
[WWW.FACEBOOK.COM/  
BELGIUMBUYSGREEKPRODUCTS](http://WWW.FACEBOOK.COM/BELGIUMBUYSGREEKPRODUCTS)

**JOIN THE GROUP**  
[https://www.facebook.com/groups/  
discovergreekbe/](https://www.facebook.com/groups/discovergreekbe/)

**FOLLOW US AS WE DISCOVER GREEK  
PRODUCTS IN BELGIUM**



3 million tons of olive oil is produced around the world each year, which equates to about 445ml for each one of us. Are you using your share? Greeks are the world olive oil eating champions consuming over 20 litres every year on average.

**'How I see Greece**

**through Greek products of gastronomy'**

**(A voluntary effort: the team of the campaign)**

We believe Greece to be a country producing and exporting exceptional products and an outcome of this financial crisis is the realization that **Greeks were always inseparable from their roots, their 'mother' earth.**

Thus, they have once again opted for **high quality products** from small scale companies which stand tall in the international market through their **individuality and modern take on Greek tradition and gastronomy.**

**Discovering Greek products in Belgium** is not only a **journey** full of sensations, aromas and flavours in tradition but also a voyage through history and geography. It is after all a cuisine that spans centuries.

**Campaign  
"Discovering Greek  
Products in Belgium"**



**COOKING with  
EXTRA VIRGIN OLIVE OIL  
at gaΣtronopia  
28 March-2 May**



# 13 EXTRA VIRGIN OLIVE OILS

offered for Greek dishes in 10

The campaign participates @  
**gaStronomia** an initiative of Hellenic  
Tourism Office and SETE

## ELASION –ORIGIN: CRETE

**found@Barkoukis.D**, [www.barkoukis.eu](http://www.barkoukis.eu) (vente en-line) an olive oil (Extrissimo category) and with acidity less than 0,3%. Elasion is a picturesque, village located at the east slopes of Lasithiotika mountains at an altitude of 550 meters based in Kalamafka.

## FIVE Olive oil-five- ORIGIN: LACONIA, PELLOPONNESE, ORGANIC EVOO\*

**found@five olive oil**, [www.fiveoliveoil.com](http://www.fiveoliveoil.com), Organic gourmet olive oil obtained directly from hand picked organic olives and produced with no chemical fertilizers or pesticides. An intact flavour and super colour maintaining all the valuable components of a natural olive juice.

## GKIOULIS-ORIGIN: PELLOPONNESE, ORGANIC EVOO

**found@Olive Groves Gkioulis**, [kkioulis@skynet.be](mailto:kkioulis@skynet.be)  
This organic EVOO, from Koroneiki variety of olive trees, produces wonderful taste and aroma, offering a low level of acidity and natural fat and high nutritional value. The harvest of the olives takes place in a traditional manner and they are processed using the colden press method. Acidity: 0.3%.

## EIRINI PLOMARIOU--ORIGIN: LESBOS, ORGANIC EVOO

**found@Fissi**, [www.fissi.be/index.html](http://www.fissi.be/index.html), Eirini Plomariou is an organic extra virgin, award winning and unfiltered olive oil from Plomari, Lesbos. A bright golden yellow in colour with green hues, a strong fruity taste and an earthy bouquet, with tones of freshly cut grass, oregano, rosemary and bitter almond. Acidity: 0.1-0.5%.

## KTIMA MERCOURI-ORIGIN: PELLOPONNESE

**found@Alexopoulo s.a.**, [www.alexopoulo-sa.com/](http://www.alexopoulo-sa.com/), Domaine Mercouri lies in Western Peloponnese, a region famous for the exceptional quality of its olive oil. It has low acidity (less than 0.6%), is cold extracted and free of preservatives, with an attractive color, characteristic aroma and fruity taste creates a unique experience.

## KANAKIS –ORIGIN: CRETE

**found@Spicy Sprl**, [spicysprl@skynet.be](mailto:spicysprl@skynet.be), from Maza, Apokoronas at Chania and with acidity: 0,8%

## VIOS -ORIGIN:CRETE, ORGANIC EVOO

**found @Les Saveurs de Crète**, [www.saveursdecree.be](http://www.saveursdecree.be), A top quality organic EVOO (Extrissimo category) from Crete VIOS" organic EVOO is produced exclusively from Koroneiki variety olives. A balanced olive oil of extraordinary quality, with a medium fruity aroma and a very slight bitterness that leaves a long fresh aftertaste. It has a deep green color with gold hints and contains strong notes of fresh cut grass and artichoke. Acidity: 0.14%

## LAINI- ORIGIN: CRETE

**found@Oenogea sprl**, [info@oenogea.be](mailto:info@oenogea.be), Laini is an olive oil made by Agricultural Co-operative of Thrapsano (Crete). This excellent extra Virgin Olive Oil is a result of a unique combination of the quality of soil and climatic combinations in this semi-mountainous region, ideal for cultivation of the olive tree and production of exceptional EVOO with acidity levels not exceeding 0.3%.

## KALLISTO- ORIGIN: MESSINIA, PELLOPONNESE

**found@FAB Greece**, [www.fabgreece.com](http://www.fabgreece.com), Having a Silver Taste Prize. 3rd Contest of EVOO; this premium quality produced in Kalamata Messinia region. Every year the new crop olive oil is produced, samples taken from specific olive mills and following tasting analysis and chemical analysis of internationally recognized laboratory. Kallisto one of the most exceptional olive oils in the world is produced by first cold pressed with acidity 0,4%. From koroneiki variety olive trees characterized by the International Council of Olive Oil as "variety of universal heritage".

## PELION -ORIGIN: PELION, VOLOS

**found@Kelari Kostopoulos**, [www.greekproduct.eu](http://www.greekproduct.eu), Superior category extra virgin olive oil obtained directly from carefully handpicked olives and solely by mechanical means. Acidity <0.6% by nature ensures its rich flavor.

## THASOS –ORIGIN: THASSOS ISLAND, ORGANIC

**found@Eleonas sprl**, [www.eleonas.biz](http://www.eleonas.biz), A single estate, aromatic, delicate and fruity olive oil produced by local mature black olive variety used- called 'throumba'- giving its unique taste of ripe fruit and a pleasant peppery aftertaste. With acidity (0.4%).

\*Extra Virgin Olive Oil: EVOO

## KRITSA-ORIGIN: CRETE

**found@Gaea- ΓΑΕΑ Τρόφιμα ΑΕΕΕ**, [www.gaea.gr](http://www.gaea.gr), A uniquely balanced, aromatic and greenly fruity olive oil with a peppery after taste from the Kritsa Agricultural Cooperative in the Lasithi region of Crete. Multi award-winner, distinguished in 2008 with the "Mario Solinas" IOC quality award (International Olive Oil Council).

## MALVA- ORIGIN: MONEMVASSIA, PELLOPONNESE

**found@Loxandra's Mediterranean Emporium**, [www.facebook.com/Loxandras](http://www.facebook.com/Loxandras), Variety Koroneiki from Monemvasia with acidity not exceeding 0,8% degrees.

**Greek Menus found at restos/dates: BE LELLA 29-30/3 . VILLA NATKA 2-4/4 , BRASSERIE JALOA 5-7/4, ROUGE TOMATE 9-11/4, LA QUINCAILLERIE 12-14/4 , STROFILIA 16-18/4, MILLESIME 19-21/4, TRILOGIA 23-25/4, PARK SIDE 26-29/4, KWINT 30/4-2/5- visit [www.resto.be](http://www.resto.be)**



**Virgin olive oil, and extra virgin olive oil**, (comes from virgin oil production only, contains no more than 0.8% acidity) is produced by simply crushing olives and extracting the juice in a press or centrifuge. Virgin olive oils contain the highest

levels of polyphenols, antioxidants that have been linked with better health. All of the other grades, such as "pure" and "olive oil," are refined using high heat and chemical processing, in the same way other cooking oils are. Eating olive oil was common in ancient Greek and Roman cuisine. When you heat extra virgin olive oil the nice fruity flavors will be diminished or eliminated. However it still provides the benefits of monounsaturated fats and olive oil is the healthiest choice for almost all cooking. Extra Virgin olive oil accounts for less than 10% of oil in many producing countries; the percentage is far higher in the Mediterranean countries (Greece: 80%, Italy: 45%, Spain 30%). Olive oil is a staple of the Mediterranean diet and it has a positive health impact on heart, cancer, stress and blood pressure symptoms.