

Questions asked in the survey questionnaire.

This questionnaire has been prepared to obtain data for a scientific research at the Department of Spatial Economy, Wroclaw University of Environmental and Life Sciences. Your name and address will not be required. We should therefore be most grateful if you would complete this questionnaire.

Thank you for your interest and assistance.

1. Do you know the concept of traditional and regional products?

- Yes
- No

2. How can distinguish traditional and regional products from others?

- Label
- Separate stand
- Advertisement
- Special designation
- Own knowledge
- Other

3. Do you buy traditional and regional products?

- Yes
- No

4. How oft do you buy traditional and regional products?

- every day
- once a week
- once a month
- once every six months
- I don't buy

5. What prevents you from buying traditional and regional products?

- Price
- Lack of information about product
- Difficult access
- Lack of knowledge
- Quality
- Taste
- Smell
- Other.....

6. What are your reasons for buying traditional and regional products?

- Price
- Curiosity
- Smell
- Quality
- Taste,
- Other

7. What are the traditional products you buy the most? (You can write max 3)

-
-
-

8. Where do you buy traditional local products?

- Restaurant
- Stand
- Regional fairground

- Markets
- Local shops
- Other

9. What is the first traditional regional product that comes to mind when you say Podhale?

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10. Sex?

- Female
- Male

11. How old are you?

- 16-25
- 26-35
- 36-55
- 56-65
- More than 65

12. What is your education level?

- Noneducated
- Primary school
- Secondary school
- High school
- University
- Master, PhD

13. What is your profession?

- Housewife
- Student
- Worker
- Civil servant
- Self-employment
- Private sector
- Retired
- Other.....

14. Where is the place you live?

- village
- small city (up to 25 thousand)
- average city (25-100 thousand)
- big city (over 100 thousand)

15. How many people live at home?

- 1
- 2
- 3
- 4
- 5
- 6 and over

Traditional and regional products from the Podhale region – selected products. Source: Ministry of Agriculture and Rural Development, a website of the Polish government.



Oscypek is a product made from sheep's milk. It is a kind of hard, smoked cheese in form of a whetstone, a double-sided cone or a spindle; the middle part has a cylindrical shape. It has a unique taste with a noticeable hint of smoke, and a little salty. "Oscypek" is an ancient product of Wallachian shepherds whose sheep grazed on mountain glades. It was brought to Podhale together with all other elements of Wallachian culture – the organisation of grazing, the manner of running shepherds' huts and processing milk.



Moskol is a regional dish – an approximately 1 cm thick pancake, usually made from potatoes. It may be prepared with boiled potatoes mixed with raw ones, with or without eggs or even with an addition of sour milk or buttermilk. It is served with butter, garlic butter, "bryndza" cheese and smoked lard.



Mountain-style cabbage is a dish that is made from sauerkraut, which is soaked in water and boiled until it is soft. Diced potatoes are cooked in a separate pot, and bacon is fried with onions in a frying pan. Finally, all the ingredients are combined and mixed. If necessary, the dish may be enriched with a little flour. Additionally, spices such as laurel leaf, allspice and cumin are added to the cabbage. Lard is a very important element of this dish.



Bundz/bunc is a traditional kind of sheep's milk cheese, whose taste and texture resembles mozzarella. It may be eaten on its own, but it may be also added to salads or grilled. Bundz cheese tastes excellent with cranberry sauce. The first phase of producing this cheese is the same as in the manufacturing process of oscypek. After milk is poured, the enzymes contained in rennet coagulate the proteins. The emerging cheese curd is then steamed for a few minutes at the temperature of 70 °C. After that, large lumps of cheese are drained on a cloth. The result of this process is a kind of cheese with a mild taste.



Hauski noodles – apart from cabbage and potatoes, various types of noodles were and still are the basic food in Podhale. The main ingredients, being wheat flour, eggs and salt, are combined to prepare dough, which is then formed into little rolls. Later, the cook tears or cuts small fragments and puts them into boiling, salty water. To enrich their taste, cooked Hauski noodles may be dressed with milk or fried lard.

Traditional and regional products of Trabzon region – selected products. Source: Trabzon Provincial Directorate of Culture and Tourism, a website of Republic of Turkey Ministry of Culture and Tourism.



Akçaabat meatballs are the most well-known dish of the region. The original recipe includes such as beef, stale bread, garlic, beef tallow and salt. It is generally served with onion, potato chips, white bean onion salad vinaigrette and rice of wheat grains. It is very important to use beef grown in Trabzon highlands in making meatballs.



Hamsikoy rice pudding is a local dessert produced using the basic ingredients of milk, sugar and rice. It is served with cinnamon or hazelnut. In the production of rice pudding, milk of cows grazing in Hamsikoy region is used.



Kulek cheese is a kind of local cheese which is not missing from breakfast tables in Trabzon region. It is usually made from cow and sheep's milk by waiting in the dark environment. During the construction phase, milk and milk fat are separated and filtered. Half of the filtered cheese is placed in a can, the other half is rubbed with salt and placed in the soil container and kept under the soil for 2-3 months.



Tonya butter is made with milk obtained from cows raised in Tonya district of Trabzon region. The most important distinguishing feature of butter is its yellow color, taste, flavor and aroma. The reason for the yellow color of Tonya butter is that it contains a high proportion of natural B-Carotene.



Vakkıkebir bread is thick hard-crust, coarse porous, late stale and cooked in wood fire. The most distinctive feature Vakkıkebir bread from other bread, sour yeast is used in the content. The bread has a unique flavor because it is cooked in stone ovens in a wood fire and made using sour yeast. The breads made with sour yeast swell well and late stale.



Surmene pita bread is a kind of pita that uses local Trabzon cheese and meat products, dough is opened by hand and cooked in stone oven and served with Trabzon butter. The ingredients used in the opening and baking of the dough make Surmene pita bread different in flavor.

