

# IGCAT

INTERNATIONAL INSTITUTE OF  
GASTRONOMY, CULTURE, ARTS AND TOURISM

---

## IGCAT Voice

---



The small town of Sant Pol de Mar has seen positive changes and improvements in the recent years. Since bidding for its role as the official headquarters of IGCAT (International Institute of Gastronomy, Culture, Arts, and Tourism) in 2012, the town has witnessed an exciting change in figures that give hope to the future of Sant Pol de Mar and its citizens.

A recent census study shows that the average age of the population has decreased over recent years, and in the last five years unemployment has also been substantially diminished. This news encourages our new generations to look forward to the future. Most likely, these figures have been driven, in one way or another, by the determined commitment made by the city's municipality to preserve its gastronomy and unique local products.

That being said, Sant Pol would like to thank IGCAT for its initial encouragement of Catalonia to bid for the European Region of Gastronomy title, which it won in 2016 and the University College of Hospitality Management and Culinary Arts of Sant Pol de Mar (EUHT StPOL) for hosting IGCAT's prestigious European Young Chef Award in 2016 and 2017. IGCAT along with EUHT StPOL have collaborated with the municipality of Sant Pol to use gastronomy as a vehicle to a better the quality of life for its citizens. In the same way, we thank Carne Ruscaldeda, the most international Santpolenca ambassador, for her dedication and passion for innovation, with which her Restaurant Sant Pau has honorably promoted the name of Sant Pol all over the world.

I commend and congratulate all Catalan and European municipalities that, like Sant Pol de Mar, work to preserve local produce and value excellent gastronomy, thus contributing to citizen's health.

**Montserrat Garrido Romera**  
Mayoress of Sant Pol de Mar

## IGCAT News

---

### Gastronomy, Creativity, Tourism

5 November 2018 - Dr. Diane Dodd (IGCAT President), Dr. Edith Szivas (IGCAT Vice-President), Francisco de Calheiros (Minho, European Regions of Gastronomy 2016) and Renata Martinčič, Director-General, Ministry of Economic Development and Technology (Slovenia, European Region of Gastronomy 2021) were amongst the honoured guests at the **Global Tourism Economic Forum (GTEF)**, celebrated in Macau, 22-25 October 2018. The meeting took place within the framework for the EU-China Year and thus was supported by the **European Travel Commission and European Union**. Peter DeBrine, Senior Project Officer, Sustaina... [Read more.](#)



### The ability of women to achieve success in gastronomy

3 October 2018 - Calonge-Sant Antoni Chair of Gastronomy, Culture and Tourism of the University of Girona organised a round table, on the 17th of September, discussing the ability of women to achieve success in the world of gastronomy. Five female professionals from different disciplines who are linked to gastronomy discussed this principal theme and the role of women in the sector. The round table experts were **Natali Canas**, the architect, founding partner and creative director of El Equipo Creativo, **Tana Coll...** [Read more.](#)

## News from the Regions of Gastronomy

---

### Slovenia awarded European Region of Gastronomy 2021

10 October 2018 - **Slovenia, European Region of Gastronomy awarded 2021** officially joined the European Region of Gastronomy Platform on 8 October 2018, during an award ceremony organised at the Permanent Representation of the Republic of Slovenia to the EU in Brussels, during the **European Week of Regions and Cities**, in the presence of Ambassador of the Republic of Slovenia in Brussels, **Dr. Rado Genorio**. The Award was received by State Secretary of the Ministry of Agriculture, Forestry and F... [Read more.](#)

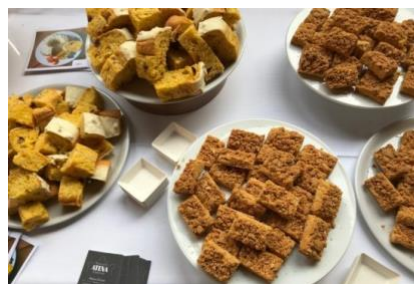


### Coimbra Region announced European Region of Gastronomy 2021

10 October 2018 - The European Regions of Gastronomy gathered once again in Brussels in the framework of the **European Week of Regions and Cities** to celebrate a new member of the Platform: **Coimbra Region, European Region of Gastronomy awarded 2021**. The ceremony took place on 8 October 2018 at the Permanent Representation of the Republic of Slovenia to the EU, where Coimbra was officially welcomed to the Platform together with Slovenia, also awarded for 2021. Based on their bid bo... [Read more.](#)

## Creativity and cross-sectorial dialogue as key to regional growth

9 October 2018 - Cross-sectorial cooperation, citizen engagement and food innovation were among the topics discussed at the round table on *Creativity and cross-sectorial working strengthening European Regions of Gastronomy*, held on 8 October 2018 in the framework of the European Week of Regions and Cities in Brussels. Hosted by the Permanent Representation of the Republic of Slovenia to the EU and moderated by IGCAT Ambassador, **Dr. Ton Rombouts**, the event offered the European Regions of Gastronomy the... [Read more.](#)



## Forgotten recipes and new tastes from East Lombardy

11 October 2018 - Ancient and forgotten recipes starred at the 2nd edition of the *Festival della Pasticceria Tradizionale Mantovana* (Festival of Mantuan Traditional Pastry-Making) that on 22 September 2018 gathered bakeries and pastry shops from the four provinces involved in East Lombardy, European Region of Gastronomy awarded 2017, namely Mantua, Bergamo, Brescia and Cremona. With the aim to promote the region's excellent pastry culture, the Festival hosted pastry chefs from the different provinces... [Read more.](#)

## Spirit of the European Region of Gastronomy - Three Galway businesses awarded

5 October 2018 - Three businesses from Galway-West of Ireland, European Region of Gastronomy 2018 featured among the winners of Georgina Campbell's guide 2019 Awards in the newly created category *Spirit of the European Region of Gastronomy*. The winning trio - The Twelve boutique hotel, Beechlawn Organic Farm, and Gannet Fishmongers - shined for excellently demonstrating "*collaborating and working together*" in action, showing how an inspired hospitality business teaming up with the best local... [Read more.](#)



## Spanish magazine Buenavida highlights North Brabant as European Region of Gastronomy 2018

2 October 2018 - Creativity and innovation lie at the heart of **North Brabant's** programme as European Region of Gastronomy 2018, as highlighted by Buenavida, the monthly magazine on health and wellbeing issued by the Spanish newspaper **El País**, that published an article about the region's capital 's-Hertogenbosch titled *La Ciudad Laboratorio* (The Lab City). Author of the article, Juan Pelegrín underlines the region's efforts to produce *smart food* through community working and more sustainable production a... [Read more.](#)

## The Gastronomy Festival of Sifnos is now an international institution

1 October 2018 - The 12th Cycladic Gastronomy Festival *Nikolaos Tselementes* in Sifnos, Greece was yet again a great success. The three-day event, that took place on the 6, 7, 8th, of September, co-organised by the South Aegean European Region of Gastronomy 2019, attracted more than 6,000 visitors and various international participants. Over 15 different South Aegean islands and various international destinations participated in the festival, showcasing their traditional recipes and flavours. With the support... [Read more.](#)



## Showcase of top products for top chefs at Kuopio's European Region of Gastronomy office

28 September 2018 - Best local products from Kuopio, European Region of Gastronomy 2020 were showcased in front of Finland's top chefs and restaurant owners **Henri Alén** and **Tommi Tuominen**. The event was held at the European Region of Gastronomy office and put the spotlight on different local businesses offering high-quality food and drink products: wild herbs and derived products from **Italypsy**; Nordic bakery delicacies from **Liepuska**; products from brewery and coffee roasting company **Rock, Paper & Sci...** [Read more.](#)

## Current news from around the globe

### SA plays lead role in global biodiversity protection drive - By H. Dugmore

11 October 2018 - A new standard sets out criteria for identifying key biodiversity areas, and SA will be among the first to do a complete national assessment. The recent adoption of the **Key Biodiversity Areas Standard** is a major breakthrough for global conservation. It has brought together 12 of the largest conservation nongovernmental organisations (NGOs) worldwide to promote the identification of the most important sites for conserving biodiversity which is rapidly declining. The standard sets out global criteria... [Read more.](#)



## Why we need to rethink how we produce food

- By **Zafirah Zein**

2 October 2018 - Feeding today's world produces a quarter of global greenhouse gas emissions. With the accelerating pace in which people are moving from countryside to the city, changes in land use and the agriculture industry could amount to 70 per cent of total emissions by 2050, according to projections by the World Bank. "Where we are in agriculture is 30 years behind the other sectors," said Dr. Juergen Voegelé, senior director of food and agriculture practice at the World Bank. "We need to rethink the way we produce our food in a very fundamental way. We cannot solve climate... [Read more.](#)



## The chef using 60,000-year-old recipes

- By **Matt Pickles**

26 September 2018 - A Scottish-born chef has won an international culinary prize by using ingredients and cooking techniques learned from indigenous Australian people. **Jock Zonfrillo** has visited hundreds of remote communities in Australia to understand the origins of ingredients and their cultural significance. The Scottish-Italian cook, who runs the top-rated Orana restaurant in Adelaide, is this year's winner of a prize that recognises culinary projects for their social value - in terms of education, research, health or the environment, the **Basque Culinary World Prize**. Mr Zonfrillo's restau...

... [Read more.](#)



## FAO: Hunger increases in the world for the third consecutive year

- By **FAO - ROLAC**

13 September 2018 - For the third consecutive year, the **United Nations Food and Agriculture Organization (FAO)** announced an increase in the number of people suffering from hunger. In the case of Latin America and the Caribbean, 39,3 million people live undernourished in the region, an increase of 400 000 people since 2016. According to the **State of Food Security and Nutrition in the World 2018 (SOFI)**, globally almost 821 million people - approximately one in nine - were victims of hunger in... [Read more.](#)

IGCAT carries out research, collects knowledge and develops projects to support creative solutions in regional and local development.

### IGCAT editorial team:

Dr. Diane Dodd  
Fabrizia Toccoli  
Jane Connelly

This is just a small selection of news from the past three months. Please visit [IGCAT](#) for more and regular news!

Please forward this newsletter to colleagues so they too can receive IGCAT's free quarterly newsletter!

[Sign-up to receive your own free IGCAT newsletter](#)

IGCAT compiles trends and facts from around the world. Please send news items and comments to [info@igcat.org](mailto:info@igcat.org).

[www.igcat.org](http://www.igcat.org)

Office address:

C/ Mas Morell 12

Sant Pol de Mar (Barcelona)

E- 08395

Tel: (+34) 937 601 472

Email: [info@igcat.org](mailto:info@igcat.org)



© 2018 Igcata.org, All rights reserved

We handle your data responsibly according to GDPR (EU) 2016/679.

Find out more about our [Privacy Policy](#).

[If you no longer wish to receive emails please unsubscribe](#)