

# Mapping Culture dinner - May 28<sup>th</sup> - 20h00

## Cubicle, Parque Verde, Coimbra

Eating well: good taste, textures and diverse aromas, with pleasure, knowing that the origin of the used ingredients is reliable, contributing to our health and well-being and the promotion of local, sustainable economy. Coimbra em Transição (Coimbra in Transition) greatly enjoys sharing its food culture with you and is honored that CES invited us to give the Mapping Culture conference dinner a special character.

We welcome you in a relaxing ambience in Coimbra's Parque Verde next to the Mondego river, offering a rich vegetarian dinner. During the dinner you will also have the opportunity to get a taste of the activities and relationships that feed into this emerging local food culture. Your participation supports its further development, strengthening the social relationships and local economy that makes Coimbra more resilient and pleasant to live in.

Coimbra em Transição (CeT) is a local community group that is part of the international Transition movement. The transition we aim at is one towards a low carbon, socially equitable, cohesive and entrepreneurial society. We are keen on taking already existing initiatives and resources as our starting point, where innovation sprouts from the links created between participating individuals and organisations working together in a process of shared experimentation and learning.

Our current center of activities is "Rua Direita", a partnership between Coimbra Municipality and CeT, born out of the mutual desire to re-humanise urban, public space. Since May 2013, lots of people have passed, looked, entered and participated in this open space that invites and gives shape to a more beautiful and vibrant city, thus generating new collective meanings: "Tu és onde moras" ("You are where you live"). With several urban art projects already realised and recycled materials available for use, a community garden and a huge table, it is an attractive place to come together, create and share.

Harvest from our community garden will be used in the dishes we will serve you. In a small exposition of objects, photos and personal stories, during the conference dinner you will get a glimpse of the evolution of Rua Direita and its related activities.

## The dinner

For this dinner, we invited João Moura, who has a macrobiotic catering service and just opened a restaurant, and Jutta Weiske, who specialises in food and health and is founder of a small retreat centre, as our cooks. We take care of drinks, the conference cake and the ambience.

Most ingredients are local, freshly harvested, mainly from producers we know personally. We have taken into account all food restrictions that were communicated to CES. All dishes will be accompanied by a list of ingredients. Our team will be available for answering any additional food questions.

Jutta is also the designer and maker of the beautiful and festive illumination that will allow you to enjoy a long night at the riverside. Please bring something warm for the night and dress comfortably. We will create both a lounge area with blankets and pillows in addition to some tables and benches.

**The dinner starts at 20h00.** You are welcome from 19h30. Between 19h30 and 20h00 you can enjoy a drink and participate in some small workshops learning how to make refreshing summer drinks with fruit juices, herbs and flowers and tasty bread spreads based on olive oil.

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## Menu

(with some freedom to adapt to availability of fresh produce on the day of the dinner)

### *Starters*

- Several vegetable and herb spreads, bread and olives

### *Soups*

- Beetroot cream soup garnished with rice cream, chive and toasted sunflower seeds with plum vinegar
- Chickpea soup with spinach

### *Main course*

- Millet pie with mung beans and smoked tofu garnished with varied, sautéed vegetables covered with mayonnaise.
- Polenta oven dish
- Pasta with pesto made from wild and aromatic herbs
- Mixed salad of arugula, lettuce, watercress, herbs etc., with vinaigrette of the day
- Cauliflower and orange salad
- Carrot salad
- Crispy white cabbage salad
- Pickles in brine of red cabbage and onion

### *Deserts*

- Strawberry mousse
- Fruit salad
- Halava
- Conference cake

### *Drinks*

- Served during the whole dinner: Diverse herb teas, refreshing drinks with lemon, mint, grape juice and elderberry flowers, water, red and white wine
- After dinner: coffee

More information on **Coimbra em Transição**:

<http://coimbraemtransicao.wordpress.com>

You are very welcome to visit our public space and community garden in Rua Direita (historical downtown of Coimbra) during or after the conference. Please contact us if you wish to meet with someone who can answer your questions: [coimbraemtransicao.geral@gmail.com](mailto:coimbraemtransicao.geral@gmail.com)

*Coimbra em Transição's partners for this dinner:*

**Divisão de Ação Social e Família da Câmara Municipal de Coimbra** (Joana Nogueira)

**Cozinha Consciente** (João Moura) [www.cozinhaconsciente.pt](http://www.cozinhaconsciente.pt)

**Avidanja** (Jutta Weiske) [www.avidanja.org](http://www.avidanja.org)