

PERHO CULINARY, TOURISM & BUSINESS COLLEGE

AGRICULINARY CURRICULUM PLAN

This is AgriCulinary pilot training curriculum plan of Perho College from September 2023 until September 2024.

We hope this will provide innovative ideas for other colleges to conduct their own versions of AgriCulinary training suitable for their local learning environments.



PERHO CULINARY, TOURISM & BUSINESS COLLEGE

AGRICULINARY CURRICULUM PLAN



September 2023 – December 2023

- Introduction to AgriCulinary Erasmus+ project
- Visiting Green City Farm (introduction to the farm and seasonal ingredients)
- Use of locally grown seasonal ingredients & preparing meals from seasonal ingredients
- Introduction to beekeeping, biodiversity & visit of beehives
- AgriCulinary kick-off online webinar (teachers and students from Finland, Denmark and Norway)
- Collecting seasonal ingredients from the forest and Green City Farm
- Preparing drinks and beverages from seasonal ingredients
- Fermentation, pickling & preserving food
- AgriCulinary workshop in Finland
 - Sustainable development workshop
 - Menu planning from ingredients of Green City Farm
 - Collecting ingredients from Green City Farm
 - Preparing lunch from seasonal ingredients from Green City Farm
 - Field trip to local restaurants and farms
- Harvesting the end of the season ingredients from Green City Farm
- Storing and preserving food by using seasonal ingredients

January 2024 – June 2024

- Planetary diet & boundaries workshop
- Introduction to growing plants indoors / aquaponic farming
- Wine tasting of locally produced wines (Finland)
- Webinar about scientific terminology and plant identification
- Lecture about storytelling & how to communicate the origin of food to customers
- Butchering lamb workshop
- Lecture about different types of farming methods – part 1
- Lecture about the principles of Zero Waste Cooking & Sustainable Restaurant Operation
- Zero Waste Cooking Lesson / Workshop
- Lecture about different types of farming methods – part 2
- Planning of Restaurant at the Farm –pop-up event begins
- Study field trip to local farms in southern Finland
- Lecture & workshop about spring planting and sowing of vegetables
- Study field trip to Denmark (ZBC College)
- Workshop: Preparing cheese at Perho Dairy
- Lecture & workshop about collecting wild herbs and plants (identifying edible and poisonous plants)
- Collecting wild plants and preparation of food from wild plants



August 2024 – September 2024

- Scientific terminology and plant identification exam
- Study field trip to Norway (Mosjøen videregående skole)
- Harvesting seasonal ingredients and organizing Restaurant at the Farm –pop-up event
 - Completion of menu planning
 - Creating social media advertisement for pop-up event (logo and text)
 - Setting up the tent and tables for the pop-up event
 - Collecting seasonal ingredients from Green City Farm
 - Preparation of beverages
 - Preparation of food
 - Planning a draft for presentation of ingredients from Green City Farm
 - Conducting a visit and tour of the Green City Farm for the customers
 - Serving food and beverages at the Restaurant at the Farm –pop-up event



September 2023

Day 1: Friday 8.9.2023 – Introduction to AgriCulinary Erasmus+ project and Zero Waste Cooking – part 1

8:00 – 12:00 (Malmi campus) contact lessons
12:00 – 13:00 travel to Töölö campus
13:00 – 17:00 (Töölö campus) contact lessons

Day 2: Friday 15.9.2023 – Beekeeping, biodiversity, products & visit to beehives
9:00 – 15:00 (Malmi campus)

Optional Day, but suggested: Saturday 16.9.2023
Farmers Market event at Green City Farm (9:00 – 15:00), Malmi campus

Day 3: Friday 22.9.2023 – Drinks & beverages / Preserving ingredients
8:00 – 10:00 (Malmi campus) contact lessons
12:00 – 13:00 travel to Töölö campus
11:00 – 18:00 (Töölö campus)



DAY 1: FRIDAY 8.9.2023		Jarmo Liimatainen & Anu Piirainen, Heidi Hovi-Sippola, Jarmo Heimala	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Introduction to sustainable development & AgriCulinary	<i>-understand the basic principles of sustainable development, circular economy and sustainable food system</i>	<i>-know how to harvest seasonal plants correctly and at the right time</i>	<i>-learn to plan, prepare and further process food and beverage products by using ecological and seasonal ingredients by using responsible food preparation methods</i> <i>-know how to maximize the usability of raw materials and minimize the generation of food waste in connection with food preparation</i>
<i>Homework 1</i>	<i>Watch following video-podcasts: Video 1: 100% utilization of ingredients by Sasu Laukkonen Video 2: Zero Waste Restaurant Concept by Albert Sunier Video 3: Circular Economy – Palopuro Symbiosis by Kari Koppelmäki</i>		
	LOCAL FOOD	HORTICULTURE	CULINARY
8:30 – 9:30 Malmi campus Room 123A Jarmo Liimatainen, Heidi Hovi-Sippola, Jarmo Heimala	<i>Introduction to AgriCulinary program / schedule</i>		
9:30 – 11:15 Green City Farm		<i>Introduction to Green City Farm / collecting seasonal ingredients</i>	
11:15 – 12:00 Malmi campus	<i>Lunch at Perhon Helmi Restaurant</i>		
12:00 – 13:00	<i>Travel to Töölö campus</i>		
13:00 – 18:00 Töölö campus Kitchen K6 Jarmo Liimatainen & Anu Piirainen	<i>Use of locally grown seasonal food</i>		<i>Preparing & cooking food & beverages from seasonal ingredients – Zero Waste Cooking</i>

DAY 2: FRIDAY 15.9.2023		Merja-Riitta Laurila (beekeeper), Jarmo Heimala	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Introduction to beekeeping, products, importance of pollinators (biodiversity), honey tasting	-understand the basic principles of sustainable development, circular economy and sustainable food system -understand the importance of pollinators	-know how to harvest seasonal plants correctly and at the right time -know how to store seasonal products during and after the harvest season → (using ingredients at farmer's market)	-identify different plants
Homework 2	Start studying: Professional's Handprint – online course & exam		
	LOCAL FOOD	HORTICULTURE	CULINARY
9:00 – 11:15 Malmi campus Room: 123A (Merja-Riitta Laurila)	Introduction to beekeeping, importance of pollinators, products, honey		Learn the basics of beekeeping and products
11:15 – 12:00	Lunch at Perhon Helmi Restaurant		
12:00 – 13:00 Malmi campus Room: 123A	AgriCulinary kick-off online webinar (Online: Jarmo Liimatainen, Anu Piirainen, Heidi Hovi-Sippola, Jarmo Heimala)		
13:00 – 15:00 Malmi campus Room: 123A (Merja-Riitta Laurila)	Introduction to beekeeping continues... Visit to beehives		Learn the basics of beekeeping and products



DAY 3: FRIDAY 22.9.2023		Jarmo Liimatainen, Anu Piirainen & Heidi Hovi-Sippola	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Preserving seasonal ingredients (herbs & flowers), drinks & beverages from wild & seasonal ingredients	<i>-understand the basic principles of sustainable development, circular economy and sustainable food system -understand the importance of pollinators</i>	<i>-know how to harvest seasonal plants correctly and at the right time -know how to store seasonal products during and after the harvest season → (using ingredients at farmer's market)</i>	<i>-learn to plan, prepare and further process food and beverage products by using ecological and seasonal ingredients by using responsible food preparation methods -identify different plants</i>
Homework 3	Search for recipes about preserving and fermentation		
	LOCAL FOOD	HORTICULTURE	CULINARY
8:15 – 10:00 Malmi campus (Room 123A) Green City Farm <i>(Jarmo Liimatainen & Anu Piirainen, Heidi Hovi-Sippola)</i>	Collecting seasonal ingredients		
10:00 – 11:00	Traveling to Töölö campus		
11:00 – 11:30 Töölö campus	Lunch at Herkku Restaurant at Töölö campus		
11:30 – 16:15 Kitchen K6 / Bar Classroom T301 <i>(Jarmo Liimatainen & Anu Piirainen)</i>	Using locally grown ingredients (farm & wild)		Preparing drinks & beverages from seasonal & wild ingredients (herbs & flowers) -Fermentation, pickling & preserving ingredients (part1)



Figure 1: Introduction to Green City Farm



Figure 2: Identifying variety of plants



Figure 3: Cooking together first time by using fresh ingredients from Green City Farm



Figure 4: Un-used ingredients are first analyzed; could they be used in cooking before placing into compost?



Figure 5: Un-usable ingredients before placing in a compost



Figure 6: Preparing beverages from seasonal ingredients



Figure 7: Merja-Riitta Laurila (beekeeper) introduces students to the basics of beekeeping



Figure 8: Worker-bees and a queen honeybee



Figure 9: There are four beehives at Green City Farm



Figure 10: Preparing beverages by using seasonal ingredients from Green City Farm



Figure 11: Beverage creations by AgriCulinary students



Figure 12: Preserving and pickling seasonal ingredients for later use

PERHO CULINARY, TOURISM & BUSINESS COLLEGE

AGRICULINARY CURRICULUM PLAN

October 2023 – Student workshop in Finland (Perho CTB College)

Student & teacher participants: Denmark 4 + 3, Norway 4 + 1, Finland 12 + 4

Day 1: Wednesday - October 25th, 2023

- **9:00 – 9:45 Welcome coffee / tea by Pauliina Jyrälä - Malmi campus**
 - Welcome speech
 - Students' self-introduction
- 10:00 – 11:00 Sustainable Development workshop – Maria Runonen
- 11:15 - 12:00 Visit to Green City Farm (Chef Sasu & Heidi Hovi-Sippola)
- 12:00 – 13:00 lunch at Malmi campus
- 13:15 – 14:00 Menu planning with Chef Sasu Laukkonen
- 14:00 – 16:00 Collecting seasonal produce at Green City Farm
- 16:00 – 17:00 Travelling to Töölö campus
- 17:00 – 20:00 Dinner at Restaurant Perho (Food Truck)*
 - (Quick compost machine, Brewery & Beer tasting, Cheese tasting)

Day 2: Thursday - October 26th, 2023

- 8:00 – 13:00 Preparing & cooking food / Preparing beverages / 100% utilization of ingredients → “storytelling” – how to communicate the origin of food / passion for ingredients to customers
 - Töölö campus
 - (*Sasu Laukkonen, Pauliina Jyrälä, Anu Piirainen & Jarmo Liimatainen*)
 - Lunch at learning kitchen
- 13:15 Departure by buss to Metsäkettu's pizzeria (1 hour break)
- 14:30 Arriving to Metsäkettu pizzeria
 - Afternoon coffee & tea
- 15:30 Departure by buss to Bovik Farm – (1 hour break)
- 16:30 Arrival to Bovik Organic Farm
 - Tour of the farm
 - Dinner
- 18:00 Departure by buss back to Helsinki (1 ½ hour break)
- Arrival to Helsinki about 19:30 – 20:00





Figure 13: AgriCulinary workshop in Finland, organized by Perho College - Students from Denmark, Finland and Norway



Figure 14: Lecturer about Green City Farm



Figure 15: AgriCulinary students and teachers visiting greenhouse of Green City Farm



Figure 16: AgriCulinary teachers, students and experts at Green City Farm



Figure 17: Learning to identify variety of seasonal ingredients



Figure 18: Collecting seasonal ingredients for the next day cooking event



Figure 19: Dinner at Restaurant Perho and introduction of Perho Brewery



Figure 20: Culinary expert and teacher preparing lunch



Figure 21: AgriCulinary students from Denmark, Finland and Norway preparing beverages from seasonal ingredients



Figure 22: Lunch preparation together with teachers and students from three different countries



Figure 23: Table settings ready for lunch



Figure 24: AgriCulinary lunch prepared by AgriCulinary students, teachers and experts



Figure 25: Visiting Metsäkettu -pizzeria at their farm house



Figure 26: Pizza made by using seasonal ingredients



Figure 27: Visiting Bovik organic farm (Eastern Finncattle – heritage cow breed)



Figure 28: Owners of Bovik Organic Farm are presenting their farm



Figure 29: Finnish Sheep - heritage breed variety



Figure 30: AgriCulinary students, teachers and experts at Bovik Organic Farm

November 2023

DAY 1: Thursday 9.11.2023		Jarmo Liimatainen, Anu Piirainen & Heidi Hovi-Sippola	
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Collecting end of the season vegetables & preserving ingredients	-know how to harvest seasonal plants correctly and at the right time	-know how to store seasonal products during and after the harvest season	-know how to maximize the usability of raw materials and minimize the generation of food waste in connection with food preparation -learn to plan, prepare and further process food and beverage products by using ecological and seasonal ingredients by using responsible food preparation methods
Homework 4	Search for recipes about late harvest food		
	LOCAL FOOD	HORTICULTURE	CULINARY
10:00 – 12:00 Malmi campus Room 123A Green City Farm	Harvesting end of the season ingredients from Green City Farm		
12:15 – 13:00	Lunch at Perho Helmi Restaurant		
13:00 – 14:00	Travelling to Töölö campus		
14:00 – 18:00 Töölö campus Kitchen K6 (Jarmo Liimatainen, Anu Piirainen)	Collecting wild mushrooms, utilizing “waste-fish” -products Storing & preserving end of the harvest seasonal food		



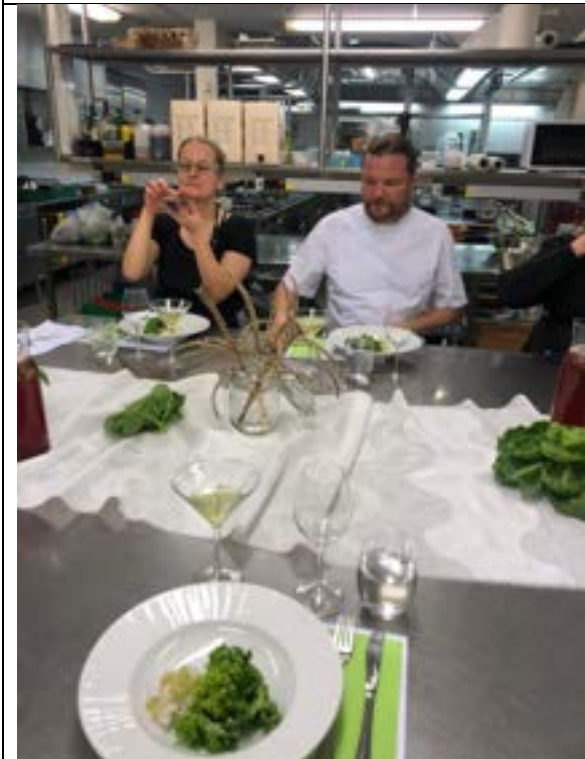
November 2023

DAY 2: Friday 10.11.2023		Jarmo Liimatainen, Anu Piirainen	
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Cooking end of the season vegetables & preserving ingredients	-know how to harvest seasonal plants correctly and at the right time	-know how to store seasonal products during and after the harvest season	-know how to maximize the usability of raw materials and minimize the generation of food waste in connection with food preparation -learn to plan, prepare and further process food and beverage products by using ecological and seasonal ingredients by using responsible food preparation methods
	LOCAL FOOD	HORTICULTURE	CULINARY
13:00 – 18:00 Töölö campus Kitchen K6 and room T202 and T304 (Jarmo Liimatainen, Anu Piirainen)	Using locally grown & local wild ingredients		Preparing & preserving and cooking food / preparing beverages from the end of the season ingredients





Figure 31: Vegetable & beverage preparation from last of the season ingredients (Images A – D)



December 2023

DAY 1: Monday 11.12.2023		Heidi Hovi-Sippola, Jarmo Heimala Anu Piirainen	
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Planetary diet and boundaries	-understand the basic principles of sustainable development, circular economy and sustainable food system -learn to identify locally produced wines		
Homework 5	Search for recipes about wild game and using innards		
Homework 6	Study and become familiar about planetary health diet		
	LOCAL FOOD	HORTICULTURE	CULINARY
9:00 – 15:00 Töölö campus Room T202	<p>Student feedback about AgriCulinary training (fall 2023)</p> <p>Lesson & workshops: Planetary diet & boundaries</p> <p>Lesson: Introduction to growing plants indoors / aquaponic</p> <p>Lesson & workshop: Wine tasting of locally produced wines</p>		



January 2024

DAY 1: Monday 15.1.2024		Ville Heimala, Heidi Hovi-Sippola, Anu Piirainen	
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Scientific terminology & plant identification	Learn how to identify different plants and understand the scientific names of plants		
	LOCAL FOOD	HORTICULTURE	CULINARY
13:00 – 15:30 Töölö campus Room T202 (Ville Heimala, Heidi Hovi-Sippola)	STUDENT WEBINAR 1 – LIVE BROADCAST TO DENMARK / NORWAY Lecture about scientific terminology & plant identification by Ville Heimala, biologist (terminology & plant identification exam will be in August 2024)		
Homework 7	Start studying scientific terminology (exam in August 2024)		
15:30 – 15:45	Break		
Storytelling	Learn how to communicate the origin of food to customers through storytelling		
	LOCAL FOOD	HORTICULTURE	CULINARY
15:45 – 16:30 Töölö campus Room T202	STUDENT WEBINAR 1 – LIVE BROADCAST TO DENMARK / NORWAY Customer service within AgriCulinary ideology Important of storytelling by Chef/Entrepreneur – Sasu Laukkonen		

DAY 2: Tuesday 16.1.2024		Jarmo Liimatainen, Anu Piirainen	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Butchering meat & preparing food	Co-operating with local farmer. Lamb meat ordered from Bovik Farm		Learn how to butcher meat sustainably and utilize all parts
	LOCAL FOOD	HORTICULTURE	CULINARY
13:00 – 18:00 Töölö campus Kitchen K6 and room T202 (Jarmo Liimatainen)	Lecture & hands-on workshop: Butchering lamb		





Figure 32: Scientific terminology workshop – a presentation of variety of plants according to their scientific names



Figure 33: Lecture about scientific terminology and plant identification



Figure 34: AgriCulinary students learning to identify vegetables and their scientific names



Figure 35: Lamb butchering workshop



Figure 36: AgriCulinary teacher explaining how to butcher a whole lamb



Figure 37: AgriCulinary students learning to butcher a whole lamb

February 2024

DAY 1: Monday 12.2.2024		Heidi Hovi-Sippola, Albert Sunyer	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Variety of farming methods	Understand the importance of localized farming	Learn to identify the different types of farming methods	How locally produced food can be best utilized in cooking
	LOCAL FOOD	HORTICULTURE	CULINARY
9:00 – 12:00 Töölö campus	Lecture about different types of farming methods by farmer Heidi Hovi-Sippola from Green City Farm		
12:15 – 13:00	Lunch at Herkku cafeteria		
13:00 – 15:00	Principles of Zero Waste Cooking and Sustainable Restaurant Concept by Chef / Entrepreneur Albert Sunyer (Restaurant Nolla)		

DAY 2: Tuesday 13.2.2024		Albert Sunyer (Restaurant Nolla), Pauliina Lehtinen (Restaurant Perho)	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Zero Waste Cooking	Learn how to co-operate with local food producers and utilize end-products sustainably	Learn how to collaborate with local producers and farmers and use their end-products	Learn how to use and save otherwise wasted ingredients in cooking
	LOCAL FOOD	HORTICULTURE	CULINARY
8:00 – 13:00 Töölö campus Kitchen K6 Albert Sunyer, Pauliina Lehtinen	Zero Waste Cooking with Albert Sunyer from Restaurant Nolla		



ALBERT SUNYER – BETTER FOOD AND LESS WASTE



Albert Sunyer, a spokesperson for zero waste, teaches the students of the AgriCulinary training program how sustainably produced vegetables can be used almost completely without any waste.

The use of good quality vegetables must be increased

The use of good quality vegetables should be increased and the consumption of meat should be reduced. Vegetables taste good and the flavour of vegetables deepens through cooking. If you are curious about new vegetables, you can start increasing the use of vegetables in your diet by tasting one at a time.

—It's great to be telling AgriCulinary students and their teachers about high-quality food and the sensible ways utilizing vegetables.

Presenting restaurant Nolla's menu

Students also get to experience the food preparation methods used at Restaurant Nolla. At Nolla, we cook with Finnish ingredients, especially root vegetables, which have the longest season in Finland.



—I present the students with Nolla's

menu, from which we prepare five dishes with the AgriCulinary students. Fifteen products/plants are reserved for making portions, most of which are commonly thrown into bio waste at many places. I show them how we can get more food out of the ingredients, and almost zero waste.



The responsibility for nature and the climate is also ours

In Albert's opinion, a responsible company also observes and considers the welfare of climate, environment and nature in its operations. At many places, the day's work is done in a routine way without seeing the overall picture of the amount of waste generated. I noticed that this can be done better.

—We have been lost for decades. Purchasing industrially produced food has been a priority and made easy for everyone. Most often, we have not seen the packaging material as a waste either. It is common for us to buy products packaged in plastic or to buy single-use clothes that we don't buy for everyday use but throw them away. We haven't been able to think about the fact that natural resources and diversity decrease when waste is transported into nature as a result of our activities.

—When we opened the first Restaurant Nolla, I failed many times in the beginning when trying to apply sustainable development and gastronomy in practice. But trying out many ideas eventually helped us to stabilize our operation towards a more responsible business operation. Fortunately, I have been able to do pioneering work alongside with great people and experts and learn from them along the way.

March 2024

DAY 1: Tuesday 19.3.2024		Heidi Hovi-Sippola, Pauliina Jyrälä, Jarmo Liimatainen	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Variety of farming methods – part 2	Understand the importance of localized farming	Learn to identify the different types of farming methods	How locally produced food can be best utilized in cooking
9:00 – 12:00 Töölö campus, P502 Heidi Hovi-Sippola	Lecture about different types of farming methods by farmer Heidi Hovi-Sippola from Green City Farm		
12:00 – 13:00	Lunch at Herkku Cafeteria		
Restaurant at the Farm – pop-up event	Understand the importance of localized farming & co-operation	Learn how to utilize farm products	Learn how to organize restaurant-at-the-farm pop-up event
Homework 8 (project)	Start planning pop-up event (final student project in August 2024)		
	LOCAL FOOD	HORTICULTURE	CULINARY
13:00 – 15:00 Töölö campus, P502 Pauliina Jyrälä, Jarmo Liimatainen	Introduction to Restaurant-at-the-Farm pop-up event Students are divided into groups Planning of the pop-up event begins		

DAY 2: Wednesday 20.3.2024		Heidi Hovi-Sippola, Jarmo Liimatainen, Jarmo Heimala	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Local farmers & businesses -FIELD TRIP-	Learn how to co-operate with local food producers and farmers Learn the basic principles of biodynamic farming Learn how to operate restaurant business at a farm		
	LOCAL FOOD	HORTICULTURE	CULINARY
9:00 – 17:00 Departure at 9:00 from Malmi Campus Lunch at Haltija Farm	Study field trip to local farmers 10:00 Kiipula Farm: https://www.kiipula.fi/ 13:00 Haltija Biodynamic Farm & Summer Restaurant https://www.haltijantila.fi/		





Figure 38: Restaurant at the Farm -pop-up event project planning begins



Figure 39: AgriCulinary students visiting Kiipula education & rehabilitation center's greenhouses



Figure 40: Farming expert from Kiipula Center explaining the indoor farming methods



Figure 41: AgriCulinary students learn how to grow plants indoors



Figure 42: Plants grown indoors still may require pollination. Pollination can be done by purchasing a box of bumble bees.



Figure 43: Lunch at Haltija Biodynamic Farm (restaurant is open mainly in summer). Students also learned about the basics of biodynamic farming principles

April 2024

DAY 1: Wednesday 17.4.2024		Jarmo Liimatainen, Pauliina Jyrälä, Heidi Hovi-Sippola	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Restaurant Pop-up event Sowing and planting	Understand the importance of localized farming	Learn how to start spring sowing and planting of vegetables	Learn how to organize a pop-up event at a farm
	LOCAL FOOD	HORTICULTURE	CULINARY
9:00 – 11:00 Malmi Campus (Room 123)	Restaurant at the Farm -pop-up event planning continues		
12:15 – 13:00	Lunch at Perhon Helmi restaurant		
12:00 – 15:00 Malmi Campus (Room 123)	Lecture & workshop: Spring planting and sowing of vegetables at Green City Farm		

DAY 2: Thursday 18.4.2024		Heidi Hovi-Sippola	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Sowing and planting vegetables, Soil analysis	Learn how to co-operate with local food producers and utilize end-products sustainably	Learn how to start spring sowing and planting of vegetables, Learn how to analyze the soil nutrients	
	LOCAL FOOD	HORTICULTURE	CULINARY
9:00 – 15:00 Malmi campus (room 123 and Green City Farm)	Lecture & workshop: Spring sowing and replanting continues, soil analysis (Lunch at Perho's Helmi Restaurant around 12:00 – 13:00)		



May 2024

Study field trip to Denmark – May 5th – May 8th, 2024 (five students)

Other students may continue studying scientific terminology & plant identification or start completing training hours at Green City Farm

AGRICULINARY STUDENTS' STUDY TRIP TO DENMARK

The three-day study trip of AgriCulinary students outside Finland took place at Zealand Business College in Denmark from May 6th to 8th. The students learned about the use of seaweed in food preparation and raising rabbits.

New grain varieties and grain grinding

On the very first day, we explored the different types of grain grown in Denmark. In the teaching kitchen of ZBC College's restaurant school, we milled a blend of flour from various grain types, which we used in small groups to prepare pizza doughs to rise for the evening meal.



Figure 44 Grinding flour from the grains

Seaweed jam with the Danes

After our kitchen activities, we headed to the seaside where Danish students guided us through seaweed-themed points. We strengthened our thigh and abdominal muscles as we waded in the sea to collect seaweed, which was floating in the salty water in various species. We tasted the fresh seaweed directly from the sea, marveling at its fresh and delicious taste.

Danish pizza blues and smoked seaweed

From the Baltic Sea shore, we returned to ZBC College for lunch, after which the pizza blues began. The doughs we prepared in the morning had risen perfectly for the evening, and we made pizzas in the Danish style. The toppings included seaweed, pork, and Danish local cheese. The table was laden with seaweed-topped pizzas, providing us with a tasty dinner. We also prepared pickled and dried seaweed to take home, which will garnish dishes at the Restaurant Pelto event we are organizing on August 31 as part of our final project.

Excited and fascinated by the new ingredient, we experimented with smoking seaweed. The smoking was so successful that we ended up making smoked seaweed pizza. The visit day concluded at the ZBC College agricultural school, where we met adorable cows and calves.



Figure 45 Collecting fresh seaweed from the Baltic Sea Shore

Getting to know the breeding of rabbits

A new day dawned, and after breakfast, we headed back to the ZBC College agricultural school, where we learned about rabbit farming and slaughtering. From the barn, we took nine rabbits with us. Solemnly, we moved to the large shed where the rabbits are slaughtered. The students euthanized the rabbits and processed them in pairs.

What did we learn? A very quick and painless way to euthanize a rabbit, remove its internal organs, and skin it. On the edge of the field, we cooked rabbit food over a fire and played games to get to know each other better. We had a pleasant Finnish-Norwegian-Danish evening with rabbit stew and side dishes.



Figure 46 Breeding rabbits at ZBC College

A tour in the heart of Copenhagen

On the last day, we bid farewell to the Norwegians and some of our Danish hosts. Luckily for us, we had a couple of hosts join us on the bus to introduce us to our destination, Copenhagen. In Copenhagen, the owner of the restaurant Butcherian told us about his restaurant's business idea and food philosophy. In the remaining hours before our return flight, we visited agreed-upon places such as a local cheese factory and bakery.



Figure 47 Preparing lunch from rabbit



Figure 48 Enjoying the view at the Baltic Sea Shore while collecting fresh seaweed

June 2024

DAY 1: Monday 3.6.2024		Jarmo Liimatainen	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Preparation of cheese products Completion of plans for Restaurant at the Farm -pop-up event	Learn to identify local producers (dairy)	Learn to use local agriculture for pop-up event	Learn to prepare locally produced food Learn to complete seasonal menu for pop-up event
	LOCAL FOOD	HORTICULTURE	CULINARY
9:00 – 16:00 Töölö campus, kitchen K1	Completing the ideas for a menu and plans for pop-up event Workshop: Preparation of cheese with co-operation of Perho Dairy (includes lunch)		

DAY 2: Tuesday 4.6.2024		Jarmo Liimatainen	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Wild Plants	Collecting local wild food from the forest	Learn to identify the most common edible and poisonous wild plants	Learn to use wild plants in food / beverage preparation
	LOCAL FOOD	HORTICULTURE	CULINARY
13:00 – 18:00 Mustikkamaa – island / forest area in Helsinki	Lecture and workshop at a local forest: Identifying edible and poisonous wild plants at Mustikkamaa Forest Collecting edible wild plants (Kitchen K6 is reserved at Töölö campus)		

May 2024 - September 2024

AgriCulinary students have possibility to complete their horticultural training at Green City Farm

July 2024 – no contact lessons (possibility to complete training hours at Green City Farm)



August 2024

DAY 1: Wednesday 7.8.2024		Heidi Hovi-Sippola, Jarmo Heimala	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Scientific terminology & identification of plants, Taste & sensory workshop	Learn to identify and harvest locally farmed seasonal ingredients		Learn scientific terms of plants Learn to use sensory awareness
	LOCAL FOOD	HORTICULTURE	CULINARY
10:00 – 16:00 Malmi campus	Scientific terminology and plant identification exam Taste and sensory workshop / Finalizing plans for Farms Restaurant pop-up event Harvesting seasonal ingredients from Green City Farm		

DAY 2 and DAY 3: Friday 30.8.2024 Saturday 31.8.2024		Pauliina Lehtinen, Jarmo Liimatainen, Anu Piirainen	
INTRODUCTION			
TOPIC	LOCAL FOOD	HORTICULTURE	CULINARY
Restaurant at the Farm -pop up event	Learn to organize restaurant-at-the-farm pop-up event by using locally grown seasonal ingredients Learn to use storytelling in marketing of food		
	LOCAL FOOD	HORTICULTURE	CULINARY
Thursday 29.8 - Friday 30.8.2024 10:00 – 21:00	Thursday and Friday: Preparation of food / beverages, getting everything ready for the main event		
Saturday 31.8.2024 10:00 – 21:00	Friday: Second event day if Saturday is completely booked Saturday: Main event		





Figure 49 Advertisement for Farm Restaurant event at Green City Farm

This year, Green City Farm's dinner in the field was implemented by students of the Erasmus+ AgriCulinary project in cooperation with learning Restaurant Perho. The project develops a Finnish field-to-table way of thinking, where nothing is grown in vain, and compost is not biowaste but a vital nutrient for grown vegetables and plants.



Figure 50: Setting up tables for the Restaurant at the Farm - pop-up event in the greenhouse



Figure 51: Final menu planning from available seasonal ingredients



Figure 52: Freshly picked edible flowers and herbs from Green City Farm



Figure 53: Serving aperitif (beetroot) for customers



Figure 54: Plating food outdoors.



Figure 55: Serving meals for customers at the greenhouse

September 2024

**Tuesday September 10th, 2024 – Saturday September 14th, 2024
– Study field trip to Norway**

Student Workshop days in Norway: We 11.9. – Th 12.9.2024

Arktisk Mat Event in Norway: Friday 13.9.2024



Figure 56 Learning to fabricate fresh seafood in Norway



Figure 57: AgriCulinary students are teaching high-school students how to prepare meals from fresh seafood



Figure 58: Lunch being served at the Artisk Mat event, including food from Norway, Iceland, Greenland and Faroe Islands.



Figure 59: Arktisk Mat symposium – local and international speakers talking about cooking, farming, food culture and education.

Wednesday September 25th, 2024

10:00 – 12:00 (Student webinar 3 from Denmark)

17:00 – 20:00 Graduation dinner at Restaurant Perho, diplomas and final survey of the pilot training



Figure 60 Sasu Laukkonen (chef & entrepreneur), Juha Ojajärvi (principal of Perho College), teachers and AgriCulinary students celebrating the first graduates of AgriCulinary pilot training.



Figure 61: AgriCulinary students enjoying the graduation dinner at Restaurant Perho



Figure 62: AgriCulinary teachers and students at the Restaurant at the Farm pop-up event.



Figure 63: AgriCulinary – the future of sustainable food!