

The products of Messinia



AROMATIC PLANTS AND HERBS

Nature has generously given them to Messinia. Botanical studies have proven that Taygetos is one of the richest and most interesting ecosystems of Europe with a large number of endemic plants, that is to say plants that grow only there. In antiquity the doctors considered them beneficial in the treatment or the prevention of many illnesses and today many of them are used as raw material in pharmaceutical products. Balm for the pain; fragrant oregano for the food; mountain tea for the cold days of winter. A great variety of these small marvels of nature are sold today in the market of Messinia, without any chemical additives or other treatment and with all the natural fragrance and their astonishing attributes among which is also their antioxidant action.

THE MESSINIAN VINEGAR

From the grapes and the raisins of the Messinian soil, the vinegar produced is of exceptional quality. It is the vinegar that gives this particular flavour to the Kalamata olive and dresses, with its full flavour and its unique fragrance, the salads, foods and vegetables.



BALSAMIC VINEGAR OR "KALOGERISTIKO" OR "GLYKADI"

A sweet and very aromatic vinegar produced from boiled must (molasses) and has been prepared since very early times in the monasteries, and due to this its name: "kalogeristiko" (of the monks). In the region, it was prepared in the houses in the old days and they named it "glykadi" (sweet-stuff) because of the sweet flavour that the must gave it. It is a vinegar that is allowed to mature in wooden barrels just like the good wine and only a few drops of it are enough in order to give fragrance and distinct flavour to your meal. This tradition still continues worthily today in Messinia by the enologist Mr K. Papadimitriou who actually exports this select Messinian product to many countries abroad.



THE HORTICULTURAL PRODUCTS AND POTATOES

With ideal conditions for cultivation and having the sun as an ally, the Messinian cultivators produce and offer to the consumer exceptional agricultural products. Tasty, juicy tomatoes, full-flavoured peppers and aubergines, crisp cucumbers, courgettes and delicious fresh beans, are just some of what the fertile Messinian soil generously offers. Equally tasty is also the potato of Messinia with its young and older fans who do not omit indeed to celebrate it! Its cultivation begins in December and is completed with its harvesting that takes place from March until June, gives employment to roughly 700 families and yields roughly 38.000 tones annually.

Messinia, the fruitful and well-flavoured

The products of Messinia



www.messinianchamber.gr

Messinia
MEDITERRANEAN GREECE



www.kalamatacvb.gr



OLIVE OIL

In Messinia, wherever you go, you realise the love that the Messinians have for the olive. It is their beloved, they tell everyone this and the olive pays them back with an olive oil of exceptional flavour and unique quality known worldwide. The Messinian olive oil is a natural product that is produced by the crushing of olive without adding any other extracts and ameliorative additives. It is a gift of nature, of great biological and pharmaceutical value, tasty and digestible with degree of assimilation by the body up to 98% and with low acidity 0,2-1, that is produced with taste and care and is packed by enterprises with large experience and who respect the tradition and the consumer. It is believed today that olive oil protects the heart, helps in the good operation of many organs, acts beneficially against a lot of diseases and has preventive action for many forms of cancer.

“Eat oil and stay up ‘till the wee hours. Eat butter and sleep like a log.”
(Proverb, Greece)



KALAMATA OLIVES

Are the microscopic ambassadors of Messinia throughout the world! Their cultivation plays a dramatic role in the economic growth of Messinia and has been recognized as a basic foodstuff in both Greek and foreign markets. The most excellent climatic conditions in combination with the irrigation and the harvesting of the olive fruit by hand have as result the most excellent quality and the distinct flavour of Kalamata olives that are exported to the U.S.A., Canada, Australia, and so on. Today in Messinia 1500 individuals deal with the production of table olives and 2.500 tons are produced annually.



THE RAISIN

The cultivation of the vine in Messinia was already widespread in the Homeric years while in the later years the black Corinthian raisin was one of the most basic rural products of the region and motivating force of the economy of the region. The desire that this precious summer gift of nature be consumed all year round, leads for centuries to its natural drying under boiling hot Messinian sun and after a meticulous process of screening to be packed with modern machinery so as to reach the consumer in its authentic form with the scent and the flavour of the fresh grape. Apart from the enjoyable flavour, the raisin, consumed by itself or in pastries, is a rich source of trace-elements, metal salts and vitamins. Today the Corinthian grape is still cultivated by a large number of farmers in Messinia. Roughly 45.000 acres are cultivated and 10.000 tons are produced annually. The grape is processed in modern processing units in Kalamata and is exported in suitable wrapping to many countries abroad.



THE FIGS

Fresh or dry, the figs of Messinia are one of the well-known natural tasty enjoyments that are totally identified with the region. Full-flavoured, nutritious and healthy, the dry fig is a fruit naturally drained in the sun with absolutely no chemical additives. It is a source of energy for the human body because of its high content in metals as calcium, phosphor and iron but also plant fibres that render the fig most prized and irreplaceable. Its distinct flavour, its high nutritious value and its authenticity make it a popular fruit and an important marketable product. Fig 5000 is cultivated by individuals in Messinia and its treatment and standardisation take place under the most suitable specifications of technology and hygiene. Its cultivation lasts 7 months (from April till October) while the harvesting takes place from August till October. The annual production in Messinia today reaches roughly 4000 tons and the main markets to which they are exported are those of the USA, Canada, Australia and Europe.



MESSINIAN WINES

The culture of vines and the production of wine are in Messinia a very long tradition, which is carried successfully by the modern producers. Their knowledge, as well as the ideal climatic conditions lead to the production of excellent quality local wines, with high sensory properties, fruity fragrances, full flavour and a vibrant color



HONEY

Known since antiquity, it is the transformation of the quintessence of plants, herbs and flowers in a viscous liquid “gold” that contain 182 elements such as vitamins, amino-acids, ferments, metals, and so on. The Messinian honey, a 100% natural product produced in regions rich in endemic and aromatic plants, is absorbed easily by the human body without making it overload, has bacillicide and heart-nourishing action and contributes to the reduction of arterial pressure, fighting indigestion, ulcer, and so on. It is a medicine of the Messinian nature, beneficial and by no means fattening, as a teaspoon has only 20 calories!



OTHER FRUITS TO BE FOUND IN MESSINIA

There is no fruit that can not be produced here, the Messinians proudly say and with good reason! The citrus fruits, the gifts of Gaea, the earth goddess, for the marriage of Zeus to Hera, these divine gifts that were hidden from the humans in the Gardens of Esperides, are widely cultivated today in Messinia. Orange, mandarins, lemons... but also all the kinds fruits of the Mediterranean – from watermelons, melons to prickly figs (cactus figs) – depending on the season, enrich the life and the cuisine of Messinians all year round offering the most ideal alimentary supplement.