



Cyprus, Germany, Spain and  
France:

The Interconnection between  
Sustainability and Culture!!!!

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A still life photograph of various Cypriot sweets arranged on a dark green, textured table. In the foreground, a white plate with a blue floral pattern holds several golden-brown, rectangular pastries, some topped with a green herb mixture. To the right, a small white bowl contains a stack of golden, flaky pastries. Further back, a small square plate holds several rectangular blocks of light-colored, porous sweets. A silver chalice with a blue gemstone and a red liquid inside sits in the upper center. To the right, a purple plate holds a mix of dark and light sweets. Scattered yellow and orange dried fruit pieces are visible on the table. The text "Cypriot traditions" is overlaid in white script on the right side, with a thin white horizontal line below it.

# *Cypriot traditions*

# Sweet Grape Jelly (Palouzes)

A traditional product directly from nature.

- **Palouzes:** is a thick, jelly-like sweet made from grape must.
- The traditional way of extracting must was through pressing grapes with bare foot .





# *Sweet Grape Jelly (Palouze)*

## *Ingredients*

- *Grape juice*
- *"Asproxoma"*
- *Cold Water*
- *Nuts on the top*





# *Royal Goat Farm*

- Research into Cyprus culture!
- Sustainability in Cyprus!



# Visiting the farm



A memorable and educational experience!!!

- Living with animals in nature
- Living on fresh local products
- Surviving nature while running a profitable business
- Preserving tradition
- Enjoying nature



# *Tree planting in our school*

- Planting 15 small olive trees
- Earnings from olive fruits and olive oil will go to students in financial need

