



Sustainable exploitation of bioactive components  
from the Black Sea Area traditional foods (FP7-KBBE-227118)  
**BaSeFood**



**Itinerant Cluster Workshops for Traditional Recipes Recording and  
Networking with Stakeholders and Local Facilitators (producers,  
consumers, traditions keepers)**

***Tradition <-> Health <-> Responsibility***






**Targu-Jiu, Romania  
30 April – 2 May, 2010**





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## Tradition <-> Health <-> Responsibility

### Cluster workshop

Scientific Manifestation under Research Project BaSeFood-227118 and PN II\_774

**April 29 - May 02, 2010, TIBOJ-RO, Romania**

**Scientific Committee**



- Professor Constantin Popescu, ASE Bucharest - Chair
- Professor Rodica Pamfilie, Dean Faculty of Commerce
- Professor Victor Manole, Dean EAM
- Professor Bogdan Onete, Chair professor Faculty of Mercology and Quality Management

**Executive Committee**

- PhD student Andrei Anghelută
- Assist Professor Codrin Chiru
- Lecturale Mihaela Stanciu
- Assist Professor Anca Varga
- PhD student Laura Ubardea

**Key Invited Speakers**

- Constantin Popescu
- Alexandru Taşnadi
- Carmen Costea
- Alexandru Stroia
- Iacob Kerbalek
- Corina Cace
- Miltiade Stanciu
- Codrin Chiru





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**Objectives:**

- 1. Implementation of recording, documentation and collection of data for the prioritized Romanian traditional foods, including production of the audio-visual materials regarding foods preparation and related local customs (objective related to task 1.2)*
- 2. Production of traditional foods laboratory samples needed for bioactive compounds analysis (obj. related to tasks 1.2 and 1.3)*
- 3. Investigate the perception of traditional food of the Black Sea area in a healthy context among consumers and stakeholders (obj. related to tasks 5.1 and 5.2)*





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- Prof. Victor Manole, Dean EAM
- Prof. Bogdan Onete, Chair professor Faculty of Merceology and Quality Management, ASE Bucharest

## Executive Committee

- Univ. Lecturer Miltiade Stanciu
- Assist. Prof. Codrin Chiru
- Assist. Prof Anca Varga
- PhD Student Laura Libardea
- PhD Student Andrei Angheluță





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**Key invited speakers:**

- Prof. Carmen Costea
- Prof. Alexandru Stroia
- Prof. Corina Cace
- Prof. Constantin Popescu
- Prof. Alexandru Tasnadi
- Prof. Iacob Kerbakek
- PhD. Dan Boboc
- Lect. Miltiade Stanciu
- Assist. Prof. Codrin Chiru





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**1 May 2010, – Workshops Sessions, “Vanatorul” pension, Gureni,  
Gorj County, Romania**

- 9:30-9.45 *Welcome speech on behalf of event organizers* – Prof. Carmen Costea – ASE Bucharest
- 9.45-10.00 *BASEFOOD project presentation: objectives, activities, deliverables, actual status* – Assist. prof. Codrin Chiru
- 10.00-10.30 *Tradition – Health - Responsibility (Trăditiie – Sanatate – Responsabilitate)* - Prof. Constantin Popescu and Prof. Alexandru Taşnadi – ASE Bucharest
- 10.30-11.00 *Traditionalism & Functionality in Romanian Cuisine (Trăditiionalism și funcționalitate în alimentația românilor)* – Prof. Alexandru Stroia - ASE Bucharest
- 11.00-11.30 Open Discussion
- 11.30-12.00 *Nettles - health benefits and cooking methods (Urzici - beneficii si mod de preparare)* - Prof. Corina Cace – ASE Bucharest
- 12.00-12.30 *Maize in Romanian Traditional Cuisine (Porumbul in alimentatia traditioanal a romanilor)* - Prof. Iacob Kerbalek - ASE Bucharest
- 12.30-13.00 Wrap-up and Conclusions
- 13.30-18.00 **Working lunch & Traditional cooking – Nettle “ciorba”**





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### Main Conclusions:

- The Romanian traditional cuisine has been under continuous transformation, being linked with Romanians' history and the apparition of the national identity; the actual form is relatively recent, after the National Awakening (XIX century) and National Unification (1918);
- Modern way of life, the globalization of the Agri-Food business, the lack of market monitoring and food safety mechanisms are factors of increasing health risk for Romanians; the economic crisis pushed consumers to buy cheap products that are of low quality and are produced using toxic chemical compounds (e.g. imported vegetables which contains high levels of Nitrates and Nitrites)
- Nettles and Maize should be used more in our daily diet and also they have marketing potential as high nutritive and healthy foods;
- Nettles properties are better preserved by spontaneous flora; growing them in *nettle domestic crops* could lower their bioactive effects due to contamination with toxic substances spread by the environment pollution.

