



Project funded by  
EUROPEAN UNION.



## Contents:

Introduction: buy and consume from the local producer	2
I. Brief description of the area	3
II. Authentic food and agricultural products	4
III. Products with PGI, PDO or TSG in the Republic of Moldova	5
1. Brief description of the system of offering GI, DO or TSG in the Republic of Moldova	5
2. Products with PGI, PDO or TSG in the Republic of Moldova	6
IV. Traditional taste in the Republic of Moldova	10
1. Traditional dishes at the top of consumer preferences	10
2. Traditional local recipes	14
3. Tasty events in Moldova	21
4. Structures, where traditional dishes can be tasted	22
V. Producer associations and farmers' markets	24
Bibliography and sources consulted:	27

Common borders. Common solutions.



Project funded by  
EUROPEAN UNION.



## Shopping guide: traditional dishes and tastes for the Republic of Moldova

### Introduction: buy and consume from the local producer

In recent years I've noticed from my own experience that when shopping for the family we increasingly opt for local food rather than imported foreign food. There are several reasons for this.

First of all, locally produced food is **fresher and tastes better, but also has more nutrients** than food that travels by truck, boat or plane from thousands of miles away. At the same time, locally produced food gradually requires us to **respect the seasons**. The flavour of seasonal tomatoes and their taste when put in salads, sauces or pots cannot be compared to that of tomatoes we find in the middle of winter, which actually have no taste at all. So it is with strawberries and many other fruits and vegetables, which we use to make soups, sauces or desserts according to traditional recipes. After all, we miss out on some foods, only to rediscover them months later, full of flavour, but we also do it for our health.

Next, **local consumption means less waste**, because production is generally on a smaller scale, less moved and stored before reaching distribution, and locally produced food has a much shorter journey to market than imported products.

And about **economic aspect** we can say for sure: we encourage local production and sales. Locally produced food helps maintain farms and creates jobs for local people, both on farms and in local food processing and distribution systems. And consumer dollars spent at local farms and producers stay in the local economy, creating more jobs at other local businesses. By consuming locally we encourage taxes to return to the local community, and the local budget funds education, culture, health and safety, creating a higher quality of life.

And what is very important - **we encourage agritourism**. More and more people are looking for relaxation in rural areas, want to taste locally prepared food made from locally grown produce, visit farms and discover environmentally friendly artisanal production methods. All these things bring tourists, so ultimately boost the local economy.

Common borders. Common solutions.



Project funded by  
EUROPEAN UNION.



## I. Brief description of the area

The Republic of Moldova is located in south-eastern Europe, between Romania and Ukraine, with an outlet to the Black Sea, at the confluence of the Prut River and the Danube River in the extreme southern part of the country. This is the location of the Giurgiulesti International Free Seaport, which serves as a direct entry to and exit from the Republic of Moldova.

Due to its position and physical-geographical conditions in our country there are 2 natural zones - forest-steppe and steppe, which include 5 land-saphic regions. Humus-rich black soils and temperate continental climate have contributed a lot to the development of the agricultural sector throughout the history of the county. At the same time, for agricultural needs, the country was intensively deforested in the 19th and 20th centuries.

The country has 10 municipalities, 32 districts, 917 communes with 1681 localities, including 52 cities. The Gagauzia region is also included here with 2 municipalities, 1 town, 23 communes. The administrative-territorial units on the left bank of the Dniester River, more generically known as Transnistria, have 5 districts with 147 localities, 1 municipality and 9 towns.

According to statistical data at the beginning of 2022 the total population of the Republic of Moldova is 2604 thousand people (excluding Transnistria)<sup>1</sup>, of which 47.7% are men and 52.3% - women, 42.2% are urban population and 57.8% - rural population (about 1.5 million). The population density is 116.7 inhabitants per 1 km<sup>2</sup>. Of the total number of inhabitants, 1252 thousand people are engaged in various economic activities. The share of the population engaged in economic activities related to agriculture, forestry and fishing constitutes 452 thousand people or 36.1% of the total number of inhabitants of the Republic of Moldova, engaged in various areas of the national economy, including ca. 10 thousand in tourism and HORECA.



---

<sup>1</sup> Transnistria is a breakaway region on the territory of the Republic of Moldova.

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



## II. Authentic food and agricultural products



In traditional society, the basic principle "we eat what we produce and grow" has become the foundation of food preferences. The growth of cereals, the development of vegetable farming, sheep farming and fishing have strongly influenced the traditional menu. Thus, in traditional Moldova many vegetables, greens and fruit were eaten fresh for a good part of the year, but also prepared in a wide variety of dishes served at the table or preserved for winter or trade. At the same time, beef, mutton, pork, poultry and fish, even if they appeared less frequently on the peasant's daily table, were prepared with variety and taste for festive meals or special events. To this was added the game from the woods or river pools of the area. Of course, much of the meat was preserved for the rest of the year. However, Moldovan housewives excelled in the variety of breads, pies, baked goods and other baked goods. In fact, Moldova is the country with the most varied range of traditional breads in Europe, and they form the basis of many local traditions and customs at various events.

One of the country's traditional occupations, directly linked to the gastronomic specificity, is vine growing and wine production. Archaeological and historical studies show that wine production was practised here as long as 5 000 years ago. After the annexation of Bessarabia (a large part of the present-day Republic of Moldova) to the Russian Empire in 1812, the local aristocracy or the Russian aristocracy continued an old tradition of founding wine estates, for which they brought selected varieties and renowned specialists (e.g. from France, Austria, Switzerland, etc.). Some wine-growing areas with recognised potential were developed: Purcari, Leuntea, Lăpuşna, Bulboaca, Româneşti, Cămenca, etc. At the beginning of the century. At the beginning of the 19th century P. Svinin, one of the Russian officials in Bessarabia, wrote that the best Bessarabian wines were from Akkerman and s. Babel (in the Bugeac area), the main observation being that "Moldovan wines are getting better and more expensive" [10]. The Russian officer A. Zasciuc believes that "the best wine producers in Bessarabia are

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



concentrated around Akkerman - Shabo, Crocmaz, Purcari, Cioburciu" [8], i.e. the Lower Dniester area, which formed the basis of the present-day Stefan Voda wine-growing area.

Today the agri-food sector in the Republic of Moldova is one of the basic branches of the national economy. The main branches of regional specialization have remained: wine, sugar, fruit and vegetable preserves, natural juices, ether oils, etc. In the process of development are milk and meat processing, some producers in this sub-branch are well known on the domestic and foreign market. Acest is due to climateric conditions favorable for the development of agriculture.

Most agricultural production is of plant origin, accounting for about 90% of total production. Moldova's agricultural potential can fully cover domestic demand.



### III. Products with PGI, PDO or TSG in the Republic of Moldova

#### 1. Brief description of the system of offering GI, DO or TSG in the Republic of Moldova

In the Republic of Moldova, as well as in other European countries, the classification of products for which the registration of Designation of Origin (DO) and Geographical Indication (GI) or recognition as a Traditional Protected Speciality (TSG) is requested is carried out in accordance with:

- **the Lisbon Agreement of 31.10.1958**, to which our country acceded by Law No 1328-XIV of 27.10.2000, and

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



- ***The Nice Classification System established by the Nice Agreement concerning the International Classification of Goods and Services for the Purposes of the Registration of Marks of 15 June 1957***, revised at Stockholm on 14 July 1967 and at Geneva on 13 May 1977 and amended on 2 October 1979<sup>2</sup>.

The Agreement concluded between the Republic of Moldova and the European Union<sup>3</sup> provides for mutual recognition and protection of both European GI products on the territory of the Republic of Moldova and Moldovan products on the territory of EU member countries. At the time of the conclusion of this Agreement (2012), only the wine names "Ciumai" and "Românești" were on this list, which were to be automatically protected in the European Union. The Agreement also contains a commitment to add new geographical indications of the Republic of Moldova as soon as possible.

## 2. Products with PGI, PDO or TSG in the Republic of Moldova

At the moment the State Agency for Intellectual Property of the Republic of Moldova (AGEPI)<sup>4</sup> manages the registration of TSG, PGI, PDO for 8 categories of products, one of these is part of the non-food category - handicraft products, the other 7 categories refer to food products. As of 2020, we had registered products from 4 categories at AGEPI including:

- Dairy products (2 products);
- Vegetables and fruit (5 products);
- Bee products (1 product).
- Drinks (7 products, including "Ciumai" and "Românești");

### Dairy products:

---

<sup>2</sup> Speak, An. Practical guide for identifying potential products that can be promoted under PGI, PDO or recognized as TSG in the Republic of Moldova. Chisinau, 2017, p. 21.

<sup>3</sup> Agreement between the Republic of Moldova and the European Union on the protection of GIs of agricultural products and foodstuffs.

<sup>4</sup> Information about drinks and registered products from the website: <http://www.db.agepi.md/GeogrIndications/ListeDOIG.aspx>

**Common borders. Common solutions.**





Project funded by  
EUROPEAN UNION.



1. The PDO "Popeasca Cheese" is registered by the Association of Sheep and Goat Breeders Stefan Voda. It can be found in the village of Popeasca, district of Stefan Voda.
2. PDO "Magura cheese" is produced only at the processing unit of Prisvio S.R.L. in the village of Slobozia-Magura, r. Sângerei, and widely marketed in food stores in the country.



### **Vegetables and fruit:**

1. The PGI "Rose petal jam from Calarasi" is registered by the "Union of Producers and Processors of Fruit and Apple Trees from Calarasi".
2. IGP "Zăbriceni (plants, dried fruits for infusions)", the owner is LLC "Biocamara" founded by the Religious Community of the Monastery of the Nativity of the Lord in the village of Zăbriceni, Edineț district and is sold in the network of pharmacies and food stores in the country.
3. PGI "Prune Deosebite de Lalova" was registered by the Union of Legal Entities "Association of Producers, Processors of Fruits from the Middle Nistru area" and can be requested at Pension "Hanul lui Hanganu" in the village of Lalova, Rezina district.
4. PGI "Pistil de Valea Răutului" registered by the Union of Legal Entities "Association of Small Producers and Processors of Fruit and Vegetables from the Centre area". It can be purchased regularly at the 'EcoLocal Market'.
5. The PDO "Agrış de Marinici" is registered by the Group of Producers of Marinici (a group of the AO "Association of Producers of Balsam Apple") from mun. Chisinau and can be purchased in season at "EcoLocal Market".
6. TSG "Plums stuffed with walnut kernels" has been registered by the Ministry of Agriculture and Food Industry and can be requested at Pension "Hanul lui Hanganu" in the village of Lalova, Rezina district.

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



### Bee products:

PGI "Honey from the Codrii of Moldova" was registered by the Union of Legal Entities "Association of Producers, Processors and Exporters of Beekeeping Products from the Codrii area", or. Chisinau and can be purchased periodically at "EcoLocal Market".



### Drinks:

1. The "Codru" PGI is registered by the 'Wine Association of the defined geographical region Codru' in Chisinau. The members of this association are: Agroaudit SRL, ÎCS "Wine International Project", ÎM "Chateau Vartely" SRL, "Cricova" Wine Combine SA, ÎS CVC "Mileștii Mici", SRL "Doina Vin", "FCP Asconi SRL", "Kvint" Tiraspol Wine and Cognac Factory, SRL "Ever-Vin", "Mileștii Mici" Winery SRL, "Viișoara Mileștii Mici" SRL, IM "Vinăria Bostavan" SRL, SC "AgroVitaComerț" SRL, "Dionysos Mereni" SA, "Castel Mimi" SRL, ÎM "Colinele de la Redi" SRL, "Migdal-P" SA, "Azolux" SRL, ÎM "Alianta-Vin" SRL and SRL "Strășeni-Vin".



2. "Valul lui Traian" PGI is registered by the Wine Union of the Demarcated Geographical Region "Valul lui Traian" founded on 08.09.2011 by wine enterprises of the mentioned geographical area. The members of this association are: SA "Imperial Vin", ÎM "Chateau Vartely" SRL, Fautor SRL, Vitalis Land SRL, Sudvinex SRL, SC "Vinăria Țiganca" SRL, SA "Vinăria din Vale", SRL "Razmost", IM "Kazayak-vin" SA, ÎM "Vinăria Bostavan" SRL,

**Common borders. Common solutions.**





Project funded by  
EUROPEAN UNION.



SA "Mold-Nord" Wine Factory, SRL "Vinia Denovi", "Cricova" Wine Combine SA, "Podgoria Vin" SRL, SC "Tomai-Vinex" SA, "Corten-Vin Company" SRL, "Agrogled" SRL, "Agrosudresurs" SRL, "Valerom" SRL, "Eniija" C.A.P, SA "Congazcic", "Cairim" C.A.P., "Valahvin" SRL, GT "Scutaru Ilie Petru", SA "Vinuri de Comrat", SRL "Colina Viilor", IM "Vinia Traian" SA, "Agrovin-AV" SRL, "Moldagrovin" SRL, ÎCS "DK-Intertrade" SRL, SRL "Cafadar", CAP "Glia", GT "Glutonic Ion Trifon" and GT "Sacara Nicolae Dumitru".

PGI "Stefan Voda" is registered by the Wine Union of the Delimited Geographical Region "Stefan Voda" on 07.02.2011 founded by 12 wine enterprises from the mentioned geographical area. The members of these associations are: IM "Vinăria Purcari" SRL, ÎCS "Suvorov-Vin" SRL, SRL "Bogatmos", "Bravo Wine" SRL, "Basarabia Lwin Invest" SRL, ÎM "Sălcuța" SRL, IM "Lion Gri" SRL and Agrofirma "Cimișlia" SA.

PGI "Divin (aged wine brandy)" is registered by "Association of Divin and Brandy Producers of Moldova" on 07.02.2011 founded by 10 members, enterprises producing Divin and brandy, from the geographical area which includes the whole territory of the Republic of Moldova. The members of these associations are: "Calarasi Divin" Ltd., the Tiraspol Wine and Brandy Factory "Kvint" SATÎ and the Closed Joint Stock Company "Букет Молдавии".

PGI "Rachiu de caise de Nimoreni". The geographical area of production of 'Rachiul de caise de Nimoreni' PGI is Nimoreni, Ialoveni district. "The 'Association of Producers and Promoters of Nimoreni hard alcoholic beverages' holds the right to use this protected geographical indication.

The owner of the right to use the wine PDO "Ciumai" is the company Ciumai S.A., joint venture, Vinogradovca village, Taraclia rayon.

The owner of the right to use the PDO "Românești" wine is the company Românești S.A., Românești village, Strășeni rayon.

All of them were registered by AGEPI in the period 2013-2020, for some of them support was provided in the framework of the EU-supported SARDPI project implemented by AGEPI on the territory of the Republic of Moldova.

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



## IV. Traditional taste in the Republic of Moldova

### 1. Traditional dishes at the top of consumer preferences

Traditional cuisine in Moldova is known and appreciated far beyond the borders of the country. The tradition of the dishes is confirmed by the evidence of the history behind the local cuisine, the simplicity of the recipe and the authenticity of the ingredients, which are the basis of the dishes. Still in the mid. sec. In the mid-19th century, European travellers passing through this territory noted that "the peasants of Bessarabia and Moldova usually live on a daily dish, called *mămăligă*, made from cornmeal, which they prepare with butter, bacon or milk. They improve this dish by adding small lumps of well-cooked millet (Moldovan millet) and then call it *mălai*. The peasant's bread is made of barley, Moldovan *pita*..."[2, p. 68].



Most of the authors who researched the traditional way of eating were of the opinion that the peasants had a rather vegetarian diet, and that the daily consumption of meat and alcohol was an invention of "urban civilisation".

Currently, traditional dishes, which are widely and uniformly spread throughout the country or on the menus of catering establishments, are attributed first of all to the *zeama*, the *mămagliă* served with various fillings, *sarmale* and a wide variety of *pies*. As a dessert lately more and more *black pudding* is offered to guests. Below we bring the reader some interesting and useful details about these 5 popular dishes of the traditional cuisine of the Republic of Moldova.

Of the liquid dishes (first course) the most popular is of course the **broth**, prepared according to the old recipe with chicken meat and noodles, topped with homemade sour borsch. It should be noted that the name of this dish may vary depending on the geographical area of the country. Thus, in the south of Moldavia you can find the name of *borscht with noodles* (e.g. Văleni, Colibași, Slobozia Mare, Vadul lui Isac, Cucoara, Cahul district) or it is also called *borscht with tomaci* (Giurgiulești, Cahul). The explanation is simple - the food is made with bucket borsh

Common borders. Common solutions.



Project funded by  
EUROPEAN UNION.



(sour borsch - n.a.) hence the name. Moreover, in Văleni noodle borscht is made with potatoes, and in the neighbouring village Brânza - potatoes are not used, etc. At the same time, the local cuisine offers a wide variety of liquid meat dishes - borscht (red, green, with *hațmațuchi*, with *earache*, with *burecheti*, etc.), soups (peasant, with *yucchini*, *dreasa*, etc.), *serbuște* (on buttermilk or buffalo milk), *rasoluri* (with *shuai*, vegetables, pickles, etc.), soups (*cepușoara*, *salus*, *mangea*, *șurpa*, etc.) and others, which are almost forgotten and have not made it into the recipe books, but are passed down locally among generations of housewives in the countryside.

**Mamaliga** is the well-known dish prepared from cornmeal or cornflour boiled in boiling water. Considered peasant food, it was often used as a substitute for bread or as a staple food in the summer months when hard work in the fields made it impossible to make homemade bread. It is said that the reason why *mămăliga* was so popular in Romania is that the Ottomans only banned wheat, and corn remained the most nutritious and accessible alternative. *Mămăliga* is eaten either as it is or sliced and fried in lard with stews, vegetable soups. A culinary tradition has developed on the farms, based mainly on *mămăligă*, milk products and bacon or sausages. Nowadays, *mămăliga* and other dishes based on it have become dishes available in select restaurants and are appreciated by foreign guests. The dumplings on offer here can be served with cheese and cream, with roast meat or baked fish, the traditional sauce called *mujdei*, etc. In general it is a neutral-tasting dish, which allows a wide and varied range of combinations.



It is better known in the rest of the world by its Italian name - polenta, but it is also found in many other countries such as Hungary, Serbia, Bulgaria, Ukraine, Latin American countries, etc.



**Sarmale** (also commonly called *galuste* or *galusti*) are one of the most popular and favorite dishes in our country, usually prepared from minced meat (usually pork, but also beef, mutton, poultry), mixed with rice or bulgur and other ingredients, or with dry stuffing. The sausages are wrapped or

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



"braided" in vine or cabbage leaves - fresh in the summer season and pickled in the cold season. By the way, vine leaves in our country are also pickled or salted for the winter season. However, the diversity of the flora here, the local tradition and the inventive spirit of the housewives have resulted in the fact that in Moldova sarmas are also made with leaves of beetroot, podbal, stevia, horseradish, lobod, linden, beans, lettuce, as well as young leaves of cherry, maple, lime, walnut, raspberry, currant, etc. We can admire them as seasonal variations. Probably the most unusual may be the sarmas wrapped in walnut leaves. The leaves are first oaked and such sarmas are usually also made with other leaves. In many places such dishes of assorted sarmas are also called "Galusca - n târg," or "Cloșca con pollo". Equally varied are the fillings - bulgur, peas, wheat, corn grits, mushrooms, cabbage, carrots and other vegetables, cheese, etc. Thus, a less common variation is the sausage with a filling made of nettle and wrapped in bean or beetroot leaves. In early spring the sausage is wrapped in podbal leaves, and in currant and raspberry leaves - in summer. In the copses they are made from young maple leaves. Among the local names found in Bessarabia (Eastern Moldova) are also ghiuldumuri, handoape, etc.

Sarmaua or dolma is a culinary product is known, with the same name or its variation, in several countries such as Romania, Bulgaria, Serbia, North Macedonia, Greece, Turkey, Hungary, etc. Sarmaua is usually served with sour cream, sour milk, mujdei, sometimes it can also be served with cornflour.

**Placinta** is another culinary dish loved by the inhabitants and guests of our country. There are a large number of recipes for making pies: plain, unleavened, yeast dough, yeast dough, yeast dough, etc., according to the filling they are made with: cottage cheese, sheep's cheese, potatoes, cabbage, roasted cabbage, chard, pomace, various fruits, etc.;



according to their shape - round, long, open, in one sheet, in several sheets, etc. Pies are attested throughout the country and in every geographical area, and some villages have their own recipe and history of the pie. Pies were and still are made at the "clacă", at feasts, on Sundays, on holidays, etc. They were served with a glass of cold wine from the cellar or fruit stews, sour milk or curd, and are suitable for all seasons of the year

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



In the old days, when housewives baked bread for the whole week, they used to make a tray - two trays of pies with different fillings to feed the household. This type of pie has several names throughout Moldova. Those in the south, in the Lower Dniester area and nearby parts call it ghițman. "After the bread was placed in trays (jaroance) from the remaining dough the ghițman cut the "pămpuș" which were often placed directly on the hearth of the oven. Also at Popeasca ghițmanele, besides cheese or potatoes, they are also made "with weeds", i.e. red beet leaves, onions, dill, an egg or two and a little oil are added." (respondent Gr. Oprea, village Popeasca, district Stefan Voda) In other parts of the district Stefan Voda they are also called bochinețe, prepared from dough kneaded with yeast, the cake is filled with diced potatoes, half and onion, salt, black pepper and dill. The patty is then stuck "like a little eye" and put in the oven. In the north of Moldova (Soroca district), ghițmanii are made with cherries, cabbage, mixed greens and jumari.

In the area of the Calarasi region such pies were called "cânișuri", depending on the area they might also be known as "cnișuri". The dough was filled with a mixture of diced raw potato, raw onion, salt, pepper and oil. They were taken out of the oven first, almost always served steamed and always with pickles.

The cherries are paired with bitter cherry filling or diced pumpkin. In many villages they are baked on the hearth, in others the couscous are placed on horseradish leaves and then on the hearth.

Sheet, blanket or rough pie is made from unleavened dough in several thin cakes or a single cake folded several times between each layer greased with oil, with a filling of salted cheese of cows, sheep or goats, rounded sides gathered over the cheese, flattened with molasses, and after a short pause for the dough to rest, baked on the griddle in a pan greased with oil or in the oven. The pie of the Lower Nistru Miresa in this case has a more unusual shape, with the edges of the loaves left to hang down.

Few people know about the open pies or cherdeau from the Lower Prussian, which is a loaf of bread, on which the ingredients are arranged and prepared like an Italian pizza or Turkish pide pie.

The traditional pies, in a great variety, are prepared in public food establishments, catering companies, can be purchased in various chains of shops (e.g. "Linella", "No. 1", "Velmart" etc.), but also in local markets from local producers. Varied pies are known and consumed by many ethnic communities living in the Republic of Moldova (e.g. krestaciki, ghiozleme, cebureki, kniș, etc.).

**Common borders. Common solutions.**





Project funded by  
EUROPEAN UNION.



**Baba negra** is a traditional Moldovan dish, an emblematic dessert, which the housewives of northern Moldova have been preparing for years. Baba negra is now one of the top traditional Moldovan desserts that guests look forward to enjoying at the end of the meal. Baba negra is a fluffy, porous, elastic and tasty "chec" that comes from the north of Moldova, but has recently spread throughout the country. It contains simple ingredients, but the preparation technique is important and needs to be strictly adhered to. To prepare it we use eggs, milk, sour milk or curd, sunflower oil, sugar, white flour, baking soda (quenched in vinegar) and a little homemade brandy. The black colour of the cake is from the baking soda coming into contact with the sour milk or chisel and oil during the long baking time (about 4 hours) when the oven is never opened. The traditional version obviously has to be baked in a wood-fired oven, as the northern housewives used to do, when they kept the black baba for a long time together with the sarmas in clay pots and other dishes. At the same time, there are several variations of this dessert (with rice, dumplings, etc.).

## 2. Traditional local recipes

The Republic of Moldova, although a small country, has a varied cuisine in different destinations. In this 'tasty shopping guide' we present one of the interesting destinations for those who want to know how natural variety and local tradition have transformed the local cuisine. Thus, we will discover the Lower Dniester area, located in the south-eastern part of the country, closer to the Black Sea in the immediate vicinity of Ukraine's borders. The destination is known for the largest variety of fish in Moldova, the largest irrigated vegetable meadow in the country, the highest density of vineyards per capita in Europe and the largest peach garden in the region. That's why guests are expected to appreciate everything that lies at the root of the Lower Dniester's special taste. The relief of the area is varied, with plains and meadows predominating, and the conventional territory can be divided into several subzones, including the Nistean one (right next to the Dniester and presented by the wide river meadow. Various vegetables have been grown here for centuries, and the southern Nistran plain sub-area has a more complicated relief (a ridged plain, a plateau with long, domed slopes) which has favoured the growth of various types of cereals, especially wheat.

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



As early as the beginning of the century In the early 19th century, when the part of Moldova between the Prut and the Dniester became part of the Russian Empire, called Bessarabia, Russian researchers and officials mention 'that in Bessarabia all kinds of bread are sown, such as *arnautka* (a kind of milled wheat), wheat, barley. However, the Basarabians are directing their attention and diligence towards the reproduction of wheat and *arnautka* because these products can be sold at a very high price to Turkey and the Principality of Moldova, in particular *arnautka*, for which Greek merchants will pay 15 to 20 percent more than for wheat" [10, p. 175-320].

In the work signed by the Romanian researcher Gh. Crăiniceanu, published in 1895, on what was produced from wheat flour in Bessarabia, it is mentioned that "apart from bread (pita), there are also prepared lipie (azima, "pogace"), colac, pretzels, "trahana", friccatei, noodles"stews, macaroni, macaroni, galuște..." [1, p. 245].

A work by our native L. Berg contains a detailed description of the activities of the population of Bessarabia at the beginning. 20th century, more precisely until 1916. The geography of the production of spring wheat, from which the raw material - flour - was usually produced, referred first of all to "the three counties in the south of Bessarabia where spring wheat is grown in the largest volume" [7, p. 146]. About pig breeding he mentions in his work "that in Balti county and in 2 southern counties pig breeding is most widespread" [7, p. 175]. "Among the peasants the local simple breed predominates, which by characteristics resembles the Hungarian or Moldovan one. The peasants do not have special facilities for rearing pigs. The nobility organized special sheepfolds along the water ditches" [7, p. 175-176]. Concerning fishing in the Nistru area L. Berg notes that "at the beginning of the Nistru period, the sec. XX century fishing in this area is one of the oldest occupations of the population, fishing in the Dniester area, especially the Dniester liman is second only to fishing in the Danube delta" [7, p. 179].

The same P. Sviniin after studying the situation in Bessarabia comes to the following conclusions "The Dniester is no less full of fish of excellent quality and taste, such as sterlet, sardine, and in the Akkerman estuary are caught sturgeon, lipa, mackerel, which arrive here from time to time from the sea, turtles of various kinds, crayfish of different sizes, clams and so on" [10, p. 175-320].

A. Zasciuc mentions that "in the Dniester, lakes and gullies, fish are caught with nets and elbows, in the Dniester there are no special

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



"nets"; sometimes beluga and sturgeon are encountered; but sterlet and other small fish are plentiful; all these are for local sale" [8, p. 96].

The work of the Basarabian researcher P. V. Ștefănuță, a member of the Sociological School of Bucharest during the interwar period, is largely dedicated to the folklore of the Lower Dniester Valley. Thus the data collected by the author includes information on the occupations of the inhabitants of this area. The work mentions that "the villages of Răscăieți, Olănești, Crocmaz, Tudora and Palanca, owning more field land, are also engaged in cereal cultivation" [6, p. 44]. At the same time, this area, according to the researcher, is divided "into two regions - the field and the pond. These two natural regions live in a perfect economic correlation. The marsh produces fruit, vegetables, reeds and fish, and the field produces grain" [6, p. 45]. He further argues this statement in the following way "the field produces enough wheat, rye, barley and corn, and the marsh gives vegetables, fruit, fish and fodder for cattle. Wheat bread is the food that is eaten every day at the table ... from wheat flour they bake pies, "swirls", cakes for feasts and make "stews" for borscht or milk. <...> At Christmas they cut up a pig and prepare meat", including "pork meatballs cooked by machine". [6, p. 47]. The researcher confirms that "in the summer they stand in a row on the banks of the Dniester and on the banks of the ponds, children and old men with their rods and their calves thrown into the water, waiting for a fish to fall in. The villages in the "field" envy those in the "puddle" in this respect [6, p. 48].

This area called the Lower Dniester area has proved to be a generous and diverse one in terms of the occupations of the locals, the products they grow and the gastronomic traditions formed over many decades. Below we present 5 dishes, which can be tasted predominantly in this area, have been attested here for a long time and, as a result of the combination of these conditions, are **registered as Traditional Specialties Guaranteed within the LOC FOOD project activities**.

We present two liquid dishes, a basic dish and two types of local pies, which are prepared from primary agricultural products obtained in the Lower Dniester area of southeastern Moldova (Bender municipality, Causeni district, Stefan Voda district). In this area of the Lower Dniester, the names of these dishes are part of the local menus requested by locals and their guests at meals, as representative of these places. Each of these recipes, ingredients and the way they are presented to the guest are known to the local housewives from their great-grandmothers, i.e. for more than a few generations.

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



1. " **Borș cu burecheti** " has a traditional recipe specific to the Lower Dniester area, having been passed down from generation to generation for more than 30 years and this was established by research conducted in 2019-2021 using the questionnaire method, the main respondents being ladies aged over 50, who learned the recipe and the way of preparation from local ingredients from their mothers and grandmothers.



The authenticity of the 'Borscht with sponge cake' can be confirmed by the mentions, which can be found on the pages of the publication "Villages of the Lower Dniester. Historical and ethnographic aspects [3]. A study of local Dniester traditions and legends". On its pages 'Borscht with sponge cake' is mentioned among the favourite liquid preparations of the inhabitants of villages in the Nistriian area such as Tudora, Purcari, Olănești, Crocmaz, Ștefan Vodă district. "Borscht with sponges" It is also made to order in the restaurants of the "Etcetera" (village of Crocmaz) and "Purcari" (village of Purcari) wineries, as well as by the owners of the "La Tudora" (village of Tudora) guesthouse here. In collections of traditional recipes we find a description of how to prepare 'Borscht with burechets' in the recipe book published in Chisinau in Russian in 2008 [9, p. 66-67], with specific ingredients such as pork, vegetables, wheat flour, sour borsch and greens.



2. " **Rasolul de șuvai** " is prepared from specific ingredients caught and farmed in the Dniester riverbed area (Dniester chub fish, vegetables, tomatoes, greens, spices). The recipe used to be part of the menu of families in the local communities. Now 'Rasolul de șuvai' is often requested at meals offered to tourists, delegations and foreign guests as a traditional local speciality representative of the Lower Dniester.

The name "Rasol de șuvai" is specific in itself because it has an old history and is widespread in this area, not being found in the rest of the

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



country. It should be mentioned that the term 'rasol' from fish in other parts of Romania is not used for the liquid preparation made from fish, but also for the basic fish preparation, which is usually served with some garnish. The preparation of 'Rasol de şuval' is first and foremost the primary processing of fish and vegetables. The vegetables are cleaned and thoroughly washed, boiled, to which is added the chub fish (gutted and beheaded), the mussels and homemade tomato juice and spices to taste, finally sprinkled with parsley greens.

3. The special recipe of "**Plachie de peşte**" (from catfish/shellfish/crab) is

specific to the Lower Dniester area and is part of many festive meals (on the occasion of various social, family or other events) in the communities here. Likewise, 'Fish plate' is often requested at meals offered to tourists, delegations and foreign guests as a traditional local speciality representative of the Lower Dniester. "Plachia de peixe" is specific in itself, it has an ancient history, composition of ingredients (from Dniester fish such as catfish, pike or carp) and the way of



presentation on the plate/plate, all inherited by local housewives from their great-grandmothers over a century ago, although it is known that plachia as a dish has a long history in this territory. At the same time, the authenticity of the 'Plachia di Pisce' can be confirmed by the presentations, which can be found on the pages of the book 'Молдавская кухня', published as long ago as 1961 (a similar recipe for the given preparation can be found on page 105 of the edition). Mention of "plachie de crap" is also found in M. Sevastos' "Memories of Romanian Life" published in 1966 [5, p. 456].

The study based on the field research materials in 2019-2021 in the Lower Dniester area comes with some information on how to prepare fish plaice. Fish plaice can be prepared by stewing (s. Popeasca), or more widespread by baking (s. Tudora) [3, p. 70-71].

The stages of preparation of "Fish Plaice" are related to the primary processing of fish and vegetables. A vegetable sauce is then prepared from the cleaned and well-washed vegetables, to which tomato juice sweetened with salt and seasoned to taste is added to the fish (catfish/crab, gutted and cleaned). Variations are only in the ratio of vegetables to fish in the dish. Different sizes of Dniester fish (preferably

**Common borders. Common solutions.**





Project funded by  
EUROPEAN UNION.



medium or large, portioned into pieces), seasoning and salt to taste are allowed.

4. "Placinta miresei" has a traditional recipe specific to the Lower Dniester area, being handed down from generation to generation and this

was fixed following research carried out in 2019-2021 using the questionnaire method, the main respondents being ladies over 50 years old, who learned the recipe and the way of preparation from local ingredients from their mothers and grandmothers. At the same time, the authenticity of Placinta Miresei is confirmed by



the information, which can be found on the pages of the book "Villages of Lower Dniester. Historical and ethnographic aspects. Study on local traditions and legends of the Dniester region" - "Placinta Miresei comes from the great-grandmothers, who used to bake them in the stove especially for weddings" (Cibotari Zinaida, 62 years old, Plop-Stiubei village). "Placinta Miresei is a delicacy that has never been absent from weddings in Răscăieți. The recipe has been handed down from generation to generation and is a speciality cooked by all the housewives in this area of the Nistru" (Doncilă Svetlana, village of Răscăieți) [3, p. 54]. The "bride's pie" is served at all major celebrations, although in the old days only the bride tasted it. "During the wedding, the pie is cooked by six women, who sit around a large sheet of pie that they "play" to roll out. Afterwards, just as the colac is played by the wives, just out of the oven, Placinta Miresei is played by the housewives and brought to the bridegrooms' table" (Zinaida Petricenco, Olănești village) [3]. Another variation of this custom says that on the wedding day the bride did not go to the groom without this pie. The bride's mother was obliged to give the bride a pie with cow cheese and a boiled chicken. This was an old tradition. In the work of Romanian researcher Gh. Crăiniceanu on food in Basarabia, there is more information about pies: "they make ...cheese pie in the hearth, and on big days in the tray" [1, p. 194].

It is made from wheat flour, oil, cottage cheese, butter, eggs. The steps in the preparation of the 'Bride's Pie' involve preparing the dough in sheets of high quality wheat flour. Portion out the dough, roll it out slightly, brush it with oil and leave it to rest. While the dough is resting, prepare the filling of cottage cheese sweetened with sugar and matched with chicken eggs. Place four well-oiled pans next to each other and place

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



6 sheets of dough on top, filled in the middle with the cottage cheese mixture mixed with eggs and sugar. Then the pans are cut open and the edges of the pies are fixed with a fork and placed in the oven to bake for 20-25 minutes. After they are removed from the oven, the surface is sprinkled with sugar. Serve both warm (55°C) and cold (14°C).

3. "Ghițman" is a pie made of yeast dough with a potato and potato filling and baked in the oven. Although the name is still used in the centre of the country, it is prepared differently here. According to the book 'Villages of Lower Dniester. Historical and ethnographic aspects.

A study of local Dniester traditions and legends', the goitman is served on major holidays, although in ancient times it was made together with bread in a wood-fired oven. It is also on the menu of the restaurant of the Etcetera winery (Crocmaș village) and the La Tudora guesthouse (Tudora village) in Stefan Voda district. [3, pp. 48, 58, 64] Other known linguistic versions are "bochineț", in Romania is known the variant ghismánă, ghismane, ghițmane.



The steps of the preparation of the "Ghițman" are the preparation of the leavened dough (on homemade barrels or yeast) from well sifted wheat flour, then the preparation of the potato filling in a mixture of pork and onion

sausages well matched with salt and black pepper. Then portion the dough, roll it out by hand, place the filling in the middle, form the pie into a 'luntrișoară' or 'opincuță' shape. The pies are baked on horseradish leaves directly on the hearth or on oiled trays. Before baking, the 'Ghițmanul' is brushed with eggs to make a smooth surface. When removed from the oven, it is basted with a little water and then covered for a short time to 'soften'. The ghițman is rarely pan-fried in oil on the stovetop or on the stove.



Common borders. Common solutions.



Project funded by  
EUROPEAN UNION.



### Establishments where traditional local dishes can be ordered

No	Name of the structure	Location of the structure	Contact	Web/E-mail
1	Winery "EtCetera"	s. Crocmaz, district Stefan Voda	Olga Luchianov, +37379445010	tourism@etcetera.md
2	Winery "Chateau Purcari"	s. Purcari, district Stefan Voda	+37360909005	turism@purcari.md
3	Pension "Old House"	s. Palanca, district Stefan Voda	+37379708172	pensiunea.casaveche@gmail.com
4	Pension "House of the pigeons"	s. Palanca, district Stefan Voda	+37360892336	galinacovalenco19@gmail.com
5	Pension "La Tudora"	s. Tudora, district Stefan Voda	Dorina Onici, +37368196250	dorina_onici@mail.ru
6	Café "Smile"	or. Stefan Voda	Olga Istrati, +37369464795	olgaistrati1984@mail.ru

### 3. Tasty events in Moldova

All kinds of dishes specific to the traditional cuisine of the country known either nationally or prepared only in the kitchens of housewives in certain regions of Moldova in recent years have become triggers for tasty events, which increase the possibility of their guests to taste the local specifics.

Of all of them, the "Pie Festival" is the most widespread, which takes place throughout the year from north to south in the villages of Hăsnășenii Mari and Pervomaisc (Drochia), the village of Șolcani (Soroca), the village of Hăsnășenii Mari and Pervomaisc (Drochia) and the village of Soroca. Solonceni (Rezina), Cigârleni village (Ialoveni) with the name "La vatra plăcintelor", reaching as far as Baimaclia village (Causeni) or Burlacu village (Cahul), "Bostaniada" ethno gastronomic festival in Lozova village (Straseni). Other bakery products, such as the "învârtitele" and, of course, the wide range of bread, have promoted festivals such as the "Bread Festival" (Edinet and Riscani districts), "Moldovan breadcrumbs" (Boscana village, Criuleni district), "The celebration of the "Svârțițelor" (Brănești village, Orhei district), "The face of the bread is too clean" (Slobozia Mare, Cahul district, and Orhei village), "The bread is too clean" (Slobozia Mare, Cahul district, and Orhei village) and "The bread is too fresh" (Slobozia Mare, Cahul district). Taraclia, district of Causeni), "Bread from the rabbit and a book from Iulian Filip" (village of Vorniceni, district of Straseni), the celebration of folk costumes and bread "De Ispas la Nicoreni" (village of

Common borders. Common solutions.



Project funded by  
EUROPEAN UNION.



Nicoreni, district of Drochia), etc. Bread, pies and specific bakery products are not to be missed at the festivals dedicated to winter and Easter celebrations, which take place in all districts of the country.

The marzipan is a regular feature at events and festivals such as the Rîșcani Cheese Festival, the "On a Foot of the Plain" Grazing Festival in the village of Căinariii vechi (Soroca), the Orhei Cheese Festival and other similar events.

The traditional jam has also triggered a series of tasty events, which have been taking place for years on the territory of Moldova. The Zemei Festival takes place in Sipoteni (Calarasi), the fish festival in the village of Manta (Cahul) prepares fish soup or borsch, and the "Let's go to the peach!" in the village of Tudora (Stefan Voda), guests can taste "rasolul din shuvai" (a local fish dish from the Dniester) and "borșul cu burecheți" - liquid dishes specific to the cuisine of the Lower Dniester area.

Charcuterie is part of the menu at most gastronomic events, but there are a few events dedicated specifically to this dish. "Sanzienelor Festival", when for the first time in the season they prepare sausages with young vine leaves (Bulboaca village, Anenii Noi district), "Sarmalelor Festival" in Molovata (Dubasari) and Costești village (Ialoveni), "La găluște" in Cușmirca village (Soldănești), "Festival of dumplings and wine" in Târnăuca village (Slobozia), etc.

But this does not end the fan of tasty events in Moldova. A whole host of other local dishes have spurred the creation of local festivals and celebrations, which allow us to complete a wide palette of tastes and gastronomic sensations in our country.

#### 4. Structures, where traditional dishes can be tasted

No	Name of the structure	Location of the structure	Contact	Web/E-mail
1.	"Casa Ciuhrii"	s. Gordinesti, Edinet rayon	Olesea Avram, +(373)69160260 +(373)79000027	alessia.avram@mail.ru
2.	Pension "Hanul lui Hanganu"	s. Lalova, Rezina rayon	Sergiu Hanganu, +(373)25475284	www.hanulhanganu.md
3.	Pension "Muze"	s. Tipova, Rezina rayon	Rabii Ruslan, +37360677419	rabiiruslan@gmail.com
4.	Pension "Casa Verde"	s. Trebujeni, Orhei district	Ludmila Buzila +(373)23556099, +37379270 371	casaverdetrebujeni@gmail.com
5.	Pension "House in the meadow"	s. Trebujeni, Orhei district	Benzin Ala, +(373)23556044 +(373)79434558	info@casadinlunca.com

Common borders. Common solutions.



Project funded by  
EUROPEAN UNION.



			+ (373)73455100	
6.	Pension "Swallow House"	s. Trebujeni, Orhei district	Liliana Buzila +37369282310	casaverdetrebujeni@gmail.com
7.	Pension "Vila Roz"	s. Trebujeni, Orhei district	Liuba Railean, +37360165777	info@vilaroz.com
8.	Pension "Eco Resort Butuceni"	s. Butuceni, district Orhei	Olesea Cojocar +37379617870	info@butuceni.md
9.	Restaurant "Stone Age"	s. Branesti, Orhei district	Brăduceanu Corina +37369164445	alexcor79@mail.ru
10.	Restaurant "Safari"	Orhei rayon	+37369240950	safari-md@mail.ru
11.	Winery "Chateau Vartely"	o. Orhei	+37368500555	office@vartely.md
12.	Pension "Vatra Dumeniului"	s. Vorniceni, Straseni rayon	Elena Lazarev, +37361005100	elenalazarev@mail.ru
13.	Pension "Vila Dorului"	s. Molovata Noua, Dubasari rayon	Musinschi Victoria, +37379003100	viladorului.moldova@gmail.com
14.	Winery "Crama Mircești"	s. Mircesti, Ungheni rayon	+37360111170	crama.mircesti@gmail.com
15.	Pension "Honey House"	s. Raciula, district of Calarasi	Constantin Stegărescu, + (373)695524638, + (373)67121 862	
16.	Pension "Casa Padinteașcă"	s. Palanca, district of Calarasi	Tatiana Popa (+373)24472240 +37369457399	tpopa@mtc-cl.md
17.	Stop "Doi Haiduci"	Sos. Orhei - Chisinau, km 5	+ (373)23527989	www.doihaiduci.md
18.	Restaurant of the "Mileștii Mici" winery	s. Mileștii Mici, Ialoveni rayon	(+373)69500262 (+373)67121121	turism@milestii-mici.md
19.	Pension "Hanul lui Vasile"	s. Tohatin, mun. Chisinau	+ (373)22237823	www.hanullivasile.md
20.	Restaurant of the winery "Cricova"	or. Cricova	+37322427777	cricova.vin@gmail.com
21.	Restaurant "La taifas"	or. Chisinau	+37368510002	la.taifas@mail.ru
22.	Restaurant "At Mom's Home"	or. Chisinau	+37379045050	
23.	"La plăcinte" restaurant network	or. Chisinau	+37322265410 +37322211211	marketing@laplacinte.md
24.	Restaurant "Sălcioara"	or. Chisinau	Elena Solomca +37369063703	<a href="mailto:office@salcioara.md">office@salcioara.md</a> , elenasolomca@gmail.com
25.	Restaurant "Asconi Winery"	s. Puhoi, district of Ialoveni	+37379988637	restaurant@asconi.md
26.	Restaurant "Castel Mimi"	s. Bulboaca, Anenii Noi	Diana Vieru, +37362001893	turism@castelmimi.md
27.	Tourist complex "Costesti"	s. Costești, Ialoveni district	(+373)79017151 (+373)26852012 (+373)26851396	www.lacostesti.com, ip.costesti@yahoo.com, info@lacostesi.com

Common borders. Common solutions.





Project funded by  
EUROPEAN UNION.



			(+373)69138559	
28.	Winery "EtCetera"	s. Crocmaz, district Stefan Voda	Olga Luchianov, +37379445010	<a href="mailto:tourism@etcetera.md">tourism@etcetera.md</a>
29.	Winery "Chateau Purcari"	s. Purcari, district Stefan Voda	+37360909005	<a href="mailto:turism@purcari.md">turism@purcari.md</a>
30.	Pension "Old House"	s. Palanca, district Stefan Voda	+37379708172	<a href="mailto:pensiunea.casaveche@gmail.com">pensiunea.casaveche@gmail.com</a>
31.	Pension "House of the pigeons"	s. Palanca, district Stefan Voda	+37360892336	<a href="mailto:galinacovalenco19@gmail.com">galinacovalenco19@gmail.com</a>
32.	Pension "La Tudora"	s. Tudora, district Stefan Voda	Dorina Onici, +37368196250	<a href="mailto:dorina_onici@mail.ru">dorina_onici@mail.ru</a>
33.	Restaurant "Mărtișor"	or. Stefan Voda	+37369341156	
34.	Café "Smile"	or. Stefan Voda	Olga Istrati, +37369464795	<a href="mailto:olgaistrati1984@mail.ru">olgaistrati1984@mail.ru</a>
35.	Gastronomic workshop "La Tanti Masha"	s. Slobozia Mare, Cahul rayon	Maria Minciuna, 060769004	<a href="mailto:nikmin3486@gmail.com">nikmin3486@gmail.com</a>
36.	Guesthouse "La gura odor"	s. Văleni, Cahul rayon	Vera Caminschi, +37379575622	<a href="mailto:caminschivera@gmail.com">caminschivera@gmail.com</a>
37.	Restaurant "Paradis"	or. Cantemir	Zlati Vitalie, +37379799608 +37327322109	<a href="mailto:paradisterasa@mail.ru">paradisterasa@mail.ru</a>
38.	Ethno-touristic complex "Gagauz Sofrasi"	s. Congaz, Comrat	Ana Statova, +37360533112	<a href="mailto:gagauzsofrasi@gmail.com">gagauzsofrasi@gmail.com</a>
39.	Restaurant of the winery "Wines of Comrat"	or. Comrat	Vladimir Hmelevschi, +37369113230	<a href="mailto:vinacomrata@inbox.ru">vinacomrata@inbox.ru</a> <a href="mailto:hmelevschi@mail.ru">hmelevschi@mail.ru</a>
40.	Pension "Casa Caraman"	s. Tarnauca, Slobozia	Angela Cazac, 068604060	<a href="mailto:anjelacazac@mail.ru">anjelacazac@mail.ru</a> <a href="mailto:casakaraman@gmail.com">casakaraman@gmail.com</a>
41.	EcoLocal Farmers' Market Moldova	mun. Chisinau, bd. Stefan cel Mare 202	Alex Ivanov	<a href="mailto:ecolocalmd@gmail.com">ecolocalmd@gmail.com</a> <a href="http://www.ecolocal.md">www.ecolocal.md</a>

## V. Producer associations and farmers' markets

Local producers' associations can offer important benefits in terms of strengthening the strengths of many entrepreneurs to promote local cuisine, gastronomic traditions, increase income from the work carried out, take advantage of opportunities to access the necessary financial resources, to influence prices of manufactured products and market safety, but also reduce costs and risks. Thus, in rural areas there are several agro-industrial and service associations agrotourism, the list of which is presented below.

**Common borders. Common solutions.**



Project funded by  
EUROPEAN UNION.



### List of rural associations promoting local products

No d/o	Name of the Association	President/CEO	Phone no.	E-mail
1.	National Federation of Farmers of Moldova (FNFM)	Vasile Mîrzenco	+37322210188 +37322210189	v.myrzenco@gmail.com fnfmoldova@gmail.com
2.	National Agency for Rural Development (ACSA)	Constantin Ojog	+37322835321	office@acsa.md
3.	Association of Tourism Development Tourism in Moldova (ADTM)	Viorel Miron	+37379583345	office.adtm@gmail.com
4.	EcoLocal Farmers' Market Moldova	Alex Ivanov	+37379436012	ecolocalmd@gmail.com
5.	EcoLocal Tourism	Alex Ivanov	+37379436012	ecolocalmd@gmail.com
6.	Key to the village	Aurelia Duca	+37379651464	cheia.satului@gmail.com
7.	ANTREC Moldova	Svetlana Lazar	+37379237823	antrec@moldova-tourism.md
8.	Farmers' Association - Milk Producers	Ana Pancrat	+37379633523	ana@millstream.md
9.	Association of Poultry Industry Producers Union of the Republic of Moldova	Dorin Ciurea	+37368633334 +37322226002 +37322223832	d.ciurea@upiam.md ciureadorin@gmail.com
10.	Association of Poultry Farmers of Moldova	Eugeniu Voinitschi	+37379458824	aavicultori@gmail.com voinitchi@gmail.com
11.	Pork Producers Association	Maxim Cazacu	+37379550158	apcpmoldova@gmail.com
12.	Union of legal entities National Association of Fish Farmers of the Republic of Moldova	Victor Bortă	+37369877555 +37322241547 +37322242681	acvacultura@mail.ru

Common borders. Common solutions.



Project funded by  
EUROPEAN UNION.



13.	National Association of Beekeepers of the Republic of Moldova	Ion Maxim	+37369142943	max_i100@yahoo.com
14.	Federation of Sheep and Goat Breeders of the Republic of Moldova for Milk and Meat	Pavel Prisăcaru	+37369168964	prisacaru.pavel@yahoo.com
15.	National Federation of Sheep and Goat Breeders of the Republic of Moldova	Nicu Tudor	+37369715615	nicutudor57@mail.ru
16.	Beef Producers and Exporters Association	Ion Mereacre	+37379800008 +37326293040	badrajanelena@mail.ru
17.	Employers' Association of the Meat Processing Industry	Sergiu Grădinaru	+37368090046	carolinalinte@yahoo.com
18.	Employers' Association National Association of Milk and Dairy Products Producers "Milk"	Carolina Linte	+37368090046	asociatianationala_lapte@mail.ru
19.	Association of Producers and Importers of Meat and Milk Products from the Republic of Moldova	Anatolie Triteac	+37369105527	uniunea.office@gmail.com
20.	Association of Exporters of Apiculture Products	Dolghieru Vasile (Condration Ștefan)	+37369992522 +37369166504 +37360868881	apinatur.moldova@gmail.com

Common borders. Common solutions.



Project funded by  
EUROPEAN UNION.



## Bibliography and sources consulted:

1. Crăiniceanu Gh. *Hygiene of the Romanian peasant. Housing, footwear and clothing. Food in different regions of the country and at different times of the year.*. Bucharest: Lito-tipografia Carol Gobl, 1895.
2. Gradinaru, N. *Knowledge and practices of folk medicine in Bessarabia. Historical-ethnographic aspects.* Chisinau: Notograf Prim, 2017, 232 p.
3. Miron M., Miron V. *Lower Dniester villages. Historical and ethnographic aspects. Study on local traditions and legends of the Dniester region.* Chisinau: Ideea-Com, 2020. pg. 69, 71.
4. Miron V., Miron M. *Interferences in the traditional cuisine of southern Moldova as a tourist motivation: how to exploit them?* In: Bilgilär, no. 3(4) Comrat, 2020.
5. Sevastos, M. *Memories from "Romanian Life"*. Alba Iulia: Publishing House for Literature, 1966.
6. Ștefănuță, P. *Folkloric research on the Lower Nistru Valley.*. In: Yearbook of the folklore archive. Bucharest, 1937, pp.31-226.
7. Берг, Л.С. Бессарабия. Страна-Люди-Хозяйство. Кишинев: Universitas, 1993
8. Защук, А. И. Статистическое описание Бессарабии собственно так называемой или Буджака. Аккерман, 1899.
9. *Молдавская Кухня.* Кишинев: Billion, 2008.
10. Свиньин, П. П. *Описание Бессарабской области.* В: ЗООИД. Т.VI. 1867. С.175-320.

Common borders. Common solutions.



Project funded by  
EUROPEAN UNION.



Editor of this publication:

Association of Tourism Development in Moldova

Address: 33, Briz str., Vatra city, Chisinau municipality, MD-2055

Phone: +373 79583345

E-mail: [office.adtm@gmail.com](mailto:office.adtm@gmail.com)

Facebook: <https://www.facebook.com/ADTM.MD>

Black Sea Basin Joint Operational Programme 2014-2020

ASSOCIATION OF TOURISM DEVELOPMENT in MOLDOVA

December 2022

Joint Operational Programme Black Sea Basin 2014 - 2020 is co-financed by the European Union through the European Neighbourhood Instrument and by the participating countries Armenia, Bulgaria, Georgia, Greece, Republic of Moldova, Romania, Turkey and Ukraine.

This publication was produced with the financial assistance of the European Union. Its contents are the sole responsibility of the Association of Tourism Development in Moldova and do not necessarily reflect the views of the European Union.

**Common borders. Common solutions.**