



Discover Crete's culture, nature and cuisine during visits to historic sites, organic farms, rural communities and the majestic countryside.

The interrelationship between culture, nature and cuisine: CCS programs revolve around the seasons. We cover a taste of Crete through the window of traditional agricultural production and cuisine, providing an insider's view into traditional, sustainable living practices.

CCS is an all-local network of over 40 knowledgeable chefs, sustainable organic farmers, botanists, ecolodge owners, historians and mountaineers. Seminar attendees meet members of the CCS network on-site – on their farms, in their production facilities, tavernas and home kitchens. This setting provides invaluable experiential learning opportunities.

CCS seminar attendees are a diverse group of pro chefs, doctors, nutritionists, alternative medicine practitioners, anthropologists, ecotourism practitioners, farmers, home gardeners, writers and food enthusiasts.

About CCS:

CCS Founder and Director, Nikki Rose, is a Greek-American professional chef, writer and cultural-culinary seminar organizer. In 1997, Rose created the CCS network to salute the work of dedicated artisan producers and conservationists. CCS is an internationally acclaimed program for best practices in sustainable tourism, presented by the World Travel and Tourism Council, the **World Tourism Forum for Peace and Sustainable Development**, et al. Programs are approved by the American Culinary Federation for continuing education credits.

Nikki is an advisor for cultural heritage preservation programs and ethical travel and a frequent speaker at relevant international conferences. She is working on a book and documentary and forming a center for experiential learning.

Each celebrated season in Crete holds something new. Seminar highlights:

- **Culture:** Overview of the history of Crete.
- **Rural Life:** The continuation of traditional lifestyle in the modern world.
- **Agriculture:** On-site presentations by sustainable organic farmers covering produce, olive oil, wine, meats, cheese, cereals, nuts.
- **Botany:** Exploring the countryside to identify wild plants and usage in cuisine and medicine
- **Artisan Production:** On-site presentations by artisan bakers, beekeepers, et al.
- **Cuisine:** Discover, first-hand, regional and seasonal variations, including everyday fare, fasting and celebrations.
- **Application in Action:** Interactive cooking demos and classes tailored to attendee interest.
- **Accommodation:** In remote mountain and coastal areas at fantastic ecolodges or simple locally-owned lodging nestled among organic olive groves.
- **Benefits:** Attendees gain beneficial information about traditional, sustainable living practices and Crete's renowned healthy cuisine that cannot be depicted in books. Attendees have a rare opportunity to learn by doing and apply this information wherever they live.

Cultural Heritage and Environmental Preservation:

Members of the CCS network are actively working on a range of cultural heritage and environmental preservation programs. Visitors experience the wonders of rural Crete from a local perspective and work with us to help keep these traditions that are respectful of nature alive, both in Crete and any pocket of the world in which they live.

CCS is featured in National Geographic publications, National Public Radio, Sustainable Travel International, WWF-Hellas, Los Angeles Times, The Wall Street Journal, Islands Magazine, Transitions Abroad, O Global (Brazil), The Guardian (UK), Lonely Planet, and TV New Zealand's *Taste Takes Off*.