

# The Healthy Bounty of Poland: A Culinary Journey

Explore Poland's rich culinary heritage rooted in natural, wholesome foods. This journey celebrates the country's healthful crops and artisanal products.

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# Apples from Grójec

Grójec, Poland's apple capital, is famed for crisp, aromatic apples.

These apples are highly prized across Europe for their quality and flavor.

Apples provide dietary fiber, vitamin C, and antioxidants that support health.

They are eaten fresh or used in desserts and traditional Polish dishes.





# Kohlrabi: The Versatile Cruciferous

## Nutrient Rich

High in vitamin C, fiber, and potassium essential for immune support.

## Cooking Flexibility

Enjoy raw, steamed, or roasted for a crunchy or tender texture.

## Traditional Use

Common in Polish salads, soups, and side dishes for centuries.





# Buckwheat: Poland's Ancient Supergrain

## Rich in Antioxidants

Helps reduce oxidative stress and inflammation in the body.

## Mineral Dense

Loaded with magnesium, iron, and zinc for overall vitality.

## Gluten-Free

Popular choice for those with gluten intolerance or celiac disease.



# Bilberries: Wild Forest Treasures

## Higher Antioxidants

More antioxidants than cultivated blueberries, boosting health.

1

2

## Wild Harvested

Collected from pristine Polish forests, pure and natural.

3

## Traditional Use

Used fresh or in jams, juices, and desserts in Polish culture.





# Kabanos: Traditional Polish Sausages



## Lean and Healthy

Made with lean pork and minimal processing for natural flavor.



## Flavorful Smoke

Slow smoked to develop rich, savory taste and aroma.



## Long Shelf Life

Air-dried method preserves freshness without preservatives.





# Polish Honey Varietals

## Linden Honey

Delicate aroma and soothing qualities for colds.

## Buckwheat Honey

Dark, rich in antioxidants and minerals.

## Heather Honey

Strong flavor, valued for medicinal properties.





# Oscypek Cheese: Tatra Tradition

## Sheep's Milk

Unique flavor from high-altitude grazing sheep.

## Handcrafted

Artisan skill passed through generations of shepherds.

## Smoked to Perfection

Distinctive smoky taste and firm texture.





# Kefir: Probiotic Powerhouse

1

## Fermented Milk

Rich in probiotics supporting digestion and immunity.

2

## Natural Ingredients

Made with simple cultures and high-quality milk.

3

## Versatile Consumption

Enjoy as drink or in recipes like smoothies and soups.





# Barszcz: Immune-Boosting Beet Soup



## Farm-to-Table Philosophy

Made with fresh, locally grown beets and herbs.



## Rich in Nutrients

Beets provide vitamins, minerals, and immune support.



## Cultural Staple

Traditionally served during holidays, nourishing body and soul.