

# CIRCULAR ECONOMY-FROM FARM TO TABLE

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Primary school Bol, Bol, Island Brač  
Leskovec pri Krškem, 25. 5. 2024



The background features a watercolor-style illustration. On the left and right sides, there are green leafy branches with small white flowers. At the top and bottom corners, there are blue, wavy, watercolor-like shapes that resemble water or sky. The overall aesthetic is soft and natural.

# OUR PROJECT


- In today's rapidly changing world, „the farm to table“ movement is not just a trend; it is a profound revolution in how we gain and consume food.
- We will try to explore the relationship between a farm to table and sustainability reconnecting consumers with the sources of their food

The background features a watercolor-style illustration of a landscape. In the top-left and bottom-right corners, there are soft, blue washes representing water or sky. The central and side areas are dominated by vibrant green washes representing rolling hills or mountains. Interspersed throughout these green areas are detailed illustrations of various green plants and leaves, some with long, thin stems and others with broader, rounded leaves, creating a sense of lush, natural growth.


# OUR STORY

- Living on the island we are able to consume fresh, seasonal and locally grown ingredients.
- Local farmers play a crucial role in this movement and in that way we can shorten supply chain.



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- The background of the slide is a watercolor illustration. It features soft, blended colors of light blue and white, suggesting waves or a sky. Overlaid on this are various green leaves and branches, some with small pink flowers, creating a natural, organic feel. The overall style is artistic and eco-friendly.
- I have been teaching my students about healthy eating habits ,so during my lectures we decided to participate in this eco conference and show that we students „can be the change you wish to see in the world” (Mahatma Gandhi)
  - Thanks to our families and local farmers we have created sustainable products using seasonal organic ingredients also representing the cultural heritage of our place Bol and Dalmatia



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- The background of the slide is a watercolor illustration. It features soft, blended colors of light blue and green. There are stylized representations of water in the corners and green foliage, possibly representing a natural environment or a sustainable landscape. The overall aesthetic is clean and eco-friendly.
- After our presentation you will be able to see, smell and taste our traditional products made following the principals of sustainable developments and circular economy
  - My plan is also to present these products to our local community and tourists because tourism is our main occupation and a source of income

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Cuttlefish risotto

02

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island Brač

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Intangible heritage of Bol

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## CANDIED ALMONDS AND ORANGE PEEL

Sweet Dalmatian dessert



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delicious dish

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Lemon liqueur and  
aroma candels





# BLACK RISOTTO – CRNI RIŽOT

- Thanks to local fisherman me and my students went picking nets with Matko
- Our experience was great because the scenery was beautiful
- Early in the morning, at about 6:30 am we went with a ship
- First we experienced the driving technique and then picking the nets
- The catch was amazing, nets were full of fish
- I decided to make black risotto from fresh, Dalmatian cuttlefish and in that way we connected sustainability and circular economy



# PREPARATION



The final product







# CIRCULAR ECONOMY – STRATEGY FROM FARM TO TABLE



Local fisherman → fresh cuttlefish → shortest way of transport and preparation → local product → tasty and traditional dish

# HRAPAČUŠA

- We decided to make traditional dish of Brač – Hrapačuša
- Brač and Hvar are two islands of central Dalmatia and they represent UNESCO emblematic community of the Mediterranean diet
- For Hrapačuša you need domestic eggs which we took from local farmer, lemon zest from our garden and walnuts and almonds picked by us





# PREPARATION





# BOLSKI CVITI

- Traditional Croatian wedding cookie from Bol with connects local circular economy and sustainability
- The cookies are made with a combination of eggs, milk, oil, flour, sugar, salt, pork fat and maraschino
- The strong dough is cut into different shapes, usually ones that are connected to weddings and love
- Bolski cviti are left to cool and they are typically enjoyed with a glass od prošek on the side



# PREPARATION





# CANDIED ALMONDS - UŠEĆERENE MENDULE

## CANDIED ORANGE PEEL - ARANCINI

- Traditional delicious, crunchy Croatian sweets
- Put the orange peel into the water and then in sugar or candie almonds with sugar
- You can also do this with lemon, tangerine or clementine peel





# ST. JOHN'S OIL - KANTARIONOVO ULJE



- St. John's oil is made of St. John's wort (Gospina trava) and olive oil (maslinovo ulje)



# FINAL PRODUCT



after 40 days



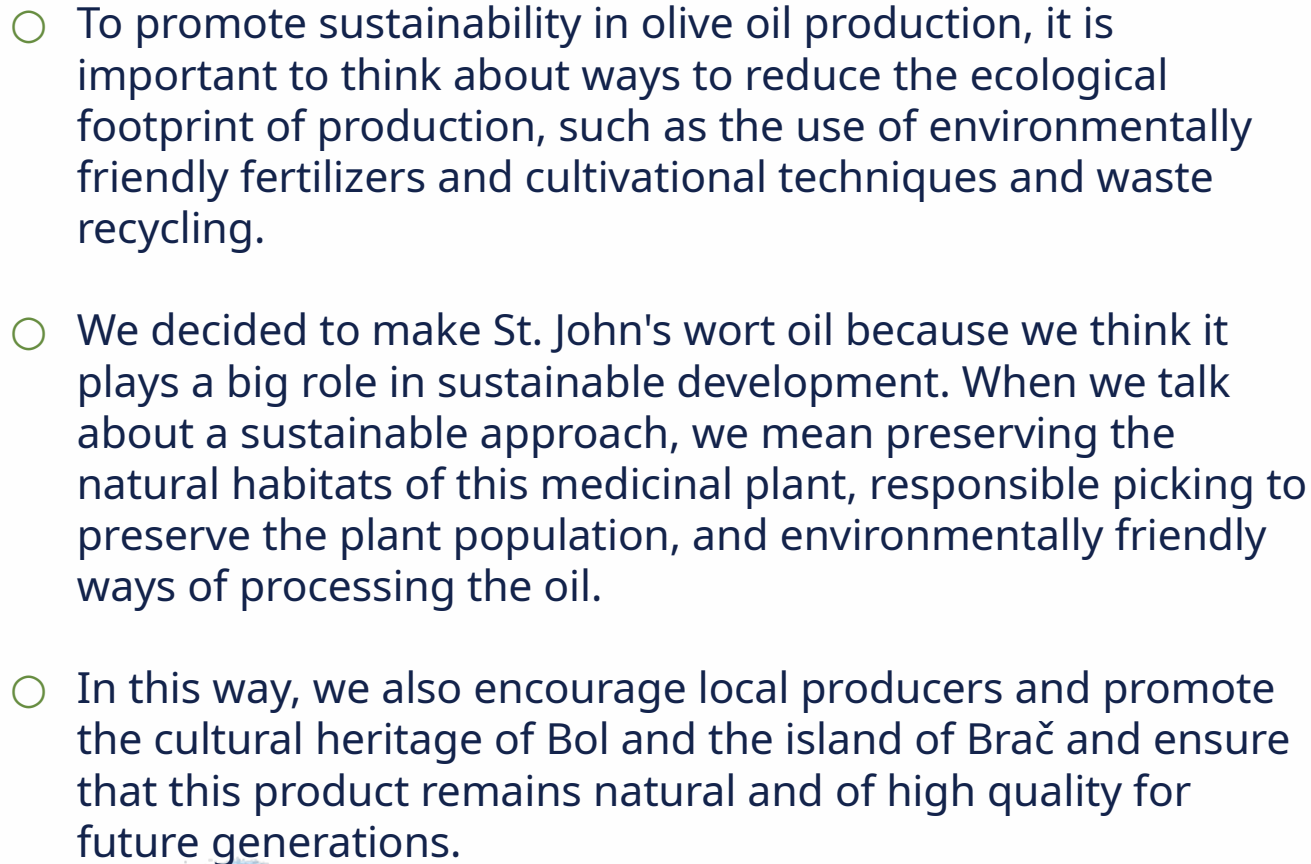


# USAGE

- Wound healing ( liječenje svih vrsta rana)
- Itchy skin ( svrbež kože )
- Bruises ( modrice )
- Muscle pain – perfect for massage ( bol u mišićima – masaža )
- Sunburns ( opekline od sunca )
- Stretch marks ( strije )
- You can also make tea ( čaj ) from flowers: good for depression/anxiety ( depresija/tjeskoba )

Buhač-Dalmatian chrysanthemum  
❖ natural source of insecticide



- 
- To promote sustainability in olive oil production, it is important to think about ways to reduce the ecological footprint of production, such as the use of environmentally friendly fertilizers and cultivational techniques and waste recycling.
  - We decided to make St. John's wort oil because we think it plays a big role in sustainable development. When we talk about a sustainable approach, we mean preserving the natural habitats of this medicinal plant, responsible picking to preserve the plant population, and environmentally friendly ways of processing the oil.
  - In this way, we also encourage local producers and promote the cultural heritage of Bol and the island of Brač and ensure that this product remains natural and of high quality for future generations.



# SEA FENNEL - MOTAR

- It is a plant that you can find on the rocks near the sea





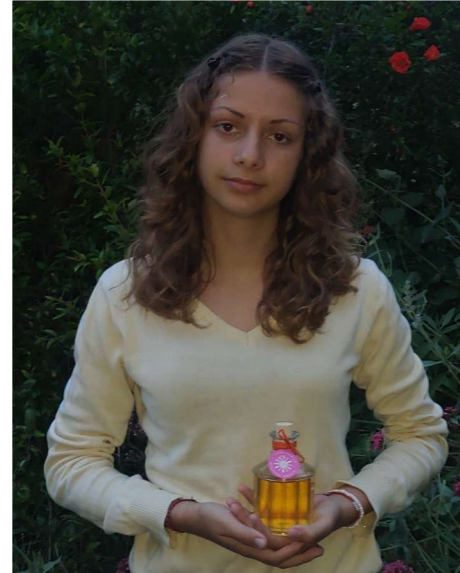
- You need to boil water and put vinegar inside
- When it gets cold put it in glass jars
- It is ready for eating in 2 weeks
- It has aromatic leaves and a unique salty flavour
- It is used as a salad and its full of vitamins A,C and E





# LIMONCELLO

For this product, we had a little help from a local farmer Tijana Marinelić, who makes natural products from local ingredients and medicinal plants.





# PROCESS

- We peeled the lemons and soaked the peel in 60 percent alcohol (ethanol, vodka) so that the maceration process happens
- This mixture must stand for 40 days
- After the standing period, we filtered the peel and added water and sugar to soften the bitter alcohol




# AROMATIC CANDLES WITH HEALING HERBS

- Our island Brač is full of healing herbs
- We made these candles with herbs which have medical purposes
- The combination of candle scents and medicinal herbs can create a pleasant atmosphere and provide a therapeutic effect for the mind and body





A photograph of two young women on a rocky cliff overlooking the ocean. The woman on the left is blowing dandelion seeds into the air, and the woman on the right is blowing a seed. The scene is bright and sunny, with the blue sea and white foam of waves in the background. The rocks are light-colored and jagged. There are some green leaves in the foreground, possibly from a plant or tree.

LOOK DEEP INTO NATURE,  
and then you will  
understand everthing  
better

*-Albert Einstein*





**In the project:** our teacher Zdravka Koljatić

**Students:** Tonka Koljatić, Celina Marčić, Nika Šarac, Miriam Cvitanić, Vanesa Akrap, Dorian Ratković, Ana Novačić, Sara Kambović

**Local farmers:** Matko Koljatić, Željana Cvitanić, Tijana Marinelić, Srećko Karmelić, Rita Nižetić, Mirjana Nižetić and our families





THANK YOU  
FOR YOUR ATTENTION

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# KRUŽNA EKONOMIJA - OD POLJA DO STOLA

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Osnovna škola Bol, Bol, otok Brač





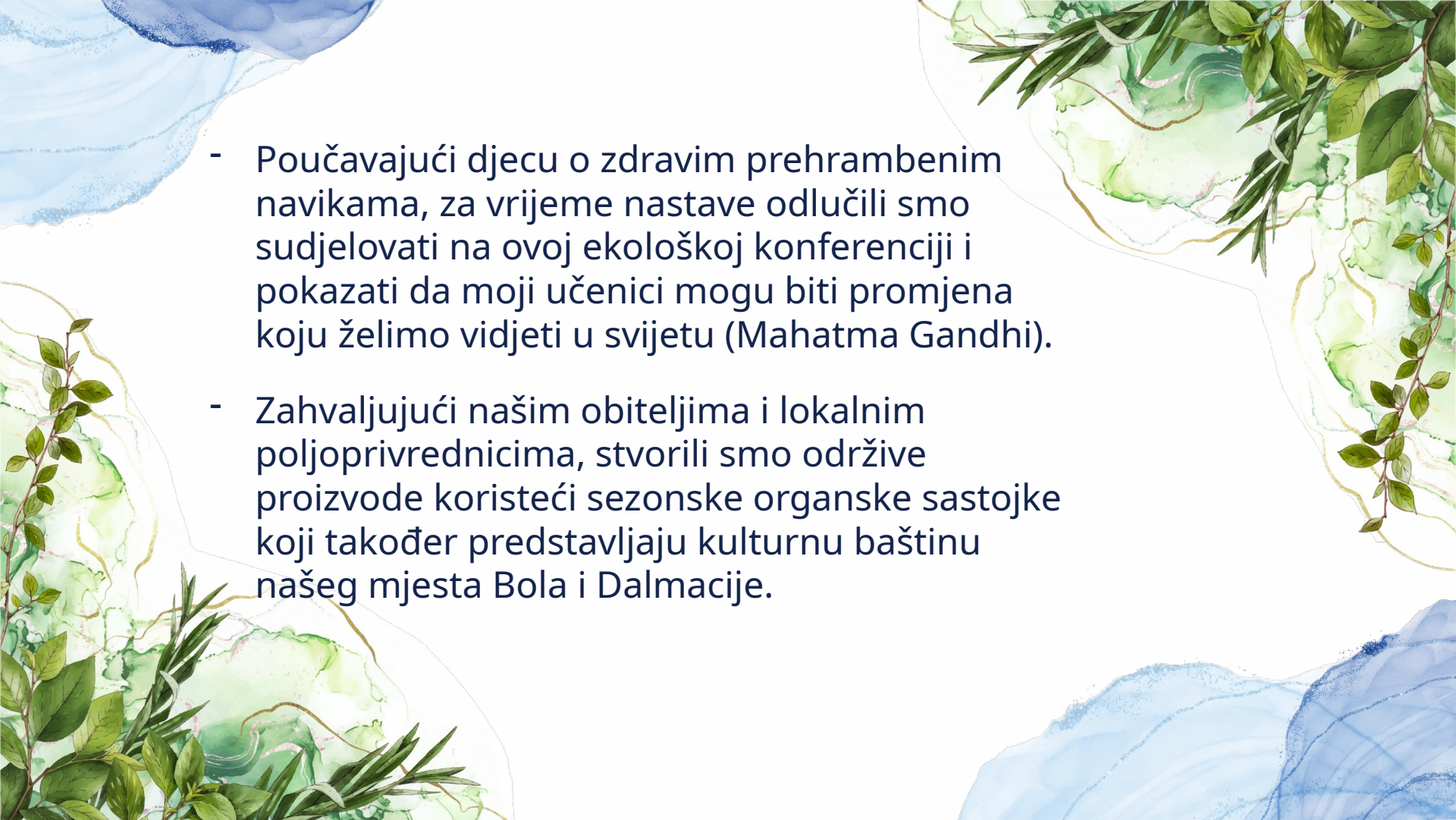
# NAŠ PROJEKT

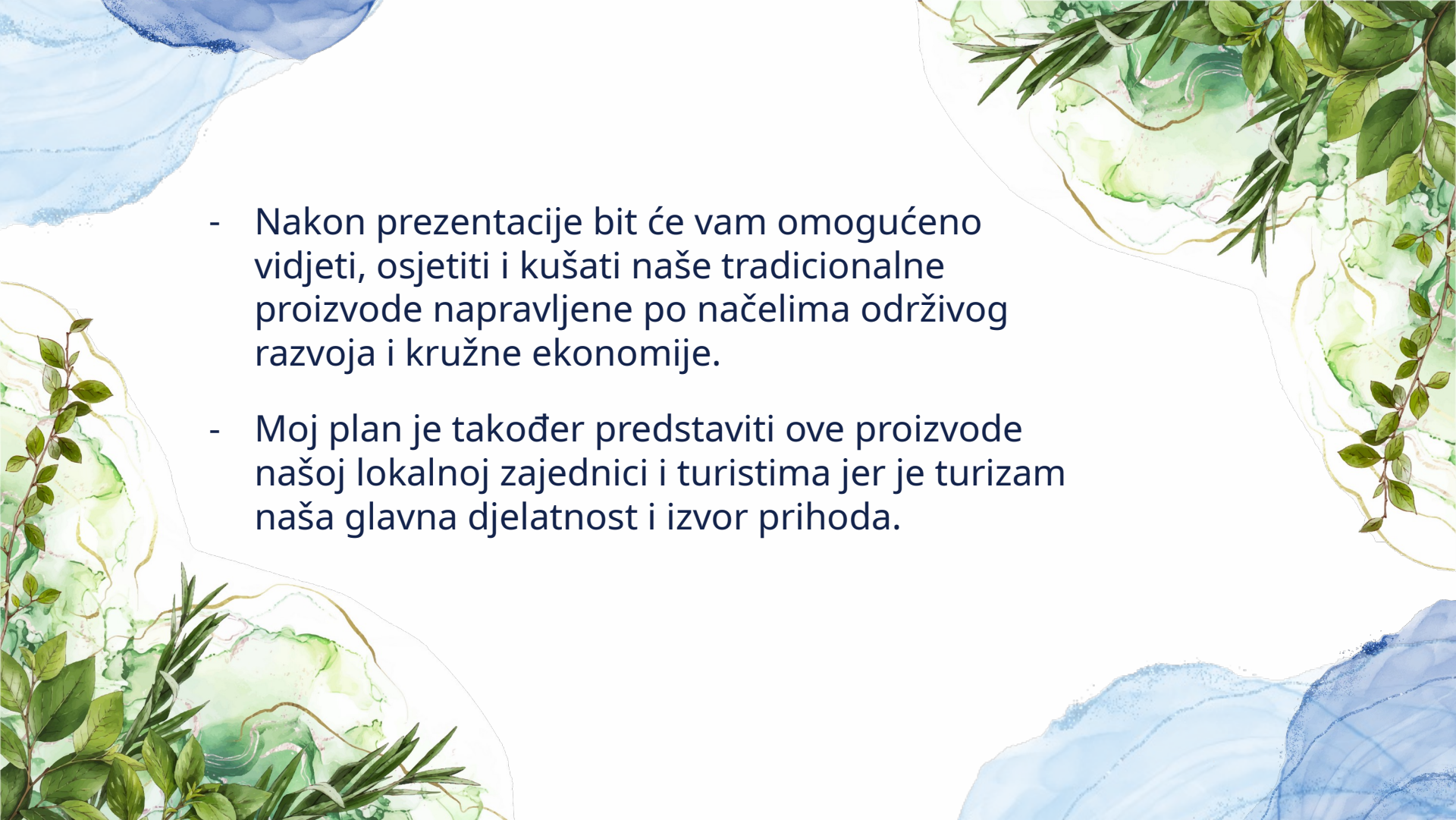
- U današnjem brzom svijetu, pokret „od farme do stola” nije samo trend; to je duboka revolucija u načinu na koji dobivamo i konzumiramo hranu.
- Pokušat ću istražiti odnos između farme do stola i održivosti te povezivanje potrošača s izvorima svoje hrane

# NAŠA PRIČA

- Živeći na otoku, u mogućnosti smo konzumirati svjež, sezonske i lokalno uzgojene sastojke.
- Lokalni poljoprivrednici igraju ključnu ulogu u ovom pokretu i na taj način možemo skratiti lanac opskrbe.



- 
- Poučavajući djecu o zdravim prehrambenim navikama, za vrijeme nastave odlučili smo sudjelovati na ovoj ekološkoj konferenciji i pokazati da moji učenici mogu biti promjena koju želimo vidjeti u svijetu (Mahatma Gandhi).
  - Zahvaljujući našim obiteljima i lokalnim poljoprivrednicima, stvorili smo održive proizvode koristeći sezonske organske sastojke koji također predstavljaju kulturnu baštinu našeg mjesta Bola i Dalmacije.

- 
- Nakon prezentacije bit će vam omogućeno vidjeti, osjetiti i kušati naše tradicionalne proizvode napravljene po načelima održivog razvoja i kružne ekonomije.
  - Moj plan je također predstaviti ove proizvode našoj lokalnoj zajednici i turistima jer je turizam naša glavna djelatnost i izvor prihoda.



# SADRŽAJ

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01

CRNI RIŽOT

Rižot od sipe

02

HRAPAČUŠA

Tradicionalna torta otoka  
Brača

03

BOLSKI CVITI

Nematerijalna kulturna  
baština Bola

04

UŠEĆERENE MENDULE I  
KORA OD NARANČE

Dalmatinska slastica

# SADRŽAJ

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05

## KANTARIONOVO ULJE

Malinovo ulje s gospinom  
travom

06

## MOTAR

Biljka od koje možemo  
dobiti ukusno jelo

07

## LIMONCELLO

Liker od limuna i  
aromatične svijeće



# BLACK RISOTTO – CRNI RIŽOT

- Zahvaljujući lokalnom ribaru, otišli smo u ribolov s njim
- Naše iskustvo je bilo sjajno jer je sami doživljaj bio prekrasan.
- Rano ujutro, oko 6:30 sati, krenuli smo brodom.
- Prvo smo iskusili tehniku vožnje, a zatim smo dizali mreže.
- Ulov je bio fantastičan, mreže su bile pune riba. Odlučili smo napraviti crni rižoto od svježe dalmatinske sipe i na taj način smo povezali održivost i kružnu ekonomiju.



# PRIPREMA



Završni proizvod







# KRUŽNA EKONOMIJA – OD POLJA DO STOLA



! Lokalni ribar ➡ svježa sipa ➡ najkraće moguće vrijeme prijevoza i pripreme ➡ lokalni proizvod ➡ ukusno i tradicionalno jelo



# HRAPAČUŠA

- Odlučili smo napraviti tradicionalni kolač s Brača - Hrapačušu.
- Brač i Hvar su dva otoka središnje Dalmacije i predstavljaju UNESCO-ovu emblematičnu zajednicu mediteranske prehrane.
- Za Hrapačušu potrebna su vam domaća jaja koja smo uzeli od lokalnog farmera, koricu limuna iz našeg vrta te orahe i bademe koje smo sami ubrali.



# PRIPREMA





# BOLSKI CVITI

- Tradicionalni kolač iz Bola, najčešće se radi za vjenčanja, koji povezuje lokalnu kružnu ekonomiju i održivost.
- Kolači se prave kombinacijom jaja, mlijeka, ulja, brašna, šećera, soli, svinjske masti i maraschina.
- Čvrsto tijesto se reže u različite oblike, obično one koji su povezani s vjenčanjima i ljubavlju.
- Bolski cviti ostavljaju se da se ohlade i obično se jedu uz čašu proška



# PRIPREMA





# CANDIED ALMONDS - UŠEĆERENE MENDULE CANDIED ORANGE PEEL - ARANCINI

- Tradicionalni ukusni, hrskavi hrvatski slatkiši.
- Stavite koru naranče u vodu, a zatim u šećer ili bademe sa šećerom.
- Ovo možete napraviti i s koricom limuna i mandarine



# ST. JOHN'S OIL - KANTARIONOVO ULJE

Kantarionovo ulje se radi od Gospine trave i maslinovog ulja.





# ZAVRŠNI PROIZVOD



Nakon 40 dana



# KORIST ULJA

liječenje svih vrsta rana

- svrbež kože
- modrice
- bol u mišićima – masaža
- opekline od sunca
- strije
- čaj od cvijeta gospine trave-koristi se protiv depresije/tjeskobe

Buhač, poznat i kao dalmatinski krizantemum, prirodni je lijek protiv insekticida.





- Da bi smo promovirali održivost u proizvodnji maslinovog ulja, važno je razmišljati o načinima kako smanjiti ekološki otisak proizvodnje, kao što su korištenje ekoloških prihvatljivih gnojiva i tehnika uzgoja te recikliranje otpada.
- Mi smo se odlučili napraviti kantarionovo ulje jer mislimo da ima veliku ulogu u održivom razvoju. Kada govorimo o održivom pristupu podrazumijevamo očuvanje prirodnih staništa ove ljekovite biljke, odgovorno branje kako bi se sačuvala populacija biljke te ekološki prihvatljive načine prerade ulja.
- Time također potičemo lokalne proizvođače i promoviramo kulturnu baštinu Bola i otoka Brača te osiguravamo da ovaj proizvod ostane prirodan i kvalitetan za buduće generacije.

# SEA FENNEL - MOTAR

- To je biljka koju možete pronaći na stijenama uz more.







Treba prokuhati vodu i  
dodati ocat.

Kada se ohladi, staviti  
u staklene teglice.

Spreman je za  
konzumaciju za 2  
tjedna.

Ima aromatične listove  
i jedinstveni slani okus.

Koristi se kao salata i  
bogat je vitaminima A,  
C i E.



# LIMONCELLO

Za ovaj proizvod imali smo malu pomoć od lokalne ljubiteljice prirode Tijane Marinelić, koja proizvodi prirodne proizvode od lokalnih sastojaka i ljekovitog bilja.





# PROCES

- Ogulili smo limune i namočili koricu u 60-postotni alkohol (etanol, votku) kako bi se dogodio proces maceracije.
- Ova smjesa mora stajati 40 dana.
- Nakon perioda stajanja, procijedili smo koricu i dodali vodu i šećer kako bismo ublažili gorčinu alkohola.




# AROMATIČNE SVIJEĆE S LJEKOVITIM BILJEM

Naš otok Brač prepun je ljekovitog bilja. Napravili smo ove svijeće s biljem koje ima ljekovite svrhe. Kombinacija mirisa svijeća i ljekovitog bilja može stvoriti ugodnu atmosferu i pružiti terapijski učinak za um i tijelo.





A photograph of two young women on a rocky cliff overlooking the ocean. The woman on the left is blowing dandelion seeds into the air, and the woman on the right is blowing a seed. The scene is bright and sunny, with the blue sea and white foam of waves in the background. The text is overlaid in the upper right quadrant.

POGLEDAJ DUBOKO U  
PRIRODU, i onda ćeš sve  
bolje razumjeti

*-Albert Einstein*





**U projektu:** naša učiteljica Zdravka Koljatić

**Učenici:** Tonka Koljatić, Celina Marčić, Nika Šarac, Miriam Cvitanić, Vanesa Akrap, Dorian Ratković, Ana Novačić, Sara Kambović

**Lokalni farmeri:** Matko Koljatić, Željana Cvitanić, Tijana Marinelić, Srećko Karmelić i naše obitelji





# HVALA

NA PAŽNJI

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