



# "Promoting traditional mountain foods: a case-study from the West Bekaa and Chouf of Lebanon"

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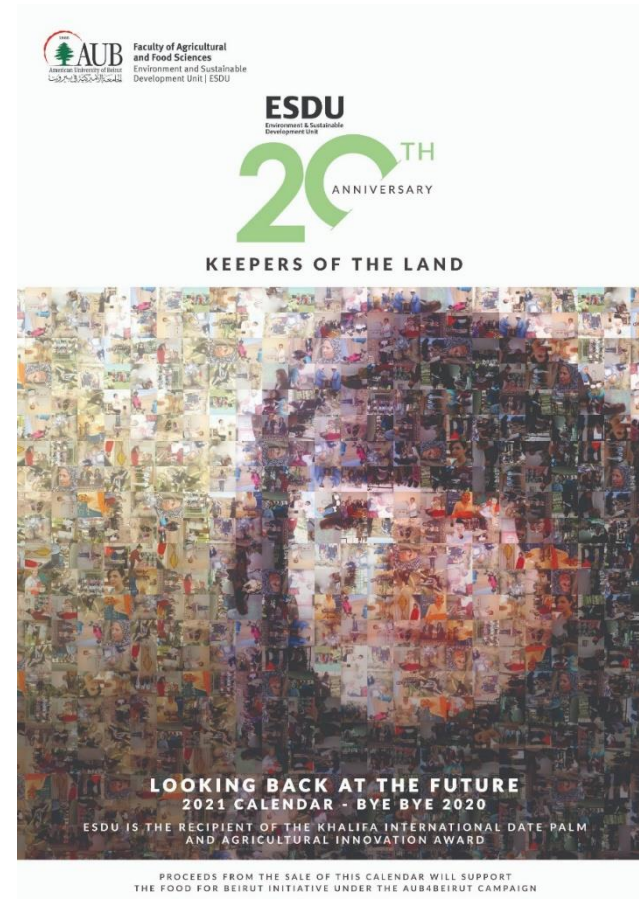
**TLS - The Livestock Sustainability**





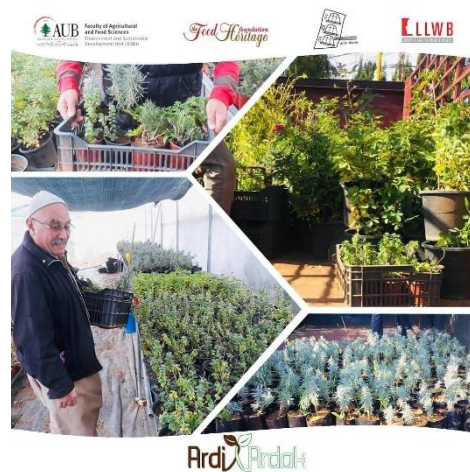
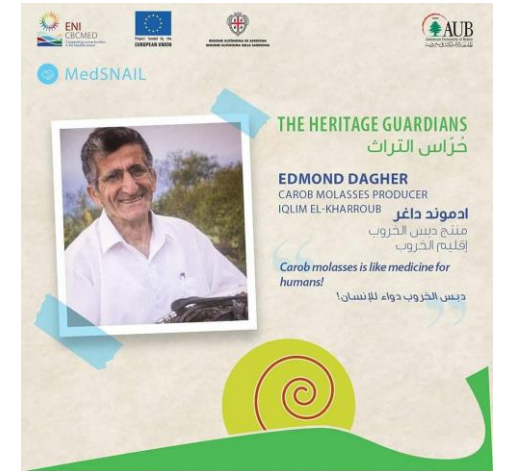
- Established in 2001
- Inter-disciplinary R&D unit at FAFS/AUB: Community Outreach Center
- Regional Leader in Rural Sustainable Livelihoods
- ***LINKING ACADEMIA TO RD***

*“Exploring solutions, defying uncertainties”*



# Putting People at the Center

- **Participatory Approach**
- ESDU has always been involved in community-based projects in the poorest areas of the MENA region.
- Capacity Building to **Improve skills, Empower marginal groups** and **Give sustainability a CHANCE**



- The FHF was conceived by ESDU in 2005.
- In 2013, FHF was registered and is currently acting as an independent entity with affiliation to ESDU.
- **Mission:** To document and revive the traditional cuisine and local produce and promote the livelihoods of rural producers and processors through rural-urban linkages.
- FHF seeks to create jobs for the Lebanese rural population, namely **women** and **small producers**, by reviving the market for healthy local products.
- FHF sustains the projects of ESDU beyond the projects' funding.

Community  
Kitchens



Farmers'  
Market



Food  
Tourism



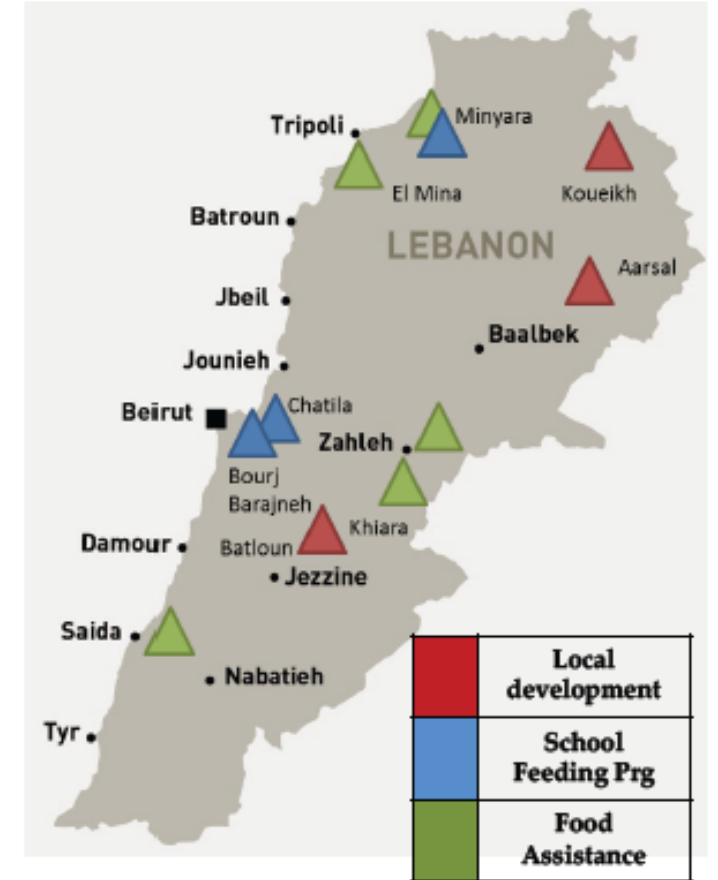
Community  
Gardening





## Community Kitchens Network

- CKs are led by a group of women from the community who gather to cook large quantities of food and prepare considerable quantities of food preserves i.e. jams, pickles, etc. locally known as “*mouneh*”
- Initially → local development
- Syrian crisis → concept revisited, CKs linked to Food Assistance programs
- Food → directed towards different outlets i.e. food assistance, school feeding programs, catering events, ready to eat food for sale etc.



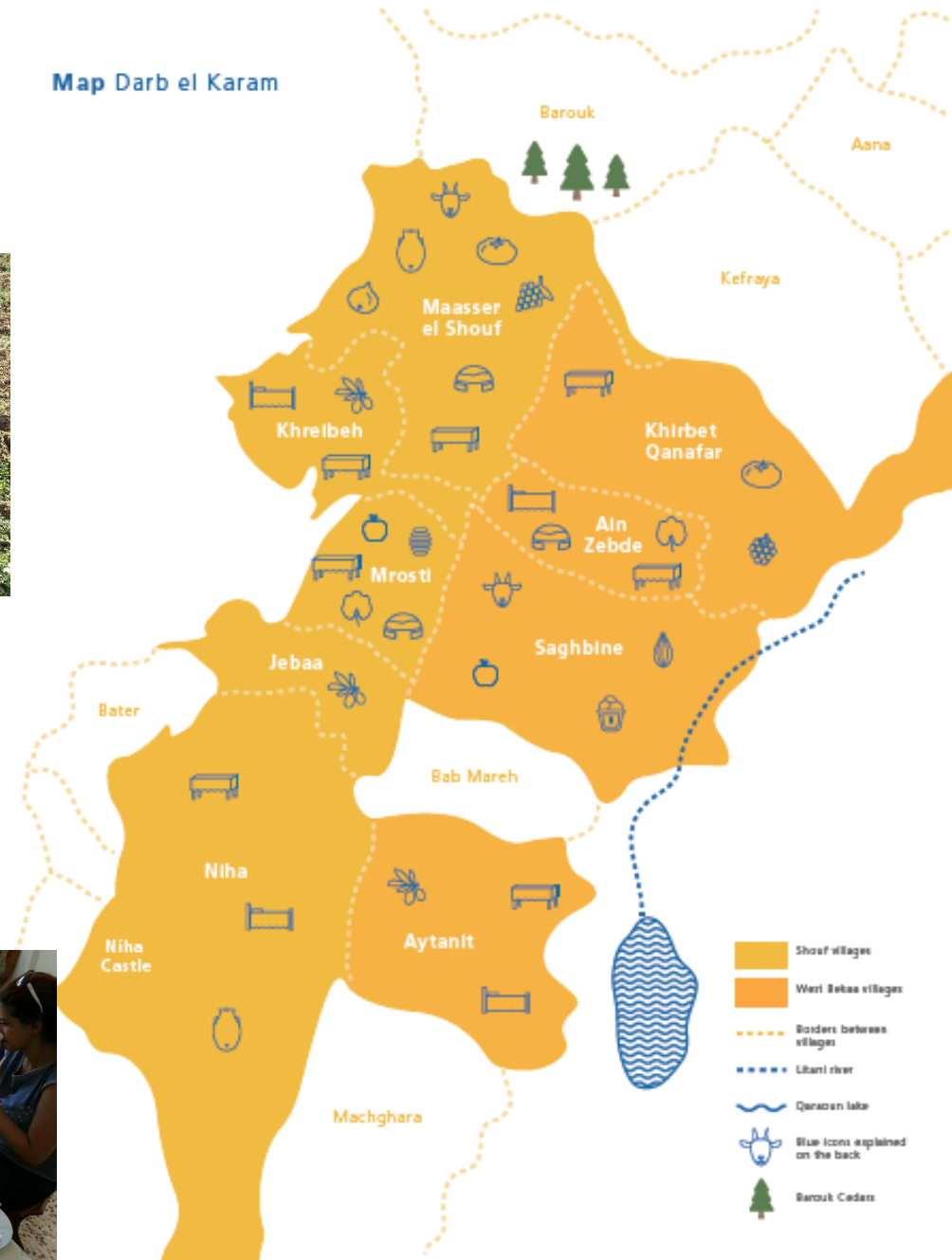


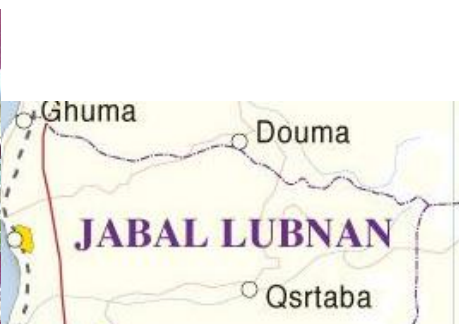
درب الكرم  
food heritage trail

# Food Tourism Network



Map Darb el Karam





**West Bekaa**

- Precipitation: 700–750 mm
- Irrigated agriculture
- Key products: wheat, grapes, potato, livestock



**Chouf**

- From the shorelines to the highest peaks of Barouk Mountains (1941m)
- Largest Cedar forest
- Mountainous and sloppy topography
- Rain-fed olives and irrigated fruits



# ACADEMIC RESEARCH IN THE WEST BEKAA AND CHOUF

- Khairallah L., Chedid M., Jaber L.S., Martiniello G., and Hamadeh S.K.,2021. **Assessment of the Goat Dairy Value Chains in the Shouf and West Bekaa Areas of Lebanon.** (to be submitted soon)
- Tohmé Tawk, S., Chedid, M., Chalak, A., Karam, S., & Hamadeh, S. K., 2019. **Challenges and sustainability of wheat production in a Levantine breadbasket: The case of the West Bekaa, Lebanon.** Journal of Agriculture, Food Systems, and Community Development. Advance online publication. <https://doi.org/10.5304/jafscd.2019.084.011>
- Chedid, M., S.T. Tawk, A. Chalak, S. Karam and S.K. Hamadeh, 2018. **The Lebanese Kishk: a traditional dairy product in a changing local food system.** Journal of Food Research 7(5): 16-23. <https://doi.org/10.5539/jfr.v7n5p16>





THANK YOU!

