Mountain Cheese

Siriz Mijeha (cheese in a sack) is a very popular cheese in Lepushe village, Kelmend production area, which is produced throughout the year. The infusions of herbs from the mountains are elements of the traditional production. They are two types: the real cai, or mountain herbs. They also make mishavin, a cheese similar to feta and common throughout Montenegro. Most people eat cheese similar to feta daily. Every weekend, 15 producers selected from Montenegro, Serbia, Romania, and Bulgaria participate in the market. Tcherni Vit Earth Market is held in the town of Montenegro. It is a friendly market where participants can sell their products, including locally made cheese. The cheese is similar to feta and includes the traditional Montenegrin cheese. The market is held every weekend and is popular among locals and tourists. The cheese is made from local sheep's milk and is produced by small-scale producers. The milk is collected from local sheep, which are fed only on natural pastures. The cheese is made using traditional methods and is aged for at least six months. The cheese is sold in the market and is very popular among locals and tourists. The market is held in the town of Montenegro and is a popular destination for those interested in traditional cheese production and local produce.
Slow Food is an international association working to enjoin the importance of food, as a subject of respect for the territory the environment and the sense.

Slow Food currently has over 100,000 members in 140 countries around the world. Its network of Presidia is organized into six large regions, each group managed by a national leader. They establish community traditions and cultural landscapes, climate change and the yieldings of social organizations.

To safeguard food biodiversity, stimulate local economies and promote a secure sustainable lifestyle, for Slow Food, the Ark of Taste is a community of production and consumption of food, started in 1996 in Italy. Its goal is to highlight the best of local cuisine. All this is Terra Madre.

The Ark of Taste is the foundation of Slow Food, an initiative that unites food communities and Slow Food projects in Europe to create a network of NGOs in the region to support small-scale producers and advocate for biodiversity. Activities include projects to promote their product. The aim of the Presidia is to strengthen producer organization, to promote artisanal products at risk of disappearing, to support small-scale food producers: the Presidia, the Slow Food network’s members understand that safety, animal welfare, sustainability, connection to landscape, climate change and the yieldings of social organizations.

Presidia are communities of people who sustainably produce, process and distribute food; they are often concerned with the world’s future and they inherit a responsibility of producers who want to keep their product in the world, the next generation. The role of the Presidia is to promote biodiversity, protect cultural landscapes and promote the natural, organic products of small-scale producers. They advocate for an urgent and shared effort that goes beyond local communities and promote a more sustainable lifestyle.

The Terra Madre network consists of 16 Slow Food Presidia, 80 food communities, from fishing to farming, farmers' markets, tastings, educational activities, dinning courses, from beekeeping. They organize community events aimed at the public and media. Each as an educational center for students from different countries, campaigns to support small-scale producers and advocate for biodiversity. Activities include projects to promote their product. The aim of the Presidia is to strengthen producer organization, to promote artisanal products at risk of disappearing, to support small-scale food producers: the Presidia, the Slow Food network’s members understand that safety, animal welfare, sustainability, connection to landscape, climate change and the yieldings of social organizations.

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The Terra Madre Balkans project is a network of all the food communities and Slow Food projects in the Balkan Peninsula. Since 2003, with financial support from the European Commission as part of the “Civil Society” program of the European Union, they organized the first Balkan Slow Food Fair, and have continued to work for the Balkan Peninsula to develop the Slow Food network. The Balkan Peninsula is the network of all the food communities and Slow Food projects in the Balkan Peninsula. Since 2003, with financial support from the European Commission as part of the “Civil Society” program of the European Union, they organized the first Balkan Slow Food Fair, and have continued to work for the Balkan Peninsula to develop the Slow Food network.

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