

During the 18th century they had already an important fleet and they started to trade. Later, when they lost the precedence and others wielded the sceptre in the sea, they limited themselves to sponge fishery and to general fishery. In the beginning of the 20th century, the economic crisis stroke Trikeri as well, forcing most of the Trikerians to migrate to America or to other urban centres in mainland Hellas, in order to find better life conditions. Those who remained in Trikeri earned their living from the sea, which they loved so much. Of course, the sea generously offered to them once again, its treasures. The residents began to trade the fish catches, a fact that caused a shift in professional interests. From now on, more and more people work in the fisheries sector. Nowadays, 250 boats roughly, sail from Trikeri and the fishing tools that they use are nets, longlines and lines mainly for mackerels and bogues, but also 'Barkarola' for octopuses.

In the old days, the possibility for large time conservation did not exist, so they invented natural methods of processing. During the fishery, they cut the heads of lobsters and passed their tails in a line to form a bunch. Then, they stretched them from the mast in order to expose them to summer sun and air for drying. They were ready for consumption during the winter. Moreover, they dried the octapuses in fire or in the sun, wrapped them using small timbers and with their help, they made balls in order to store them more easily. They made a ball with the first octopus, placed the second around it, then the third etc. and finally using the mantle of the last one they blanketed the ball for protection. Thus, they were stored more easily and they were used as a 'currency' for the trade-off of different kind of products.

KILADA ARGOLIDAS

Kilada is a town with 1500 residents in Argolida Prefecture, picturesque fishing village with a lee shore port where a large number of boats throw their anchors. From findings in a nearby cave it is proven that the fishing activity in the area of kilada was practiced since prehistoric era.



The fishermen of Kilada were initially fishing close to main cities such as Patra, because they did not have suitable ways of conserving their catch. In Kilada, as in other pre-war fishing centers, "tseta" was the most popular way of fishing probably

because it was the most efficient. A big boat with engine, named 'the mother', was hauling a number of small oar boats (up to 15) which were gradually surrounding and restrained fish, and then in tandem with 'volasma' (a technique were the fisherman hits the water with a stick or a reed) were sending the fish into the nets, usually gill nets.

Gilthead sea bream (*Sparus aurata*), black sea bream (*Spondyliosoma cantharus*), common dentex (*Dentex dentex*), picarel (*Spicara spp*), saddled seabreams (*Oblada melanura*), *Mugilidae*, European barracuda (*Sphyræna sphyraena*), Seabass (*Dicentrarchus labrax*), were the main species fished with that method.

Until recently, fishing was the main source of income for the population of Kilada. Nowadays, 180 boats anchor in the local port and according to the licenses issued, 80% of the population of the town is engaged in fishing. However, tourist development of the area and the benefits arising from it, seem

to gradually shrink the importance of fishing activities for the local way of living.

As in other fishing centers, fisheries became gradually but steadily a secondary employment, a part time occupation when and where it suits tourism or covers periods when income from tourist activities is diminished.

The sharp decline of boat building activity once a thriving industry that supplied the whole country with boats, complements the picture of change.

However, even today the sea has a catalytic influence in the life of the town's residents, in their customs and traditions. Fish are the main dish in local festivals and fairs of the town. One of the most characteristic fair is 'Baintouzi'. In the first full moon of the summer a large festival hits the roads of the town where almost all the locals and many visitors participate. They cook fish in many ways, along with drinking, singing and dancing always accompanied by musical instruments such as lute and santour.

ELAFONISSOS

The island of Elafonissos is located in the entrance of the Lakonikos gulf, north of the island of Kythera, and only 570m from the closest coast of Pounta. The island covers an area of 19 Km² and has a settled population of 746 people. The island is well known for its unique natural beauty, a characteristic that can speed up the tourist development potential. However, even nowadays the islanders continue to have as main source of income fishing, and they proudly state that they are going to be the last ones to abandon that profession.

Fishing always employed the small island's people. In the old days most of the local fishermen were traveling in distant fishing areas, as far as Libya, in order to maximize their profit from fishing.



After 1950s they have begun fishing mainly in the Hellenic Seas, covering almost all the area of south west Aegean, and selling their fish to any port available such as Kalamata which did not have a fishing fleet, Chalkida or Piraeus.

In 1948 they took a big step for the time, since they managed to create the first Fishing Association in the country. Their organization, through collaboration with a bank, started to facilitate its members with small loans in order to meliorate their boats and improve, renew or replace their gears. These amounts of money were being returned through next years profits, and in this way both the fishing class and the local community in general were benefited. That was the marking point for the development of coastal fishery in the island.

The admission of Hellas in the European Community marked the end of funding in this way. Nowadays, a very sparkling fishing union can be found in the island having 150 members in total, 100 of which are active. The gears that are being used are various types of nets, adapted to the season and the target species. In the eyes of the visitor, the island looks like a fishing paradise. The quantities are rewarding and the sizes of the fish unfamiliarly large compared to the rest of the country. However, the most important and promising characteristic is that young people give life to their boats with the same enthusiasm that their fathers became famous for.

KALYMNOS

Kalymnos is an island of the Dodecanese complex, in the SE of Hellas. Although in the past it was famous as the center of the Hellenic sponge diving industry, today is very well known for the numerous professional fishermen, who are more than 1.800 out of 16.000 inhabitants of the island.

The ideal, naturally protected port of the island is considered to be one of the most important ports in the country. The harsh living conditions due to the distance from the main urban centers and their occupation with the sea, has created a special idiosyncrasy with its main characteristics pride and affection for their homeland. This way of thinking explains why the island, compared with others, without a developed tourist infrastructure can hold back and maintain a stable population. Up to 1986 they were 250 sponge diving boats and a 100 fishing boats. Most of the inhabitants were occupied with sponge diving until a disease has destroyed most of the sponge colonies in the Mediterranean.

Since then, the structure of the local fleet has changed. Today we can find 25 sponge diving boats and 500 fishing boats, which throw their anchors mainly in the island's capital Pothia, and two smaller ports Emporio and Vathi.

Almost all types of fishing gears are being used in the island but mainly bottom long lines and surface long lines for the fishing of swordfish (*Xifias gladius*). Nets are being used, but in a lesser extend and are usually gill nets for the fishing of bogue (*Boops boops*).

The oriental air, in the culture of kalymnos is more than obvious. The commercial and cultural point of reference was the closest land, the coast of Asia Minor. The 'marine' way of living with its dangers and peculiarities, has also played an important role in the shaping of the islands culture.

A local custom that deserves to be mentioned is 'trata' which is still maintained and repeated every year during the carnival. A gang of varlets are holding a piece of net in their hands and are moving in a cortege. They are singing and teasing passengers especially beautiful girls. They stop regularly and act according to the vocals of the song, that is, they imitate what they are singing.

A big part of the collection of local songs is comprised of sad songs that refer to immigration, to the waiting of the sailor, to the sadness of separation.

The 'kalimerismata' are special songs addressed or directed to the trippers, sponge divers and fishermen. They are being sung by women in the morning in order to calm down the weather, to bring luck, to conciliate life, to wish safe return of the beloved.

The islands kitchen has as its base fish, since the sea is the main source of income for the locals. One can find endless recipes for all kind of seafood. A very famous local product is 'spinalo', sea squirts conserved in salt and lemon. This is a product with high nutritional value, rich in polyunsaturated fats and trace elements.

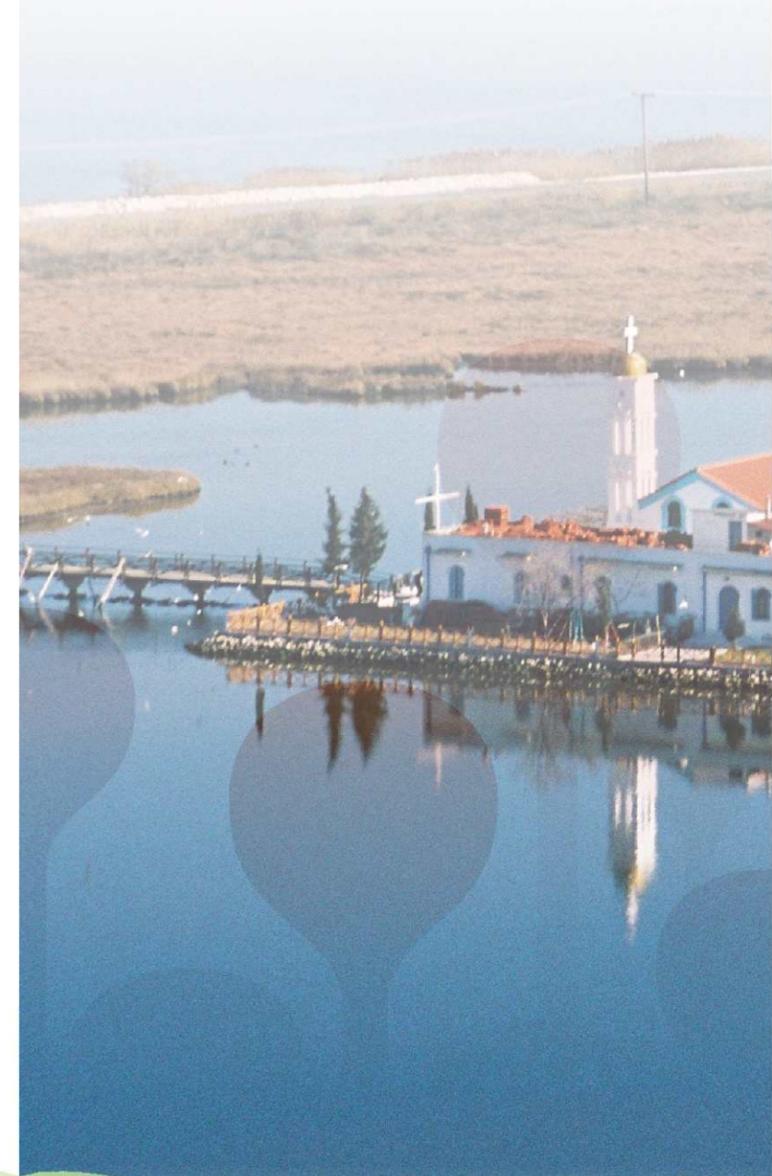


N.A.G.RE.F - Fisheries Research Institute wishes to express its deepest gratitude to all the people who offered their invaluable experience for the realization of that project.



Areas of Hellas Dependent on Fisheries

Cultural and Gastronomic Traditions



CULTURAL AND GASTRONOMIC TRADITIONS IN HELLAS

The MESFIDE project (Intereg III, Archimed) conducted by the National Agricultural Research Foundation (N.A.G.R.E.F.) - Fisheries Research Institute which is based in Nea Peramos, in Kavala Prefecture, Hellas.

It represents an effort made for the regeneration of activities and traditions of artisanal fisheries, with the aim of promoting artisanal fishery products in the areas that participate in the project. Artisanal fishery is a long established activity rich in traditions, with activities interwoven with the local society especially in areas depended on fisheries. This leaflet constitutes part of that effort.

The areas studied are Alexandroupolis, Samothraki and Fanari all in the area of Thrace, Nea Peramos in Kavala, Alonissos, Trikeri, Kilada Argolidas, Elafonissos and Kalymnos. All the areas can be seen in the accompanying map. Data gathered and analyzed, revealed important conclusions regarding the beginning and evolution of traditions related with fisheries in the aforementioned areas:



People of Hellas, although very close to the sea, with a very ancient and rich tradition in naval activities and shipping related to commerce, had an unclear relationship with fishing and fishing methods.

The traditional and cultural development of fishing activities for the period from 13th to 19th century in the pilot areas chosen is vague. The period coincides with the period of Ottoman occupation.

The situation today seems to be the result of incidents and events occurred during the last 100 years, and the reason seems to be the movement of the Hellenic population from Asia Minor to the motherland.

After the Balkan wars and the end of the 1st WW, Hellenic populace from Asia Minor routed out and fled to Hellas. They created new settlements or mixed with local population in already established shore side villages.

Their rich tradition in fishing and fishing methods and culture transmitted to the locals in this way and developed up to date.

THRACE

From a geographical point of view, this is the region with the greatest interest. On one hand because this is the region that separates Europe from Asia, and on the other hand because the structure of the society changed considerably with the settlement of new residents from Eastern Thrace.

The refugees managed to integrate well into the new homeland, transferring their knowledge to the local residents. The fishing methods that the residents were using until then,



Improved significantly by the new techniques that the newcomers applied, since the only 'rig' they managed to bring from their homeland, was only what could be carried in their mind and in their soul, their advanced culture.

Alexandroupoli, Fanari, Porto Lagos and Samothraki are the most important fishing fields of the region. Nowadays, the coastal vessels anchoring in Alexandroupoli are 101, in Fanari 57 and in Porto Lagos 35. In all these regions, the historical data regarding the violent population removal from Eastern Thrace and their need to survive in the new homeland are the same. Thus, the fishing tools used by the fishermen in these regions are almost identical as well.

Apart from the nets -gill nets and trammel nets- other methods used are the small surrounding net for shoal fishes, lines for tunas, fyke nets and traps for octopuses and long lines for breams and cods.

The old fishermen gave a descriptive picture of old fishery methods and tools. Many of them are not used any more. The 'Psatha' for the collection of *mugilidae*, beach seines for round sardinella (*Sardinella aurita*), picarels (*Spicara spp*), gilthead seabreams (*Sparus aurata*), etc, spears for hakes, 'Venderi' for eels and 'Pirofani' (fishing with lamps) are some of the fishing tools that were often used by the fishermen in the past. Due to the abundant fish catches of the region, apart from their direct consumption, the fishermen had to maintain them with methods that gave unique results. The maintenance of fish catches is also the main characteristic of the region. A representative example is 'Likourinos' for which *mugilidae* grown in brackish and rich in nutrients waters are used. The fishes are subjected to liquid or dry salting, and the process comes to an end with dry smoking in specific ovens.

In a region where the sea directly affects the mentality of residents, it is predictable that all important feasts during the year are influenced from that natural environment. A characteristic example of a fishing community is Fanari. There, the parish church is dedicated to the assumption of Virgin Mary. According to an old custom, after the evening prayer in August 15th, a bank holiday in Hellas, they offer to the visitors roasted sardines and wine. On the 31st July is celebrated the feast of sardine which is offered roasted to all visitors in a feast where all the residents of Fanari participate. Moreover, on Shrove Monday, the women of the village cook 'midopilafo' (mussels mixed with rice) in big saucepans and they offer it to all participants in the feast.

NEA PERAMOS, KAVALA

In September 1922 the inhabitants of Peramos town on the Peninsula of Kyzikos on the southern shore of the Sea of Marmara, rooted out from their motherland and came to mainland Hellas. They begun fleeing in small groups and at the beginning of October they were all gathered in Kavala city. They started looking for an area similar to their homeland for permanent settlement and they found that the coastal area in Eleftheres bay, some 15 Km west of Kavala was what they were looking for. The sea in the province of Kizikou in Propondis where they were coming from, was a very rich fishing field especially in terms of migratory fish such as Chub mackerel (*Scomber Japonicus*), Atlantic bonito (*Sarda sarda*),

Atlantic mackerel (*Scomber scombrus*), as well as sardine (*Sardina pilhardus*).

Fishing of these species was realized with stake nets, and there were also many types of boats used as well, such as small beach seines, 'bogiandes' (a big boat with three pairs of oars), 'dor-tsiftes' (a big boat with four pairs of oars) etc. In addition, 'alamana' was the forerunner of contemporary motorized beach seine. Two boats corded by the stern were fishing in collaboration, with four or five pairs of oars. The net was loaded half on the stern of one boat and the other half on the stern of the other boat. By making a cycloid movement, the boats were dropping the nets until they meet each other at the same place.

Fishing of migratory fish was lasting up to one month, after which the crew was returning to its base. 'Alamana' was offering a better yield and 'taifedes' (the crew), were earning a bigger share from the catch.

The inhabitants of Peramos transferred their crafts and skills to their new homeland and for many years since then, the sea was their main source of living. Occupation with intensive cultivation and tourist development of their new homeland changed the professional orientation of many of the fishermen towards other activities.



However, even today Nea Peramos in Kavala is an area with many experienced professionals who earn their living in nearby fishing fields.

As in nearby Thrace, in this town as well salt fish constitutes special dishes, the most characteristic of which is 'palamida gouna', a special dish made with Atlantic bonito. The fish is cut along its belly towards the tail. Having thrown away its head and cleaned it very well, the fish is being salted, garnished with oregano and strained with sticks. It is left to dry in the sun for four or five days and then it is ready to be cooked and eaten.

In the area of Nea Peramos there are many songs and sayings that they point out the relationship of the town with the sea.

ALONISSOS

Alonissos is an island of North Sporades. The citizens of the island begun using professional fishing gear around 1940s, imitating the fishing way of fishermen from Trikeri. Until then, they were using substandard gear only, in order to obtain the day's catch for feeding the family. The most usual of these was the fishing line, with which they were catching European conger (*Conger conger*) and Mediterranean Moray (*Muraena hellena*).

Dynamites were widely used especially after the end of WW2. Dynamite derived from the neutralized marine mines left from the war. They were fishing mainly salemas (*Sarpa salpa*) with it.



Later, imitating boats from Trikeri which were fishing in Alonissos waters they have decided to construct their own boats and later bigger caiques.

In this way, a local fleet has been created which today counts 120 boats of all sizes. A unique local way of fishing is 'tseta', with which they fish common dentex (*Dentex dentex*), European sea bass (*Dicentrarchus labrax*) and saddled sea bream (*Oblada melanura*), a technique that was declared illegal during the 1950's. Today, long lines are extensively used while more recently used gears are the traps.

In the area of Alonissos and during the months November and December, vast quantities of albacore (*Thunnus allalunga*) and blue fin tuna (*Thunnus thynnus*) are being fished. These species constitute the most characteristic catches of the island nowadays.

Furthermore, in 1974 the women of the island took the initiative to create and establish the Alonissos Women Association, with 21 members, which amongst other activities has undertaken the task of processing albacore and tuna catches.

The processing of them is realized without the use of machinery and the quantities that can be processed are *de facto* limited. The final product, is being offered in small jars of 250gr, and constitutes a local processed product of an exceptional quality.

TRIKERI

Studying the map in order to find the shortest way to Trikeri, a small dot was discovered in the last frontier of the Magnesia peninsula. When you come in contact with the residents, you realise that this obligatory isolation perhaps was to their benefit. They have developed a particular pride for their town and origin, which they transfer to you without particular effort. Characteristic is the fact that you feel this in the way they behave, in the way they want to talk to you, to help you.



Trikeri is an old naval town with important history and with significant naval tradition. It took also part in the war for the Hellenic independence during 1820s. Trikeri achieved great achievements during the Ottoman domination when the piracy in the Mediterranean bloomed. The village was built during the 17th century on a rock three hundred metres above the sea, in an advantageous place so that it exercised control over its potential enemies and not the opposite. The residents, because of the rocky ground could not work on agriculture, they were exclusively dependent on the sea and often exercised piracy.