

Mediterranean Gastronomy Academy Weekly Program

19 June - 31 August 2025



Participation Information

Group Size: Up to 6 participants

Hours: 14:00 – 19:00

Instructors: Local artisans & producers

Daily participation cost: 100€ per person

Weekly participation cost: 480€ per person

Note: Transportation to destinations and
Dinner costs are included in the price

Gift: Souvenir gift + participant's handcrafted items

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Pottery & Cooking with Ceramics

Introduction to the Pottery Wheel and its Tools
Practical workshop on the Wheel and Ceramic Art
Overview of the Pottery History of Lesbos isl. and a brief presentation on
Traditional Ceramics, their uses, and decorative patterns
Revival of cooking in a Wood-fired Oven using Ceramic Vessels
Preparation of a tasting Dinner featuring ouzo, olive oil, and rusks

Monday

Ouzo & Distillation of Plomari

Visit to the Plomari Giannatsis Distillery (3 km distance)
Introduction to the world of Lesbos Distillation
Information on the operation of the Distillation Still and the production of ouzo
Participation in the production and Bottling Process of ouzo
Return to the Mediterranean Gastronomy Academy for an educational ouzo
tasting with traditional appetizers

Tuesday

Aromatic Plants & Local Cuisine

Visit the Sedounta River – Presentation and collection of the Wild Aromatic
Plants (5 km distance)
Highlighting the importance of Aromatic Plants for the quality of ouzo, olive oil,
and bread
Return to the Mediterranean Gastronomy Academy for the processing and
packaging of aromatic plants
Information on the use of aromatic seeds in the local cuisine
Preparation of a traditional dinner with local aromatic appetizers

Wednesday

Traditional Weaving & Dining

Introduction to local Weaving Art – wool preparation – Use of the spindle and
loom
Information on plant-based wool dyes
Weaving training on old looms and individual looms
Presentation of traditional woven items and their uses

Thursday

The Olive Grove & Olive Oil Mill of "Eirini Plomari"

Visit and tour of the Olive Grove and the Olive Oil Mill of "Eirini Plomari"
(5 km distance)
Information on olive harvesting and olive oil production at the Mill
Olive oil tasting and packaging
Return to the Mediterranean Gastronomy Academy for an in-depth discussion on
the importance of olive oil for humanity
Dinner with local appetizers based on olive oil

Friday

Traditional Lesbian Painting on Ceramic Vessels

Introduction to ancient painting on ceramic vessels
Detailed presentation of traditional patterns on ceramics
Training in folk painting on handmade ceramic pebbles
Information on the use of ceramics for the storage and preservation of olives
and olive oil
Dinner and an educational tasting of local olive oil, ouzo, and rusks

Saturday

Review & Festive Dinner

Review of the week's activities
Tasting of olive oil, rusks, and other local condiments
Kneading bread with sourdough and Baking in the Wood-fired Oven
Cooking with ceramic vessels in a wood oven
Preparation of a festive dinner

Sunday