

16 FLAVOURS

from Satakunta



Finland eats from Satakunta
SIKSES PARASTA
LOCAL FOOD





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RICH FOOD PANTRY

Satakunta is rightly Finland's food pantry. The producers in the Satakunta region — farmers, gardeners and fishermen — have always been able to produce high quality raw materials for all of us to enjoy. The products can be enjoyed both as ready-made food and as the result of the expertise of small and large downstream processing companies.

The foundation of the Sikses parasta taste promise lies in doing good work every day for excellent food. Whether the work involves the high quality of raw materials, environmentally friendly production methods, the healthiness of food, product development, the breadth of the range or easy availability, all aspects are done with a big heart.

TASTE EXPERIENCES ON A PLATE

Food is increasingly a part of our national identity. Different berries, mushrooms, game, etc., give the dishes their own unique touch. We developed 16 different taste experiences from Satakunta, each reflecting the raw materials and special characteristics of their region. The result has been the collaboration of many top experts. The common denominator in everything we do has been the authenticity and purity of the flavours.

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**The recipe videos can be viewed on our YouTube channel.
All recipes are prepared for four (4) people.
Welcome to a taste trip from Satakunta!**



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RYE-BREADED ISOJÄRVI PIKE-PERCH, ROASTED CARROTS, MASHED POTATOES AND DILL

PIKE-PERCH FILLETS

- 4 pike-perch fillets (approx. 140g / fillet)
- rye flour
- salt
- black pepper
- 2 tbsp butter
- 2 tbsp rapeseed oil

1. Remove the fishbone from the pike-perch fillet with a v-cut.
2. Cut the fillet into three equal pieces.
3. Season the fish pieces with salt and black pepper.
4. Coat them thoroughly with rye flour.
5. Put butter and oil in a frying pan and fry the fish until they are just and just cooked.

- 4 small carrots
- 1 tbsp butter
- 1 tbsp rapeseed oil
- salt

1. Preheat the oven to 180 degrees.
2. Wash the carrots well but do not peel. Place the whole carrots on a baking sheet and cook in the oven until soft, approx. 45 min.
3. Chop and lightly season the cut surface with salt.
4. Put butter and oil in a frying pan and toast the carrots until they have a coloured surface.

MASHED POTATOES WITH DILL

- 800g floury potatoes
- 150g butter
- 1 bch dill (put aside a few sprigs for decoration)
- ½ tsp salt

1. Peel the potatoes and boil them in water until they begin to fall apart. Pour

out the cooking water.

2. Soften the butter, do not melt. Add dill and puree with a hand blender until smooth.

3. Take aside two tablespoons of the dill butter and add the rest to the potatoes.

4. Add salt to the potatoes and crush the potatoes with a potato masher. The mash does not need to be entirely smooth.

5. Heat the remaining dill butter in a saucepan so that the butter just about melts. Drizzle the dill butter over the mashed potatoes when assembling the portion

To assemble the portion, first put the mashed potato on a plate. Drizzle the melted dill butter over the mashed potatoes and then, place the fish pieces on top. Place the carrots next to the mashed potatoes and decorate the dish with dill sprigs.



CRÉME NINÓN, SAGE OIL AND HONEY-PICKLED FENNEL

CRÉME NINÓN

2 shallots
 20g butter + 20g butter for finishing
 1 dl white wine
 2 dl chicken broth (2 dl water + ½ chicken
 broth cube or 1 tsp chicken
 fond)
 2 bags (á 200g) frozen peas
 2 dl double cream
 salt and pepper

In addition:

1 small fennel
 cold water
 ½ bch sage
 1 dl rapeseed oil
 pinch of salt

1. First, prepare the fennel. Using a mandolin or knife, cut thin strips of fennel.
2. Place the fennel slices in ice-cold water and put in the refrigerator to wait for serving.
3. Combine the sage leaves and oil in a bowl and puree finely with a hand blender. Season with a pinch of salt.
4. Then make the soup. Finely chop the shallots
5. Put 20 g of butter in a saucepan and sauté the onions in butter. Do not allow the onions to brown.
6. Add the white wine and let simmer until there is only a little liquid left.
7. Add chicken broth and peas and simmer over low heat for 2-3 minutes.

8. Add the cream, let it boil for another 2 minutes.

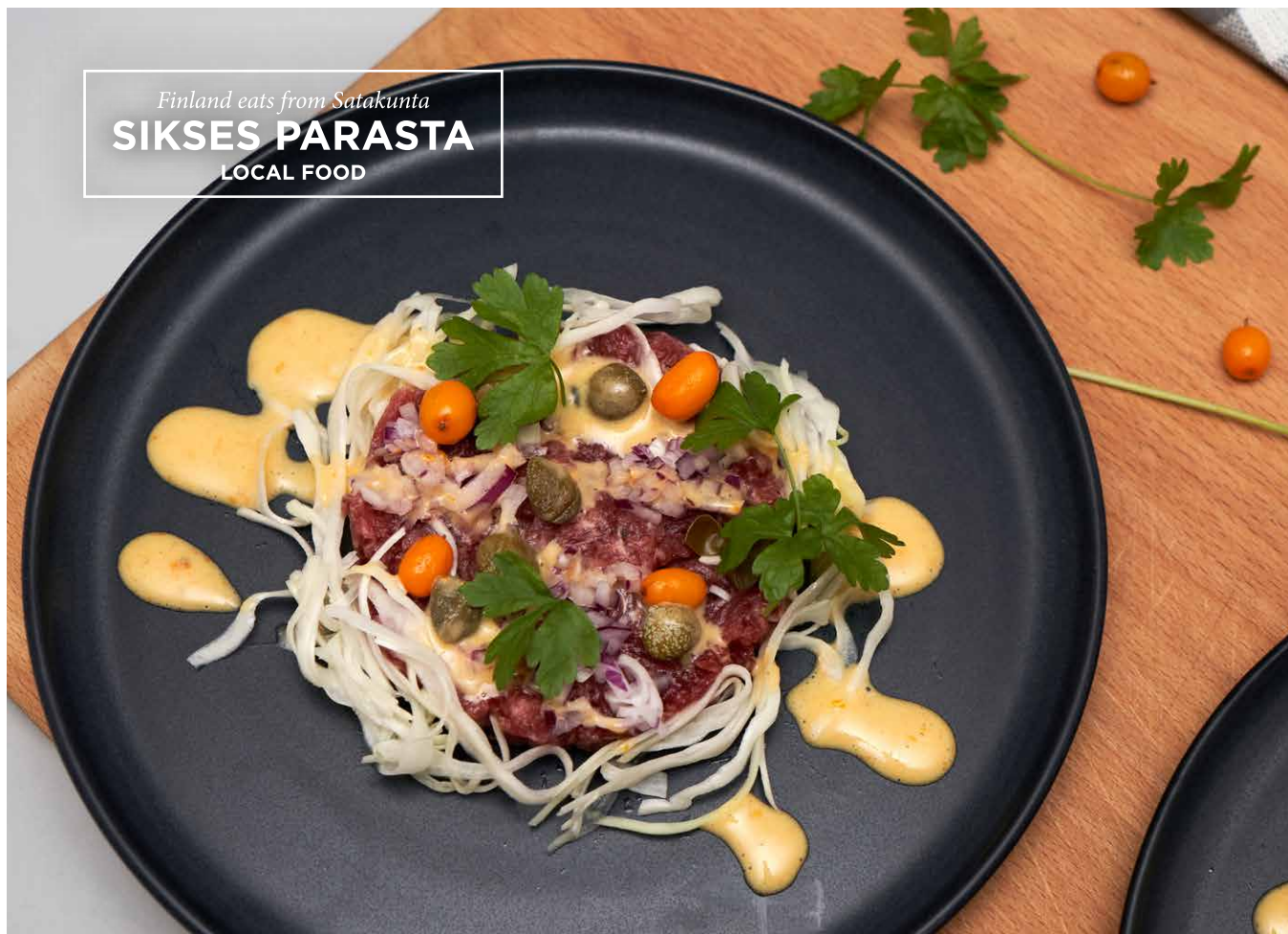
9. Pour the soup into a blender and puree until smooth. You can also use a hand blender to puree. Strain the soup into a saucepan or bowl.

10. Just before serving, you can still give the soup a little mix with a hand blender to make it fluffy.

11. Pour the soup into a bowl, drain the fennel strips on kitchen paper and add to the soup.

12. Drizzle sage oil over the soup and garnish with sage leaves.

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**LAMB TARTAR, PICKLED CABBAGE
 AND SEA BUCKTHORN MAYONNAISE**

LAMB TARTAR

- 400g lamb sirloin or top round
- 1 tbsp Dijon mustard
- 1 tsp salt
- black pepper

In addition:

- 1 small red onion
- parsley leaves for decoration
- (capers for decoration)

1. Remove any films from the meat and cut with a sharp knife into small cubes.
2. Add spices and mix well. Put in the refrigerator to wait for the moment of serving.
3. Finely chop the red onion.

SEA BUCKTHORN MAYONNAISE

- 1 egg yolk
- 1 tsp Dijon mustard
- 1 tsp sugar
- 2 tbsp frozen sea buckthorn berries
- 1 dl rapeseed oil

1. Combine the egg yolk, Dijon mustard and sugar in a bowl.
2. Place the sea buckthorn berries and oil in a blender and run until smooth. You can also use a hand blender.
3. Add the sea buckthorn oil to the egg yolk-Dijon mustard-sugar mixture in a thin strip, all the time vigorously whisking.

PICKLED CABBAGE

- Pickle brine:
- 0.5 dl white vinegar
 - 0.5 dl sugar
 - 2 tbsp honey
 - 1.5 dl water

approx. 150g of cabbage

1. Combine the ingredients of the brine, bring to a boil and cool.
2. Using a mandolin or knife, cut the cabbage into strips as thin as possible.
3. Add the cabbage to the brine and leave to season for five minutes before serving.

Assemble the portion by placing the tartar in the centre of the dish. Drain the cabbage slices on kitchen paper and arrange around the tartar. Using a small spoon or by piping, put the sea buckthorn mayonnaise on top of the meat. Garnish with parsley leaves and, if desired, capers. Serve immediately.



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CARROT WAFFLES AND CITRUS CREAM CHEESE

WAFFLE DOUGH

50g butter
1 ¼ dl wheat flour
1 tsp baking powder
1 dl grated carrot
1 tbsp sugar
2 dl milk

1. Melt the butter.
2. Grate the carrots.
3. In a bowl, mix together the flour, baking powder, grated carrots and sugar.
4. Add the milk and melted butter.
5. Stir gently, do not whisk. It doesn't

matter if there are lumps in the dough.
6. Let the dough rest while you make the citrus cream cheese.

CITRUS CREAM CHEESE

200g unflavoured cream cheese
zest of half a lemon
grated
half an orange or
tangerine peel, grated
1 tbsp milk
1 tsp vanilla sugar

1. Wash the lemon and orange/tangerine well.
2. Combine all ingredients and mix well.

Before the first frying, grease the waffle maker's iron plates. Fry the waffles. If you do not own a waffle iron, you can also fry small pancakes from the dough in a pancake pan.

Serve with citrus cream cheese.



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MARINATED HIGHLAND BEEF, ORGANIC TOMATO SALSA AND SALAD

400g Highland beef, top round or sirloin
2 tbsp sesame oil
salt
black pepper
1-2 bags lettuce, e.g. iceberg lettuce and curly endive
fresh cilantro for garnish

1. Cut the meat, according to the meat fibres, lengthwise into two equal thick strips.
2. Spread sesame oil over the meat and season with a fair amount of salt and black pepper.
3. Roast the meat in a hot pan through-out.
4. Cook in a 150 degree oven until the internal heat of the meat is 55 degrees.
5. Add the marinade over the meat and

swirl the meat in the marinade.
6. Let it season in the refrigerator for at least 3 hours or preferably until the next day.
7. Cut into thin slices and serve with lettuce and tomato salsa.

MARINADE:

3 tbsp lemon Ponzu sauce
2 tbsp mirin
2 tbsp sesame oil
1 tbsp cane sugar
2-3 spring onions
2 garlic cloves
a piece of fresh ginger

1. Chop the spring onion and garlic. Peel the ginger and slice.
2. Mix all the ingredients together.

ORGANIC TOMATO SALSA:

2 tomatoes
3 spring onions
2 tbsp olive oil
1 tbsp red wine vinegar
½ tsp salt
black pepper

1. Remove the insides of the tomatoes and dice.
2. Chop the spring onion.
3. Combine all the ingredients and leave to season for 15 min before serving.



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FAVA BEAN-CARROT-CABBAGE ROLLS

- 1 small cabbage
1 l vegetable broth (1 l water +
2 vegetable broth cubes)
syrup
(butter shavings)

1. Bring the vegetable broth to a boil.
2. Cut off 3 centimetres of the base of the cabbage and peel off 12-14 pieces of the cabbage leaves. If it is difficult to get the leaves off the cabbage intact, cook the cabbage whole for five minutes.
3. Boil the cabbage leaves in vegetable broth for 2-3 minutes and drain on kitchen paper.
4. Cut out the thickest leaf stem, fill and wrap.
5. Place the rolls in a greased baking dish, drizzle with syrup and, if desired,

- put a few butter shavings on top of the rolls.
6. Add 1 dl of the cabbage boiling broth to the bottom of the pan and cook in a 200 degree oven for approx. 35 minutes.

FAVA BEAN FILLING

- 4 dl cabbage boiling broth
2.5 dl crushed fava beans
2 carrots
1 large onion
2 tomatoes
1 tsp chili powder
2 tsp salt

1. Place the crushed fava beans in a bowl, pour the cabbage cooking broth on top and mix. Leave it to swell for 10 mins.

2. Grate the carrot, and chop the onion and tomato.
3. In a frying pan, first put the onions and grated carrots and fry for a while.
4. Add the tomato cubes and spices and fry for a few minutes.
5. Combine the mixture with the fava bean mixture and mix.



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HERRING BURGER, TOMATO MAYONNAISE AND SEMI-DRIED TOMATOES

BARLEY BREAD BUNS (12 PCS)

- 0.25 l milk
- 0.25 l water
- 25g yeast
- 1 tsp salt
- 3.5 dl barley flour
- 6.5 dl wheat flour

1. Add the yeast and salt to lukewarm liquid.
2. In the liquid, first start with barley flour and then continue to knead with wheat flour until the dough is smooth and soft.
3. Let the dough rise, covered with a cloth, in a warm place for about half an hour.
4. Knead the raised dough on a floured table and divide the dough into 12 parts. Roll the dough into round buns and put them on a baking sheet.
5. Press down on the buns slightly and prick with a fork. Let the buns rise on the baking tray for about half an hour.
6. Bake the bread buns in a 225 degree oven for about 20 minutes.

TOMATO MAYONNAISE

- 2 small tomatoes, insides removed
- 2 dl high-quality mayonnaise
- 1 dl fresh basil
- 1 garlic clove
- black pepper

1. Remove the insides of the tomatoes and dice.
2. Finely chop the basil leaves and garlic.
3. Combine the ingredients and season with black pepper.

SEMI-DRIED TOMATOES

- 2 tomatoes
- ½ dl olive oil
- salt
- black pepper

1. Slice the tomatoes and place them on a baking sheet.
2. Drizzle the tomatoes with olive oil and season with salt and black pepper.
3. Bake in a 120 degree oven for approx. 3 hours

HERRING BURGERS

- 16 pcs herring fillets
- salt
- black pepper
- spring onion
- 2 dl barley flour
- butter and oil for frying

1. Spread the barley flour in a flat dish or on a plate.
2. Place the herring fillets on top of the flour with the skin side against the flour.
3. Season the fillets with salt and black pepper.
4. Chop the spring onion and place on top of eight fillets.
5. Turn half of the fillets on top of each other to make the herring patties.
6. Flip them over in flour to make sure the fillets are well floured.
7. In a pan in a butter-oil mixture, fry the steaks until cooked and crispy.

Assemble the burgers:

1. Split the barley buns and quickly toast them in a pan or on the grill
2. Put a sprig of tomato mayonnaise on top of the bun base, then the herring patties, then the tomato mayonnaise, semi-dried tomatoes, chopped spring onions and finally the top half of the bread bun.

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**MARINATED NEW POTATOES, COLD-SMOKED
 SALMON AND OAT FLATBREAD**

200g new potatoes

MARINADE

½ dl rapeseed oil
 ¼ dl white wine vinegar
 1 tsp sugar
 1 tsp Dijon mustard
 2 black pepper from a pepper mill
 2 chopped spring onions

1. Boil potatoes until cooked and then let them cool down
2. Dice the potatoes

3. Mix the ingredients for the marinade and combine with the potatoes. Leave to marinate for 1-2 h.

120g cold-smoked salmon

OAT FLATBREAD

125g oatmeal
 2.5 dl buttermilk
 salt
 1 dl water
 1.5 dl wheat flour
 30g soft butter

1. Heat the buttermilk and add the oatmeal. Mix well and leave to cool.
2. Add salt and water and stir.
3. Add some of the wheat flour and mix.
4. Add the butter and the remaining flour. Knead immediately with the help of flour.
5. Form a roll out of the dough, cut into pieces and roll the pieces into thin discs.
6. Place on a baking sheet and bake at 250 degrees for approx. 12 min



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PORK SIRLOIN WRAPPED IN BACON AND CHEESE AND SPINACH MASHED POTATOES

PORK SIRLOIN

approx. 500g pork sirloin
1 pkg bacon
50g Finnish hard cheese
salt
black pepper

1. Remove the films from the pork fillet and cut lengthwise in half into equal thick strips.
2. Season all over with salt and black pepper.
3. Spread the bacon on a baking sheet and grate the cheese over them.

4. Place the pork fillets in the middle of the bacon strips and roll into tight packages.
5. Cook in a 160 degree oven until the internal heat of the meat is 62 degrees.
6. Let them rest for 10 mins before serving.

SPINACH MASHED POTATOES

approx. 700g firm potatoes
2 dl double cream
100g cream cheese
1 bag frozen spinach
salt

black pepper

1. Peel the potatoes and cook until cooked. Let them cool down properly.
2. Dice the potatoes.
3. Combine all ingredients in a Teflon pan or saucepan and cook until mixture becomes stew-like



STUFFED CHICKEN ROAST AND HERB RISOTTO

HERB RISOTTO

3 dl (approx. 260g) Arborio risotto rice
 2 tbsp olive oil
 1 onion
 1 dl white wine
 0.5 dl chicken fond or 2 chicken broth cubes
 1 l water
 100g butter
 0.5 bch basil
 0.5 bch parsley
 100g parmesan cheese, grated

1. Combine chicken fond or chicken broth cubes with water and bring to a boil. Keep warm.
2. Chop the onion. In a thick-bottomed saucepan, put the olive oil and sauté the onions in the oil over medium heat until they soften. Do not allow the onions to brown.
3. Add the rice and sauté briefly until the surface of the rice begins to turn

clear.

4. Add the wine and simmer until the wine is almost completely absorbed into the rice.
5. Reduce the heat. Add chicken broth a ladle at a time and bring to a simmer over low heat. After the liquid is absorbed into the rice, add the next ladle.
6. Continue in this way until the rice is cooked.
7. Remove the saucepan from the heat, add the butter in cubes, whisking all the time.
8. Finally, add the grated Parmesan and serve immediately.

STUFFED CHICKEN

400-600 g boneless chicken thigh fillets (for vegetarian version 1 cour-
 gette)
 100g brown or normal button mushrooms
 1 onion

2-3 garlic cloves
 2 tbsp olive oil
 200g cream cheese
 0.5 bch parsley
 salt
 black pepper

1. Open the chicken thighs on a cutting board and season with salt and black pepper on both sides.
2. Chop the onions and mushrooms. Put olive oil in a frying pan and fry the onions and mushrooms in a pan until they soften.
3. Season with salt and black pepper.
4. Finely chop the parsley and add to the mixture.
5. Add the cream cheese to the pan and simmer until the mixture is thick stew.
6. Share the stew over the chicken thighs and wrap into rolls.
7. Put the rolls on a baking sheet and cook in the oven at 180 degrees for approx. 15 minutes until cooked.



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GAME CARPACCIO, CREAMY BARLEY RISOTTO AND WILD HERBS

BARLEY RISOTTO

- 1 dl pearl barley
- Half an onion
- oil
- 2 dl vegetable broth
- 1 dl double cream
- Salt
- black pepper
- herbs

1. Rinse the pearl barley well and drain.
2. Finely chop the onion and sauté it in a pan in oil for a while.
3. Add the pearl barley and sauté for a while.
4. Add half of the vegetable broth to the pan, reduce the heat slightly and cook until the liquid is absorbed into the barley.
5. Add the rest of the vegetable broth

and continue cooking.

6. When the liquid is again absorbed into the barley, add the cream to the pan.
7. Let simmer until the barley risotto is thick.
8. Season with salt and black pepper and herbs e.g. sage.

GAME CARPACCIO

- approx. 200g deer or elk sirloin or steak
- salt
- black pepper

1. Cut the meat into an elongated, thinnish piece according to the meat fibres.
2. Season with a fair amount of salt and

black pepper throughout.

3. Leave to marinate for at least 15 min.
4. Cut the meat contrary to the meat fibres into thin slices and season the slices with more salt and black pepper.

VINAGRETTE FOR THE WILD HERBS

- 0.5 dl rapeseed oil
- 2 tbsp apple cider vinegar
- 1 tsp sugar

1. Mix the ingredients together

Wild herbs for decoration e.g.
dandelion leaves and flowers
yarrow
chickweed
red clover flowers



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BERRY GALETTE

1 pie dish

1 pie dough (frozen)
2 dl jam of your choice
4 tbsp corn starch (5 tbsp if using frozen berries)
1 tbsp sugar

3 boxes (á 250g) berries

1 egg for brushing
1 tbsp sugar

(vanilla sauce)

1. Roll out the melted pie dough on a baking sheet slightly larger than the pie dish you are using.

2. Using a knife, cut the baking paper into the shape of the dough and lay out in a pie dish.

3. Heat 2 dl of the jam of your choice in the microwave for 30 seconds to make it runny.

4. Add 4 tablespoons of cornstarch and 1 tablespoon of sugar. Mix well. If you use frozen berries, increase the amount of cornstarch to 5 tablespoons.

5. Spread the jam mixture over the pie base.

6. Add the berries over the jam mixture. When using frozen berries, avoid getting liquid on the pie.

7. Raise the edges of the dough by a few inches over the berries and crumple to keep the dough in place.

8. Grease the edges of the dough with egg and sprinkle a little sugar on top of the greased edge.

9. Cook the galette in a 200 degree oven for approx. 25 minutes until the edges of the dough have a beautiful brown surface.

10. Serve the galette once it has cooled down with vanilla sauce, for example.



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WHITEFISH CEVICHE, ARCHIPELAGO BREAD AND SEA BUCKTHORN JAM

SEA BUCKTHORN JAM

2 dl sea buckthorn berries
2 tbsp water
50g/4 tbsp jam sugar

1. Mix the ingredients together in a small saucepan and bring to a simmer.
2. Boil the mixture for about 5 minutes and then let it cool down.

WHITEFISH CEVICHE

150g wild whitefish, skinless
2 lime juice
2 tbsp olive oil
½ tsp salt
a small piece of red chili
half a red onion
fresh cilantro

1. Remove the fishbones from the whitefish by plucking.
2. Dice the fish and finely chop the chili, red onion and cilantro.
3. Combine all the ingredients in a bowl, mix and leave to season and mature in the cold for half an hour.



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SAUSAGE & ROOT VEGETABLES AND POACHED EGG

SAUSAGE & ROOT VEGETABLES

approx. 800g root vegetables, e.g. carrot, swede, potatoes and beetroot
 oil
 salt
 black pepper
 1 red onion
 2 pkg Jämin Rahtipalvi sausages

1. Cut the root vegetables into equal-sized pieces and place on a baking sheet. Place the beetroots slightly apart from the rest of the ingredients so that they do not stain.
2. Drizzle a little rapeseed oil over the

root vegetables and season with salt and black pepper.

3. Cook in a 200 degree oven for approx. 25 minutes until the root vegetables are cooked.
4. Cut the red onion into small wedges and dice the sausages. Fry in a pan.
5. Combine the root vegetables and sausages.

POACHED EGG

1 l water
 0.75 dl white vinegar

4 eggs
 pinch of salt
 black pepper

1. Boil the water and add the vinegar.
2. Crack the egg into a bowl or glass so that the yolk remains intact.
3. Using a spoon, swirl the cooking water and add the egg to the water.
4. If you want a runny poached egg, the cooking time is 4 minutes, if you want a firmer one, the cooking time is approx. 6 minutes.
5. Lift the poached eggs to drain on a sheet of kitchen roll.
6. Cut in half when serving and sprinkle with a little salt and black pepper on top.



VITELLO FUNGO, OR VEAL FILLET, MUSHROOM CREAM AND PICKLE SALAD

VEAL

500g veal sirloin
salt
black pepper

1. Remove the films from the veal fillet and cut into two parts.
2. Season with salt and black pepper on both sides.
3. Place the meat thermometer in the thickest point of the meat and set the target temperature to 54 degrees.
4. Cook in a 180 degree oven for approx. 20 mins, until the internal heat of the meat is 54 degrees.
5. Allow to cool and cut into thin slices, contrary to the meat fibres.

MUSHROOM CREAM

1 box / 200g brown button mushrooms
salt
black pepper
1 egg yolk
1 tbsp Dijon mustard
1 tsp sugar
1.5 dl rapeseed oil
0.5 tsp salt
1 tbsp white wine vinegar

1. Slice the mushrooms and fry them in a pan in oil until they have acquired colour and they have softened. Put the mushrooms on a sheet of kitchen roll and cool the mushrooms in the refrigerator.
2. Put the egg yolk, Dijon mustard and sugar in a bowl.
3. Add the oil in a thin strip, all the time

vigorously whisking.

4. Add the salt and vinegar, and stir.
5. Combine the mushrooms and mayonnaise and puree until smooth with a hand blender.

PICKLE SALAD

3 tbsp pumpkin salad
approx. 1 dl pickles
2 spring onion stalks
approx. 0.5 dl fresh herbs, finely chopped
pinch of salt

1. Cut the pickles into cubes.
2. Drain the pumpkin salad and pickles in a colander.
3. Finely chop the spring onion stalks and herbs.
4. Combine the ingredients and season lightly with salt.

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