

# Biosphere for Baltic

– International collaboration for a sustainable Baltic Sea



## Sustainable products in biosphere reserves



# Introduction

There are many environmental challenges facing the Baltic Sea and subsequent need for increased ocean literacy among local citizens as well as visitors to the region. In Biosphere for Baltic – Tourism for Ocean Literacy and Sustainability, nine biosphere reserves in seven countries around the Baltic Sea have initiated a collaboration on sustainable tourism practices in the Baltic Sea region. The aim is to highlight environmental challenges and contribute to ocean literacy.

Products that have a positive environmental impact and contribute to sustainable development can be used to promote awareness and are available in all the biosphere reserves. This brochure presents a selection of products offered and planned within the biosphere reserves with the intention to highlight and inspire sustainable choices.



# LOCAL ACTIVITIES

## Fun activities and experiences in biosphere reserves

River Landscape Nedre Dalälven  
Archipelago Sea Area  
Blekinge Archipelago  
Kristianstads Vattenrike




## A stay at Björn's Lighthouse

lat 60.63868, long 17.98418

The Hållnäs peninsula offers many beautiful places to visit. The parish council have in collaboration with the municipality enabled sustainable tourism through local experiences. A stay at Björn's lighthouse includes a one night stay at the small island, surrounded by the Baltic Sea. The boat departs from the old fishing village Fågelsundet and is operated by a villager or fisherman, sharing their local knowledge.

Biosphere Reserve: River Landscape Nedre Dalälven

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## ARK56

### Connected coastal trails

ARK56 is a network of trails guiding you through the fascinating archipelago by sustainable transport, such as biking, kayaking, hiking or by boat. The trails are connected through 13 hubs where you find services and can change means of transportation. The ARK56 app helps you locate everything from restrooms and places to barbecue, to fine dining and spas.

The ARK56 network of tourism entrepreneurs is encouraged to work actively with increasing their knowledge and take action for a more sustainable experience.

Biosphere Reserve: Blekinge Archipelago


Read more: 

## St Olav Waterway

### A sustainable holiday season in the Archipelago Sea Area

Hiking is the perfect way for tourists to travel sustainably and the archipelago is a wonderful place to explore on foot. St Olav Waterway is Finland's first long-distance pilgrim's trail, a path following in the footsteps of medieval pilgrims where travelers and locals meet. Possible to travel by boat or kayak, to practice yoga or rent a candle-lit cottage with friends for a well-deserved retreat. A pilgrim's passport for children accompanies Olav on his way from Viking to king and finally Olav the Saint. Choose the length of your journey by using the digital maps, go on group tours and find your accommodation at [visitpargas.fi/outdoor](https://visitpargas.fi/outdoor).

Biosphere Reserve: Archipelago Sea Area

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## The sustainable eel experience

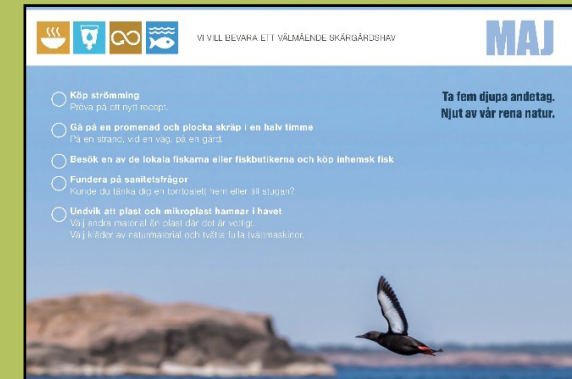
### Traditional eel fishing with local fishermen

The eel fishing tradition along the coast of the Hanöbukten bay is a candidate for UNESCO's intangible cultural heritage list. However, eel has quickly become an endangered species.

The sustainable eel experience allows visitors to learn about the ancient eel fishing tradition, with its fascinating stories about the mythical fish and the harsh life of the fishermen. You will also be able to enjoy the traditional eel parties in a sustainable fashion by replacing the endangered eel with a sustainably cultivated fish, *Clarias*. This way the old tradition of eel parties can carry on without diminishing the eel population further.

The experience sparks interest for more sustainable fishing and the need for a resilient Baltic Sea while preserving ancient culture.

Biosphere Reserve: Kristianstads Vattenrike



## The sustainability calendar

### A local calendar by the Archipelago Sea Area

Within the project *Biosphere 2030*, the biosphere reserve and partners have created a series of educational materials for sustainable living. As a basis for discussions, among the material is a photo series illustrating different aspects of island life, as well as a calendar challenging you to practice sustainability.

The material highlights the mission of the biosphere reserve, as well as the global goals for sustainable development (SDG) and the UN 2030 Agenda. Each month highlights different SDG:s, February and May focuses on SDG14 - life below water, urging participants to care for the Baltic Sea.

The calendar is not tied to a specific year, but can be used and reused annually with hopes of creating a fun experience for both locals and visitors of the archipelago.

Biosphere Reserve: Archipelago Sea Area



# LOCAL FOODS

## Local food products and production in biosphere reserves

River Landscape Nedre Dalälven  
North Vidzeme  
Kristianstads Vattenrike  
Słowiński  
Southeast-Rügen

## Surströmming

### Sour Baltic herring in Tierp

Small-scale coastal fishing has a long tradition on the Hällnäs Peninsula, where Lars-Ivan Hållstrand is the third generation of fishermen in his family. He cares about local and sustainable fishing and have won many awards for his product.

Sour Baltic Herring – fermented herring – is a totally unique traditional Swedish cuisine. Fermentation along with drying and salting are ancient methods to preserve food. The end product, a high-quality sour herring, is marketed by Lars-Ivan in the nearby region.

Biosphere Reserve: River Landscape Nedre Dalälven

Read more: 




## Bring back bream

### An initiative by Krinova Science Park & partners

In Sweden, bream is an underutilized resource and source of protein. The aim of *Bring back bream* is to reclaim the status of the fish as an appreciated meal.

Fishing for bream reduces over-fertilization in the Baltic Sea. Hence, bream are fished as a means of clearing the water. Today, tonnes of bream are used for bio fuel production, which is an unnecessary waste of protein. It will become increasingly important to reintroduce bream as a delicious meal.

Biosphere Reserve: Kristianstads Vattenrike

Read more: 



## Eco cider

### Locally produced cider from Winery NAUKŠENU VINI

At an organic farm located in the small village of Naukšeni, you will find the largest wild apple orchard in the Baltic. They have around 2,000 trees of 20 different varieties of wild apple which they combine with home-grown paradise apples with organic certificates to make cider and wine. The production takes place in a 19th century stone masonry building where the visitor can enjoy wine tasting and purchase products.

Biosphere Reserve: North Vidzeme




## Jakub Terefenko farm

### Cold-pressed plant oils

In a small town of Pomerania, 30 km from the Sea, the idea to produce cold pressed oil was born out of passion for healthy and organic food. The pressing process is done by hand using traditional cold pressing methods, with the utmost care for quality and taste of the oil. Oil are produced from hemp-, flax-, rapeseed, black cumin and milk thistle and pressed in small batches at customer request, and always delivered fresh.

The farm strives to eliminate waste by serving the by-products (skim seeds) to the farm's organic hens and by having the oils poured into reusable glass bottles.

Biosphere Reserve: Słowiński

Read more: 



## Silent fishing

### Brandt Fishing Company and others

The Brandt fishing company practice the traditional *silent fishery*; a method involving fixed fishing gear that is laid out above ground for the entire fishing season. This sustainable method cause no destruction of habitats in the aquatic world or in the soil and the unwanted by-catch can be reduced to a minimum by targeted fishing.

Catch is served using a traditional smoking technique to preserve the fish naturally and create a unique regional product and taste. The product is sold directly in the small family-owned restaurant. The *silent fishery* is both a cultural asset, a sustainable way of fishing, and supporting local businesses.

Biosphere Reserve: Southeast-Rügen





# LOCAL GOODS

## Production of local goods within the biosphere reserves

West-Estonian Archipelago  
North Vidzeme  
Blekinge Archipelago  
Słowiński

## Local woolproducts

### Local wool produced by partners

Bussemåla gård, Lilla köksträdgården, Skärgårdskraft, Tromtesunda Gårdsbutik and VeraZ Felt are a few examples of producers and craftsmen creating and selling beautiful and natural garments made from wool.

The wool comes from sheep grazing in the area. This gives multiple benefits, such as keeping the coastal areas open, supporting small businesses and keeping old traditions alive. Wool products can also be plastic substitutes that are more durable, warm and environmentally friendly.

Biosphere Reserve: Blekinge Archipelago

Read more: 



## Estonian knitwear

### Sheep wool by Vaemla Wool Factory

The pastures of Hiiumaa are overgrown with junipers. Here, the island's hardy sheep graze the lands and grow wonderful wool coats. The islanders shear their sheep and bring the wool to Vaemla Wool Factory, where it is turned into yarn. By purchasing the island products, visitors not only have the opportunity to enjoy beautiful knitwear but also help maintaining the open landscapes with its rich biodiversity. Grazing on the coast helps to prevent major point pollution while also contributing to local and sustainable businesses.

Biosphere Reserve: West-Estonian Archipelago

Read more: 

## Traditional home textiles


### Local wool production by "Limbažu TĪNE" SIA

Limbažu TĪNE is a textile company founded in 1914 and has a long tradition of wool production and home textile design. The company produces woolen yarn, fabrics and products, including blankets, rugs and tablecloths. The company's superior quality, long traditions of craftsmanship, natural materials and reasonable prices have resulted in many loyal customers around the Baltic Sea and the world.

Limbažu TĪNE has maintained close links with Latvian popular traditions both by weaving the fabrics of the country's national costume and by using folklore elements in their products.

"We are especially proud to be among the rare producers of ethnographic fabrics based on authentic samples of the rich cultural heritage of the Baltic region."

Biosphere Reserve: North Vidzeme

Read more: 



## Lawendowy Zakątek

### Local products at Lavender Corner

At Lawendowy Zakątek, organic lavender is grown to produce food and cosmetic products such as linden syrups, cookies, teas, soaps, beauty products and decorative items, including bouquets, wreaths and candles.

All products are handcrafted using natural raw materials, without the addition of preservatives and dyes. Lavender Corner also offer lavender tastings, workshops and photo sessions in its lavender fields.

Biosphere Reserve: Słowiński





# REDUCE WASTE

Products and initiatives in the biosphere  
reserves focusing on reducing plastic

West-Estonian Archipelago  
Møn  
Southeast-Rügen




## Be part of something bigger

### Disposable bags

The many tourists visiting Møn produce a lot of trash that never ends up in the trash bin. With the *Be part of something bigger initiative*, visitors of the biosphere reserve are encouraged to collect their own (and other visitor's) trash using the provided corn-based garbage bags. This way, the visitors help minimize waste along the coast and to reduce plastic pollution of coastal waters.

The garbage bag is made out of corn, making it decomposable and it is accompanied by an informative folder on how to best minimize waste in coastal areas.

Biosphere Reserve: Møn Biosphere

Read more: 

## Carrier Bags

### The trade organization in Stege

The trade organization in Stege, which include supermarkets, bookshops, bakeries and other commercial markets and shops in central Møn, has replaced their plastic bags with reusable carrier bags made of corn.

"We replace the plastic with a product that is decomposable. It contributes to less plastic pollution in the environment and help the city's transition towards a circular waste system."

Biosphere Reserve: Møn



## Kippen Killer

### Reusable beach ashtray by Tourism Association Rügen

Small-sized waste is a major challenge for the marine ecosystem and 30-50% of the collected beach litter in the Rügen BR consists of cigarette butts. In addition to the aesthetic damage, cigarette butts also release pollutants into the water and they take years to decompose.

Because of their small size, it is almost impossible to remove them from the fine-grained beach sand or water. In order to counteract this problem, pocket ashtrays were developed as part of a larger project by the Tourism Association, called "Less for the Sea." The reusable ashtray can be obtained by locals and holidaymakers free of charge from local tourist administrations in order to collect the remains of used cigarettes until they can be properly disposed.

Biosphere Reserve: Southeast-Rügen

Read more: 




## Strawerry

### Reed drinking straw by Sutu OÜ – Sutu Ltd

Strawerry is an organic and biodegradable drinking straw made from reed. The compact 4-pack can be easily slipped into your travel bag and you can also choose to add a small cleaning brush to make it truly sustainable. All straws are reusable and handpicked by the producer to ensure a natural smell and feeling while limiting plastic waste.

Biosphere Reserve: West-Estonian Archipelago

Read more: 

## reCup

### Reusable cups by reCup GmbH

During the summer months, disposable cups are often used at the beach bars, producing a high volume of garbage. reCup was established on the Island of Rügen in 2019 by the Tourism Association and the Southeast Rügen Biosphere Reserve. Designed regional cups are distributed among participating companies. reCup's partners in Rügen include numerous cafes, restaurants, bakeries, beach bars, petrol stations and excursion boats.

Instead of the usual to-go cup, consumers receive their hot beverage in a reCup and a deposit of one euro is charged. After the coffee has been consumed, the reCup can be returned to any participating partner.

Today reCup is widespread in many major German sites.

Biosphere Reserve: Southeast-Rügen

Read more: 