

The Grundtvig Echo

Lifestyles in Beypazari: Smiles and Carrot Juice



Did you wonder why the Grundtvig partners had had such a good time during their meeting in Beypazari? Perhaps because the town offered them such a wide selection of beverages that managed to please everyone's tastes...

Starting at the top of Demirciler Sokak they stopped for a refreshing havuç suyu or carrot juice, an excellent source of vitamin A, important to maintain a good vision. Remember that a glass of pure carrot juice is a very low calorie drink and can provide your body with up to 35% of your daily recommended dosage of vitamin C.

At the Anatolian cuisine vineyard house (Bağevi Anadolu Mutfağı) the ruby red, light-bodied, broad and refreshing Yakut was a must for those wanting to drink the best-selling red wine of Turkey. Others were able to try a cool Efes, the beer that gets its Turkish name for the ancient Greek city of Ephesus, with its unique flavour coming from rice added into the ingredients at brewing stage, giving a bitter-sweet finish in the mouth, which explains why it was awarded its first Gold Medal in Brussels.

Teetotallers could of course get a sparkling glass of the famous Beypazari Mineral water renowned for its efficiency in the treatment of the excess of acid in the stomach and for preventing heartburn if drunk before meals.

There were many opportunities also for partners to discover typical hot beverages at several venues like the extremely nutritious and delicious Beypazari Tarhana soup.

The nane çayı (mint tea) was just right if you needed something to facilitate your transition to sleep with the added virtue of minimizing symptoms like migraine, headache, stomach upset caused by anxiety and stress.

Those who preferred a booster drink could have a Türk kahvesi, foamy coffee sweetened to your own liking: sade (plain; no sugar), az şekerli (little sugar), orta şekerli (medium sugar) or çok şekerli (a lot of sugar)

Finally, at the historic stone school restaurant, Tahiri Taş Mektek, in ancient Beypazari, the fascinating taste of your Dolma (stuffed vine leaves) was enhanced by a glass of chilled ayran, a kind of yogurt combined with mineral water and salt reminding you that the drink is nutritionally rich in protein, calcium, riboflavin, vitamin B6 and vitamin B12.

Not surprisingly, being looked after in such a manner, all generations involved were displaying wide smiles on their faces.



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