



**LEADER**  
EESTI



## Using traditional knowledge

### Exchange between Biosphere reserves in Estonia and Norway

For four days 9 farmers from the island Hiiumaa in the West Estonian Archipelago Biosphere Reserve visited Nordhordland in Norway. The studytour was a project initiated by Estonian BRs farmers NGO to work out the quality scheme for special sheep product. Through NordMAB network the contact was found in Norway, where such a product, 'Fenalår', has a historical tradition. Local Leader program funded the project and Estonian BR farmers visited the BR candidate in Norway Nordhordland to learn the traditional process of making Fenalår as well as learn about the whole sheep production in West coast of Norway.



Nordhordland had prepared a busy program for the farmers to make sure that they got the most out of their stay. 'Fenalår' is the thigh of the lamb that is salted and dried. In addition to different sheepfarms, we visited two different producers; One farmer that produces fenalår in small scale on her farm, and one smaller factory, that produces in large scale, serving a big part of the market on the west coast of Norway.

The farmers also learned about many other nice foodproducts made from lamb or sheep, and the Norwegians effort to make sure that no parts of the animal go to waist.

***This is the farmers sum up of what they learned on the studytrip:***

We've got confirmed that the small-scale farmers need their specific niche product that can be sold through network marketing.

Since most of the sheep in Nordhordland grazed in a seminatural habitats, where the species richness is very high, the animal can get many different nutrients and minerals. In Estonia we should emphasize that the slowly growing and less muscle animal meat is healthier.

We should make visits to our alvars – juniper groves – wooded meadows to promote (tags everywhere) the naturefriendly animal husbandry.

In Hiiumaa as well as in Norway, the small-scale production is not a sufficient living support, and as a rule, the main source of revenue is paid employment. The dried sheep thigh is not a complex process. The complexity of this product in Estonia, is to find the market. It could suit as a nicheproduct sidelong the tourism. Dried and then "revived" meat is not the average taste of Estonians. This was a confirmation of the fact, that every work must be done in devotion and with the soul and passion, then good results will come. Don't ever make sacrifices in quality. Always remember the old truth: repetition is the mother of wisdom.



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