

Beat: Health

## **GREENSTRONOMY And TERRE DE FORTANT, The Right Epicurean Journey**

**Jean-Luc RABANEL & GAIA De FORTANT**

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**USPA NEWS** - A Sustainable and Healthy Gastronomy Sector would involve to promotes Sustainable Diets, including the High Variety of Native Products in Local Cuisine, enhance Sustainable Consumption and Production, and revitalize the High Variety of Food. The goal is to initiate a New, Healthy and Sustainable Country's Cuisine as a driver of Agriculture Development and strengthening Production Opportunities, and by doing so, influence the Global Debate about Sustainable Diets.... Here where comes the Concept of GREENSTRONOMY (short for Vegetables & Gastronomy).

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Fruit and vegetables should be an important part of your daily diet. They are naturally good and contain vitamins and minerals that can help to keep you healthy. They can also help protect against some diseases. Most People would benefit from eating more Fruit and Vegetables as part of a well-balanced, regular Diet and a healthy, active Lifestyle. There are many Varieties of Fruit and Vegetables available and many Ways to prepare, cook and serve them.

- Vegetables and Fruit :

- \* Contain Phytochemicals, or Plant Chemicals. These Biologically Active Substances can help to protect you from some Diseases.
- \* Are also Low in Fat, Salt and Sugar.
- \* Are a good Source of Dietary Fibre.
- \* Contain many vitamins and minerals that are good for your health. These include vitamins A (beta-carotene), C and E, magnesium, zinc, phosphorous and folic acid. Folic acid may reduce blood levels of homocysteine, a substance that may be a risk factor for coronary heart disease.

- Herbs, Vegetables, Edible Flowers, & Fruit :

Mixing Vegetables and Herbs With Flowers performing multiple functions, such as for Food, Flavor and Ornamental Appearance. However, grouping veggies, herbs and flowers together is a great way to add interesting Textures and Colors to the Menu. The method of Preparation and Cooking can improve the Nutrition Quality of Food. These two steps induce several changes and interactions among its Constituents. Therefore, knowing the changes occurring in Food from Preparation to Table is essential not only for Scientific Research, but also for the Consumer, who can make Decisions about how to prepare and cook a selected number of Healthy Vegetables.

- Jean-Luc RABANEL is known in FRANCE as the Creator of the Word and Concept of "Greenstronomy". It has benn 15 years that the Head Chef makes a point to sublimate Plant, based on "Green" Properties. He is considered as the True Precursor of the Current Trend of Eating Healthy and he focuses on Emotions and Taste with a Philosophy based on Plant. Vegetables, Roots, Plants, Leaves, Wildflowers and Herbs thus become the main Actors of his Creations. (<http://www.rabanel.com/>)

- GAĀŽA De FORTANT : The Fortant Wine Region's History originates in the Mediterranean South of France. It spans almost 600 million years and covers the Four Geological Eras, from the Primary Era up to the Quaternary Era. In The Fortant Wine Region the Wines are categorized according to their Organoleptic Potential : Aromatic Profile, Texture, Structure and Spice. This potentiality offers endless Blending Possibilities and enables to create a Wide Palette of Choice. FORTANT Company provides a Full Range of Excellent Wines such as : Fortant de France, Couleurs du sud, Tarra Vecchio, Gra,de Nuit and Lux. Recently, they launched Gaïa De Fortant with Two Red Organic Wines and Two White Organic Wines. All their Wines are Organic. ([www.fortant.com](http://www.fortant.com))

In PARIS, on October 24, 2017, was held a Press Day to demonstrate the right combination of Greenstronomy with Organic Wines such as Gaïa De Fortant. It was with the Presence of 2-star Michelin Head Chef Jean-Luc RABANEL and Laurent SAUVAGE (Agricultural Engineer and qualified Oenologist) Maison Fortant's Winemaker. He is the One who identifies the Potential of the Grape Varieties that are most suited to the Different Terroirs.

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