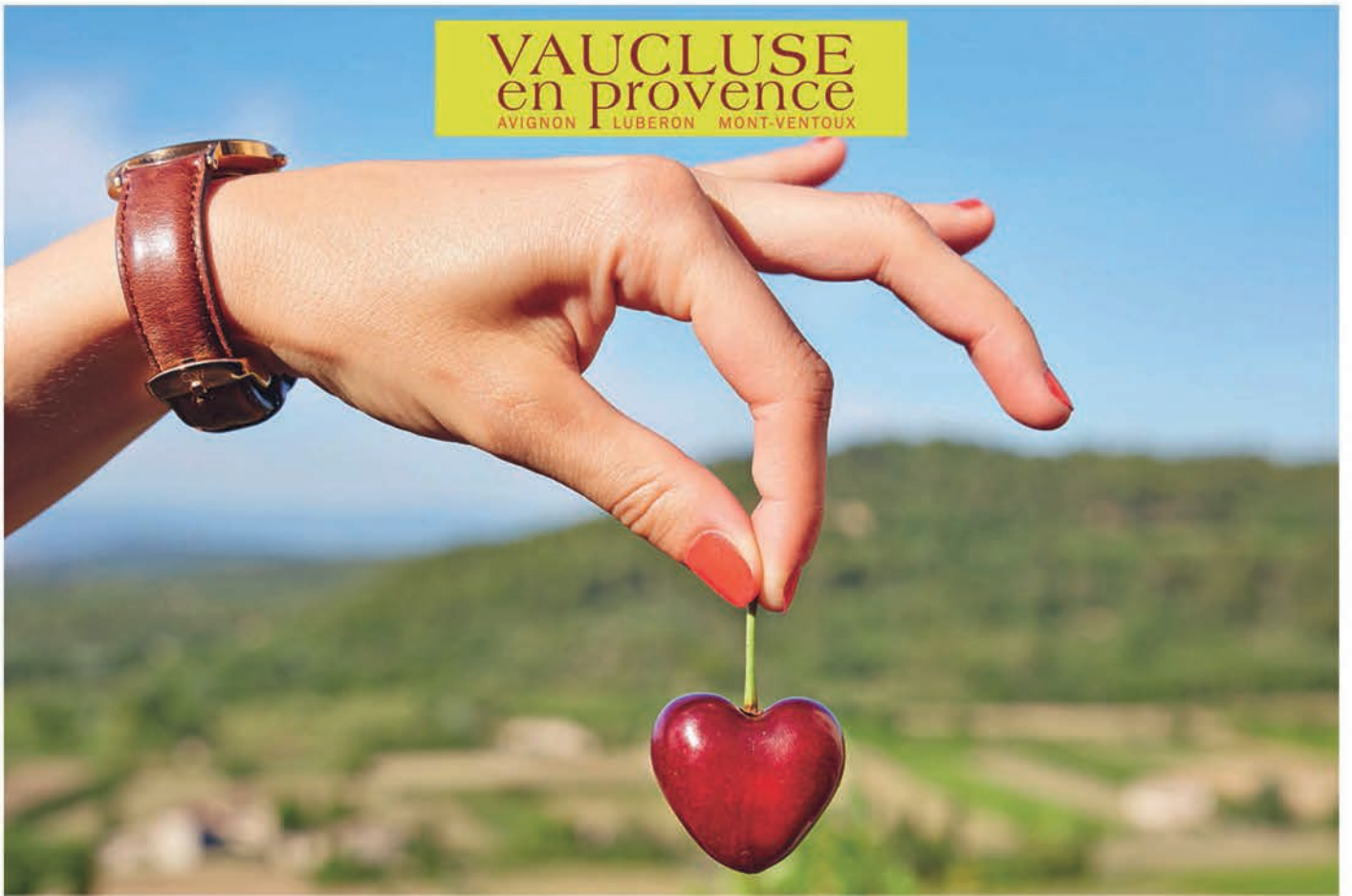


VAUCLUSE
en provence
AVIGNON LUBERON MONT-VENTOUX



Savouring the Vaucluse
Press kit 2016



Vaucluse Tourisme
www.provenceguide.com



Gardens of France, the Vaucluse holds treasures for all gourmets. The range of products is clearly as varied as it is spectacular. Nature has been bountiful with products such as: Carpentras strawberries, Cavaillon melons, Enclave truffles, Lauris asparagus, Comtat cherries, Sault lamb, Piolenc garlic, olives, Muscat du Ventoux, etc.

Here there is no need for a sophisticated accompaniment—early vegetables can be eaten raw with anchoïade, which is essentially an anchovy vinaigrette. They can also be boiled with garlic mayonnaise; perhaps this is the perfect way to accent our cuisine? This sauce is called aioli. These are beautiful and evocative names!

But the cuisine of the Vaucluse is above all inventive and its chefs are true creators. The art of cooking consists of bringing together all the colours and highlighting the flavours. Have you already tasted einkorn spelt soup? Fennel sorbet? Lavender? How can you not melt with pleasure whilst eating a fruit candy from Apt washed down with a Beauges de Venise sweet wine?

And how can one stop talking about these herbs, thyme, rosemary, savory, basil, sage—the aromatic herbs so widely used in our kitchens.

And then there are the markets, sometimes traditional, sometimes innovative, sometimes with a theme. But, they are always warm, colourful and fragrant and celebrate the best from the land. There are truly many welcoming places to go in every village!

Known all around the world, the wines of the Vaucluse are like a prestigious map of the products of our land. Here, the history of grapevines and the Vaucluse are intertwined: one by one Greeks, Romans, Popes and Jews played a determining role. Côtes du Rhône, AOC Ventoux, or AOC Luberon give use a wealth of fragrances and aromas. Châteauneuf du Pape is world renowned and half of our villages depend on the wine trade.

Isn't wine the symbol of friendship and warmth that our region is known for? From the time that travellers were welcomed in monasteries along the routes with a glass of wine, this has remained a symbol of exchange, humanity, love of life—in short the lifestyle represented by the Vaucluse.

In 2014, the Vaucluse Department created the Academy of Vaucluse Flavours «A human and collective initiative with the goal of supporting and developing Vaucluse agriculture and food products» as well as the brand «Savourez le Vaucluse» for which the strawberry (p. 20), the cherry (p. 22) and the table grape (p. 24) were the first products to be labelled.

YOUR CONTACTS IN OUR PRESS DEPARTMENT

Valérie BISET

Head of Press and Communications

valerie-biset@provenceguide.com - T. +33(0)4 90 80 47 06



Daniela DAMIANI

National and international press

d-damiani@provenceguide.com - T. +33(0)4 90 80 47 07



Valérie GILLET

International Press

v-gillet@provenceguide.com - T. +33(0)4 90 80 47 08



Teresa STORM

International Press

storm-t@provenceguide.com - T. +33(0)4 90 80 47 04



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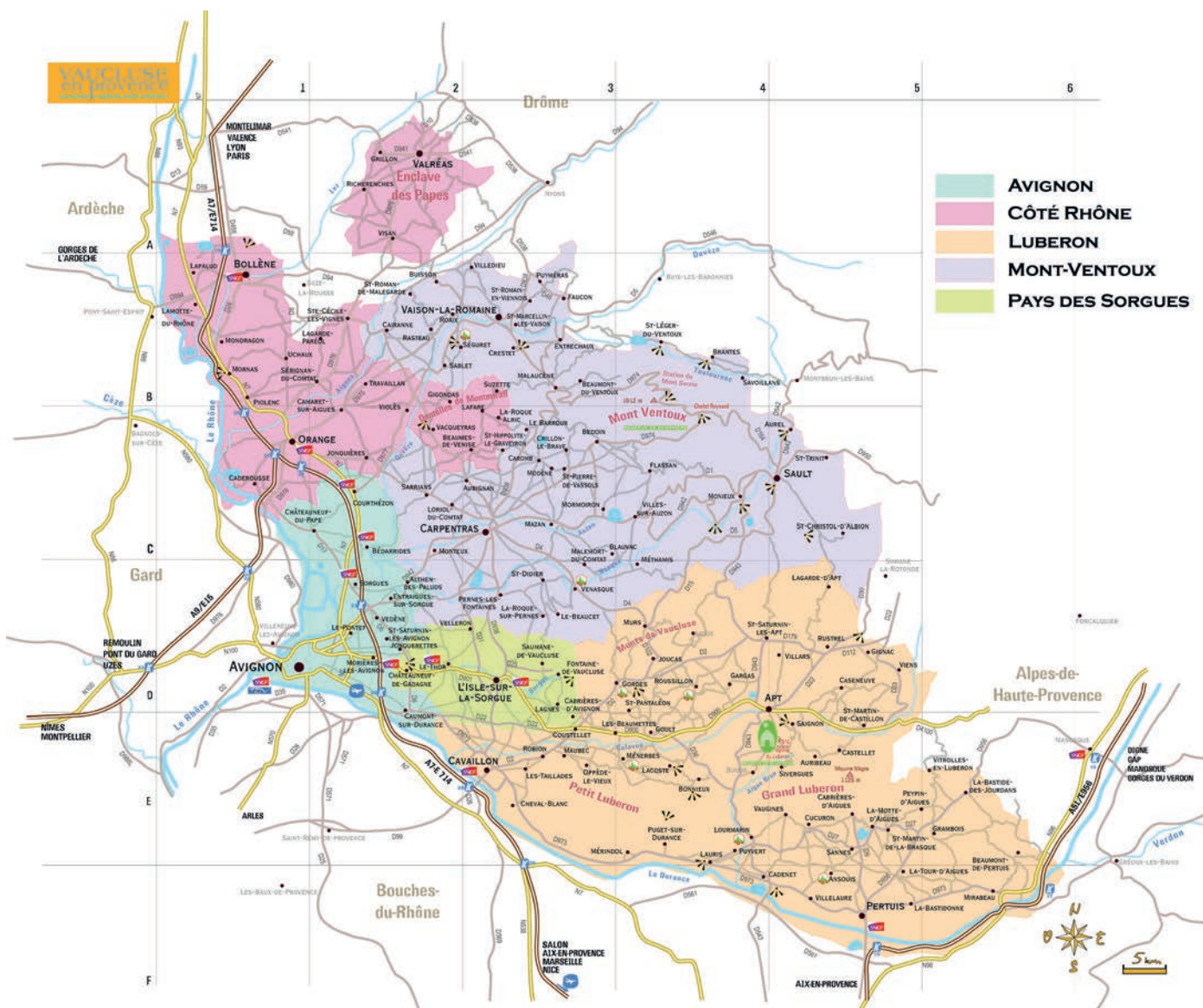
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Map and Access



Access

By car

Avignon is: 50 min. from Aix en Provence / 1 hr from Marseille / 30 min. from Arles / 2 hrs from Lyon / 2 ½ hrs from Nice

Avignon Bus Station: Pôle d'Echanges Multimodals
5 avenue Monclar - T. +33 (0)4 90 82 07 35

By air

Direct to Avignon from:

- Southampton
- Birmingham - Flybe (May to September)
- London-City - City Jet (July & August)

Avignon Airport: T. +33 (0)4 90 81 51 15
www.avignon.aeroport.fr

Or via the Airports of Marseille (1-hr drive) or Nîmes (45-minute drive)

By train

6mn- train shuttle between railway stations: Avignon TGV and Avignon Centre.

Trains from Avignon to: Orange, Bollène, L'Isle-sur-la-Sorgue. From Marseille or Aix to Pertuis.

NEW: Avignon-Carpentras (April 2015) via Sorgues, Châteauneuf du Pape, Entraigues, Monteux.

Direct to Avignon from:

- Paris (Gare de Lyon) by TGV (2h38)
- Roissy Charles de Gaulle by TGV
- Frankfurt via Strasbourg & Lyon (7h07)
- Lille - Rennes - Strasbourg - Nice - Geneva - Brussels
- Amsterdam (Thalys in summer)
- London (Eurostar) (May to September)

Exceptional Produce

Grapes, apples, cherries, melons, strawberries, apricots, tomatoes, courgettes, garlic...

The richness and the variety of its orchards and vegetable gardens put the Vaucluse into 3rd place of French Departments that grow fruits and into 10th place of French Departments that grow vegetables (in the value of its production). The Vaucluse is the French leader in the production of table grapes, Golden apples, and table cherries. It is the second ranked French Department for summer pears (Guyot and Williams), third for strawberries, fourth for melons. These produce are known today for their excellence, variety and quality, which make them produce of reference.

The Department has a number of certifications to mark its territory such as: AOC (Controlled Designation of Origin), IGP (Protected Geographical Indication), «Marchés d'exception» (Exceptional Markets) (Carpentras, Velleron, Isle sur la Sorgue, Coustellet, Apt), «Sites remarquables du goût» (Notable Culinary Sites) (Beaumes de Venise, Apt, Châteauneuf du Pape), etc.

* The Vaucluse A.O.C wines (AOC Côtes du Rhône, AOC Ventoux, AOC Luberon)

* Natural sweet AOC wines: Muscat de Beaumes de Venise and Rasteau

* A.O.C. Muscat du Ventoux, reserved for table grapes from the grape variety «Hamburg Muscat».

This oil comes from the Aglandau olive, which is an oblong shaped olive with firm flesh that becomes even blacker when it ripens. It produces an oil full of aroma.

* A.O.C.Olive Oil from Provence: this certification has been applied since the 2007 harvest. It comes in two designations, corresponding to two skills: one based on working with fresh olives and the other on aged olives. If more than three days passes between harvesting and olive pressing, the product label will include the statement «ripened olives».

* A.O.C. Olive Oil from Nyons: this olive oil was the first French olive oil to be granted the A.O.C. label.

* A.O.C. Nyons black olives. La Tanche, a large round olive was the 1st type of olive in the world to reap the benefits of an AOC label.

* A.O.C. Banon, for aged goat milk cheese that is folded in chestnut leaves.

* A.O.C. essential oil of lavender from Haute Provence is reserved for essential oils produced by steam distilling the tips of «fine» or «true» lavender (*lavandula augustifolia*).

* IGP Honey of Provence

* IGP Small German wheat of Haute Provence

* IGP Sisteron Lamb

* IGP Cavaillon Melon (in progress)

* IGP Ventoux Cherries (in progress)

* IGP Candied Cherries of Provence (in progress)

* IGP Thyme from Provence (in progress)

«Label Rouge» Herbes de Provence

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Local Produce

Black Truffles



©Muriel Pellegrin - OT Valréas

Scientific name:

Tuber Melanosporum

Common name:

The Truffle, or the Périgord Truffle

Périgord Truffle?

The so-called «Périgord» truffle is a botanical designation and not a geographic designation. It is the Tuber Melanosporum truffle. Contrary to recent beliefs, the hub of national production is the Southeast of France. The markets of Vaucluse alone sell 70% of the truffles sold on the French markets.

In France in the Middle Ages it was considered satanic because of its dark colour and because, at the time, everything that came out of the earth came from the devil. The Avignon popes, followed by Louis XIV, paid it somewhat more attention; however it was not until the 20th century that the truffle, associated to foie gras, really took off.

There are **three important factors: the tree, the soil and the climate.**

The truffle has a specific biological cycle. Like any fungus, it has no chlorophyllian function; it therefore has to attach itself to another form of life. Thanks to mycelium, its vegetative system, the truffle finds a tree upon which to feed, generally a green oak or white oak, or a black pine.

The roots of the host tree and the mycelium associate to form mycorrhizae, which enable the truffle to extract the organic substances it needs from the tree in order to live and grow. Mycorrhizal associations occur either naturally, when truffle spores are present in the soil, or as a result of the planting of pre-mycorrhized “truffle” trees (see page 4).

Once the tree is planted, it takes between 7 and 10 years for the first truffles to appear.

The Tuber Melanosporum requires well-drained calcareous soil with a PH of between 7 and 8.5, a good amount of sunshine and annual rainfall of between 600 and 900mm.



©Muriel Pellegrin - OT Valréas

Legend has it that it must rain on Saint John’s day, the 14th of July and the 15th of August. Some rainfall in the autumn and the truffle will reach the correct stage of ripeness between mid-November up until mid-March.

As a matter of fact, the cultivation of the truffle depends on so many different factors that I.N.R.A. - the National Institute for Agricultural Research - has not yet been able to master its production and consistency. However, the INRA advises a 15mm-watering in July and August every 10 days.

Local Produce

Harvest or Excavation: At the foot of the tree trunk, a “burnt spot” gradually forms. This is a zone where there is no vegetation, and it indicates, almost surely, the presence of truffles. When it reaches maturity, the truffle gives off a scent which the dog or the little fly can smell. Knee bent to the ground, spade in hand, all you have to do is gently clear away the soil.... and there it is. Excavation of the truffle in Vaucluse is done with dogs. They have to be specially trained, but they are less voracious than the pig...

The Truffle markets:

Truffle markets are concentrated in the primary production zones. They have quite a different aspect than that which you may be accustomed to seeing. The excavators (truffle hunters) come together on the “carreau” - the market floor - and display their famous “rabasses” to the brokers, dealers and canners who have come from all over France. It is not unusual to run into some of the greatest chefs from the region, who have come to do their shopping.

The transactions take place in the court of honour of the former Hôpital Dieu in Carpentras, or around the boot of the cars parked on either side of the main street, as in Richerenches. No stalls or loud cries, truffle trade takes place by mutual agreement, and all payments are made there and then. Most of the time, both parties know each other, and the rates are set in advance. The Carpentras market sets the reference for all the other markets but the Richerenches market is where the largest volume of truffles is sold (approx. 700 kg per market in the high season). On these markets, only a small area is dedicated the sale of truffles to the public: they are mainly wholesale markets for professional buyers.

In Vaucluse

(Mornings, from mid-November to mid-March)

* **Wednesday:** market in **Valréas**, at the roundabout next to the War Monument, a small wholesale market. Open from 23 November 2016.

* **Friday:** Market in **Carpentras**; starting at 9am, probably the oldest one in France. Wholesale and (small) retail market dedicated to producers and brokers. Open from 25 November 2016.

* **Saturday:** Market in **Richerenches** (Valréas Enclave) from 10am. First edition in 1923, wholesale and (small) retail market. Truffle omelette possible for lunch. Open from 19 November 2016.



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In Ménerbes:

Nothing mysterious here in Ménerbes, in the Luberon, one day between Christmas and New's Year Day (date to be confirmed). This is not a truffle market for professionals, like in Carpentras or Valréas, but a market for individuals, where truffles are sold already sorted, cleaned and calibrated, where you can also buy truffle-based products like patés and terrines, and where you can order a truffle omelette for lunch!

Town Hall - T. 33 (0)4 90 72 22 05 – contact@menerbes.fr



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Local Produce

Celebrating the Truffles

The 9th Truffle Proclamation at Richerenches, 19 November 2016

Valréas Tourist Office: T. +33 (0)4 90 35 04 71- www.ot-valreas.fr

The Truffle Mass in Richerenches, Sunday 17 January 2016

Saint Antoine, the Patron Saint of truffle growers, has been celebrated for over a quarter of a century in this small village in the Valréas Enclave. On his feast day, which is traditionally the Sunday following the 15th of January, the faithful come together for Sunday mass in the village church (10.30am). The powerful scent, which fills the church, is not that of incense, but the unusual smell of the fresh truffle! During mass, the truffle growers give a truffle, carefully selected from among the best surrounding truffle beds, as their offering. After mass, the Brotherhood of the Knights of the Black Diamond parade out of the church in their ceremonial robes, followed by the congregation, and they all meet in the neighboring Village Hall, where truffles are weighed and auctioned; the parish can enjoy the fruit of the collection. Every year, between 4 and 4.7kg of truffles are collected!

Richerenches Tourist Office: T. 33 (0)4 90 28 05 34

tourisme.richerenches@orange.fr – www.richerenches.fr

Truffolio in Pernes les Fontaines, Sunday 24 January 2016

Pernes les Fontaines Tourist Office: T. 33 (0)4 90 61 31 04

contact@truffolio.org – www.truffolio.org

Truffle Festival in Avignon, Sunday 14 February 2016 (cancelled)

On this day each year, the covered market (les Halles) in the Papal City is filled with the fragrance of the black diamond once enjoyed by the resident Pontiffs. In the square, a one-day market offers the possibility to buy truffles and various truffle-based products. In the covered market, open until 3pm, Vaucluse chefs expose their talents and give culinary demonstrations.

Avignon Tourist Office: T. 33 (0)4 32 74 32 74

www.avignon.fr - www.avignon-tourisme.com – www.festiv-halles.com

Christmas Black Truffle Festival in Carpentras, Friday 11 December 2015

Following the success of its famous weekly truffle market, Carpentras is organising a day dedicated to truffles just before Christmas. Demonstrations of how to unearth truffles and cooking demonstrations, retail truffle market for individuals, eggs with truffles for the public to try and a guild parade ... A day for gourmets.

Carpentras Tourist Office: T. 33 (0)4 90 63 00 78

tourisme@carpentras-ventoux.com

www.carpentras-ventoux.com



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Local Produce

Truffle-harvesters and hunting demonstrations with dogs (not a complete list)

René Sourdon

La Grand'Grange – 84600 Valréas
T. 33 (0)4 90 35 05 62
www.grandgrange.com – rene.sourdon@orange.fr

Le Domaine Saint Alban - Christian Allègre
2335 Chemin de Bourbouton - 84600 Richerenches
T. 33 (0)4 90 28 01 66
www.richerenches.fr – domaine.st.alban@orange.fr

La Truffe du Ventoux - Eric Jaumard
543 et 634, chemin du Traversier - La Quinsonne
84170 Montoux
T. 33 (0)4 90 66 82 21
contact@truffes-ventoux.com - www.truffes-ventoux.com

Robert Florent

La Bastide de Clovis - Les Blayes – 84220 Gordes
T. 33 (0)4 90 72 11 60 – 33 (0)6 80 55 30 47
florent.gael@gmail.com



©Muriel Pellegrin - TO Valréas

The House of Truffles and Wine in the Luberon

Situated at the very top of the village of Ménerbes, in a fabulous, completely renovated 17th century private mansion, the Maison de la Truffe et du Vin offers a permanent truffle culture exhibition to its visitors (antique documents, illustrated plates of various tools, etc.).

There's also a shop where one can buy fresh truffles in season (winter: 15 November to 15 March for *Melanosporum*, and summer: 15 April to 30 August for *Aestivum*), a cellar dedicated to the wines produced in the Luberon Regional Park, most of them sold at cellar-door prices, a restaurant –featuring all-truffle menus, and temporary artists' exhibitions.

Truffle days are offered at set dates (see website): the day starts with truffle-fo-aging with a truffle-grower and his dog, followed by an all-truffle lunch with regional wine tastings. An all-inclusive price for the day is set at the beginning of the season, according to the price of truffles (2015/2016 rates on request).

Place de l'Horloge - 84560 Ménerbes
T. 33 (0)4 90 72 38 37
info@vin-truffe-luberon.com - www.vin-truffe-luberon.com



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Our Truffle press kit is available upon request
or may be downloaded from our website <http://press.provenceguide.com/>

Local Produce

Some of our best chefs

These restaurants offer all-truffle menus or truffles à la carte, in season.

Restaurant Le Gajuléa

Cours Louise Raymond - 84330 Le Barroux

T. 33 (0)4 90 62 36 94

www.gajulea.fr - philibert@gajulea.fr

Truffle menus + 5 «Gala Truffle» weekends:

On 15/16/17 – 22/23/24 and 29/30/31 January 2016.

5/6/7 and 19/20/21 February 2016.



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Restaurant La Prévôté

4, rue J. Jacques Rousseau - 84800 Isle sur la Sorgue

T. +33 (0)4 90 38 57 29 - www.la-prevote.fr

All-truffle menu + à-la-carte truffle dishes

Au délice de Provence

6, la Placette – 84600 Valréas

T. +33 (0)4 90 28 16 91

www.audelicedeprovence.com

All-truffle menu + à-la-carte truffle dishes

Ferme-Auberge Le Mas des Vertes Rives

244, chemin des Hautures

84470 Châteauneuf de Gadagne

T. +33 (0)4 90 22 37 10

www.mas-des-vertes-rives.com

Truffle weekends on 8-9-10 / 15-16-17 / 22-23-24

and 29-30-31 January 2016.

La Bastide des Princes (Table d'hôtes)

Chemin de Bigonnet – 84860 Caderousse (Orange)

T. +33 (0)6 48 76 91 58

www.bastide-princes.com

All-truffle menu from mid-February to mid-March

Domaine de Capelongue (** Michelin)

Les Claparèdes - Chemin des Cabannes

84480 Bonnieux

T. 33(0)4 90 75 89 78

www.capelongue.com

All-truffle menu + à-la-carte truffle dishes

Christian Etienne (* Michelin)

10, rue de Mons - 84000 Avignon

T. 33 (0)4 90 86 16 50

www.christian-etienne.fr

contact@christian-etienne.fr

Restaurant Le Vivier (* Michelin)

800, cours Fernande Peyre – 84800 Isle Sur Sorgue

T. +33 (0)4 90 38 52 80

www.levivier-restaurant.com

From mid Jan. to mid Feb. Every Thursday, lunch and dinner. All-truffle menu + à-la-carte truffle dishes

Logis -Truffe

Eight Logis de Vaucluse hotel-restaurants celebrate the truffle! A “Logis-Truffe” charter has been signed between the Brotherhood of the Mont Ventoux Truffle, the local Union of Truffle Growers and the Logis de Vaucluse, committing to the quality and a minimum quantity of truffles (minimum 10 grams of black winter truffles per person in each dish). These eight Logis de France hotels will feature truffles on their menus for at least two months, between November 2015 and March 2016.

Information: Logis de Vaucluse

T. +33 (0)4 90 86 29 16 - www.logis-de-vaucluse.fr

contact@logis-de-vaucluse.fr



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Local Produce

Olives



©Angel Simon-shutterstock

Did you know?

There are many varieties of olives. A distinction is made between those exclusively used for making oil and the varieties that can be eaten or also processed to make oil. The distinction between green and black olives is not just based on when they are harvested as all of these fruits eventually become black. However, some varieties are tastier green.

The dominant variety in Vaucluse is the “Aglandau” variety, also called “Verdale de Carpentras”. This variety provides a very flavorful oil, with hints of artichoke and almond (**A.O.C. Huile d’olive de Haute Provence**). Toward the north of Vaucluse, you find the variety called “La Tanche”, with a round, fleshy fruit which wrinkles up when ripe, and provides excellent black table olives. This variety is also protected by a guaranteed label, called an appellation d’origine contrôlée (**A.O.C. olive de Nyons**). This label, a guarantee of quality, covers 18 towns in Vaucluse. Since 2006, the new **A.O.C. olive oil from Provence** includes 115 towns in Vaucluse in the Ventoux and Luberon areas.

Olive picking

«At Sainte Catherine» (25 November), the saying is «the oil is in the olive». The olive harvesting/picking can begin. The harvest takes place beginning in December for Aglandau up until January for la Tranche. To avoid damaging the fruit, it is done by hand with small rakes or combs and nets spread at the base of the trees. The fruits are taken directly to the mill, stored for a short time so that the quality of the oil is not harmed, and then pressed.

A tree will produce between 15 to 50 kilograms of olives. Four to six kilograms of olives are needed to obtain one litre of oil.

Olive oil mills in operation

Domane Lis Andi – Christian et France Barthelier
Route de St Pierre – 84600 Valréas
T. 33 (0)4 90 37 41 34 / 33 (0)6 84 82 90 04
www.lis-andi.com - lisandi@neuf.fr
The traditional olive oil mill opened in December 2008

Local Produce

*Coop. Oléicole La Balméenne
Av. Jules Ferry - 84190 Beaumes de Venise
T. 33 (0)4 90 62 93 77
www.labalmeenne.fr – moulinahuile@labalmeenne.fr

*SARL Moulin du Comtat - Haut Frères
Labellisé Bio en 2009
108, avenue de la Baisse 84330 Caromb
T. /F. 33 (0)4 90 62 42 05
www.moulinducomtat.com – contact@moulinducomtat.com

*Coopérative Oléicole La Colombe
260, route des Plâtrières - 84570 Malemort du Comtat
T. 33 (0)4 90 69 91 99
www.moulin-lacolombe.fr - la-colombe@orange.fr

*Moulin du Clos des Jeannons – André Horard
Le Haut Tourteron - 84220 Gordes
T. 33 (0)4 90 72 68 35 - moulinjeannons@wanadoo.fr

Moulin Maurice Jullien – Chantal Jullien
24, chemin du Moulin à Huile - Route d'Apt - 84490 Saint Saturnin les Apt
T. 33 (0)4 90 75 56 24
www.moulin-huile-jullien.com – chantal@moulin-huile-jullien.com

*Moulin Saint Augustin – Frédéric Nibbio
D 900 – 2800 Route d'Apt – Coustellet – 84580 Oppède
T. 33 (0)4 90 72 43 66 / 33 (0)6 82 30 70 44
www.moulin-saintaugustin.com - moulinstaugustin@orange.fr

*Moulin Oliverion – Katia et Frédéric Ratto
Chemin de Galon – 84160 Cucuron
T. 33 (0)4 90 08 90 01 / 33 (0)6 75 94 71 39
www.oliverion.fr – moulinoliverion@orange.fr

Moulin Dauphin – Céline Gasquet
Rue du Moulin à Huile - 84160 Cucuron
T. 33 (0)4 90 77 26 17 / 33 (0)6 13 04 03 01
www.moulin-dauphin.com – moulin.dauphin@gmail.com

Domaines les Perpetus - Famille Christine Queirel-Michel
Domaine viticole et oléicole
RD 973 – 84240 La Tour d'Aigues
T. 33 (0)4 90 08 85 23 / 33 (0)6 71 70 73 34 / 33 (0)6 75 55 13 07
www.domainelesperpetus.fr – contact@domainelesperpetus.fr



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BastideduLaval©Valérie Gillet - ADT 84

Local Produce

*Moulin du Pays d'Aigues – Lionel Bourdely
 ESAT Le Grand Réal - 84120 La Bastidonne
 T. 33 (0)4 90 07 53 42 / 04 90 07 55 66
marc.puillandre@labourguette.com

*Moulin du Vieux Château – Francine et Yves Boudoire
 8, rue du Moulin à huile – 84360 Mérindol
 T. 33 (0)4 90 72 86 76
francine.rives@wanadoo.fr

*Moulin de la Chartreuse – Jany et Philippe Bronzini
 Centre Historique – Impasse Pouzaraque – 30400 Villeneuve lez Avignon
 T. 33 (0)4 90 25 45 59
www.moulindechartreuse.com – contact@moulindechartreuse.com

*La Bastide du Laval - Carine et Roland Coupat
 Bastide du Laval, Route de Cucuron - 84160 Cadenet
 T. 33 (0)4 90 08 95 80
www.bastidedulaval.com – bastidedulaval@orange.fr

* *Member of the Vaucluse olive oil producers' association*

Olive oil mills as they were in the past

They belong to the “blood mill” category, where the energy required to press the olive came from animals or man turning the grinding wheel. These “moulins à sang” are no longer used today. Both operated up until the 1920-1930's

Le Moulin à huile de Rustrel

84400 Rustrel (Luberon)
 T. 33 (0)4 90 04 91 09 – www.rustrel.fr

Located in the centre of the village, it has been here since the middle of the eighteenth century. Modernised in the middle of the nineteenth century, it has been preserved in this state. It has all the characteristics of this time period including two presses and production elements like a capstan, oil filter, cauldron and settling tanks. Open on reservation.

Le Moulin des Bouillons

Route de St Pantaléon – 84220 Gordes
 T. 33 (0)4 90 72 22 11
www.musee-verre-vitrail.fr - duran.frederique@wanadoo.fr

Built within the stone walls of an old farmhouse, it dates from the sixteenth century. A powerful structure with a 1,300 kg millstone, a press made up of a seven tonne beam, and a basin carved into the rock. Also, there is a collection of oil lamps and amphoras, etc.

Open from 1 April to 31 October - Closed on Tuesdays

Local Produce

Tapenade

This dish often accompanied the harvesters into the fields, where they made a meal of the olives blended into a puree with anchovies and capers with olive oil. Today tapenade is most often served on slices of toasted bread. It is the “caviar” of Provence, and can also be made with green olives

Les Délices du Luberon

1, avenue du partage des eaux - 84800 Isle sur la Sorgue

T. 33 (0)4 90 20 77 37

20, place du Change – 84000 Avignon – T. 33 (0)4 90 84 03 58

www.delices-du-luberon.fr



Tapenades©Alain Hocquel - ADT 84

Celebrating olives

18th Olive Mills Festival - 15 May 2016 – Lagnes (Pentecôte)

Groupement des oléiculteurs de Vaucluse

T. 33 (0)4 90 78 21 61 – www.civampaca.org - civam84@wanadoo.fr

16th Olive Festival - 16 October 2016 - Robion

T. 33 (0)4 90 76 45 32 - pointinfostroch@mairie-robion.fr



Oliveraie©Valérie Gillet-ADT 84

Local Produce

Haute Provence small spelt



Epeautre©Alain Hocquel - ADT 84

The Haute Provence small spelt (Petit Epeautre) is also known as the “wheat of the Gauls”, or “engrain”. It is a rustic, hardy plant which grows best on poor soils, akin to those lavender likes.

In Vaucluse, small spelt is grown between the Luberon and the Sault highlands. Fields of spelt stretch side by side with fields of lavender blue. The specifications for the spelt crop are quite strict, for spelt benefits from a “Protected Geographic Identification” which guarantees its origins and qualities.

Small spelt has extremely high nutritional value, much better than other grains. Long abandoned as a crop, this smamm spelt has come back into the spotlight, and is sought after by chefs and fine diners alike.

Current production is 250 to 300 hectares for sixty producers across the Vaucluse, Alpes de Haute Provence, Drôme and Hautes Alpes.

Harvested later than wheat, small spelt has a beautiful golden colour in the summer. Its cycle is approximately 11 months. Sown in mid-September, it is harvested on 15 August.

It can be prepared in many savoury or sweet ways, in tabbouleh, green salad, in gratin, crème brûlée or other pastries.

Where can you eat small spelt (incomplete list)?

Ferme Lou Couguiéu

Christel et Frédéric Rouet, route de Flassan - 84570 Villes sur Auzon

T. 33 (0)4 90 61 74 88 – www.auberge-cougui.eu.com

La Maguette

Magali et François Jobez-Malavard - 84390 Saint Jean de Sault

T. 33 (0)4 90 64 02 60 / 33 (0)6 62 30 42 39

Restaurant Le Relais du Mont Ventoux - 84390 Aurel

T. 33 (0)4 90 64 00 62 - www.relais-du-mont-ventoux.com - aurel_relaisdumontventoux@hotmail.com

Hostellerie du Val de Sault, Route de Saint-Trinit - 84390 - Sault

T. 33 (0)4 90 64 01 41 – www.valdesault.com – enter@valdesault.com

Restaurant Les Lavandes, Place Léon doux - 84390 Monieux

T. 33 (0)4 90 64 05 08 - www.restaurant-les-lavandes.fr

Celebrating small spelt

Small spelt Médiéval Festival in Monieux - 4th September 2016 (September 1st sunday)

Syndicat d’Initiative de Monieux T. 33 (0)4 90 64 14 14 - www.ot-monieux.com

Brotherhood and Union

Ordre du Petit Epeautre - T. 33 (0)4 90 64 03 09 – Mairie de Monieux

Syndicat du Petit Epeautre de Haute-Provence

T. 33 (0)4 75 28 51 86 – info@petit-epeautre.com - www.petitepeautre.com

Local Produce

Cavaillon melon



©Angelika Gr - Shutterstock

Did you know?

Alexandre Dumas was such a lover of the Cavaillon melon that he made a deal with the city. He offered it 300 books featuring his writings for a life-long annuity of 12 melons annually! In this way he helped to establish the municipal library.

There are many chapters to the story of the melon from Cavaillon, and nearly as many varieties! The most popular however, the one which has contributed to the glory of Cavaillon today, is the Cantaloup or Charentais variety, which has been grown since 1925. The Cantaloup or Charentais variety can have smooth skin or “embroidered” skin, and can be grown in greenhouses or open fields. It is the only French melon whose growing period stretched from May to September. The melons are harvested by hand, gently and delicately. Growers and packer-shippers are working together to obtain the “Protected Geographic Indication” label for the “Melon de Cavaillon”.

Melon from Cavaillon is enjoyed as a starter, dessert or sherbet, with prosciutto or lovely Muscat de Beaumes de Venise wine. Melon is most often served raw, but can also be candied and is widely used by the candied fruit makers in the Apt area, particularly to make the calisson candy, a specialty of Aix en Provence.

Syndicat des Maîtres Melonniers de Cavaillon: M. René Molle, Directeur
Cavaillon MIN: T. 33 (0)4 90 78 75 00 - contact@min-cavaillon

Related to melons

The Vaucluse Melon unleashes passion. In the privacy of their kitchens or laboratories, pastry chefs, confectioners, wine cellar-men and Cavaillon cooks have perfected several specialities. This all highlights the melon which marries and blends well with other products that are sweet, spicy, hot, cold, liquid or solid—a true gourmet delight.

- **Le Melanis**

Pastis au melon, a creation of the chef Prévôt from Cavaillon. Made as a traditional pastis, it consists of 30% dry extract of melon and a melange of 40 herbs and spices, anise flowers, and almonds. It's an authentic treat to consume in moderation. Its ABV is 25%.

Restaurant Prévôt, 353 av. de Verdun – 84300 Cavaillon - T. 33 (0)4 90 71 32 43 – www.restaurant-prevot.com

Local Produce

• Les Melonnettes

A subtle dark chocolate ganache flavoured with melon liqueur that is served ice cold.

And also melon-flavoured brioche and candied melon in season.

L'Etoile du Délice, 57 place CastilBlaze - 84300 Cavaillon - T. 33 (0)4 90 78 07 51 – www.etoile-delice.fr

• Les Cigales

Petit four cake prepared with melon marinated in anise and coated with almond paste. It makes your mouth water!

And also melon meringues (production during the season).

Maison Jarry, 39 Avenue Victor Basch – 84300 Cavaillon - T. 33 (0)4 90 71 35 85 – www.maison-jarry.fr

And at the Cavaillon Tourist Office you can buy many locally-produced melon products such as: jams, navette cookies, syrup.

T. 33 (0)4 90 71 32 01 – www.luberoncoeurdeprovence.com

Restaurants

There are many restaurants which serve the melon in season. Impossible to list them all, but one of them is nicknamed «king of the melon» by his peers:

Restaurant Prévôt

Jean-Jacques Prévôt is « crazy about melon». He makes, from May at the beginning of September, a real «festival» offering an all-melon menu, raw and cooked.

To see his «melon» private collection with about 600 pieces, Barbotines, paintings, plates, diverse objects.

And his originality !

The «Summer Mac Prévot,» a burger with melon, created by Chef Jean Jacques Prevot. This is a slice of bread spread with a seed melon-based ketchup and amazing layers, chopped artichokes and basil pesto, crisp lettuce, topped with foie gras or lobster. Topped with a parmesan wafer and two slices of the famous Cavaillon melon.

353 avenue de Verdun - 84300 Cavaillon - T. 33 (0)4 90 71 32 43

www.restaurant-prevot.com - contact@restaurant-prevot.com

Near Carpentras, an educational farm, specialised in the production of melons (both current and heirloom), can be visited. Also, there are cooking workshops, melon sculpture classes and farm food tastings where you can taste melons, tarts, sorbets, etc. (by reservation).

Rose et Claude Combe - Domaine de l'oiselet – 84260 Sarrians

T. / F. 33 (0)4 90 65 57 57 - www.oiselet.com – ferme.oiselet@gmail.com



Prévôt© Valérie Biset - ADT 84



Phébus©Alain Hocquel - ADT 84

Local Produce

Celebrating melon

14th melon Festival in Caderousse – 2 & 3 July 2016
Town hall - T. 33 (0)4 90 51 90 69

Melon Féria in Cavaillon – 9 & 10 July 2016
Tourist Office - T. 33 (0)4 90 71 32 01 – www.luberoncoeurdeprovence.com

Biodiversity Festival in Sarrians – 6 & 7 August 2016 (1st week-end of August)
Domaine de l'oiselet - T. 33 (0)4 90 65 57 57 – www.oiselet.com

Melon Festival in Pernes les Fontaines – 14 July 2016
Information - T. 33 (0)4 90 61 45 18 / 33 (0)4 90 61 31 04

The Brotherhood

Confrérie de la Maintenance des Traditions Provençales, du Melon de Cavaillon et des Produits du Terroir
Grand Maître, M. Louis Grégoire - T. 33 (0)4 90 71 73 02

Tips from a cavaillon housewife

To select a good melon, first trust your nose. A ripe melon should exude a light fragrance. Then, it should be heavy. If it slightly cracked at the stem end, this is a good sign of ripeness. If the remaining stem is ready to break off easily, this also indicates ripeness



©Alain Hocquel - ADT 84

Local Produce

Garlic



Aïoli©Valérie Gillet - ADT 84

Garlic growers are concentrated in 14 towns between Orange and Avignon, and the town of Piolenc is the garlic capital.

Two types of garlic are grown – the white, autumn garlic (Messidrome) and the purple, autumn garlic whose skin varies from red to copper tints. Here the varieties are Primor, Sprint and Germidou.

Garlic can be harvested by machine or by hand, and at different times: green, from mid April to late May, depending on the varieties, half-dry, from late May to mid-June, depending on the varieties, dry, for long-keeping, from mid-June to mid-July.

To dry the garlic, the bulbs are left a few days in the field, with the tall stalks pulled over the bulbs of garlic to protect them from the sun. The garlic is then gathered into bunches, and stored in dry, airy rooms.

Direct farm sales

Christophe, Jean-Pierre, & Annie Massonnet, Quartier des Pourqueyras – 84420 Piolenc
T. 33 (0)4 90 29 50 91 – massonnet.christophe@wanadoo.fr

. Edith Bastet, La Lusignane, route de Sérignan – 84420 Piolenc - T. 33 (0)4 90 29 63 11

. Robert Champ, domaine Chanabas, 657 chemin du Cade – 84420 Piolenc - T. 33 (0)4 90 29 63 59

Celebrating garlic

37th Garlic Festival in Piolenc, from 26 to 28 August 2016 (last week-end of August)
Town Hall: T. 33 (0)4 90 29 43 86 – www.mairie-piolenc.fr

The Brotherhood

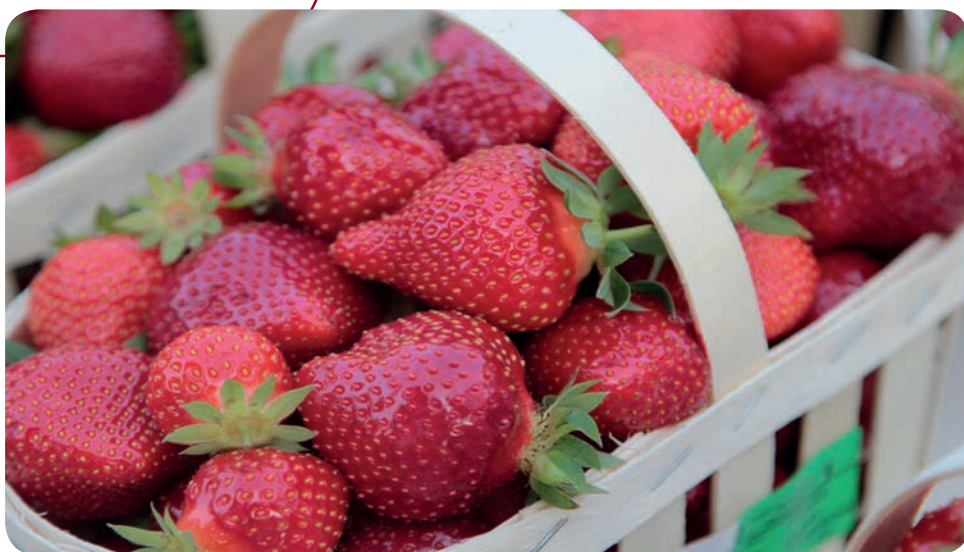
Grand Maître, M. Robert Champ – Domaine Chanabas – 84420 Piolenc
T. 33 (0)4 90 29 63 59 / 33 (0)6 08 89 71 40 – confriedelail@wanadoo.fr

Local Produce

Strawberries

Did you know?

Strawberries are not a fruit!
Strawberries are actually pseudocarps, also known as false fruit or accessory fruit. The true fruits of the strawberry plant are actually the small seeds, or achenes, found on the outer surface



©Alain Hocquel - ADT 84

Strawberry growing developed around Carpentras as early as the late nineteenth century, when it replaced the failing silk and madder-dye industries.

By 1960, Provence, led by the Vaucluse, represented 25% of France's production. Today, the Vaucluse is the 3rd leading Department for its production. Comtadine's annual production is around 3,000 tonnes (2014 average).

The «Carpentras strawberry» has been a registered brand since 1987. The four varieties of the Carpentras brand - serving the finest tables around - are the Pajaro, Agatha, and Ciflorette (perfect in pastries) plus the Garriguette, which has the loveliest aroma of all.

The techniques used today and the creation of new varieties allow the strawberry to be available on the retail market as early as March and stay until June, whilst still retaining its great taste.

Its cultivation follows a very precise calendar. In July, the plants are taken out of the refrigerators. Planted in plastic, they will not be exposed to the sun until the first frost. It is «dormant». Then in January, it all starts again; the leaves are cut to have a quicker regrowth and covers are installed to protect it from the cold. Bees are put to work as soon as the first blooms are seen. It takes a month for a strawberry to be created from the flower. It must be picked at the right time, because within 24 hours, the first shades of pink will turn into bright red.

Local Produce

Several growers



Noélie Combel, la Grange di Blound at Modène
T. 33 (0)4 90 62 59 84 / 33 (0)4 90 62 51 84 – lagrangediblound@orange.fr
4th generation of farmers, using sustainable growing.



Mr Ghislain Jean, La Ferme de Nogaret at Montoux
T. 33 (0)4 90 66 27 43



Mr Pierre Charasse, 1517 chemin d'Embanay at Carpentras (from April to June)
T. 33 (0)6 30 84 70 84

Master jam makers

Maison Octave

Quartier Fournigons – 84400 Gargas

T. 33 (0)4 90 04 61 21

www.confitures-octave.fr - contact@confitures-octave.fr

Old-fashioned jams made in big copper pots, expertise and savoir-faire which have earned Christophe Fernandez the award of “Meilleur Confiturier de France for the year 2000”. Maison Octave offers quality products and a brand new organic range, all made from fresh local fruit and following old family recipes.

Confiturerie La Roumanière

Place de l'Eglise - 84440 Robion

T. 33 (0)4 90 76 41 40

www.laroumaniere.com - confitures.roumaniere@wanadoo.fr

A sheltered work centre producing excellent artisan jams made with seasonal fruit.

La Ruchofruit – Christophe GEORGE

210, Combe de Canaud – 84410 Flassan

T. 33 (0)4 90 70 24 33 / 33 (0)6 08 21 29 52

www.ruchofruit.fr – contact@ruchofruit.fr

At the base of Mont Ventoux, this small artisan jam-making firm makes a range of sweet, savoury and vinegar-based products using fresh fruits and vegetables that they produce by hand: figs, apricots, cherry, quince, citre, tapenade, eggplant caviar, confit tomatoes, confit onions, fig chutney...

Celebrating strawberry

Strawberry Festival in Carpentras – 9 April 2016

T. 33 (0)4 90 60 84 16

Strawberry Festival in Velleron - 8 May 2016

T. 33 (0)4 90 20 00 71 - contact@velleron.fr

Brotherhood

Confrérie de la fraise de Carpentras et du Comtat Venaissin

Grand Maître, Mme Annick Durand - T. 33 (0)6 13 86 23 91

www.confrerie-fraisedecarpentras.fr - fraisedecarpentras@orange.fr

Local Produce

Cherries from Monts de Venasque

Did you know?

The stem of the cherry (or peduncle) is the best indicator of its freshness—if it is green and stiff, it is the sign that the fruit was recently picked—if it is wilted and brown, do not choose it.



©Alain Hocquel - ADT 84

With nearly 2,470 hectares of cherry trees, and an annual harvest of approximately 17,545 tonnes (2014), Vaucluse is right at the top of French production.

Nearly 45% of the cherry crop goes to the candied fruit industry. The rest is gobbled up, fresh and juicy. Cherry orchards are most often planted on slightly sloping fields, at the base of Mont Ventoux, in the Nesque river valley, the Venasque hills and in the Luberon, primarily in the Calavon river valley.

Cherries are harvested from mid-May to early July.

The Monts de Venasque cherry, the top of the line in French cherries.

From mid-May to mid-July, the different varieties of cherries grown in the foothills of the Monts de Venasque delight all of their purchasers. With its juicy flavour, sweet and crisp, its large size, and its crimson gloss with one of a kind intensity, the Cherries of Monts de Venasque was **the first brand** of high-calibre French cherries. It is noted for its flesh-like appearance and exceptional gustatory and olfactory qualities.

This so-called «red diamond» comes in several varieties, which allows it to remain for sale on the shelves for several weeks. The varieties include: the Burlat, the first one ready in the season, followed by the Summit, fleshy and heart-shaped, and the Van Belge from the Monts de Venasque, which ends the season in early July.

With a set of strict requirements and systematic batch inspections, producers sell 2,000 tonnes per year of the «red diamond of Provence» in several sizes: Chérise, Monts de Venasque. The Monts de Venasque cherry well suits consumer trends that favour the consumption of large sized cherries.

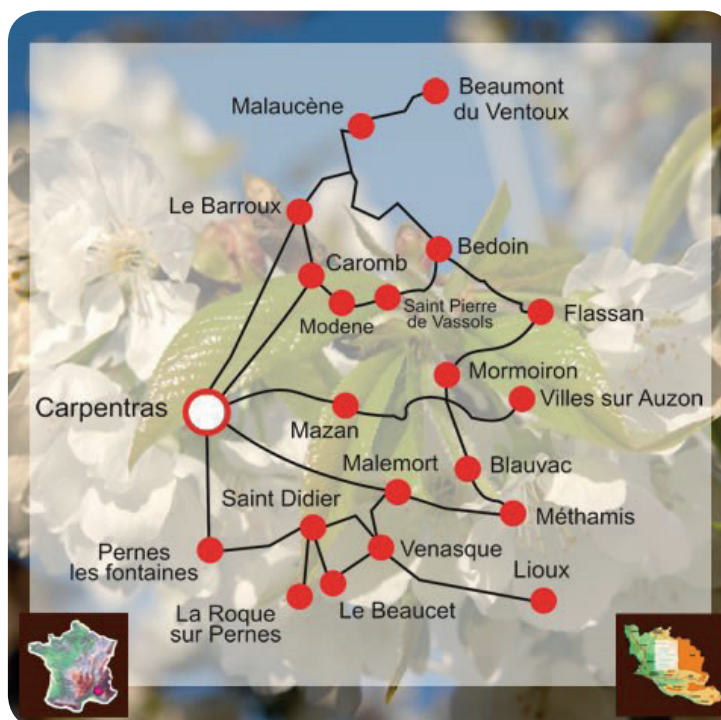
Local Produce

On the Cherry Road of the Monts de Venasque.

There are a total of 110 farmers, spread out over 21 villages, who operate 300 hectares of orchards and market cherries mainly through a growers' association.

Special road signs indicate the villages of the region.

- Beaumont du Ventoux
- Malaucène
- Le Barroux
- Caromb
- Saint Pierre de Vassols
- Modène
- Bedoin
- Flassan
- Mormoiron
- Carpentras
- Mazan
- Villes sur Auzon
- Blauvac
- Malemort
- Saint Didier
- Méthamis
- Pernes les Fontaines
- Venasque
- Lioux
- Le Beaucet
- La Roque sur Pernes



Brotherhood and Association

- Groupement des Producteurs de Cerises des Monts de Venasque
Press contact: Claudine Ayme - T. 33 (0)6 09 84 64 62 - contact@claudine-ayme.fr

- Confrérie de la Cerise des Monts de Venasque
Grand Maître, M. Marcel Frossard – Marché Gare - 84200 Carpentras
T. 33 (0)4 90 67 37 46 / 33 (0)6 89 56 58 87
ccmdv84@wanadoo.fr – www.cerise-venasque.com

Celebrating cherries

10th Cherry and Local Produce Festival in Venasque - 5th June 2016
Town Hall: T. 33 (0)4 90 66 02 93

Cherry Festival in Caseneuve - 5th June 2016
Town Hall: T. 33 (0)4 90 75 20 01
Apt Tourist Office: T. 33 (0)4 90 74 03 18

Local Produce

Muscat grape from Ventoux



©Alain Hocquel - ADT 84

Though of course you know that the vineyards in Vaucluse are famous for the wines they produce, did you also know that table grapes too are justly famous in their own right? Today, Vaucluse produces more than 50 % of the entire French production of table grapes, and is the number one French grower, with over 32,000 tonnes grown in Vaucluse. Among the many varieties, the most prestigious table grape produced in Vaucluse is the outstanding “Muscat du Ventoux”, with its delicate, captivating flavour.

The rigorous work done by the grape growers was rewarded in 1997 with the bestowing of the AOC Muscat du Ventoux label, a distinction further reinforced by the European Union in 1999, when they awarded an AOP (Protected Origins Appellation) label.

Production of the AOC Muscat du Ventoux is concentrated on the slopes of Mont Ventoux and the Calavon river valley. Fifty-six villages are part of the Appellation area which covers 1200 hectares and 250 producers.

The natural sweet Muscat du Ventoux is made solely from the grape variety known as Muscat de Hamburg. The grapes ripen from late August to early October. The grape clusters are delicately cut with shears and gently packed on trays in the field, so as to preserve the bloom that covers the grapes and is part of their quality.

Syndicat de défense des raisins de table du Mont Ventoux

René Reynard, Président

8, route de Blauvac – 84380 Mazan

T. 33 (0)4 90 69 77 41

www.aoc-muscat-du-ventoux.com – infos@aoc-muscat-du-ventoux.com

Celebrating Muscat grape

Muscat grape Festival in Villes sur Auzon - Sunday 18 September 2016

T. 33 (4) 90 40 49 82

point-infos@villes-sur-auzon.fr

Local Produce

Black fig from Caromb



©Alain Hocquel - ADT 84

The Long Black Fig of Caromb, also known as Douqueira Negra or Perroquine, is a variety of large elongated fig that is very sweet with a potent delicious flavor.

It has fine skin of a lovely deep violet-blue and rosy-red flesh. Juicy and tasty, it holds up well and has remarkable qualities in terms of preservation.

The Long Black Fig of Caromb is generous and can be harvested twice a year, first in early July, then again around 20 August.

In the South, production of long black figs of Caromb amounts to some 100 metric tons of fruit. Just in Vaucluse, this production capacity should double very soon to reach 40 metric tons, thereby propelling the Vaucluse to 3rd place for fig production in France.

The Figuerie du Paty

This fig growing conservatory called the Figuerie du Paty (named after Paty Lake, a water reservoir that is used for watering and supplying the wheat mills of the village) was established in 2010 by the Brotherhood of the Long Black Fig of Caromb with the support of the village.

Its goal is first of all an educational one. It also seeks to promote, develop, and work with this ancient crop. Of 49 fig trees planted today, there are 45 different varieties.

In particular, we learn here that some trees can be harvested once per year and others can be harvested twice per year. The site is open to everyone with a picnic area for walkers who want to sit down for a bit and take in the smell of fig trees warmed by the sun, which is an unrivalled Provençal scent!

Free access.

Celebrating figs

Black Fig Festival in Caromb - 10 July 2016

Brotherhood

Confrérie de la Figue Longue Noire de Caromb

Grand Maître, M. Alain Jabouin - T. 33 (0)6 12 93 08 54 - ajabouin@wanadoo.fr

Isabelle Chazelle – T. 33 (0)6 80 75 21 18 – isabelle.chazelle@aliceadsl.fr

www.confreriefigue-caromb.com - confreriefigue.caromb@orange.fr

Local Produce

Aromatic Herbs



© Hollebecq Etienne

Did you know?

In the past, aromatic herbs were strewn along the path the royal coach was to take. It was thought that dried thyme and rosemary protected the monarch from the plague or other illnesses

The appellation “Herbes de Provence” has unfortunately often been overused, and the blends and origins of the herbs themselves could be highly varied. Now, there is a “Label Rouge”, in existence since late 2003, which governs the label “Herbes de Provence” and guarantees top quality in the blend, without necessarily guaranteeing origin. The Label Rouge blend consists of 19% thyme, 26% rosemary, 26% sarriette, 26% oregano and 3% basil. The choice of plants, strict production methods and the drying process ensure top quality.

Thyme with its strong scent fills the scrubland. It’s picked all year round except in summer. However, its early blooms have the most refined flavour.

Savory grows in the wild. It is a powerful seasoning, much like salt, that is especially used to bring out the flavours of foods. It gives goat cheese a very particular flavour.

Whether is grown on a farm or in the wild, rosemary has a very strong scent and should be used sparingly.

Oregano, with downy leaves, grows in the scrubland amongst the dry stones. It is also called marjoram. It pairs well with Provençal-style tomatoes but also with pizza.

Basil is the pesto of the South of France. Many varieties are grown with both small and large leaves. It does not grow here in the wild because it cannot survive in winter weather. It can be sprinkled on salads and always should always be consumed raw as it loses its scent if cooked.

While most herbs are found in the wild, organised farming, especially for thyme and basil, makes up an important part of the market.

Marketed in different forms, such as: dry, fresh, frozen, or in the form of essential oils, they are used in gastronomy by different agri-food sectors, including: the cheese industry, in cooked dishes, and in charcuterie. Ducros Mc Kormick and Gyma, which are large distributors of plants for the agri-food industry, are located in the Vaucluse.

Local Produce

Aromatic plant farms and distilleries



GAEC Champelle – Popée Family - Route du Ventoux – 84390 Sault
T. 33 (0)4 90 64 01 50 / 33 (0)6 82 53 95 34
www.lavande-champelle.fr – contact@gaec-champelle.fr



La Ferme aux basilics - Mme Catherine Pisani – La Decane – Quartier Pont Julien
84220 Roussillon - T. 33 (0)6 71 04 22 38 – www.lafermeauxbasilics.com
Discover nearly thirty varieties of natural basil growing in the fields. Soupe au Pistou (vegetable and pistou soup), small workshops to explore cooking with basil in July and August (by reservation).

Earl Christine & Lionel Fra – Les Grangions – 84400 Lagarde d’Apt
T. 33 (0)4 90 75 00 16 / 33 (0)6 61 80 25 23 – www.famillefralavandebio.com
AOC fine essential oil of lavender. Organic farming.

La Ferme de Gerbaud – Mme Paula Marty - Campagne Gerbaud - 84160 Lourmarin
T. 04 90 68 11 83 / 06 72 76 27 19 www.plantes-aromatiques-provence.com – paula.gerbaud@orange.fr
At the heart of 25 hectares of land, the Gerbaud farm is noted for the cultivation of herbs.

GAEC Aroma’plantes

Régine & Guillaume Liardet – La Parente – Route du Mont Ventoux - 84390 Sault
T. 33 (0)4 90 64 14 73 / 33 (0)6 08 95 20 28 – www.distillerie-aromaplantes.com – contact@aromaplantes.com
Family organic farm and distillery for: lavender, lavandin and twenty other herbs and medicinal plants. Explore it by visiting the «plant library», two walking paths, a rotating exposition gallery, two «Lavander» tour outings (in season), a gift shop and an Herb bar, where you can get a taste of the herbs, and since 2015 a Lavandoscope!
Free guided visits of the distillery.

With an herbs base

Origan du Comtat is a liqueur made from a base of 60 herbs. Its formula has stayed secret, but, we do know that it has elements of sage, lemon balm, angelica, juniper, verbena, serpolet, thyme, génépi and oregano. This local liqueur fills the centre of «Papalines» from Avignon, which are delicious chocolate «chardons».

Distillerie Auguste Blachère
Route d’Avignon - 84230 Châteauneuf du Pape - T. 33 (0)4 90 83 53 81
www.distillerie-a-blachere.com – magasin@distillerie-a-blachere.com

Le Potager d’un Curieux – Jean-Luc Danneyrolles
La Molière - 84400 Saignon
T. 33 (0)6 87 25 40 74 – lepotager@wanadoo.fr

A Conservatory of heirloom vegetables and rare plants, grown by an heirloom vegetables and plants enthusiast, and seed producer for more than thirty years.

Association Brouillon de Culture:
T. 33 (0)4 90 74 14 95 - www.lepotagerduncurieux.org
info@lepotagerduncurieux.org



©Valérie Gillet - ADT84

Local Produce

Saffron

It was with the arrival of the Popes in the 14th century that saffron (*Crocus sativus*) was introduced to the Vaucluse and grown intensively at the foot of Mont Ventoux. In the following centuries, the Vaucluse became the main producer in France, with over 160 “safraniers” (saffron growers) in Carpentras in the 17th century. The delicate farming of this precious spice disappeared in the course of the 19th century, only to be reinstated today thanks to seven producers.



Safran des Papes ©Alain Hocquel - ADT 84

Saffron producers

L'Aube Safran au Barroux

In the Dentelles de Montmirail mountains, *Marie and François Pillet* reintroduced saffron farming over 15 years ago. They created a charming garden that surrounds their stunning inn. 1,000 sqm of culture.

A stay at the Aube Safran inn

Table d'hôtes and theme weekends.

L'Aube Safran ****

450 chemin du Patifiage - 84330 Le Barroux

T. 33 (0)4 62 66 91 / 33 (0)6 12 17 96 94

www.aube-safran.com

Safran d'Ici... de la vigne au safran - Hervé Couston

Organically grown, sold at the Richerenches market in the winter (Saturdays from November to March) and at the farmers' market the rest of the year.

280, chemin du Moulin à Vent – 84820 Visan

T. 33 (0)4 90 41 94 23 / 33 (0)6 17 94 76 73

herve.couston@aliceadsl.fr

Safran du Terroir - Pierre Liagre

Small farm that was started in 2011. Visit upon request from 15th October to 10th November

25, impasse du Planet – 84260 Sarrians

T. 33 (4) 90 46 53 04 / 33 (0)6 17 88 48 48

www.safran-du-terroir.com – contact@safran-du-terroir.com

Safran Soleil de Pernes - Evelyne & Denis Comes

Operation of a 2,000 sqm farm. Production of honeys, gingerbreads, fine salts, etc.

371, chemin de Peyrotte – 84210 Pernes les Fontaines

T. 33 (0)4 90 66 50 04 / 33 (0)6 64 47 38 37

<http://safran-soleildepernes.com> - safran-soleildepernes@orange.fr

Local Produce

L'Or Rouge des 3 Rivières - Pascal Arvicus

Saffron production reached its full scale in 2010. Exceptional quality saffron production, which is classified as «First class» according to the ISO 3632 standard. During the harvest (in October), come visit the saffron fields to learn about this spice.

Le Jas Nègre, 587, route de Malaucène – 84340 Entrechaux

T. 33 (0)6 15 81 21 01

www.or3r.fr – contacts@or3r.fr

Le Mas de Gouredon - Isabelle & Lionel Chazelle

Organic farming of: cherries, grapes, muscat grapes, apricots, Caromb black figs, olives, saffron.

1613, route de Beaumes de Venise - 84330 Caromb

T. 33 (0)6 80 75 21 18

www.lemasdegouredon.com – contact@lemasdegouredon.com

L'Oustau Safr'Âne

Laure and Pascal grow their saffron naturally and without any chemical fertilisers or pesticides. Jam and jelly can be enjoyed on-site.

In addition to breeding donkeys and producing soap, they offer a range of dermatological products based on donkey milk and saffron.

Tours on-site at the farm and sales in farmers' markets (in season). On-site B&B

970, chemin de la Ribière – 84170 Monteux

T. 33 (0)6 71 45 02 21 / 33 (0)6 83 46 35 41

www.oustau-safr-ane.com – contact@oustau-safr-ane.com

Saffron in beauty products

Kesari® is an organic cosmetics brand created by Quatressences that uses a local saffron flower in its range of anti-ageing face care creams: delicate care with remarkable effectiveness!

Quatressences - Avignon

T. 33 (0)9 83 98 88 47 / 33 (0)6 84 11 97 82

nfo@quatressences.com - www.quatressences.com



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©Valérie Gillet - ADT 84

Know-how and traditions

Honey



©Valérie Gillet - ADT 84

Did you know?

A hive hosts between 20,000 and 70,000 bees depending on the season. Each one takes care of tasks for the hive using instincts that she has had since her birth and that she will perform based on her age. First, she will be a cleaner, then a nurse, next she will be a wax-maker and a fan before being allowed to leave the hive and to be a forager, which is the role she will have until the end of her life.

The bees move with the changing flowers of the seasons, and each area contributes shades of taste. While the cicadas sing away, the bees are working. In March-April, honey comes from rosemary and thyme. In May, you find “all- flower” honey. In July and August beekeepers are busy harvesting the subtly flavored lavender honey, with its unequaled taste. Lavender honey is truly one of the best symbols of Provence. After the transhumance, you find acacia flower honey, oak honey, or mountain honey.

The Vaucluse has about 550 bee-keepers today and about 25,000 total hives. But dry weather in recent years has reduced blooming time and the quantity of pollen, which places the production at risk.

Good to know:

Lavender honey, highly prized for its pronounced flavour and aroma, is a beautiful golden yellow colour when produced from lavender and a more clear shade when from lavandin.

«Honey of Provence» has been IGP labelled since 2005.

Honey Makers

Jean Silvain - 36, rue de l'Église - 84570 Malemort du Comtat

T. 33 (0)6 03 58 83 43 - jean.silvain@sfr.fr

Jean is also the President of the Vaucluse Union of Beekeepers

<https://syndicat-apiculture-vaucluse.com>

Le Mas des Abeilles - Col du Pointu – 84480 Bonnieux

T. 33 (0)4 90 74 29 55

contact@masdesabeilles.com – www.masdesabeilles.com – www.mustbee.fr

Aux Ruchers de l'Enclave - 3, Rue du Chemin de Fer - 84600 Valréas

T. 33 (0)4 90 35 26 04 - www.ruchers-enclave.fr- ruchenclave@wanadoo.fr

Stéphane et Julie Negrin - Quartier les Croix - 84480 Bonnieux

T. 33 (0)4 90 74 06 84 / 06 30 35 80 77 / 06 42 20 03 39 – negrin.daniele@orange.fr

Know-how and traditions

Miellerie des Butineuses – 189, rue de la Source - 84450 Saint-Saturnin les Avignon

T. 33 (0)4 90 22 47 52

www.miellerie.fr - contact@miellerie.fr

La Miellerie du Grand Luberon – Route de Lourmarin – 84160 Cucuron

T. 33 (0)4 90 77 29 70 / 33 (0)6 51 97 89 50

florencerumeau@free.fr

Organic honey, and also nougat, gingerbread, and honey thyme syrup.

Celebrating Honey

Honey Festival in Goult – 24th July 2016

T. 33 (0)4 90 72 38 58

Gourmet & Honey Market in Pernes les Fontaines - 25th September 2016

T. 33 (0)4 90 61 45 12



Apiculteur©Nadine Tardieu - ADT 84

Know-how and traditions

Cristallized fruits



Cristallized fruit©Alain Hocquel - ADT 84

Did you know?

Madame de Sévigné loved crystallized fruits. In a letter to her daughter, she compared the city of Apt to “a cauldron of jam”.

Apt, land of orchards, has earned the title of «Capital of crystallized fruit» because of its traditional know-how. The secrets of candymaking are written on the sides of copper kettles in which generations of candymakers have perpetuated the tradition. The arrival of the Popes in Avignon attracted a multitude of artisans from all over, including some highly skilled confectioners, and candied fruits became well known in the city of Apt from that moment on. In 1868, the Englishman Matthew Wood discovered this speciality of Apt and promoted exporting it to the British market. In the nineteenth century also, the great candymakers of Apt became well known, such as: Jaumard, Rambaud, Marliagues, then Barrielle, Bardouin, Reboulin, Piton, Gay, Vial, Blanc, etc. Napoleon cherries, apricots, figs, Bianchetti pears, candied plums, the reputation has been a lasting one; the master confectioners of Apt are still continuing today with their centuries-old art of candied fruit.

Cristallized fruit making is an art which requires special skills, patience and care. The fruits are selected from among the most flawless the orchard has to offer. First they are blanched, then they are plunged into a sulfur bath and in boiling sugar. At this step, they undergo 7 successive steps in boiling syrup, to gradually replace the fruit’s water with sugar. Apricots, figs, greengage plums, tangerines, melons, bigarreaux cherries, pears...

These delightful sweets earned Apt the title of one of the 100 “Remarkable Good Taste Sites” .

Master confiseurs

Confiserie Artisanale St Denis – ZA le Plan des Amandiers
RN 900 - 84220 Les Beaumettes
T. 33 (0)4 90 72 37 92
confiseriesaintdenis@wanadoo.fr

Confiserie Le Coulon - M. Ceccon
60, Quai de la Liberté - 84400 Apt
T. / F 33 (0)4 90 74 21 90
Workshop T. 33 (0)4 90 74 10 68

Confiserie Marcel Richaud
112, Quai de la Liberté – 84400 Apt
T. 33 (0)4 90 74 43 50
Workshop T. 33 (0)4 90 74 13 56
confiserie-marcel-richaud@wanadoo.fr



Cristallized fruit©Alain Hocquel - ADT 84

Know-how and traditions

Confiserie Artisanale Clavel
Place Aristide Briand - 84200 Carpentras
T. 33 (0)4 90 29 70 39
www.clavel-confiserie.com
confiseriedecarpentras@orange.fr

Jouvaud Pâtisserie
40, rue Evêché – 84200 Carpentras
T. 33 (0)4 90 63 15 38
www.patisserie-jouvaud.com
contact@patisserie-jouvaud.com



Cristallized fruit©Alain Hocquel - ADT 84

Outlet Shops:

Ets Marliagues
789 avenue de Roumanille (Route de Gargas)
ZI les Bourguignons - 84400 Apt
T. 33 (0)4 90 74 15 30
leopold.marliagues@wanadoo.fr

Aptunion
Quartier Salignan – RD 900 - 84400 Apt
T. 33 (0)4 90 76 31 31
Shop & Guided Tour T. 33 (0)4 90 76 46 66
www.apunion.com – contact@apunion.com

Candied fruit cake:

- Le Galapian
Made from candied yellow melon, almonds, candied cherries and angelica.
Pâtisserie Alain et Valérie Bouchard
34, rue des Marchands - 84400 Apt
T. 33 (0)4 90 04 84 71
passion.chocolat@wanadoo.fr

- La Christine
Chopped candied fruit and a little almond cream cooked in brioche topped with royal icing and pine nuts.
Pâtisserie Jouvaud (contact information above)



Know-how and traditions

Carpentras Berlingot sweets



©Alain Hocquel - ADT 84

The Berlingot is a tiny sweet in the shape of a cube, or dice. Its name is said to come from the game of jacks, or “osselets” which was called berlingaù in Provençal. A lovely legend attributes the origins of this candy to the pastry maker for Pope Clement V (Bertrand de Got). At any rate, a more recent origin is also known, that of a pastry chef/candy maker born in Carpentras in the 1800’s. He thought up the idea of using the left-over syrup from his candied fruits to make a candy. In 1962, there were 5 companies making the Berlingot in Carpentras. Today, there remains only one.

The Berlingot is actually a caramel, in that it is cooked sugar. It is a hard, translucent candy that is colored and striped with white.

Berlingots are entirely made by hand. The syrup is blended with the sugar and is heated to 150oC. The resulting paste is poured onto an oiled marble slab, flavored and colored. The roll of candy paste is then folded with a thin ribbon of white sugar. The paste is hung from a hook and pulled, stretched and re-folded so that the white sugar ribbon runs all through it. It is then rolled into strips, and cut into its traditional shape with the “Berlingotière”, a machine which was invented in the late 19th century to imitate the cut made with scissors.

Master confiseurs

Confiserie du Mont Ventoux
1184, avenue D. Eisenhower - 84200 Carpentras
T. 33 (0)4 90 63 05 25
www.berlingots.net
confisieriemontventoux@wanadoo.fr

Confiserie de Carpentras - M. Serge Clavel
Workshop: 1013, av. des Marchés - T. 33 (0)4 90 67 31 30
Shop: Confiserie Clavel, Place Aristide Briand
84200 Carpentras
T. 33 (0)4 90 29 70 39
confisieriedecarpentras@orange.fr

Good to know:

Discover how the famous hard candy – the berlingot de Carpentras – is made by traditional craftsmen. Explore the steps, the many scents – anise, mint, strawberry... with the Tourist Office of Carpentras Wednesdays (by registration).

T. 33 (0)4 90 63 00 78 – www.carpentras-ventoux.com.



©Valérie Biset - ADT 84

Know-how and traditions

Nougat



©Alain Hocquel - ADT 84

Did you know?

White nougat and black nougat are amongst the 13 desserts of the Provençal Christmas table that are accompanied by pastries like pompe à l'huile, cookies like mendiants (hazelnuts, almonds, raisins and nuts), grapes, plums, figs and apples, winter pears and tangerines. It is not uncommon to have more than 13 since fruit sweets and quince paste are so often also featured!

When the nougat is white, it is soft, chewy and unctuous. Dark nougat is lightly caramelized, and crunchy. Purists argue that the best nougat is dark nougat. Whether hard or soft, nougat is made from honey and unroasted almonds, and the flavor of its ingredients shines through.

White nougat is less harsh for your teeth. Egg whites are added to the honey that is then emulsified for three hours in a water bath, whilst simultaneously but separately, the sugar is caramelised in a copper kettle. The two mixtures are then blended together and roasted almonds are added.

Moulding and cutting is done in the same way for the two nougats—the paste is moulded in moulds that are lined with wafer paper. After cooling and unmoulding, it is then cut to the desired shape, such as a bar or a block.

Nougat Makers

The “**Maison Boyer**” in Sault figures in the Guinness Book des records for having made the longest bar of nougat (180 kg and 12.45 meters long) and the biggest bag of nougat pieces, which held no less than 40,000 domino shaped pieces of nougat! It was in 1987, for its 100th anniversary!

Visit of the workshop, slide show.

Maison Boyer

Le Vrai Nougat de Sault – 84390 Sault en Provence

T. 33 (0)4 90 64 00 23

www.nougat-boyer.fr – infos@nougat-boyer.fr

Pierre et Philippe Silvain - Paysans Nougatiers

These nougat makers make their nougat from ingredients which they grow and produce themselves. The almonds are grown on their farm, and their 100 beehives between Mont Ventoux and Luberon are the source of their honey. They also make a delicious product called “Nougatettes”.

Visit of the workshop, slide show, and tastings.

Pierre et Philippe Silvain

288, route de Venasque - 84210 Saint Didier

T. 33 (0)4 90 66 09 57

www.nougat-silvain-freres.fr - infos@nougat-silvain-freres



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Know-how and traditions

Goat cheese



©Valérie Gillet - ADT 84



For a very long time goat herders have been master goat cheese makers.

Here there is no cooperative collecting the milk, but rather small producers specialised in goat farming who make their own cheese at the farm, which gives us wonderful «farm-style goat cheese».

The Vaucluse has about forty of them from a herd of 3,500 goats that help to perpetuate the good taste of simple things. Goats graze in the meadows and hills of Luberon, Pays de Sault, Comtat and Haut Vaucluse.

When they are returned to the flock both feed and local grains make up their diet.

Cheese production is seasonal and typically extends from March to December. After this, the goats are given time to rest. In the middle of winter there are no more fresh cheeses. But there are cheeses that are firmer and already ripened. The farmhouse cheeses are sold at the farms or in the markets, and sometimes at smaller shops.

Le Banon, which received the A.O.C. in 2003 and AOP in 2009, is produced in the centre of Giono Country, on the plateau of St Christol between the Vaucluse and Alpes de Haute Provence. Fourteen Vaucluse communities are part of this AOC (Aurel, Auribeau, Buoux, Castellet, Gignac, Lagarde d'Apt, Monieux, Saignon, Saint Christol, Saint Martin de Castillon, Saint Trinit, Sault, Sivergues and Viens) Its smoothness is without equal. It is made from raw whole goat's milk and is made by curdling it and allowing it to set quickly. It is wrapped in the leaves of red chestnut, which are rot-resistant, and is strapped in with a cross of raffia. It needs time to ripen. After ageing, it is soaked in marc, eau de vie or vinegar water, then aged again and dressed.

Le Picodon, designated as AOC in 1983 with the name Picodon of the Drôme or the Ardèche, has been known since 2000 as Picodon. Outside of these Departments, it is also produced in seven cities in the Gard, and four ones that make up the Papal Enclave (Grillon, Richerenches, Valréas and Visan).

At the farm

EARL Lucien Morard - Le Jas – 84480 Buoux
T. 33 (0)4 90 74 10 08 – earl.morard@wanadoo.fr

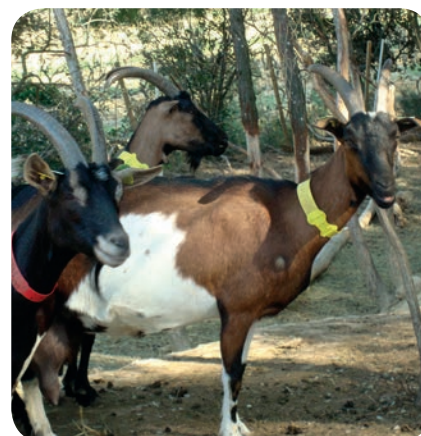
Christine Berger et Bernard Leroy
955, Chemin des Ambrosis – 84330 Le Barroux
T. / F. 04 90 65 26 65 - leroybernard1@free.fr

Know-how and traditions

Gaec La Chèvreufs'ré de Cucuron – Tina Brunetto
 Chemin St Martin - 84160 Cucuron
 T. 33 (0)6 50 99 47 49 – tina.brunetto@orange.fr

Ferme des Marelles – Marie-Hélène et Thierry Enrietto
 967, route de Mazan - 84330 Modène
 T. 33 (0)4 90 36 26 33 / 33 (0)6 09 92 19 75 – thierry.enrietto@orange.fr

Ferme Roudol – Appellation « Picodon » - Organic farming
 Christian Charransol – Chemin des Etangs – 84600 Valréas
 T. 33 (0)4 90 35 58 25 – christian.charransol@wanadoo.fr



In shops

There are naturally many cheese shops, but these ones are exceptional.

La Fromagerie du Comtat - Claudine Vigier
 « Maître Fromager de la Guide des Fromagers » (Master Cheese Maker)
 23, place de la Mairie - 84200 Carpentras.
 T. 33 (0)4 90 60 00 17
<https://www.facebook.com/fromagerieducomtat.vigier>
 claudine.vigier@orange.fr

Lou Canesteou – Josiane et Christian Déal
 10 rue Raspail - 84110 Vaison la Romaine
 T. 04 90 36 31 30
www.loucanesteou.fr - loucanesteou@free.fr



Good to know:

Farmers goat cheeses are produced from a single and unique milk and made on the farm, whilst non-farmers cheeses are from a mixture of milks collected from different farms.



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Know-how and traditions

The Luberon bread



©Alain Hocquel - ADT 84

The rebirth of an ancient wheat.

In 1985, the technicians working with the Luberon Regional Natural Park discovered seeds for the wheat known as the «blé meunier d’Apt» in the barn of a retired farmer in the village of Buoux. Miller wheat from Apt, also called “touselles blanche de Pertuis”, used to be grown in the Apt basin, in the Luberon and in Haute Provence.

The older generation retains strong memories of the quality of the bakery goods and breads made with this wheat. The special label «Pain du Luberon» is now a registered trademark. This is a very healthy bread that gluten-intolerant persons can eat. It is currently made by bakers who are members of the quality charter.

Unleavened breads have a Laborie patch, which is the emblem of the Park, and a label. A flyer and a sticker placed on shop windows indicate the bakery partners.

Information Parc Naturel Régional du Luberon
60 place Jean Jaurès – BP 122 - 84404 Apt Cedex
T. 33 (0)4 90 04 42 00 - www.parcduluberon.fr

Where is Luberon bread found in the Vaucluse?

- La Croisée des Pains – Jérôme Roynard
Place de la Bouquerie – 84400 Apt
T. 33 (0)4 90 74 20 52
- Au Pierrot d’Antan – Benjamin Jouval
Quartier Farinette – 84400 Rustrel
T. 33 (0)4 90 04 95 45
- Boulangerie Laurent Chaisse
111, Rue Saint Pierre – 84400 Apt
T. 33 (0)4 90 04 88 83
laurentchaisse@wanadoo.fr
- Epicerie Bio Le Sarment
225 avenue Charles Delaye – 84300 Cavaillon
T. 33 (0)4 90 71 82 62
royer.sarment@orange.fr

Commercial bakery

- Le Fournil des Grès – Frédéric Genin
764, chemin de Moricelly – 84300 Cavaillon
T. 33 (0)4 90 71 29 92
geninfred@gmail.com
Distribution to organic grocery stores



©Moulet Lionel - Coll. Logis84



©Alain Hocquel - ADT 84

Know-how and traditions

Wines

New in Avignon: The Carré du Palais, a showcase for the wines of the Rhône Valley

Avignon, Capital of the Côtes du Rhône, needed a prestigious venue to show off the wines of the Rhone Valley to best advantage. Now it has one: the magnificent 18th-century mansion of Calvet de la Palun, one of the last mansions built in papal Avignon and former Banque de France, began its metamorphosis in 2014 to provide for 2017 a new exceptional location: the Carré du Palais.

A wine school, wine tourism venue, Rhone wine bar, gourmet restaurant with renowned chef, luxurious suites and upscale boutiques find their home here between Place de l'Horloge and the Palais des Papes.

Inter-Rhône

Press Department: T. +33(0)4 90 27 24 16 - press@inter-rhone.com - www.carredupalaisavignon.com

Did you know that...

Baron Pierre Leroy de Boiseaumarié, a native of Châteauneuf-du-Pape, is the father of the "Appellation d'Origine Contrôlée" (15th May 1936), the Controlled Origin Designation which now rules French wines, and which has since been extended to many other local produce, including throughout Europe under the AOP, IGP, etc system.

When the Greeks landed on our shores, they brought with them grapevines that were native to Greece.

The Romans conquered the country and made the Rhône the primitive wine route.

The Middle Ages brought the clergy into the vineyards and the Popes to Avignon. Fine connoisseurs and large purchasers developed the vineyards of Comtat and those of Châteauneuf-du-Pape. Then, the Pope's court returned to Rome. Until the eighteenth century, grapevines were grown everywhere by dignitaries of the kingdom who owned sumptuous residences that had large wineries.

In the mid-nineteenth century, the emergence of phylloxera, the greatest scourge of the century, destroyed half of France's vineyards in ten years. Vaucluse winemakers replaced their grapevines with truffle oak and cherry trees. Towards the end of the nineteenth century, the vineyards were replanted; gradually the grapevines took hold again.

In 1956, the winter was particularly harsh and reached -17° C in the Vaucluse. Almost all of the olive trees that had been planted in the terraces and hills became frozen and were replaced with grapevines. This natural disaster and favourable economic conditions are why the Vaucluse A.O.C. vineyards have been expanded.

The 3 appellations in Vaucluse: .Côtes du Rhône .Ventoux .Luberon

In Vaucluse, the Côtes du Rhône vineyards are the largest A.O.C. producers.

The appellation sub-divides into regional Côtes du Rhône wines comprised of Côtes du Rhône Villages - Cairanne, Valréas, Roaix, Sablet, Séguret, Visan, Plan de Dieu, Massif d'Uchaux, Pyuméras and Gadagne - and 5 crus, Châteauneuf-du-Pape, Beaufort de Venise (that received the label "Site Remarquable du Goût" in 2006), Vacqueyras, Rasteau and Gigondas. Beaufort-de-Venise and Rasteau has proudly borne the A.O.C. label "Vin Doux Naturel".



©Grilhé - Inter Rhône

Know-how and traditions

The greater part of the Vaucluse vineyards stretch over an area bordered by the towns of Valréas, Bollène, Avignon and the Dentelles de-Montmirail.

The wide variety of soils is one of the keys to the originality of the Côtes du Rhône wines. Here in the Rhone valley there are many different terroirs, with sand, limestone, sandstone, and round river pebbles rubbed smooth by the flowing waters of the Rhône. Red wine accounts for 88% of the production, rosé account for 7%, and white for 5%.

For the red wines, the most widely used varieties are Grenache, Syrah, Mourvèdre and Cinsault.

The calcareous soils in Vaucluse, along with the hot and dry Mediterranean climate are also very conducive to producing the pleasant, smooth wines found in the A.O.C. Ventoux and the A.O.C. Luberon appellations.

The A.O.C. Ventoux appellation, covers 51 towns, from Malaucène to Apt and including Carpentras. Here, red wines account for 60% of the production, rosé s wine for 35% and the remainder in white. (Source: Key statistics of the 2013 Appellation - Inter-Rhône).

Looking now at the A.O.C. Luberon, they cover vineyards growing on land in 36 different towns, all of which are located in the confines of the Luberon Regional Natural Park.

In 2014, the production of rosé wine reached 51% of the total production of AOC Luberon, and white wine 22%.

Cellars and estates

All in all, there are 705 private wine cellars, 35 cooperative wine cellars and 36 wine merchants sharing the Vaucluse territory. 235 cellars are listed in the “Vallée du Rhône, Terroirs d’Accueil” Charter, which guarantees a warm welcome by vintners to their vineyards. 166 are located in the Côtes du Rhône area, 37 in Luberon wine area and 32 in the Ventoux appellation. At Châteauneuf-du-Pape, the appellation controlled by an independent union, 29 estates and merchants are certified by an independent organisation for the quality of their welcome in the context of “Sites Remarquables du Goût” (Outstanding places for taste).

It is not necessary to list all of the wine cellars of the Department; they are far too numerous and all equally inviting. You can find them on our website dedicated to wine traders.

- **Inter Rhône**

Rhône Valley Wines

6, rue des Trois faucons - 84000 Avignon

T. 33 (0)4 90 27 24 00 - www.vins-rhone.com/visiter

- **ODG de l’AOC Luberon**

Boulevard du Rayol – 84160 Lourmarin

T. 33 (0)4 90 07 34 40

vins.luberon@wanadoo.fr – www.vins-luberon.fr

- **ODG de l’AOC Ventoux**

Maison des Vins – 388, avenue Jean Jaurès

84200 Carpentras Cedex

T. 33 (0)4 90 63 36 50

info@aoc-ventoux.com – www.aoc-ventoux.com

- **Fédération des Syndicats**

de Producteurs de Châteauneuf du Pape

12 avenue Pasteur - BP 12 - 84231 Châteauneuf du Pape Cedex

T. 33 (0)4 90 83 72 21

federation@chateauneuf.com - www.chateauneuf.com



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Know-how and traditions



©C. Grilhé-IR

Thirteen roads cross through the various appellations of the Rhône Valley. Six of them go through the vineyards in Vaucluse: around Avignon, the Enclave of the Popes, (Visan, Valréas), from Orange to Vaison la Romaine, and around the Dentelles de Montmirail. The roads take you through many wine villages, such as Gigondas, Beaumes-de-Venise, Vacqueyras or Visan...and bring almost 235 wine-makers together.

Each of these wine routes has been described in a map showing the itinerary and giving indications on what to see, where to sleep, eat, and, of course, the addresses of wine cellars open to the public and the main tourist as-sets. These maps can also be downloaded at

www.rhone-wines.com/en/route

Wine-making Museums

The Wine Museum- Maison Brotte - Châteauneuf du Pape

T. 33 (0)4 90 83 70 07 - www.brotte.com/le-musee

The Wine Museum of the Maison Brotte in Châteauneuf-du-Pape has seen a range of transformations since being founded in 1972. The most recent dates back to spring 2014 and offers, besides a striking set design, a fun and educational insight on the wines of the Rhone Valley, and those of Châteauneuf-du-Pape in particular. The idea was to pre-empt any questions from visitors about the wines of this flagship designation, without becoming daunting. Successfully done! The visit ends on a tasting of the wines.

Free entrance. Open 7 days a week. Audioguides in 6 languages.

The Corkscrew Museum - Ménerbes

T. 33 (0)4 90 72 41 58 - www.museedutirebouchon.com

A vast collection of corkscrews, with over 1200 objects from the 17th c. to the present. Intriguing, funny, even moving at times, by all means, highly original! Open all year round.

The Vintners' Museum - Rasteau

T. 33 (0)4 90 46 11 75 - www.beaurenard.fr

A museum, vinothèque, collection of antique bottles, audio-visual presentation on the Côtes du Rhône wines. Open from April to September.

The Wine and Vine Growing Museum - Ansouis

T./ F. 33 (0)4 90 09 83 33 - www.chateau-turcan.com

The specificity of the Château Turcan winegrowing estate is the presence of a large Museum of Wine and Vine. 3,000 artefacts - some as old as the 16th century - recount the history of wine, from the vine to barrel-making. A new exhibition presents splendid antique glass objects: bottles, carafes and glasses from Venice, the Netherlands and Germany illustrating another aspect of the civilisation of wine, its service and consumption. The highlight of the tour is the breathtaking Carré des Pressoirs, with its display of a dozen antique presses from the end of the Middle Ages to the early 20th century. Open all year round.

Sensory Wine Tour - Cairanne

T. 33 (0)4 90 30 82 05 - www.maisoncamicillecayran.com

This path, an innovative concept, invites you to stroll as you please from one room to another, to watch a movie, read a bit about history, listen to the countryside, open your nose to the organ of aromas, touch the textures of wine... find the details of a drawing, appreciate a recipe, taste a Cairanne!

Open year round, free entrance.

Know-how and traditions

Wine Celebrations (non exhaustiv List)

Les Printemps de Châteauneuf du Pape – 2 & 3 April 2016

Châteauneuf du Pape

This 7th wine fair of Châteauneuf du Pape is a spring event showcasing the most famous cru of the Rhone Valley through more than 80 wine estates.

T. 33 (0)4 90 83 72 21

contact@lesprintempsdechateauneufdupape.fr

www.lesprintempsdechateauneufdupape.fr

Vineyard and Wine Festival – 7 May 2016 in all wine-producing Villages

T. 33 (0)4 90 84 01 67

www.fetedelavigneetduvin.com - fetevvv@aol.com

Fête des Vins in Vacqueyras – 13 & 14 July 2016

In its 44th year, this traditional festival celebrates the wines of Vacqueyras! It's not only the oldest in the area, but also one of the most popular.

T. 33 (0)9 75 24 37 83 - fetedesvins-vacqueyras@wanadoo.fr

Gigondas sur Table – 16 July 2016 – Gigondas

5th wine and gastronomy festival

T. 33 (0)4 90 37 79 60 - www.gigondas-vin.com - promotion@gigondas-vin.com

The Véraison Médiéval Festival – 5 to 7 August 2016 - Châteauneuf du Pape

Tourist Office: T. 33 (0)4 90 83 71 08 - chateauneufdupape@paysprovence.fr

Wine Night - 14 August 2016 – Rasteau

Every year, at night from 14 till 15 August, Rasteau celebrates its sweet wine, Grenache.

Rasteau Tourist Office: T. 33 (0)4 90 46 18 73 – rasteau@vaison-ventoux-tourisme.com – www.rasteau.fr

Ban des Vendanges (Harvest Proclamation) – 27 August 2016 – Avignon

Avignon Tourist Office: T. 33 (0)4 32 74 32 74

Press contact: Compagnons des Côtes du Rhône – T. 33 (0)4 90 16 00 32

www.bandesvendanges.fr - ban.des.vendanges@orange.fr

Wine & Chocolate Festival – 5 & 6 November 2016 – Rasteau

For its 6th edition, the cooperative Rasteau winery will once again put the spotlight on one of the finest chocolate-makers in the region to associate them with the latest Rhône Valley vintages!

Corinne Aujogues: T. 33 (0)4 90 10 90 14 – c.aujogues@rasteau.com – www.cavederasteau.com

Millévin – 17 November 2016 – Avignon

Traditionally, every year on the 3rd Thursday of November, Avignon dons its festive garb to host Millévin, a key event celebrating the year's vintage as a whole and, more generally, Côtes du Rhône wine.

Maison des Vins – T. 33 (0)4 90 27 24 00 - www.vins-rhone.com



Our Wine Tourism press kit is available on request or to be downloaded from our media website

Take a look at our new website dedicated to wine tourism in the Vaucluse:

www.wine-tourism-provence.co.uk

Know-how and traditions

Distilleries



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Did you know?

Even though many natives don't know it, Pastis was invented in Avignon!

A story of a father and his son. Jules-François Pernod, father, produced in his factory, located on rue Guillaume Puy, a liqueur with the essence of absinthe, which was legally prohibited in 1915. It was in his new company «Pernod Père & Fils» that Jules Pernod, the son, created a new drink, based on aniseed essence, which was allowed by the law. The brand «Anis Pernod» was registered in 1918 and was an immediate success. The factory moved to Monfavet, then left the Vaucluse to move to Paris in 1924.

Distillerie A. Blachère

Since 1835, in Châteauneuf-du-Pape, produces syrups, including the inescapable Pac Citron, as well as L'Origan du Comtat, anise-flavoured pastis, etc.

Open all year round. Free tasting.

1695 Route de Sorgues - 84230 Châteauneuf du Pape

T. 33 (0)4 90 83 53 81

www.distillerie-a-blachere.com

info@distillerie-a-blachere.com

Distillerie Manguin

On the island la Barthelasse in Avignon, has for over a half-century been making spirits using traditional methods; it became famous for its Poire Williams (pear brandy).

Ile de la Barthelasse

784, chemin des Poiriers - 84000 Avignon

T. 33 (0)4 90 82 62 29

www.manguin.com - info@manguin.com

Distillerie Girard

in Jonquières near Orange, makes the famous Pastis Girard and many other Provençal spirits.

Route de Carpentras – 84150 Jonquières

T. 33 (0)4 90 70 60 48

www.pastisgirard.com – contact@pastisgirard.com



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Everyone to the table



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Top-Rated Chefs (2016)

The Vaucluse Department is a «star» in gastronomy!

No less than **12 restaurants** are included in the Michelin Guide, from Avignon to Comtat, from Luberon to Haut Vaucluse.

In the Luberon

* **Edouard Loubet**** - La Bastide de Capelongue - Les Clarapèdes – 84480 Bonnieux
T. 33 (0)4 90 75 89 78 www.capelongue.com - reservation@capelongue.com

* **Pierre Gagnaire*** - Le Pèir - La Bastide de Gordes - Rue de la Combe - 84220 Gordes (2016)
T. 04 90 72 12 12 - www.bastide-de-gordes.com - info@bastide-de-gordes.com

* **Reine Sammut*** - Auberge La Fenièrre - Route de Cadenet - 84160 Lourmarin
T. 33 (0)4 90 68 11 79 - www.aubergelafenièrre.com – presse@reinesammut.com

* **Eric Sapet*** – La Petite Maison de Cucuron - Place de l'étang – 84160 Cucuron
T. 33 (0)4 90 68 21 99 - www.lapetitemaisondecucuron.com

* **Xavier Mathieu*** - Hostellerie le Phébus - Route de Murs – 84220 Joucas
T. 33 (0)4 90 05 78 83 - www.lephebus.com - phebus@relaischateaux.com

* **Pascal Ginoux*** - Hôtel Les Bories & Spa* - Route de Sénanque – 84220 Gordes
T. 33 (0)4 90 72 00 51 - www.hotellesbories.com

* **Olivier Alemany*** - La Closerie – Boulevard des Platanes – 84240 Ansouis
T. 33 (0)4 90 09 90 54 – www.lacloserieansouis.com

* **Jean-Jacques Prévôt *** – Restaurant Prévôt - 353, avenue de Verdun – 84300 Cavaillon
T. 33 (0)4 90 71 32 43 – www.restaurant-prevot.com – contact@restaurant-prevot.com

* **Lloyd Tropeano*** – Restaurant Le Bistrot de Lagarde – 84400 Lagarde d'Apt
T. 33 (0)4 90 74 57 23 – <http://lebistrotdelegarde.free.fr>

In Avignon

* **Christian Etienne*** - Restaurant Christian Etienne - 10, Rue de Mons - 84000 Avignon
T. 33 (0)4 90 86 16 50 - www.christian-etienne.fr - contact@christian-etienne.fr

Everyone to the table

In Sorgues Country

* **Patrick Fischnaller*** - Le Vivier - 800 Cours Frenande Peyre - 84800 Isle sur la Sorgue
T. 33 (0)4 90 38 52 80 – www.levivier-restaurant.com

In the Ventoux

* **Laurent Azoulay*** – Le Saule Pleureur - 145, chemin de Beauregard – 84170 Montoux
T. 33 (0)4 90 62 01 35 - www.le-saule-pleureur.fr – contact@le-saule-pleureur.fr

* **Pascal Alonso*** - Le Pré du Moulin - Route de Sainte Cécile les Vignes - 84830 Sérignan du Comtat
T. 33 (0)4 90 70 14 55 - F. 04 90 70 05 62 - www.predumoulin.com - info@predumoulin.com

The Bib Gourmand (2016)

For those who like to eat well without spending a fortune, the Bib Gourmand offers a full menu for €32 or less at lunch and dinner, during the week or weekend (€36 in Paris).

These establishments are included in the 2016 Best Small Tables Guide and in the France Guide.

The Vaucluse has **16 addresses**:

In Avignon

* **L'Agape** – T. 33 (0)4 90 85 04 46 – www.restaurant-agape-avignon.com (2015)

* **L'Essentiel** – T. 33 (0)4 90 85 87 12 – www.restaurantlessentiel.com

* **Hiely Lucullus** – T. 33 (0)4 90 86 17 07 – www.hiely-lucullus.com

In upper Vaucluse

* **La Beaugravière** – Mondragon – T. 33 (0)4 90 40 82 54 – www.beaugraviere.com (2015)

* **O'Rabasse** - Richerenches – T. 33 (0)9 52 97 34 93 – www.orabasse.com (2015)

* **La Table du Verger** (Mas des Aigras) – Orange – T. 33 (0)4 90 34 81 01 – www.masdesaigras.com (2015)

* **Le Parvis** – Orange – T. 33 (0)4 90 34 82 00 – www.restaurant-le-parvis-orange.com (2015)

* **Le Bistro du'O** – Vaison la RoMayne – T. 33 (0)4 90 41 72 90 – www.bistroduo.fr

* **Coteaux et Fourchettes** – Cairanne – T. 33 (0)4 0 66 35 99 - info@coteauxetfourchettes.com

* **Côté Sud** – Uchaux -T. 33 (0)4 90 40 66 08 – www.restaurantcotesud.com

* **Campagne, vignes et Gourmandises** – Ste Cécile les Vignes – T. 33 (0)4 90 63 40 11- www.restaurant-cvg.com

In Sorgues Country

* **La Balade des Saveurs** – L'Isle sur la Sorgue – T. 33 (0)4 90 95 27 85 – www.balade-des-saveurs.com

* **Philip** – Fontaine de Vaucluse – T. 33 (0)4 90 20 31 81

In the Luberon:

* **L'Auberge des Tilleuls** – Grambois - T. 33 (0)4 90 77 93 11 – www.tilleuls.com (2015)

* **La Table de Pablo** – Villars – T. 33 (0)4 90 75 45 18 – www.latabledepablo.com

* **Le Sanglier Paresseux** – Caseneuve – T. 33 (0)4 90 75 17 70 – www.sanglierparesseux.com

Everyone to the table



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Country Bistros

Perfect places for sharing with friends, for enjoying healthy products and for experiencing, around the dining table, village life with its common sense and lasting traditions.

Thirteen bistros have this certification in the Vaucluse .

Federation of Bistrots de Pays

contact@bistrotdepays.com - www.bistrotdepays.com

In the Luberon:

- * **Bistrot de la Fontaine** - St Martin de Castillon - T. 33 (0)4 90 75 24 67 – sarlmas84@gmail.com
- * **Bistro les Poulivets** – Oppède - T. 33 (0)4 90 05 88 31 - les-poulivets@orange.fr
- * **L'Authentic** – Caveneuve – T. 33 (0)4 0 75 71 90 – lauthenticbistrot@orange.fr
- * **L'Imprévu** – Les Beaumettes – T. 33 (0)4 32 50 17 91 / 33 (0)6 75 11 71 04 – limprevu0633@orange.fr

In upper Vaucluse:

- * **Chez Claudette** – Saint-Roman de Malegarde - T. 33 (0)4 90 28 92 23 – chezclaudette@icloud.com
- * **Chez Gégène** – Travaillan - T. 33 (0)4 90 28 98 42 – carolegerard84@gmail.com
- * **Bistro de Lafare** – Lafare – T. 33 (0)4 90 28 19 44 – bistrodelaflare@orange.fr
- * **Les Acacias** – Uchaux – T. 33 (0)4 90 66 14 07 – lesacacias@ymail.com

In the Ventoux:

- * **L'Auberge de Brantes** – Brantes – T. 33 (0)4 75 28 01 68 / 06 44 56 77 76 – yvonne.raffin@live.fr
- * **L'Auberge à Savoillan** – Savoillan – T. 33 (0)4 75 27 13 95 - bernard.martine84390@orange.fr
- * **Le Saint Romain** – Crillon le Brave – T. 33 (0)4 90 65 34 25 – winewarrior@hotmail.fr
- * **La Fourchette du Ventoux** - Beaumont du Ventoux - T. 33 (0)4 90 28 97 86 - lafourchetteduventoux@gmail.com
- * **Le Bistrot de Saint Trinit** - Saint Trinit - T. 33 (0)4 90 64 04 90 - le-tube@orange.fr

Welcome to the farm

The label “**Bienvenue à la Ferme**” is a registered French label managed by the County Chamber of Agriculture and symbolized by a “little flower” which indicates a member of the Quality Charter.



The Vaucluse Chamber of Agriculture publishes a “Bienvenue à la Ferme” list each year, listing the Farm-Inns (Fermes Auberges), Horse Farms, Discovery Farms, Educational Farms, and Farms where you can taste snacks of farm products (Goûters à la Ferme), and the farms selling their product directly.

Chambre d'Agriculture de Vaucluse - Site Agroparc- 84912 Avignon
T. 33 (0)4 90 23 65 06

marie-noelle.delpoux@vaucluse.chambagri.fr - www.bienvenue-a-la-ferme.com/paca

Farm-Inns

It's a gourmet stop at a farm with or without lodging. In a Provençal setting, you will be welcomed as part of the family and will be able to savour a high quality local cuisine with meals cooked mainly using farm-fresh products. There are five spread out across the lands of the Vaucluse area.

Discovery Farm

By opening up their farms, farmers take pleasure in sharing their know-how. An exploration of the world of agriculture for young and old.

Ferme Gerbaud – Paula Marty – 84160 Lourmarin

T. 33 (0)4 90 68 11 83 / 33 (0)6 72 76 27 19 – paula.gerbaud@orange.fr – www.plantes-aromatiques-provence.com

A farm producing aromatic plants. Production, processing, marketing. Guided visits of the fields, learn about their properties and their use in cooking, phytotherapy and aromatherapy.

Pédagogic Farm

They welcome, above all, children, but those held in the Vaucluse are also open to their parents. The goal is to explore, in a fun and educational way, the activities of the farm.

Ferme « Sur le Parc » - Georgia Lambertin - 84570 Malemort du Comtat

T. 33 (0)4 90 69 93 02 / 06 24 39 46 39 - ferme.lambertin@wanadoo.fr – www.escapades-en-ventoux.com

Discovery of local farming and landscapes through a discovery trail and various activities such as as gathering cherries, harvesting the grapes, tasting olive oils, preparing tapenades, clafoutis... Guided tours, tackling such topics as production cycles, pruning, grafting, pollination, waste management.

Ferme « Domaine de L'Oiselet » - Les Garrigues de l'Etang- 84260 Sarrians

T. 33 (0)4 90 65 57 57 - www.oiselet.com - ferme.oiselet@gmail.com

Explore the heritage orchards, the vegetable gardens featuring heritage vegetables. See the farm animals, follow the interpretation trail. Day- long activities, field trips, yurt stays, interactive classes, snacks on the farm, farm products.

Products from the farm - Direct sales

There are many farm products: fruits, vegetables, wines, honey, olive oil; each farm has its own speciality. Only farmers and groups of farmers may use the symbol «products of the farm». Only carefully selected farmers are entitled to the label. There you will find healthy, tasty and delicious fresh produce, with the added experience of a true human exchange.

« From farm to farm » - 23 & 24 April 2016

Information: www.defermeenferme.com/departement-84-vaucluse

Organic farming in the Vaucluse

Vaucluse county has a dynamic organic farming sector. There are 753 organic farms in Vaucluse, which makes it the number one county in the PACA region for farms which have made the transition to organic food production.

The effective organically-farmed agricultural area in Vaucluse came to 15 % whereas the national average for the same period was only 3,6 %. In Vaucluse this means 17921hectares that are organically farmed or in the process of conversion. This is a +10 % increase over 2011. Geo-climatic diversity in Vaucluse allows for a wide range of farm production throughout the county, including fruits, vegetables, wine, grains, aromatic plants and medicinal plants, animal-raising...

Vaucluse is a major vine-growing county too, with 9076 hectares of vineyards.

Aromatic and medicinal plants account for 4 % of farm production with 804 hectares dedicated to such plants.

Animal-raising primarily involves poultry, sheep and goats. Beekeeping is also well established with seven farms although this is a decrease of two farms as compared to 2011.

The organic association **Agribio Vaucluse** is a non-profit association which groups together 170 organic farmers in all sectors. The association emphasises local channels of distribution and focuses on productive exchange between growers and consumers.

Where are organic products found in the Vaucluse?

Brochure producers and Organic Food Store downloadable www.bio-provence.org

T. 33 (0)4 32 50 24 56

agribio84@bio-provence.org – www.bio-provence.org

Organic food markets

On many of the markets throughout Vaucluse, you will find market stalls featuring organic produce – primarily at the Farmers' Markets and the Growers' Markets such as the following:

- on Tuesday and Saturday morning all year long and on Thursday morning from Easter to October in **Vaison la Romaine** (growers' market and organic market)
- on Saturday morning in **Apt**, and on Tuesday morning, during the farmers' market, (seasonal fruits and vegetables).
- on Sunday morning at the market in **Coustellet** (from Easter to Christmas)

Celebrating organic food (this list is not exhaustive)

21st Naturavignon – Avignon - 21 & 22 May 2016

Biodiversity Festival. A big organic market and a big crafts market.

Domaine de la Souvine, route de Bel Air - 84140 Montfavet-Avignon

A.V.E.N.I.R. 84

T. 33 (0)9 54 18 24 57 / 33 (0)6 76 28 24 57

www.avenir84.org

21st Biodiversity Festival – Sarrians – 6 & 7 August 2016

Domaine de l'Oiselet

T. 33 (0)4 90 65 57 57

www.oiselet.com

Farm Biodiversity and Heritage Varieties - Le Thor –19 & 20 November 2016

Lucile Bruneau, Président

T. 33 (0)4 90 38 17 16

www.d3p84.fr - d3p84@orange.fr



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When the produce is celebrated

Local celebrations featuring local produce.

Winter Celebrations

Truffle Mass – 17 January 2016 – Richerenches
 Truffolio – 24 January 2016 – Pernes les Fontaines
 Truffle festival - 24 February 2016 – Avignon

Spring Celebrations

Celebrations at Epicurium – 23 & 24 April 2016 - Avignon
 Asparagus Festival – 24 April 2016 – Mormoiron
 Strawberry Festival– 8 May 2016 - Velleron
 « Transhumance & local produce » - 16 May 2016 – Jonquières
 Celebrating wine and vineyards – 7 May 2016 – in all wine-producing Villages
 Cherry Festival – 5 June 2016 - Venasque
 Celebrating Olive tree and the Olive Oil Mills – 15 May 2016 – Lagnes (Pentecost)



Flotting market©Valérie Biset - ADT 84

Summer Celebrations

Melon festival – 14 July 2016 – Pernes les Fontaines
 Dark Fig Festival – 10 July 2015 – Caromb
 Honey festival– 24 July 2015 – Goult
 Biodiversity Festival- 6 & 7 August 2016 – Sarriens
 Flotting Market – 7 August 2016 – Isle sur la Sorgue
 Lamb Fair – 7 August 2016 – Saint Christol d’Albion
 The Véraison Médiéval festival – 5 to 7 August 2016 - Châteauneuf du Pape
 Wine Night – 14 August 2016 - Rasteau
 Garlic Festival – 26 to 28 August 2016 - Piolenc
 Grape Harvest Proclamation – 27 August 2016 - Avignon
 Medieval Small Spelt Festival - 4 September 2016 – Monieux

Autumn Celebrations

Celebrations at Epicurium – 24 & 25 September 2016 - Avignon
 Muscat Grapes Celebration- Terrasses du Ventoux – 18 September 2016 – Villes sur Auzon
 Biodiversity Celebration - 1 & 2 October 2016 – Sarriens
 Mushrooms Festival – 9 October 2016 – Saint Trinit
 Soup Festival – 14 October to 26 November 2016 - Vaison la Romaine-Ventoux
 Gourmet Encounters – 21 to 23 October 2016 - Vaison la romaine
 9th Truffle Harvest Proclamation – 19 November 2016 – Richerenches

9th Festival Ventoux Saveurs – 17 September to 23 October 2016

Smell, taste and experience autumn in Ventoux! This event, which lasts for six weeks, highlights everyone who grows and produces the products from a land that is held close to the heart of everyone from Provence.

More than 50 events, see the programme on the website.

Press Contact : Vincent Thomann – T. 33 (0)6 70 17 24 23

communication@smaemv.fr - www.ventoux-saveurs.fr

Syndicat Mixte d’Aménagement et d’Équipement du Mont Ventoux (SMAEMV)

T. 33 (0)4 90 63 22 74 - www.smaemv.fr

Markets

Markets come in all sizes and shapes, but the only hard thing is making your selection, deciding when to resist and when to give in to temptation. Fruits and vegetables of every color and savor, herbs and plants, fresh and dried, goat cheese in little tommes, pyramids or log shapes, olive oils, honey of several kinds, jams ... breads, more than you can name, from spice cake to peasant bread and fougasse ... Why not try everything, taste everything ... Why not indeed!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Bedoin *Bollène *Cadenet *Cavaillon *Mazan	*Gordes *Beaumes de Venise *La Tour d'Aigues *Vaison la Rone	*Malaucène *Sault *Valréas	*Isle sur la Sorgue *Orange *Roussillon	*Bonnieux *Carpentras *Lourmarin *Pertuis	*Apt *Bollène *Le Thor *Pernes les Fontaines	*Isle sur la Sorgue *Sorgues

This table only includes markets with a minimum of 15 purveyors.

Comité Permanent Promotion des Marchés – www.marches-provence.com

Good to know:

The village of Velleron has a farmers' market that very popular and is open in the evenings from October to the end of March on Tuesdays, Wednesdays, Fridays, and Saturdays from 4.30 pm. The rest of the year every day, except for Sundays and holidays, until 6.00 pm.

Label “marchés Paysans du Luberon”

A registered trademark for the Luberon Regional Natural Park for farmers' markets offering direct sale of the finest quality fresh produce, grown using the latest know-how. We find all products of the farm, the vegetables, the fruits, the cheeses, the poultry, the wines, the honeys, the fruit juices, the flowers there ...

COUSTELLET: Sunday morning from April (or Easter) to December.

APT: Tuesday morning from May to November.

SAINT MARTIN DE LA BRASQUE: Sunday morning from May to November.

PERTUIS: Wednesday and Saturday morning all year.

LA TOUR D'AIGUES: Thursday morning from May to November.

CADENET: Saturday morning from May to November.

LAURIS: Monday from May to December.

Markets

Eat Healthy and Local at <http://luberon.dansvotreassiette.org>

This is the site that the Regional Natural Park of Luberon launched in March 2013, a site dedicated to short trips and intended for active consumers, growers, cooks, restaurateurs, etc. More than 130 sales locations are listed on a geographical map, such as: farmers' markets, farms, AMAP, collective points of sale, etc. This helps to support agriculture that is sustainable, local, and diversified for the entire region.

«Welcome to the Farm» Farmers' Markets

These farmers' markets were set up by the Vaucluse Chamber of Agriculture in the heart of cities and villages or directly on the farms. You can get fresh, ripe, and high quality produce straight from the farms.

Evening Markets from April to October

Late afternoon farmers' markets in the villages.

Get the list of the different places and dates by contacting the "Bienvenue à la Ferme"

T. 33 (0)4 90 23 65 06

Discover the farms themselves, and their products

Throughout the entire summer, farmers open their doors to sell their produce and that of neighboring farmers.

These markets at the farm (called Marchés à la ferme) are very popular. They also take place at Christmas time, and feature original ideas for gifts and for entertaining. Often over the long holiday weekends in May and June. Get the list of the different places and dates by contacting the "Bienvenue à la Ferme" - T. 33 (0)4 90 23 65 06



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Cooking courses

In Vaucluse, gourmandise is a quality...

Enjoying food means paying homage to the generous land which offers unrivalled flavours and scents. Provençal gastronomy is based on extremely high quality local production, the fruit of bright sunshine, water and careful tending by the growers in Vaucluse. Fruits, vegetables, wines, farm-raised lamb, spices... come discover the secrets of the great chefs from Vaucluse, who are proud to share their passion for Provence through these classes.

Non exhaustiv List

* **Hôtel La Mirande** – Le Marmiton - 4, place de la Mirande – 84000 Avignon

T. 33 (0)4 90 14 20 20 - www.la-mirande.fr – mirande@la-mirande.fr

Classes taught by many renowned chefs of the Department on the cuisine of the nineteenth century. For individuals on set dates and courses by reservation for groups of 7 to 14 people. (French, English)

* **Concept Chef** – Julien Charvet - Avignon

T. 33 (0)6 25 36 12 40 - www.conceptchef.com – contact@conceptchef.com

In the market stands of Avignon or in its cooking workshops, for small groups and children (French, English); dates and programmes available on the website.

* **Les Ateliers de cuisine d'Epicurium** – Cité de l'Alimentation – 84000 Avignon

T. 33 (0)4 32 40 37 71 - www.epicurium.fr – contact@epicurium.fr

All year round, from 8 to 12 people.

. «Master Chef» workshop on Saturdays from 10.00 am to 2.00 pm.

. «Exploration» workshop, during the week based on the calendar, from 12.00 pm to 2.00 pm.

* **La Bastide des Princes** - Chemin de Bigonnet – 84860 Caderousse

Guests house and gastronomic table d'hôtes

T. 33 (0)4 90 51 04 59 - www.bastide-princes.com - paumel.pierre@orange.fr

Classes according to a calendar. From 5 to 10 people. (French, English, Italian)

* **Restaurant Prévôt** - 353, avenue de Verdun – 84400 Cavaillon

T. 33 (0)4 90 71 32 43 - www.restaurant-prevot.com – contact@restaurant-prevot.com

From 3 to 14 participants, one Saturday per month from 4.30 pm

* **Restaurant Hostellerie le Phébus & SpaCarita** - Route de Murs – 84220 Joucas

T. 33 (0)4 90 05 78 83 - www.lephebus.com – phebus@relaischateaux.com

Half-day course, from 5 to 35 participants, dates according to calendar (French, English)

* **Domaine des Peyre** - 1620, route d'Avignon - 84440 Robion

T. 33 (0)6 08 92 87 71 - www.domainedespeyre.com - reservation@domainedespeyre.com

From 8 to 12 people. Every saturday, 9.30am to 2.30pm, June to September and October to December (French)

* **Gourmet Cooking Class in Provence** – Jean-Marc Villard - 409B Chemin du Carraire - 84660 Maubec

T. 33 (0)6 03 58 30 34 - www.cuisinedechef.com – infos@cuisinedechef.com

Rate: €175 € - for 2 to 6 participants.

Small groups: up to 10 participants to learn to cook, or 20 persons for a demonstration-only session (ask for an estimate).

Cooking courses

*Domaine de Capelongue

Les Claparèdes - Chemin des Cabannes - 84480 Bonnieux-en-Provence

T. 33 (0)4 90 75 89 78 - www.capelongue.com - reservation@capelongue.com

Cooking classes every Monday (

half day or full day), in four-day stays from Sunday to Wednesday, all year round except for July and August .

* Auberge La Fenièrè – Route de Lourmarin – D943 – 84160 Cadenet

T. 33 (0)4 90 68 11 79 - www.reinesammut.com – contact@aubergelafeniere.com

Cooking school: two Thursdays per month, from 2 to 10 people - Individual «immersion style» classes and «Chef for an evening» by request. .

* Restaurant La Petite Maison de Cucuron – place de l’Etang- 84160 Cucuron

T. 33 (0)4 90 68 21 99 /00 33 (0)6 83 45 07 00

www.lapetiteMaysondecucuron.com – info@lapetiteMaysondecucuron.com

Every Saturday morning, 15 people maximum and private courses by reservation with a minimum of 10 people. (French, English)

*Les Aventurières du Goût - Le Village – 84390 Brantes

T. 33 (0)4 75 28 86 77 / 33 (0)6 61 71 46 66

<http://lesaventurieresdugout.com> - dilo@lesaventurieresdugout.com

A stroll in search of plants, picking, and cooking workshops (3 hours).

From April to October, Thursdays at 4.00 pm and Saturdays at 10.00 am by reservation.

Price: €40 per person From 5 people minimum to 10 people maximum.



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Les Aventurières du goût©Valérie Biset - ADT 84

Useful Adresses

* M.I.N. d'Avignon

135, avenue Pierre Sépard - 84000 Avignon

T. 33 (0)4 90 88 91 02

www.min.avignon.fr - smina@minavignon.fr

* M.I.N de Cavaillon

Avenue Pierre Grand - 84300 Cavaillon

T. 33 (0)4 90 78 75 00

contact@min-cavaillon.com

* Ecole Hôtelière

Campus CCI - Allée des Fenaisons - 84000 Avignon

T. 33 (0)4 90 13 86 46

www.ecolehoteliereavignon.fr

* Institut National de Recherche Agronomique (INRA) PACA

Domaine St Paul - Site Agroparc – 84914 Avignon Cedex 9

T. 33 (0)4 32 72 20 00

www.avignon.inra.fr

Notes...

Press contacts :

Valérie BISET

Head of Press and Communication
valerie-biset@provenceguide.com
T. +33(0)4 90 80 47 06

Daniela DAMIANI (France and International Press)

d-damiani@provenceguide.com
T. +33(0)4 90 80 47 07

Valérie GILLET (International Press)

v-gillet@provenceguide.com
T. +33(0)4 90 80 47 08

Teresa STORM (International Press)

Storm-t@provenceguide.com
T. +33(0)4 90 80 47 04

<http://presse.provenceguide.com>

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