

Dear Guests,

Below you will find some details about the sustainability of the lunch that will be served to you.

CARELIAN PIES BY LIEPUSKA

Liepuska is a family bakery located in the heart of Savo, surrounded by wild forests and clear lakes. They have specialised in traditional baking and have demonstrated the ins-and-outs of rye baking to international audiences at trade fairs. Bakers Timo and Eeva are also enthusiastic about experimenting with new forms of old products. On the other hand, their Carelian pies are so tasty and popular they do not need any upgrades. We stand on a solid bedrock and with the power of rye we can jump high.

PLANT PRODUCTS

All products used for lunch are domestic and from nearby areas in southern Finland. The *Vakka-Suomi* region (*vakka* is Finnish for bushel) in south-western Finland reflects the essential nature of the area in the history of our country.

HELSINGIN MYLLY

The gluten-free oats served with lunch come from the *Helsingin Mylly* mill. The roots of the business can be traced back to 17th century Estonia, where the Puhk family established its first mill. As the global economy recovered in the 1930s, the Puhks saw an opportunity to expand their business to Finland. The founding meeting of the company took place in 1934 and the second oldest of the five brothers, Eduard, arrived in Finland with his family to run the business. The Puhk family experienced a terrible tragedy during the Soviet occupation of the Baltic States in the Second World War. Their family property was confiscated and the four brothers in Estonia were imprisoned. They were never heard from again. Eduard is said to have died of grief in 1943. His son Juri continued the tradition of family business.

Today, Helsingin Mylly invests in responsible business by using organic grains in their production. The company also specialises in the processing of gluten-free oats. The energy used by the mill is produced from residue from grain processing – the mill is self-sufficient in energy and even more.

NAAPURIN MAALAIKANA

Naapurin Maalaikana is a Lieto-based company involved in responsible chicken production for professionals in retail and wholesale business. The production is based on organic principles and the chicken feed is GMO-free. Responsibly produced chicken comes from multiple farms between Lieto and Huittinen, including Mahlamäki, Peltonen, Laamanen, Mäenpää, Viskilä, Säteri, Isoniittu and Siikarla. The company's retail products can be easily identified by its brand mark fox, which has caused many children to wonder if the package contains fox meat.

GLORY TO PIKE

The assortment of salads includes one made of pike rissoles and organic leek. Pike (*Esox lucius*) deserves more attention than it has received. Like other Finnish freshwater fish, the pike has been overshadowed by farmed salmon and tuna for no reason. Bones? Well, it is not the pike's fault if we cannot debone it. Or the bream's or the roach's. And ide is the best fish for curing. It is just hard to catch one unless you live on the shore of Suontee.

Greetings from Chef Ahti Marttinen

Kanresta, the National Museum of Finland