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Vielfalt Geniessen

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Wild herbs salad with pine nuts, pike-perch with leek and potatoes, chanterelle pancakes..., even the sound of these dishes would make anyone's mouth water. The highly original cookbook *Vielfalt Geniessen* demonstrates that conservation is not just an intellectual concept but can reach people through their stomachs as well. Typical dishes from the regions of seven Austrian UNESCO Biosphere Reserves (BRs) are presented here. Readers with a culinary affinity will not only encounter inspiration for new and unusual recipes in this cookbook but also enjoy many superb photographs and find ample information on nature and culture in the BRs. From the high mountains of the Gurgler Kamm to the steppes of Lake Neusiedl, the book covers practically all types of natural and cultural areas in Austria. The book really makes you want to get to know the BRs better. All texts and recipes are in German and English, so you can check out the English equivalent of classic Austrian treats.

Inspired by the International Year of Biodiversity, the authors are committed to the BR concept. The currently 580 UNESCO-designated BRs in 114 countries aim to fill the somewhat nebulous term *sustainable development* with concrete implementation. They accord equal significance to conservation and environmental protection in the core zones and to the economic need of the population for earning a living in the transition and development zones. However, they do it in a sustainable way: gentle ecotourism, marketing local products and crafts, plus maintaining cultural assets and traditions are typical for many BRs. Retaining biological and cultural diversity is a major concern and the BRs want to serve as model regions for sustainable development as such. The concept also has room

for research: countless research projects focus on the interaction of humans with the environment in BRs, from the detailed inventory of a biotope to the impact of global change on man and nature. In its international programme Man and the Biosphere, UNESCO has been promoting holistic land-use planning and management, which is applied by the BRs as their contribution to humans, nature and culture co-existing to the benefit of all.

Back to the cookbook *Vielfalt Geniessen*. It must be the first ever cookbook to cover all BRs of a country, thanks to an original idea of the Austrian MAB National Committee. If readers use organic or, better still, biodynamic ingredients in following these recipes, they will contribute to environmental protection and benefit in culinary and health terms.

Bon appétit!

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