

INTEGRATION OF SUSTAINABLE FOOD SYSTEMS INTO INNOVATIVE CUISINE IN CITTASLOW CITIES: THE CASE OF GERZE

Ercan Karaçar¹
Aydın Ünal²
Emre Çilesiz³
Onur Atak⁴

ABSTRACT

Objectives: The study aims to explore the extent to which local products are incorporated into the culinary practices of businesses and chefs in Gerze, a cittaslow city since 2017. It also seeks to evaluate the integration of these products into innovative culinary approaches and their impact on sustainable gastronomy tourism.

Methods: The research employed a qualitative approach, using intentional judgmental sampling to select participants. In-depth interviews with semi-structured questions were conducted with 15 businesses and 15 chefs from the district to gather *insights* on their understanding and use of local gastronomic heritage.

Results: Findings reveal that both businesses and chefs possess adequate knowledge about gastronomy and the cittaslow movement. While they acknowledge the positive impact of gastronomic products and dishes on tourism, their use of such products is limited due to various challenges. Businesses show a favorable attitude towards innovative culinary practices, whereas chefs display a more negative stance. Additionally, the unsustainability of gastronomic products is identified as a key issue hindering the achievement of sustainability in gastronomy tourism.

Conclusion: To promote sustainable gastronomy tourism, it is essential to increase collaboration between local communities and relevant organizations, enhance education levels, adopt natural agricultural practices, and prioritize the use and sale of local products within businesses. These measures can ensure the preservation and sustainable development of Gerze's gastronomic heritage.

Keywords: tourism, gastronomy, sustainability, cittaslow, innovative cuisine, gerze, Sustainable Development Goals (SDG).

Received: Sep/09/2024

Accepted: Nov/08/2024

DOI: <https://doi.org/10.47172/2965-730X.SDGsReview.v4.n04.pe03860>



¹ Sinop University, Tourism Faculty, Türkiye. E-mail: ekaracar@sinop.edu.tr

² Sinop University, Tourism Faculty, Türkiye. E-mail: aunal@sinop.edu.tr

³ Sinop University, Tourism Faculty, Türkiye. E-mail: ecilesiz@sinop.edu.tr

⁴ Mugla Sıtkı Kocman University, Ortaca Vocational School, Türkiye.
E-mail: onuratak@mu.edu.tr

1 INTRODUCTION

The risk of extinction of cultural values has increased with the impact of the globalization process, and the sustainability of these values has begun to be discussed at academic and social levels today; thus, the necessity of protecting cultural values has been clearly revealed (Durlu *et al.*, 2013:13). Although there is a perception that innovations harm local products, food culture does not have a simple structure that can easily be lost under the influence of innovations in kitchens. On the contrary, the implementation of innovative culinary trends in the transfer of this culture to future generations can play a supporting role in this process rather than being an obstacle. Innovative cuisines are considered as approaches that aim to create gastronomic diversity and difference, and our country has more than enough rich and diverse food resources necessary for the implementation of such innovative applications (Saçlık, 2020:36). Indeed, correctly analyzing the deep interest of gastro-tourists in gastronomy tourism is a strategic necessity for sustainable gastronomy tourism. A comprehensive examination of the profiles of these tourists and determination of their expectations from destinations and gastronomic experiences are essential to optimize tourist satisfaction. The increased level of satisfaction will make significant contributions to the permanent development and sustainability of both destinations and gastronomy tourism (Akdağ *et al.*, 2016:278).

2 CONCEPTUAL FRAMEWORK

2.1 SUSTAINABLE GASTRONOMY CITTASLOW RELATIONSHIP

Sustainable protection of the environment is of great importance in order to ensure long-term ecological balance. The Slow City (cittaslow) movement stands out as an effective approach in ensuring sustainability in cities. This movement aims to preserve the natural texture and local characteristics of cities against the homogenization trends that emerge in urbanization processes (Belli and Çelik, 2022:64). In the face of new lifestyles that are rapidly



spreading in a globalizing and consumption-centered world order, the preservation and survival of traditional values in settlements that adopt local and sustainable life principles such as cittaslow and slow food and the increase in the awareness of the local people on this issue are even more important today (Şahin, 2022:1633).

Because cittaslow is a global association of cities that aims to increase the quality of life with a human-centered approach. Its main objectives include reducing the negative effects of rapid urbanization, protecting cultural and natural heritage, adopting sustainable development principles and strengthening local economies. This movement encourages social interaction while offering a life model based on renewable energy sources, technological opportunities and sustainable values (Güneş *et al.*, 2015:1). When sustainability is considered as the management of the negative effects of human activities on the ecosystem in order to protect the biological diversity of ecosystems and ensure the transfer of non-renewable resources to future generations, an approach emerges where the environmental dimension is a priority. In this context, the fundamental component of sustainability is the nature of strategic approaches towards the environment. An examination of the cittaslow criteria shows that environmental elements have a central place and that the first main title of these criteria is “environmental policies”. In this context, protecting air, water and soil quality, encouraging the use of renewable energy sources with high environmental compatibility, supporting and expanding the recycling of domestic and industrial waste are among the main priorities of the cittaslow movement (Keskin, 2012:94). In addition to geographical and cultural dynamics, the participation of local governments and the public also plays a decisive role in the success of this movement. The presence of local leaders who will ensure the long-term success of the movement, who will embrace it and carry it forward is essential. For example, the change of mayor in local elections should not jeopardize the sustainability of the movement. This is only possible if the public internalizes and embraces the movement and is satisfied with the "slow city" status of the city they live in (Ak, 2017:901).

At the same time, the inclusion of local governments in the cittaslow network and their ability to maintain this membership is a process directly



related to the legal framework of the relevant country. The establishment of a legal infrastructure that allows local governments to participate in international networks is the first and most important stage of this process. In order for the cittaslow principles to be effectively implemented at the local level, financial resources that will enable the implementation of the incentives, support mechanisms and training programs specified in the principles in question must be provided. However, differences in legal regulations between countries constitute a significant obstacle to this process. The diversity in parameters such as environmental regulations, economic conditions and living standards leads to differences in the capacity of local governments to implement the cittaslow principles. This situation makes it difficult to standardize the process of participating in the cittaslow network and can create inequalities among member countries (Şahin and Kutlu, 2014:61). On the other hand, the cittaslow movement is inspired by the basic principles of the slow food movement in order to protect and develop local gastronomic heritage. It aims to maintain the sustainability of local cuisines threatened by fast food culture by preserving traditional and natural eating habits. This movement also emphasizes important issues such as protecting natural resources, supporting local producers and encouraging healthy nutrition. Cittaslow cities are positioned as living spaces where local flavors are highlighted, natural gastronomy tourism is revived and sustainable food systems are adopted. The common denominator of the slow food and cittaslow movements is the belief that food has a cultural, social and economic value beyond just meeting nutritional needs (Sandıkçı and Baydeniz, 2020:646).

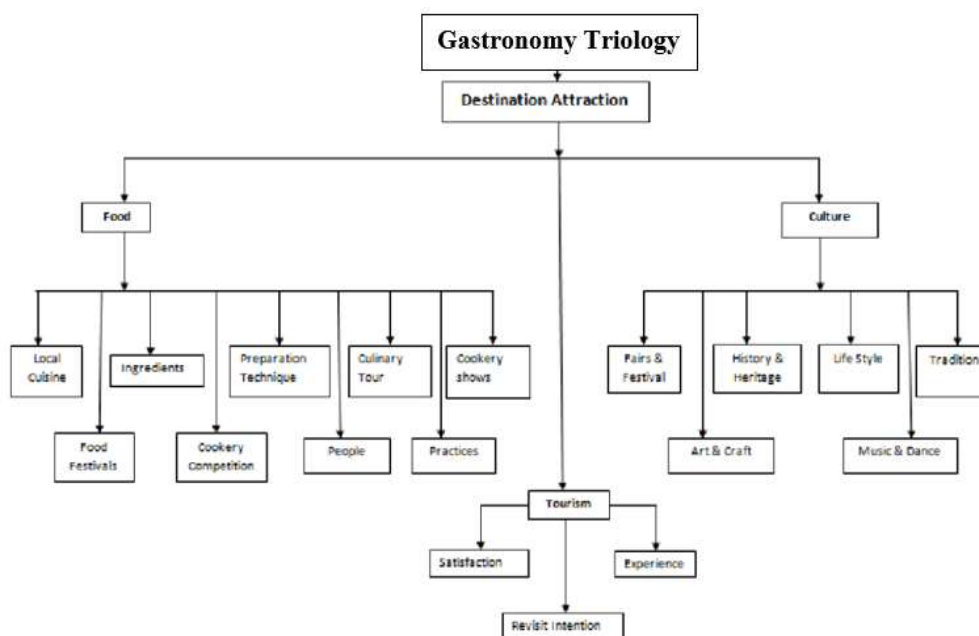
Diversity in tourism stands out with each approach offering its own unique charms. Gastronomy tourism, one of the basic elements of the sustainable tourism concept, has become a travel motivation that has rapidly increased its popularity with the increasing income levels of individuals and the expansion of cultural interests. In particular, gastronomy tourism has brought a new breath to the tourism sector with its different dimensions such as the discovery of local cuisines, the enrichment of cultural experiences and the support of sustainable food systems. Today, the increase in the number of tourists seeking flavor is an indication that gastronomy tourism will become

even more important in the future (Akdağ *et al.*, 2016:270). When considered from the perspective of protecting local gastronomy values and carrying them to the future, sustainable gastronomy tourism can be evaluated as a multidisciplinary approach that includes the documentation of traditional recipes, the survival of authentic production methods and the evaluation of this cultural wealth in the tourism sector (Özkan, 2020:365).

The sustainability of our cultural gastronomy heritage is also directly related to the principles of food safety and healthy nutrition. In this context, prioritizing natural methods in agricultural production and facilitating access to healthy food are of vital importance in transferring our gastronomy heritage to future generations (Çilginoğlu *et al.*, 2022:464). Geographical indication registration is of critical importance for the sustainability of gastronomy and gastronomy tourism. This system ensures that local products and flavors are protected and gain economic value, support local production, and transfer cultural heritage to future generations (Kart *et al.*, 2022:382).

Figure 1

Gastronomy Trilogy



Source: Mohanty *et al.*, (2020:20).

Gastronomy tourism examines the fields of tourism, culture and food from a scientific perspective and explains the interaction and interdependence of these fields (Egeli *et al.*, 2020: 2641).

2.2 INNOVATIVE CULINARY APPROACH AND LOCAL FLAVORS

Traditional and local flavors, which are an important source of attraction and motivation within the dynamics of gastronomy tourism, have become more prominent in the field of gastronomy tourism as an alternative tourism type in recent years. These flavors, which are considered to have positive effects in terms of health and natural nutrition, are purchased and tasted by tourists in modern gastronomy tourism experiences, specific to the regions where they are produced, and their production processes are examined in detail (Çavuşoğlu, 2023:410). The emphasis on local dishes in Food and Beverage Enterprises has increased tourists' interest in local cuisines and strengthened the effect of these dishes in destination choices. This trend causes the demand for tasting dishes reflecting regional culture to become increasingly evident in Food and Beverage Enterprises. Therefore, experiencing local dishes among customers is of great importance in the cultural context (Sandıkçı and Baydeniz, 2020:653).

The constant change in eating habits and the increasing expectations of individuals participating in tourism from food and beverage businesses have created a suitable ground for the emergence of new culinary trends. Throughout human history, eating and drinking habits have undergone a constant evolution and this change has periodically led to the emergence of different culinary trends. Especially since the 17th century, the shift in eating habits from meeting basic needs to seeking pleasure and experience has paved the way for the development of various culinary trends. In recent years, the increase in problems caused by moving away from natural and local nutrition culture has triggered the search for a return to the past in this area and therefore the interest in healthy and local nutrition has regained strength (Erdem and Akyürek, 2017:118). At the same time, innovation behaviors in the field of food and beverage are a reflection of the search for socio-cultural diversity and difference, and express the integration of new methods and



techniques in practice. These new methods and techniques trigger differentiation and diversification processes in local culinary trends, and these processes are defined as innovative culinary trends. Thus, innovative practices developed in line with socio-cultural dynamics increase gastronomic diversity and innovation (Saçlık and Çevik 2020:75). Innovative culinary trends, driven by methods and techniques developed with the aim of increasing diversity in the field of food and beverage, contribute to the expansion of diversity in gastronomy. The main goal of these trends is to improve existing recipes or produce innovative gastronomic products by applying new cooking techniques. On a global scale, such innovative culinary practices are generally defined with the term "Nouvelle Cuisine" (Saçlık, 2020:21).

3 METHOD

The aim of this research is to determine the extent to which local products are included in the kitchens of local businesses in the Gerze district of Sinop and the level of integration of these products into the innovative culinary concept. The reason for choosing Gerze is that it is remarkable due to its financial and accessibility criteria as well as having the title of "cittaslow". Within the scope of the research, 12 questions were asked to 15 business owners and 15 chefs. The questions were created by literature review and expert academicians in the field. Intentional judgmental sampling was preferred as the sampling method, and in-depth interview technique from qualitative research methods was used. Semi-structured questions were asked to the participants. The data were collected between May 2024 and July 2024, and the obtained data were examined with the content analysis method.

4 FINDINGS

Of the respondents, 65.7% were male, 41.2% were between the ages of 40-49, 60.1% had high school education, 53.8% were self-employed and 41.2% had a monthly income of TL 20,001-40,000 (Table 1).

**Table 1***Socio-Demographic Characteristics*

Demographic Information	n	%
Gender		
Woman	147	34,3
Male	282	65,7
Total	429	100
Age		
18-29	39	9,1
30-39	87	20,3
40-49	177	41,2
50-59	93	21,7
60 years and older	33	7,7
Total	429	100
Education Status		
Primary/Secondary School	51	11,9
High School	258	60,1
License	108	25,2
Master's Degree/PhD	12	2,8
Total	429	100
Occupation Status		
Self-employment	231	53,8
Public Employee	96	22,4
Tradesmen and Business Owners	36	2,8
Private Sector Employee	69	16,1
Housewife	9	2,1
Retired	6	1,4
Other	6	1,4
Total	429	100
Monthly Income		
Less than 20.000 TL	33	7,7
20.001-40.000 TL	177	41,2
40.001-60.000 TL	99	23,1
60.001-80.000 TL	108	25,2
80.001-100.000 TL	9	2,1
100.000 TL and above	3	0,7
Total	429	100

Source: Prepared by Authors

The average of the participants' rate of agreement with the statement that gastronomic products specific to Gerze are generally liked by visitors ($\bar{x}=4.62$), and the average of their rate of agreement with the statement that local gastronomic products of Gerze represent the region well ($\bar{x}=4.36$), The average of the rates of participation in the statement “I think that local food and drinks are effective in visits to Gerze” is ($\bar{x}=4,23$), the average of the rates of participation in the statement “Tourists who visit Gerze say that they tend to visit Gerze again thanks to its feature of being a Cittaslow city” is ($\bar{x}=4, 11$), the average rate of agreement with the statement “Gerze cuisine has the



highest share in the district's becoming a Cittaslow city" ($\bar{x}=3,98$), the average rate of agreement with the statement "The purpose of tourists visiting Gerze is usually to taste gastronomic products" ($\bar{x}=3,64$), the average rate of agreement with the statement "Gastronomic products of Gerze, ($\bar{x}=3,59$) for the statement "Gerze is adequately promoted in the print media or on social media" and ($\bar{x}=3,15$) for the statement "Visitors from outside the province come to taste the food and beverages specific to Gerze" (Table 2).

Table 2

Mean Findings of Sustainability of Gastronomy Products Item Scores

Sustainability of Gastronomic Products	Average	Standard Deviation
1-Gerze cuisine has the biggest share in the district becoming a Cittaslow city.	3,98	0,96
2-Tourists visit Gerze mainly to taste gastronomic products.	3,64	0,90
3-Gerze's local gastronomic products represent the region well.	4,36	0,72
4-I think that local food and beverages are effective in visits to Gerze.	4,23	0,64
5-Visitors come from outside the province to taste food and beverages specific to Gerze.	3,15	0,68
6-Gerze's gastronomic products are sufficiently promoted in print media or on social media.	3,59	1,05
7-Gerze's gastronomic products are generally liked by visitors.	4,62	0,88
8-Tourists who visit Gerze say that they tend to visit Gerze again thanks to its Cittaslow status.	4,11	0,81

Source: Prepared by Authors

When asked to the chefs and business owners, "What are your thoughts on cittaslow?", it was concluded that the business owners had positive views on the subject, but the chefs had a higher level of knowledge on the subject. Participant business owner K9 stated, *"In my opinion, cittaslow is an important factor in creating a city's destination image. It is a national development where the city supports its local products and the people support themselves. It is a special concept that also includes the principle of nationalism."* Participant chef K1 stated, *"It can be said to be a title given by the necessary institutions and organizations to ensure sustainability, and earned when the city meets its own needs without depending on anyone else. There are a few places in our country. It is necessary for a healthy life, a winning society and a developing country."*



In response to the question “What are your thoughts about gastronomy?”, it was concluded that while the opinions of the business owners were positive about gastronomy, the chefs were more knowledgeable and interested in this subject. Participant business owner K14 stated; *“Gastronomy is generally considered as just food, but it has a wide range when looked at in real terms. Gastronomy is the transformation of food and beverage culture into art and science, in other words, it is a very broad branch of art. It is not widely known in Gerze.”* Participant cook K3 stated; *“When it comes to gastronomy, people first think of it as the kitchen, but it is the far end of the kitchen. In short, it is the art of presenting food with culture.”*

In the question directed to the chefs and business owners, “Do you think that tourists coming to Gerze come for gastronomic purposes? Why?”, the general opinion of the business owners and chefs was evaluated as negative, while the main purpose of the tourists who come only for sightseeing is described as the sea and calmness, and data was obtained indicating that they consume food in addition to these activities. Participant business owner K4 stated; *“Those who come here generally come for nature, but while they are here, they taste the local products. The policies towards local products developed together with our municipality and public institutions can sometimes be beneficial to the people who come.”*, while participant chef K1 said; *“I don’t think so. Because Gerze is a quiet district known for its sea and natural beauty. Of course, it has its own food and drinks. However, I think this situation is lacking in terms of promotion and service.”*

When the answers to the question directed to the chefs and business owners, “Do you think Gerze has gastronomic products and dishes, what are they?” are examined, it is seen that the awareness levels of the chefs and business owners regarding their local products are high. The participant business owner K14; *“First of all, it would not be right to separate Gerze from Sinop in this regard. The gastronomic products of Sinop are valid for Gerze and there is more than one gastronomic product. Sinop Mantı, Nokul, Mısır Çorbası, İncir Kokulu Üzüm, Kestane, spinach dishes and many more products that I cannot name right now.”* While the participant chef K6; *“Tirit (İslama), İncir*



Uyutması, Katlama, Mantı, Nokul, Hamursuz Dessert (Yufka Tatlısı). Dough-style products liven up our tables.”

The answers to the question “Which products do you mainly use in your kitchens and why?” were expressed by the business owners as fast food products such as doner kebab and hamburger in addition to products such as manti, fish, meatballs, grills and pide. The participants who stated that they shape their menus according to customer and tourist demands say that they have to do this economically and that the new generation has little interest in local products. The participant business owner K8 stated; *“We also include fast food products in addition to pide, butcher’s meatballs, manti, fish varieties and local products. This is because the young generation now demands these products more than local flavors.”*, while the participant chef K7 stated; *“We use fish and red meat in the foreground. In summer evenings, customers prefer this together with alcohol. We also use foods made with dough, such as ravioli varieties, pizza varieties, beef wellington, and we also offer our customers regional dishes based on world cuisine. We have a very diverse menu.”*

When asked “How do you use local products in your kitchens and why?” businesses stated that they use local products such as yogurt, milk, honey, bay leaves, ravioli, butter, walnuts and local herbs and spices in their businesses. Some participants also said that they use fish products. Chefs generally stated that they do not use them. Participant business owner K5 responded as follows; *“We only prefer ravioli as a local product and our product comes out with high demand and quality. Unfortunately, we cannot include different local products because we try to do what we know best and get successful feedback.”* Participant chef K1 responded as follows; *“Unfortunately, we cannot use them. Product supply, cost and demand are not in this direction.”*

In response to the question “Do you think you follow innovation in your kitchen, why or how?”, the majority of chefs stated that they are sensitive to innovation and try to keep up with it. A few business owners stated that they maintain the traditional structure in their businesses and act according to the past. When the answers given by the chefs to this question are taken into consideration, it is seen that they have more innovation than the business owners. Participant business owner K10 responded as follows; *“The food and*



beverage sector is always open to innovation and because of this, we have to follow it, so I do not hesitate to try new products, sauces and recipes in my kitchen.” While participant chef K3 responded as follows; *“The kitchen is endless for me, it has no end and we learn new recipes and prescriptions every day. I try new recipes because we are curious about their presentation styles and taste.”*

When asked to the chefs and business owners, “Do you think local products can be used in a new product to be made in the kitchen? Why or how?”, it was determined that most of the business owners believed that they could be used and therefore the business owners had a more positive tendency compared to the chefs. Business owner K8 responded as follows: *“They can be used. Our herbs can be used in addition to fish products. I think it is an important issue in terms of sustainability. One of the most important elements of us being a slow city is that we think that our own products are sufficient for our businesses and city.”* While participant chef K14 responded as follows: *“Yes, it is possible in a general kitchen, but when we think from my perspective, it is difficult to obtain a new product with certain fish and other seafood.”*

In response to the question “What is the impact of local products on tourism and local tradesmen?”, participants say that local products have a direct and significant economic contribution to tourism and local tradesmen. They state that local products are more valuable in the district, especially with the existence of cittaslow, but demand is only for two months of the year and continuity is not provided. They stated that the work carried out by the municipality and organizations in this regard has not been successful. Participant business owner K5 supported this view by saying; *“The municipality has such a study, but unfortunately its stability cannot be ensured, unfortunately the demand is not in this direction. We determine our concept accordingly and act accordingly. Of course it contributes to tourism and local tradesmen, but it does not matter if there is no demand.”*, while participant chef K6 said; *“A local product that is well promoted and marketed has many economic and social benefits. When we look at Gerze, unfortunately I cannot*



say the same thing. Because instead of its own local flavors, dishes preferred by every segment are included in the menus.”

In response to the question “What is the perspective of your kitchen staff on the use of local products in the menu?”, all participants stated that their staff has a positive view on using local products and act accordingly. They stated that most of the staff are from this district and that they know local products very well. However, they also stated that they cannot use them very much due to the difficulties experienced in the supply of local products. The participant business owner K9 stated the following regarding this issue. *“Of course, our chefs have demands for this aspect, because local chefs ensure availability. We are in a world where it is difficult to bring in chefs from outside. This is due to economic difficulties. Since our local chefs already have knowledge about local products, they naturally want to make them, but since the supply is provided up to a certain point, it happens negatively.”*

In the question directed to the chefs, “What is the perspective of the business owners on using local products in the menu?” all the participants said that they have a positive view on using local products and act accordingly. Concepts such as customer demand, economy and accessibility come to the fore. Chef participant K3; *“Every shopkeeper has to put local products on the menu, even if it is unintentional. When people come, the first thing they ask about is local products, and of course there are businesses that take advantage of this and sell them at exorbitant prices.”*

Regarding the question “What directs your kitchen staff to their perspective on the innovative kitchen approach?”, the participants stated that the kitchen staff’s perspective on the innovative kitchen approach is negative. They stated that they do not have an innovative understanding due to reasons such as having a traditional understanding, being old, having insufficient education, not having a vision, and not having economic concerns. There are also participants who say that they are unsuccessful despite trying. The views of the participant business owner K10 regarding this question are as follows; *“Sometimes we try to serve fish with sauces and fish cooking techniques, but since it is conceptualized in a traditional way, unfortunately we cannot follow it very much in terms of innovation and cannot direct our perspective to this.”*

In response to the question directed to the chefs, “What directs the perspective of business owners to the innovative kitchen approach?”, the majority of the participants are of the opinion that they will not be interested due to cost, education level, age and ignorance. Chef K1, participant; *“I don’t think they have an opinion on this issue. They are moving in this direction because they have developed in an environment where more traditional dishes are prepared.”*

In response to the question “Why does the innovative cuisine approach affect gastronomy tourism?”, participants think that the innovative cuisine approach will have a positive impact on gastronomy tourism. They think that modern cuisines and different flavors will satisfy customers and tourist visits will increase. They state that marketing, promotion and the use of social media are important and that the innovative cuisine approach will also bring quality to businesses. Participant business owner K11 responded as follows; *“Thanks to the innovation and popularization of kitchen products and materials used in the world, it increases the quality of business for businesses and positively affects customer satisfaction, and I think that integrating this situation with tourism also increases the quality of businesses in touristic areas.”* Participant chef K11 responded as follows; *“Of course it will have a positive impact. Especially in this popular process, businesses or chefs that open themselves to innovation will always win. Our sector has a fast-developing and increasing trend. Gastronomy tourism makes many contributions to the city, region and even the country. Since the development of these contributions will be through innovation, those who follow innovation will win in the long run.”*

5 RESULTS AND DISCUSSION

Gastronomy has recently become a field of science, rather than a sector that has gained popularity. In particular, promotional activities and studies conducted with people's desire to seek out different tastes support this. Gastronomy, which has developed itself and entered into new searches, has also lost its concern for preserving the old, especially with technological developments. Cittaslow cities are actually the best examples of this. However,



it is also important that these developments are sustainable. In this study, while investigating how and to what extent businesses and chefs in Gerze, one of the cittaslow cities, can apply food systems to innovative kitchens, what sustainable products are, their usage situations and the perspectives of the participants were also investigated.

As a result of the research, businesses and chefs have sufficient opinions about gastronomy and cittaslow, but they state that tourists coming to Gerze do not come for gastronomy purposes. They state that they mostly come for sightseeing and sightseeing purposes and accidentally taste gastronomic and local products. While businesses and chefs mention many dishes and products of Gerze with gastronomic value, they state that very few of them are used. They state that the reason for this is both economic and low tourist demand. They state that the local dishes and products made do not attract much attention from tourists and are removed from menus and sales accordingly. However, there are businesses that say that the products used are not used intentionally due to insufficient raw materials. As a result, it is understood from here that unfortunately the sustainability of gastronomic products cannot be ensured.

Within the scope of the research, it was concluded that there is a sustainable food system in Gerze district, which is called the slow city, but this is reflected in the business menus in a limited way. It is understood that the chefs and business owners who limit innovative culinary trends to only hamburgers and fast food do not have much knowledge about this subject and these concepts are called new within the borders of Gerze.

6 CONCLUSION

It is seen that the innovative cuisine approach is wanted to be adopted by businesses, but the majority of chefs are against it due to some reasons (lack of education, old age, habits, etc.). They state that they cannot provide this despite knowing the positive impact of the innovative cuisine approach and sustainable gastronomic products on tourism. Unfortunately, this dilemma always occurs in cittaslow cities in general. Although there are various reasons

for this, studies such as increasing the knowledge level of local people, businesses, chefs, public institutions and organizations, providing incentives, showing exemplary role models, directing to natural agriculture, recording old flavors, using local products in businesses should be carried out for a sustainable gastronomy.



REFERENCES

- Ak, D. (2017). Yavaş kent (cittaslow) hareketi ve Türkiye örnekleri üzerine bir değerlendirme. *Journal of International Social Research*, 10(52).
- Akdağ, G., Özata, E., Sormaz, Ü., & Çetinsöz, B. C. (2016). Sürdürülebilir gastronomi turizmi için yeni bir alternatif: *Surf&Turf*.
- Belli, A., & Çelik, Z. E. (2022). Sürdürülebilir çevre örneği: Türkiye’de yavaş şehirler (cittaslow). *Birey ve Toplum Sosyal Bilimler Dergisi*, 12(1), 63-89.
- Çavuşoğlu, M. (2023). Yöresel cittaslow şehir lezzetlerinin gastronomi turizmi açısından önemi: Kuzey Kıbrıs örneği. *Gastroia: Journal of Gastronomy And Travel Research*, 7(2), 407-418.
- Çılgınoğlu, H., Avcı, M., & Çılgınoğlu, Ü. (2022). Sürdürülebilir gastronomi açısından dikey tarımın önemi. *Journal of Humanities and Tourism Research*, 12(3), 455-467.
- Durlu, F. Ö., Sünnetçioğlu, S., & Can, A. (2013). Sürdürülebilir gastronomi turizmi hareketliliğinde coğrafi işaretlemenin rolü.
- Egeli, S., Kızıldemir, Ö., & Hülağa Kaderoğlu, G. (2022). Sürdürülebilir gastronomi turizmi kapsamında yenilebilir böcekler. *Journal of Tourism and Gastronomy Studies*.
- Güneş, G., Çalışkan Arısoy, E., & Aslan, E. (2015). Cittaslow ağına dâhil kentler ve sürdürülebilir turizm kriterlerine yönelik bir analiz. *Doğu Karadeniz Bölgesi Sürdürülebilir Turizm Kongresi*, 311-324.
- Kart, N., Saraç, Ö., Pamukcu, H., & Sandıkcı, M. (2022). Afyon sucuğu üreticilerinin sürdürülebilir gastronomi kapsamında coğrafi işaret tesciline yönelik algıları. *Dokuz Eylül Üniversitesi Sosyal Bilimler Enstitüsü Dergisi*, 24(1), 381-404.
- Keskin, D. Ö. E. B. (2012). Sürdürülebilir kent kavramına farklı bir bakış: yavaş şehirler (cittaslow). *Paradoks Ekonomi Sosyoloji ve Politika Dergisi*, 8(1), 81-99.
- Mohanty, P. P., Rout, H. B., & Sadual, S. K. (2020). Food, culture and tourism: a gastronomy trilogy enhancing destination marketing, case study of Odisha, India. *International Journal of Tourism and Hospitality in Asia Pasific (IJTHAP)*, 3(1), 15-30.
- Özkan, Ç. (2020). Sürdürülebilir gastronomi turizmi kapsamında somut olmayan kültürel miras unsuru: Hıdırellez pilavı üzerine bir araştırma. *Türk Turizm Araştırmaları Dergisi*, 4(1), 361-373.
- Saçılık, M. Y. (2020). Yenilikçi mutfak akımlarının Türk mutfağı kapsamında uygulanabilirliği ve yerel mutfağın menülerde kullanılması ile ilgili görüşlerin belirlenmesi. *Turizm ve İşletmecilik Dergisi*, 1(1), 21-39.



- Saçılık, M. Y., & Çevik, S. (2020). Yenilik davranışı ve yenilikçi mutfak akımlarının yerel yemek tüketimine etkisi. *Journal Of Tourism And Management*, 1(1), 75-91.
- Sandıkçı, M., & Baydeniz, E. (2020). Yavaş şehir restoranlarında yöresel yemeklerin sunum düzeyi: Ege bölgesinde bir araştırma örneği (presentation level of local food in cittaslow restaurants: a research in the Aegean Region). *Journal of Tourism & Gastronomy Studies*, 8(Special Issue 4), 646-659.
- Şahin, S. K. (2022). Sakin şehir Akyaka'da slow food akımı kapsamında sürdürülebilir mutfak uygulamasına bir örnek: Adile teyze'nin ekşi mayalı soğuk fermente ekmekleri (An example of sustainable kitchen application within the slow food current in cittaslow Akyaka: Adile teyze's cold fermented sour dough breads). *Journal of Tourism & Gastronomy Studies*, 10(3), 1622-1640.
- Şahin, İ., & Kutlu, S. Z. (2014). Cittaslow: sürdürülebilir kalkınma ekseninde bir değerlendirme. *Journal of Tourism & Gastronomy Studies*, 2(1), 55-63.