GIAHS of Barroso - Portugal
The Barroso territory is a mountainous area, whose general aspect is of one compact mass of highlands and plateaus, separated by large depressions and crossed by many rivers and streams.

There is a clear relevance of the mountains of Gerês (1546m) and Larouco (1525m), that are the 2\textsuperscript{nd} and 3\textsuperscript{rd} highest mountains in continental Portugal, respectively.
The management of the meadows take advantage of the natural topographic features and of the physiologic cycles of the vegetation. It is one of the main and ancient knowledge systems that is still present, being vital for all the agrarian system of Barroso.
Farms are usually small on average and agro-climatic conditions have fostered collective farming habits between residents are based on mutual help and solidarity.

Communitarianism is one of the most typical values and customs of Barroso. It is a form rural organisation, circumscribed to a given territory and based on a deep sense of solidarity and cooperation between neighbours.
In Barroso the farming and food are a part of an economy of subsistence and is based on the following pillars:

- Animal Production (cattle, goats, pigs, sheep)
- Cereal Production (marshes and cereals)
- Vegetable Production (potatoes, cabbage, turnip...)
- Beekeeping Production (honey)
- Processed products (smoked meats)
GIAHS of Barroso – Land and Crops

The land structure is typically of private smallholdings (arable lands and meadows)

Agricultural crops are mostly based on annual crops (cereals and vegetables)

The majority of Barroso’s crops are still obtained both for human consumption (self-consumption and sale) and for animal feeding.
The farming system is an agro-livestock and each farmer produces different crops and even creates different animal species (e.g. cattle, goats and sheep). Grazing is extensive, with animals spending much of the time outside.
The predominant cereal in Barroso is rye (Secale cereale), grown on the land with poorer soil conditions, in a region with a rigorous winter with low temperatures and wind. This crop involves a system of rotation with the other crops present in the region, such as potato and turnip, and fallow periods (known regionally as poulo). The rye is used both in human food (bakery) and animal feed.
GIAHS of Barroso – Vegetables

Vegetable production is resumed to potato, turnip, cabbage and squash, which are grown in the mountains and valleys and the method of production has not changed significantly over time. These products are well suited to the soil and climates of the region. It is also very common to find several types of beans in the dishes.
GIAHS of Barroso vs Mediterranean diet
GIAHS of Barroso – Honey

Honey is one of the productions in an upward trend. In the municipalities of Boticas and Montalegre, there are 183 beekeepers registered in the Barroso Honey Controlled Area, Protected Denomination of Origin (PDO) was awarded to Barroso Honey, which reinforces the recognition of its quality and importance as an endogenous resource for mountain regions, an important complement to the agricultural family economy.
Gastronomy is one of the strongest identity factors of the Barroso culture it is deeply rooted in daily culture, it is closely associated with both the agricultural productive cycles.

The small productions constitute a subsistence diet, that includes vegetables, cereals and meat, it means that these products have always been the basis of Barroso food. Aromatic herbs are widely used as seasoning, as well as olive oil, which is used in all dishes, whether for seasoning or for cooking itself.

The bread is traditionally made in wood-fired ovens and it is often used as side dish in several meals. In some villages, the bread is still cooked in large community ovens, where two or three families come together and bake bread, this way the expenses for firewood are split.

The climate of Barroso favors the farming of this type of products linked to the Mediterranean diet, favoring the integration of these products within the usual the population’s day to day consumption practices.