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CREATING GASTRONOMIC PRODUCT INVENTORY A RESEARCH: EXAMPLE OF EDREMIT REGION

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Abstract

The main purpose of this study is to determine the gastronomic products of Edremit region and to create an inventory. It is aimed to determine the sustainability of these products, to transfer them to future generations and to bring them to gastronomy tourism. The relationship between food and culture are concepts that have been influencing each other for years. Food and beverages belonging to communities are accepted as cultural heritage. In addition to its crude form, it takes its place as a part of cultural heritage in every stage and process that the product goes through until it comes to the table and is consumed. Local products or gastronomic products reflect the culture of the country and the region, provide an advantage in terms of sustainability and affect the visitor& revisit of the destination. In this context, it has been revealed as a result of researches that gastronomy tourism is a type of tourism that is increasingly popular and interesting by tourists. When we look at the point reached in the years we have come, the gastronomic culture has become the lifestyle of a region. In this culture, especially local products and some food facts stand out. The increase in such popularity reveals the importance of local products. Within the scope of the research, a semi-structured interview form was created and it was aimed to collect data about it. In this research, descriptive analysis technique was used through direct quotations obtained from the interview recordings. A total of 33 people were interviewed face-to-face in the research, and the interview with 33 people was effective in reaching data saturation. A total of 8 questions were asked to the participants in order to determine the gastronomic products within the scope of the interview. As a result of the data obtained, it has been determined that the region is very rich in terms of gastronomic products and the culinary culture is still maintained from the past to the present.

Keywords: gastronomic product, inventory, local product, culinary culture

Introduction

The element of eating is not only a biological factor that allows people to be fed, but also a formation that affects the social elements of the society (religion, culture, psychology, economy, etc.). When the food and beverages of a society are examined, the culture of that society can be seen, their gastronomic identities can be learned, and it is stated that the society uses these products as a tool to express themselves (Richards, 2017). The concept of nutrition is a phenomenon that takes place not only in humans but also in the lives of all living things. In addition, this concept has undergone changes over time and has developed and continues to develop nutrition formations (Eren and Özer, 2018). While talking about food and beverage elements, the characteristics of the products that belong to the society and are consumed should also be mentioned. It is known that these products are brought to tourism and act as complementary elements and attractive elements to the destination. In addition, if gastronomic products are identified and marketed, it is associated with increasing the popularity of the products and increasing travel to the region (Zengin, Uyar, and Erkol, 2015). When the diets of the societies are examined, the effect of the geography they live in has a great impact and the culinary culture takes shape accordingly. When we look at the from Turkish cuisine perspective, effects of geographical conditions and environmental factors are directly related to the eating habits of Turks (Güldemir, 2014). In addition, if gastronomic products are identified and marketed, it is associated with an increase in the popularity of the products and an increase in travel to the region (Zengin, Uyar, and Erkol, 2015). Gastronomy tourism

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destination forms a part of cultural heritage. In other words, it is stated that the cuisine or products of the region become a tool and contribute to the competitive power of that region (Galdez, Granda, Guzman, and Coronel, 2017).

Conceptual Framework

Gastronomy Phenomenon

The concept of gastronomy first appeared in 1801 when the French poet Joseph Berchoux named the poem "La Gastronome" (Davidson, 2006). Later, in the 19th century, it started to become widespread with the high-level cookery service given to the nobility, and it appears as a concept that professions related to nutrition developed (Algün, 2016, p.10). Jean-Anthelme Brillat-Savarin, who laid the foundations of gastronomy, argued that the principles of gastronomy can be determined and take its place among other sciences with his work *The Physiology of Taste* “*La Physiologie du Goût*”, (Scarpato, 2000). Although the term gastronomy is also defined as the "art of good eating or the science of good food", it has developed over time and has become a broad definition that examines "food culture within social, economic and geographical" factors (Güzel and Apaydın, 2016).

Among the social functions of gastronomy, it affects the formation of factors such as using food as a symbol of status and power, increasing solidarity, providing shelter together, and strengthening the ability to communicate (Beşirli, 2010). Gastronomy is not only an adventure of food and beverage, but also a phenomenon in which it has a place in society as an economic, political, cultural and social structure. The importance of the gastronomic structure in the formation of these rituals is quite high and it gains more importance over time (Çalışkan, 2013).

Gastronomic Identity

The first stage of bringing gastronomic products to gastronomic tourism in the international arena is the creation of "Gastronomic Identity". The one who made the first statements on this subject (Harrington, 2005) states as follows; Harrington mentioned that environmental and cultural factors should be well known in order to create a gastronomic identity. In this context, geography, climate, ethnic factors, religious beliefs, customs and traditions, history and structure of the region affect the formation of identity. Some foods and beverages belonging to regions or are identified with that region and form the gastronomic identity (Haven- Tang and Jones, 2006). Creating a gastronomic identity is an important step in brand creation. Thus, it creates a difference by providing an advantage over its competitors and provides a competitive advantage (Yılmaz, 2017).

Gastronomic Product

A gastronomic product can be defined as the preparation and sale of products such as food, beverage, souvenirs produced by processing in the destination that emerges depending on the identity (Harrington, 2005). In order for a product to be defined as a gastronomic product, it must have a gastronomic identity belonging to a certain region. Besides being a basic need, gastronomic products are one of the most important elements in the regional culture (Quan and Wang, 2004).

Within the scope of gastronomic tourism, local gastronomic products provide a huge and important competitive advantage. Thus, the attractiveness of the destination of the region increases and it can compete with other destinations and attract gastrotourists to the region (Hjagaler and Corigliano, 2000). Local gastronomic products and tastes are considered as an attractive element of the destination (Özdemir, 2008). Consumption of local products gives tourists an important experience and is used as an attractive element. These can be considered as a marketing tool for the people of the region (Kivela and Crofts, 2006).

Gastronomic Product Inventory

The origin of the word inventory ‘inventaire’, is a French rooted word and means it is a word that has passed from French to our language and is used quite frequently. Its Turkish equivalent is defined as "the chart showing a situation, the breakdown of goods or values and the evaluation of their quantity and quality" (TDK,2022). In addition to these meanings, the products belonging to the enterprise are also known as the products that they keep and keep in stock according to the status of the works to be done in the future (Weiss and Gershon, 1993). Inventory covers all of the movable or immovable property held by the enterprise. The advantages and disadvantages of owning less or more of these goods may change periodically according to the sales volume of the business. In these cases, it can be intervened with stock but inventory control methods

(Bozarth and Handfield, 2008). The creation of an inventory of gastronomic products contributes to the preservation of cultural heritage in a context. In order for this heritage to be protected and sustainable, it is necessary to determine the product inventory. Thus, gastronomic identity, culture, everything concrete and intangible is recorded and a basis is formed (Kuşçuoğlu and Taş, 2017, p. 60).

Establishing an inventory of local products can also be considered cultural heritage. The reason for this is that it has a structure that includes all the elements of the local cuisine. These elements include culinary techniques, seasonal features, the equipment used, and the way the food is prepared and presented. With this inventory, it is an important feature that it will guide everyone who travels and wants to taste the local delicacies in the best way (Kaşlı, and other, 2015).

Edremit Region Culinary Culture

Edremit is located in the north Aegean region and stands on the hillsides of Ida mountains. depending on the province of Balıkesir, and where there is a bay on the coast. The first settlement in the district BC. It is known to date back to 50,000 years ago. Looking at the source of the name Edremit, different names are found in different sources. These names such as Edremitin, Adramyttiom, Landramytti, Adramityom and Adramytteion Balıkesir, to which Edremit is affiliated, was called "Mysia" in the Ancient Age. Edremit has preserved its characteristics since Antiquity and carries its cultural characteristics to the present day. The region is a fertile region due to its soil structure and climate. In this geography, Bulgarian immigrants, Caucasian immigrants, Cretan immigrants and Rumelian immigrants constitute the population as well as Anatolian people. In addition, the population in the region increases considerably with sea tourism in the summer months (Efe, Soykan, Cürebal, and Sönmez, 2013).

The main livelihood and basic industry in Edremit region is based on olive and olive growing. Along with these, it is among the important resources in agriculture and tourism. While these resources created employment in the region, they also reflected the culture of the region and affected behavior patterns. So much so that the words "Edremit plain is a golden nest", "Honey flows from one street of Edremit and cooking oil from the other" are proof of how rich the region is. 1/3 of the olives produced in Turkey are met from the Gulf region. In the district, there are fruits that share the same soil with olive trees and have a very high yield. Peach, apple, pomegranate, quince, almond, plum and walnut are just some of them. Especially in the region, "Satsuma" fruit and citrus products, which are also a source of income for the local people, constitute an important source of income. In addition to agriculture and tourism in the region, animal husbandry is carried out. Cattle, sheep and goats, poultry farming, fishing and especially beekeeping are among the important livestock activities. In addition to all these economic activities, forestry also has a place in the economy as an area of activity (Ertin, 1992). In general, Edremit, which is a developing settlement model considering its economic structure and agricultural activities, causes immigration with the effect of its beautiful location, natural beauties and clean air (Bağbancı and Bağbancı, 2005, p. 39).

Methodology

In this study, semi-structured interview technique, which is one of the qualitative research methods and is frequently used, was used. Qualitative research is generally carried out within the scope of research designs developed within the framework of a certain strategy. In this study, the phenomenology design, which is one of the qualitative research designs and is frequently used, was used. Phenomonology is a qualitative research design that tries to reach the essence of events and phenomena that are more aware but do not have in-depth knowledge (Creswell, 2016: Yıldırım and Şimşek, 2016). Within the scope of the research, a semi-structured interview form was created and it was aimed to collect data on it. In this research, descriptive analysis technique was used through direct quotations obtained from interview records. The interviews were recorded with a voice recorder, analyzed by the researcher, and then transcribed. In the research, a total of 33 people were interviewed face-to-face and a list of local products in the region was created with the data obtained after this interview. The fact that the number of samples was 33 was effective in reaching data saturation. Although the concept of validity is more comprehensive than the concept of reliability in qualitative research, it has a higher priority. The reason this; The factors such as the fact that the researches take place mostly in natural environments, that they are face to face, and that they have the opportunity to go back to the field where the study was carried out in a possible situation constitute the factors and the importance of the validity factor comes to the fore (Büyükoztürk and others, 2010). In addition, this study was prepared with the approval of the ethics committee.

Within the scope of the research, semi-structured interview technique was used as a data collection tool. During the interviews, 8 questions were asked to the participants. In addition to these questions, demographic information was also asked. The interviews lasted approximately 15-20 minutes. The questions asked during the interview are as follows:

1. What are the foods specific to this region?
2. What are the seasonal (summer-winter) foods specific to this region? (Like products that are made in the summer and consumed in the winter)
3. Are there any forgotten or obsolete foods and drinks that are not made now?
4. What are the special days; meals? (such as Eid, Wedding, Funeral, Birth Eve, Mawlid, Girls Request)
5. Do visitors come here to taste food?
6. Does anyone come to visit again for the prepared meals?
7. Has the production of local dishes increased after these visits?
9. Do you think it is possible to bring the food and beverages produced in this region to tourism? How?

Research Findings And Discussion

Within the scope of the study, interviews were conducted with individuals residing in rural neighborhoods of Edremit region in the research to create a gastronomic product inventory. In the research, a total of 33 people were interviewed face-to-face and a list of local products in the region was created with the data obtained after this interview. The fact that the number of samples was 33 was effective in reaching data saturation. The age range of the participants varies between 45-70. Interviews were conducted with 29 women and 4 men from the participants. When their occupations were examined, all of the women stated that they were farmers or housewives. Within the scope of the study, the answers given by the participants to the questions "how long they have resided in the region", "what are the foods specific to the region", "what are the foods for special days" and "Is it possible to bring the products in the region into gastronomic tourism", which were asked in addition to the demographic information in order to determine the gastronomic products and create the inventory, are given below.

P 1; She is 70 years old and stated that she is a housewife. She has lived in this area for 54 years. Among the questions asked within the scope of the study, she gave examples of local dishes such as chard wrap, hibiscus with bulgur and roasted herbs. She stated that wedding soup at weddings, halva at mawlids and sherbet at engagements are made on special occasions. In her answer to the question of bringing these products to tourism, she stated that they are sold in the markets and there is a demand and it is possible.

P 2; She is 51 years old and stated that she is a housewife. She has been residing in the region for 34 years. Among the questions asked within the scope of the study, Şevketi bostan, vegetable garden food and çibez food were included as examples for the first question. In the answer given to the second question directed to the participant, there is baklava at banquets, zerde at weddings, halva at funerals, and baklava at mawlids. To the third question asked, she stated that these products are consumed more especially in the summer months and that they are concentrated in the summer months and that they can be marketed in the region.

P 3; At 56 years old, his profession is farming. He has lived in the area for 56 years. The answer he gave to the first question asked was radika roasting. In his answer to the second question, it was stated that there is wedding soup in weddings and chicken rice in mawlids. He answered yes to the third question.

P 4; He is 44 years old and his profession is farming. He has been residing in the area for 25 years. In the first question asked, he said that samples of kömbe and herbed pastries were taken, and to the second question, he said that milk is drunk in the mornings during the feasts, and that it is prepared with meat or chicken in the keskek. and stated that zerde is made at weddings. He answered yes to the third question.

P 5; She is 49 years old and stated that she was a housewife. She has lived in the area for 49 years. For the first question asked, she gave examples of herb paste with olive oil, meat dish with plum and stew. In the second question, he said that keskek and meat casserole are made at weddings, and lokma are made on eves. He answered yes to the third question.

P 6; She is 53 years old and his profession is farming. She has been residing in the region for 41 years. For the first question asked, he gave examples of olive paste, sorgan soup, stuffed zucchini flowers, and pastry with

herbs. In the second question, he stated that buttermilk made from goat milk is made at mawlıds, halva is made at funerals, and keskek is made at weddings. He answered yes to the third question.

P 7; She is 60 years old and his profession is farming. She has been residing in the region for 53 years. In his answer to the first question, he gave examples of making yogurt food, roasting herbs from the garden, cream and tirit. In the second question, they stated that goat& feet were made at the mawlıds, wedding soup at the wedding and sherbet at the birth.

P 8; She was 67 years old and stated that she was a housewife. She has been residing in the region for 50 years and stated that she came to the region as a bride. In the first question asked, she gave examples of sakandırık, sourness, hoşmerim, compote, and chickpea rice. In the second question, he stated that it used to be the special dish of every special day, but now it is different. She answered yes to the third question.

P 9; She is 63 years old and his profession is farming. She has lived in the area since he was born. She answer to the first question gave examples of sacaklı ravioli, Edremit meatballs, and eggplant with cheese. In the second question, he stated that wedding soup and mafis dessert are made at weddings. He answered yes to the third question.

P 10; She is 49 years old and his profession is farming. She has lived in the area since he was born. Among the answers to the first question; Yoruk gave examples of food, sprouts of ozlemik, cokertme kebab, roasted herbs. To the second question, he stated that goat& feet are made during holidays, keskek is made at weddings, and sherbet is made at births. He answered yes to the third question.

P 11; She is 51 years old and stated that she is a housewife. She has been residing in the region for 34 years. In the first question, Şevketi bostan examples of vegetable gardens, çibez, and thyme, while in the second question, he stated that zerde is made at weddings, simit is made at mawlıds, and halva is made at funerals. He answered yes to the last question.

P 12; She was 67 years old and stated that she was a housewife. She has lived in the area since he was born. In the first question, he gave examples of mulberry molasses and herbed pancakes, while in the second question he stated that baklava is made during holidays, halva is made at funerals, and lokma is made at mawlıds. He answered yes to the third question.

P 13; She stated that she was 45 years old and that she was a housewife. She stated that he had lived in the area since he was born and gave the example of garden herbs salad to the first question. In the second question, he stated that they cook casseroles at weddings and pilaf with chicken at mawlıds. He answered yes to the third question.

P 14; He is 51 years old and his profession is farming. He has lived in the area since he was born. The answer he gave to the first question was sacaklı ravioli, and to the second question, he said that pie is made in mawlıds. To the third question, he answered that it would be possible if there was publicity.

P 15; She is 65 years old and stated that she is a housewife. She has been living in the area since his birth. While giving examples of broad bean meal and shakes to the first question, he stated that wedding soup at weddings, halva at funerals, and lokma at mawlıds were made for the second question. He answered yes to the third question.

P 16; She is 53 years old and stated that she is a housewife. She has lived in the region for 53 years. He gave examples of goat meat stew and stew to the first question, leaving the second question unanswered. He answered yes to the third question.

P 17; He is 69 years old and stated that his profession is farming. He has lived in the area since he was born. In the first question, he gave samples of herbaceous broad bean and black mulberry juice, while in the second question he stated that flatbread is made during holidays. He answered yes to the third question.

P 18; He is 63 years old and his profession is farming. He has lived in the area since he was born. Her answers to the first question included herbed pastry and ozlemik sprouts. In the second question, he stated that halva is served in mawlıds and stuffed zucchini flowers are made during holidays. He left the third question unanswered.

P 19; She is 71 years old and is a housewife. She has lived in the area since he was born. The answer he gave to the first question was herbed pastry, and in the second question, he stated that mafis dessert was made during holidays, and halva was made at funerals and mawlıds. His answer to the third question was yes.

P 20; She is 70 years old and stated that she is a housewife. She has been living in the area since he was born. The answers given to the first question gave an example of olive jam and a breakfast unique to the region, and in the second question, it was stated that wrapping was made during holidays and wedding soup was made at weddings. He answered yes to the third question.

P 21; She is 62 years old and is a housewife. She has lived in the area since he was born. In the first question, he gave examples of herbed mucver and tangle roasting, and to the second question, he stated that zerde is made at weddings, pişi are made in mawlids, and baklava is made during feasts. He left the third question unanswered.

P 22; She is 46 years old and a housewife. She has lived in the area since he was born. He stated that the example he gave to the first question was dragon fruit jam, and to the second question he made zerde at weddings and halva at funerals. He answered yes to the third question.

P 23; She is 52 years old and his profession is farming. She has lived in the area since he was born. In the first question, he gave the examples of kömbe and olive paste, and in the second question, he stated that wrapping was made during holidays and zerde was made at weddings. He left the third question unanswered.

P 24; 57 years old and a housewife. He has lived in the area for 40 years. In the first question, he gave examples of crowbar grass and minced meat, while in the second question he stated that lokma were made in mawlids. He left the third question unanswered.

P 25; She is 46 years old and engaged in farming. She has been residing in the area for 30 years. He gave examples of roasted beans to the first question and sirken food left the second question unanswered. He answered yes to the third question.

P 26; She is 55 years old and his profession is farming. She has lived in the area since he was born. In the first question, he gave examples of chard pastry and herbed pancakes, and in the second question, he stated that pişi are made in mawlids. In the third question, he said that breakfast products are very special and it will be possible to obtain them.

P 27; She is 60 years old and a housewife. She has been living in the area since he was 10 years old. He gave the answer of cowpea with olive oil to the first question, and the answer to the second question, zerde at weddings, and chicken rice for mawlids. He left the third question unanswered.

P 28; 75 years old and housewife. He has lived in the area since he was born. In the first question, he gave the example of arapsaçı roasting, and in the second question, he stated that they made casseroles at weddings and pişi at mawlids. He left the third question unanswered.

P 29; She is 48 years old and his profession is farming. She has lived in the area since he was born. In the first question, he gave the example of the yankiri bazlama and the arapsaçı food. In the second question, he stated that zerde was made at weddings, and he answered yes to the third question.

P 30; 46 years old and housewife. He has lived in the region for 42 years. In the first question, he gave the example of mucver and cibeş with herbs, and in the second question, he stated that they made wrapping in feasts, halva in funerals, and lokma in mawlids. To the third question, he answered possible.

P 31; 56 years old and farmer. He has lived in the area since he was born. In the first question, he gave the example of goat roasting, and in the second question, he gave examples of stew and keskek at weddings. He answered yes to the third question.

P 32; She is 54 years old and his profession is farming. She has been living in the area since he was born. In the first question, he gave examples of roasted sirken and herbed flatbread, and in the second question, he stated that lokma are made in mawlids. He answered yes to the third question.

P 33; 57 years old and farmer. He has lived in the area since he was born. In the first question, he gave the example of kömbe and herb pastry, and in the second question, he stated that goat legs were made during the mawlids. He answered yes to the third question.

Table 1: Edremit Region Gastronomic Product Inventory

Pazı sarması	Çibez	Mafış tatlısı	Radika kavurması	Etli ve tavuklu keşkek
Bulgurlu ebe gümece	Otlı mücver	Bakla yemeği	Şevketi bostan	Turp otu salatası
Otlı kavurması	Zerde	Sallama	Fasulye kavurması	Peynirli patlıcan
Otlı börek	Lokma	Gelincik otu salatası	Keçi bacağı	Kaymaklı
Kömbe	Yankiri bazlama	Sorgan çorbası	Nohutlu pilav	Düğün çorbası
Sirkem kavurması	Arapşaçı kavurma	Kabak çiçeği dolması	Oğlak kavurma	Kulak aşısı
Otlı bazlama	Göveç	Kabak çiçeği kavurması	Kıymalı	Tirit
Filizotu kavurması	Zeytin reçeli	Kaz ayağı kavurması	Yoğurtlama	Saçaklı mantı
Kapama	Ejder meyvesi reçeli	Akkız yemeği	Özlemik filizi	Kekikli peynir
Sini mantısı	Çökertme kebabı			

In order for a product to be defined as a gastronomic product, it must have a gastronomic identity belonging to a certain region. Gastronomy products are not only a basic need, but also one of the most important elements of regional culture (Quan and Wang, 2004). A tourist gets acquainted with the history, culture, traditions and heritage of the destination he travels with gastronomic products and contributes to the strengthening of the destination. (Yıldız, 2016, s. 35). The increase in the production of gastronomic products brings more tourists to the region and creates a brand network in the region. Thus, investments in the region increase, development accelerates in the region and the employment rate increases. (Kyriakaki, Zagkotsi and Trihas, 2016). Destination choice for gastrotourists can vary according to many factors. Among these factors, it has an important place in gastronomic products. For example; More visits to France take place due to the variety of wine and cheese (Şengel and others, 2014).

As gender roles in Turkish culinary culture, woman is known as the person who cooks, teaches table manners and serves food. The fact that women prepare traditional dishes and dominate this culture reveals the importance of women in the kitchen. (Karaca and Altun, 2017). In this context, it is seen that the majority of the participants in the research are women and women give more information about the gastronomic product. This result confirms the validity of conducting the study with face-to-face participants.

A total of 33 people, 29 women and 4 men, were interviewed in the study. It has been observed that women are more willing to participate in the interview and more willing to give more information. In this direction, when the professions are examined, 27 of the women are housewives. All of the interviewed men are engaged in farming. According to the data obtained from the participants after the face-to-face interview, it was

determined that the region has a very rich structure in terms of gastronomic products. It is understood that the meals made on special days show similarities and continue from the past to the present. As a result, it is understood that the dishes belonging to these special days are similar and that they continue the past cultures of the region and they are satisfied with it.

Conclusion

In order for local products or gastronomic products to carry a gastronomic identity; products need to be protected, diversity needs to be increased and it is important in terms of enriching the palate tastes. However, there are problems in the production and diversity of local products day by day. One of these problems is that these products are not given enough importance and the products produced are not sold and marketed at the value they deserve. It should be ensured that these products are brought to light by giving the value they deserve. The result of this will be reflected in gastronomy tourism and the importance of the studies will be better understood. In this study, Edremit region gastronomic products were determined and an inventory of these products was created. Within the scope of the research, data collection was carried out face to face with a semi-structured interview form. The findings were conveyed in detail in writing, and gastronomic products were determined in line with the data obtained as a result of the interviews. According to the gender of the participants, 29 women and 4 men were interviewed. In the interview, it was seen that the women were mostly housewives and they mostly included local products in the interview form. The high role of women in the kitchen in the region is an important factor for the validity of the answers given. Considering the times lived in the region, it is seen that an average of 45-65 years of residence is observed. In line with these results, it is understood that the participants have lived in the region for a long time and have a command of the culinary culture and local products in the region. It has been determined that almost all of the participants gave different examples to the question "What are the local foods? In this context, according to the number of people interviewed, it is understood that the region has a very rich structure in terms of gastronomic products. The participants were asked "What are the foods consumed on special days in the region?" It was determined that most of the answers given to the question were similar to each other. According to this result, it is understood that making the same or similar products on special days preserves the culinary culture of the region and gives importance. To the question of "Is it possible to bring these products to tourism?"; they said that all of them, except 3, answered yes and they wanted this. As a result, when the relevant literature was examined, no study was found on gastronomic product inventory. With this study, it is aimed to contribute to the literature by emphasizing the inventory, which is very important for gastronomy and is increasing in importance, and to guide future studies and researchers. Some suggestions for the study to guide other research and for the product inventory to come to light;

- The richness of the region should be brought to tourism by joint studies with public institutions and the people of the region should be made aware of this issue.
- The recipes of the products in the created inventory should be created and the standardization of these products should be ensured.
- The tourism potential of the Edremit region is high, and in this direction, villages should be added to the routes within the scope of package tours.
- It should be investigated whether this inventory is marketed in food and beverage businesses in the region and the reasons should be revealed.
- Food and beverage businesses in the region should include the use of these products and the sale of these products should be ensured.
- This study is limited to rural neighborhoods of Edremit district. In future studies, studies can be carried out in Edremit Bay or other provinces of Balıkesir province and the number of samples can be increased.

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