



# TASTES OF LOWER SILESIA

EDITION 2022

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**DEAR SIR/MADAM!  
DEAR READERS!**

Life provides us with a lot of meaningful moments, one of which is a culinary experience that brings us closer together. Sharing a table and eating together is how we get to know each other and our respective cultures. Each country and region prides itself on having unique products and dishes, and Lower Silesia is no exception. This multicultural region, which shares a border with Germany and the Czech Republic, has a thriving catering industry. Its products, excellent wines and beers, unique fruit liqueurs, wonderfully tasting cheese, cold cuts, cakes and gingerbread have won the hearts of both residents and tourists. A centuries old tradition tells us that the best way to know a region is to experience its cuisine, culture and tourism first hand. Lower Silesia is very popular among foodies who visit it frequently to taste its unique dishes. Happy memories stay with us forever. The Lower Silesian cuisine will leave a lasting impression on your taste buds.

In addition to numerous monuments, castles, palaces and beautiful landscapes, the region also boasts its own exquisite cuisine that leaves an unforgettable impression. Regional businesses, usually run by families on a small scale, are thriving and getting a stronger foothold in Poland and abroad. Having won multiple culinary awards, they are being increasingly recognised in Europe as reliable producers. Their products are made using conventional methods, without chemical additives or preservatives. The Lower Silesian regional products, such as dishes, wines, fruit liqueurs, beers or fruit juices, are tasty and healthy. Lower Silesia greatly benefits from the knowledge and skills of its inhabitants and is increasingly being recognised as an attractive destination for food lovers.

Please read this leaflet to learn more about Lower Silesian producers and their products. You are also invited to visit our region to discover its unique flavours. There are no words to describe Lower Silesia. You must see and taste it for yourself!

*Cezary Przybylski*  
Marshal of Lower Silesia



# Gospodarstwo Ekologiczne Wagnerówka Krystyna i Robert Wagner

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The main crops grown and sold by the Wagnerówka farm are vegetables – carrots, parsley, beets, potatoes, cucumbers, zucchini, beans, tomatoes, pattypan squash, cabbage, onions, several varieties of pumpkin, kale, parsnip, topinambur – and soft fruits such as strawberries, raspberries, blackcurrants and aronia.

During the summer season, the farm preserves its fruits and vegetables, making very tasty products, enhancing their flavor with the use of high quality wine and fruit vinegars. In addition, its vegetable products contain their farm grown herbs and medicinal spices.

Wagnerówka is part of the Lower Silesia Culinary Heritage Network. The farm received numerous awards at culinary competitions, including Our Culinary Heritage – Tastes of Regions, The Best Flavor of Lower Silesia and “The Best Pumpkin Meal.”

## OFFER

- Zucchini in chili, zucchini marinated in vinegar, pickled zucchini, zucchini salads
- Pattypan squash in chili, pattypan squash marinated in vinegar
- Aronia & pear preserves
- Plum preserves
- Sauerkraut with horseradish
- Aronia and quince juices
- Żur (fermented rye soup)
- Several types of wholemeal flour: spelt, wheat, rye, buckwheat, and corn flour

The farm also sells organic strawberry plants. Wagnerówka organizes training courses, networking meetings, presentations and regular open meetings for people interested in organic farming.



# Gospodarstwo Rolne Kwaszarnia Kapusty i Ogórków Michał Sznajder

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The pickling traditions at this family farm were originated by Stefan Sznajder, the grandfather of the current owners, during the 1950s. These days, it's the third generation of this family that sows, grows, harvests and preserves vegetables. Their farm grown vegetables – cultivated in the area of the Barycz River Valley – can be distinguished by their exceptional flavor, taste and quality.

Pickled vegetables do not contain any chemical additives, preservatives, vinegar, fermentation accelerators, and bleaching agents. The secret behind the tasty flavor of pickled veggies is not only the excellent quality of locally grown produce and natural marinating process, but also recipes passed down by generations. They were created by Stefan Sznajder and his wife Zofia.

The farm is part of the Lower Silesia Culinary Heritage Network. Fermented vegetables and their juice were commended by the label “Recommended by the Barycz River Valley,” and won many awards at prestigious trade shows and competitions, including the title “The Best

Flavor of Lower Silesia” and prizes at the regional competition Our Culinary Heritage – Tastes of Regions.

## OFFER

- Sauerkraut
- Red cabbage kraut
- Fermented whole cabbage heads
- Sauerkraut juice 250 ml
- Red cabbage kraut juice 250 ml
- Pickled cucumbers
- Grated pickled cucumbers in a jar 300 g
- Marinated cucumber juice 250 ml
- Marinated grated beets
- Marinated whole beets
- Marinated beet juice 250 ml

## Likier Karkonoski

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The local liqueur known as Likier Karkonoski refers to more than two centuries of the region's traditions in production of Stanisław type of liqueurs. It contains extracts from 36 herbs and fruits of the forest, including about 10% of juice from berries (bilberries). The traditions of making fruit-infused liquors were restored in a professional way by Tomasz Łuszczyński, present-day lab technician, chemist, tourist guide to the Sudety Mountains and a self-proclaimed monk from Borowice, Karpacz area, who encourages tourists to taste his liquor in the following way:

**LOOK** at its color – Likier Karkonoski is in ruby red color, since it contains a lot of juice from fresh berries harvested in the Karkonosze Mountains and extracts from many herbs, which healing effects had been tested a long time ago by the local lab technicians.

**SMELL** it – what a bouquet! Thanks to fruits it has a very fresh aroma. Try to name at least a few herbal ingredients. When you do not sense

too many, then try another time – olfactory impressions sensed by the same person can depend to a large extent on specific circumstances and mood. **TASTE** it – you will find many ingredients stimulating your receptors – a little bit of sweetness, coming from fruits, and some bitter tastes, deriving from herbal extracts.

For tourists visiting the Sudety Mountains, Likier Karkonoski is a souvenir from their mountain trips, and for the local community – a hallmark and pride of the region. The product is registered on the ministry list of traditional products. It won many awards, including “Perla” for the best Polish regional food product and the title “The Best Flavor of Lower Silesia” in 2016.





### OFFER

- The market offers Likier Karkonoski in the following bottles: 1 l, 350 ml, 100 ml and 50 ml



## Maciejowy Sad

Przedsiębiorstwo prywatne KAR Jerzy Karczewski

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Maciejowy Sad is a family business involved in production of natural, unclarified pressed juices in a wide variety of flavors.

The main ingredients used in juice production are apples harvested in the farm's own orchards. Other ingredients, including cherries, carrots and peaches, are also home grown by the farm. The main advantage of juice made in this way is the fact that it is all-natural juice. No sugar or water is added to it. It is preserved with the use of thermal method.

The company uses glass packaging (0.3 l) and advanced bag-in-box system (5 liters), which makes possible juice consumption up to three weeks after opening, preserving its microbiological purity. Its production method is based on solutions used by the ancestors of the current business owners.

Maciejowy Sad is part of the Lower Silesia Culinary Heritage Network. It is a laureate of the National Promotional Program "Doceń polskie" (Appreciate Polish Products). Certificates of the program and titles of "Top Product" were presented to apple juices, apple & carrot juices, and apple & celery juices.

### OFFER

- Pressed apple juice – registered on the ministry list of traditional products. Many scientists confirm greater health benefits of natural unclarified juice over clarified juice. Unclarified juice contains four times more polyphenols than clarified juice. It prevents cancer, has anti-aging properties, and helps boost our body's natural defenses.
- Other juices – Jerzy Karczewski juice producer constantly surprises customers with new, original compositions; some of the examples of his unique products include apple juice with celery or beets, apple juice with rhubarb or aronia fruits, apple & pear juice, apple & raspberry juice, apple & rhubarb juice, apple & blackcurrant juice, apple & celery juice, apple & carrot juice, apple & mint juice, and apple & peach juice.
- Dried fruits and fruit teas, including rosehip tea, hawthorn berry tea and elderberry tea.
- Various types of unpasteurized vinegar, apple chips, jams, preserves, and fruit spreads.



## Masarnia Urbanowscy Tata i Syn

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This family-run business, established in 1990, produces traditional and natural lunch meats, distinguished by their excellent taste, aroma and consistently high quality. Bronisław and Marcin Urbanowski make sure that their products are made from highest quality Polish meat and natural spices, elaborately selected and ground just before production. Their lunch meats do not contain preservatives or artificial food additives. They are handmade and produced according to old traditions.

The company is part of the Lower Silesia Culinary Heritage Network. The Lower Silesia Culinary Heritage label was awarded to such products as kabanos dry sausage, homemade sausage, Śląska sausage from Zawidowice, Zawidowice headcheese, traditional ham, and many other products. In addition, knife-cut sausage and white sausage received top prizes at the regional competition Our Culinary Heritage – Tastes of Regions. Urbanowski products can be purchased in the company outlet stores in Wrocław, Oleśnica, and Bierutów.

### OFFER

- The offer includes products for those who look for a taste of tradition, for people who make their health a top priority, and customers who enjoy tasty food at an affordable price.

Raw meat comes from local farms operated in the proximity of the butcher's shop. The company's own slaughterhouse allows to acquire meat coming from the region, in which the company is located. It obviously has an impact on the regional character of production. The remaining ingredients, including garlic, marjoram and other garden herbs come from horticultural farms operating in Oleśnica County.



## Młyn Usługowy Zenon Feszczuk

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The mill in Jordanów Śląski was built by Alfred Schölich at the turn of the 20<sup>th</sup> century. Since its foundation, it has been operating continuously with the use of the original bran separating machines, used to separate bran from flour. Other equipment that is in good working order operating in the mill of Jordanów Śląski includes the prewar roller mills for crushing grains and bran sifters. These days, this hundred year old mill is run by Zenon Feszczuk, the fourth-generation miller whose great grandfather run a mill in Terebovlia before World War II.

Rye sourdough bread under the name “Chleb z Młyna” won the “Perła” award at the Polagra Food International Fair in Poznań. It was commended twice at the competition Our Culinary Heritage – Tastes of Regions. It also won a prize at the Wrocław Flour Festival in the Botanical Garden of the University of Wrocław.

Fans of the Jordanów Śląski bread know that they should schedule an appointment by phone before visiting the mill. Tasty loaves of bread are



baked on Monday, Wednesday and Friday. They sell out fast, since there are many Jordanów bread lovers in the area.

### OFFER

- “Mąka Jordanowska” Flour – wheat, rye and spelt flour:
  - wheat flour type 550,
  - wheat flour type 650,
  - wheat bread flour type 750,
  - graham wheat flour type 1850,
  - rye flour type 720,
  - whole rye flour type 2000
- Wheat and rye bran
- Homemade bread

# Naturalne soki owocowe – Tłocznia Pochodyła

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- 🌐 [dbpoleca.barycz.pl](http://dbpoleca.barycz.pl), [pochodyla.com.pl](http://pochodyla.com.pl)



Fruit juice processing plant founded in 2014 constitutes an integral part and continuation of pomicultural activity of Dominik Pochodyła. It is located in Milicz, the center of the Barycz River Valley Landscape Park. Tasty and healthy natural juices are made from apples harvested in the company's own orchard in Świebodów (Krośnice Commune).

Juices are pressed simultaneously from two or three apple varieties. They are sweet, since they contain natural fruit sugars. They are made exclusively from dessert apples. The secret behind the unique taste of juices made by Pochodyła lies in maintaining the highest standards. At every stage there is focus on raw materials. Apples have to be crispy, fresh and healthy. These juices do not contain any preservatives, enhancers, water or sugar.

High quality and warranty of fruit origin are confirmed by IP certificate and the label "Recommended by the Barycz River Valley."





## OFFER

- Uniform fruit juice (apple juice) and apple juice with other fruits or vegetables (pear, cherry, currant, aronia, gooseberry, elderberry, peach, carrot, and red beet).
- The minimum weight for wholesale and way of packaging remain to be negotiated.
- Retail sale: bottles 0.33 l and 0.75 l; cartons 3 l or 5 l; biodegradable plastic bags 3 l and 5 l.

Juices can be purchased in the company outlet store in Milicz, 43 Wojska Polskiego Street. Juices are available in many restaurants across the Barycz River Valley as well as during local fairs and events promoting healthy regional food. The store is open from Monday to Friday, from 8:00 am to 5:00 pm, and on Saturday, from 8:00 am to 2:00 pm.



## Olejarnia Katarzyna Nowak-Uzbek i Wojciech Uzbek

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The described oil mill is a family-run manufacture, which presses oil seeds slowly and operates as an environmentally friendly plant. Grains and seeds are always purchased from proven, exclusively Polish suppliers. These oils can be distinguished by a very low temperature of cold pressing: 20-30°C in the case of rapeseed oil and slightly above 30°C for linseed oil. This oil production method allows to preserve its nutritional values, particularly healthy omega 3 and omega 6 fatty acids and antioxidants fighting free radicals. Thanks to environmentally friendly methods these oils have a long shelf life confirmed by tests. They do not have to be refrigerated, since they preserve nutritional values and taste.

The described oils have local and regional quality certificates. Thanks to exceptional taste and health values, oils made by this company are in the group of products commended by the restaurant guide Gault & Millau. They were also certified as Local Product and by the Wrocław University of Environmental and Life Sciences.



### OFFER

- Rapeseed oil – has excellent taste, flavor and beautiful dark sunny color. It can be used for meals served cold, salads, bread, vegetarian dishes, mayonnaise, dressings, as well as frying.
- Linseed oil – has excellent taste, slightly nutty flavor and beautiful golden color. Thanks to its unique pressing technology, it can be distinguished by its lack of bitterness. It is a perfect addition to meals served cold, bread, vegetarian dishes, mayonnaise, and dressings.
- Pumpkin seed oil – has delicate aroma and flavor. It is best served cold, as an addition to raw vegetable salads, other salads, dips, and as an ingredient in soup recipes.
- Sunflower oil – it has a light yellow color and delicate aroma of sunflower seeds. It is used to prepare raw vegetable salads, other salads, and cooked meals.
- Black cumin (*nigella sativa*) oil – it has spicy fragrance and slightly bitter taste. Best served cold.
- Milk thistle oil – it has a yellow, straw color and slightly nutty taste. It is best suited for salads, raw vegetable salads, and dips.



## Pasieka Zuzia

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The apiary known as “Pasieka Zuzia” was founded in 2006 by Bogusława and Jerzy Nawara who pursue their longtime passion for beekeeping. It is located in the picturesque Jezierzycza River Valley Landscape Park and the Odra Riparian Woodland. Domaszków, a quiet village located far away from urban pollution, in the proximity of the Cistercian Abbey in Lubiąż with deep-rooted traditions, is known for production of tasty, healthy and very popular honey.

The “Pasieka Zuzia” apiary is part of the Lower Silesia Culinary Heritage Network. Honey made in this apiary won many awards at various culinary competitions, including the first prize at a competition organized within the Lower Silesian Honey and Wine Festival in Przemków in 2017. In the competition organized by the 2018 Wrocław International Tourist Fair, in the Regional Product category, linden honey “Złoto Domaszkowa” received the award “Kryształowy Orzeł,” and in 2019 the award “Kryształowy Orzeł” was presented to the acacia honey “Kryształ Lubiąza.” In 2019, in the competition Our Culinary Heritage – Tastes of Regions for the best Polish regional food product the linden honey “Złoto Domaszkowa” won the award “Perła 2019”.



The “Pasieka Zuzia” apiary runs an educational beekeeping trail. Its purpose is to educate participants of workshops on the importance of bees to the environment, melliferous trees, shrubs and flowers.

### OFFER

- Linden honey called “Złoto Domaszkowa”
- Acacia honey called “Kryształ Lubiąza”
- Multiflower honey from the Odra Riparian Woodland
- Rapeseed honey
- Phacelia honey
- Goldenrod honey
- Buckwheat honey
- Forest honey
- Pollen, bee bread, propolis and beeswax



## Piekarnia Ulijanka Pracownia Dobrego Chleba i Ciastek

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Baked products made by “Ulijanka” can be distinguished by their exceptional taste and flavor. The most valuable ingredient of breads baked by “Ulijanka” is bread kvass to which rye flour is added several times a day. All bakery products are made according to traditional recipes and are baked in an old ceramic oven.





### OFFER

- “Flavored breads” – they are based on basic sourdough, made from different types of flour with a wide variety of additions, including grains, seeds and spices. Breads are made in several weights, differ in dough preparation and baking method.
- Rye Bread – its bread dough uses only three ingredients, namely rye flour from the mill of Krzyżowa, water from the Karkonosze Mountains, the intake of Śnieżne Kotły, and rock salt.
- “Karkonoski Bread” – this bread is baked without the use of yeast. Its production uses an old method of multi-stage kvass and dough processing. Thanks to adding boiled potatoes, the “Karkonoski Bread” has a great taste, aroma and stays fresh longer. This bread does not contain any enhancers or preservatives.
- Plain and flavored rolls.
- Cakes, cookies and biscuits, as well as many other delicacies.



## Pierniki Wrocławskie

### Piernikowe Dekoracje Jacek Rudy

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-  + 48 694 752 753
-  sklep@piernikiwroclawskie.pl
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Gingerbread products known as “Pierniki Wrocławskie” are handmade with the use of the best local ingredients from Lower Silesia, including honey from the family apiary, flour from a small local mill and butter from a local dairy. Special spices added to dough provide a unique flavor to these gingerbread products. Pierniki Wrocławskie do not contain such additives as palm oil or glucose-fructose syrup. The Pierniki Wrocławskie company restores the gingerbread traditions of Lower Silesia.

#### OFFER

- Bomba Legnicka, traditional historical gingerbread of Lower Silesia
- Flavored gingerbread cakes and cookies:
  - traditional with no additives,
  - with nuts or almonds,
  - with prunes,
  - with orange,



- with chocolate or chocolate & orange,
- with cranberries,
- layered and coated,
- honey cakes,
- gift and decorative cakes

The offer also includes gingerbread with motifs related to Wrocław and Lower Silesia.



## Siedlisko Pstrąga

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Siedlisko Pstrąga is a family restaurant, which is involved in preparation of unique meals. Local visitors have an opportunity to stay in a local microclimate and look at changes taking place on site depending on the season. The restaurant owners offer more than 300 square meters of terrace, featuring tables for eating outside, among greenery, on the water and with a panoramic view of the Karkonosze Mountains.

### OFFER

- Trout in herbs from the oven, distinguished by its original and exceptional taste, prepared according to a unique recipe.
- The restaurant organizes events on special occasion: wedding receptions, banquets, wedding reception afterparties, family events, barbecue parties, First Communion parties, baptism receptions, team-building meetings, corporate events, wakes, and other functions.



- Guests can take advantage of the main fishery, where they can catch such fish as carp, perch and pike using the float method. There are fishing rods offered to visitors.
- The site also offers the trout fishery mainly to fly anglers and more advanced fishermen.



## Runoland

producent przetworów tradycyjnych,  
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Runoland is not only a food producer, but above all a brand guarantying vegetable and fruit products known for their excellent taste. The company is involved in food processing, specializing in production of marinated and dried mushrooms, strawberry and raspberry jams and preserves, berries, fruit fillings, and stuffing for dumplings, croquettes and casseroles. Some of the delicacies include cranberries, grated horseradish with beets, half sour pickles, without any artificial preservatives, prepared according to traditional recipe.

Runoland products contain ingredients offered by the forest and Mother Nature. The local fruit and vegetable processing plant uses the best organic ingredients. The company's production is based on natural ingredients, providing a unique taste and aroma to its products. Fruit and vegetable processing is based on proven recipes and highest quality ingredients. Production of traditional, frozen and organic goods is based on the highest quality standards. All products made by Runoland can be distinguished by their delicious taste.

### OFFER

#### • Organic

Focusing on nature and customers' health, all recipes of food products, soups and stuffing are elaborately composed of whole unprocessed ingredients.

#### • Traditional

Healthy fruit and vegetable products, dried and marinated mushrooms, with no artificial aromas or preservatives.

#### • Frozen

Blueberries, raspberries or cranberries can be used in cakes, whereas porcini, bolete mushrooms and chanterelles are best suited for fine meals. Thanks to traditional recipes, customers can enjoy the flavor of forest fruits and mushrooms all year round.

#### • Fillings

The company has been making delicious and healthy food products for nearly 30 years. Particularly popular are fruit stuffing and filling products without artificial flavors and preservatives.



# Sery Łomnickie z Koziej Łąki

Bożena i Daniel Sokołowscy

🏠 Lipowa 3, Łomnica k. Jeleniej Góry

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🌐 serylomnickie.pl

The cheesemaking company “Sery Łomnickie” is a family business with longtime traditions, producing cheese since 2008 in the organic farm “Kozia Łąka,” situated in the proximity of Jelenia Góra, among fields and woods, with a view of the Karkonosze Mountains and Mount Snieżka.

Several years ago, a new facility was built, called the Łomnicka Hala Mleczna (Łomnica Dairy Center), combining traditions with progress. Its relaxing interior features many historical exhibits related to the art of cheesemaking. Visitors can watch through the glass the ongoing activities related to cheesemaking and cheese ripening. Enjoying a cup of coffee or a glass of wine you can listen to interesting stories about cheese or animals raised in this place. Visitors are surprised with the taste of locally made ice cream using goat milk; they can also taste regional wine, preserves and honey. All products are made organically, with no artificial fertilizers or pesticides.

The described cheese won many awards and commendations; for example, the goat cheese “Ser Kozi Łomnicki” was registered on the list of traditional products of the Ministry of Agriculture, and during the Eastern Partnership Summit in Warsaw, during the first Polish Presidency of the Council of the European Union, the cheese known as



“Sery Łomnickie” promoted Polish food. The company has the certificate of Local Brand and is part of the Lower Silesia Culinary Heritage Network.

## OFFER

The company offers a wide variety of products made from unpasteurized goat and cow milk:

- Cheese aged from 2 months to 2 years
- Fresh, shortly aged cow and goat cheese
- Fruitwood smoked cheese
- Full- and low-fat curd cheese
- Sour cream and butter
- Yogurt, kefir and buttermilk
- Ricotta type cheese: baked and smoked

The full offer of the company is published on the following website: [www.serylomnickie.pl](http://www.serylomnickie.pl)

Łomnicka Hala Mleczna is open from Monday to Saturday between 10:00 am and 6:00 pm.



# Sery Ślubowskie

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The cheesemaking company Przetwórstwo Farmerskie Sery Ślubowskie Igor Pietrzyk was established in 2011. This dairy processing plant produces all types of cheese, distinguished by their unique organoleptic quality, as well as sour cream, yogurt and butter. Production of the plant is based on cow milk coming from small farms, where cows graze on natural, unpolluted pastures of the Barycz River Valley. Milk from crossbred cows has a unique taste. Its most unique characteristic is the distinctive, velvety consistency.

Thanks to its quality and taste properties, the cheese known as “Sery Ślubowskie” can compete successfully with cheese made by top cheesemaking dairies of Italy, Switzerland, France and Spain. Despite implementation of machine and technological changes in the company, many stages of cheesemaking process are still made by hand; therefore, the cheesemaker has a unique possibility of his personal and direct involvement in processing, which is reflected in the quality of cheese made.

## OFFER

- Unripened rennet cheese
- Cottage cheese and curd cheese
- Ricotta type cheese
- Long ripened cheese, such as gouda, tyłzycki, maślany, słoneczny, and szwajcar.



- Butter cheese known as “Ser Maślany” is Poland’s only cheese that is made from so-called curd grains and does not go through the drying process. Thanks to this unusual technology, it can be characterized by its exceptional and unique flavor.
- Brined cheese, mozzarella, grilling cheese, cheese rolls, feta cheese, cheese spreads, yogurt, butter and sour cream.
- Smoked cheese, including smoked cheese with horseradish on a smoked horseradish leaf.
- Smoked sheep milk cheese called bundz
- Smoked Ślubowskie cheese: smoked cheese with garlic and bear’s garlic, and smoked cheese with paprika and onion.

Cheese under the brand Sery Ślubowskie is available in many stores, restaurants and hotels across Wrocław. It is also possible to purchase cheese directly from the cheesemaking plant. The company is part of the Lower Silesia Culinary Heritage Network and a laureate of many awards, including the Best Taste of Lower Silesia, the “Perła” award for Tyłzycki Cheese in 2019 and the “Perła” award for Gouda Cheese in 2021.



## Spizarnia Miodowa

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- ☎ + 48 71 313 92 56, + 48 691 529 142
- ✉ kontakt@spizarniamiodowa.pl

The apiary known as “Spizarnia Miodowa” is a family operated beekeeping farm, founded in 1953. These days, it is run by Ewa and Stanisław Migocki.

Honey made by the farm can be distinguished by its excellent taste and consistently high quality. In addition, it is bioactive honey. Quality assurance is related to traditional beekeeping methods and honey harvesting in the apiary. Owners’ knowledge is supported by many years of experience and continuity of family business, awarded by the title “The Beekeeper of the Year 2016” presented to Stanisław Migocki. “Spizarnia Miodowa” is part of the Lower Silesia Culinary Heritage Network.

The apiary is located in the old riverbed of the Odra River, in the Grody Ryczyńskie Nature Preserve close to Oława. The apiary serves also as an educational farm. It is a place for alternative beekeeping and nature education addressed to children and youth, families and seniors. Activities conducted in the center are offered in the form of recreational classes.

### OFFER

- “Ryczyński” linden honey – won many awards, including “The Best Taste of Lower Silesia” in 2014; “Perła” award in the competition Tastes of Regions in Poznań in 2015; registered on the ministry list








of traditional products in 2016; goldenrod honey won the title “The Best Taste of Lower Silesia” in 2016. Honey is harvested in the Grody Ryczyńskie Nature Preserve. In addition to dominant pollen from linden trees, honey also contains pollen released by other plants such as achillea, centaurea, cornflower, chervil, prunus, daylilies, and other plants. Therefore, the described honey can be distinguished by its unique taste, aroma, and health benefits.

- Acacia honey is a product of numerous acacia tree stands growing in the area of Zielona Góra.
- Rapeseed honey is a product of farmland located far away from trade routes situated in the proximity of Oława.
- Multiflower honey is a product of woodlands located in the old riverbed of the Odra River.
- Buckwheat honey is a product of fields located in an organic farm in the proximity of Jelenia Góra.
- Flavored honey – honey with natural additives, such as nettles, mint, cranberries, cinnamon, bee bread, pollen, propolis, and milk thistle.



## Stawy Milickie SA

-  Ruda Sułowska 20, 56-300 Milicz
-  + 48 71 38 47 110, 71 38 32 482  
+ 48 71 75 90 886 (informacje o ofercie)
-  + 48 71 38 47 110, w. 25
-  [biuro@stawymilickie.pl](mailto:biuro@stawymilickie.pl)
-  [ryby.stawymilickie.pl](http://ryby.stawymilickie.pl)

Common carp is the best known fish species farmed in the ponds known as Stawy Milickie. Other freshwater fish species produced in fish farming include catfish, sturgeon, grass carp, silver carp, northern pike, perch, and crucian carp.

The entire production cycle of Milicz carps takes place in the Barycz River Valley. Juvenile fish comes from the hatchery of Stawy Milickie. It takes three years to produce Milicz carp which is the most popular carp fish in Lower Silesia. Farmed fish eats natural food produced in ponds; this food is supplemented only with cereal feeds. Production takes three years and is based on traditional methods used in this region. The majority of works, just like centuries ago, is performed by hand by qualified fishermen under strict veterinary control and meeting all standards of sustainable fisheries management.



### OFFER

- A full range of freshwater fish species farmed in the ponds known as Stawy Milickie.
- Availability of fish species varies.

An outlet store of fish farmed in Stawy Milickie SA in Ruda Sułowska: fishery service center in the building of the restaurant Gospoda 8 Ryb (from the direction of the terraces).



## Winnice Jaworek

- 📍 Kościuszki 48 a, 55-330 Miękinia
- ☎ + 48 71 396 09 94, +48 663 944 445
- ✉ info@winnicejaworek.pl
- 🌐 winnicejaworek.pl

Wine from the Środa Śląska area is a successful attempt to restore the deep-rooted winemaking traditions, and the idea of winegrowing in this exceptional place resulted from tremendous passion and dreams. In 2001, Ewa and Lech Jaworek founded the winery known as Winnice Jaworek, which produces wine from top quality grape vine (*vitis vinifera*). The vineyard of the Winnice Jaworek in Miękinia occupies about 30 hectares and is the biggest organic vineyard in Poland. Grape is hand harvested, and wine – before bottling – matures for a long time in oak barrels, to which it owes its unique flavor. It is one of the first Polish vineyards of this type.

The winery is a perfect place for relaxation, tasting, touring, banquets, business and family meetings, and a perfect dating site.

Silesian wine from the winery Winnice Jaworek is registered on the list of traditional products. Winnice Jaworek is part of the Lower Silesia Culinary Heritage Network, winning various national and foreign competitions.



### OFFER

- Polish regional wine is made from top quality grape vine (*vitis vinifera*)
- Grape mead
- Fruit-infused liquors and honey-based fruit distillates

Tourists coming to visit the winery can try local food at the local restaurant serving meals prepared from selected products coming from Lower Silesia. The restaurant is recommended in the prestigious Gault & Millau Yellow Guide.



## Zagroda Pasternak Sery Lutomierskie

📍 Lutomierz 29, 57-213 Stoszowice

☎ + 48 661 783 435

✉ malwina\_pasternak@vp.pl

🌐 serylutomierskie.pl



The cheesemaking company is located in a farm, lying in a picturesque place at the foot of the Sowie Mountains. It produces cheese containing only natural ingredients, including unpasteurized and pasteurized cow milk, microbiological rennet, non-iodized salt, and herbs. Cheese is made with the use of highest quality cow milk, purchased from proven, local producers – farmers with long experience.

Stanisława Pasternak and her daughter Malwina specialize in production of unripened, shortly aged rennet cheese. Cheese can be purchased in the company outlet store located in the cheesemaking company.

### OFFER

- Rennet cheese flavored with herbs such as black cumin (nigella sativa), fenugreek, garlic, basil, nuts, nettles... It is best suited for

salads, sandwiches, hot and cold appetizers, and grilling. It is a perfect ingredient for various types of casseroles, soups, omelets, and souffles.

- Gouda type cheese with herbs: black cumin (nigella sativa), fenugreek, basil, green savory, garlic, cranberries, and spices selected by customers.
- Ricotta type cheese.
- Cheesemaking workshops and tours of the cheesemaking company.

**Store opening hours:** Wednesday and Saturday: 9:00 am – 8:00 pm,  
Friday and Sunday: 11:00 am – 8:00 pm.

**Educational farm:** anytime by prior arrangement.

**Cheesemaking workshops:** anytime by prior arrangement.



## Z Chaty Łaniaków Irena i Andrzej Łaniak

🏠 Sadownicza 23, 56-320 Wierzchowice

☎ + 48 697 673 374

✉ zchatylaniakow@wp.pl

🌐 zchatylaniakow.pl

This farming enterprise and orchard was founded in 2007. However, the traditions of fruit and vegetable processing in the family of Irena and Andrzej Łaniak were started a few generations back. In 2015, the company “Z Chaty Łaniaków” received a family business status.

Fruits and vegetables used in making of the company products come primarily from its own plantations and orchards, as well as nearby forests, agricultural wasteland, backyard gardens, and local farms. The company is known for its orchards and plantations, producing plums, sweet cherries, apples, sour cherries, raspberries and many other fruits and vegetables.

The company products can be distinguished by their traditional and natural processing. All products do not contain artificial additives, dyes, thickeners and sugar; they are sweetened with organic cane sugar. Production uses proven family recipes.

### OFFER

- Wide selection of syrups, juices, jams, sauces, sorbets, and condiments for meats (pear mustard, grated horseradish with beets, pickled beets).
- Main ingredients used in products include strawberries, aronia, black and red currants, elderberry flowers and fruit, rhubarb, forest berries,



sour cherries, peaches, quince, chaenomeles, cranberries, grapes, plums, gooseberries, apples, rosehip rose, pine shoots, mint, rose petals, sea buckthorns, blue honeysuckle, tomatoes, pumpkin and many other ingredients.

- The offer also includes dandelion syrup, pear mustard, apple horseradish, pickled beets, marinated peppers, pear jam for serving with meat, ketchup, tomato sauces, raspberry and strawberry sorbets, used as perfect toppings for pancakes, waffles, ice-cream and other desserts. Seasonal products include birch sap and young stinging nettle juice.
- Juices and syrups are poured to 0.75 l and 0.33 l bottles, whereas jams and other products are sold in 0.2 l and 0.3 l jars.
- The company welcomes organized tour groups and individual visitors.

Products made by the company are marked with the label “Recommended by the Barycz River Valley.” Raspberry syrup is registered on the list of traditional products kept by the Ministry of Agriculture. Products are available in health food stores, the company outlet, organic food markets, and regional fairs. Products can be also shipped by overnight service.



## Winnica 55-100

📍 Rzepotowice 17, 55-100 Trzebnica

☎ +48 730 706 690

✉ kontakt@55100.pl

The winery known as Winnica 55-100 is a place that connects people with passion for making good wine. The name is the postal code of the place in which the winery is located. The brand Winnica 55-100 symbolizes unforgettable meetings, reminders of excellent experiences and trips to sites where one can feel like on top of the world.

Winnica 55-100 is located on the picturesque Trzebnica Hills, only 20 kilometers away from Wrocław. The place organizes wine tasting events connected with tours of the winery and vineyard. Visitors can learn about the secrets of cultivation and production of this alcoholic beverage and discover aromas, flavors and colors of wine.

The majority of works in the winery is performed by hand, contributing to the unique character of this fine, artisan and unique alcoholic drink. The unique taste, aroma and lightness make that after the first wine tasting experience you are encouraged to repeated meetings with wine production.

The year 2019, which marked the winery debut on the market, charmed customers and jurors of prestigious wine competitions organized in Jasło, Cracow and Poznań. Winnica 55-100 wines won also medals at the local competition Bachus in Wrocław.

Winnica 55-100 is part of the Lower Silesia Culinary Heritage Network. Its wines also received the Lower Silesia – Green Valley of Food and Health certificate presented to highest quality local products.



### OFFER

- Muscaris wines
  - Solaris wines
  - Cuvée wines
  - Rosé wines
  - Regent wines
- products:
- Blue honeysuckle
  - Blue honeysuckle with rhubarb
  - Sugarplum
  - Northern highbush blueberry

Products are available exclusively on site, whereas wines can be bought in the winery or ordered and delivered to customers.



## Winnica Adoria

- 🏠 Żurawia 33, 55-080 Zachowice
- ☎ +48 605 042 433
- ✉ info@adoriavineyards.com
- 🌐 winnicaadoria.pl

Adoria Vineyard is run by its owner, Mike Whitney and his co-workers. Mike's biggest dream was to combine his love and knowledge of wine with the perfect growing conditions in the southwest of Poland. He sought out the perfect location for his vineyard cooperating with world's leading wine professionals. After a year and a half of searching and 300 rejected locations, he found a perfect spot – Zachowice, Lower Silesia. It was followed by building Poland's first world class winery.

Therefore, it's not surprising that Adoria wine is described by experts as world class wine. It is made from top quality grapevine cultivars (*vitis vinifera*). Grapes are harvested by hand and oak barrels are used for aging wine, owing to them its unique character.

Adoria Vineyard is part of the Lower Silesia Culinary Heritage Network and the local wines have for years been winning national and international wine competitions such as "Polskie Korki" and Decanter.




### OFFER

- Thanks to diligent planning, searching and hard work, the vineyard is involved in cultivation of three out of the four main grape varieties, such as Pinot Noir, Chardonnay and Riesling. These three varieties, along with the grape varieties Bacchus and Dornfelder, create the foundation of our plantation and the essence found in a glass of wine made by our winery.
- Every visitor arriving to our vineyard can taste our wine on site. We also offer wine tasting to large organized groups (by prior arrangement).



## Młyn Gospodarczy Dąbrowica

 Dąbrowica 1, 55-095 Mirków Wrocław

 [mlynwdabrowicach.wordpress.com](http://mlynwdabrowicach.wordpress.com)

 [www.facebook.com/mlyndabrowica](http://www.facebook.com/mlyndabrowica)

Until January 18, 1945 the mill was owned by the Brutscheck family. In 1956, two brothers, Jan and Andrzej Kowalczyk, started remodeling of the mill. The project, which continued for one year, ended with success. In the fall of 1957, the mill resumed its cereal grinding activities. Michał Kowalczyk, the son of Andrzej, has been continuing the family's milling tradition since 1996.

The Mill of Dąbrowica is involved in grinding grains in a natural way, without artificial additives, which is greatly appreciated by its regular customers. Ecology is very important for the mill owners. This small milling business has enjoyed popularity for many years, continuing family traditions through generations.

### OFFER

- wheat flour
- rye flour



- miller's bran
- wholegrain flour
- grist

Flour is available in the following packages: 30 kg, 20 kg, 10 kg, 5 kg and 2 kg.



## Prosto ze wsi Anna Duda

🏠 55-095 Zapreżyn 27B

☎ + 48 791 456 125

✉ soki@prostozewsi.eu

🌐 prostozewsi.eu

“Prosto ze Wsi Anna Duda” is a farm and artisan fruit processing plant, producer of juices, syrups and preserves. The local farmers focus on high quality, exceptional taste and the homemade character of their products.

Fruits are harvested by hand and always processed on the same day.

The farm produces puree juices, in which juice and pulp are not separated, only seeds are discarded. Pulp is rich in nutrients. Puree juices are well suited for making beverages; they can be added to tea, dessert, rice, oatmeal, semolina porridge, and pudding. In addition, they can be used as topping for pancakes, ice-cream, and fruit salads.

### OFFER

- Puree juices made from raspberries, strawberries and blackcurrants.
- Pressed juices made from raspberries, blueberries, aronia, elderberries, sour cherries, and blackberries.



- Whole fruit preserves (raspberries, currants, sour cherries, and blackberries), lightly sweetened, in a delicate jelly made from fruit pectin based on 100% fruit juice.
- Cold pressed juices and syrups.



# Browar Miedzianka

📍 Miedzianka 57b, 58-520 Janowice Wielkie

☎ + 48 693439360

✉ [repcja@browar-miedzianka.pl](mailto:repcja@browar-miedzianka.pl)

🌐 [www.miedzianka.pl](http://www.miedzianka.pl)

Miedzianka Brewery lies on the edge of the Rudawy Janowickie mountain range. Its terrace offers a magnificent view of the Sokole Mountains, the Izerskie Mountains, the Land of Extinct Volcanoes, the Karkonosze Mountains, Mount Śnieżka, and the Valley of Palaces and Gardens.

The magic of this place is completed with the brewer's own artisan beer and meals prepared on site.

Guests who want to explore the charming site of the area can take advantage of accommodation offered by Miedzianka Brewery, which features four rooms for 8-10 people.

## OFFER

- Cycuch Janowicki – American Pale Ale
- Mniszek – pale, top-fermented wheat beer
- Kurt – pale, light, bottom-fermented beer
- Wołek – pale, light, top-fermented fruit beer
- Górnik – smoked, dark, wheat beer





## Kozie sery „Honoraty” Honorata Majda

- 🏠 Kaszyce Wielkie 8, 55-110 Prusice
- ☎ +48 530 305 080, +48 663 665 367
- ✉ [biuro@kozieseryhonoraty.pl](mailto:biuro@kozieseryhonoraty.pl)
- 🌐 [kozieseryhonoraty.pl](http://kozieseryhonoraty.pl)

The cheesemaking company “Kozie Sery Honoraty” is located in Kaszyce Wielkie, Prusice Commune, between the Barycz River Valley Landscape Park and the Trzebnica Hills. The company is involved in farming dairy goat breeds and cheese production.

The farm is a laureate of the competition for the Best Taste of Lower Silesia organized during the “Europa na Widelcu” (Europe on the Fork) Festival in 2019.

Cheese under the brand name “Kozie Sery Honoraty” hold the Green Valley of Food and Health certificate, Polish Product certificate, and “Buy Directly from the Farmer” certificate.

### OFFER

- Paneer cheese flavored with lemon and salt
- Ricotta cheese
- Koziołek natural cheese
- Koziołek cheese with sundried tomatoes, basil and garlic
- Koziołek cheese with chili
- Koziołek cheese with black cumin (nigella sativa)
- Smoked cheese





# Winnica Moderna

Nestor Kościański

🏠 Sudecka 78/8, 53-129 Wrocław

☎ + 48 502 337 570

✉ nestor@winnicamoderna.pl

🌐 winnicamoderna.pl

The winery was established on the Trzebnica Hills also known as the Cat Mountains in 2015.

It consists of two lots – the first lot, occupying about 1.8 hectare, is located in the east, 300 meters outside the village of Krakowiany, and the second one, occupying about 1.2 hectare, is located in the same village. Loess soil, very long vegetation period and the unique microclimate of the Cat Mountains allow for long fruit ripening and reaching of optimum parameters.

Activity of the vineyard's owner is focused on wine making with minimal human intervention, in accordance with the principle "less is more."

Grapes harvested by hand are transported to the winery and processed with the use of traditional methods, resulting in production of high quality, great tasting wine.



## OFFER

- Red wines: Cabernet Cortis 2019, Rondo 2019, Pinot Noir 2020
- White wines: Chardonnay 2020, Johanniter 2020, Pinot Gris 2020, Riesling 2020, Riesling Sur Lie 2019
- Rose wine: Cabernet Cortis 2020
- Enotourism, tourism combining sightsceig of the winery with wine tasting



# Winnica L'Opera

Irmina Szpak

+48 697036868

info@winnicalopera.pl

www.winnicalopera.pl

www.facebook.com/winnicalopera

#winnicalopera

The vineyard known as Winnica L'Opera was founded in 2014, when the first vines were planted in the area of the Trzebnica Hills in Lower Silesia.

The idea was conceived in 2006, followed by careful preparation and planning by its founder Irmina Szpak, who invited to implementation of the project her two Italian friends (enologist and agronomist). These days, each of them has its own sector of specialization. Therefore, wines made by Winnica L'Opera achieve success and win medals every year. L'Opera is Polish wine dressed in Italian design; bottles are imported from the historical Vetreria Etruska glassworks, the logo is the pentagram of the horizon line of the Trzebnica Hills created by an Italian designer, and wine cork closures are DIAM corks, making sure that wine is always of the highest quality!

The vineyard lies on a hill, about 240 m above sea level – with southeast exposure – approximately 2 km away from Trzebnica. The vineyard



is located in Węgrzynów Commune, whereas the Winery is situated in Trzebnica. Presently, the vineyard occupies 2 hectares, featuring such grape varieties as Merlot, Chardonnay, Bronner, Cabernet Cortis, Cabernet Cantor, Baron, Solaris, Helios, Solira, and Muscaris.

## OFFER

- White wine is made from Solaris-Helios varieties
- Red wine made from Cabernet Cantor – Cabernet Cortis – Baron varieties
- Solaris-Solira – orange wine
- Halka – white wine



# Winnica Jakubów

Michał Pajdosz

📍 Jakubów, Św. Jakuba Apostoła 10, 59-160 Radwanice  
☎️ + 48 725387463  
✉️ pajdosz@winnicajakubow.pl



Jakubów Vineyard was founded in 2002 by Artur Pajdosz, current owner and Michał, winemaker. It is situated in the charming Lower Silesian village of Jakubów, on the ridge of the Dalków Hills, occupying 4.5 hectares of sunny, southern slopes where grapevines are planted. The microclimate of the hills on the Odra River hills, the climate of southwestern Poland and the local clayey and sandy soils create our terroir – unique environmental factors that influence the grape ripening process, contributing to the quality of wine produced from local grapes.

According to the owner's convictions, the vineyard is run in an environmentally friendly way, according to the principles of sustainable development and biodiversity. Twenty years of experience in cultivation and vinification, combined with biotechnological education allow for better understanding of changes taking place during winemaking process and minimal intervention in its production. Wild yeast, clarification with the use of natural sedimentation and decanting, frequently no sign of filtering are the main features of Jakubów wines.

The main grape varieties grown in the vineyard include Riesling, Hibernal, Traminer, Solaris, Chardonnay, Dornfelder, Rondo, Regent,

Pinot Noir, and Zweigelt. In addition, there are several rows of old, experimental grape plantations, primarily east- and central-European varieties.





Jakubów is a quiet and charming historical village. Jakubów Vineyard won the gold medal at the PIWI competition in Moravia, gold medal and gold Grand Prix in the Polish wine competition at the "Winobranie" Grape Harvest Fest in Zielona Góra, bronze cork in Poznań and bronze medal in Jasło.

## OFFER

- Natural wines, made from grape juice, with no sugar added, from fruits that are hand harvested and selected.
- Touring of the vineyard, room reservation and wine tasting only by prior arrangement with the owner.



## Winnica Katarzyna

-  +48 571 378 333
-  [winnica-katarzyna.pl](mailto:winnica-katarzyna.pl)
-  (Winnica Katarzyna)
-  (Winnica Katarzyna)

Katarzyna Vineyard is a small and charming place on the map of Lower Silesia. The vineyard is a product of dreams, persistence and passion. The origins of the vineyard date back to 2003, when the father of the current owner planted the first grapevine. Since that time, the vineyard started to grow, establishing its position on the wine market. The current owners enjoy abundant grape crops produced from ten different grape varieties, including Solaris and Rondo.

The vineyard is located close to the eastern bypass of Wrocław. It is easily accessible by car or bicycle. The vineyard can serve as a perfect venue for organization of picnic, business event or private meeting, prior to earlier reservation.

### OFFER

- White wine
- Red wine
- Rose wine
- Sparkling wine called Pet-nat





## Winnica Kindler

🏠 Uniejowice 46, 59-516 Zagrodno

☎ +48 607 856 362

Kindler Vineyard is the westernmost vineyard of Lower Silesia. It is located in the Kaczawa Foothills, in the village of Uniejowice. The vineyard was a challenge in the beginning. The owners right away focused on traditional, although not easy grape varieties – Chardonnay and Pinot Noir. Later, things took their course and the vineyard owners had become increasingly involved in its activities. The original hobby and small-scale grape cultivation turned into an over two-hectare vineyard and professional undertaking. These days, six grape varieties are cultivated on nearly 2.5 hectares. In addition to the mentioned Chardonnay and Pinot Noir, the vineyard also grows such varieties as Pinot Blanc, Johanniter, Solaris, and Riesling.

The vineyard's location is conducive to successful wine production. It is situated on a mild slope 210 m above sea level, with exposure from the east to the west. Western winds blowing in the area dry ideally the site, contributing to reduction of spraying. Another advantage is the fact that spring frost is practically nonexistent in the area. The vineyard is located in the Land of Extinct Volcanoes – a true geological paradise abounding in minerals that attracts enthusiasts and collectors from all over the world. Grapevines in Kindler Vineyard grow on soil that is typical of volcanoes (basalt, clayey silt, pebbles), providing a unique, mineral character to the local wines.



### OFFER

- Chardonnay wine
- Pinot Noir wine
- Pinot Blanc wine
- Riesling wine



## Winnica Alvarium

- 📍 Ostaszów 23a, 59-170 Przemków
- ☎ + 48 691 576 363
- ✉ [winnicalvarium@gmail.com](mailto:winnicalvarium@gmail.com)
- 🌐 [www.facebook.com/winnicalvarium](http://www.facebook.com/winnicalvarium)

Alvarium Vineyard is a family farm situated in the center of the Przemków Landscape Park. In the Latin language, Alvarium means “beehive” or “apiary.” The name of the vineyard refers to its location in the center of the beekeeping farm known as “Wrzosowa Kraina” (Heather Land), recognized for production of delicious honey and beekeeping traditions of its owners passed down by generations. These days, the vineyard occupies about one hectare of land. In the Dalków Hills, the vineyard’s owners planted vines on additional 1.5 hectare of land. Grape varieties cultivated in the vineyard include Riesling, Gewurztraminer, Pinot Gris, Solaris, Johanniter, Regent, and Rondo.

The owners use only traditional methods of wine production. Only natural methods and agents are used for fertilization and plant protection of vines. Wine ages slowly and is bottled in the best time.

The owners of Alvarium invite to visit the vineyard, taste wine and listen to stories about wine and winemaking. In the summer you can pitch a tent or park your recreational vehicle in the vineyard. The owners will also help to find inexpensive lodging in the area.



Sightsceing of the vineyard is possible in groups with a maximum of 12 participants, by prior arrangement.

### OFFER

- Grape wine (white and red)
- Natural vinegars
- Honey from own apiary
- Natural herbal teas and dried herbs
- Lavender decorations

# LIST OF RESTAURANTS AND STORES ON THE TRAIL OF TASTES OF LOWER SILESIA

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## Akademia Kuraszków

- 🏠 Jesionowa 9, 55-120 Kuraszków
- ☎ +48 71 310 10 24
- ✉ recepcja@akademiakuraszkow.pl
- 🌐 akademiakuraszkow.pl

## Art Restauracja i Kawiarnia

- 🏠 Kielbaśnicza 20, 50-110 Wrocław
- ☎ +48 71 78 77 100
- 📞 +48 71 34 23 929
- ✉ info@arthotel.pl
- 🌐 arthotel.pl

## Centrum Zdrowia i Wypoczynku Nowy Zdrój Restauracja i Kawiarnia

- 🏠 Zdrojowa 34 A, 57-320 Polanica-Zdrój
- ☎ +48 74 306 76 76
- ✉ recepcja@nowyzdroj.pl
- 🌐 nowyzdroj.pl

## Dom Pielgrzyma im. Świętej Rodziny Restauracja

- 🏠 plac Najświętszej Marii Panny  
57-41 Wambierzyce
- ☎ +48 885 300 093 (8.00–21.00)  
+48 74 814 09 44 (10.00–18.00)
- ✉ dompielgrzyma@wambierzyce.com
- 🌐 wambierzyce.pl/dom-pielgrzyma

## Gospoda 8 Ryb

- 🏠 Ruda Sułowska 20, 56-300 Milicz
- ☎ +48 71 75 90 888, +48 534 964 120
- ✉ rezerwacje@stawymilickie.pl
- 🌐 cet.stawymilickie.pl

## Gospoda Kruszyna

- 🏠 Kruszyn, Świerkowa 2, 59-700 Bolesławiec
- ☎ +48 75 732 15 70, +48 695 790 854
- ✉ kruszyna@kruszyna.com.pl
- 🌐 kruszyna.com.pl/pl

### Karczma Rzym & Pensjonat Straszny Dwór

- 🏠 Jarnołtowska 85 B, Wrocław – Jarnołtów
- ☎ +48 71 349 48 02
- 📠 +48 71 349 53 11
- ✉ karczmarzym@karczmarzym.pl
- 🌐 karczmarzym.pl

### Karczma w Starej Kuźni Kopalnia Złota w Złotym Stoku

- 🏠 Złota 7, 57-250 Złoty Stoktel
- ☎ +48 74 8176 125
- ✉ karczma@kopalniazlota.pl
- 🌐 kopalniazlota.pl/pl/karczma/restauracja

### Pałac Kamieniec

- 🏠 Kamieniec 47, 57-300 Kłodzko
- ☎ +48 74 869 20 45
- ✉ recepcja@palackamieniec.pl
- 🌐 www.palackamieniec.pl

### Piwiarnia-Restauracja Bernard

- 🏠 Rynek 35, 50-102 Wrocław
- ☎ +48 508054037
- ✉ bernard@bernard.wroclaw.pl
- 🌐 www.bernard.wroclaw.pl

### Raj Pstrąga

- 🏠 Goszów 14 A, 57-550 Stronie Śląskie
- ☎ +48 512 866 477
- ✉ kontakt@rajpstraga.pl
- 🌐 rajpstraga.pl

### Restauracja Babinicz w kompleksie Dworzysko

- 🏠 Aleja Spacerowa 22, 58-310 Szczawno-Zdrój
- ☎ +48 74 886 99 19
- ✉ dworzysko@dworzysko.pl
- 🌐 dworzysko.pl

### Restauracja Boletus w Zamku Kliczków

- 🏠 Kliczków 8, 59-724 Osiecznica
- ☎ +48 75 73 40 700 do 702
- 📠 +48 75 73 40 703
- ✉ zamek@kliczkow.com.pl
- 🌐 kliczkow.com.pl

### Restauracja Bukowa Hotel Bukowy Park Medical Spa

- 🏠 Parkowa 11, 57-320 Polanica-Zdrój
- ☎ +48 74 866 56 09, + 48 795 157 281, +48 74 866 56 09
- ✉ recepcja@bukowypark.eu
- 🌐 bukowypark.pl

### Restauracja Dwór Liczrzepy

- 🏠 Obrońców Pokoju 4b, 58-540 Karpacz
- ☎ +48 75 761 93 37
- ✉ dworliczrzepy@dworliczrzepy.pl
- 🌐 www.dworliczrzepy.pl

### Restauracja Graniczna Dom Gościnny „Radków – Góry Stołowe”

- 🏠 Rynek 18, 57-420 Radków
- ☎ +48 74 87 12 687, +48 502 092 932, +48 502 720 978
- ✉ graniczna.radkow@interia.pl
- 🌐 radkowgraniczna.pl

### Restauracja Panorama – Hotel HP Park Plaża Wrocław

- 🏠 Bolesława Drobnera 11-13, 50-257 Wrocław
- ☎ +48 71 32 08 555, 560
- ✉ hpwroclaw@hotelepark.pl,
- 🌐 restauracja\_wroclaw@hotelepark.pl

### Restauracja i Pensjonat Villa Greta

- 🏠 Dobków 59, 59-540 Świerzawa
- ☎ +48 506 112 985, +48 75 713 44 53
- ✉ ewelina@villagreta.pl
- 🌐 villagreta.pl

### Restauracja Książęca

- 🏠 Piastów Śląskich 1, 58-306 Wałbrzych
- ☎ +48 74 664 38 76
- ✉ restauracja@zamekksiaz.pl
- 🌐 zamekksiaz.pl

### Restauracja Pałac Łomnica

- 🏠 Karpnicka 3, Łomnica, 58-508 Jelenia Góra
- ☎ +48 75 71 304 60
- ☎ + 48 75 71 305 33
- ✉ hotel@palac-lomnica.pl
- 🌐 palac-lomnica.pl

### Restauracja Pod Fredrą

- 🏠 Rynek-Ratusz 1, 50-116 Wrocław
- ☎ +48 71 341 13 35
- ✉ restauracja@podfredra.pl
- 🌐 podfredra.pl

### Restauracja Uczta w Zamku Czocha

- 🏠 Sucha, 59-820 Leśna
- ☎ +48 75 721 15 53
- ✉ zamekczocha@amwhotele.pl
- 🌐 hotelewam.pl

### Restauracja Wrocławska

- 🏠 Szewska 59/60, 50-139 Wrocław
- ☎ +48 71 305 12 28
- ✉ wroclawska.szewska59@gmail.com
- 🌐 wroclawska.com.pl
- 📘 www.facebook.com/wroclawska.wroclaw

### Restauracja w Hotelu Polanica Resort & Spa

- 🏠 Górská 2, 57-320 Polanica-Zdrój
- ☎ +48 571 244 242
- ✉ +48 74 868 07 00
- 🌐 recepcja@hotelpolanica.pl  
hotelpolanica.pl

### Restauracja w Pałacu Stanisławów

- 🏠 Stanisławów 100, 58-500 Jelenia Góra
- ☎ +48 75 755 84 45
- ☎ +48 75 755 85 34
- ✉ hotel@palacstaniszow.pl
- 🌐 palacstaniszow.pl

### Uroczysko Siedmiu Stawów Luxury Hotel & SPA

- 🏠 Gola Dzierżoniowska 21, 58-217 Niemcza
- ☎ +48 71 750 91 06  
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- ✉ restauracja@uroczysko7stawow.com  
uroczysko@uroczysko7stawow.com

### Villa Elise Restauracja Kaczka i Wino

- 🏠 Mickiewicza 9, 57-550 Stronie Śląskie
- ☎ +48 502 457 990
- ✉ info@villaelise.pl
- 🌐 villaelise.pl

### Zabytkowe Gospodarstwo Gottwaldówka

- 🏠 Kąty Bystrzyckie 23, 57-540 Łądek Zdrój
- ☎ +48 74 814 78 02, +48 503 063 860
- ✉ info@gottwaldowka.pl

### Restauracja AZYL należy do Grupa Hotelarsko – Gastronomiczna Sp. z o.o. Sp. k

- 🏠 Popiełuszki 26 55-080 Kąty Wrocławskie
- ☎ +48 71 391 32 91
- ✉ restauracja@hotelazyl.pl
- 🌐 hotelazyl.wroclaw.pl

### Siedlisko Pstrąga

- 🏠 Łąkowa 4/1, 58-533 Mysłakowice
- ☎ +48 794 71 75 75, +48 605 598 712
- ✉ biuro@siedliskopstraga.pl

### Cukiernia K. M. Świerczyńscy i Wspólnicy Sp. J.

- 🏠 Główna 10 A, 58-309 Wałbrzych
- ✉ cukiernia@swierczynscy.pl
- 🌐 swierczynscy.pl

### Garaż Smaku

- 🏠 Krystyny i Mariana Barskich 23, 54-115 Wrocław
- 📘 www.facebook.com/GarazSmaku

### RegioFood

- 🏠 Dzierżonowska 7/1a, 50-536 Wrocław
- ☎ +48 605 444 471
- ✉ kontakt@regio-food.pl
- 🌐 www.regio-food.pl

### W Starej Rzeźni

- 🏠 Szewska 63, 11-400 Wrocław
- 📘 www.facebook.com/wstarejrzezni

### Dyniowy Zakątek

- 🏠 Olszany 171
- ☎ +48 514 497 706

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## TASTES OF LOWER SILESIA

2022

PREPARED BY:

DEPARTMENT OF COOPERATION WITH ABROAD AT THE OFFICE OF THE MARSHAL  
OF LOWER SILESIAN VOIVODESHIP

LOWER SILESIAN TOURIST ORGANIZATION