

The Palea Poli Post

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A FALL FOLIAGE INSPIRATION

With fewer crowds, lower prices and an abundance of festivals, there are plenty of reasons why you should be packing your bags and savor a fall getaway.

Fall is one of the very best times of the year to take a mountain trip as the weather is cool, but not freezing, so perfect time for hiking or trekking and, of course, the technicolor fall scenery simply can't be beat!!!

If you are looking for a beautiful fall foliage experience, keep on reading to a brand new mountain excursion, delivered to the public just a month ago.

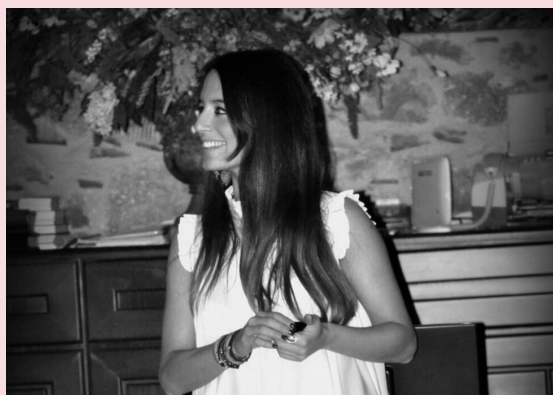
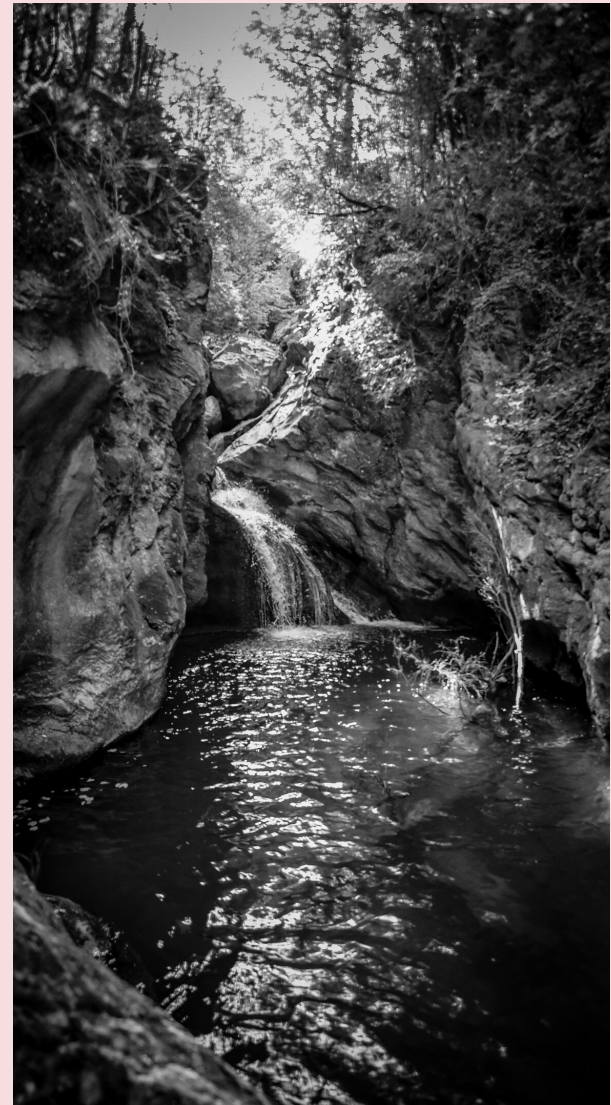
What is mostly admirable about this story, is the people behind the trail, who worked with lots of passion, effort and countless hours of personal work. Permanent residents of the area, this incredible team delivered an awe-inspiring experience for all of us to live and definitely enjoy at no cost, rather than respect to this natural reserve.

Starting from Metamorfosi, just 20km from Naooussa city center and at an altitude of 1,000 meters, the approximately 2km new trail will take you to a unique spectacle in the mount of Vermio: beautifully invincible, with epic foliage views, the pedestals of Nefeli, Erato, Kallisto and Koronida, are a treasure trove of scenic, outdoorsy goodness that will definitely get a place in your heart, well-deserved. Expect a degree of difficulty at the 4th index, the third pedestal Kallisto with its spring to steal your heart, the 2km of the new path spectacularly revealing the beauties of the woods and waters of the Great Stream shining on the grounds.

You could pack your lunch and enjoy it at the end of your journey on the stunning grounds of the 1800 A.D. chapel, nested in the heart of the mountain. The place has been excellently looked after and offers an organised picnic area with tables, drinking water, grills and firewood.

Alternatively, you could join an organised tour and enjoy this excursion with the companion of an expert team that will take you safely through to the paths, share with you interesting facts about the area and possibly reveal some secrets of the woods.

In both cases, expect to become a witness of sacred wilderness and enjoy unforgettably scenic views... a fall memory to last for life!



LETTER FROM THE EDITOR

A new wave of creative chefs is taking Greek cuisine to the next level

Housed in a 19th century traditional building with its stone and wood balanced interior and awe-inspiring mid-war furnishing, Deluxe Boutique Hotel Palea Poli is an authentic representation of the local rich cultural legacy. When it comes to dining, the guests of Palea Poli Restaurant have the opportunity to experience the finest service in a serene and most friendly ambiance, while tasting "homely and creative Greek cuisine".

Palea Poli Restaurant presents the true potentials of seasonal and regional ingredients to create a contemporary Greek cuisine that is fresh and playful. The cheeses of Macedonia and rusks of Crete, olive oil from the Peloponnese, and beans and cold cuts from Northern Greece are finally getting the role they deserve in the Greek culinary landscape. Xinomizithra, Grilled beef & lamb with pitta bread are some dishes that present the foundation of the restaurant's purpose to fully release the ingredients' potential in a symphony of flavours inspired by years of Greek tradition.

Dine in fine comfort! During the cold winter days enjoy your meal by the majestic fireplace perhaps with some of the town's renowned wine, of which the restaurant keeps a full selection in their own wine cellar. During summer, Palea Poli Restaurant is extended in its magnificent garden, an inviting oasis of serenity and peacefulness to enjoy your meal or just unwind under the stars with a signature cocktail and soft music background.

Gourmed
by Palea Poli

Mushroom soup, leak, buttermilk, wild mushroom paste

PREKNADI, DIAMANTAKOS 2019

Ravioli chortopita, sun-dried tomato cream

CAVA, BOUTARI 2013

Cabbage, green apple, crispy cheakpea patty, sweet yogurt

DROUMO, KIR YIANNI 2018

Iberico, potato puree, lemon sauce, roasted garlic, tomato

KTIMA, KARYDA 2017

Revani, lemon cream, yogurt ice-cream

ROZE, FOUNTI 2019



OCTOBER IN NAOUSA BE LIKE...

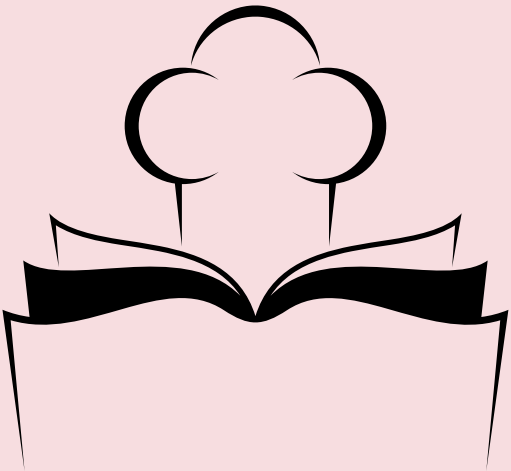
The rainstorm and the river are my brothers. The heron and the otter are my friends. And we are all connected to each other. In a circle, in a hoop that never ends.



LET'S EAT

Winter is almost here and we welcome it with a warm soup. Our favourite yuvarlakia.

- 1 onion
- 1 clove(s) of garlic
- 500 g ground beef, brisket
- 150 g glutinous rice
- 1/4 bunch dill
- 1 tablespoon mint
- 15 g saltpepper
- 2-3 tablespoon olive oil
- 1 1/2 liter water
- lemon peels, of 1 lemon
- 2 bay leaves
- 1 tablespoon vegetable stock pot
- 2 egg yolks, of medium eggs
- 1 level teaspoon(s) corn starch
- lemon juice, of 2 lemons
- 1 tablespoon(s) dillr



METHOD

For the meatball soup in a blender add the onion, the garlic, and 2 tablespoons water. Beat very well. Put the mixture in a tea towel and squeeze well so that the whole water is removed. Transfer to a bowl and add the ground beef, the rice, the dill and the mint finely chopped, salt, pepper, olive oil, and mix very well. Shape 18-20 meatballs and add them into a pot. Add the water, the lemon peels, the bay leaves, the vegetable stock, and cover with the lid. Simmer over low heat for 30-40 minutes.For the egg-lemon sauce, in a bowl add the yolks, the corn starch, the juice of 2 lemons, the dill, and whisk well. Very slowly, add to the bowl 2-3 ladlefuls of the stock where the meatballs boiled, by whisking constantly. Transfer to the pot and stir lightly for 30 seconds, or until it comes to a boil. Serve with feta cheese, bread, olive oil, oregano, and peppe



QUOTE OF THE MONTH

“It's quite possible things will turn out far better than you could imagine.

by Unknown



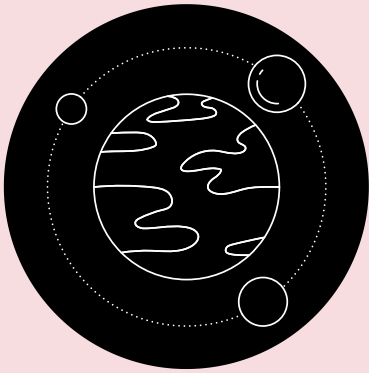
MOVIE OF THE MONTH



The social dilemma

Hello
October

ASTROLOGY



The Signs and their six-word stories:

- **Aries:** I was once a tragedy too
- **Taurus:** My love was not completely fulfilled
- **Gemini:** I try to speak, no words
- **Cancer:** I cry because it's too much
- **Leo:** My confidence is just a mask
- **Virgo:** I tried, but it wasn't enough
- **Libra:** "Superficial" doesn't mean anything to me
- **Scorpio:** Deny emotions because they bring pain
- **Sagittarius:** My wonderland is in my head
- **Capricorn:** Protecting myself no matter the cot
- **Aquarius:** Smile, and maybe it will stop
- **Pisces:** I'm a grenade, I will explode

ON THIS DAY

- 1' October**
1980 - The motorship "Panagiotis", loaded with smuggled cigarettes, runs aground in the bay of Zakynthos. It is the famous "Shipwreck", one of the tourist attractions of the island.
- 5' October**
1912 - Greece declares war on the Ottomans. The Greek Army crosses the border and enters the territory of Macedonia.
- 17' October**
1912 - With the approach of the Greek forces, the inhabitants of Naoussa over-through the Turkish authorities.
- 18' October**
2020 - Marking 100 years since the birth of Melina Mercouri, the Greek Culture Ministry announced that it would be dedicating 2020 to the internationally-acclaimed Greek actress, activist and much-loved former culture minister as the "Year of Melina Mercouri".
- 19' October**
1964 - Mikis Theodorakis's folk oratorio "Axion Esti" with lyrics by Odysseas Elytis premieres at Rex Theater in Athens.
- 24' October**
1929 - "Black Thursday" on the New York Stock Exchange. The Dow Jones index lost 12.8% of its value in one session. 50,000 businesses close overnight.
- 28' October**
1940 - Fascist Italy is attacking Greece. At 3 in the morning, the Mussolini ultimatum is delivered to the Prime Minister Ioannis Metaxas by the Italian Ambassador, Emanuele Grazi. Greeks response is a brave "No" and at 5:30 in the morning the Italian attack begins in Pindos.

NATIONAL ANNIVERSARY DAY IN GREECE

Ohi Day or Oxi Day or Ochi Day is a public holiday in Greece and Cyprus, always celebrated on October 28th. It is the day of National anniversary of Greek independence. It is called Ohi Day in celebration of Greece's refusal to yield to the powers of the Axis in 1940.

General Ioannis MEtaxas, famously reported "Ochi!" (no in Greek) when in 1940 Benito Mossolini, the fascist dictator of Italy demanded to occupy Greece.

The day is characterized by military parades and Greek Orthodox churches holding special services.

October 28th this year, there will most probably be no parades, nevertheless, it is always an opportunity to honor our glorious past. Our glorious Greek history and heritage!

