

Russia: Beyond Stereotypes



This thing is called reindeer moss because these animals like to eat it. People boil it in different berry syrups and then use as a dessert. It is good for both nervous and immune systems, but it is dangerous to eat too much.

Daria Vinogradova



I would like to tell you about one special food. It is called seaweed chips, these chips are eatable, but a bit salty. People catch seaweed in summer. Seaweed is very good for our immune system and it is full of iodine.

Kristina Kara



Have you ever heard about Sagan-Daila? It is a plant that grows in the mountains. People pick up its leaves and flowers to make tea. This special tea is good for our urogenital system. It also helps you to stay energetic.

Have a try! But remember that it is not a good idea to drink it before sleep.

Arina Shubinskaya



Amber is not an eatable thing! You can find it walking along the beaches. It's about 25 million years old. People make cosmetics out of it.

Daria Shcherbakova



I suppose you have tried gingerbread but have you heard about its history? This recipe appeared in the 17th century. One of its ingredients is cinnamon!

Diana Kachachan



I would like to tell you about one healthy dessert. It is called candied rhubarb. It is from Karelia. People use stems from this plant for cooking. It is sweet and full of vitamin C. I recommend you to try it.

Veronika Vojnova



Have you ever heard about feijoa? This is a very delicious fruit. People always pick it up in autumn. They love to use it for food. Also, it is full of iodine.

Alyona Semenova



Have you ever heard about watermelon warshallow sticks?

It is from Astrakhan. More than 700 varieties of watermelon are grown in this region. People pick it up from July to September. It is full of vitamins and minerals.

So come and try it.

Vladislav Lavrinenko



Have you ever tried Kalmyk tea? This tea is made with butter, milk and spices. I recommend you to try this tea. It makes your circulatory system work better!

Uliana Ivanova