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O1 – WHAT ARE LOCAL AND SUSTAINABLE FOOD SYSTEMS (LSFSSs)

FINAL REPORT OF PORTUGAL

By University of Lisbon



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ACRONYMS AND DEFINITION

ACRONYM	DEFINITION
EducLocalFOOD	Acronym of the project “Teaching local and sustainable food systems”
BOKU	University of Natural Resources and Life Sciences, Wien
CEZ/BN	Zootechnic and animal science training center/National sheep center of Rambouillet, France
OEP	Osservatorio Europeo del Paesaggio (European Landscape Observatory), Italy
UM	University of Maribor, Slovenia
UL	Universidade de Lisboa, Portugal

Table of Contents

INTRODUCTION	5
DEFINITION OF LOCAL AND SUSTAINABLE FOOD SYSTEM (LSFS).....	5
DIFFERENT TYPES, AIMS, CHARACTERISTICS AND MOTIVATION OF LSFS	8
INNOVATIVE PRACTICES.....	14
LIMITATIONS AND BARRIERS	26
CONCLUSIONS	34
BIBLIOGRAPHY	36

INTRODUCTION

In the first place, it is worth to clarify that Portugal does not have a formal/official definition of Local and Sustainable Food Systems (LSFSs), not even of Local Food Systems (LFSs) or Local Food Chains (LFC). In addition, in Portugal, the so-called alternative food systems or “process of food relocalisation” (Ilbery & Kneafsey, 2000) are still a novelty when compared to the experiences located, for example, in the others European countries. This scenario mirrors the “uneven geographies of alternative food” (Friedberg & Goldstein, 2011: 25), and confirms that alternative food systems “are not a ‘thing’ to be described, but rather emerge from political, cultural and historical processes” (Jarosz, 2008: 231).

The “uneven geographies of alternative food” are also illustrated by the EU’s different geographical centres of the new models of food governance which are paralleled in the two different perspectives within European alternative agro-food context (Marsden, 2001; Fonte, 2006; 2008; 2010). While the “re-connection perspective” (organic produce and Short Food Supply Chains (SFSCs)) is identified as often developing “in a context of longstanding export-oriented agriculture in the loss of food culture”, most characteristically in Northern Europe (and North America as well), the “origin of food perspective” (quality food systems that conform to the defined regulation standards of quality) develops more frequently in the territories which were “the latecomers to industrial development and never fully completed their ‘great transition’” (Fonte, 2008: 201-203). Portugal, Spain and Greece are the most representative of the later territories (Rodrigo & Veiga, 2010) whose processes of agricultural “modernization” have never been accomplished. In fact, when in 1992 the Common Agricultural Policy (CAP) initiated its shift to support environmental farming practices, “Spain, Portugal and Greece, in particular, have criticized the EU for imposing policies that [aimed] at the *extensification* of agriculture at a time when they [were] still mostly concerned with ‘catching up’ with their Northern counterparts through the *intensification* of commodity production” (Wilson, 2001: 91 in Goodman, 2004: 11: original emphasis).

Some historical, cultural and political characteristics of Portuguese society referred to below shed light on and help us to understand why local food systems are still a novelty in Portugal. From these characteristics is worth highlighting, on the one hand, the Portuguese “Mediterranean tradition of rurality”, where town and countryside have always been tightly intertwined in opposition with Continental and Northern European rurality traditions (Hoggart *et al.*, 1995). On the other hand, the fascist-

corporatist dictatorship, that ruled Portugal from 1926 to 1974, explain to a large extent either the country's historically recent “de-peasantization” and “de-agriculturalization” processes, in comparison with Northern and Central EU countries (Rodrigo & Moreira, 2001). Finally, the temporal proximity of these processes explains the existence of a still very close relationship of many urban residents with the rural, through relatives or friends still cultivating a small plot of land, and thus preventing or, at least, delaying among urban dwellers the rural nostalgia of a better- or healthier-fed imagined past. The listed factors also help us to understand the enthusiastic adhesion to super and hypermarkets by Portuguese customers who quickly have perceived and adopted them as an alternative to traditional/local food market places. While in 1987 the traditional trade represented 74% of the total agro-food sales, in 2004 this value dropped to 16,4% with hipper and supermarkets, integrated in large distribution chains, representing 80% of the total agro-food sales (Palma et al., n.d.). This adhesion to the large distribution food chains has contributed, together with the adoption of the CAP agricultural model, to the decline of the number of smaller, family labour farms, abandonment of agricultural areas, and consequent stagnation of many Portuguese rural economies and territories. These later trends and the above referred factors help us to understand, on the one hand, the late arrival of LFSs in Portugal and, on the other, illustrate and confirm that the “emergence of a re-embedded set of alternatives supply chains and networks is highly spatially diverse and is unfolding at different speeds across Europe” (Marsden et al., 1999: 301).

Besides very few episodic and geographically very confined experiences, for instance the experience Re.Ci.Pro.Co. that emerged in 2003, the PROVE (“PROMover e VEndeR”/“Promote and Sell”) Project is the first Portuguese representative direct/proximity selling experience, through baskets of fresh vegetables and fruits. This experience started in 2004 under the Community Initiative EQUAL, and was led by the Local Action Group (LAG) ADREPES. Implemented under the Leader programme and with rural development objectives in mind, the experience of PROVE focused on family farmers who, by cultivating small farms, produced small quantities and did not have the capacity to compete on agricultural markets. In this way, through PROVE family farming was socially revalued and rural economies could register some improvements, since the revenues of farmers originated from PROVE were reinvested locally.

The mobilisation of potential farmers to integrate the experience was one of the greatest difficulties faced by ADREPES. In addition to being small family farmers, the advanced age and the lack of links to markets of such farmers are factors that explain those difficulties. However, after many awareness-raising meetings with small farmers who could potentially join PROVE and a lot of commitment, in 2006 the first baskets were sold in the Península de Setúbal territory, i.e. the area of influence of ADREPES.

Nine farmers and a network of consumers of around 30 people were involved in this. Two other LAGs (ADER-SOUSA and MONTE), located in other rural areas of mainland Portugal, were then added to the experience. Applying the methodology implemented by ADREPES, they increased the number of producer-consumer hubs of the PROVE Project.

In 2011/2012 a research was carried out, by Instituto Superior de Agronomia (ISA) and the Centro de Estudos Transdisciplinares para o Desenvolvimento/Universidade de Trás-os-Montes e Alto Douro (UTAD), aiming to assess the functioning of the PROVE Project during the period between 2009 and 2011. This assessment involved all the producers, by face-to-face surveys, consumers, by a google survey, and the partners involved in the experience, by focus-group methodology. Among the various conclusions of that assessment, the following stand out. The contribution provided by PROVE in the total household income was one of the main advantages stressed by the majority of farmers/PROVE producers surveyed. The very low amount of the retired pensions received by those farmers (around one half of the national minimum wage: 560 Euros in 2018) contributes to explain the importance of PROVE economic benefits. In addition, the majority of producers (between 50% and 65%) considered that PROVE contributed positively to the "recovery" and consequent cultivation of regional/local seeds/varieties, and pushed them to increase the area of horticultural crops. According to the opinion of the most part of the surveyed producers, PROVE also improved their marketing conditions, allowing them to increase farm incomes and, consequently, facilitating the expenses coverage generated by the farm. Finally, more than 62% of producers reported a feeling of belonging to a group, which shares common objectives and values related to agriculture, environment and food.

In 2016, PROVE engaged 130 producers and around 5,000 consumers. Approximately 35 ton of vegetables and fruits were sold per week, and the PROVE market turnover was above 2,6 million of euros (Chaves, 2009).

From 2012 to 2017, the number of producer-consumer hubs scattered across mainland Portugal and increased from 21 to 117, the number of promoters (Local Action Groups) increased from 8 to 17, distributed in 15 districts against the previous 12. In terms of incidence, the districts with the highest number of producer-consumer hubs are Lisboa, Porto, Setúbal and Aveiro, with the districts with the highest number of producers being Porto, Braga and Setúbal. With regard to the universe of consumers, there are currently 4,875 active consumers (Lisboa, Setúbal and Aveiro are the districts with the highest number of active consumers; Viseu, Beja, Viana do Castelo and Santarém the districts with the lowest number of consumers); and 8,470 pending consumers. Since the beginning of PROVE, the total number of consumers is 25,757. Currently, in some PROVE hubs baskets are organic and certified. For instance in the

hub located in Loures all the producers are certified organic and one of them also adopts the principles of permaculture.

Comparing to the number of producers and consumers involved in LFSs, located in other European countries, the PROVE local food network can be considered negligible. However, at the scale of Portugal, PROVE is an exemplary success story and taken as a case study by some research projects funded from European Union's Horizon 2020, namely: the INter-sectoral Health Environment Research for InnovaTions (INHERIT) and the Rural – Urban Outlooks: Unlocking Synergies (ROBUST) Projects.

The French case illustrates the small scale of LFSs in Portugal. A study by the Ministry of Agriculture cited by the Ademe counted for 2014: 600 to 1,200 farmers' markets, 600 AMAP (Association pour le maintien d'une agriculture paysanne), 650 hives, and 250 producer stores. Not to mention farm gate sales, which constitute the shortest marketing chains, digital sales platforms, or supermarkets, which also develop, at the request of consumers, certain local products, in partnership with producers, illustrate the great diversity of consumption practices for local food products in France (Renard and Chouin, 2017). At the EU level, the scenario is also worth mentioning. According to Kneafsey *et al.* (2013) and the European CSA Research Group (2016), respectively, some 15% of EU farms sell more than half of their produce directly to consumers, while Community Supported Agriculture feeds between 500,000 and 1 million Europeans.

DEFINITION OF LOCAL AND SUSTAINABLE FOOD SYSTEM (LSFS)

After the brief presentation above on the Portuguese context, and bearing in mind that Portugal does not have a formal/official definition of Local and Sustainable Food Systems (LSFSs), not even of Local Food Systems (LFSs) or Local Food Chains (LFC) as explained in the Introduction, this Section relies on official documents dealing with the "local food systems" (LFS) subject. As such, the Report "Strategy for the Enhancement of Local Agricultural Production – GEVPAL" ("Estratégia de Valorização da Produção Agrícola Local – GEVPAL"), being the most recent and comprehensive Portuguese technical report on LFS has to be called here. It was prepared by a working group made up of technicians from 14 public bodies under the guidance of three ministries, including the Ministry of Agriculture (Despacho n° 4680/2012, 3 Abril, DR n° 67, 2ª série).

The goals of that working group were: "(a) characterise small local agricultural production and the ways in which it is marketed, which may be subject to simplified licensing; (b) identify and analyse the legislative, institutional and policy-making framework for local agricultural production at EU level; c) identify the constraints and

opportunities for the development and promotion of small local agricultural production; d) propose the necessary changes to the [national] regulations governing the processing and marketing of local agricultural production, particularly at the level of standards and thresholds; and (e) propose policy measures to enhance local agricultural production to be included in the [Portuguese] next rural development programme, taking into account the guidelines of the proposal for a Regulation on support for rural development by the EAFRD” (Relatório do Grupo de Trabalho GEVPAL, 2012: 8).

In short, underlying these objectives was, above all, the identification of a set of legal aspects which, in accordance with national legislation, constituted and constitute a severe constraint, or even brake, on the promotion and development of LFS. Among the various difficulties in carrying out the activities proposed by GEVPAL, there are two which, within the scope of this Report, deserve to be highlighted, namely: the existence of “*diverse legislation, which is the responsibility of various bodies*” and “*the novelty of some of the themes treated for the majority of the members of the group made it difficult to find a common language and points of agreement with the objectives of the group*” (Relatório do Grupo de Trabalho GEVPAL, 2012: 13, emphasis ours). To note that the “*difficulties of finding a common language and points of agreement with the objectives of the group*” arise, in most cases, from the dispersion of public bodies that coordinate the same subject from a legal point of view. Despite the efforts, it is worth mentioning that not only the aspects highlighted before, but also the revision and adaptation of the legal frameworks governing namely: marketing standards; labelling; industrial licensing; modalities of sale; taxation (VAT and invoicing); public contracting and regimes for the recognition of products with traditional and artisanal characteristics, that constituted the very specific goals of the GEVPAL (Relatório do Grupo de Trabalho GEVPAL, 2012: 12) in order to promote “Local Agricultural Production”, still remain to be overcome.

In the context of the GEVPAL Report, some definitions of LFS were put forward, in order “to facilitate the common understanding of the working group” (Relatório do Grupo de Trabalho GEVPAL, 2012: 3), but without official/legal “validity”.

Recognizing that “the concept of ‘local agrifood product’ is not easy to define clearly and precisely, since it is a concept with multiple meanings”, the GEVPAL established the following “concepts”: (i) “Local food system” (“Sistema Alimentar Local (SAL)”) defined as “a set of interlinked activities in which the production, processing, distribution and consumption of food products aiming to promote the sustainable use of a territory's environmental, economic, social and nutritional resources, defined as a community of localised interests, strengthening relations between the respective actors”, and (ii) “Agrifood Short Chain” (“Circuito Curto Agroalimentar (CCA)”)

defined as “a method of marketing which is carried out either by direct sale from the producer to the consumer or by indirect sale, provided that there is no more than one intermediary. This is accompanied by geographical proximity (municipality and neighbouring municipalities) and relations between producers and consumers” (Relatório do Grupo de Trabalho GEVPAL, 2012: 3-4).

With regard to these two terms/notions and their contents, three aspects should be noted: firstly, “Agrifood Short Chain” (Circuito Curto Agroalimentar (CCA))” is the terminology adopted throughout the Report; secondly, what is meant by either “promoting the *sustainable* use of a territory's environmental, economic, social and nutritional resources” — as referred to in the former definition — or by “geographical *proximity* (municipality and neighbouring municipalities) and a relationship between producers and consumers” — used to define “Agrifood Short Chain” — is never specified.

Anyway, the term *proximity* is used: i) to classify marketing (“proximity marketing”), by reference to the “development of local food products”, ii) as a “solution for overcoming market access difficulties for small products, since it allows the specificity of products from a given area to be made known, enhances geographical or cultural proximity between consumers and producers, tends to improve selling prices and farm receipts, and allows added value to be increased and retained locally”, and iii) to define the type of relationships between producers and consumers (“geographical and relational proximity”) when specifying “Agrifood Short Chain” (Relatório do Grupo de Trabalho GEVPAL, 2012: 14; 16).

Deepening the content of “Agrifood Short Chain”, the GEVPAL Report clarifies that “direct selling may take place on the farm, at the consumer's home, in itinerant sales, at markets, at fairs, at the producer's restaurant or shop, among others”. It also notes that the following five distinctive aspects are underlying the terms “Agrifood Short Chain” and “Direct Selling”: i) “The local and identified origin of the product — traceability and seasonality; ii) In addition to direct intervention in production, the producer often also interferes in the processing and marketing of products; iii) The processed products use raw materials from local farms; iv) Consumers have access to information on the origin of the product, its method of production and its specific qualities; v) The flow of communication between producers and consumers creates mutual trust and differentiates local products from others” (Relatório do Grupo de Trabalho GEVPAL, 2012: 4).

A number of weaknesses in implementing “local agrifood products” were also specified and grouped into three main dimensions, namely: “(i) Limitations associated with territories: Territorial areas ageing and losing population and economic

dynamism; Agro-ecological conditions (in specific territories) unfavourable to agricultural practices; Local agriculture in decline and with difficulties of access to the market, (ii) Productive and organisational constraints: Small scale; Weak institutional dynamism; Unfavourable local production conditions and lifestyles, (iii) Commercial limitations: Weak commercial orientation; Weak visibility and promotion; Difficulties in responding to more sophisticated demands and markets; Difficulties in adapting to general and sector-specific food legislation” (Relatório do Grupo de Trabalho GEVPAL, 2012: 15).

Notwithstanding the above referred constraints, the GEVPAL Report recognizes that "Agrifood Short Chains provide a new paradigm for food production, marketing and consumption, enhanced through a set of: i) Social benefits, by strengthening social cohesion in areas where low incomes from agricultural activity encourage emigration; providing consumers with fresh and healthy products, with traceability, ii) Cultural benefits, by diversifying supply and preserving traditional systems of plant and animal production, promoting the cohesion of local communities, iii) Economic benefits, by adding value to local production; broadening the range of products on offer; reducing capital needs for investment, as they tend to be less intensive in the use of agrochemicals and in the mechanisation of cultural operations, and iv) Environmental benefits, by enabling less polluting agriculture (less intensive production systems) and resource conservation; reducing packaging, transport and refrigeration needs and thus also helping to reduce fossil fuel use and greenhouse gas emissions“ (Relatório do Grupo de Trabalho GEVPAL, 2012: 16-17).

In addition to GEVPAL, several positive impacts of LFSs are also referred to in other documents and by other authors. According to them, the most direct beneficiaries are undoubtedly producers and consumers, who, due to the type of business model associated with these chains, develop closer relations and, consequently, trust. In addition, these chains allow the producer to be able to sell his non-standard products at a fair price valuing his work and allowing its integration in the market. The producers that bet on the short chains also have the advantage of being able to organize their activity in an autonomous way (Associação Portuguesa de Nutrição, 2017; Baptista *et al.*, 2013; Ilhéu, 2017). On the other side, by purchasing on local chain foods, consumers are buying safe products of good quality (freshness, taste and nutritional value), have access to information on the origin of these products and their production methods and have access to a range of products more diversified and with local varieties (Baptista *et al.*, 2013; Chaves, 2016; Ilhéu, 2017).

Later on, some aspects non-specified in the GEVPAL Report were regulated in order to apply the Rural Development Programme 2014 – 2020. In 2014, the geographical proximity/scale between producer and consumer was approached by the *Portaria* n°

74/2014 (Article 2) as follows. The “Direct supply by the primary producer to the final consumer, the local retail trade directly supplying the final consumer or the catering trade may only be carried out in the municipality and municipalities bordering on the site of primary production under defined conditions and quantities by this ordinance [Portaria], without prejudice to the rules laid down in specific legislation” (*Portaria n.º 74/2014 (Artigo 2), Diário da República, 1.ª série — N.º 56 — 20 de março de 2014*).

However, the same legal source specifies that “the direct supply of products (...) covered by this ordinance [Portaria] must be accompanied by a commercial document mentioning the operating mark, registration of the activity or other code enabling the origin of the product to be identified” and specifies the small quantities of products of animal origin that can be commercialized, such as eggs, poultry, (*Portaria n.º 74/2014 (Artigo 2), Diário da República, 1.ª série — N.º 56 — 20 de março de 2014*).

Later on, in 2015, the Decreto Lei n.º 85/2015 was published in order to regulate the local agricultural markets. Given the objectives of this Report, some aspects described in the introduction of this law deserve to be noted. As stated in the introduction, “The Regulation (EU) No. 1305/2013 of the European Parliament and of the Council of 17 December 2013 on the application of the principles of subsidiarity and proportionality support for rural development by the European Fund Agricultural Rural Development (EAFRD), lays down that support for rural development in the period of the 2014-2020 focuses on six priorities, including the improvement in the competitiveness of all types of agriculture, to ensure the viability of agricultural holdings, as well as promoting the organisation of food chains, in particular through the development of local markets and short supply chains” (*Decreto-Lei n.º 85/2015 de 21 de maio, Diário da República, 1.ª série — N.º 98 — 21 de maio de 2015*).

The benefits of direct selling, through local markets of producers, are also recognised. Among the various benefits listed, it is stated that “Local agricultural and livestock production ensured by mainly family farming and small businesses, is of major importance in the national economy, notably in terms of productivity, employment and reduced external dependency. Direct sales and short agri-food chains contribute to the enhancement and promotion of local products and, at the same time, stimulate the local economy, create employment, retain value and population in the territory. The existence of local agri-food systems, in particular of local producers markets, stimulates the local economy and increases social interaction between rural communities and urban areas, promoting greater links between the populations to their origins, carrying out functions that benefit producers, consumers, the environment and the local economy” (*Decreto-Lei n.º 85/2015 de 21 de maio, Diário da República, 1.ª série — N.º 98 — 21 de maio de 2015*).

In short, the two legal frameworks designed specifically for the implementation of the LFS in the context of the implementation of the Portuguese 2014-2020 Rural Development program, and analysed above, do not define the meaning underlying the following used terms “direct supply by the primary producer to the final consumer”, “direct supply of products”, “local retail trade” (*Portaria n° 74/2014*), “food chains”, “local markets and short supply chains”, “direct sales and short agri-food chains”, “local producers markets” (*Decreto-Lei n° 85/2015*). It is, therefore, omitted by the Portuguese government either the meaning of short food chain and which should be the distance between producer and consumer so that a food system can be classified and, eventually, certified as a short food chain. These omissions also reflect the very limited attention paid to the LFSs by Portuguese policy-makers. Once again, this scenario contrasts, for example, with the French case as the document on “Short food chains and the re-localization of agricultural sectors and food” elaborated by the Commission des Affaires Économiques (2015) de France illustrates.

According to that document, “Food sovereignty has been enshrined in French law thanks to the law of 13 October 2014 on the future of agriculture, food and forestry. In particular, this law stipulates that the territorial anchoring of production is one of the objectives of agricultural and food policy. To give concrete expression to this ambition, the law of the future has created territorial food projects, which are developed in a concerted manner with all citizens of a territory” (Commission des Affaires Économiques, 2015: 10). Further on, the same document reveals that “the local supply of collective catering will be obviously an undeniable support for the development of this new economy. The President of the Republic has set a procurement target of 40% of collective catering through local products in 2017 and 20% in products from organic farming. The collective catering serves ten million meals a day, it can therefore constitute a significant a great opportunity for the local and organic agricultural and food sectors and also be a considerable tool for changing behaviour of our fellow citizens” (Commission des Affaires Économiques, 2015: 11).

As a final comment, it is worth recalling the lack of unanimity on the definition of the scale of proximity between producer and consumer in the context of the LSFs debate. For instance, while the European Committee of Regions considers that the distance from the point of production to the point of sale should not exceed 50 km (Comité das Regiões, 2011), France defines short food chains as a “commercialization modality that includes at most one intermediary between producer and consumer, within an average radius of 70 km” (Renard and Chouin, 2017). On the other hand, Chiffoleau *et al.*, (2016) state that “Alternative food systems” rely on “value-based supply chains”, which can in principle be coordinated at any scale from the local to the international.

DIFFERENT TYPES, AIMS, CHARACTERISTICS OF LFS

Before filling in the table below, a brief summary of the different types of LFS existing in Portugal is given. The diversity of these types, as well as the number of cases in each type, is relatively small when compared to other European countries. Explaining this evidence are the aspects listed and commented on in the first part of this report.

In Portugal there are two main types of LFS: Direct and Indirect selling.

Farms Sales; (vegetable & fruit) Box Schemes which, the most representative type of Direct selling in Portugal, Farmers Markets (being dispersed in the territory more recently); On tour sale (namely: Home delivery and Point of delivery and by and large, tend to be provided by individual producers and with reduced numerical expression), and AMAP (with a national presence that is still not significant, when compared with other countries, such as France) are the main types concerning Direct Selling.

Indirect selling to a seller and grocery store are the two existing types of Indirect Selling, both with insignificant presence.

In the table below, some of the most representative/known cases of each of the different types of LFS are described

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Name	Location	Type	Aims	Characteristics
<p>Quinta do Alcube (https://www.quintadealcube.pt/)</p>	<p>Palmela/ Parque Natural da Arrábida</p>	<p>Farm sale</p>	<p>To intensify relations between producer and consumers, eliminating intermediaries</p>	<p>sale on the farm of all quality wine produced and processed on the agricultural holding (annual production of around 250,000 bottles); artisanal production of Azeitão cheese sold at the farm; diversification of farm income through rural tourism and wine tourism activities; environmental concerns in the vineyard management</p>
<p>Quinta do Arneiro (Quinta do Arneiro, 2019) www.quintadoarneiro.pt Name of the basket: <i>De volta à horta</i> https://www.quintadoarneiro.pt/cabazes</p>	<p>Regional Lisbon and around Lisbon municipalities)</p>	<p>Farm sale & Farm Market</p>	<p>To convert to certified organic farming, increasing the number of local jobs (in 8 years the number of jobs in the farm have increased from 4 to 33)</p>	<p>Farm with 18 hectares of orchards of Pera Rocha <i>in integrated production</i> and 8 ha of Certified Organic vegetables. Other activities in the farm: restaurant, academy and grocery store, groups and schools for visits Farm sale: baskets of certified organic agri-food products Farm Market: Biological Markets of Príncipe Real, Campo Pequeno and Cascais (every Saturday)</p>

Name	Location	Type	Aims	Characteristics
<p>PROVE – Promover e Vender (Baptista <i>et al.</i>, 2012; 2012 a); Rodrigo, 2012)</p> <p>www.prove.com.pt</p>	National	Collective sale/ Collective food basket	To encourage proximity marketing/foster a closer producer/consumer relationship, achieve a fairer final price for family farmers involved in the PROVE network, enhance family farming and contributes to the rural economies functioning and development	PROVE is the first Portuguese representative direct/proximity selling experience, through baskets of fresh vegetables and fruits, started in 2004 under the Community Initiative EQUAL, and led by the Local Action Group (LAG) ADREPES; Applying the methodology implemented by ADREPES, the number of producer-consumer hubs of the PROVE Project are currently disseminated on a national scale, It improves the incomes of smallholder family farmers and strengthens their empowerment
<p>Cabaz da Semana BioSOLO (BioSOLO, n.d.)</p> <p>http://loja.biosolo.pt</p>	West and Lisboa regions.	Collective sale/ Collective food basket	To supply consumers with organic products produced with agricultural practices respect for the environment, giving guarantees of quality and authenticity.	In addition to its own production, BioSOLO has agreements with several certified organic producers, trying to ensure: the lowest possible distance between them and the final consumer, ii) ensuring that the delivered products guarantee the highest quality, hygiene and safety food standards

Name	Location	Type	Aims	Characteristics
<p>Cabaz Natura</p> <p>(information obtained by direct contact on 25/01/2019)</p> <p>www.facebook.com/cabaznaturasesimbra</p>	<p>Lisboa (region) and north of Setúbal</p>	<p>Collective sale/ Collective food basket</p>	<p>To provide customers a basket of food as complete as possible for their needs.</p>	<p>Distributions of basket of vegetables, fruit, olive oil, honey, eggs and processed foods. Products of the season, picked up on the day or the afternoon before the delivery of the basket. According to the site “The products are fresh and seasonal and are also agro-ecological, i.e. they are reared in a way that respects the rhythm of nature without the use of toxic fertilisers.”</p>
<p>Some examples:</p> <ul style="list-style-type: none"> - "Ao Sabor" (promoted by the Municipality of Tondela), "Feira da Terra" (Monchique), “Mercado de Produtos Tradicionais” (Baião), “Mercado de Agricultura Tradicional e Familiar” (S. Pedro do Sul), “Mercadinho do Botânico” (Coimbra), ... <p>There are also some</p>	<p>National (at the municipality level)</p>	<p>Market/ Farm market</p>	<p>To establish a close relationship with consumers, to define a management model participated by producers, to define and ensure compliance with the collective regulation, creating and communicating the image of the market by the usual means and through cultural</p>	<p>Some characteristics of farm market: it is reserved for agricultural and agri-food producers, marketed products are exclusively from own production and have an identified local origin. The main products marketed are seasonal fresh products (vegetables, fruit, herbs), products processed by hand from local raw materials (bread, jams, cheeses, liqueurs, sweets, sausages), nuts, pulses, honey and eggs. Farm markets are located in urban centres and have a fixed regularity, usually weekly or monthly. In Portugal, this is a traditional way of disposing of and marketing agri-food products from farms and small-scale artisanal manufacturing units, which has gained a new dynamic at the initiative of Municipalities and</p>

Name	Location	Type	Aims	Characteristics
<p>certified organic farm markets. These markets are promoted by AGROBIO (the Portuguese Organic Agriculture Association), Municipalities or Local Development Associations. They are held in gardens, squares or other public places in urban centres, usually on a weekly basis, usually at weekends</p> <p>(http://www.rederural.gov.pt/circuitos-curtos-agroalimentares/2016-06-01-13-36-46/mercado-de-produtores)</p>			<p>animation activities, Presenting products in an attractive way and respecting consumer information rules</p>	<p>Parish Councils, Local Action Groups (LAG), producer groups or others</p>



Name	Location	Type	Aims	Characteristics
<p>Cabaz da Horta (Cabaz da Horta, 2019) http://cabazdahorta.blogspot.com/</p>	<p>Setúbal and Serra Aires's area</p>	<p>On tour sale/ Home delivery</p>	<p>To take to the consumer the traditional taste of food, fresh and picked in the garden on the day of delivery.</p>	<p>Selling and delivery of pre-ordered baskets with seasonal food</p>
<p>Bio Cabaz https://www.biocabaz.pt/web/</p>	<p>Metropolitan Area of Lisbon</p>	<p>On tour sale/ Home delivery</p>	<p>To take the field home, from consumers through the delivery of healthy and always fresh products.</p>	<p>Sell and delivery of baskets of fruit and vegetables from certified organic farming.</p>
<p>Pede Salsa (Pede Salsa, 2016) www.pede-salsa.com</p>	<p>Greater Lisboa area, Almada and Seixal</p>	<p>On tour sale/ Home delivery</p>	<p>To supply consumers with Portuguese food produced on a small scale farm and respecting nature</p>	<p>Deliver of baskets of seasonal and fresh vegetables, fruits and herbs.</p>

Name	Location	Type	Aims	Characteristics
Cabaz Dona Horta www.donahorta.pt	Alcobaça, Caldas da Rainha, Lisboa, Leiria, Marinha Grande and Nazaré	On tour sale/ Home delivery	To reduce significantly the ecological footprint associated with distribution, to promote closer rapprochement between domestic consumers and producers, and to help to improve consumers' diet and well-being.	Service of delivery of fresh, natural and healthy products. Each week, fruit and vegetables baskets of the season are prepared and delivered at pre-defined times and locations.
Hortas da Cortesia (Hortas da Cortesia, n.d.) www.hortasdacortesia.com	Lisboa, Oeiras, Cascais, Sintra and Almada	On tour sale/ Home delivery	To reduce waste and use of resources; avoid the use of chemicals.	Artisanal farm, meticulous and socially responsible, 100% “sustainable” but not certified, baskets delivered to the home of costumers.
Bio em casa (Bio em Casa, 2019) www.bioemcasa.com	Porto, Braga and Viana do Castelo	On tour sale/ Home delivery	To bring more healthy and tasty organic foods from organic agriculture.	Delivery of fresh certified organic fruit and vegetables baskets. Products come from their farm and others also organic. In addition, there is a grocery store located in the farm.



Name	Location	Type	Aims	Characteristics
Bio Habitus (Bio Habitus, n.d.) http://biohabitus.com/	Porto, Matosinhos, São Mamede Infesta, Leça da Palmeira, Gaia and Espinho & national	On tour sale/ Home delivery	To promote the consumption of organic products, free of chemicals (synthetic). To bet on the consumption of fresh produce, in a relationship of proximity and trust between producer and consumer, contrary to the installed monopolies and, at the same time, guaranteeing the environmental sustainability; Instill consumer responsibility for their health and social and environmental impacts.	Baskets with local certified organic vegetables , delivered to the nearest areas and by mail to the whole country

Name	Location	Type	Aims	Characteristics
<p>Olhó Cabaz (Olhó Cabaz, 2019) https://olhocabaz.blogs.sapo.pt/</p>	<p>Península de Setúbal</p>	<p>On tour sale/ Home delivery</p>	<p>To bring the freshness and true taste of fruits and vegetables to consumers.</p>	<p>Delivery of fruit and vegetable baskets to the household. Local products caught up in the day</p>
<p>Quintinha (Quintinha, n.d.) www.quintinha.com</p>	<p>Porto, Gaia, Maia, Espinho, São João da Madeira and Santa Maria da Feira. They send throughout the country by post.</p>	<p>On tour sale/ Home delivery</p>	<p>To serve customers better in quality, variety and price.</p>	<p>They have a store in Madalena (Vila Nova de Gaia), make deliveries and send throughout the country by post.</p> <p>According to the site, “Quintinha, Lda. is a certified* company dedicated to the marketing and home delivery of certified Organic Farming Products in appropriate vans, by mail or post. Quintinha was born in December 2000 and our perspective is not merely economic. We believe in the Organic Culture and we have grown seeking to better serve our customers, without forgetting a good relationship quality / price.”</p>



Name	Location	Type	Aims	Characteristics
<p>Associação pela Manutenção da Agricultura de Proximidade (AMAP)</p> <p>equivalent to the CSA (<i>Community Supported Agriculture</i>)</p> <p>https://amap.movingcause.org/</p> <p>amap arroba moving cause ponto org.</p>	<p>Porto, Matosinhos, Gaia, Famalicão and Guimarães</p>	<p>Collective sale/ Collective food basket</p>	<p>To sell organic products at fair price directly from the producer</p>	<p>A direct partnership, based on the human relationship between a group of consumers and one or more producers, where the risks, responsibilities and rewards inherent in agricultural production are shared, through the establishment of a long-term link</p>

Associação pela Manutenção da Agricultura de Proximidade (AMAP):

Following the will expressed in the first national meeting of 29 November **2015**, held in Serralves (oPorto) by the *Moving Cause Association*, and the first meeting for the creation of the AMAP national network, on 5 March **2016** in Odemira at the C.A.R.M.E.N. Centre, it became imperative to create a charter of principles that can serve as a guiding document, providing a set of fundamental principles so that consumer groups can call themselves AMAP, as well as clearly define the constitutive characteristics of an AMAP.

According to the GUIDELINE BASIS FOR THE CREATION AND OPERATION OF AMAP IN PORTUGAL, the "Associação para a Manutenção da Agricultura de Proximidade (AMAP) is a direct partnership, based on the human relationship between a group of consumers and one or more producers, where the risks, responsibilities and rewards inherent in agricultural production are shared, through the establishment of a long-term link."

A) Payment may be made in full for the entire consumption cycle or monthly. Always in advance and by bank transfer; B) There are two moments in the middle of the cycle in which we integrate new members, and the commitment established will only be until the end of the cycle that is taking place, C) The organization of the production cycle is done through the subscription of a delivery plan for 3 months, D) All AMAP Gaia products are organic certified except for mushrooms and fish, E) Distribution is managed by consumers and producers, based on the distribution sheet provided by the facilitator. Consumers are encouraged to volunteer at least once a quarter to come early and set up the distribution booth, and for the last to arrive to help disassemble it.

The more general aims of AMAP are: i) Maintain and develop local agriculture in an economically and socially viable way, being sustainable, fair, with low environmental impact, creating jobs, personal links and dynamic cohesion in the territory; ii) Promote a responsible attitude of citizens towards food; iii) Support the local, fair and solidarity-based economy; iv) Promote citizenship; v) Promote models of solidarity economy; vi) Contribute to food security and sovereignty.

In the meeting of 5 March **2016** in Odemira, three fundamental principles were defined for any group of consumers to define themselves as AMAP, in direct support to producers. At the same time, these principles should be respected by all producers who want to be part of an AMAP. Considering the right to healthy and adequate food for all, food security and sovereignty as fundamental rights, **REPAMAP** (Portuguese

AMAP Network) deduces three inseparable principles that guide its actions and those of its members. The Three Fundamental Principles of AMAP are: 1st Agroecology; 2nd Human Scale Relationship; 3rd Food as a Common Asset”.

NOTE:

- a) As the search was not exhaustive, there might exist more LFSs experiences not listed in the Table;
- b) In order to fulfil this Table, Teixeira (2014) was one of the secondary data sources surveyed. The case studies listed in this Master Thesis were then confirmed via *website*. This procedure led us to conclude that from 2014 to currently, the websites of the following 18 experiences did not exist anymore or they were not updated for a long time. As such, they were not included in the Table above. Those LFSs are: ***Bio em Casa, Cabaz à porta, Cabaz d'Avó, Cabaz de Domingo, Cabaz Naturar, Cabaz Produtos Biológicos, Cabazes da Horta à Porta, Da Horta para Sua Casa, Flor de Liz, Frutolegume em Casa, Horta de Bolso, Horta do Alvão, Horta Formosa, Horta Silvestre, Mercado Saloio, Quinta da Tia Paula, Sr. Cabaz, Terra a Terra;***
- c) The trends described in b) illustrate, to a large extent, the difficulties in rooting LFS experiments in Portugal.

It should be noted that the list of experiments listed in the table above is not exhaustive. Of the 30 listed experiences, the following aspects should be highlighted:

- geographical coverage: only PROVE has a national coverage
- with the exception of PROVE, the vast majority of experiments do not have clear rural development goals,
- with the exception of PROVE, the vast majority of experiments are concentrated in and around the two main cities (Lisbon and Porto)
- there are already experiences based on certified organic agriculture, even if they are not in greater number,
- direct selling is the method adopted by the vast majority of the experiences identified
- the existence of two experiences based on fish baskets, since this type of food does not tend to be widely traded through direct sale

INNOVATIVE PRACTICES

The content of the column “Innovation” was the main driver when selecting the five most innovative experiences listed in the Table below

However, before focusing on such experiences, it is important to refer here to the efforts, still very recent, to disseminate in Portugal the experiences of bio-regions already well established in other societies, as the case of Italy illustrates. In this context, during 2018, seminars were held in Viseu, Idanha-a-Nova, S. Pedro do Sul, Ponte de Lima and Torres Vedras to disseminate the importance and promote sustainable food associated with the Mediterranean diet concept.

These seminars were attended by non-national speakers such as, for example, the President of the International Network of Eco Regions/INNER of (Italy); the President of Bio-Distretto Cilento (Italy), Representatives of the Scientific Committee of INNER of France and Academics, among others. In addition to these, there were also national speakers, such as the President of INNER Portugal, Technicians from the National Rural Network, the President of the Portuguese Organic Agriculture Association (AGROBIO), Mayors, Academics, etc.

More recently, in March 2019, the International Network of Eco Regions (INNER) organized the "IV International Conference on Bio-Regions" during the 52nd Portuguese AGRO Fair. The Conference had as partners, the Municipalities of Idanha-a-Nova, S. Pedro do Sul and Torres Vedras, the Inter municipal Community of Alto Tâmega, the Agricultural College of Ponte de Lima and AGROBIO. Farmers, citizens, the school community, touristic operators, local associations and authorities were the target audience of this event. Its main goals were to encourage the birth of more Bio-Regions in Portugal, to involve the whole community in the sustainable management of local resources, to promote the culture of the organic agriculture in a territorial approach, to contribute for a development that cares about the conservation of resources, the respect of the environment, the valorisation of the different localities and, by this way, the quality of life. At this conference, the Portuguese Bio-Regions provided evidence of their experience and introduced their strategy for the future.

Teaching
local and sustainable
food systems

EducLocalFOOD

Name	Location	Type	Aims	Characteristics	Innovation
<p>PROVE – Promover e Vender (Baptista <i>et al.</i>, 2012; 2012 a); Rodrigo, 2012)</p> <p>www.prove.com.pt</p>	National	Collective sale/ Collective food basket	See table above	See table above	The first and single, until now, Portuguese representative, successful and geographically implanted, on the national scale, direct/proximity selling experience involving groups of family farmers with social, economic and environmental impacts at the local/rural level
<p>Cabaz Carne Marinhoa DOP – Carne Fresca</p> <p>https://carnemarinhoa.pt/o-cabaz/</p> <p>http://ptqc.drapc.min-agricultura.pt/documentos/carne_marinhoa.pdf</p>	Deliveries: throughout the coastal area, from Coimbra to the city of oPorto at a time and day previously defined with the customer. It is planned to also deliver in the West region and great Lisbon.	On tour sale/ Home delivery	To preserve and promote regional genetic resources	Promoted by a Producers' Group: the Associação de Criadores de Bovinos da Raça Marinhoa/Association of Cattle Breeders of the	Cattle breeding and management on a sustainable basis, contributes to preserve regional genetic resources, disseminates the consumption of good quality of meat with a PDO registered trademark. So far it is the only short circuit in Portugal with these characteristics.

Name	Location	Type	Aims	Characteristics	Innovation
<p>Fruta Feia <i>frutafeia.pt</i> (Fruta Feia, 2019, Ribeiro, I., Sobral, P., Peças, P., Henriques, E., (2018))</p>	Lisbon and Oporto	Indirect sale/ To a seller/ grocery store	<p>To reduce food waste,</p> <p>To enhance income returns to small holders</p>	Working directly with the producers of the region, the cooperative Fruta Feia (“Ugly Fruit”) collect in their gardens and orchards small, large or deformed vegetables and fruits that are not drained. With these products baskets of two sizes are prepared to deliver to consumers (Ribeiro, I., Sobral, P., Peças,P., Henriques, E., 2018)	<p>constitution of a social Cooperative</p> <p>promotes social, economic and environmental sustainability</p>

Name	Location	Type	Aims	Characteristics	Innovation
<p>Cabaz do mar (Cabaz do Mar, 2014)</p> <p>http://www.docapesca.pt/pt/comunicacao/noticias/item/cabaz-do-mar.html</p>	Odemira	<p>On tour sale/</p> <p>Point of delivery</p>	To contribute to the valorisation of fish and the promotion of the identity of fishing communities, and fosters close relations between fishermen and consumers.	<p>Fish is caught on the coast of the municipality of Odemira and delivered fresh.</p> <p>Promoted by the Associação Cultural e de Desenvolvimento de Pescadores e Moradores da Azenha do Mar, since 2014, in partnership with Docapesca</p>	<p>The pioneering Portuguese short-circuit project for the marketing of fish entitled "Sea Basket", is one of the finalists for the 2015 Green Project Awards in the "Sustainable Consumption"</p>



Name	Location	Type	Aims	Characteristics	Innovation
<p>Cabaz do Peixe</p> <p>http://www.cabazdopeixe.pt/oque.php</p>	<p>Lisboa, Sesimbra, Quinta do Conde, Palmela, Seixal, Corroios.</p>	<p>On tour sale/ Point of delivery</p>	<p>According to the site, “The Fish Basket” consists of the sale of fresh fish, from the boats of Sesimbra, preferably hook fishing, which ensures greater freshness and quality of fish. The fish is bought by the association of fishing owners itself, a non-profit association, in order to eliminate intermediaries, so the fishermen sell at a fairer value for their work, and everyone can buy at a better price.”</p>	<p>Fresh fish, coming directly from Sesimbra, at the best price with quality guarantee</p> <p>They buy fish from fishermen, prepare and deliver at home.</p>	<p>This experience was selected as innovative:</p> <p>A) by the type of product sold directly in baskets: fish, B) it has its origin in an association, with more than twenty years of existence, consisting of about 80 artisanal fishing boats, from 3 to 17 meters, that operate in Sesimbra. The main objective of the association is to represent and defend these small shipowners, working with the competent authorities, C) The fishermen of "Cabaz do Peixe" practice artisanal fishing, i.e., sustainable fishing based on gear such as lines, traps and nets, D) Sesimbra has the</p>



					<p>particularity of having the marine park Luíz Saldanha, created with the aim of protecting biodiversity. The park allows fishing for small vessels of up to 7 meters, and has several restrictions to ensure sustainability. Of the 63 fishing licenses to operate in the park, 40 belong to our members.</p>
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Cabaz Carne Marinhua DOP – Carne Fresca/ Marinhua Meat PDO (Protected Designation of Origin) Fresh Beef:

As already referred in this report, Portugal has an extensive and diversified range of traditional food products, associated with each region of the country and the Mediterranean diet, as a result of the cultural influence on the preparation of these foods, which constitute a living legacy of a unique and rich gastronomic heritage. The the Marinhua breed is one of these cases.

The particular ecological characteristics of the Baixo Vouga lagoon area have led to the existence of a powerful animal, whose members facilitate the cultivation of rice, as well as the work of the people linked to the Ria and the Sea, both in the harvesting of the molasses and in Arte Xávega, so characteristic of this region. In the 1940's there were 23995 of marinhoas cows.

However, with the development of the dairy industry, which was made on the basis of full use of the milk produced by black and white cattle, the "turinos", from the Netherlands, expand and find their manor house in Aveiro. Little by little, the number of marinhões have been replaced, which have been reduced to the needs of agricultural work, a situation aggravated by the increase of the mechanisation.

The need to preserve the genetic heritage still existing led to a group of breeders to join in this purpose, constituting in 1992, the ACRM - Associação de Criadores de Bovinos de Raça Marinhua/Association of Cattle Breeders of Marinhua, having been given the legal capacity to take over the management of the herdbook of the Marinhua breed, which would become decisive in its conservation.

Currently, cattle are raised in a traditional system of management, taking advantage of existing spontaneous resources. In riverside areas, the animals are kept in direct grazing, where farmers only provide them with water if necessary. In the other areas, the breed is fed 'à la manjedoura' through crops such as ryegrass, hay, straw, maize and sub-cultures of other cereals. Many producers use the production of home-made meal made from maize, rice and other cereals.

Only producers who are expressly authorised by the Producers' Group, the Associação de Criadores de Bovinos da Raça Marinhua/ Association of Cattle Breeders of the Marinhua Breed, undertake to comply with all the provisions of the specification and are subject to checks to be carried out by the Private Inspection Body may benefit

from the use of the Designation of Origin. 3-OPC, which is the NORTH AND QUALITY-Institute Certification of Agro-Food Products.

The basket, which consists of different categories of meat, is sold at the price of 10.50€ per kilo. On average it has a weight of approximately 7 kg, which corresponds to a final value of 73.50 €.

Fruta Feia:

- **Aims** - Reduce tons of quality food that is returned to the land every year by farmers; Avoid unnecessary waste of resources used in production; Conscientize the population for the problem of food waste and for the fact that ugly foods are not junk; Enable the consumption of local products of the season at a lower price (Ribeiro, I., Sobral, P., Peças, P., Henriques, E., 2018).
- **Innovation** - A research assessed the sustainability of this project and its business model regarding the three pillars of sustainability e economic, environmental and social. It concluded that “A new business model developed in Portugal for a social co-op project, Fruta Feia [“Ugly Fruit”], aiming at changing a paradigm in society regarding the consumption of fruits and vegetables following aesthetic rules. [According to that research, the] co-op acquires the products at a fair price from the local farmers of each region and commercializes them, delivering them directly to the consumers, partners of the project, in a delivery point. This business model has been successful not only in social terms, as most social projects are, but also economically sustainable for more than two years.” A research “analysed the sustainability of the novel business model (...). All environmental, social and economic indicators were analysed based on different established methods from Life Cycle Cost (LCC), and Life Cycle Assessment (LCA) to Social Life Cycle Assessment (S-LCA) and Social Return on Investment (SROI). The positive results proved the success of this model, already tested in Lisbon for more than two years. The Fruta Feia project is now in a replication phase, still opening new delivery points in Lisbon and a new delegation in a new region, Oporto. The research on sustainability assessment” (Ribeiro, I., Sobral, P., Peças, P., Henriques, E., 2018, 273).

LIMITATIONS AND BARRIERS

In view of the detailed information provided before on the “state of the art” of LFSs in Portugal, this Section recalls the “threats” identified in the GEVPAL Report, concerning the limitations/barriers that exist to the diffusion/success of LFSs in Portugal:

- Inadequate regulatory framework and lack of specific regulatory framework;
- Lack of a strategy [absence of policies at the national scale and lack of commitment from policy-makers];
- Lack of institutional technical support at local level;
- Lack of [generic] knowledge about the potential [of Agrifood Short Chains], and lack of strategies and promotion [of Agrifood Short Chains];
- Setting-up of supermarkets
- The existence of established Purchasing catering hubs providing collective/public canteens;
- Insufficient agricultural training and technical advice and lack of skills of the available technicians;
- Depopulation trends in rural areas; and
- Lack of information (Relatório do Grupo de Trabalho GEVPAL, 2012: 7).

In addition, it is worth to enumerate the listed “Weak points” according to the GEVPAL Report, concerning the limitations/barriers that exist to the diffusion/success of LFSs in Portugal, namely:

- “Low production volume [that many farmers/producers are able to supply] and frequently not meeting the demand levels;
- Difficulty [of a large number of producers] in accessing consumption centers [i.e. places where the baskets are sold];
- Difficulty [for farmers] in supplying [agricultural] products that meet the demand profile [mainly because of farmers long-established routines, due to their advanced age and small size of holdings];
- Weak entrepreneurial culture [largely due to the advanced age of most Portuguese small family farmers];

- Lack of cooperation and organization habits of producers, [lack of] territorial strategies and [difficulties in building local] partnerships;
- Low level of education and specific skills of producers;
- Local production conditions and lifestyles unfavorable to innovation and market demands;
- Deficiencies in infrastructure, transport and support logistics [at local level]” (Relatório do Grupo de Trabalho GEVPAL, 2012: 49).

Finally, the lack of interest and commitment on the part of governments, politicians and policy-makers, and ii) the low level of awareness on the part of Portuguese civil society with regard to the issue of the various types of negative impacts of the global agro-food system versus the advantages of the LFSs are also important aspects to be stressed here.

CONCLUSIONS

The scenarios described above show that Portugal still has a long way to go with regard to the dissemination and implementation of LFSs in the country, namely with regard to the:

- Dissemination/information actions aimed at clarifying and "raising awareness" of various target audiences (producers, consumers, politicians, decision-makers, ...), at the national, regional and local levels, about the various types of advantages (environmental, social and economic) of these food systems, as compared to the agro-industrial food system.
- Introduction of significant changes in national legislation in order to ensure that the specific characteristics of the LFSs are integrated into that legislation.
- Mobilisation of all stakeholders related to the LFSs so that the next rural development programme will identify concrete measures and financial support for the implementation of LFS initiatives on the ground.

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