



January - February 2022

# TEOS MARINA E-GAZETE



**It's time to explore nearby coves!**

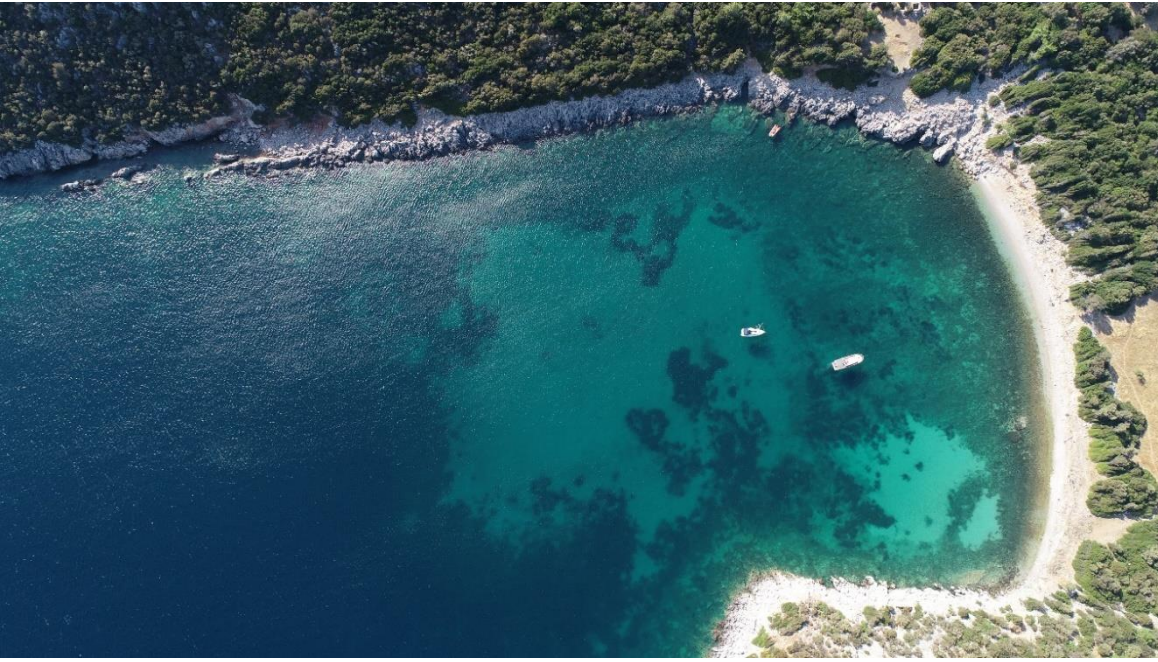
**Big change in Teos Marina Bazaar**

**Upcycling of pet bottles: Make a mini garden**

**Invasive and poisonous, yet delicious**



# Time to explore bays in the Aegean seaside



## town

*The dead of winter is over now and the ember called Cemre which is the harbinger of spring, fell into the air and water at the end of February. The last cemre will fall to the ground in the first week of March. In these days when spring is winking at us, the best times to cruise are about to start.*

*You can find details about the information obtained as a result of our research study for 21 anchorage points in the nearby region, the distances to Teos Marina, the coordinates of the anchorage points, wind situation, the nature of the sea-bottom and whether there is a facility in the bay in our "Bays Around Teos Marina" brochure. You can download this brochure, which also includes the map of the region, to your phone digitally from the relevant section of our website [www.teosmarina.com](http://www.teosmarina.com), or you can get the printed version from our Front Office. The bays close to Teos Marina are waiting for you with all their beauty.*

## Ancient boats rebuilt

*360 Degree Historical Studies Association, which has been operating in the Urla district of Izmir for 17 years, has made a replica of the ancient Uluburun, Kybele and Phoenician Boats. Having reached Marseille at the end of the 62-day journey with the Kybele Boat, the members of the association aim to reach Spain with the Phoenician Boat.*



*360 Degree History Studies Association has been carrying out research and projects on experimental marine archeology for about 17 years. Within the scope of the projects, the boats used in the ancient period are made exactly the same with the conditions of that period, together with the information obtained by the association. The association rebuilt the first known boat Uluburun, the first war boat Kybele and the Phoenician Boat.*



*In order to revive the journey in antiquity, the destination is Spain... Association members and volunteers managed to go from Foça to Marseille in 2009 with the Cybele Boat in order to revive the journey made in ancient times. The new goal of the association is to go to Spain with the Phoenician Boat, just like in ancient times. We wish fair winds and following seas.*

# Upcycling of pet bottles: making a mini garden



*Used plastic bottle continues its life as a flower pot to grow vegetables! As a new trend, Bottle Farming transforms any pet bottle into a small garden. Greens grow in water without soil. These bottles can either be hung on the window with vacuum hangers or can be placed on the windowsill. Extra support is possible so that it can carry large vegetables such as tomatoes. It does not need watering as it grows in water. It is said to grow faster than plants grown in soil.*

*Turn any plastic bottle into a beautiful indoor farm. All you have to do is lay the plastic bottle on its side and make holes the size of a coin on it, or cut it into strips and make a nest where you can place the plant roots. It is necessary to fix the plant body by supporting it, to ensure that only the roots touch the water. The mini garden, placed in front of a sun-exposed window will come with you anywhere on your boat.*

*Thus, you can transform your pet bottle waste and have a mini garden. Efficient design in terms of space usage; it allows you to become a farmer without soil and garden. It may be necessary to support the growing branches and fix them to the glass. With this method, it is possible to grow tomatoes, lettuce, arugula, spring onions, coriander, parsley, pepper, basil. Your salad ingredients are always with you...*



## Local food aboard: Roasted Helxsine

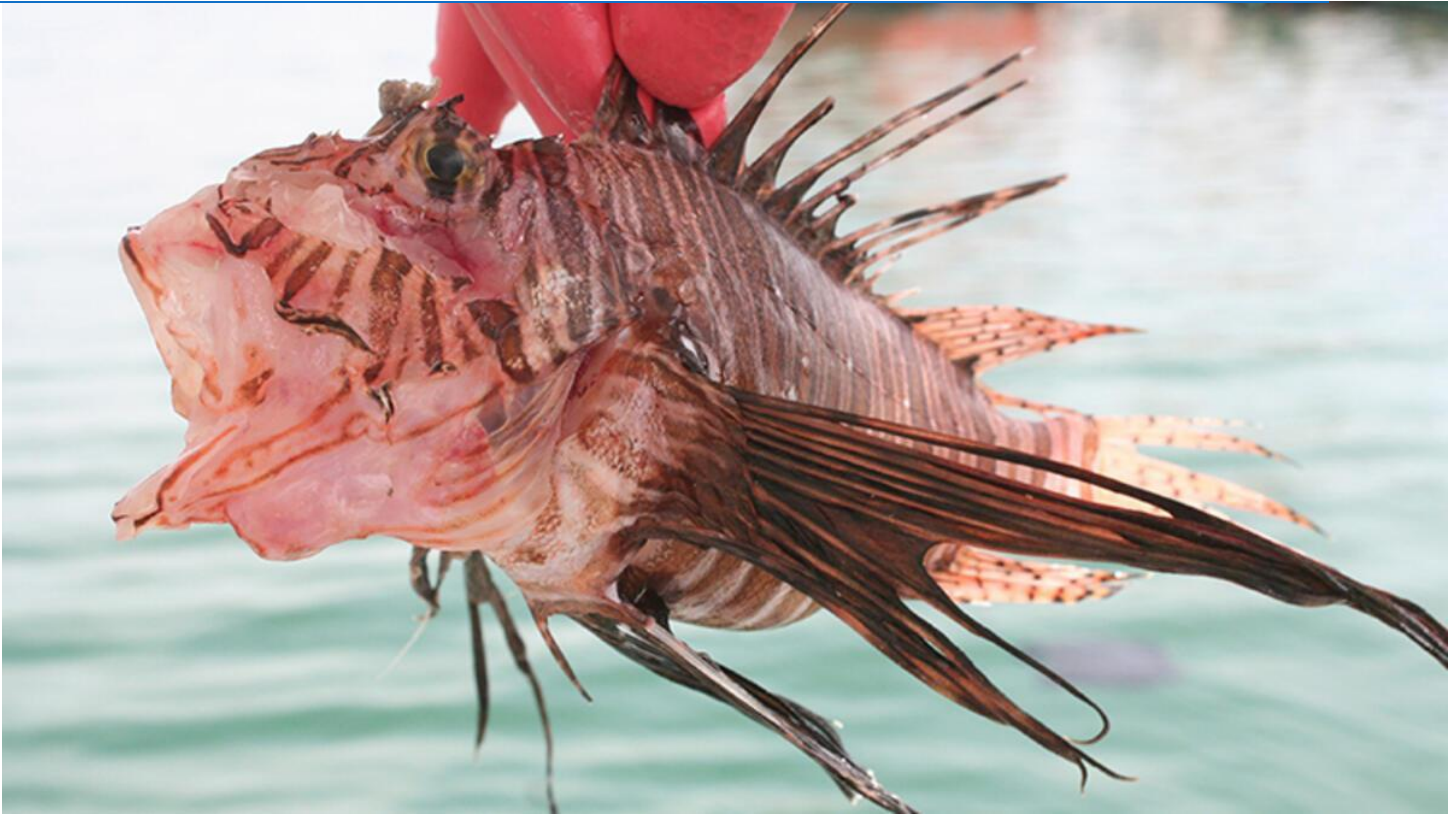
*A dish of lamb meat and olive oil is made from the herbs you can find in the Siğacık market. The wildness of the helxsine is especially desirable. The season starts in November, as soon as it becomes a card after March. Ingredients: 1 bundle of helxsine, 1 onion, 1/2 tea glass of olive oil, 2-3*

*eggs, a pinch of salt, condensed yogurt on top, paprika, freshly ground black pepper.*

*Preparation: Clean and wash the helxsine, finely chop the onion and prepare your ingredients. Fry the olive oil and the onion together. Add the helxsine, mix by sprinkling some salt, close the lid. Lower the heat and wait for it to soften for a while with its own steam. Don't forget to stir occasionally with a wooden spoon. It will cook in 10-15 minutes. If the helxsine is not very fresh, it may take longer to soften, in this case, add 1 small glass of hot water and close the lid, wait for it to cook until the water is absorbed.*

*After checking the taste, break the eggs on it. It's up to you to mix it or leave it as it is... Serve with yoghurt, sprinkled with red pepper flakes / black pepper. Enjoy your meal...*

# *Invasive species 'Lionfish' creating economy*



*The lion fish which has spread in the Mediterranean coasts in recent years and can be seen in the waters of Siğacık initially worried sailors and fishermen due to the poison in its spines, however when it was first discovered that its spines were easy to clean and its meat was delicious, it turned into a product with high economic value. Living in coral reefs in the Pacific and Indian Oceans, lionfish have also spread to the eastern Mediterranean coasts in recent years, with the opening of the Suez Canal. Experts recommend consuming the lionfish, whose meat is rich in protein because it eats fish fry and eggs, to control the population.*

*Lionfish, which is one of the high-nutritional food, is medium-fat and rich in minerals, amino acids and Omega 3. When the thorns prick your hand, the pressure injects venom. If you do not immerse your hand in 40-42 degrees water, you will experience severe pain in your hand. This method can be applied to all poisonous fish.*

*Blue Hope for the future of sustainable fishing...*

*The UN Food and Agriculture Organization (FAO) launched the Blue Hope Initiative to support sustainable fishing by reducing fishing pressure on fish stocks and underwater habitats in the Mediterranean. It is recommended to catch lion fish and increase sea cucumber farming in fish farms for development in fisheries in Turkey. The project, which also includes Tunisia, Algeria and Turkey in the Mediterranean, offers 5 proposals for Turkey. Pointing out that invasive alien species improve the blue economy, FAO says that invasive species such as lionfish will contribute to the economy of fishermen in the southwest coast of Turkey. Attention is drawn to the importance of sea cucumber cultivation, macroalgae and seaweed production in marine farms.*

*Rich protein source lion fish sells out...*

*The soup, fry and grill of the lionfish, which is made after cutting the poisonous spines of the lionfish, which harms the fish population in the Mediterranean and Aegean, attracts great attention. In Siğacık, lion fish, whose weight is sold for 150 liras, can be hunted with spearguns. Once the poisonous thorny parts of the lionfish are cut, they are no different from other fish species. Since there is no poison in its meat, it can be consumed safely. You still avoid encountering in the sea, do not forget to use gloves when touching your fishing line.*

# Big change project in Teos Marina Bazaar

## RENOVATION NEW SEASON NEW STYLE

*Renovation work is planned at Teos Marina Shopping Mall before the opening of new season and it includes renewal of marina's commercial areas, gardens and squares.*

*We aim to bring a new style to our shopping mall by giving an aesthetic touch to the exterior of buildings, gardens and squares.*

*In this renovation project, we aim to create more enjoyable and catchy areas where our guests can spend their quality time with their beloved ones. We ask for your understanding for the temporary inconvenience. It will be worth the wait.*



*The renovation work, which has been designed with the aim of the elegance and simplicity of the Mediterranean architecture, started in Teos Marina Çarşı.*

*Teos Marina Shopping Mall, located in the heart of the region known for its characteristic historical texture such as the Ionian city of Teos, which was founded 3000 years ago, and the Siğacık Castle built during the Ottoman period, will be a blend of past and future by harmonizing today's understanding of quality, new trends and needs with the elegant simplicity of the past.*

*From three different styles of Mediterranean architecture, Italianate arches and columns are inspired by the Italian Renaissance of the 16th century.*

*It incorporates architectural ideas developed by Spanish settlers in 16th century America in the Spanish style, offering a rustic look with simple and clean lines.*

*Modern Mediterranean architecture focuses on resort-style living, blending a range of cultural influences.*

*We thought it'd be good to give some details without spoiling the surprise. Stay tuned!*





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# TEOS MARINA

"BİR EGE SAHİL KASABASI DENEYİMİ"



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HUZUR



YÖRESEL LEZZETLER



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SAMİMİ VE KALİTELİ HİZMET



[www.teosmarina.com](http://www.teosmarina.com)



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