



Multimedia Library Collection: Periodicals

“Cultures of Tarhana: A Tale of Humans and Microbes”

Sirakova, Sevgi Mutlu



Tarhana base and soup. © Grandbrothers on Adobe Stock. All rights reserved.

The copyright holder reserves, or holds for their own use, all the rights provided by copyright law, such as distribution, performance, and creation of derivative works.

Sirakova, Sevgi Mutlu. “Cultures of Tarhana: A Tale of Humans and Microbes.” *Springs: The Rachel Carson Center Review*, no. 6 (October 2024).

The cultures of tarhana—a fermented instant soup base—come with a long-practiced culinary tradition in the Middle East and the Balkans. Although often dubbed the “poor man’s soup,” tarhana is much more than just a soup; it is a fermented staple that has preserved and transmitted

distinct flavours, culinary skills, and cultural heritages across generations. While conducting ethnographic research on fermentation practices in Bulgaria and Turkey, I've learnt to appreciate the prevalence and diversity of tarhana traditions. I began to see that "cultures" of tarhana encompass not only live fermentation starters, where microbes play a specific role, but also the rich traditions and practices surrounding this staple. (From the article)

This article was originally published in [Springs: The Rachel Carson Center Review](#). *Springs* is an online publication featuring peer-reviewed articles, creative nonfiction, and artistic contributions that showcase the work of the Rachel Carson Center and its community across the world.

2024 Sevgi Mutlu Sirakova



This work is licensed under a [Creative Commons Attribution 4.0 International License](#).

This license refers only to the text and does not include any image rights.

Please see captions in the PDF for individual licenses.

Download:

PDF:

https://www.environmentandsociety.org/sites/default/files/key_docs/sirakova_cultures_of_tarhana_springs_6_2024.pdf

Related links:

- *Springs: The Rachel Carson Center Review*
<https://springs-rcc.org>

Websites linked in this text:

- <https://springs-rcc.org/>