



Gastronomy

Gastronomy and Culinary Art

EISSN 2963-1270, Volume 4, Number 1, 2025

<http://jurnal.ampta.ac.id/index.php/Gastronomy>

EXPLORING SUSTAINABLE CULINARY TOURISM PRACTICES IN NGANGGRING TOURISM VILLAGE, YOGYAKARTA

*I Made Witara¹, Larasati², Enny Karmin³

¹⁻³Sekolah Tinggi Pariwisata AMPTA Yogyakarta, Indonesia, email: madedogen66@gmail.com

*(author corespondensi)

ABSTRACT

Article History

Submitted:

13 January 2025

Reviewed:

25 February 2025

Accepted:

15 Maret 2025

Published:

15 April 2025

Nganggring Tourism Village is one of the advanced tourism villages in Sleman Regency, with significant potential for implementing sustainable culinary tourism. This study aims to explore environmentally friendly culinary tourism practices by integrating a sustainability perspective. This research employs a qualitative approach with a case study method. The study was conducted in Nganggring Hamlet, Girikerto, Turi, Sleman, from September to November 2024. The research subjects include the Head of the Independent Livestock Farmers Group of Nganggring, the Head of the Independent Farmers Cooperative of Nganggring, the Women's Empowerment Group (PKK) of Girikerto Hamlet, and the Nganggring Tourism Village Management. Data collection

techniques involve observation, interviews, and documentation. The research findings reveal that Nganggring Tourism Village possesses natural, cultural, and artificial tourism potentials, including the processing of *salak pondoh* (snake fruit), *jemparingan* (traditional archery), and Etawa goat farming. Sustainability practices are implemented through local resource management, waste reduction, the use of local ingredients in culinary offerings, and the promotion of *salak*-based cuisine and Etawa goat milk products. These initiatives add value by balancing economic benefits with environmental conservation. This study is expected to serve as a reference model for other tourism villages in Indonesia seeking to adopt sustainable culinary tourism practices.

Keyword: Sustainable culinary tourism; Nganggring Tourism Village; Local resource management; Salak-based cuisine; Environmental conservation

INTRODUCTION

Culinary tourism is a planned journey to explore food and beverages while gaining memorable gastronomic experiences (Wolf, 2002). It has become one of the fastest-growing sectors in the global tourism industry (World Tourism Organization, 2020). Culinary tourism not only serves as a means of promoting local culture but also plays a significant role in creating unique and immersive experiences for tourists (Everett & Aitchison, 2008).



As the popularity of culinary tourism rises, one of the risks to consider is the exploitation of local resources without considering environmental sustainability. However, such negative impacts can be avoided by implementing sustainable tourism principles, particularly in culinary tourism, while involving local communities as key stakeholders. This approach minimizes environmental degradation and ensures that local communities benefit from the wise management of their natural resources.

Previous studies indicate that community-based tourism can be an effective tool for preserving local resources while improving the well-being of local populations. Simpson (2008) emphasizes that local community involvement in tourism management fosters a sense of ownership and responsibility for environmental conservation.

Nganggring Tourism Village, located in Girikerto, Turi District, Sleman Regency, Yogyakarta, is one of the villages with significant potential to implement sustainable culinary tourism (Yogyakarta Tourism Office, 2023). The village's strengths lie in its rich natural resources, scenic environment, and unique local cuisine derived from local agricultural and livestock products. However, tourism practices in the village must be strategically developed to integrate economic goals with sustainability principles. Without an environmentally friendly approach, there is a risk of pollution and resource degradation caused by uncontrolled tourism activities (Choi & Sirakaya, 2006). Thus, Nganggring Tourism Village serves as an ideal case study to identify opportunities and challenges in implementing sustainable culinary tourism.

This study argues that wise management of local resources, waste reduction, and active participation of the local community are essential components for achieving sustainable tourism. By applying these principles, Nganggring Tourism Village can serve as a model of culinary tourism that balances economic benefits with environmental conservation (Simpson, 2008). The findings of this research are expected to contribute not only to the development of Nganggring Tourism Village but also to serve as a reference for other tourism village managers in Indonesia seeking to adopt similar sustainable practices (Bramwell & Lane, 1993).

LITERATURE REVIEW

Tourism

According to Burkart and Medlik, as cited in Hadi (2017), tourism refers to the temporary and short-term movement of people to destinations outside their usual place of residence and work, as well as their activities while staying at those destinations. Meanwhile, Prayogo, as cited in Azizah (2022), suggests that tourism can be simply defined as an individual's or a group's journey from one place to another, planned within a specific period, for recreational purposes and entertainment to fulfill their desires.

Tourism

According to Sumantri (2010), food is a fundamental human necessity that is required at all times and must be processed properly to be beneficial for the body. Thus, food is an essential need that must be met. Fundamentally, food is influenced

by the availability of raw materials from the surrounding environment, resulting in each region having its unique culinary characteristics.

In addition, there is also gastronomy tourism, which emphasizes the philosophy behind food and beverages, providing valuable experiences for tourists through the meals they taste or purchase (Sari, Gadu, & Mahsun, 2023). Enjoying food and drinks while learning how they are produced, visiting tourist attractions, and preserving cultural heritage through culinary traditions are aspects of what is commonly known as culinary tourism (Brillat-Savarin). Furthermore, according to Hjalanger and Richards, as cited in Sufa et al. (2020), culinary tourism development is closely associated with gastronomy, often referred to as gastronomic tourism.

As time progresses, traditional food is no longer produced solely through conventional methods but is also processed into value-added food products. According to Law No. 18 of 2012 on Food, processed food refers to food products resulting from a specific process or method, with or without additional ingredients. Additionally, food production encompasses activities such as processing, preparing, preserving, packaging, repackaging, and modifying the form of food products. Similarly, livestock products such as milk can be processed and presented in an appealing manner to enhance their attractiveness and marketability.

METHOD

This research is a qualitative study. The research object focuses on food and beverage products derived from community-based agriculture and livestock in Nganggring Tourism Village, Girikerto, Turi District, Sleman Regency, Yogyakarta. The study was conducted from September to November 2024, with the research subjects including the Head of the Independent Livestock Farmers Group of Nganggring, the Head of the Women's Empowerment Group (PKK) of Nganggring Hamlet, the Nganggring Tourism Village Management, and the Head of the Culinary Team of Nganggring Tourism Village. The data collection techniques employed in this study include interviews, observations, and documentation. The collected data were then analyzed using the Miles and Huberman interactive model, which consists of three stages: data reduction, data display and conclusion drawing and verification

RESULTS AND DISCUSSION

The Potential of Nganggring Tourism Village

Pendit (2005: 428) explains that potential refers to the possibility of something being developed. In this study, the focus is on tourism potential, which can include natural, cultural, and artificial attractions, each with its own local uniqueness, wisdom, and authenticity (Siswokatono, 2011: 340).

Based on the research findings, Nganggring Tourism Village possesses natural, cultural, and artificial tourism potentials. The natural tourism potential includes *salak pondoh* (snake fruit) plantations and the Mejing River. The cultural tourism potential consists of *jemparingan* (traditional archery), *Punakawan* (Javanese folklore characters), and the local community's way

of life. Meanwhile, the artificial tourism potential includes Etawa goat farming and outbound activity facilities.

The Nganggring community has long been connected to environmental preservation. Various environmental conservation programs have been implemented, culminating in the village receiving the Kalpataru Award from the Ministry of Environment in 2007 in the Environmental Preservation category. The development of Nganggring Tourism Village has encouraged effective environmental management, which is realized through the integration of local potential into tourism attractions. By developing eco-friendly and sustainable tourism in Nganggring Tourism Village, Girikerto, Turi, Sleman, particularly through culinary practices based on salak and Etawa goat farming, the village aims to balance economic benefits with environmental conservation.

Culinary Product Development

To enhance the culinary experience, customized menu packages featuring salak (snake fruit) and Etawa goat milk as the main ingredients can be introduced and promoted to visitors. Some examples of signature dishes and snacks include: Main Dishes (Lunch/Dinner): *Gudeg Salak* (Salak-based Gudeg); *Tumis Salak* (Stir-fried Salak), Snacks & Desserts: *Salak Stick*; *Salak Egg Roll*; *Salak Pie*; Various other salak-based delicacies. These culinary innovations highlight the unique flavors of Nganggring Tourism Village, providing visitors with an authentic gastronomic experience while promoting sustainable culinary tourism.



Figure 1. Salak Traditional Snack, Stir Fried Salak, Gudeg Salak
Resource: Field Observation, 2025

Serving food in a buffet-style presentation using earthenware lined with banana leaves and salak leaves, which are easily available in the area, enhances the authenticity and sustainability of the dining experience. Additionally, individual portions are served using eco-friendly serving utensils such as besek (woven bamboo food containers), tampah (traditional woven bamboo trays), and tambir (smaller bamboo trays). The use of plastic materials is strictly avoided in food presentation to promote environmentally friendly practices and support sustainable tourism in Nganggring Tourism Village.



Figure 2. Food Make From Salak
Resource: Field Observation, 2025

Processing fresh Etawa goat milk into powdered milk extends its shelf life, making it more durable and marketable. Additionally, goat milk ice cream is offered as a dessert, while fresh goat milk and date-infused goat milk are served as a welcome drink for visitors. To enhance the visitor experience, educational sessions are provided, offering insights into the health benefits of salak and processed goat milk products. This is achieved through storytelling, where the history, production process, and nutritional value of each culinary creation in the village are narrated. This approach not only enriches the gastronomic experience but also attracts tourists who are health-conscious and interested in sustainable and nutritious food choices.

CONCLUSIONS

The research findings indicate that wise management of local resources, waste reduction, and active community involvement are key components in achieving sustainable tourism. Nganggring Tourism Village has the potential to serve as a model for sustainable culinary tourism, demonstrating a balance between economic benefits and environmental conservation. The results of this study are expected to contribute not only to the development of Nganggring Tourism Village but also to serve as a reference for other tourism village managers in Indonesia who wish to adopt similar sustainable tourism practices (Bramwell & Lane, 1993).

REFERECE

- Bramwell, B., & Lane, B. (1993). Sustainable tourism: An evolving global approach. *Journal of Sustainable Tourism*, 1(1), 1–5.
- Choi, H. C., & Sirakaya, E. (2006). Sustainability indicators for managing community tourism. *Tourism Management*, 27(6), 1274–1289.
- Everett, S., & Aitchison, C. (2008). The role of food tourism in sustaining regional identity: A case study of Cornwall, South West England. *Journal of Sustainable Tourism*, 16(2), 150–167.
- Gössling, S., Hall, C. M., & Weaver, D. B. (2009). Sustainable tourism futures: Perspectives on systems, restructuring and innovations. *Tourism Review*, 64(4), 15–25.
- Rahmawati, D., & Susilo, Y. (2021). Pengelolaan pariwisata berbasis komunitas di Desa Wisata Sleman. *Jurnal Pariwisata dan Budaya*, 5(2), 87–95.
- Saarinen, J. (2006). Traditions of sustainability in tourism studies. *Annals of Tourism Research*, 33(4), 1121–1140.
- Smith, S. L. J., & Xiao, H. (2008). Culinary tourism supply chains: A preliminary examination. *Journal of Travel Research*, 46(3), 289–299.
- World Tourism Organization (2020). Global Report on Food Tourism. UNWTO.
- _____.(2023). Mengintip Ternak Kambing Etawa di Desa Wisata Nganggring. Retivered from <https://www.jogjasuper.co.id/desa-wisata-nganggring/>