



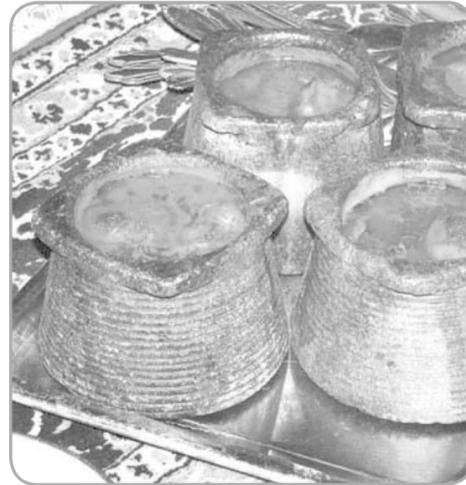
Iran has allocated some \$3 million for revival of Bakhtegan and Shadegan wetlands as well as wetlands surrounding the Lake of Orumiyeh in northwestern country, a senior official with Department of Environment said. Ahmadreza Lahijanzadeh, deputy head of the Department of Environment, said on Tuesday that the project is to be carried out based on an agreement between Iran and Japan to save the Iranian wetlands. He said that a megaproject to save the Lake of Orumiyeh is currently underway that is projected to bring the Lake back to its ecological situation by 2027. The official said that the same project is needed to save the wetlands in Fars Province in southern country.

Iran Allocates \$3m for Revival of Iranian Wetlands

Permanent Sales Exhibition of Stone Objects Inaugurated in Mashhad

A permanent sales exhibition, dedicated to objects and utensils, which are made from Harkareh stone blocks, opened its doors to the public on Sunday. "The art of stone carving has always been one of the special and unique arts of Mashhad, and in this regard, the creativity and innovation of the local artists has led to the production of new art that combines several arts," a local cultural official said, addressing the opening ceremony. Harkareh stone utensils are amongst the popular traditional handicrafts in northeastern Iran, which are believed to have many medicinal and effective properties. Despite the influx of Teflon and Pyrex utensils, some families still prefer to make broth or even some stews in these pots. "Serpentine" stone with the local name of Harkareh, which means a pot that does everything, is taken from the southern mountains of Mashhad and is transferred to workshops to be turned into dining utensils, such as stone pots, bowls, glasses, decorative items, samovars, etc. Harkareh is famous for its flexibility. Enjoying iron and magnesium ions in their structure, these dishes have many medicinal and effective properties against diseases such

as anemia and osteoporosis. In addition to reducing the amount of water in the food, these utensils provide the nutrients needed by the body by releasing the beneficial salts in the stone and gradually provide the food with the extra flavor it needs. Stone utensils can be used to cook broth, stews, and other dishes, but they never cook rice or fry anything in them. With the help of a hatchet, they cut the unevenness of the stone and make a hole in it. After that, the desired inscriptions are etched on the container. Iran exported \$523 million worth of handicrafts during the calendar year 1398 (ended March 19, 2020). Of the figure, some \$273 million worth of handicrafts were exported officially through customs, and about \$250 million was earned via suitcase trade (allowed for customs-free and tax-free transfer) through various provinces, according to data provided by the Ministry of Cultural Heritage, Tourism and Handicrafts. Ceramics, pottery vessels, handwoven cloths as well as personal ornamentations with precious and semi-precious gemstones are traditionally exported to Iraq, Afghanistan, Germany, the U.S., the UK, and other countries.



Rare Relics Put on Show for First Time at Tehran Museum after Five-year Closure

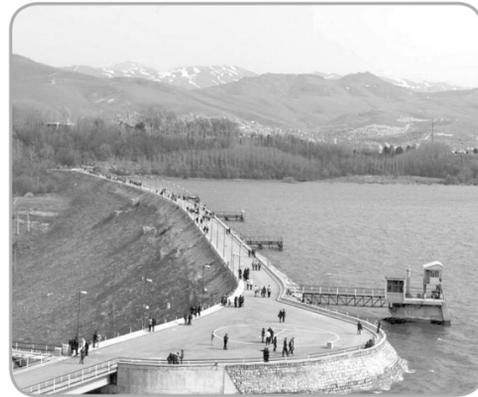


Collections of rare relics have been put on show for the first time at Tehran's Dafineh Museum, which opened to the public on Sunday after some five-year closure due to an extensive restoration. The museum is owned by the Mostazafan Foundation of Islamic Revolution, which is one of the largest commercial enterprises in the country. The opening ceremony was attended by Parviz Fattah who presides over the foundation, and a host of cultural officials, artists, cultural aficionados, researchers and journalists.

Achaemenid-era (c.550-330 BC) scepter made of gold, busts and figurines, oil paintings, Seljuk-era earthenware, personal ornamentations, calligraphic works, banknotes, ancient coins, and rare rugs are amongst objects on display at the museum. Last year, Iranian architect Seyyed Mohammad-Hossein Rahmati was honored at the 35th edition of the WA Awards, which is organized by the World Architecture Community, for the design of the lobby of Dafineh Museum.

30 Dams to be turned into Tourism Destinations

A total of 30 dams across Iran have been selected to be developed into tourism destinations, Deputy Energy Minister for Water and Wastewater Affairs Ghasem Taqizadeh Khamesi said on Sunday. A total budget of 1,300 billion rials (some \$30 million at the official rate of 42,000 rials) has been allocated to develop the tourism infrastructure of the dams, the official said. Water tourism of the dams is estimated to generate 3,000 direct jobs when fully operated, he added. "We have negotiated with several tourism agencies to arrange water tours, and it seems that people are keen to learn how potable water is produced [within dam zones]," the official said last year. The official noted that 182 national dams have been built in the country, most of them have the potential to be tourism destinations. Back in May 2019, the Ministry of Energy inked a memorandum of understanding with the Cultural Heritage, Tourism, and Handicrafts Ministry to lay the ground for launching dam tourism. Though much of Iran is composed of arid and semi-arid lands, the country has many rivers, waterfalls ponds, and wetlands offering scenic vistas to nature lovers and eco-travelers, backpackers, birdwatchers, and fishers. Water tourism involves traveling to locations specifically to take part in water-based activities. Some people who do not wish to partake in water-related activities embark on water tourism trips so that they can visit tourist sites that sit close to bodies of water such as lakes, seas, or even dams. Water tourists are often independent travelers, although some travel firms do organize group trips.



cooking

Orange Chicken

Orange Chicken (Marinated chicken in orange marinade) has this traditional greasy look without the excessive oil. Chicken is very rich in niacin. Niacin is the ultimate medicine for arthritic pain. Niacin has so many other benefits as well such as cholesterol control.

Ingredients:

- 2 Chicken Legs (Quarter)
- 1/3 Cup Chipotle in Adobo Sauce or Red Chili Sauce
- Red Chili Sauce
- 1 Large Orange
- 1 Fresh Lime
- 1 Tsp White Wine Vinegar
- 1 Tbsp Olive Oil
- 1 Tsp Ground Cumin
- 1 Tbsp Onion Flakes
- 1 Tbsp Garlic Powder
- Chili Powder, Salt, Black Pepper



Directions:

- 1- Combine zest and orange juice in a container.
- 2- Squeeze in a fresh lime.
- 3- Stir in chili powder, salt, and black pepper as much as you'd prefer.
- 4- Add white wine vinegar and chipotle sauce or red chili sauce (whichever you'd like).
- 5- Stir in ground cumin, onion flakes, garlic powder and olive oil.
- 6- Transfer the mixture to a plastic bag with zipper.
- 7- Place the chicken legs into the plastic bag and zip/luck the bag.
- 8- Keep the bag in a refrigerator overnight or 12 hours to marinate.
- 9- Remove the back from the refrigerator and transfer the chicken legs along with the mixture into a bakeware.
- 10- Cover/seal the bakeware with an aluminum foil.
- 11- Preheat oven to 375° F (190° C), Cook the chicken for about an hour.
- 12- Uncover the top and continue baking for 15 more minutes.



Glimpses of Persian Foods for Holidaymakers

Iranian food is a highlight of traveling in the country, with considerable variety on offer. While you may often eat cheap meals on the run, remember that for many Iranians, eating is a social event in which food is only half the story. If you take time over the meal, to savor both the tastes on offer and the

company you're sharing it with, you're halfway towards becoming a local. The basics: Iran is an excellent place to eat out (or in, if you're lucky enough to be invited to a meal in a local family home). Teahouses: Traditionally where Iranians would go to socialize and eat, with tea, qalyan (water pipe), and food. Kebabs: Simple

kababis tend to be found around major meydan (squares) and serve, yes, kababs. Eat where the locals eat. Take-away: Fast food is popular and begins (and often ends) with bread-roll 'sandwiches'. Restaurants: Found across the country; most serve ash-e jo (pearly-barley soup) and salad as standard starters. At home: Possi-

bly the best food you'll ever taste. No Persian meal is complete without an abundance of herbs. Every table is usually set with sabzi khordan, a basket of fresh herbs, radishes, and scallions, which are eaten raw and by the handful. Persian cuisine is, above all, about balance — of tastes and flavors, textures and temperatures.

Qajar-era Public Bathhouse Turns into Traditional Restaurant

A Qajar-era (1789–1925) public bathhouse in Sanandaj, western province of Kordestan, has been repurposed into a traditional restaurant, aimed at achieving higher productivity and better maintenance. After being abandoned for years, Hammam-e Khan ("Khan Bathhouse") has undergone some rehabilitation works and is ready to be reopened as a traditional restaurant, the provincial tourism chief, Yaqub Guylian, said on Monday. The project, which was fully carried out by the private sector, aims at reviving the historical structure that is one of a kind for its construction method, interior decoration, and size, the official added. More than 20 job opportunities are expected to be generated by the opening of the traditional restaurant, he explained. The bathhouse was built in 1805 by the order of the governor of Kordestan, Amanollah Khan Ardalani. The building has very prominent decorations of seven-color tiles with various hunting, animal, plants, and geometric designs. Such

a trend is being practiced during the past couple of years under the close supervision of the Revitalization and Utilization Fund for Historical Places, however, there have been many opponents saying the scheme will not result in better maintenance in some cases. There have been reports that some of the historical monuments have been mistreated by private investors, such as damages caused to the walls, arches, or the lack of proper restoration. Bathhouses or 'hammams' in Iran were not only places for bathing and cleaning up. They had a social concept for people who gathered at these places weekly. It was a place where people talked with each other about their daily life and shared humor and news. There are still bathhouses in Iranian cities but they do not have their social function anymore since most people have bathrooms in their homes due to the modern lifestyle. Some cities had separate bathhouses for men and women. They were usually built next to each other. However, there were some bath-

houses, which were used by men and women at different times of the day. There were also male and female public bathhouses; at daybreak, a longhorn (booq-e javaz) was blown to announce that the bath was ready. Men came to the baths from daybreak till the afternoon. Women could use the bathhouses from then to sunset. In some cases, five days were allocated to men and two days to women. Persian literature is full of proverbs, narrations, and folk stories about bathhouses, which indicate the importance of the place in the past time. The name Kordestan refers to the region's principal inhabitants. After the Turkish invasion of Iran in the 11th century CE (Seljuq period), the name Kurdistan was applied to the region comprising the northwestern Zagros Mountains. It was during the reign of Abbas I the Great of Iran's Safavid dynasty (1501–1736) that the Kurds rose to prominence, having been enlisted by Abbas I to help stem the attacks of the marauding Uzbeks from the east in the early 17th century.

