



Petros Nikoloudakis

Every dish tells a story... every moment becomes a cherished memory

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Food in Crete is more than a meal—it's tradition, connection, and pride. Every gastronomical gathering is filled with stories, laughter, and moments shared with open arms.

On our farm, [Panorama Farm to Table](#), food's journey begins in the earth, where it is nurtured by caring hands. Each meal then becomes a story that brings people together to create long-lasting memories. The traditional way we harvest the ingredients, complemented with centuries-old Cretan hospitality, is the secret to this culinary experience!

I grew up in Eleutherna, a mountain village in Rethymno, Crete, Greece, known for sheep herding and working the land. There are olive trees, grapes grown to produce locally made wine, regional fruits and vegetables, and rich wild plants for flavoring foods as well as for their traditional healing properties. I learned early to treasure this way of life, the land and the farm, to be patient, and appreciate the rhythm of the seasons.

We share a deep bond with our land and animals alike. Caring for our animals is not just work; it is a daily lesson in respect, patience, and gratitude. Our lives and theirs are inseparable, and their presence is woven into every aspect of our days.

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After completing my studies in tourism and hospitality, I realized my true passion: sharing the beauty and warmth of Cretan life with others. In Greek, we call this φιλοξενία—*filoxenia*. While often translated into English as "hospitality," the Greek word carries a more heartfelt meaning: caring for newcomers, visitors, and guests as friends. This spirit is the soul of [Panorama Farm to Table](#), as it has been ingrained in our cultural heritage since antiquity, and I want to be the bridge to bring it into our future as well.

Therefore, we are *filoxenoi*, welcoming passersby to experience authentic Cretan life by tasting the fruits of our land, preparing meals during hands-on activities, and discovering the meaning of true hospitality. My greatest joy is sharing a table, enjoying each new food with *filexoumenie* (friends) and knowing this will become an unforgettable experience.

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This work is arduous and requires patience; unfortunately, both of which are less and less present in the world. I wake up very early every day to feed the animals, check on the farm, and so much more. But, this sacrifice is worth it because these traditions would otherwise be lost to industrialized methods. My hope is that our *filoxenoumenie* are inspired to carry home the ways we respectfully interact with our environment in regards to planting, harvesting, and caring for our animals, respect for tradition, support for passionate local producers, and a slow food mentality of using locally grown in-season ingredients that do not carry a deep carbon footprint. Most importantly, to carry on the ancient notion of *filoxenia* that has been lost in some current communities globally, and to find the inspiration to nurture and put into practice sustainable times-old traditions that yield mindful productivity, keeping in mind the well-being of all involved: humans, plants, and animals.

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