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WELCOME

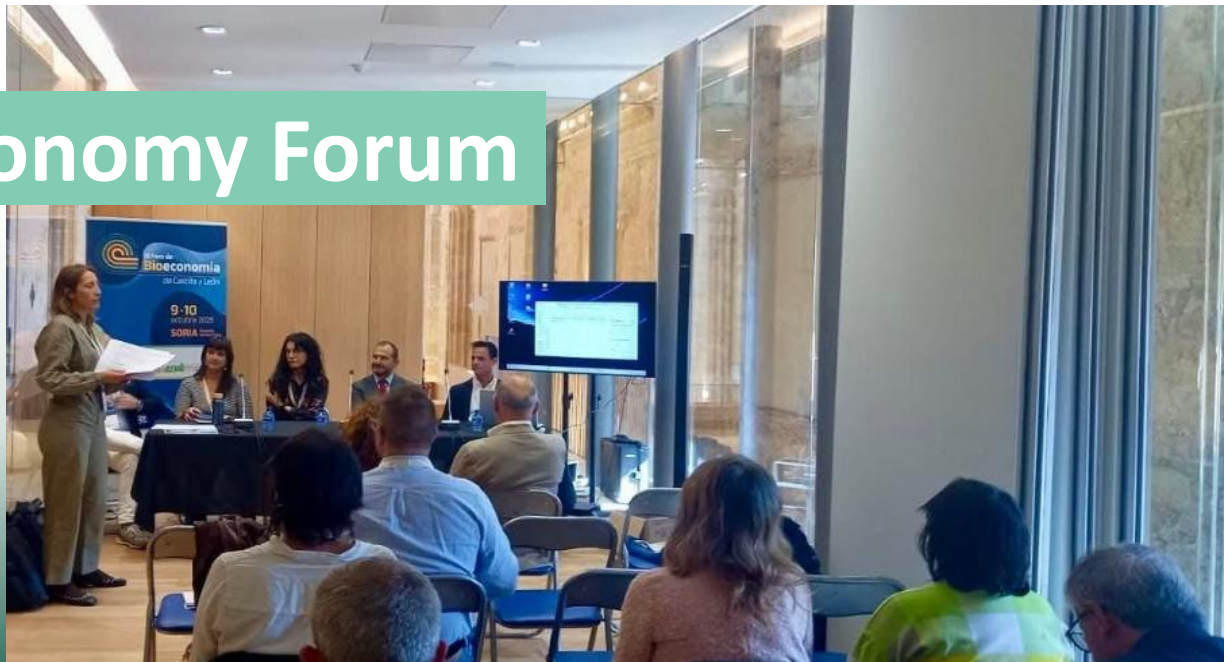
We continue progressing on our Plant Power journey, with the belief that sustainability is not just a goal, but a way of life.

We are convinced that building a more sustainable future is a shared responsibility—of individuals, organizations, and communities.

In the Plant Power project, we continue developing our Open Educational Resources (OERs), while also exploring new stories and inspiring initiatives that generate synergies in our industrial sector. Our goal: to boost competitiveness and move towards stronger economic, environmental, and social sustainability. This issue, coordinated from Spain, also invites us to reflect through words that go beyond the scientific field. In this edition, we share key events related to bioeconomy, as well as advances in the authorization of new plants for medicinal use or as Novel Food. Small but significant steps toward a more conscious, innovative diet aligned with today's challenges. Alongside the famous phrase by Hippocrates, "Let food be your medicine and medicine be your food," we would also like to share with you another lesser-known but equally powerful quote from the author of Don Quixote, Miguel de Cervantes: "Eat little and dine even less, for the health of the whole body is forged in the office of the stomach."



Bioeconomy Forum



The city of Soria (Castilla and León, Spain) hosted the 3rd Castilla y León Bioeconomy Forum on October 9–10, bringing together over 200 national and international experts to discuss the key challenges and opportunities in advancing sustainable territorial development through bioeconomy.

Held at the Santa Clara Cultural Space, the forum is part of the Flagship Bioeconomy Initiative of Castilla y León and is embedded within the Soria Connected and Healthy Plan 2021–2027. This strategic event aims to foster public-private collaboration, attract investment opportunities, and promote innovation and knowledge transfer in key sectors such as agri-food, forestry, and bioenergy.

Over two days, the forum offered a comprehensive program of keynote sessions, thematic panels, technical visits, and live demonstrations. The discussions focused on reshaping production models, sustainably harnessing natural resources, accelerating the digital transition in rural areas, and creating new markets through the development of bio-based products and low-impact solutions.



Highlights of the event included technical visits to the Environmental Business Park in Garray, as well as a Demo Day hosted by Wolaria, the regional accelerator dedicated to supporting bioeconomy startups.

A key thematic focus of this edition was the search for added value in plant extracts and agricultural by-products, exploring their transformation through bioeconomy-based innovation. The Agricultural Technology Institute of Castilla y León (ITACyL) took part in one of the technical panels, addressing how scientific research and industrial applications can unlock new possibilities for plant-based waste and by-products—turning them into functional ingredients, biomaterials, and sustainable products for sectors such as food, cosmetics, pharmaceuticals, and agriculture.

This panel emphasized the role of innovation, research, and cross-sector collaboration in revalorizing rural resources, fostering qualified employment, and supporting the transition to a more circular and competitive economy.

The forum supports Soria's position not only as a host for high-level events, but also as a driving force in the regional and European movement toward a sustainable and resilient bio-based economic model. Through initiatives like this, the region continues to demonstrate its commitment to connecting innovation with territory, sustainability with industry, and the rural environment with the future.





Tiger nut oil, a novel food in the EU

The EU authorizes tiger nut oil as a novel food

The European Commission has given the green light for the marketing of “*Cyperus esculentus* (tiger nut) oil” as a novel food in the European Union, through Implementing Regulation (EU) 2025/1528.

Novel food is the European legal term for food products that, before being placed on the market, have not been used to a significant extent for human consumption in the Union before May 15, 1997 (this does not apply to enzymes, additives, flavorings, or solvents), and are regulated by Regulation (EU) 2015/2283.

Favorable scientific evaluation

This decision, which follows the EFSA’s opinion on food safety, means that the tiger nut oil, obtained through a process that includes pasteurization of the tuber followed by cold pressing, can be added to the list of foods that can be marketed in the European market.

Specifications, uses, and opportunities

Its specifications include its fatty acid composition, with a content between 65-69% oleic acid.

The regulation not only authorizes the oil as such, but also details its conditions for use in various food categories, such as breads, pastries, dressings, and dairy products, establishing maximum quantities of oil per 100 g of product.

Its authorization represents a key step in diversifying the agricultural and food supply, promoting a healthy product with traditional roots in some regions of Spain, creating an opportunity for producers, processors, and consumers interested in healthy options with a Mediterranean identity.



Food loss and waste reduction day

29 September marked International Day of Awareness of Food Loss and Waste, a key date for reflecting on how to reduce food waste throughout the value chain. In line with this, some initiatives in the European Union have begun to link popular celebrations such as Halloween with the responsible consumption of pumpkins.

European context

The European Union generates more than **59 million tonnes of food waste every year**. The European Commission has proposed ambitious reduction targets for 2030: 10% in the manufacturing and processing sector and 30% in the retail, catering and household sectors. Within the European framework 'More Food, Less Waste', Member States are committed to preventing losses, maximising the recovery of food that could not be consumed directly and making use of surpluses in other cycles (animal feed, recovery, composting).

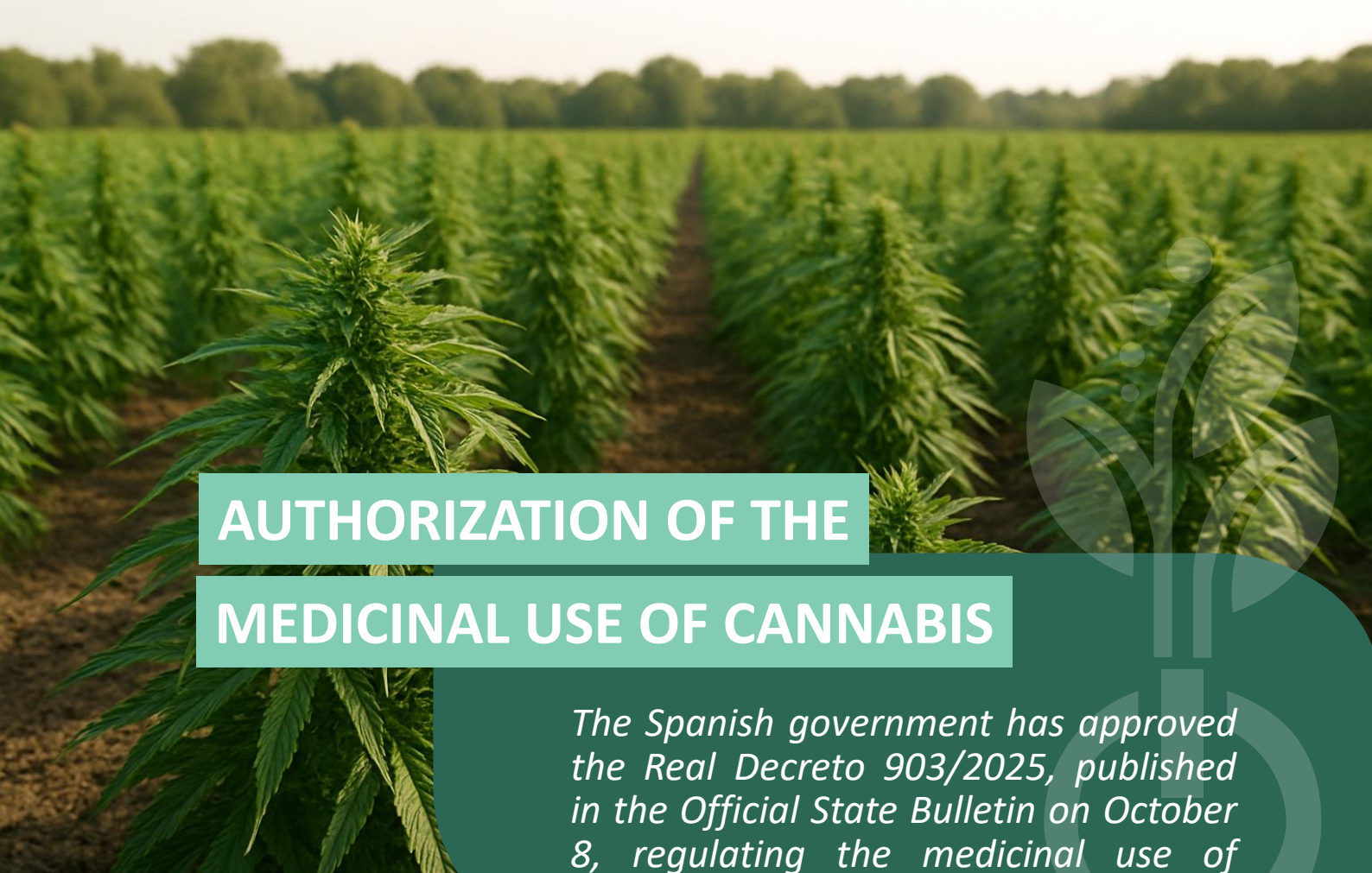
Conscious Halloween: pumpkins that decorate... and feed

Unlike traditional Halloween pumpkins, which are hollowed out and discarded, the butternut variety has a hard, waterproof skin that allows it to be painted, decorated or carved without affecting the flesh inside.

Initiatives

The '**Terrifyingly Delicious**' campaign, promoted by the Love Kibaza project, has involved schools and supermarkets in ensuring that decorated peanut pumpkins end up in healthy recipes. Since its launch, more than 10,000 children, in each campaign, from dozens of schools, have participated in this initiative by decorating and then cooking this pumpkin: pumpkin producers in Spain and Portugal donated more than 12,000 kg of this product in the last campaign. In supermarkets, pumpkins are distributed with QR labels that offer recipe ideas and explain this philosophy.





AUTHORIZATION OF THE MEDICINAL USE OF CANNABIS

The Spanish government has approved the Real Decreto 903/2025, published in the Official State Bulletin on October 8, regulating the medicinal use of cannabis in Spain.

The regulation establishes the conditions for the manufacture, prescription, and distribution of standardized cannabis-based preparations, with a focus on safety, scientific evidence, and health control.

According to the Ministry of Health, these preparations may only be used in hospitals and under the prescription of medical specialists, and are reserved for patients whose conventional treatments have proved insufficient. The main authorized indications include spasticity associated with multiple sclerosis, some refractory epilepsies, nausea and vomiting resulting from chemotherapy, and refractory chronic pain.

Hospital pharmacies will be the only ones authorized to prepare and dispense these compounded medications, ensuring traceability, pharmaceutical quality, and clinical monitoring. For the next months, the Spanish Agency for Medicines and Health Products (AEMPS, in spanish) will create a public registry of standardized preparations and publish monographs with guidelines on composition, dosage, and monitoring of adverse effects.

Regulated products will contain different phytocannabinoids, mainly tetrahydrocannabinol (THC) and cannabidiol (CBD), in standardized proportions. THC can modulate pain, appetite, and nausea, while CBD is associated with anxiolytic, anti-inflammatory, and anticonvulsant properties. Preparations with more than 0.2% THC will be subject to special control, as they are considered a narcotic.



This measure places Spain alongside more than 20 European countries that already regulate cannabis for therapeutic purposes, such as Germany, Italy, Portugal or the Netherlands, although with very different models. In most of them, access is limited to products with pharmaceutical standards and under strict medical control.



Plant Based Proteins for Clinic Used



Enteral nutrition involves delivering nutrients directly into the digestive system in individuals who cannot adequately feed themselves orally. It is a fundamental tool in the clinical management of patients with acute or chronic illnesses, provided the digestive tract is functional.

Traditionally, enteral formulas have used animal-derived proteins such as casein or whey due to their high biological value. However, in recent years, there has been growing interest in incorporating plant-based proteins such as those from soy, pea, rice, or legumes. This shift is driven by various reasons supported by scientific data.

From a nutritional standpoint, plant proteins offer good digestibility and can achieve suitable amino acid profiles through complementary combinations.

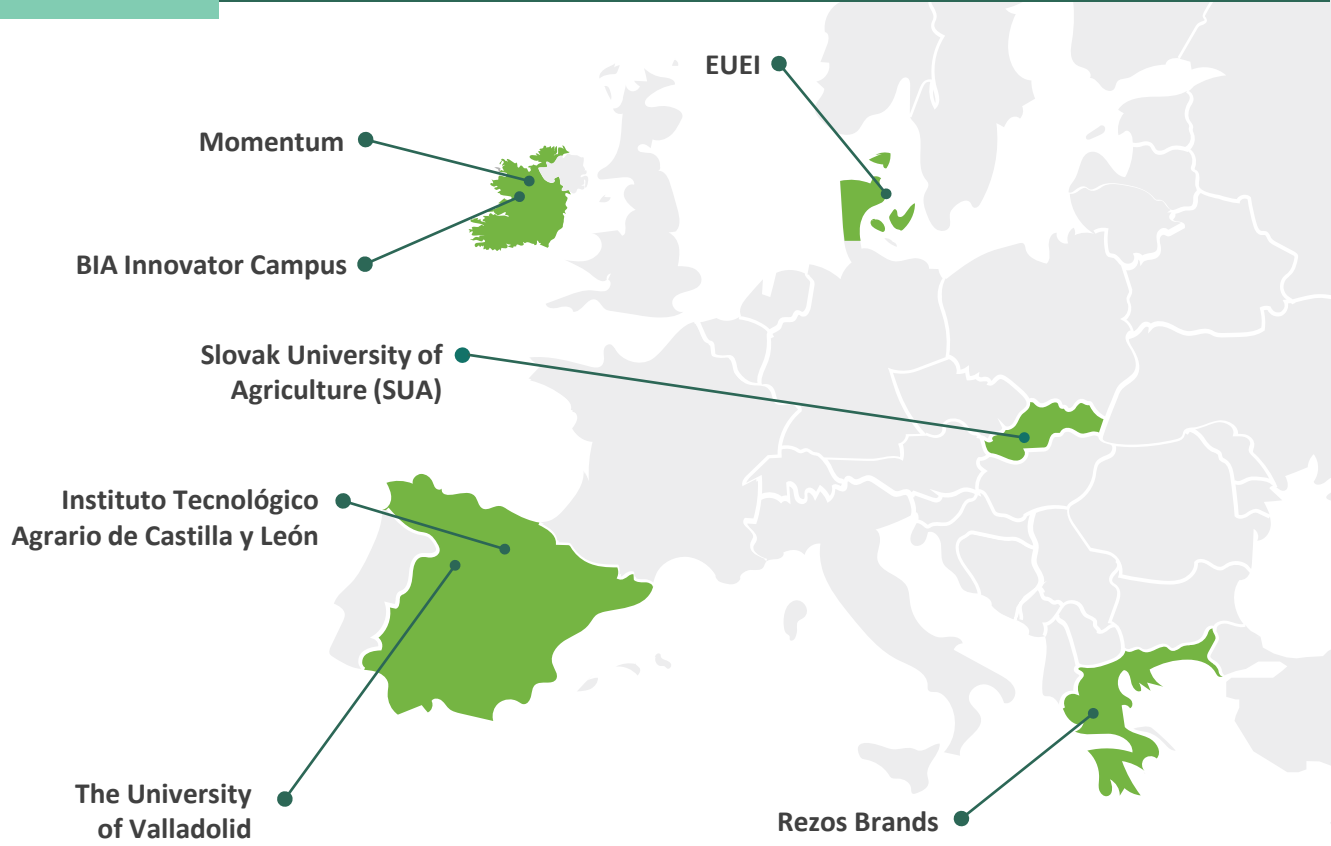
Additionally, some generate bioactive peptides with antioxidant or immunomodulatory properties, adding functional value to the formulas.

Clinically, plant proteins may be better tolerated by certain patients, especially those with allergies to milk or eggs. They also have lower coagulation potential, which reduces the risk of feeding tube obstruction.

Ethical and cultural factors also play a role: the use of plant-based proteins allows formulas to be adapted for vegetarians, vegans, or individuals with religious dietary restrictions, without compromising nutritional efficacy. Finally, environmental sustainability is an increasingly relevant factor. The production of plant proteins requires fewer natural resources and generates less pollution than animal-based production, making them a more environmentally friendly option.

The use of plant proteins in enteral nutrition thus represents an evolution toward more inclusive, functional, and sustainable formulas.

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