



CATEGORIZATION OF TRADITIONAL FOODS IN KULON PROGO REGENCY: AN APPROACH BASED ON AGE AND BUSINESS TYPE

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ARTICLE INFO	ABSTRACT
<p>Article history: Received: 30 March 2025 Received in revised form: 2 Mei 2025 Accepted: 22 June 2025 Available online: 30 June 2025</p> <p>Keywords: Categorization; Traditional Food; Business Age, Business Type, Culinary Tourism</p>	<p>The purpose of this study is to categorize traditional food in Kulon Progo district based on the age of the business started and the type of culinary business. This research is expected to provide insight into the spread and diversity of traditional culinary in Kulon Progo Regency, as well as the importance of maintaining the authenticity of traditional food as an effort to preserve local cultural heritage. This research used survey, observation, and interview methods. Based on the research conducted, 49 traditional culinary businesses were obtained, which were further categorized based on the criteria of business age and the type of food being sold. Culinary businesses are classified into three age groups, namely businesses under 25 years old (75.51%), between 25-50 years old (20.41%), and over 50 (4.08%). In addition, the results obtained also show that culinary businesses are categorized based on business types such as souvenirs, market snacks, restaurants, cafes, and traditional drinks. Based on the type of business, it can be seen that traditional restaurants dominate the culinary category with a percentage of 40.8%, souvenirs as much as 16.3%, and market snacks by 6.12%.</p>

1. Introduction

One of the regions in the Special Region of Yogyakarta that has a distinctive and varied traditional culinary wealth is Kulon Progo Regency. Traditional food can be used as a reflection of the cultural heritage that exists in the area, but it can also play an important role in strengthening the identity and attractiveness of tourism. The definition of traditional food itself is a food heritage that is passed down and has been cultivated in Indonesian society [1], concentrated with local traditions [2], causing certain sensory experiences with high nutritional value [3]. Traditional food can also be interpreted as common food commonly consumed since several generations, consisting of dishes that suit human taste, do not conflict with the religious beliefs of local communities, and are made from locally available food ingredients and spices [4].

Typical foods that have become culinary icons in Kulon Progo and are widely known by the public are cenil, growol, geblek, and tempe besengek. However, along with the times and the emergence of modern culinary trends, the existence of these traditional foods faces great challenges. With the presence of restaurants, cafés, fast food, and new menus from other countries, traditional food is losing popularity among the public, especially the younger generation.

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The many traditional food businesses in Kulon Progo Regency have the potential to be developed as a culinary tourism destination. The definition of culinary tourism is all tourism experiences felt by tourists so that tourists can appreciate and enjoy local cuisine. Culinary tourism is classified into buildings and land, culinary events, culinary activities, culinary-related organizations, festivals, land, touring and culinary education. Culinary facilities include buildings and land used to provide culinary tourism experiences for tourists. The places that tourists visit to get a culinary tourism experience are called culinary tourism routes [5]. However, tourists often have difficulty searching and also finding comprehensive information about traditional food in Kulon Progo Regency. Therefore, it is necessary to group culinary businesses because so far systematic grouping of business types and traditional food variations is still lacking. In addition, traditional culinary businesses are mostly small entrepreneurs who have started their business for years, but have not been well documented when viewed based on the type and age of the culinary business served.

Given this situation, the categorization of traditional food businesses based on age and type of business is an important step to preserve and further develop traditional food. The categorization not only helps tourists find culinary locations that suit their interests, but also serves as a basis for policy-making in the development of the culinary industry sector.

Therefore, this research needs to be done to categorize traditional food in Kulon Progo Regency using two approaches, namely the type of business and the age of the traditional food business. With this research, it is hoped that a picture of the traditional food business can be obtained and can be utilized to maximize the traditional culinary potential of Kulon Progo Regency and be more effective in carrying out efforts to preserve local cultural heritage

2. Method

This research uses descriptive analysis method. For data collection using a mapping survey of traditional culinary to collect data and categorize traditional foods in Kulon Progo Regency. This method is carried out to find out traditional food of various types, both business places and types of food in Kulon Progo Regency. In addition to using the survey method, this research also photographed traditional food products to get visual results that fit the needs. The procedures carried out include the planning/preparation stage, data collection, and data validation.

At the planning/preparation stage, a review of the survey results of traditional food in Kulon Progo Regency was carried out. Furthermore, at the data collection stage, primary data and secondary data will be obtained where primary data is obtained from survey results and secondary data is obtained from the Kulon Progo Regency Tourism Office. At the data validation stage, data obtained from the field will be validated with secondary data obtained from the tourism office. The data collection techniques used are observation, interview, and documentation. The population in this study is a traditional culinary business in the Kulon Progo Regency Area. The sample in this study is a traditional culinary business based on data available at the city tourism office.

3. Results and Discussion

3.1. Results

The research conducted is to categorize traditional food in the Kulon Progo district area starting at the planning stage, data collection stage, and data validation stage. Each of the results of each of these stages is as follows:

3.1.1. Planning Stage

At this stage, a literacy study was carried out to find valid data related to traditional culinary in Kulon Progo Regency. Literacy data is obtained from data obtained from the Kulon Progo Regency tourism office. Determination of traditional food at least entering the 50th year and designated as Intangible Cultural Heritage (WBTB) by the Culture office.

3.1.2. Data Collection Stage

The results obtained at this stage are the types of culinary businesses in Kulon Progo Regency which are categorized into 2, namely based on the type of business and based on the age of the business. Based on the type of business the results obtained are:

Table 1. Traditional Culinary Categorization Data in Kulon Progo Regency

No	Category	Number	Percentage (%)
1	Souvenirs	8	16,3
2	Market Snacks	3	6,12
3	Soto	5	10,2
4	Bakmi	1	2,04
5	Meatballs	2	4,08
6	Gudeg	1	2,04
7	Traditional Drink	4	8,16
8	Restaurant	20	40,8
9	Restaurant	3	6,12
10	Cafe	2	4,08
Total		49	100

While the results obtained based on the age of traditional food culinary businesses in Kulon Progo Regency are as follows:

Table 2. Data on Traditional Culinary Businesses Based on Length of Establishment

No	Criteria	Number	Percentage (%)
1	Under 25 years old	37	75,51
2	Between 25-50 years old	10	20,41
3	Above 50 years old	2	4,08
Total		49	100

If presented in diagram form, it will look like Figure 1 below:

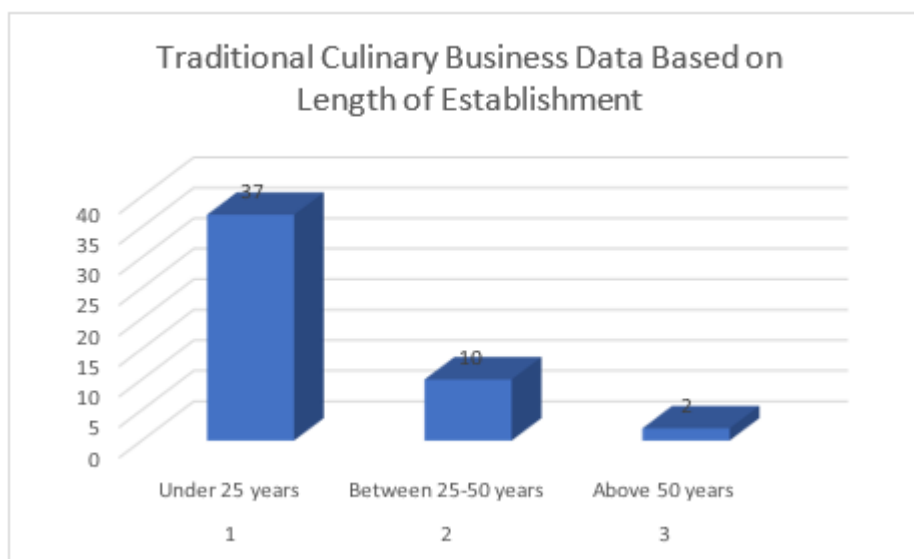


Fig. 1. Total Traditional Culinary in Kulon Progo District based on Age of Operation

Data obtained from survey results from existing culinary businesses in Kulon Progo Regency were validated with secondary data, namely data obtained from the tourism office and data adjusted to the theoretical study to ensure that the culinary business fell into the "traditional" category. Based on the data in table 1, there are 49 traditional culinary businesses in Kulon Progo Regency. In Table 2 and Figure 1, it can be seen that only 2 culinary businesses are included in the legend because the culinary business has been more than 50 years old. This data is more meaningful because observations were made at the location of the culinary business according to the address. Observations were made by visiting the businesses one by one and interviewing the business owners, as well as taking photos for documentation.

3.2. Discussion

Based on the research results obtained, it shows that there are 49 traditional foods identified in Kulon Progo Regency based on the type of business and age of the business. The types of food categorized by type of business can be seen in table 1, including souvenirs by 16.3%, market snacks by 6.12%, soup by 10.2%, noodles by 2.04%, meatballs by 4.08%, gudeg by 2.04%, traditional drinks by 8.16%, restaurants by 40.8%, restaurants by 6.12%, and cafes by 4.08%. It can be seen that the dominating traditional food categorized by type of business is the first food stall with a percentage of 40.8%, second is souvenirs at 16.3%, and in the third position is occupied by soto at 10.2%.

Food stalls dominate here because Kulon Progo Regency, which is one of the districts in the Special Region of Yogyakarta, is also included in tourist destinations. With these tourist attractions, there are many food stalls with specialties in Kulon Progo Regency. Some food stalls that can be found include Pari Klegung, Mangut and fried eel Bu Sriwanto, Pari Boro stall, Dadap Sumilir, there is also Mbah Kebo Restaurant and also mbah Margo restaurant. Meanwhile, souvenirs that can be found include regedeg/pegagan chips at the tasik foods gift shop, growol sticks, Makaryo chocolate, ant sugar, pegagan chocolate, and also krimpying. As for soto, there are several places to eat soto that can be found, namely soto gertak, Soto Pak Ismo, and mbah Kino's shop.

When viewed in the diagram in Figure 1, it shows that there are businesses that have been opened under 25 years, but these businesses are still included in the Traditional category, this is because these businesses have distinctive characteristics and can survive during the pandemic until now. Culinary businesses that are under 25 years old are 75.51% of the total 49 businesses in Kulon Progo Regency which are pioneering to become businesses that will later fall into the Traditional category in the future if they stick to the quality and quality of their products. Chips regedeg is a processed chip innovation that is popular and has become one of the specialty foods in Kulon Progo district. Likewise, the presence of wondhis chocolate (Pegagan chocolate), namely chocolate made from Pegagan leaves, is an attraction for chocolate lovers when visiting Kulon Progo, typical food in Kulon Progo Regency, namely Growol and also klombeng bread which is loved by the community. Food stalls that although the age of the business is still under 25 years old are also an attraction and are favored by the community and tourists such as menoreh peak coffee, dadap sumilir, and gebleg pari.

The age of businesses that can survive for more than 25 years to 50 years and are able to continue and pass on to the next generation. The number of businesses that are over 25 years old is 20.41% of the total 49 legendary culinary businesses in the Kulon Progo Regency area. Businesses in the culinary field and one of the traditional foods in Kulon Progo Regency which are between 25-50 years old which are also traditional specialties in Kulon Progo Regency include gula semut, es tape and also krimpying. Typical food in this district is also always sought after and favored by the public is the culinary mangut and fried sidat mbah sri which was established in 1989 with its mainstay menu, namely wader and eel fish whose taste has not changed until now.

The age of Traditional businesses that are already known and always missed by tourists is a culinary that is more than 50 years old, namely WM mbah kebo which is famous for tempeh and tofu besengek. In addition, one of the culinary delights that is more than 50 years old that is always awaited and can be tried by tourists is Dawet sambel. Dawet sambel has been around since 1967 and still exists and is maintained until now. The number of businesses aged 50 years and over is 2 businesses or around 4.08% of the total Traditional Culinary businesses in Kulon Progo Regency.

4. Conclusions

Based on the results of research on the categorization of traditional food in Kulon Progo Regency, it can be concluded that culinary businesses seen from the type of business obtained 49 culinary businesses in Kulon Progo Regency with the dominating categorization being food stalls with a percentage of 40.8%, souvenirs with a percentage of 16.3%, and soto by 10.2%. Meanwhile, when viewed from the age of the business, namely businesses under 25 years old (75.51%), between 25-50 years old (20.41%), and over 50 (4.08%). This research is important to do so that tourists know the types of traditional food in Kulon Progo based on categorization and also based on the age of the business. The longer the business is established, the more legendary and more authentic the flavors offered by the place of business.

Conflict of interest

The authors declare no conflict of interest.

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