

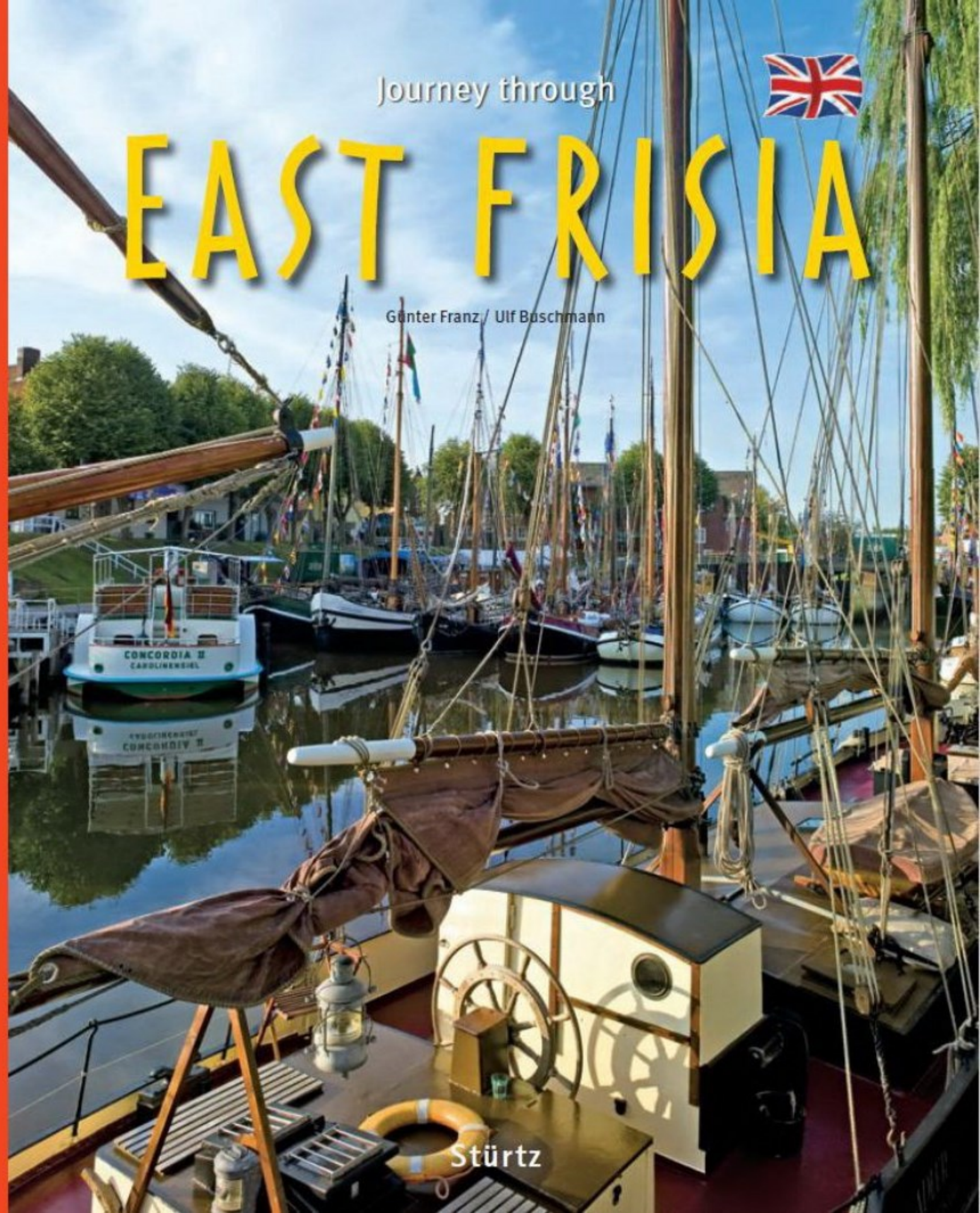


EAST FRISIA

East Frisia, a region in Lower Saxony in the extreme northwest of Germany, is famous for its wonderful islands, long beaches and high sand dunes, sleepy towns and lonely moors. Between the islands of Borkum, Juist, Norderney, Baltrum, Langeoog, Spiekeroog and Wangerooge and the North Sea Coast lies the fascinating natural habitat of the Wadden Sea. Much of the unique Lower Saxony Wadden Sea National Park is attributable to East Frisia.

Countless cultural sites tell of the long history of the region in the districts of Aurich, Leer and Wittmund and the town of Emden. Important archaeological finds document the early settlement of the area and many architectural monuments provide further points of interest and discovery. Monasteries, castles and palaces built by powerful noble families demonstrate the former significance of this part of the country; lighthouses and windmills punctuate the flat horizon where the sea meets the sky.

190 photos show East Frisia in all its glorious variety, with four specials focussing on the Wadden Sea, East Frisian cuisine, famous East Frisians and the sterling work of the German Maritime Search and Rescue Service.



Journey through



EAST FRISIA

Günter Franz / Ulf Buschmann



Details of our programme
can be found at
www.verlagshaus.com



Stürtz

First page:
The coast wouldn't be the coast without seagulls – as much a part of East

Frisia as any other seaside region. The screech of gulls is music to anyone who loves the sea ...

Previous page:
From Georgshöhe there are wonderful views out across the island of Norderney.

Below:
Making a ship in a bottle was once the sailor's classic pastime – and all part of the romantic image of life at sea. This tradition is today continued at the museum in Neuharlingsiel.

Page 10/11:
The Grosses Meer near Aurich is a natural fen lake and at 4.60 hectares or ca.

1,140 acres East Frisia's largest inland water. The north part is a lido, with the southern section

a nature protection area. The Grosses Meer is just half to one metre deep (ca. 1½ to 3 feet).



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Above:
The Jann Berghaus Brücke over the River Ems at Leer is one of the oldest bascule bridges of its kind in Western Europe. It measures 464 metres (1,522 feet) and was built at the start of the 1990s when the Ems was widened and deepened so that ships from the Meyer shipyard could pass through this bottleneck.

Right:
Spectacles like this attract thousands of people every year. Like the Celebrity Eclipse, shown here, luxury cruise liners have to be towed along the Ems to Emden from the Meyer shipyard in Papenburg. This floating hotel has been in service in Europe and the Caribbean since April 2010.



Left:
The old town of Leer with its pedestrian zone is a local attraction, with its many historical houses forming a pretty backdrop.

Below:
No shipping town would be complete without a maritime college. Many attend the popular nautical science course at the university of applied sciences in Emden-Leer.





Left:
The Ditzum ferry over the Ems is a must for tourists. It was also often used by commuters on their way to work in the big towns.

Below left:
This view out across the harbour in Ditzum is typical of East Frisia. Shrimp cutters and shrimp fishing are still an important pillar of the local economy. The windmills were once erected to drain the land, among other uses.



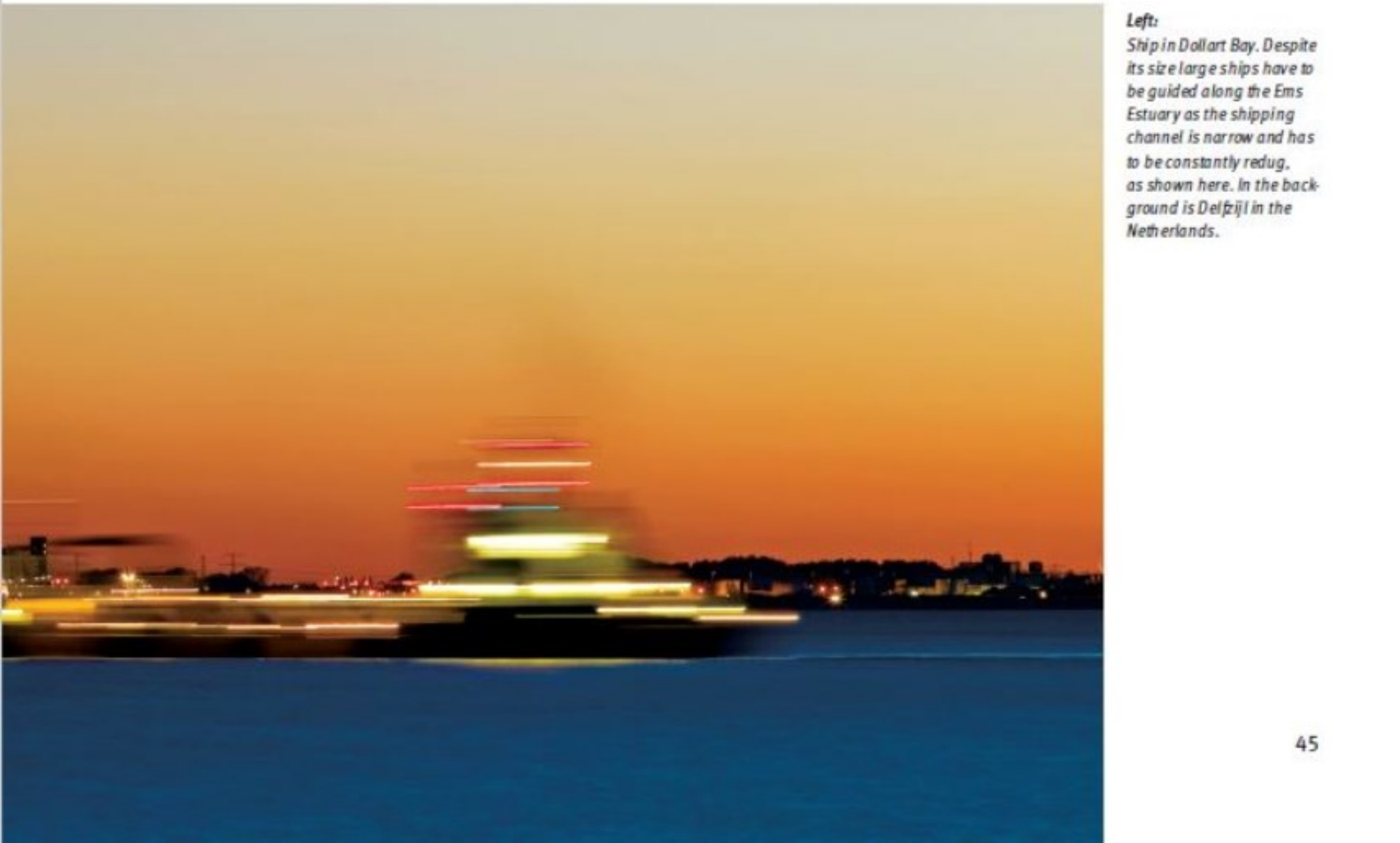
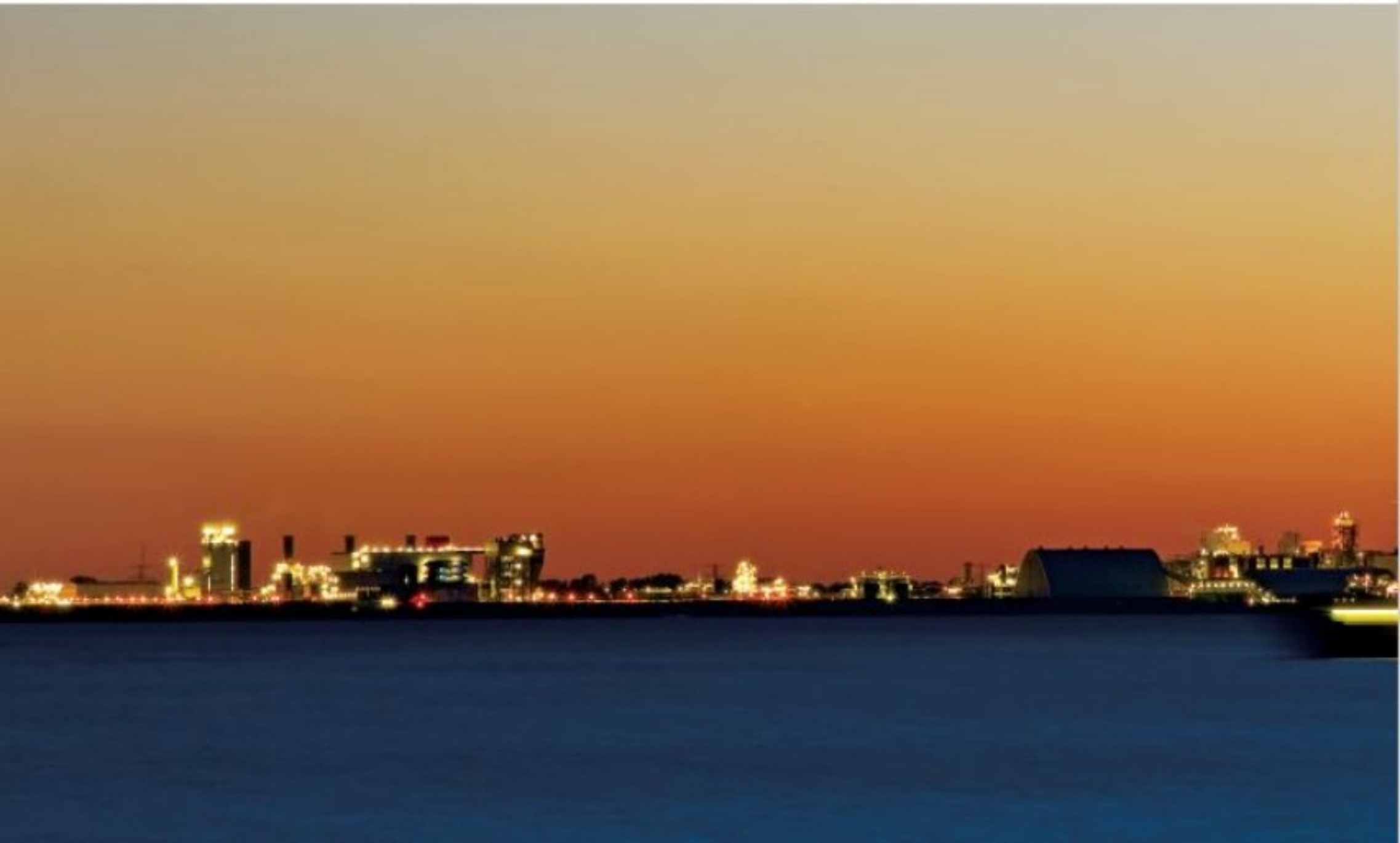
Below:
The Ditzum ferry across the Ems moored in the harbour at Ditzum. The small boat joins Ditzum and the Emden suburb of Petkum. Where it was once an essential form of transport for the people who

worked at the Nordsee-Werke in Emden, today it's primarily used by cyclists doing one of the three local routes here: the International Dollard Route, the Dortmund-Ems Canal Route and the North Sea Coast Trail.

Page 36/37:
En route from the Meyer shipyard in Papenburg to the North Sea, one of the small ports the big cruise liners pass is Ditzum. Here, the Aidasol.



Right:
The Rheiderland is absolutely typical of East Frisia, with hardly any elevations interrupting the flat landscape. Sunrise and sunset are particularly beautiful here.



Left:
Ship in Dollart Bay. Despite its size large ships have to be guided along the Ems Estuary as the shipping channel is narrow and has to be constantly dredged, as shown here. In the background is Delfzijl in the Netherlands.

EAST FRISIAN COOKING: SIMPLE YET SUBSTANTIAL

Our eating habits over the past half a century have definitely gone global – and East Frisia is no exception. However, there are still many dishes which are more or less typical of the Ems/Jade/Dollart region. The local cuisine is like the countryside: a little meagre and simple but attractive, substantial and nutritional.

The East Frisians love pork – which is why menus include things like the strange-sounding *Sniertjebraa*. After schnitzel this must be the most popular meat dish in the area. To make it cooks use fresh pork schnitzel cut up into bits, to which onions and flour are added. The tasty pork pieces are served with red cabbage, beetroot, pickled gherkins and potatoes. Another delicious method of preparation for the domestic pig is *Gluhweinbraten* or mulled wine roast which tastes especially good after a game or two of *Klootschiessen* or East Frisian boules. It's thus eaten when it's cold outside, namely from the end of October or the beginning of November. The pork is rubbed with a mixture of salt, pepper, pimento, rosemary, bayleaf and thyme. After the meat has been braised in spiced wine for one or two hours, it's served with pears.

But if you think East Frisian cooking is all pork, you're wrong. There are enough sheep running about on the dykes for one or two to be sacrificed for human consumption. Incidentally, only young lambs are slaughtered; the meat of older sheep is simply too tough. East Frisian lamb has a very special taste as the animals have spent their short lives grazing on salt marshes. Roast lamb from Extum is one such delicacy. If you want to prepare it yourself, you may need some practice as its strong aroma means that you have to go easy on the herbs and spices. Before the leg of lamb is roasted, the fat is removed and the lamb spiced with garlic. It's cooked with a mixture of vegetables put in a marinade the night before which includes beans, onions, carrots, bayleaf, pimento, parsley and tomatoes. The cooked roast is served with bread.

Fish is of course also a frequent item on the menu, including fried fresh herring and 'green' eel. The latter is not a specific marine species but common eel turned 'green' by its accompaniments of dill and boiled potatoes. There are also less carnivorous delights to be tried, including East Frisian grey peas with bacon,

Updrogt or dried beans and Rheiderland potato soup. A thick slice of East Frisian tart goes down well as a dessert.

The land of tea

Like England, East Frisia would be lost without its tea. Practically nowhere else in Germany drinks as much of it as the northwest. Did we say "drink"?! That's something of an understatement. In East Frisia isn't merely drunk; it's celebrated in an elaborate tea ceremony.

People generalise when they talk about East Frisian tea. The tea isn't of course actually grown here; what's meant is a blend of many different types of tea, most of them from Assam. To this Java, Ceylon, Sumatra and Darjeeling blends are added; a good East Frisian tea contains at least ten different varieties. The ceremony begins when the kettle has boiled and the cream and candied sugar lumps or *Kluntjes* have been put on the table.

The secret to a good brew lies in the preparation. First the sugar is put in the cup, then the tea is poured in. The cream is allowed to dribble slowly off the cream spoon down the inside edge of the cup. The cold cream sinks and then swirls back up to the surface like a miniature cloud. The tea is thus drunk in three stages; first you taste the mild cream, then the slightly bitter tea and finally the sweet sugar.

The East Frisian ceremony requires quite a bit of equipment: the obligatory teapot and teacups, a special East Frisian teaspoon, a teapot warmer, a tea strainer for the cup or spout and the *Rohmlepel* or cream spoon. The tea should be strong and the water soft. Hard water would be totally unauthentic and threaten the success of this holy ceremony...



Left: Shrimp cutter in the harbour at Neuharlingersiel. The delicious shellfish are something of a basic food-stuff here on the coast.

Above: Maites or filleted herring and fried potatoes are one of the most popular dishes on the coast. East Frisia is no exception, with this hearty North German delicacy found on any self-respecting menu.

Top right: One regional tradition associated with the New Year are these special cones no East Frisian could imagine doing without when the bells ring out the old and the fireworks start.

Centre right: The tea cult in East Frisia doesn't only centre on the beverage itself but also on its preparation. This wonderful tea kitchen can be found at the tea museum in Norden.

Right: The tea museum in Norden is devoted to the East Frisian tea cult. It traces the history of the brew from its origins to the present day.





Left page:
Carolinensiel, founded in 1730, is one of several museum ports on Germany's North Sea and Baltic coasts. The array of flat-bottomed boats is well worth seeing.

Left:
At the harbour museum visitors can learn about the history of the coast and about old ship and boatbuilding techniques – and of course how people spent their lives on and with the North Sea.



Photos, left:
Building wooden boats is still an art in itself. The people who have chosen this profession not only know how to make the boat actually float but are also versed in the artistic adornment of their marine craft.

Page 100/101:
Carolinensiel is also pretty in the run up to Christmas – with its fairy lights and floating Christmas tree.

The local court in Wittmund. The present building dates back to 1872.



If Hollywood can do it, so can Wittmund! This little East Frisian town has its own Hands of Fame walk, where Hardy Krüger, Uwe Seeler, Christian Wulff and various other famous people have left their handprints in the tarmac.



This group of figures can also be found in the centre of Wittmund. The shepherd with his dog and sheep reminds us that land can't be successfully reclaimed without these woolly animals. Sheep grazing the dykes ensure that the grass stays short and compact, thus reinforcing the overall structure.



Above:
The hot favourite with visitors to Norderney is of course the beach – whatever the weather.

Right:
The East Frisian Islands wouldn't be the East Frisian Islands without their distinctive wicker beach chairs. Seaside visitors to Norderney are sure to ensconce themselves in one for the day.



Above:
Marienhöhe Restaurant is situated on the dune of the same name and is one of the more historic buildings on the island. The establishment is very close to the prom.

Far left:
Georghöhe is one of the sandy elevations on the island. Atop it is a memorial to those who have lost their lives at sea.

Left:
Norderney's rehab clinic has been helping people overcome their health problems for many decades. The bracing North Sea climate is particularly beneficial to the treatment of respiratory diseases.





None of the East Frisian Islands can do without their trains. They link the tiny harbours to the villages further inland, such as here on Langeoog.



In winter life on the islands is pretty sedate. The tourists have gone home and the locals can settle down to a quiet few months before the next holiday season starts.



Above: The water tower from 1909 is very much Langeoog's local landmark. It was extensively restored in 2009 and also looks pretty in the snow.



Photos, left: Most people are only familiar with the North Sea beaches in the summer. They are just as beautiful in winter, however, when snow and ice transform plants, grasses and footprints in the sand into works of art.



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