



Janaprakash Journal of Multidisciplinary Research

Vol. 2, December 2024, pp. 79-103

ISSN 3021-9892 (Print), 3021-9906 (Online)

Journal homepage: <http://janaprakash.edu.np/Home/JournalsArticles>

A Systematic Literature Review of Local Food, Local Product, and Community Engagement in Rural Tourism

Sandeep Adhikari

PhD Scholar, Faculty of Humanities and Social Sciences, Pokhara University

Lecturer, Janaprakash Multiple Campus

Email: sandeepshisuwa@gmail.com

Orchid ID: 009-0000-5086-5799

DOI: <https://doi.org/10.3126/jjmr.v2i1.75174>

Abstract

Received: September, 2024

Revised: November, 2024

Accepted: December, 2024



Copyright: ©2024

The authors and the Publisher

This systematic literature review aims to assess the current state of knowledge in rural homestays in terms of the use of local product, especially local food and community engagement in tourism academic literature. With reference to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) flowchart, the researcher reviewed 25 studies published in the selected journals from

2008 to 2023. The review explores how sustainable rural homestays have been previously researched in terms of local food, local product, and community engagement. The review sheds light on sustainability and rural homestay tourism from the perspective of use of typical products along with contents addressed by authors suggesting future research directions. All the reviewed papers have highlighted the significance of local food in the homestays considering its association with the tourist satisfaction, destination memory, and sustainable tourism practices. The entrepreneurial aspects of rural tourism, the utilization of modern tools and technology to enhance tourism practices and attract tourists, and the incorporation of locally available crops into the menus of local homestay projects are key areas that have been overlooked in the studies reviewed.

Keywords: *Community involvement, homestays, local food, rural tourism.*

Introduction

Rural Tourism, especially homestay tourism has gained popularity in recent years. Many urban dwellers are looking for opportunities to escape the fast-paced and high-pressure city life, seeking a gateway in rural areas. Homestays, a key component of rural tourism, offer visitors the chance to experience a non-commercial, homelike environment while enjoying local cuisine and engaging with the local community. However, for rural homestays to be successful and sustainable, it is important to consider factors such as food sustainability and community engagement. Food sustainability plays a crucial role in the success of rural homestays. Not only does it ensure the availability of fresh and nutritious food for the guests, but it also promotes local agricultural production and supports the local economy. “Homestays are tools for strengthening social and economic capacities” (Acharya & Halpenny, 2013) homestays are an attractive alternative tourism product. This paper discusses a case study of Barpak, located in the Gorkha District of Western Nepal. The study suggests homestays are congruent with Nepal’s destination image. The essence of Nepalese tourism lies in naturally beautiful rural hills and mountains and its indigenous communities with their mystical lifestyle and culture. These natural and cultural attributes can be showcased best through homestays. This paper proposes homestays as a pro-women tourism opportunity that promotes sustainable community development by fostering gender equality. Female ownership of homestay businesses secures women’s avenues for income generation and involves them in mainstream development. The study’s indicators of development are based on the well-being achieved by the Barpaki community, with a focus on three essential aspects of sustainable development, namely economic, environmental and social. The author’s (BPA. Rural homestays need to engage with the local community to create an authentic and immersive experience for visitors.

In the context of the rural population leaving their place of origin for more opportunities for education and employment in cities, the rural ecosystems become unmanageable and their contribution to the national and local economy falls. Bawa and Gadgil (1997) opt for the need to develop systems that provide economic incentives for the preservation of biodiversity in agriculture, forestry, and fisheries through eco-tourism. For that purpose, these “ecosystem people” can be the most effective stewards of ecosystem diversity and because of “being relatively poor, these people would be willing to take on the task of maintaining and restoring local biodiversity for low levels of compensation.”

In recent years, new tourist destinations have been explored in the rural areas in the developing countries. In Nepal, for example, rural tourism has been promoted through various

programs. One such program, the Tourism for Rural Poverty Alleviation Program (TRPAP) was initiated and completed from 2002 to 2007 with pilot projects in 48 rural villages of six districts. In the program jointly undertaken by the Government of Nepal, the UNDP, DFID, and Netherlands Development Organization (SNV-Nepal) focused on pro-environment- and pro-community-based initiatives (Acharya & Halpenny, 2013) homestays are an attractive alternative tourism product. This paper discusses a case study of Barpak, located in the Gorkha District of Western Nepal. The study suggests homestays are congruent with Nepal's destination image. The essence of Nepalese tourism lies in naturally beautiful rural hills and mountains and its indigenous communities with their mystical lifestyle and culture. These natural and cultural attributes can be showcased best through homestays. This paper proposes homestays as a pro-women tourism opportunity that promotes sustainable community development by fostering gender equality. Female ownership of homestay businesses secures women's avenues for income generation and involves them in mainstream development. The study's indicators of development are based on the well-being achieved by the Barpaki community, with a focus on three essential aspects of sustainable development, namely economic, environmental and social. The author's (BPA. There have been many other programs and projects running in the country. Similar situations can be found in many other developing countries like Ghana (Adu-Ampong, 2018), Bhutan (Dorji, 2017), Pakistan (Ullah et al., 2021; Mangan & Lohano, 2015), etc.

Following the practices of rural tourism, there have been many researches in the field. Several systematic reviews on homestay and sustainability (Janjua et al., 2021), the role of women in tourism (Trisanti et al., 2022), the development of rural tourism (Mulyaningsih, 2023), and local food (Jørstad et al., 2020) have been conducted. However, a combined systematic literature review on local food and the sustainability of local tourism seems lacking. To understand the current state of homestays, food sustainability, and community engagement in rural tourism, a systematic literature review was conducted. This systematic literature will contribute to the body of knowledge on rural tourism and the role of local food in substantially sustaining local tourism by addressing the knowledge gap, searching for significant insights, and directing future research in the rural tourism sector.

This review also addresses the increasing importance of homestays as a sustainable rural tourism product. Therefore, the objectives of this article are: (a) to analyze, synthesize, and summarize the existing literature on the impact and association of local food and products in rural tourism in the first decade of the twenty-first century; (b) to identify the status of research

for sustainable rural tourism based on local food and products; (c) to do a content analysis of selected studies; and (d) to recommend direction for future research. The purpose of the review is to project-specific research in rural tourism, homestays, food sustainability, and community engagement from multi- and interdisciplinary hospitality and tourism literature. Many researchers highlighted the importance of SLR in tourism and hospitality, but SLR in food sustainability and rural community engagement through homestays are the topics somehow not addressed by researchers. Therefore, this review will address food sustainability and rural community engagement through homestays.

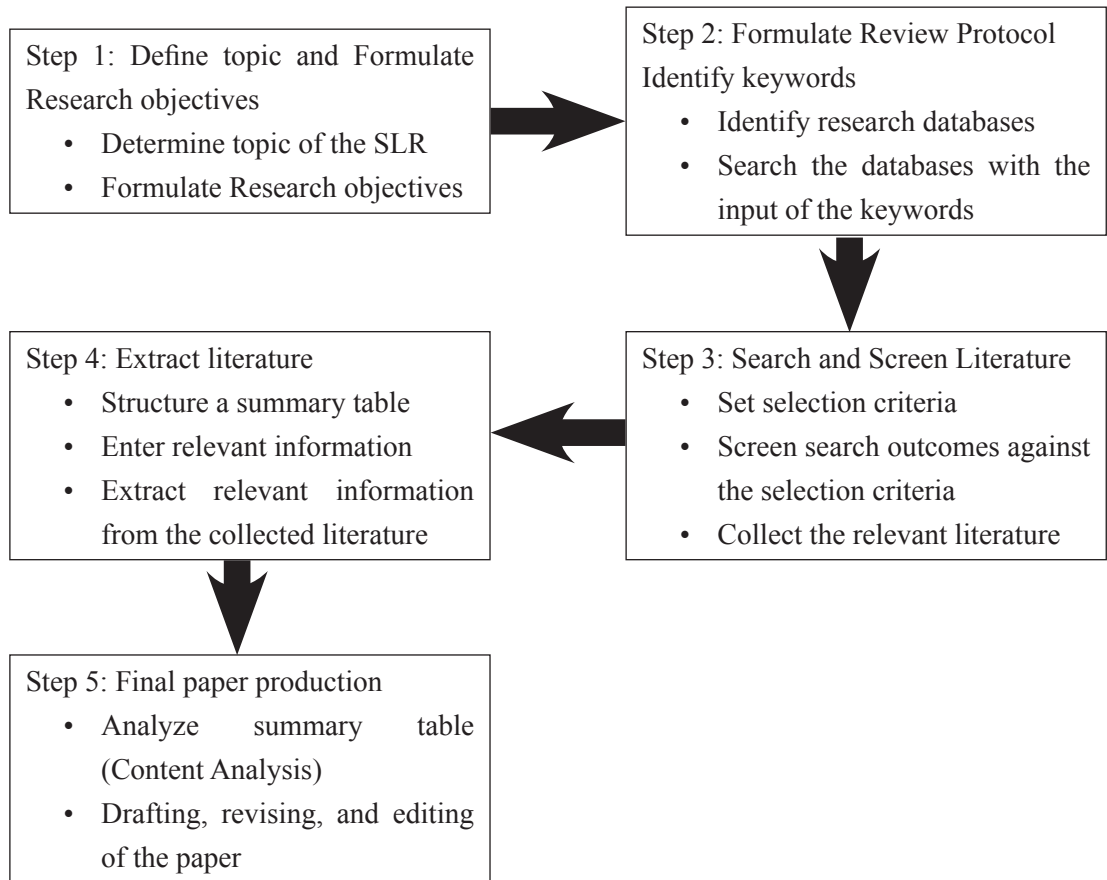
Method of Data collection and Analysis

Systematic Literature Reviews are aimed to produce practical, reliable, and objective discussions and findings in the given area of research providing a significant opportunity for scholars and practitioners to apply existing knowledge for future research and policymaking (Pahlevan-Sharif et al., 2019).

In the current systematic literature review, five steps are undertaken, adapted from Pickering and Byrne (2014). In step 1, the topic was defined and research objectives were formulated; in step 2, the review protocol was formulated by identifying keywords and research databases, the paper used the databases JSTOR, Google Scholar, and Dimensions databases. Then, in step 3, the articles searched were screened against selection criteria. In step 4, all relevant information was extracted and condensed into a summary table. Finally, in step 5, drafting, revising, and editing of the final paper was carried out analyzing the summary table produced so far. All steps are shown in Figure 1.

Figure 1

Systematic Literature Process



Source. Adapted from Pickering & Byrne (2014)

Define topic and Formulate Research objectives

This systematic literature review explores the use of local food and products for the sustainability of rural tourism and how the production and inclusion of local food in tourism practices have been researched earlier. This review aims to research the previous literature in terms of the research topic, context, method, and theoretical framework. The systematic literature review was initiated by setting the review aims as detailed in the previous section. This literature review meets the following research objectives:

- to analyze, synthesize, and summarize the existing literature on the impact and association of local food and products in rural tourism in the first decade of the twenty-first century;
- to identify the status of research for sustainable rural tourism based on local food and products;

- to do a content analysis of selected studies; and
- to recommend direction for future research.

Formulate Review Protocol

Keeping the review objectives and research questions in mind, a literature review protocol was developed. The protocol determined the databases to search the articles, search terms were decided, and a literature selection criterion was set. The reviewer has used three databases namely JSTOR, Google Scholar, and Dimensions Database to search the keywords, “Sustainability” OR “Food sustainability” AND “Rural tourism”, “Sustainability of rural tourism” AND “Local food” OR “Local foods and goods” AND “Community engagement”, and “Sustainable rural tourism through local food and products”.

The databases the reviewers have used are known to have a wide range of literature on any given topic. The search items were looked for in the literature title, keywords, abstract, and the text itself. The time frames for the journals were kept between 2008 to 2023. (Table 1)

Table 1

Number of publications year-wise

Year of Publication	Frequency
2008	1
2011	1
2012	1
2013	1
2015	4
2016	6
2017	3
2019	2
2021	1
2022	2
2023	3

Search, Screen Literature, and Extraction of Articles

The literature screening was done by using the PRISMA methodology. The PRISMA checklist (Page et al., 2021) was used to set steps to carry out the review. PRISMA was used because it is a universally used tool for systematic reviews and is widely accepted to generate trustworthy data. The PRISMA model has been used in many other systematic reviews.

In the opinion of Pratisto et al. (2022), Hosany et al. (2022), Stone & Duffy (2015), and Snyder (2019); PRISMA is one of the standard guidelines that explicitly addresses how literature reviews should be reported and instructed. Moher et al. (2009) prefer PRISMA to

other several approaches of systematic reviews as topics and concepts in PRISMA are all relevant to any systematic review; however, some adaptations are always necessary for circumstances.

The search for the keywords produced 3583 literature headings, 3230 from JSTOR, 200 from Google Scholar, and 153 from Dimensions Database. The works of literature were further screened based on the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) flowchart adapted for this review which is presented in Figure 2. (Page et al., 2021) As the databases used here are secondary databases, they have produced results from commonly used databases like SAGE, WILEY, ELSEVIER, EMERALD, MDPI, and Tylor and Francis. In the first stage of the screening process, 905 headings were excluded because of being duplicates in different databases (12), for not being journal articles (856), and for being either not published in English or published in substandard journals (37). The remaining 2678 journal articles matched the basic selection criteria. These articles were further screened with certain keywords like sustainability, rural tourism, local food, local goods, participatory involvement, and Nepal. A total of 2605 articles were screened out in this second stage, leaving 73 articles; 23 from JSTOR, 11 from Google Scholar, and 39 from Dimensions Database (Table 2 and 3). From that selection, three records were not retrieved from any source available to the reviewer, which were later excluded.

Table 2

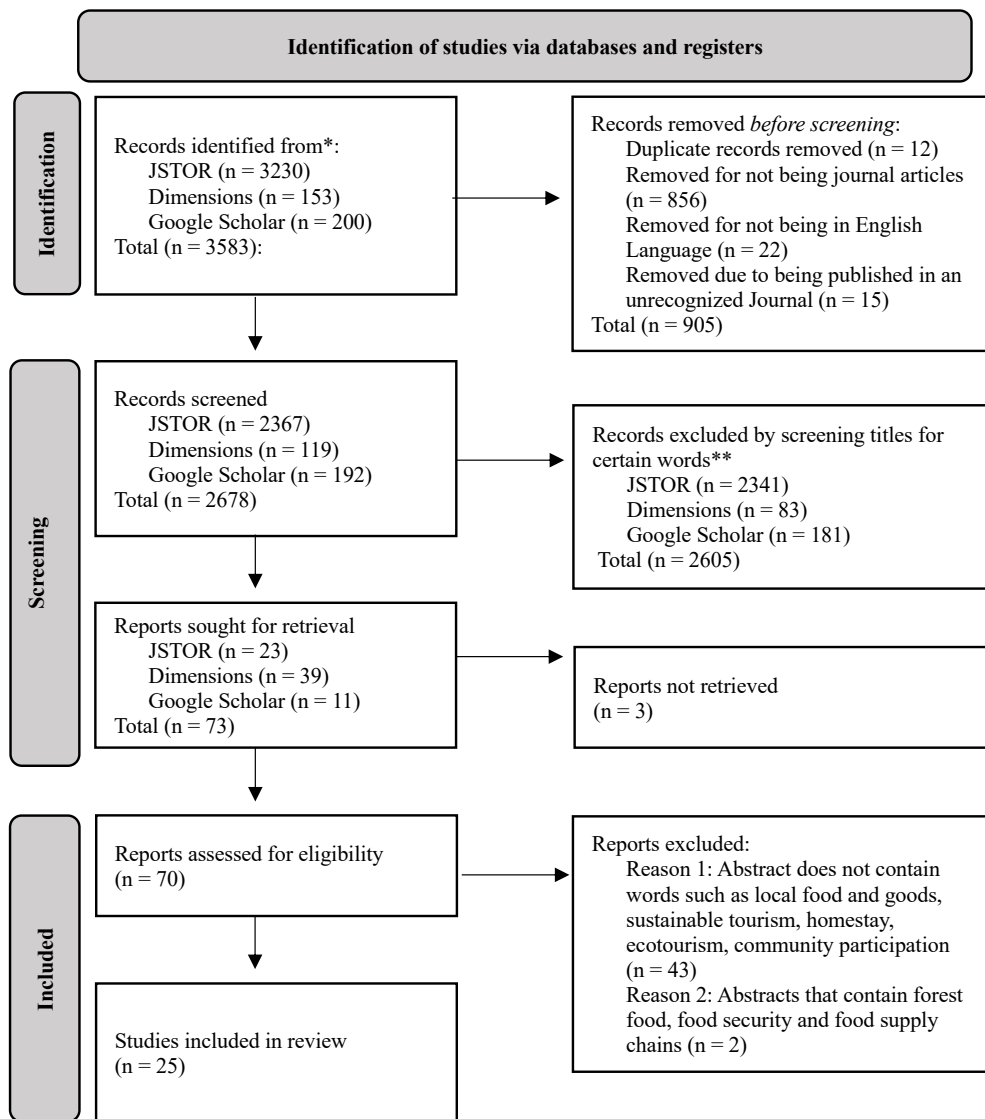
Database-wise article extraction

Database	Frequency
Google Scholar	9
JSTOR	2
Dimensions	14

For the final selection eligibility, the reviewer scrutinized the abstracts of all selected 70 articles after managing them in the Zotero reference manager. 43 articles were screened out for not containing the words local food and/or goods, sustainable tourism, homestay, ecotourism, community participation, and the like. Two articles were screened out because of containing forest food, food security, and food supply chains as these were not supposed by the reviewer as necessary elements for the study. This stage was closely examined by the reviewer with a keen focus on all the abstracts. After this stage 25 journal articles were selected for the content analysis. The screening process is shown in Figure 2.

Figure 2

A PRISMA flowchart for the literature screening process



* when searching for “sustainability of rural tourism through local foods and goods”.

** sustainability, rural tourism, local food, local goods, participatory involvement, Nepal.

Source. Adapted from Page et al. (2021)

Results and Discussions

The results section deals with the general overview of the literature related to rural tourism and the content analysis of the selected texts. Generally, this section discusses the presence of the topic in the body of knowledge in the years of the first decade of the twenty-first century. The reviewer then focuses on the content analysis where the articles are examined in terms of subject themes, geographical locations, research methods, and theories used in conducting the research, if any.

General Overview

Although the history of homestays dates back to the Iron Age, modern homestays came into being after the emerging neo-populist approaches of the 1970s, which brought forward community-owned/or managed tourism businesses as the idea of sustainable tourism (Yasami et al., 2017). The early forms of homestay were mainly concerned with religious beliefs; however, the modern form is more commercialized. The studies of rural tourism date back to the 1980s, when American scholar Hector Ceballos–Lascurain coined the term ‘eco-tourism’ in 1983 (Tang, 2017). In this review, the articles are selected from between 2008 and 2023, covering one and a half decades earlier than the review. Table 1 presents the yearly distribution of the articles. The greatest number of articles for the single year in this selection is from the year 2016 with six articles. Four articles are selected from the year 2015; three from 2023; two from 2019 and 2022; and one article each from other five years, 2008, 2009, 2012, 2013, and 2021. There are no articles selected from the years 2009, 2010, 2014, 2018, and 2020. The cause of not selecting the articles is not because there were no articles written, but because they might have been excluded from the PRISMA selection criteria due to not meeting certain keywords and key concepts. Table 2 demonstrates the databases from which the articles were selected. The largest portion of articles, 56%, were fetched from the Dimensions database, 36% and 8% were fetched from Google Scholar and JSTOR respectively. Table 3 deals with the publication authorities that published the articles. Articles from the six most reputable e-databases were collected. ELSVIER was the first major e-database that contributed to the collection with eight articles published. Second and third the greatest number of articles were published in Tylor and Francis with six articles, and MDPI with five articles respectively. EMERALD and WILEY published two articles each in the selection. SAGE contributed to one article. Table 4 depicts the geographical area of the research. Almost half of the articles were from Europe, almost a quarter from Asia, and others.

Table 3*Publication-wise article details*

Publication	Frequency
Elsevier	8
Emerald	2
MDPI	5
Sage	1
Taylor & Francis	6
Wiley	2
Others	1

Table 4*Main geographical location of the research (in percent)*

Geographical Locations	Frequency	Percent
Asia	6	24
Europe	12	48
North America	4	16
South America	1	4
Africa	1	4
Not Specified	1	4

Content Analysis

Tables 5 to 8 in the annexes present the content analysis of the selected papers in a summary format. The papers have been analyzed according to the following characteristics: (a) Food significance in rural tourism and subject themes of the research; (b) author(s), publication year, and geographical area of study; (c) target population; (d) research design and theory(s) applied in the research. The review outcomes are founded on these characteristics. The information mined from the selected papers with the given characteristics is analyzed to understand the significance of local food and goods and community involvement in the sustainability of rural tourism.

Food significance in rural tourism: The papers have gone through a substantial inclusion and exclusion protocol. So, all the papers deal with the local food consumption. However, seven of the papers used the concept of specific food items like traditional soup, beer/wine, locally grown and extracted olive oil, and other local foods with their role in uplifting rural tourism. Six of the papers deal with the cultural association of local food. Eleven papers focus on the authenticity of food having a strong connection to registering the ‘taste of place’ in the tourists. Out of these papers, four papers greatly focus on tourists’ creating a strong emotional connection to the tourist destination through local food. Five articles deal with local food as

a marketing and/or branding component. Though almost all papers deal with the link of local food with tourist satisfaction, three of them specifically state that in their objectives, three direct their research towards the potentiality of repeat and recommend the tourist destination for the future. Many papers find the existing relationship between food and tourism; however, five papers precisely discuss the necessity of focusing on gastronomy for sustainable rural tourism.

Four papers focus more on local tourism products other than food. The intermingling of tourists in host culture through different practices like fishing and farming are discussed as great practices to establish a strong link between the tourists and the host culture. Community participation is given more stress in four of the papers suggesting that the involvement of all members of the community supports not only the smooth operation of the homestays but also the employment creation for the youths in the villages to retain the rural population in the villages. Not specifically so, but some papers deal with food behavior, health and nutrition factors of local food, food supply chains, and the impact of the COVID-19 pandemic. Most of the studies in the selection deal with two or more concepts of rural tourism and local food.

Author(s), publication year, and geographical location: A total of 75 authors are involved in writing these 25 articles; no author has been repeated in the publications. The articles were published in 16 different journals. The articles are dated from 2008 to 2023. Twelve articles present the studies done in Europe, six in Asia, four in North America, and one each in South America and Africa. No articles have been selected from Australia; however, one article is studied without considering location.

Research design, target population, and theories involved in studies: Among the selected papers, eight papers exclusively limit their study to qualitative study collecting the data from in-depth and semi-structured interviews, involving in-person and telephone interviews, focused group discussions, and ethnographic data collection; ten papers conducted the research in quantitative research methods, most of which contain the quantified scale data used for the study. A mixed-method research design is used in five papers which contain the Delphi method, mixed-type data collection from different population groups, integration of secondary research with quantitative research methods, and content analysis methods. Finally, two of the studies have used library research completely to conclude the findings.

Mostly, the target population for the collection of data in the studies was the tourists, homestay owners, and other stakeholders of rural tourism. Studies with tourists only as the target of data collection are twelve. Seven studies selected the stakeholders who associated

themselves with food production and distribution as the target population for the studies. experts in tourism, and gastronomy, government officials, and ethnic leaders are the target population in three of the research. Other than these, the studies selected mixed type population, ethnographic components, and secondary data for the research.

Most of the studies did not mention the theories mentioned in the research. However, the reviewer found some implications of theories in them. Only seven articles explicitly based their studies on popular theories and models related to tourism like consumer satisfaction, quality-satisfaction-loyalty model, constructivism, and grounded theories. In about eight papers, the reviewer found the implications of theories like planned behavior, economic value creation, functional structuralism, reasoned action, etc. Tables 5 to 8 in the Annexation have detailed the findings of the papers.

Discussion

The significance of local food has been highlighted in all the papers in the collection. Here local food consumption has been associated with destination identity, cultural understanding, destination memory for revisit and recommendation, tourist satisfaction, and sustainable tourism practices. The role of food in the promotion of tourism was studied in almost all the papers; however, five of them specifically focused on gastronomy, the food tourism. The authors in the papers are found to be concerned that food behavior can change the environment of tourism in a better way. In addition to '4s' (sun, sea, sand, and sex) the international tourist attraction has also been attracting to '4N' (nature, nostalgia, Nirvana, and native), more recently people have relocated their pleasure in spiritual green locations from traditional sensual locations (Tang, 2017). Not only on local food but local tourism is also seen to depend on other local tourism products like souvenirs and cultural practices like fishing and farming as this can register strong memory in the tourist and that can help for more visits by the same tourists and/ or recommendations to the new visitors, ensuring the sustainability of tourism. Food sustainability and community involvement ensures the transparency and good management of the destination, hence, making the memories even more rigid.

The reviewer reviewed the literature systematically to determine the significance of local food practices by examining the subject themes of the papers, study subjects, and theoretical contexts. It is found that the greatest number of studies are conducted in Europe. Nonetheless, the researchers of developing countries are also entering the body of knowledge with their local practices like fishery, forestry, and agriculture.

While it is challenging to identify the very first homestay in the world, the modern incarnation of this mythical practice has evolved with more commercial elements like income expenditure rates, branding, marketing, loyalty, bookings, products, etc. The papers of this review collection have not missed this point in the studies. At least half of the studies specifically focus on the economic benefit of rural tourism.

With the growing tourist attraction to nature, the new geographical locations from the developing countries are found to have more potential for future tourism practices. It is then quite important that the stakeholders of tourism in these locations become more aware of the good practices of tourism. The good practices found in this review do not seem to be very popular in these locations taking some of the places as an example. The reviewer has many personal experiences that the domestic tourists and the homestay owners are not very focused on promoting the local food even though they suppose that the food is the most important element to attract the tourists second and more times. These people do not seem to be concerned about enhancing their destination with the help of local food and practices. Rather, the owners are found to be using their homestays merely as another place for hangouts for the city dwellers. The reviewer finds that the utilization of destinations only for retreat centers cannot be sustainable as when there is no memory of the destinations attached to the tourists, they will easily switch tourism locations in their closer vicinity which can be at the outskirts of the urban areas. This can be seriously hampering the real essence of rural tourism. The review results demonstrate that all over the world, tourism practitioners are putting effort into registering memory of the tourist destinations for their revisits and new recommendations.

The outcome of this systematic review will help researchers and rural tourism stakeholders to have easy access to publications on the significance of local food, local goods, and community involvement in rural tourism, thereby contributing to fulfilling the knowledge gap in this sector. This review can be helpful to rural tourism practitioners to realize the importance of local foods and products for future tourism businesses.

Conclusion

This review has concluded that local food consumption in the homestays and other rural tourism helps register memory in the tourists so that they can reconsider visiting the same place in the future and it is equally notable that the one-time tourists will recommend the destinations if they have any component that memorize the place to them, be that any physical souvenirs, or the taste of the food that stays in their memory. The ideas of branding, loyalty, satisfaction,

cultural exchange, and gastronomy are much associated in the papers; however, the papers lack many references from Asian and African contexts, which are now rising at their best in rural tourism practices. Even though the local foods have been discussed exclusively, the literature very sporadically discusses the benefits of community involvement in rural tourism. When comparing the research findings to the local contexts of rural tourism in Asia, especially the Nepali context, the tourism stakeholders do not seem to be concerned about the registration of taste memory. The easy and comfortable practices of serving processed food in homestays are found to be preferable for both tourists and homestay owners. Rural communities lack marketing skills, homestay branding is mostly ignored. This review can provide significant knowledge to the rural tourism stakeholders and visitors as well the best practices of authentic rural tourism. After the essential knowledge, it can be anticipated that rural tourism practices will be more sustainable and beneficial to the local people and the nations on a bigger scale. The entrepreneurial aspects of rural tourism, the use of modern tools and technology in expanding the horizons of not only the tourism practices but also the reaching out to tourists, and the production and distribution of locally available species of crops with their integration into the menu of the local homestay projects are some of the areas the studies in this review lack. Besides, this review accepts that there are some important implications of local food in the health of the tourists, food behavior, quality food chain, and the effect of pandemics on the tourism sector; however, these have not been investigated in detail.

Systematic reviews can provide very limited explanations of practical issues (Tölkes, 2018), so future research needs to follow other review protocols to create a better and more enhanced knowledge base that can benefit researchers and tourism practitioners. The context of Nepali villages where there used to be very good homestays can be a lesson to many because as Ye et al. (2018) opine, as homestays' commercial aspect grows, the authenticity of the rural tourism practices declines. So, the rural tourism stakeholders need to fully understand the local cultural value associated with local food consumption, tourist satisfaction, and willingness to revisit and recommend. In addition, future researchers need to address the impact of the novel coronavirus (COVID-19) pandemic which has changed the course of tourism practices abruptly. The economic crisis caused by various global factors like the Russia-Ukraine war, the risk of future pandemic outbreaks, and many other issues are there that must be comprehended for the study of tourism, specifically rural tourism practices.

References

- Acharya, B. P., & Halpenny, E. A. (2013). Homestays as an alternative tourism product for sustainable community development: A case study of women-managed tourism product in rural Nepal. *Tourism Planning & Development*, *10*(4), 367–387. <https://doi.org/10.1080/21568316.2013.779313>
- Adongo, C. A., Anuga, S. W., & Dayour, F. (2015). Will they tell others to taste? International tourists' experience of Ghanaian cuisines. *Tourism Management Perspectives*, *15*, 57–64. <https://doi.org/10.1016/j.tmp.2015.03.009>
- Adu-Ampong, E. A. (2018). Tourism and national economic development planning in Ghana, 1964–2014. *International Development Planning Review*, *40*(1), 75–95. <https://doi.org/10.3828/idpr.2018.2>
- Alderighi, M., Bianchi, C., & Lorenzini, E. (2016). The impact of local food specialities on the decision to (re)visit a tourist destination: Market-expanding or business-stealing? *Tourism Management*, *57*, 323–333. <https://doi.org/10.1016/j.tourman.2016.06.016>
- Babolian Hendijani, R. (2016). Effect of food experience on tourist satisfaction: The case of Indonesia. *International Journal of Culture, Tourism and Hospitality Research*, *10*(3), 272–282. <https://doi.org/10.1108/IJCTHR-04-2015-0030>
- Bawa, K. S., & Gadgil, M. (1997). Ecosystem services in subsistence economies and conservation of biodiversity. In G. C. Daily (Ed.), *Nature's services: Societal dependence on natural ecosystems*. Island Press.
- Björk, P., & Kauppinen-Räsänen, H. (2016). Local food: A source for destination attraction. *International Journal of Contemporary Hospitality Management*, *28*(1), 177–194. <https://doi.org/10.1108/IJCHM-05-2014-0214>
- Borcoman, M., & Sorea, D. (2023). Ethnic soups from Rupea area (Romania) as resources for sustainable local development. *Sustainability*, *15*(2), 943. <https://doi.org/10.3390/su15020943>
- Dorji, P., & Kinley. (2017). Rural tourism in Bhutan: A tool to achieve gross national happiness. *Journal of Hospitality & Tourism Education*, *4*, 28. <https://doi.org/10.6084/m9.figshare.19070405.v1>
- Eaton, E. (2008). From feeding the locals to selling the locale: Adapting local sustainable food projects in Niagara to neocommunitarianism and neoliberalism. *Geoforum*, *39*(2), 994–1006. <https://doi.org/10.1016/j.geoforum.2007.10.017>
- Everett, S., & Slocum, S. L. (2013). Food and tourism: An effective partnership? A UK-based

- review. *Journal of Sustainable Tourism*, 21(6), 789–809. <https://doi.org/10.1080/09669582.2012.741601>
- Folgado-Fernández, J. A., Campón-Cerro, A. M., & Hernández-Mogollón, J. M. (2019). Potential of olive oil tourism in promoting local quality food products: A case study of the region of Extremadura, Spain. *Heliyon*, 5(10), e02653. <https://doi.org/10.1016/j.heliyon.2019.e02653>
- Frisvoll, S., Forbord, M., & Blekesaune, A. (2016). An empirical investigation of tourists' consumption of local food in rural tourism. *Scandinavian Journal of Hospitality and Tourism*, 16(1), 76–93. <https://doi.org/10.1080/15022250.2015.1066918>
- Hosany, S., Sthapit, E., & Björk, P. (2022). Memorable tourism experience: A review and research agenda. *Psychology & Marketing*, 39(8), 1467–1486. <https://doi.org/10.1002/mar.21665>
- Janjua, Z. U. A., Krishnapillai, G., & Rahman, M. (2021). A systematic literature review of rural homestays and sustainability in tourism. *SAGE Open*, 11(2), 215824402110071. <https://doi.org/10.1177/21582440211007117>
- Jørstad, M., Roaldsen, I., & Ljunggren, E. (2020). Local food in tourism: A systematic literature review. *Journal of Gastronomy and Tourism*, 4(2), 97–111. <https://doi.org/10.3727/216929719X15736343324887>
- Lai, M. B., Cicia, G., & Del Giudice, T. (2016). Pescatourism, a sustainable tourist experience. *Journal of Cleaner Production*, 133, 1034–1042. <https://doi.org/10.1016/j.jclepro.2016.05.013>
- Lin, J., Cui, Q., Xu, H., & Guia, J. (2022). Health and local food consumption in cross-cultural tourism mobility: An assemblage approach. *Tourism Geographies*, 24(6–7), 1103–1122. <https://doi.org/10.1080/14616688.2020.1867887>
- Lin, L., & Mao, P.-C. (2015). Food for memories and culture – A content analysis study of food specialties and souvenirs. *Journal of Hospitality and Tourism Management*, 22, 19–29. <https://doi.org/10.1016/j.jhtm.2014.12.001>
- Lin, Y.-C., Pearson, T. E., & Cai, L. A. (2011). Food as a form of Destination Identity: A Tourism Destination Brand Perspective. *Tourism and Hospitality Research*, 11(1), 30–48. <https://doi.org/10.1057/thr.2010.22>
- Mangan, T., & Lohano, H. D. (2015). Impact of nature-based tourism on earnings of local people: Evidence from Keenjhar lake in Pakistan. *The Pakistan Development Review*, 54(4), 963–976.

- Minier, L., Fourrière, M., Gairin, E., Gourlaouen, A., Krimou, S., Berthe, C., Maueau, T., Doom, M., Sturny, V., Mills, S. C., Lecchini, D., & Bertucci, F. (2023). Roadside sales activities in a South Pacific Island (Bora-Bora) reveal sustainable strategies for local food supply during a pandemic. *PLOS ONE*, *18*(4), e0284276. <https://doi.org/10.1371/journal.pone.0284276>
- Mo, H., Yin, S., & Liu, Y. (2022). The development of traditional food in tourist destinations from the perspective of dramaturgy. *Sustainability*, *14*(24), 16900. <https://doi.org/10.3390/su142416900>
- Moher, D., Liberati, A., Tetzlaff, J., Altman, D. G., & and the PRISMA Group. (2009). Reprint—preferred reporting items for systematic reviews and meta-analyses: The PRISMA statement. *Physical Therapy*, *89*(9), 873–880. <https://doi.org/10.1093/ptj/89.9.873>
- Mulyaningsih, T. (2023). A systematic literature review of development rural tourism. *Quality-Access to Success*, *24*(194).
- Murray, A., & Kline, C. (2015). Rural tourism and the craft beer experience: Factors influencing brand loyalty in rural North Carolina, USA. *Journal of Sustainable Tourism*, *23*(8–9), 1198–1216. <https://doi.org/10.1080/09669582.2014.987146>
- Page, M. J., McKenzie, J. E., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C. D., Shamseer, L., Tetzlaff, J. M., Akl, E. A., Brennan, S. E., Chou, R., Glanville, J., Grimshaw, J. M., Hróbjartsson, A., Lalu, M. M., Li, T., Loder, E. W., Mayo-Wilson, E., McDonald, S., ... Moher, D. (2021). The PRISMA 2020 statement: An updated guideline for reporting systematic reviews. *BMJ*, *n71*. <https://doi.org/10.1136/bmj.n71>
- Pickering, C., & Byrne, J. (2014). The benefits of publishing systematic quantitative literature reviews for PhD candidates and other early-career researchers. *Higher Education Research & Development*, *33*(3), 534–548. <https://doi.org/10.1080/07294360.2013.841651>
- Pratisto, E. H., Thompson, N., & Potdar, V. (2022). Immersive technologies for tourism: A systematic review. *Information Technology & Tourism*, *24*(2), 181–219. <https://doi.org/10.1007/s40558-022-00228-7>
- Rana, J. C., & Bisht, I. S. (2023). Reviving smallholder hill farming by involving rural youth in food system transformation and promoting community-based agri-ecotourism: A case of uttarakhand state in north-western india. *Sustainability*, *15*(11), 8816. <https://doi.org/10.3390/su15118816>
- Schmitt, E., Galli, F., Menozzi, D., Maye, D., Touzard, J.-M., Marescotti, A., Six, J., &

- Brunori, G. (2017). Comparing the sustainability of local and global food products in Europe. *Journal of Cleaner Production*, 165, 346–359. <https://doi.org/10.1016/j.jclepro.2017.07.039>
- Serra, M., Antonio, N., Henriques, C., & Afonso, C. M. (2021). Promoting sustainability through regional food and wine pairing. *Sustainability*, 13(24), 13759. <https://doi.org/10.3390/su132413759>
- Sidali, K. L., Kastenholz, E., & Bianchi, R. (2015). Food tourism, niche markets and products in rural tourism: Combining the intimacy model and the experience economy as a rural development strategy. *Journal of Sustainable Tourism*, 23(8–9), 1179–1197. <https://doi.org/10.1080/09669582.2013.836210>
- Snyder, H. (2019). Literature review as a research methodology: An overview and guidelines. *Journal of Business Research*, 104, 333–339. <https://doi.org/10.1016/j.jbusres.2019.07.039>
- Sthapit, E. (2017). Exploring tourists' memorable food experiences: A study of visitors to Santa's official hometown. *Anatolia*, 28(3), 404–421. <https://doi.org/10.1080/13032917.2017.1328607>
- Stone, G. A., & Duffy, L. N. (2015). Transformative learning theory: A systematic review of travel and tourism scholarship. *Journal of Teaching in Travel & Tourism*, 15(3), 204–224. <https://doi.org/10.1080/15313220.2015.1059305>
- Tang, L. (2017). The overview of the origin and research of rural tourism development. *Proceedings of the 7th International Conference on Management, Education, Information and Control (MEICI 2017)*. 7th International Conference on Management, Education, Information and Control (MEICI 2017), Shenyang, China. <https://doi.org/10.2991/meici-17.2017.85>
- Thomas-Francois, K., Von Massow, M., & Joppe, M. (2017). Service-oriented, sustainable, local food value chain – A case study. *Annals of Tourism Research*, 65, 83–96. <https://doi.org/10.1016/j.annals.2017.05.008>
- Tölkes, C. (2018). Sustainability communication in tourism – A literature review. *Tourism Management Perspectives*, 27, 10–21. <https://doi.org/10.1016/j.tmp.2018.04.002>
- Trisanti, T., Nurhaeni, I. D. A., Mulyanto, M., & Sakuntalawati, R. D. (2022). The role of women in tourism: A systematic literature review. *KnE Social Sciences*, 545–554.
- Tsai, C. (Simon). (2016). Memorable tourist experiences and place attachment when consuming local food. *International Journal of Tourism Research*, 18(6), 536–548. <https://doi.org/10.1016/j.ijtr.2016.05.008>

org/10.1002/jtr.2070

- Ullah, Z., Naveed, R. T., Rehman, A. U., Ahmad, N., Scholz, M., Adnan, M., & Han, H. (2021). Towards the development of sustainable tourism in Pakistan: A study of the role of tour operators. *Sustainability*, *13*(9), Article 9. <https://doi.org/10.3390/su13094902>
- Weiss, B. (2012). Configuring the authentic value of real food: Farm to fork, snout to tail, and local food movements. *American Ethnologist*, *39*(3), 614–626. <https://doi.org/10.1111/j.1548-1425.2012.01384.x>
- Yasami, M., Bin Awang, K. W., & Teoh, K. (2017). Homestay tourism: From the distant past up to present. *PEOPLE: International Journal of Social Sciences*, *3*(2), 1251–1268. <https://doi.org/10.20319/pijss.2017.32.12511268>
- Ye, S., Xiao, H., & Zhou, L. (2018). Commodification and perceived authenticity in commercial homes. *Annals of Tourism Research*, *71*, 39–53. <https://doi.org/10.1016/j.annals.2018.05.003>
- Zhang, T., Chen, J., & Hu, B. (2019). Authenticity, quality, and loyalty: Local food and sustainable tourism experience. *Sustainability*, *11*(12), 3437. <https://doi.org/10.3390/su11123437>

Anex 1

Table 5. Content Analysis of All Selected Qualitative Studies (n=8)

S.N.	Food significance in rural tourism	Author(s) (Year)	The theme of the Research	Targets of Data Collection (Tools of data collection)	Theory/Model/ Framework Applied
1	Local Food Consumption in cross-cultural Tourism and Health	Country Lin et al., (2022) Spain	How do psychology, dietary habits, and cultural beliefs interconnect with food? Neophobic and Neophilic food habits, people choose or avoid local food according to their nature. Memorable tourism experience and food consumption, Food souvenirs	Chinese tourists in Spain, Convenient Sample	Constructivist paradigm
2	Memorable food experiences of the tourists	Sthapit, (2017) Finland	Provincial government's attempt to foster local, sustainable food projects in two different steps, a) time of social democratic government support, b) market-led, elitist forms of local food	Tourists (Interviews)	Grounded Theory
3	Feeding the locals and selling the locale	Eaton, (2008) Canada	role of food tourism in developing sustainable agendas (Knowledge exchange, the supply chain, fear of change, regionalization, marketing)	People involved in various urban and rural food projects	Grounded Theory (Implied)
4	Food and tourism partnership	Everett & Slocum, (2013) UK	Service-oriented, sustainable, local food value chain as a new model for strengthening inter-sectorial linkages between agriculture and the hotel industry, desire of guests to experience a "taste of place"	Stakeholders of food industry in the UK (In-depth telephone interviews)	N/A
5	Local food value chain	Thomas-Francois et al., (2017) Grenada	traditional ethnic cuisines, specifically the soups of the Romanian, Saxon, Magyar, and Roma ethnic groups; serving soups of all ethnic groups as a common touristic package contributes to tourism sustainability and strengthens local identity	key stakeholders involved in the local food hotel supply chain -individuals from agriculture, hotel industry, government sectors (interviews)	Not explicit, but concepts like economic development, sustainability, and value co-creation in the context of the local food
6	Ethnic soups as resources for sustainable local development	Borcoman & Sorea, (2023) Romania		individuals from the four ethnic groups living in the Rupea area of Romania: Romanians, Saxons, Magyars, and Roma people. (Semi-structured interviews)	Doublets of gustemes, based on Claude Lévi-Strauss' model,

7	Involving rural youth in food system transformation and promoting community-based agri-ecotourism and promoting agri-ecotourism	Rana & Bisht, (2023) India	food system transformation and promoting community-based agri-ecotourism, improving the production and consumption aspects of local food for the benefit of local communities and the economy, culinary travel opportunities in homestays	Rural youth, farmers, policymakers, planners (FGD in 100 villages)	NA
8	The authentic value of real food	Weiss, (2012) USA	Farm-to-fork local food movements, food in totalities	Menus, cookbooks, food blogs (Ethnography)	Ethnography, Durkheimian sociology, British functional structuralism, and Gestalt psychology

Annex 2:

Table 6. Content Analysis of All Selected Quantitative Studies (n=10)

S.N.	Food significance in rural tourism	Author(s) (Year) Country	The theme of the Research	Targets of Data Collection (Tools of Data Collection)	Theory/Model/ Framework Applied
1	Local food and sustainable tourism experience	Zhang et al., (2019) China	Authenticity in food enhance tourist satisfaction and loyalty to tourist destination	Tourists	quality-Satisfaction-Loyalty Framework
2	Rural tourism and the craft beer experience	Murray & Kline, (2015) USA	Culinary tourism, connection with community, authentic experience, and local food bring tourists closer to host culture, brand loyalty	Travelers in Rural areas	Theory of Planned Behaviour, Theory of Reasoned Action, Loyalty Ladder Model
3	Local food for memorable tourist experiences and place attachment	Tsai, (2016) Taiwan	Local cuisine creates unforgettable memories, place attachment, and emotional connection to the destination	tourists on the final day of their trip to Taiwan (Likert Scale)	N/A
4	Local food for destination attraction	Björk & Kauppinen-Räsänen, (2016) Finland	Food-related behaviour, and food experience food as essential to destination choice	Attendees of a travel fair	N/A
5	Sustainable tourist experience and local tourism product	Lai et al., (2016) Italy	Fishing with local fishermen, willingness to repeat, influence of cultural experience on tourism	pescaturists in Sardinia	Customer Satisfaction

6	Promoting local quality food products	Folgado-Fernández et al., (2019) Spain	olive oil tourism, a link between olive oil tourism and gastronomy, heritage, and cultural traditions	tourists who visited the district of La Serena in Extremadura, Spain	Local food, tourism and identity of the country, Experiences and olive oil tourism
7	Sustainable strategies for local food supply	Minier et al., (2023) France	Impact of the COVID-19 pandemic on roadside sales activities, Comparison of roadside sales activities before, during, and after the pandemic	Roadside sellers in Bora-Bora Island	-
8	Food experience and tourist satisfaction	Babolian Hendijani, (2016) Indonesia	The effect of food experience on tourist satisfaction, actors that contribute to a pleasant food experience for international tourists	International tourists visiting Indonesia	-
9	Local food specialties on the decision to (re)visit a tourist destination	Alderighi et al., (2016) Italy	Local food specialties affect the attractiveness of tourist destinations, Factors affecting the intention to (re)visit a destination, Gastronomy as a Reason for Travel	Resident Italians who intend to visit or revisit popular mountain resorts	The Multivariate Probit Model
10	Recommending destinations due to local cuisines	Adongo et al., (2015) Ghana	International tourists' experiences regarding local foods, Five main categories of local food experiences and adverse experiences, willingness to recommend	International tourists visiting Ghana	-

Annex 3:

Table 7: Content Analysis of All Selected Mixed Method Studies (n=5)

S.N.	Food significance in rural tourism	Author(s) (Year) Country	The theme of the Research	Targets of Data Collection	Theory/Model/Framework Applied
1	Sustainability through food and wine	Serra et al., (2021) Portugal	Gastronomic tourism and its association with regional food and wine pairing.	experts in the field of gastronomy, wine, and tourism (Real-Time Delphi Questionnaires)	N/A

2	Traditional food and tourist destinations	Mo et al., (2022) China	<p>evolution process of local traditional diet and its influence on the construction of gourmet tourism destinations, communication with tourists to help them appreciate and accept local tastes, a “supportive experience” to “peak experience”, dismantling the wall between backstage/ frontstage in rural tourism</p>	<p>business operators (Questionnaires), cooks, and other stakeholders including local residents (interviews) in Hongcun</p>	<p>Theory of Dramaturgy (the concept of ‘life as theatre’: frontstage, middle stage and backstage)</p>
3	Food as a form of destination identity	Food as a form of destination brand identity and its role in building a destination brand,	<p>Tourism stakeholders including tourism officers and chairmen or managers from the hospitality industries (analysis of secondary sources like brochures and websites and questionnaires filled by stakeholders)</p>	N/A	

4	Food and products for memories and culture	Lin & Mao, (2015)the critical attributes of award winning food specialties and the connections with requirements for food specialty souvenirs. A content analysis research approach was adopted in the current study. Research samples were selected from a professional food specialty institution (National Association for the Specialty Food Trade, NASFT USA	development of food souvenirs, Sensory dimension of food souvenirs, Potential of locally developed food products to attract tourists, promote a destination, and increase consumption	Samples were selected from a professional food specialty institution, NASFT - food manufacturers, food retailers, and wholesalers (Quantitative: content analysis research approach; qualitative: generalizations)	content analysis research approach
5	Tourists' consumption of local food	Frisvoll et al., (2016) Norway	A minority of rural tourism tourists have a special interest in food, but for those who do, local food plays an important role in their tourist experiences, Association between tourism and food	tourists in a rural Norwegian region (447 respondents, and semi-structured interviews of strategically chosen tourists)	N/A

Annex 4:

Table 8. Content Analysis of All Selected Library Researches (n=2)

S.N.	Food significance in rural tourism	Author(s) (Year) Country	The theme of the Research	Targets of Data Collection	Type of Research	Theory/Model/Framework Applied
------	------------------------------------	--------------------------	---------------------------	----------------------------	------------------	--------------------------------

1	Food tourism, niche markets and products in rural tourism	Sidali et al., (2015) N/A	Niche marketing, Food specialties, the meaning of local food, the role of local food in reinforcing personal identity, taste, and authenticity, support for local producers, seven dimensions that elevate food.	Secondary Literature	Library Research	The experience economy, The 'Intimacy' Model
2	Comparing the sustainability of local and global food products	Schmitt et al., (2017) Europe	Sustainability of local and global food products, wine and cheese, biodiversity preservation, environmental impact, transparency as sustainability performance issues	Secondary Literature	Library Research with Mixed Data	preference ranking organization method for enrichment evaluations (PROMETHEE)