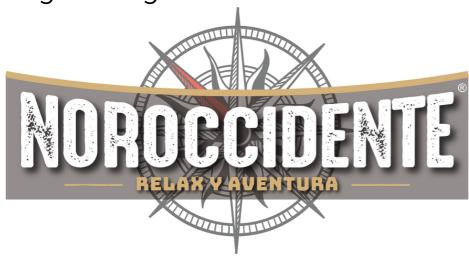


EXOTIC FRUITS, MEDICINAL PLANTS AND NON-CONVENTIONAL FOOD PLANTS



ORGANIZES:

digital magazine



WORKSHOPS:





CONTENT:



With a native guide, an expert in fruits exotic, we will know a great variety of wild fruits, native and introduced; as well as medicinal plants, which are produced in the Pedro Vicente Maldonado canton (seasonal fruits)



PANC ECUADOR will present us the correct way to exercise true food sovereignty and also how to introduce into our daily diet a very broad variety of unconventional food plants, which occur in the entire Andean Chocó.













OBJECTIVE GROUP:

This workshop is mainly aimed at: Chefs, students gastronomy, botany, agriculture, agribusiness, biotechnology, tourism. among other related branches. equally way to the general public who wants to venture into the wonderful world of exotic fruits and unconventional food plants offered by the Chocó Andino.

AIM:

Make known and disseminate all the agro-food wealth, clean, organic, free of agrochemicals and pesticides. Produced in the Chocó Andino, by small and medium producers, the same ones that make clean agriculture and self-sustaining way of life and production. Giving priority to the conservation, reforestation and care of the forests and natural water tributaries.

Itinerary: Estimated times

- 6h00 Meeting Central Park of Mindo
- **7h00** BREAKFAST San Miguel de los Bancos OPTIONS:
- 1.Continental:. Ham and cheese sandwich, eggs, coffee juice
- 2.bolón: mixed (chicharrón cheese), eggs, coffee juice
- 3. Tigrillo mixed (cheese chicharrón), egg, meat steak, coffee, juice
- 4.Patacones: cheese, eggs, coffee, juice
- 5.Green banana empanadas: (cheese or chicken), eggs, coffee, juice
- 8h30 Fruit Tour -Workshop tour of exotic fruits and medicinal
 plants- Pedro Vicente Maldonado Break tasting seasonal fruits
- 11:30 a.m. Departure to Nanegalito
- 12:30 pm Nanegalito Lunch

OPTIONS 1. Grilled Chicken

- 2. Grilled Loin
- 3. Breaded Fish
- 4. vegetarian noodle
- 2:30 p.m. Intillacta Reserve Nanegalito
 Unconventional Food Plants Workshop PANC(previous walk, approx. 15 to 20 min. From the place to where the bus)
 - 5:00 p.m. Return to the central park of Mindo

Price: \$80 USD

INCLUDES TAXES AND TRANSPORTATION
DEPARTURE AND ARRIVAL:MINDO CENTRAL PARK
NO INCLUDES TIPS

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SUGGESTIONS:

- Bring a mid-morning snack.
- Thermos or bottle of water.
- Wear comfortable walking shoes, ideally closed.
- Wear pants and long sleeves, ideally waterproof clothing.
- Bring repellent and sunscreen.
- People with food allergies or special food needs, please inform at least 2 days before the trip.

WOULD YOU LIKE TO MAKE THIS FANTASTIC TOUR WORKSHOP?

Minimum group5 pax.

CALL US:



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