

WORKSHOP SMELLS & FLAVORS

CHOCÓ
ANDINO

**EXOTIC FRUITS, MEDICINAL PLANTS AND
NON-CONVENTIONAL FOOD PLANTS**



ORGANIZES:

digital magazine



WORKSHOPS:



Av. El Inca E4 - 244 y Guepi
Quito - Ecuador



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www.noroccidenterelaxyaventura.com

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.





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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 group 5 pax.

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