

Third Biennial COOKS' TOUR OF CUBA!

November 24th to
December 8th, 2008



Slow Food - Local Food

World leader in Organic Production
and Urban Agriculture

Food Sovereignty and Security

CUBA HAS IT ALL!

THE HOLM TEAM
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INCLUDED:

- ✓ Fourteen nights accommodation – 7 nights in five star hotels (Melia Varadero, Melia Santiago de Cuba, Hotel Nacional) and 7 nights in country hotels
- ✓ All meals (breakfast, lunch and dinner) except for 3 lunches and 2 dinners in Havana.
- ✓ Eight-day culinary tour of Cuba.
- ✓ All ground (air conditioned coach) and air transportation (Santiago to Havana) in Cuba.
- ✓ Full translation, bilingual Cuban guide.
- ✓ Escorted by Canadian Agrologist Wendy Holm.
- ✓ Not Included: airport taxes, beverages (except at the all inclusive Melia Varadero) and gratuities.
- ✓ We can also book your direct flights and insurance from most Canadian airports.

COST:

\$3,050 CAD per person, double occupancy plus airfare
Single room surcharge is \$335 CAD. Deductible for
cuisine professionals

ELIGIBILITY:

Limited to 25 persons, the "Cooks' Tour" will be of interest to cooks, restaurateurs, food writers and others in the cuisine sector and their invited guests who wish to understand the cuisine and enjoy the music, dance and art of the Cuban people. Food professionals from any country are welcome to join us! (Americans can travel under General License.)



THE EXPERIENCE!

The aromas and flavors of Cuba's cuisine are a convergence of the island's Aboriginal, African, Chinese, Jewish, French and Spanish heritage. We sample traditional dishes prepared from centuries-old recipes up to the most contemporary interpretations.

Our Cuban partner is Asociacion Culinaria de Cuba - the Cuban Culinary Association. In Cuba's most historic cities, we will gather at the elegant "Casa del Chefs" to spend an afternoon with chefs from top local restaurants learning about and tasting the cuisine typical to each region. We'll explore prestigious paladars (La Habana's Cocina de Liliam and La Guarida). We'll visit street vendors, hotel kitchens and homes honoring and expanding on the traditions of "la cocina".

New words and dishes will enter your culinary vocabulary such lechón, puerco asado (roasted and flame cooked pork), tachinos, chatinos, mariquitas, tostones (all made from green plantains) congrí (rice with red beans), moros y cristianos (rice and black beans), picadillo a la habanera (ground beef in tomato sauce), yuca con mojo (cassava in a sauce of oil, garlic and bitter orange), malanga (a root vegetable), tamales and many more. The Cuban sweet tooth honed by centuries of sugar production means each meal includes special desserts.

BOOK EARLY!

Join prize winning Canadian Agrologist Wendy Holm this November for an exciting, up-close look at Cuba's sustainable agriculture sector...



www.theholmteam.ca

SLOW, LOCAL, SUSTAINABLE FOOD CUBA HAS IT ALL!

This special two week Cooks' Tour, organized under the auspices of the Canada Cuba Farmer to Farmer Project, will introduce food professionals not only to the cuisine of Cuba but also to the remarkable success Cuba has had in rebuilding its community agriculture capacity from the ground up in only a decade.



Here's what others have to say about it. Full articles are posted on our web-page.

From Cuba, With Love

Canadian Living Magazine, April 2006

BY ELIZABETH BAIRD and ROSE MURRAY • (Our welcome was not just special; it was spectacular. We felt like brides on the big day... Instead of carrying bouquets, a line of chefs, bemedalled and in blinding whites, formed a guard of honour offering us salmon pink gladiolas as we entered the courtyard, our steps automatically getting into the rhythm.

Warm smiles, tables decked with red-checked cloths, trays of mojitos, a spread of seafood and desserts and the nose-teasing aroma of grilling pork was a joyful introduction to the first of five visits to chefs organizations in Cuba's major cities: Varadero, Cienfuegos, Camaguey, Santiago de Cuba and Havana.

The culinarians tour, arranged by Agrologist Wendy Holm had a purpose: to enjoy a taste of Cuba and to make connections with Cuba's chefs....The stop at Varadero, as at each... Casa del Chef, showcased local specialties Varadero's feast starred seafood, such as langoustines or Caribbean lobsters, atop traditional rice and black beans or in a seafood-style paella, fish steaks, crab, shrimp in tomato sauce, and octopus.

Next stop Cienfuegos, where we savoured shrimp again, unexpected lamb and a corn and crab pudding. At Camaguey, where curved streets and dead ends were designed to foil marauding pirates, the pride of the table was ajiaico, a thick vegetable-and-meat soup and rollito de tasajo, beef jerky in a crisp crepe.

In a shady courtyard in Santiago de Cuba we feasted on stuffed rolled pork and crispy chicken plus side dishes that we encountered everywhere: rice, yucca with garlic dressing and chunks of fried plantains and always an abundance of organically grown fruits and vegetables.

These touchingly hospitable lunches were interspersed with Cuba's celebration feast: spit-roast pigs with mopjo, a wake-up citrus sauce that stood nose-to-nose with the richness of the organically raised pork....

From our travels its clear that there are brigades of chefs bursting with pride for the traditions and products of their country and farmers raising first-quality produce, an all are ready to welcome Canadians to their warm and friendly island...

Why don't we have gardens like this? Macleans Magazine, Sept 3, 2007

BY JENNIFER COCKRALL-KING • Jorge Carmenate... welcomes us to El Rabanito, a three-hectare market garden in a mixed commercial and residential neighbourhood in the city of Ciego de Ávila...



Americans have come to see what is one of the nation's top-producing organopónicos, the urban organic farm co-operatives that are the cornerstone of how Cuba manages to feed its 11.4 million citizens, using as little as five per cent of the energy that it takes its neighbours to the north.... Canadians spend up to 12 calories of nonrenewable energy to produce one calorie of food on our dinner plate. In Cuba, the ratio is reversed.

El Rabanito is one stop on a 14-day food tour of Cuba, organized by Bowen Island, B.C.-based agronomist Wendy Holm.... He's thrilled that yet another group of Canadians and

Welcome to "slow food," Cuban style, born out of economic constraints rather than philosophical ideals: it was the Cuban economic crisis in the early '90s that forced the country to buckle down and grow over 80 per cent of the fresh produce it consumes. Cubans eat only what they grow within a reasonable proximity to where they live... they eat only what's in season... and food is produced using labour-intensive organic farming methods...

"The public decides what we plant," says Carmenate, pointing out some 50 vegetables North American chefs would fall over themselves to get. Picture-perfect Chinese cabbages, tomatoes, lettuces, cucumbers, culinary herbs and medicinal flowers drip over beds raised less than a foot off a flat, rubble-covered lot...

It's hard not to chuck our cell phones, grab a spade and join Cuba's "green revolution." The system attains ideals we are just beginning to wrestle with: lessening the ecological footprint of the food we consume and ensuring a secure food supply, one driven by nutritional needs, not profits for multinationals. "

CUBA! Chef's News, April 2007

BY CHEF CHRISTOPHE KWIATKOWSKY •

Twelve of us, with diverse culinary interests-- from chefs, food writers and foodies, joined Wendy Holm's Cooks Tour of Cuba...

Our first exposure to Cuban fare was at Melia Varadero, where... Chef Americo prepared the first of several memorable Cuban meals. We were treated to a lunch of sliced shell-on Langouste (rock lobster) braised in bisque, several salads and the 'pièce de résistance'—2 boneless suckling pigs stuffed with beans and rice. With pride, Chef Americo tells me that the suckling pigs were no more than two months old. I eyed my Pacific Northwest comrades ... but after a few comments on how 'cute' they are, the chef cut the beast and serves us a healthy portion with the crispiest and most succulent skin I ever had. We dig in!...

