



**KATUK:            CONDIMENTING            WITH            GREEN**

*Let's keep our feet on the ground! Our hands on the plants... At Macaw we like to talk 'fresh, organic' but we truly live for this process: We have the privilege and fortune of walking between ferns and a unique plant collection all the way to our garden, where the hard work of everyday is channeled into the earth's health. Collecting the produce by hand takes effort but is also gratifying, as we hold a leaf of Katuk, originally*

*from Southeast Asia, we start the preparation of a nutritious meal. Sauropus androgynus is a popular leaf vegetable for its high yield and palatability, also a high source of vitamin K, and the freshly plucked leaves provide vitamin B, C and carotenoids. In our farm and kitchen we use it in salads for flavor, icecream to decorate with its white and pink color flower or in juices for its various health properties!*

*Our channel is being updated and you can find more Katuk content here: <https://www.youtube.com/channel/UCPRC-ly9MNQILWw3GYPNjlQ>*



## **KNOWLEDGE EXCHANGE WITH SURINAMESE ENVIRONMENTAL CONGRESSMEN**

*The first Sunday of the year 2018, Macaw Lodge hosts a group of Surinamese Congressmen accompanied by and guided around Costa Rica by Carlos Rodríguez, ex Minister of Environment. He represents Conservation International, an NGO that focuses on conservation all over the world. They have already worked with 35 countries in the 30 years they have existed and focus on working on efforts towards conserving biodiversity. Today, they bring Surinamese politicians to the lodge with the purpose of a knowledge exchange, which is very important between countries of similar resources and climates. Rowan Braybrook from CI comments how these lessons that legislators can adapt and apply to their own governments are invaluable.*



*After a healthy lunch, we walk around the farm showing the different agroforestry systems that we have and explaining how these promote conservation and sustainability. Jerry A-Kum adds on his expectation that there is a higher utility of nature for tourism purposes. He wants to present alternatives to his people to enhance sustainability. Additionally the goal is to create consciousness, but also that it is financially beneficial. “Costa Rica is a great example of not having to reinventing the wheel.”*





### ***Frog Mapping is Up!***

*Amphibian expert Mary Collins dedicated her efforts observing and listening through different puddles, streams and water features around to find and record the frogs and toads at Macaw. We are very grateful and hope that in your visit you could appreciate some of these species! In case you are still curious, check out and explore more here:*

<https://www.thinglink.com/scene/1014701435725545475>



*Mary Collins at Macaw Lodge.*



***We are now part of the Convention on Biological Diversity!***

*Better known as BPM, Biodiversity Partnership Mesoamerica is an association that seeks the conservation of biodiversity in the private sector, involving businesses in multiples economic sectors. Central America only covers 0.5% of Earth's surface yet is home to 7% of the planet's biodiversity! At Macaw, we are very proud and happy to have signed the social compromise agreement, where three basic objectives are covered as part of the Convention on Biological Diversity: biodiversity conservation, the sustainable use of its components, and the fair and equitable participation of the resulting benefits of the resource utilization. BPM was founded 2012 from a private-public alliance between several companies and government*

*offices in Mesoamerica. We share their vision of being global leaders in business and biodiversity, promoters of development and the conservation of biodiversity alongside BPM. Read more about them online:*

<http://www.bpmesoamerica.org/category/noticias/>





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