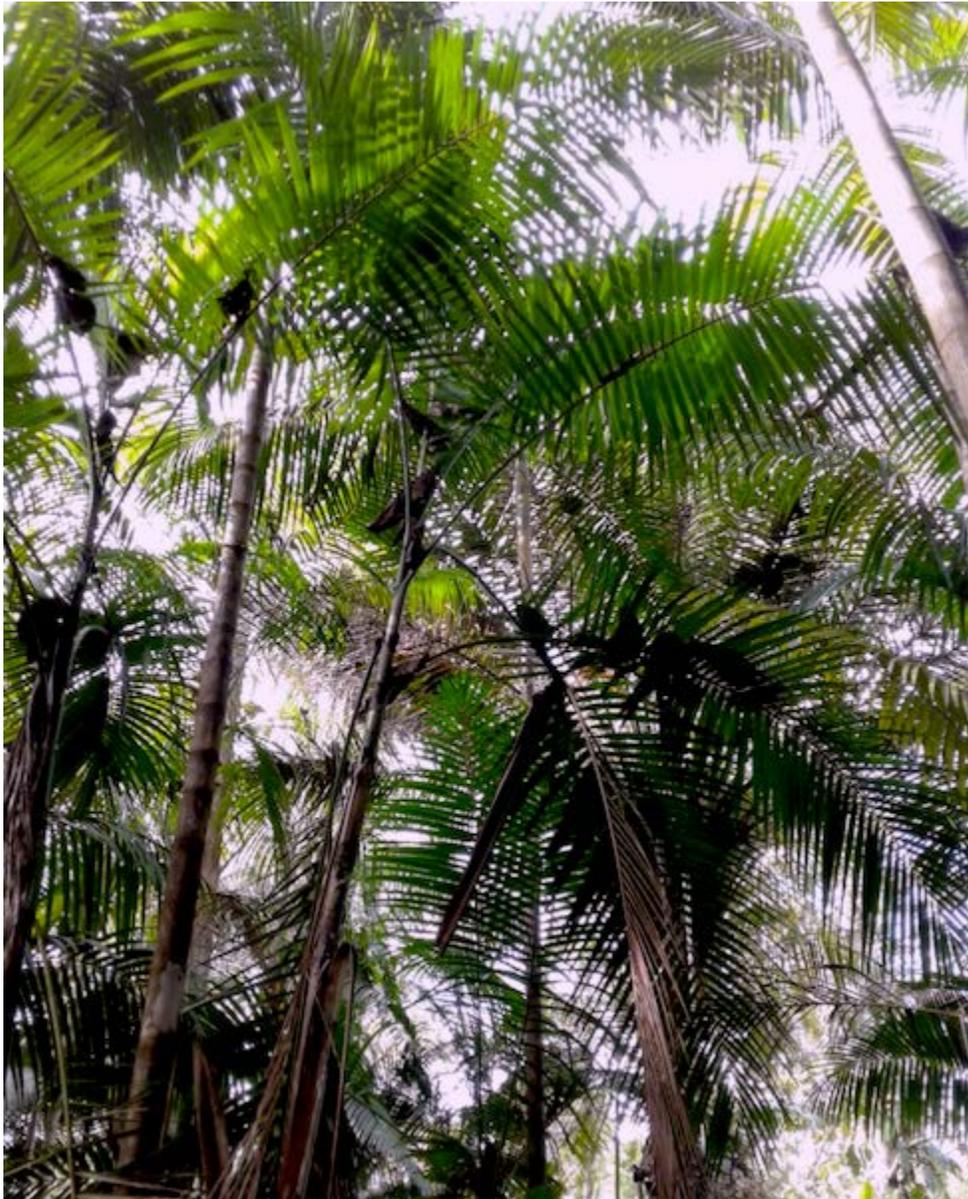




ACAI: THE BRAZILIAN SUPERFRUIT ON OUR OWN GROUNDS

We are very happy and proud to share with you some pictures and information on our acai plants. Acai berries grow on palm trees in Central and South America's rain forests. This purple berry with a yellow fleshy inside is actually a drupe. They taste somewhat bitter and very earthy. They are very popular in bowls, smoothies, ice creams and even in body creams. One of the top health benefits of this berry is its antioxidant capacity. Antioxidants are important to prevent cell damage and to keep our bodies smoothly. 100 grams of frozen acai pulp have three times as much as blueberries. Acai can also better cholesterol levels, protect against cancer, and prevent memory loss and aging.

Acai was planted in Macaw the year 2013 and the first harvest of our acai palm trees took place last year and this 2019 we had a second round. There is a new plantation that is currently green and the idea is that with time our acai production becomes efficient, for us and for the land. It will be planted as part of our agroforestry systems and as a monoculture as well. For now, we use it as a filling in our chocolate bonbons. We wish to produce enough to be able to sell and provide third parties with the fruit or the pulp and also have a small amount in our own kitchen for smoothies, bowls and desserts.





RECIPE: GREEN SOUP

This month's recipe from our amazing chef Liz is the green plantain soup. This recipe serves 4.

Ingredients:

- Chives or cilantro to taste*
- 1 medium green plantain diced in cubes*
- 2 medium potatoes diced in small cubes*
- 12 chopped onions*
- 2 crushed garlics*
- 2 tablespoons of sunflower oil*
- 2 cups of sweet cream*
- 3 cups of water*
- salt and cumin to taste*
- 1/4 teaspoon of achiote*

Steps:

Heat the oil in a pan and start softening the onion. Once it is crystallized, add the garlic, then the plantain, potatoes, achiote, cumin, salt, water, sweet cream, and leave everything cooking and mixing at medium fire until the potatoes and plantains are soft. Bring the temperature down and add some culantro or chives right before serving.

Enjoy this simple and healthy green soup!



EXTRACTING KNOWLEDGE, AND HONEY, IN A SWEET WAY

This month we had a special visitor, María Fernanda Gil, who taught us how to extract honey from the stingless honey bees in our farm. Every two years, this honey is collected and stored. This bee species and the honey it produces are very different than your average honey in the way that it is produced and the properties it has. In every harvest, the production is low but the quality is high. This honey is rich in vitamins and has antibiotic properties. Some people consider it a medicinal type of honey.

The boxes were built in a way that the nests are not affected as much. Frames are placed to separate the main hive and extracting the honey is done in the least invasive way. Once extracted, it is steamed and then kept in the refrigerator. The ideal timeframe of harvest is doing it every two years, respecting the beehive's cycles. We are very happy that this knowledge and the techniques were brought to us. With time, Macaw and its staff continue learning from the nature that surrounds us. Our philosophy is based in understanding and respecting, taking but also giving, sharing and enjoying.





Escrito por Gabriela Mateo