El Retiro was a large farm in Cardenas, Matanzas province.



#### Rolando was our tour guide at El Retiro farm.



El Retiro (the retreat) is run by a Baptist ministry and provides work for local residents as well as food to primary schools and the elderly.



Like other farms we visited, intensive organic production was in raised beds.





Lemon grass (Cymbopogon citratus) is called the Cana Santa (holy cane) in Cuba.





However, this was a large farm with traditional field production.



#### Planting corn by hand after the tractor opens a furrow.



# Setting up the irrigation system.



## Horse-drawn wagon with food waste.



## Food waste headed for recycling.



It turns out the food waste is for the goats.



Rolando and his looka-like bee hive.



El Retiro farm had a working kitchen for value added food production.



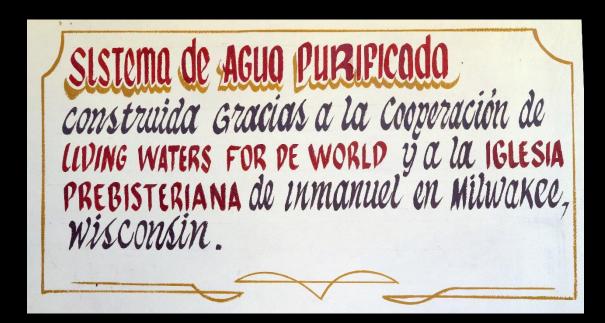


Aris and her solar fruit dehydrator.





They were very proud of their water purifier donated by a Presbyterian church in Milwaukee WI.





Hanna and Plumeria



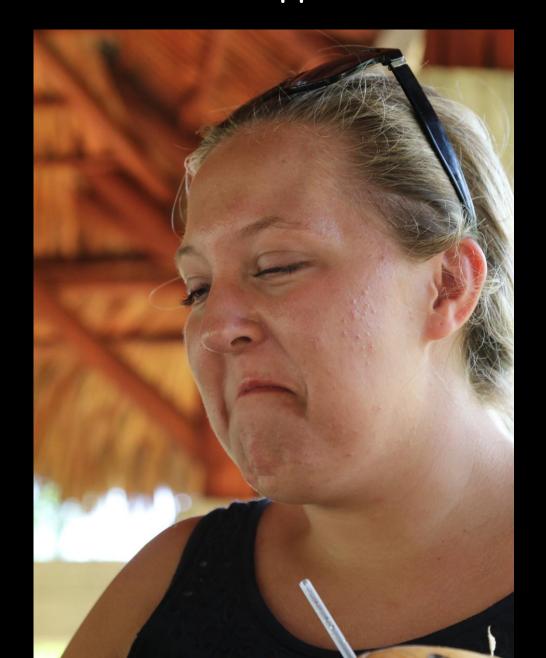
A variety of fruits produced on-farm for lunch including cashew apple.





#### Grace's first encounter with a cashew apple.





Carolyn was also trying new things.





# Cutting coconuts



#### Coconuts for everyone.

