

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.



Rolando

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 look-a-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.

SISTEMA de AGUA PURIFICADA
construida Gracias a la Cooperación de
LIVING WATERS FOR DE WORLD *y a la IGLESIA*
PREBISTERIANA de inmanuel en Milwaukee,
Wisconsin.



Hanna and
Plumeria



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



Cashew apple can be a bit astringent.



Grace's first encounter with a cashew apple.



Carolyn was also
trying new
things.



Cutting coconuts



Coconuts for everyone.

