

Omar González Santamaría was the owner and our host at Placido Farm.



Both Fidel and Raul Castro had visited his farm.



We began our visit with a discussion of Placido farm's sustainable production.



Omar gave us the health
benefits of Moringa and
Sacha ichi (*Plukenetia*).



Omar was also a proponent of biodynamic farming. He illustrated his method for making the preparation from various minerals and fermented manure herbs.





Part of the farm produced on agroforestry principles with ornamental cut flowers growing in the shade of fruit and nut trees.



It seems like a good time for a group photo.



Omar discussing his worm culture system.



A worm bed shaded by the trees and a cheesecloth frame.



We finished the visit to Placido farm
with a lunch of fish and rice.

