

Sacred Valley local farming community.



The local Quechua community greeted the coach with music and flowers.





Flute player and young
apprentice drummer.







The village complex.



Pine boughs and salvia flowers greeted us at the gate to the complex.







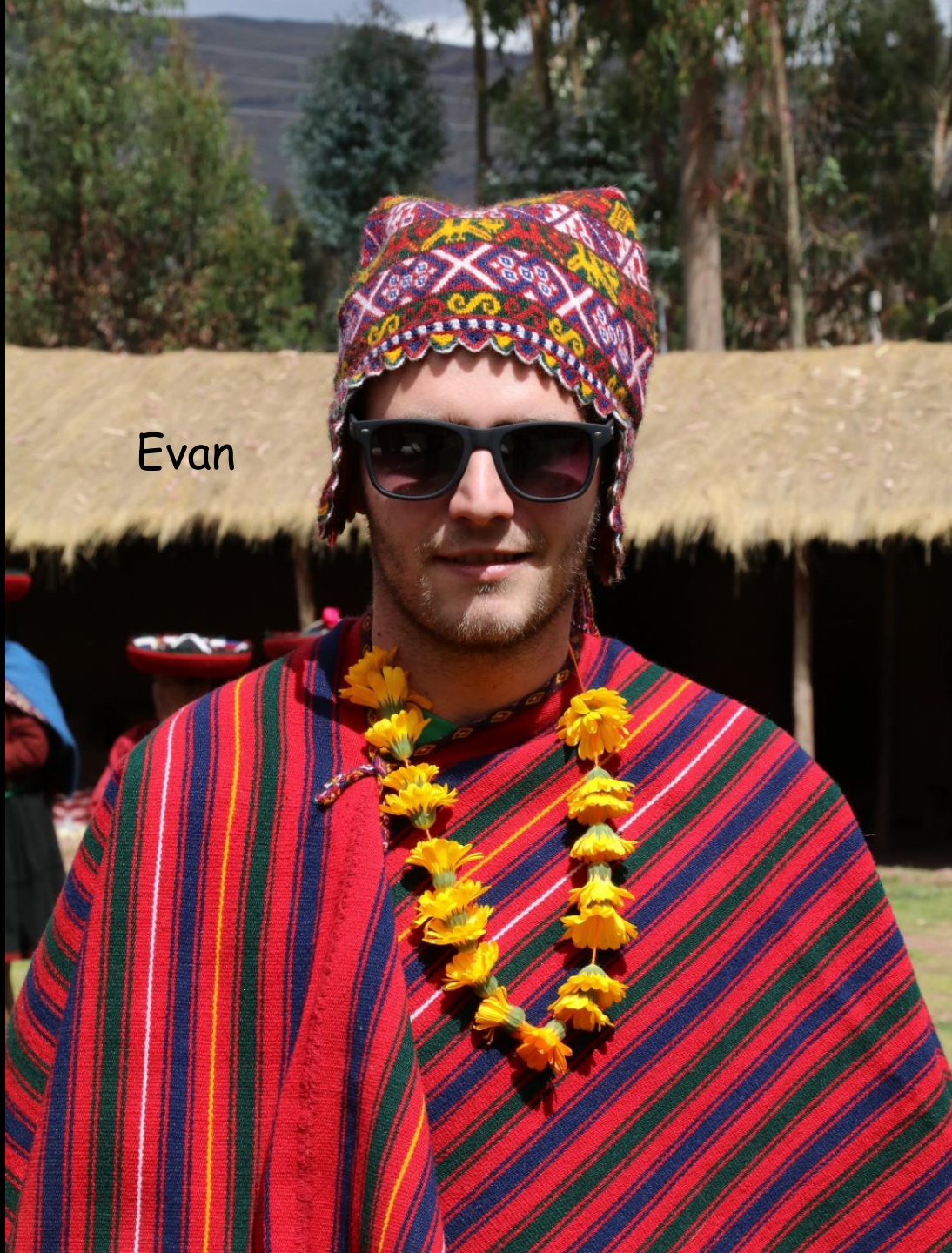
We all received a local outfit including a poncho and a hat (Chullo).



Bridget and Lauren



Evan



Mark







Checking out the food for today's lunch.



Potatoes, faba beans and oca.





Faba beans
and oca.

Assorted Oca (*Oxalis tuberosa*) types.



Before we can have lunch, we need to build a traditional fire pit (Watya).

















Quinoa needs to be washed and dried
several times before it is edible.



Quechua sling shot demonstration



Evans turn



Brandon with the band.



Stoking the oven.



While the oven heats, it is time for an Inca Kola break.



Almost time to add the vegetables.





The potatoes need the higher heat and go into the oven first.



The top of the oven is collapsed to cover the potatoes and make room for the Oca.



Time for the Oca.







Finally, the Faba beans are added near the top.



The entire oven needs to be covered with soil so no steam escapes and the food can cook.



While the food is cooking, we go to the field to dig tubers.





Instruction is simple, dig the hills and pull out the exposed tubers.



The operation is simple, but it can be difficult because of the exertion at high altitude.





We got to dig several tuber crops we saw at the potato institute including Mashua, Oca, and Ollaca.



Mashua
Tropaeolum tuberosum



Mashua
Tropaeolum tuberosum



Mashua (*Tropaeolum tuberosum*)







Oca
Oxalis tuberosa



Oca
Oxalis tuberosa



Golden potato
(Olluca)



When we get back, the food is ready to remove from the earthen stove.





A taste before lunch.







Lunch (Huatya) is served.



First is the quinoa soup with squash, potato and local spinach.



The main course is potato, oca, faba bean with mint tea.

