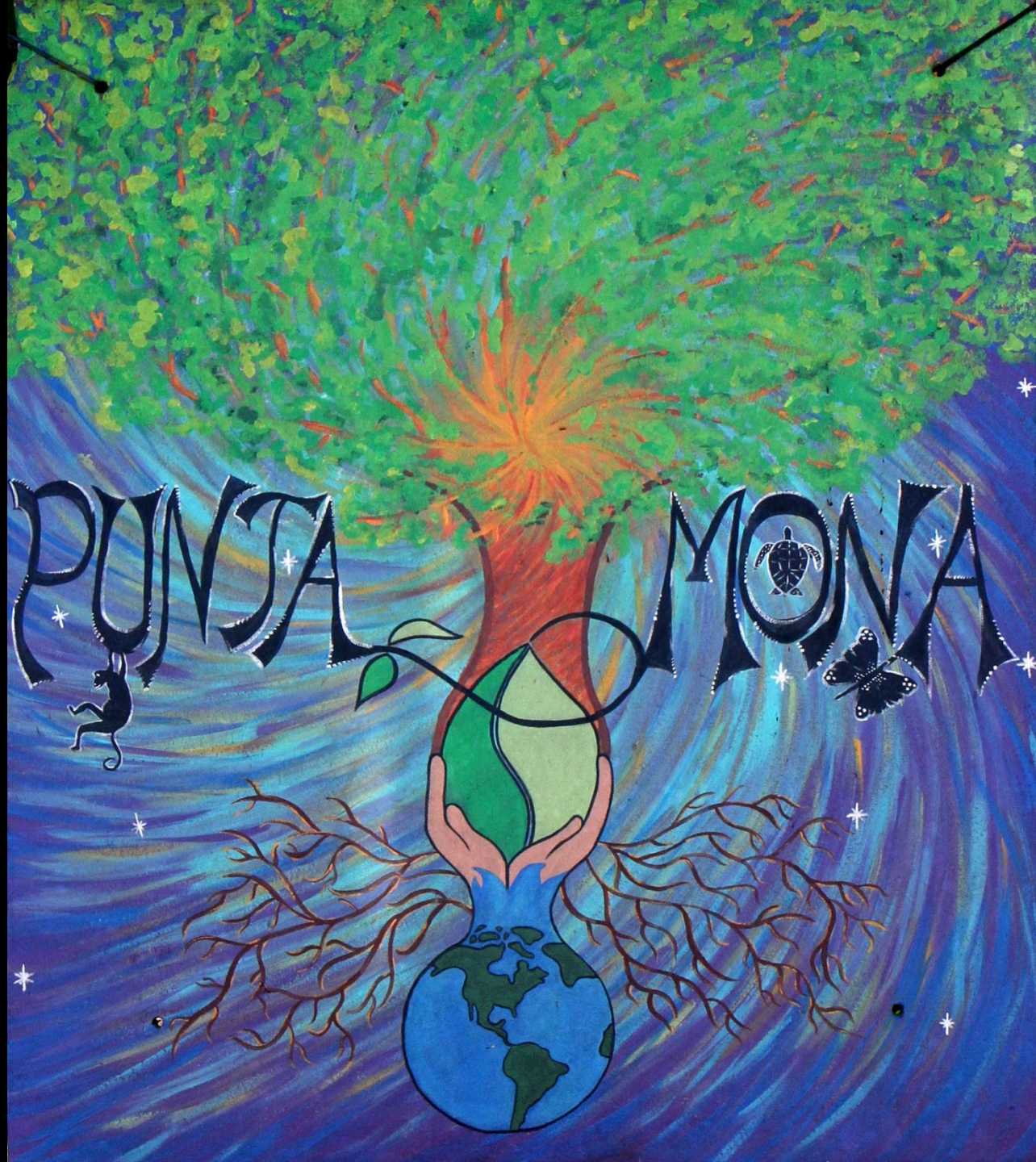


Punta Mona Center for
Sustainable Living and
Education



Punta Mona Center is
boat ride along the coast
from Puerto Vieja.



Matt and Katie with a coconut drink waiting for the boat captain.



Boat ride to Punta Mona.











Punta Mona Center for Sustainable Living and Education takes a holistic approach to food production and healthy living.



Permaculture Principles

- OBSERVE & INTERACT
- CATCH & STORE ENERGY
- OBTAIN A YIELD
- APPLY SELF REGULATION.
ACCEPT FEEDBACK
- USE & VALUE RENEWABLE
RESOURCES & SERVICES
- PRODUCE NO WASTE
- DESIGN FROM PATTERNS TO DETAILS
- INTEGRATE, NOT SEGREGATE
- USE SMALL & SLOW SOLUTIONS
- USE & VALUE DIVERSITY
- USE EDGES & VALUE THE MARGINAL
- CREATIVELY USE & RESPOND TO CHANGE

Punta Mona living quarters



Punta Mona Yoga center



Apparently, we were important enough to warrant video taping while we toured the Punta Mona farm.



Vegetable production



Raised bed vegetable production.



Edgar and Bernardo navigating
the low wet area being
prepared for planting.



There was a wonderful collection of tropical fruit trees like this Surinam cherry (*Eugenia uniflora*).



The fruit covering of annatto (*Eugenia uniflora*) can be used as a dye and our guide is showing how it can be used to paint your lips.



We were also introduced to nutmeg (*Myristica fragrans*).
The inner portion is the seed that is used as the nutmeg spice.
The red covering on the seed is an aril used as the spice Mace.



A stove for making
biochar that is used
to fortify the soil.



There were also farm animals at Mona Punta.



After the farm tour, lunch was prepared by the Punta Mona staff.



But before we could eat, there was a fellowship celebration for the food.



Alice felt very much at
home at Punta Mona.

