

Arenal Vida Campesina Organic Farm
A self-sustained, organic cultural education center



Vida Campesina Organic Farm produces food, spices,
tropical fruits and medicinal plants.



Their mission is to bring to light a system of integral production, in harmony with nature, and the rational use of the available resources.



Our tour included medicinal plants and traditional vegetables.



It was a lot of information to keep track of.



Musk bush (*Tetradenia riparia*) is an aromatic plant used as an insect repellent and for cold and flu.

Plant production under protective cover.



Wild cilantro (*Eryngium foetidum*) has the taste of traditional cilantro and is also used medicinally. One use is to eat wild cilantro raw for relief from scorpion stings.



Getting up close to papaya and eating
Katuk (*Souropus androgynous*).



Matt sampling a hot pepper.



Maybe it was a little hot.



Alice getting to know plantains.



The tattoo fern creates an impression on your skin by depositing spores in the shape of the fern leaf.



Getting a lesson on food production from a "Tico" perspective.



We had lunch after the tour on their outdoor patio.

