

SLOW FISH- New Orleans 2016

**SLOW FOOD COSTA RICA:
HELPING THE LESS
PRIVILEGED**

Patricia Sánchez

Helena Molina



INTRODUCTION TO SLOW FOOD MOVEMENT IN COSTA RICA

- The beginning of the movement in Costa Rica was 2004.
- Vision: reduce the impact of agrochemical and promote local food for rural development, also preserve traditional and regional cuisine.
- History:
 - 2004. The first Convivium name was “Caracol de la Boca del Monte” Old capital’s name.
 - 2005-now. Convivium Slow Food San José, Costa Rica





SLOW FOOD IN COSTA RICA

- Partnerships:

- UCR (University of Costa Rica), first in Agronomy, in Geography and now in CICAP and CeNAT (National Center of High Technology)
- National Program of Sustainable and Healthy gastronomy
- Member of Mexico, central America and Caribbean networks.

BENEFITS FOR THE LESS PRIVILEGED

- Rural development through studies aimed to increase the value of local products.
- Increased revenue, through quality of local products.
- Promotion of local products, through food routes and cookbooks.
- Pride in local cultural and culinary traditions.
- Empowerment of farmers and artisanal fishers.
- New sources of employment and reduction of the food chain.
- Focus on long Healthy Life Zones. “Blue Zones” of Nicoya.

INCREASE THE BASE OF FOOD SOURCES

- Promote higher quality / more nutrition through local agriculture and small scale fisheries.
- Included Costa Rican products in the ARK OF TASTE list:
 1. Cacao de Talamanca (cocoa)
 2. Frijol negro de Bijagual de Aserrí (Black beans)
 3. Pejibaye de Tucurrique (
 - Ark of Taste products from Nicoya, Guanacaste (Blue Zone).
- 1. Maíz morado (Purple Corn)
 2. Ojoche

SLOW FOOD COSTA RICA: ACTIVITIES

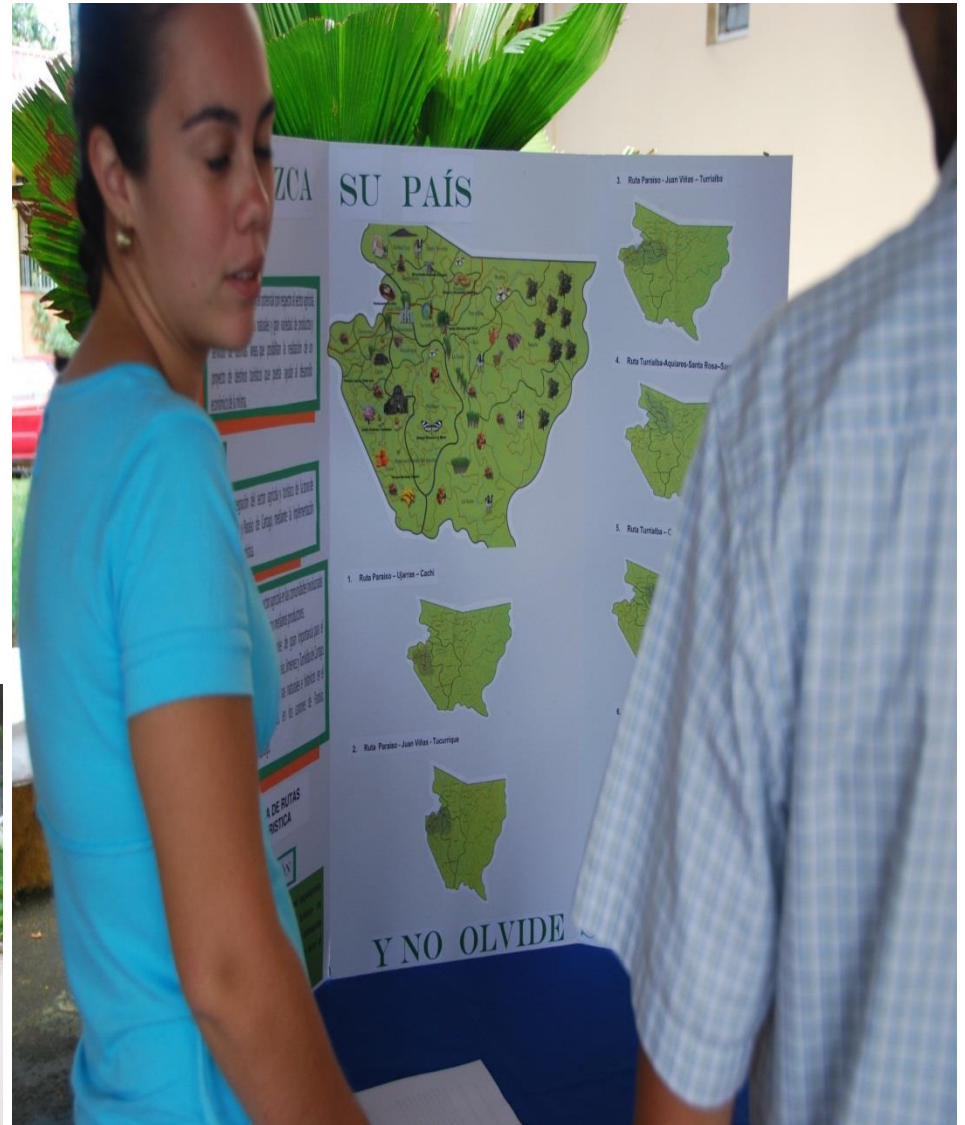
- Earth Market (Mercado de la Tierra).
- Eco-gastronomic Fair
- Work with indigenous groups and products: “Mujeres Mano de Tigre, Terraba” , Borucas, Chorotegas, Malekus, Cabecares, Huetares, Gnobes and Bribris.
- Working enviromental issues related to clean technologies.
- National and international cookbooks.
- Food routes (rutas agroalimentarias).
- Thematic lunches and dinners.
- Food fairs (national and international).
- PIAM course: “Sustainable, Healthy and fair gastronomy”.



**INDIGENOUS PRODUCTS. HUETARES.
UCR FAIR**



**TERRA MADRE 'S DELEGATES. UCR FAIR. CHEESE
TURRIALBA (DENOMINACIÓN DE ORIGEN).**



**FOOD ROUTE: SAN PEDRO, CARTAGO - TURRIALBA.
PRODUCTS: "CHAYOTE", "PEJIBAYE", " QUESO
TURRIALBA" AND OTHER**



TERRA MADRE'S DELEGATES. TORINO, ITALIA 2010



FOOD ROUTE. COMMUNITY GARDEN



EARTH MARKET. ORGANIC PRODUCERS. PLAZA 24 DE ABRIL, UCR



EARTH MARKET. ORGANIC PRODUCERS . PLAZA 24 DE ABRIL, UCR

SLOW FISH IN COSTA RICA

- First initiatives in 2006 – 2010, in collaboration with “CopeTarcoles” a group of small scale fisheries cooperative in the Pacific, through college student internships, attendance at university fairs, senior citizen outreach programs, rural tourism, recipes, etc.
- Resuming activities in 2015, with Slow Food Caribbean for Lionfish impact control (Slow Food Meeting 2015, Dominican Republic).
- Continuing in 2016, through the Convivium – CeNAT – UCR (CICAP, CIMAR, School of Biology) alliance.
- Activities ongoing and pending: Food routes, lionfish hunting tournament, Ark of Taste listings and proposals, Lionfish control initiatives, cookbooks, training, certification processes.



CHILD FISHERMAN, PRIDELY SHOWING HIS CATCH. GOLFO DULCE, COSTA RICA



CAMPAIGN TO PROMOTE CONSUMPTION OF LION FISH



FISHERMAN OF COOPETARCOLES

Thank you!

www.facebook.com/Convivium-Slow-Food-San-Jose-Costa-Rica-306133659412956/

<https://www.youtube.com/watch?v=vDPERiWHCUM> Ark of taste

www.youtube.com/watch?v=bM8GY5jvQH8 Ojoche

www.youtube.com/watch?v=NxJt5Qpf3wc Denominación de origen y rutas agroalimentarias

www.youtube.com/watch?v=xTGpYiiCb3M comer bien, comer despacio