

“Conserving Oaxaca’s Food and Agriculture Heritage” Dec. 20 – 27, 2011 **SAMPLE ITINERARY**

Dec. 20: Arrival in Oaxaca

- Orientation meeting and welcome dinner at “La Casa de la Abuela” restaurant overlooking the main plaza (*zócalo*) in Oaxaca City

Dec. 21: Valle de Etna

- Breakfast with a campesino family in San José Mogote, Etna Valley
- Presentation by Dr. Jorge Hernández on the Cultural history of Oaxaca at the Community Museum of San José Mogote
- Guided tour of San José ruins, first-known Mesoamerican villages, including a tour of Etna market stalls “tianguis” on Market Day
- “Cegueza” lunch (ceremonial zapotec meal) with a campesino family
- Presentation by Professor Manuel Sánchez on “The impacts of NAFTA on agriculture and local communities”
- Return to Oaxaca, free evening

Dec. 22: Valle de Tlacolula

- Travel to Mitla for breakfast and tour of Mitla ruins
- Presentation by Professor Soledad Herrera on Oaxaca’s Food Heritage
- Travel to nearby Teotitlan del Valle for a demonstration on weaving and traditional dyes by master artisan José Buenaventura
- Return to Oaxaca and visit [UniTierra](#) (Universidad de la Tierra) a university grounded in popular education, democracy and autonomy; Presentation on food sovereignty in Oaxaca

Dec. 23: Zimatlan/Ocotlan (Valle Grande)

- Breakfast at Ocotlan Market on market day
- Visit the maguey farm and *palenque* (artisan mezcal factory) of the Ángeles Carreño family in the village of Santa Catarina Minas
- Mezcal tasting and presentation on “Traditional mezcal culture threatened by industrialization” by sociologist Graciela Ángeles Carreño
- Lunch with the Ángeles Carreño family
- Return to Oaxaca for the [“Night of the Radishes”](#)

Dec. 24: Sierra Norte

- Breakfast in San Andrés Huayapam and travel to Sierra Juárez
- Presentation by Fernando Ramos “The Threat of Transgenic Maize in the Sierra Norte”
- Check-in at community-run Eco-cabins of Capulalpam
- Visit the Community Center for Traditional Medicine and experience traditional therapies (massage, cleanse, *temazcal*) (optional)
- Christmas Eve dinner and celebration

Dec. 25: Sierra Norte

- Early morning forest bird-watching (optional) and breakfast
- Presentation by community leader Francisco García on “The Struggle Against Gold Mining and Water Contamination”
- Presentation by campesino leader Juan Yescas Ilescas on “Milpa, fruit and flower production on pre-hispanic terraces”
- Lunch with the Yesca family in San Pedro Nexicho
- Return to Oaxaca City

Dec. 26: Monte Albán

- Tour of Monte Albán ruins with presentation on agriculture and social organization in Monte Albán
- Visit urban farm and garden sites in Oaxaca City with [RASA](#) (Autonomous Food Sovereignty Network of Oaxaca)
- Farewell dinner

Dec. 27: Departure