

CUESA Farm & Market Tour: Barcelona & the Basque Country September 7-17, 2007

- Savor traditional markets
- Talk technique with local farmers
- Experience the passion of food artisans
- Sample authentic regional products
- Share meals with local food & farm enthusiasts



Dear Friends,

Are you interested in interacting directly with farmers, food artisans and chefs in other cultures? Then please join the Center for Urban Education about Sustainable Agriculture (CUESA) on September 7-17, 2007, as we conduct our first international tour to Barcelona (the Catalan region) and the Basque country of Spain. Proceeds help support CUESA education programs, including our local farm tour programs.

We're calling on our counterparts -- sustainable farmers and food producers -- to share their personal stories as they show us what they do best. We follow their products to colorful, historic markets, including the renowned Boqueria Market in Barcelona. CUESA Board Director Peter Wilson recently returned from a visit to this market. He says, "It was the most intense market I've visited. The selection of seafood is beyond comparison, and the Iberian hams are the best. To be part of the crowd, watching locals shopping, is what makes the experience so wonderful."

Our journey is about visiting agricultural regions and exploring food traditions. It's also about enjoying the cultural heritage of these special regions. Since we can only accommodate 20 travelers for this adventure, I urge you to call me at (415) 291-3276 X 107 or email me at dave@cuesa.org. I hope you can join me!

Dave Stockdale
Executive Director, CUESA

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Friday & Saturday, September 7-8

Depart San Francisco, arriving in Barcelona. This beautiful, bustling city is the commercial and cultural center of Catalonia, a region as fiercely proud of its farming traditions as it is of its

distinctive language and cuisine. Enjoy a tasting and welcome orientation at Tutusaus, one of the city's finest specialty food shops. This evening relax while strolling the city's most famous street, Las Ramblas. (Overnight: Hotel Colon) Meals aloft, D

Sunday, September 9

We tour the Gallecs Rural Area, a land reserve set aside by Barcelona's Provincial Council and partially funded by the EU for the development of sustainable agriculture and rural communities. We visit organic farmers and traditional food artisans to learn how this region functions within the larger ring of protected lands close to Barcelona's urban center. Return to Barcelona for a walking tour of the Gothic Quarter and an optional outing for a tapas dinner at El Taller de Tapas. (Hotel Colon) B/L

Monday, September 10

We venture to Priorat district to taste hearty red wines at Puig's Winery. At Masia Duch, a winery housed in a former convent, we taste wine and enjoy an *al fresco* lunch. After returning to Barcelona, we tour Antonio Gaudi's La Sagrada Familia Cathedral, a still-unfinished architectural fantasy. This evening meet for dinner with members of Slow Food, the international movement that celebrates and protects local food traditions worldwide. (Hotel Colon) B/L

Tuesday, September 11

This morning tour world-famous La Mercat de Boqueria. This market was cited as best international public market at the 2005 International Public Markets Conference. After our guided tour, we prepare lunch in a cooking class using market produce and Catalan recipes. This afternoon visit the Picasso Museum and the Textile Museum. Dinner and the evening are on our own. (Hotel Colon) B/L

Wednesday, September 12

Depart this morning for a walk through La Mercat de Santa Catarina, another of Barcelona's thriving markets. Our visit includes a guided olive oil tasting. After lunch on our own in the market, we drive toward Figueres near the French border, stopping at the prestigious Dauro Olive Oil Estate en route. Dinner will be at the Hotel Mas Pau, where we spend the next two evenings. (Hotel Mas Pau) B/D

Thursday, September 13

In nearby Cadaques we tour the house of acclaimed artist Salvador Dali. We have the option of visiting the Lighthouse before lunch at a charming seafood restaurant. Return to Figueres in the afternoon to visit the Dali Museum as well as local food artisans. Dinner and the evening are on our own. (Hotel Mas Pau) B/L

Friday, September 14

Fly today from Barcelona to San Sebastian on the Atlantic coast to experience Spain's colorful Basque Country. On arrival we head for El Mercado de la Brecha to catch the flavor of this famous regional market. By special arrangement with Slow Food Donostia-San Sebastian we are invited to a cooking class and lunch by Luis Mokoroa, distinguished President of the Cofradia Vasca de Gastronomía. This afternoon drive into the country to Bidania for farm visits. At Euskal Txerria we taste traditional products such as cured meats, sausage, cheese, quince preserves and Basque txakoli white wine. Dinner will be redundant! Walk it all off during an evening stroll through San Sebastian's Old Town. (Hotel de Londres y de Inglaterra) B/L/D

Saturday, September 15

Drive to Bilbao to visit El Mercado de la Ribera, Europe's largest covered market. Visit Frank Gehry's architectural masterpiece, the Guggenheim Museum, and savor lunch at Chef Martin Berasategui's acclaimed museum restaurant. Then drive to Tolosa, home of the region's famous black beans. Dinner this evening at Restaurante Fronton features cuisine by Chef Roberto Ruix, who grows Tolosa beans and prepares them with unparalleled finesse. (Hotel de Londres y de Inglaterra) B/L/D

Sunday, September 16

Drive to Getaria, a lovely small fishing town. We grab lunch in small bites, or *pinchos* as we walk through town. Next we visit the Aroa Agricultural Preserve. Our farewell celebration is a farm dinner with fresh vegetables, grilled local tuna, traditional cheeses and Basque cider. (Hotel de Londres y de Inglaterra) B/D

Monday, September 17

Return by air to San Francisco or continue on your own extended itinerary. Either way, we can enjoy memories of an insider's introduction to two distinctive regions of Spain! (B, meals aloft)

TOUR PRICE & REGISTRATION

Based on a minimum of 16 travelers and a maximum of 20, the price is \$4,425 per person, double occupancy; the single supplement is \$475.

Prices include all ground transportation, including all airport transfers for those booked on group flights, group airfare within Spain, hotels as specified, 9 breakfasts, 6 lunches, 5 dinners (reception on 9/8 & tasting on 9/14 are marked as dinners), 2 cooking lessons, English-speaking guides, tips to guides, drivers and waiters for group activities, donations to farms and artisans visited, and a small donation to CUESA. Prices do not include international airfare.

For reservations or more information, including responsibility and liability information, contact Dave Stockdale at (415) 291-3276 X 107 or send email to dave@cuesa.org.

We reserve the right to alter specific farm and artisan producer visits to suit their needs as well as our own schedule, and to substitute types of producers as arrangements dictate.

