

CALABARZON



A Regional Farm-Tourism Travel Guide VOLUME 2

CAVITE

Coffee Capital of the Philippines

LAGUNA

Top Caliber Organic Farms

BATANGAS

World Class Livestock Producer

RIZAL

The "Green" Province

QUEZON

Coconut Capital of the Philippines



AGRICULTURALLY AWESOME

Travel Now!

Agricultural Training Institute

Region IVA

Our Vision

Food availability and affordability for every Filipino family through excellent extension services in agriculture and fisheries.

Our Mission

Empowerment and building capacities of agriculture and fisheries stakeholders for sustainable development.



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Parameters of the travel guide

DOT accredited farm tourism sites, ATI Region IV-A Learning Sites for Agriculture (LSA), Farmers Information and Technology Services (FITS) Centers in CaLaBaRZon, regional indigenous delicacies and festivals.

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Discovering CaLaBaRZon Inside Out

To see is to **believe**,
to experience is to **discover**



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FUSION OF AGRICULTURE AND TOURISM

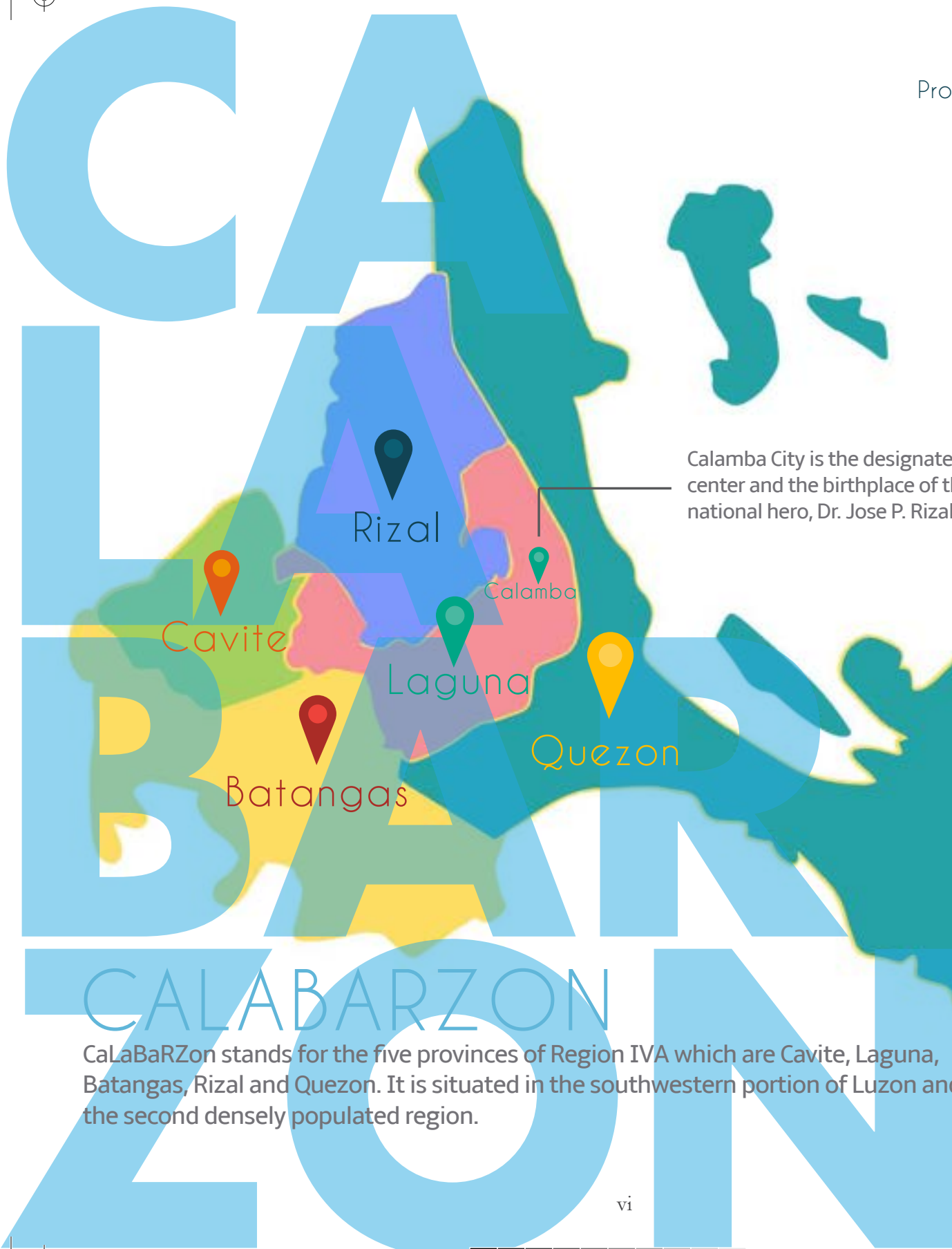
“Awesome” could best describe the synergistic fusion of agriculture and tourism in the Philippines especially in the CaLaBaRZon (Cavite, Laguna, Batangas, Rizal and QueZon) or Region IVA. There are inspiring and admirable places that will provide harmony and serenity, healthy options, historical and cultural perspectives, bright prospects, delectable cuisines and a lot more.

Get your money's worth... here are places that will soothe your spirits and your senses.



The Philippines is blessed with abundant natural resources and hospitable people. Although Region IVA has highly urbanized cities, still there are rural areas where you can feel the cool breeze, hear the chirping of the birds, smell the fresh grasses, taste healthy foods, captivate your imagination and witness biodiversity of living things.





Provincial Capital

Cavite
Trece Martires City

Laguna
Sta. Cruz

Batangas
Batangas City

Rizal
Antipolo City

Quezon
Lucena City

Calamba City is the designated regional center and the birthplace of the country's national hero, Dr. Jose P. Rizal.

Rizal

Calamba

Cavite

Laguna

Quezon

Batangas

CALABARZON

CaLaBaRZon stands for the five provinces of Region IVA which are Cavite, Laguna, Batangas, Rizal and Quezon. It is situated in the southwestern portion of Luzon and the second densely populated region.



Why CaLaBaRZon of all places?

It is just a few kilometers away from the international and domestic airports and immediately you can get out from the hustle and bustle of city life. It can be reached through public transportation or you can hire a taxi or a van to ferry you to places where you can relax, enjoy and commune with nature as well as eat healthy food and learn at the same time.

*" Experience, travel -
these are an education
in themselves"
- Euripides, Greek Playwright*

	Kilometers away (Provincial Capital) from Manila	Estimated Travel Time
Cavite	46 km.	1 hr. 30 mins.
Laguna	91 km.	2 hrs. 10 mins.
Batangas	107 km.	2 hrs. 30 mins.
Rizal	15 km.	40 mins.
Quezon	140 km.	3 hrs. 20 mins.

All Seasons Nature Farms

"Witness the unique beauty of the farmlands at All Seasons Nature Farms"

"Farm Tourism already has traction. I think it's a unique way for the farms to get a piece of the tourism pie. It's great especially for small land owner farmers – all of a sudden, though you only own half a hectare farm, if you have facilities, you can call yourself a tourist destination."

– Henry James M. Sison, owner of All Seasons Nature Farms

Most tourists escape towards beaches, historic sites, and other landmarks. But with the growing number of people who flock towards those sites, there's an emerging need to escape towards hidden gems: for instance, towards the laidback, simpler life at the farms.

What started as a midlife crisis for Henry James Sison ended up as a funnel of opportunities as he managed to transform over 12 hectares of barren lands into a self-sustaining farm community now known as his lifelong achievement: the All Seasons Nature Farms.


Before it transformed into the thriving ecosystem that it is today, Henry started in 2009 with a very specific niche: Orchids and Peking Ducks. "I started growing Orchids – Phalaenopsis, Vandas, Cattleyas, and then I cultivated Slipper Orchids as part of my special collection. Afterwards in 2011, I ventured into the Peking Duck business after noticing na walang masyadong growers but there's a demand for it," shares Henry.

By the Numbers: Thousands of organically cultivated products


As time passed by, Henry continued to innovate and managed to expand to poultry, livestock and vegetation. Producing up to 80,000 eggs in a single month during his peak harvest periods, he managed to sign lucrative business deals as he earned the trust of several loyal customers.

To produce such a huge number, Henry now has over 6,000 free range chickens from starting small back in the year 2014 with only 500.

He also manages around 180 pigs as part of his livestock and produces up to 250 kilograms of lowland vegetables and leafy greens per month.

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A welcome sight for tourists

With Henry's self-sustaining model, he has been welcoming guests coming from all points of the Philippines to come and observe how his farm is run. With a staff of 18 people, he shows his visitors how his farm acts as the catalyst for other businesses to continue with their operations as he offers them his produce.

The farm owner even hosts exclusive luncheons for his guests for a fair price. "We cook for them at an additional package per person. That will be around 4-5 viands + dessert. Lahat yun galing farm. The freshest you can get. Lahat ng harvest, inaayos yung menu according to what's available at the farm – usually boodle (fight)," says Henry.

Henry adds that tourists are now becoming more and more adventurous when it comes to sightseeing as they venture towards finding unique spots to experience the Filipinos' way of life at the farmlands.





How to get there

Private Vehicle

- Take the SLEX and continue through STAR Toll.
- Take the Ibaan/San Jose Exit. After paying toll, turn left.
- Follow the road through Ibaan Poblacion and the plaza till you hit a junction. Turn right to Rosario.
- At Rosario town (Jollibee on the left), turn right to Taysan.
- Pass through the Taysan Welcome Arc and continue through until you see Taysan Feedmills on the right. Turn left at the next junction.
- On the next intersection, turn right. Stay on the road for around 6 km or 10 minutes until you see All Seasons on the left.

Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Lipa City, Batangas and get off at the SM Lipa Transport Terminal
- Ride a van going to Rosario, Batangas.
- At Rosario town, drop-off near the Jollibee store and ride a tricycle going to Brgy. San Isidro, Taysan.
- At San Isidro, just before the intersection going to Pinagbayanan, All Seasons is on the left.

Gorgeous Farm

"makes farming sexy"

Adjacent to Tagaytay City, one of the country's top tourist destinations, is an agritourism farm destination Gorgeous Farms. The nine-hectare property is just 11 kilometers away from Tagaytay City proper and easily accessible by bus or private car along the Tagaytay-Nasugbu hiway. The complex consists of Gorgeous Farms, The Wild Juan restaurant and bed & breakfast inn overlooking Taal Lake and Volcano.

As defined by Merriam-Webster, gorgeous is an adjective meaning beautiful and attractive and it aptly describes Gorgeous Farm located at the Tagaytay Ridge with its panoramic views, cool Tagaytay weather, and delicious food. No limits, no boundaries.


Feel a cold gust of wind touching your skin while having lunch or dinner al fresco. Fill your hungry stomach from a delightful blend of Eastern and Western cuisine especially prepared by Chef Tommy Murillo, one of the featured Chefs in the recent Madrid Fusion. KKK (Krispy Kasoy Kare-Kare), Sisig Paksiw (lean pork) and Kaldereta wings (Philippine version of buffalo wings) are all favorite mouth-watering dishes stewed in love and passion. Chef Tommy describes his menu as a fusion of cultures where southern comfort meets east and west. Filipino flavors interpreted in a westernized way.


"Gorgeous Farm started as a personal project to produce organic vegetables which can supply my family's needs and requirements. I wanted to make sure what I was feeding to my family and what was I eating was safe and free from toxic chemicals. Today it has grown commercially and supplies some institutional buyers aside from requirements of The Wild Juan restaurant. Organic need not be expensive since all the materials you need can be sourced from the farm. No need for expensive fertilizers and unsafe pesticides. Go organic, and go healthy. Live longer not just from physical nourishment they bring but the spiritual nourishment you get from having peace of mind."

Thelma D. Murillo
owner of Gorgeous Farms



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In just a span of two years since it was established in 2016, Gorgeous Farms has received three accreditations from different government offices namely: as a Learning Site of ATI, as a Farm School/Training Center of TESDA for Organic Agriculture Production NC II, and as an Agritourism Farm Site of DOT. The farm has also been featured in several print and broadcast publications like 'Kasangga Mo ang Langit' of PTV4 and Smile, the In-flight magazine of Cebu Pacific Air September Issue. In June 2018, Gorgeous Farms was also awarded with the Rural Tourism award by the Development Academy of the Philippines and has played host to several farm tours.

But even with these numerous distinctions, Gorgeous Farms continuously upgrades to maintain its excellence in food and service which its clients demand.

Guests to the farm can choose from among the different tours available such as the Salad Bowl tour where guests who are game get down and dirty with hands-on activities like sowing of seeds, transplanting seedlings, harvesting of vegetable in season. Guests can also pick n' pay with their bare hands seasonal crops in the farm like lettuce, arugula, Japanese cucumber, okra, eggplant and cherry tomato.



Orders may be placed thru their facebook page but soon, Gorgeous Farms will utilize e-commerce so buyers may purchase directly online.

Gorgeous Farms is also planted with fruit trees like rambutan, avocado, langka, mangga, cashew, lansones and coconut but they are not yet of fruit-bearing stage. But the latest offering of the restaurant and now open for orders is lechon from their own black native piggery. Next in line is free-range chicken inasal and additional products in their line of processed food which at the moment only sells tomato-basil pesto and chili garlic oil.

Gorgeous Farms is also open as a venue for corporate teambuilding, educational tours, meetings and trainings. It can accommodate a maximum of 30-40 persons for overnight stay. But more rooms are currently being constructed to accommodate more guests and a chapel for those who may want to use Gorgeous Farms as a wedding venue.

As you can see, there is money in agriculture for those who have the vision and dedication of an agripreneur. So why not venture into agribusiness now and get your kids busy to be the next generation of farmers who will feed the world.





How to get there



Private Vehicle

Option 1:

- Take SLEX and exit at Sta. Rosa. Then, follow the road signs going to Tagaytay. Once you reach the Tagaytay ridge, make a right towards the Rotonda. Follow road signs going to Twin Lakes. Gorgeous Farm is on the ridge side km 68 Tagaytay.

Option 2:

- Take the Aguinaldo hiway via Edsa then Roxas Blvd toward coastal hiway. Drive past Tagaytay rotonda and follow road signs going to Twin Lakes. Gorgeous Farm is on the left side (landmark is The Wild Juan restaurant).



Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Nasugbu, Batangas (via Aguinaldo Highway)
- Just tell the conductor Drop-off at Wild Juan Restaurant. Walk for a few meters to reach Gorgeous Farms.

Taal Maranan's Farmville

"The First Organic Farm in Taal"

In the vicinity of Taal Basilica, the largest Catholic Church in Asia, lies the 3.8-hectare organic farm, the Taal Maranan's Farmville. Guests outside the town flock the farm for an out of the ordinary view of sunset beneath the sky. An exceptional place to detoxify negativity and be healthy.

Awarded as the 'Premier Organic Fresh Fruits & Vegetables Provider (Batangas) during Elite Business & Leadership Awards 2017, Taal Maranan's Farmville strive to engage the community into organic farming. "Ang pinakang goal namin ay i-engage

yung community sa farming. "Matulungan din namin sila na magtanim. Yung agri-entrepreneurship ang tinuturo namin sa kanila," stressed by Jayson. Accredited by TESDA, they teach Organic Agriculture Production NC II.


Planted in the farm mostly are high value crops like kale, cucumber, squash, string beans, eggplant and radish. Fruit trees including cashew, mango, aratilis and pomelo blend in the farm. The 300-square meter livestock area is suited for native pigs and chicken.





"As of now tourism is not just for historical places or cultural festivals. We have Agri-tourism, which our farm can now be a tourist destination also. We can engage out tourist visitors into farming and let them experience farm life activities. The joyfulness brings of farming is endless, and that is what we want to share with them."

– Jayson S. Marinay,
Business Development Manager of Taal Maranan's Farmville

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Why not complete the stay with mixed activities fit for all generations? Kids can play 'larong bayan' (endemic games in Taal), while teens can enjoy amazing race both prepared by Taal Maranan's Farmville. Simultaneously, organic farm tour for adults is best recommended. Get wet in two infinity pools, watermelon and kingkong gorilla shaped swimming pool. To hype up, stop by the restaurant and delight your palate with longganisa pasta, which already received recognition during the El Pasubat Festival in 2016. Most favorites are mulberry jam, kale juice, banana flower steak and pustanghon, which are also the distinguishing mark of the farm. Other fresh salad, healthy juices, native pork and chicken belong to top choices. Experience will not be extreme without the touch of the trademark rooms. Spend staycation in the squash, sugar apple, tiger, gorilla and eggplant rooms. For big groups, tents, kubo and swiss type villa are likewise in.

Taal Maranan's Farmville is deem a perfect escapade that exceed expectations.



FARMVILLE





How to get there



Private Vehicle

- From Manila, take the SLEX and exit at Tambo Lipa.
- After the exit, turn left at the National Highway where Phoenix Gas Station is located. Turn right towards Cuenca, Alitagtag, Sta. Teresita.
- Continue driving along the National Highway and follow the signages leading to Taal & Lemery.
- At the crossroad where Flying V gas station is located, use the left fork that leads to the town of Taal. Continue driving and you will see the Welcome Arc of Taal.



Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Lemery, Batangas. Drop-off at Flying V Taal.
- Ride a jeepney going to Don Gregorio Heritage House.
- Ride a tricycle going to Taal Maranan's Farmville.

Villa Socorro Agri-Eco Village

“A Blend of Farming and Business”

“Farm tourism is really a growing industry. I think this is how we really can boost agriculture in the country. It's the future of agriculture.”

- Raymund Aaron, Banana Chief of Villa Socorro Farm

“We are an agri eco village and integrated farm,” as how Raymund Aaron, Banana Chief of Villa Socorro Farm, describes the farm. Acquired in 2000, Villa Socorro Farm centers on entrepreneurial farming, adding value to the crops and farm. The 11-hectare farm houses a manufacturing facility for the production of banana chips, which they are best known for. “You don't only live in the farm, you get to see how we make our products. It is a good synergistic relationship between the products and the agri-tourism destination,” asserts Raymund. With the overflowing recognitions of the banana chips, the product has been booming to mainstream markets and even outside the country. Behind that, rooted in their business is the advocacy of helping their own community. 90% to 95% of the banana for the banana chips come from their farmer-partners from Laguna and Quezon. A sustainable livelihood for the farmers and a good supply for the farm. Aside from banana chips, they also produce their own vinegar out of banana.

Villa Socorro Agri-Eco Village also takes pride in their boodle fight. Variety of fruits and vegetables from the pocket garden are served. Specialty dishes come from the farm, an Ilonggo and Lagunense

fusion of food cuisine. After munching banana chips, inasal ni ‘tay Manuel, inihaw na liempo ni Yaya Eveline, pinalamanang tilapia ni Mang Natnoy and ginataang puso ng saging ni Kuya Toto are heated up to fill the visit in the farm.



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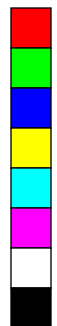
 www.villasocorrofarm.com



After filling the stomach, take the opportunity to feel the fresh air around the seven-hectare forested area and lush vegetation of bananas and other fruit trees. Enjoy picking and eating the rambutan, lansones, mangosteen and guyabano among others. While, kids can enjoy the mini playground and feeding the native pigs, too. Teambuilding activities are welcome for corporate functions with dining hall, open pavilion and conference room. For sleepovers, shanti house and bahay kubo themed rooms are available with 50 persons maximum capacity. A fan of Hollywood movies? A concept hut room shot from 13 days movie of Kevin Costner is convenient for comfort stay.

As future plans, Villa Socorro Farm foresees in releasing new snack products and innovate things. They envision to develop a two-hectare village for retired farmers to have their own farm and help them in their advocacies.

“Learn what we do, agriculture, farming and social entrepreneurship. Try our really good boodle fight and I say the best banana chips you’ll ever have,” invites Raymund.





How to get there

Private Vehicle

Option 1:

- Take the SLEX and exit at Calamba. Follow the National Highway through towns of Los Baños, Calauan, Victoria, Pila, Sta. Cruz, then the next town is Pagsanjan.
- When in Pagsanjan, look for an Iglesia ni Kristo on your left, turn right into the street across that. Drive straight for three (3) kms, Villa Socorro Agri-Eco Village is on the left side.

Option 2:

- A more scenic route would be through this Rizal route. Follow the National Road through towns of Cainta, Taytay, Binangonan, Morong, Tanay, Siniloan, Pangil, Pakil, Lumban and then the next town is Pagsanjan.
- When you see the Pagsanjan Church in your left, turn right and pass through the Old Pagsanjan Arch. After around one (1) km, there will be an Iglesia ni Kristo on your right, turn left into the street across that.
- Drive straight for 3kms, Villa Socorro Agri-Eco Village is on the left side.

Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Sta. Cruz, Laguna.
- Drop-off at the boundary of Sta. Cruz and Pagsanjan.
- Ride a jeepney going to Iglesia ni Cristo.
- Ride a tricycle going to Villa Socorro Farm.



Yoki's Farm

“Save Nature for the Future”

With offset of flora and fauna, Yoki's Farm showcases complete knowledge on vegetation, garden and wildlife. The 10-hectare farm is the habitat of different plants and animals. It is outlined for plantation of lettuce, ampalaya, hot pepper, coffee, pineapple and ginger. For flower enthusiasts, 11 varieties of orchids bloom inside the farm. While for animal lovers, a savannah area is dedicated to house exotic and endemic animals. Don't miss the chance to experience close encounter with the sheep, goat, zebra, ostrich, ducks, cattle, miniature horse, turkey, hawks and peacock. Observe each behavior and proper treatment with these creatures. Yoki's Farm is a licensed wildlife farm permittee and acquired Certificate of Wildlife Administration from the Department of Environmental and Natural Resources (DENR).

Through the emergent of social media, Yoki's Farm has been attractive to visitors for its museum of artifacts which trace back history. Collection of antique items are kept and stored in the museum. A little bit of trivia? The biggest buddha in the Philippines is also found inside Yoki's farm. Students and families across provinces from Bicol, Samar, Cebu and Davao came and commend the farm.

“The farm would like to tell the world, it is so nice to save nature for the future. Our goal is to educate everyone much about why we need to protect nature.”

– *Giovani Stephen C. Romarate*
a Wildlife Enforcement Officer and farm
manager of Yoki's Farm



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www.facebook.com/yokisfarm

For a more adventurous activity, ready to get dirty. Be a “farmer for a day”! First-hand experience of planting in the soil or hydroponics system. Learn how to raise farm animals with the assistance and quality service from Yoki’s Farm. “All our guest here, we always treat them like gold. We really mean service. We really guide them around, teach them everything,” underlines Giovanni. If wanted for a longer stay at the farm, Yoki’s Farm can accommodate up to 20 persons.



Yoki’s Farm plans to improve educational side for everyone. “Farm tourism is really great. First of all, we could teach them. Second, to maintain flora and fauna. Also learning a lot of techniques, introducing old technologies to the new technologies,” shares Giovanni.

Giovani invites everyone to, “Try to visit Yoki. Try to do our activities here. Be part of it and you will learn more much.”



How to get there



Private Vehicle

- Take the Aguinaldo hiway. After Mendez Crossing, turn right on Maglabre Drive (after subdivision).
- Keep going straight past the flower farm at the Barangay Hall Rotunda. Turn left, then drive straight to Palocpoc.
- Turn left at the intersection. Upon arriving at the next intersection, Yoki's Farm entrance is on the right.



Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Mendez, Cavite.
- Jump-off when you reach Mendez crossing. Ride a jeepney straight to Mendez corner (Palocpoc).
- Ride a tricycle going to Yoki's Farm.

Amadeo Nurture Farmacy, Incorporated

"A Place for Ecotherapy"

"Farm tourism is more on encouraging city people to appreciate what the nature can give back. In Amadeo Nurture Farmacy, we encourage people to live healthy and in natural way." — Ms. Geraldine D. Eclarinal, farm manager of Amadeo Nurture Farmacy Incorporated

A wellness advocate, Catherine V. Turvill, owner of Amadeo Nurture Farmacy Incorporated, sparked interest in farming primarily when introduced to kale, a green leafy vegetable rich in nutrients and benefits. Began from planting kale and lettuce in 2014, the farm continuously to improve and develop into 6,000 square meters land.

When you visit the farm, you will surely be amazed with its uniquely designed human anatomy concept. Been imagining how it exactly look like? Yes, you will wander alongside different vegetation specifically planted to human organ and system the certain crop is best used for. Kale is grown in an immune, respiratory (lungs), cardiovascular (Heart) system shape plantation since it is great for digestion, detoxification, healthy eyes, skin and hair, strong immune system, bone health & joint flexibility. Aside from fresh kale, powdered kale and calamansi stevia is readily available in the farm. A lot more to see and believe upon entering the gateway through the Amadeo Nurture Farmacy.

Guests can travel back time to ancient Philippine era where Filipino tradition and culture are prevalent and practiced. Have you tried to play the Filipino traditional 'sipang bola', a handmade ball made from coconut leaves? If not, one of the itinerary of activities in Amadeo Nurture Farmacy is the demonstration of making 'sipang bola'. What's more exciting? You got to take home for free your self-made 'sipang bola'.



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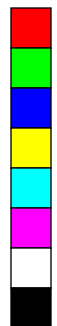
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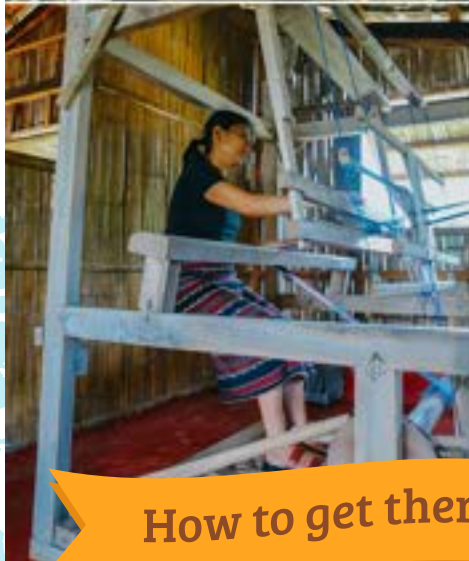


Not only that, you also got to witness the actual primeval pounding (pagbabayo), winnowing (pagtatahip) of rice and weaving whereas still adept in some parts of the country. 'Banggerahan' or old kitchen adds enticement to the farm. And of course, visitors will never step outside Amadeo Nurture Farmacy without seeing the glimpse of Maria Clara, the famed carabao.

After a long tiring day full of activities, guests can relax and stay overnight in an airconditioned glamping tent good for 4 persons. When the night bites, guests can also experience campfire overlooking stars in the sky. The day after, free breakfast is served. Followed by healthy juices and coffee demonstration. Then, guests can maximize their free time to discover more about the farm like 'botika ni lola' (grandmother pharmacy), swimming, playing billiards, 'sungka' and board games. Amadeo Nurture Farmacy is a place to pause for a moment and rekindle life without hindrances.

Amadeo Nurture Farmacy accepts walk-ins and reservation. Come, visit and experience how nature can help to prevent illnesses.





How to get there



Private Vehicle

- From Manila, take Cavite Expressway (Cavite).
- Exit at Bacoor City, Cavite.
- Drive past Aguinaldo Highway until you reach Tagaytay City Institute (TCI).
- Turn right. Follow the signage of Amadeo Nurture Farmacy. You will be arriving at the farm.



Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Tagaytay City, Cavite or Nasugbu, Batangas (via Aguinaldo Highway).
- Drop off at Tagaytay City Institute (TCI).
- Ride a tricycle going to Amadeo Nurture Farmacy.

Graco Farms and Leisure Incorporated

"An Idyllic Scenery in the Urban"

Being in the corporate management of a multination company for almost 37 years, Grace has never thought of farming as an alternative career after retirement. But in 2010, an opportunity has presented itself and a renewed interest in something totally different - farming. First order of the business is to locate a property which then took more than 6 months. A newbie in the field of farming, Grace worked relentlessly to study agriculture by experience including hiring professors from University of the Philippines, Los Baños to give lessons in house, going to different farms to observe and learn. In the end, her efforts are starting to bear fruits.

"We decided early on to raise goats because it is industry that is not popular and very ill perceived. There are not many farmers who ventures into goat raising solely for milk, cheese and its by-products. Most of the goats are raised as backyard farming and principally for meat to serve when there is an occasion to celebrate. From an initial herd of 12 heads, we now have over 100 of 4 different breeds, Saanen, La Mancha, Oberhasli and Anglo-Nubians. Raising and propagating them entails a lot of patient and painful experiences."


Aside from raising goats which is the principal product, the farm grows different vegetables and legumes as well as raising various types of fowls and fishes.




"Agri-farm tourism benefits the farm in that it augments its income. Farm tourism is not just looking at products within the farm but an experience and an appreciation just not go nature but where food is coming from and the role of the farmers in sustaining lives."

- Grace Yap, owner of Graco Farms and Leisure Incorporated.

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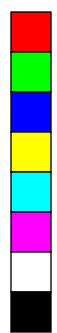
 www.facebook.com/gracofarms



Being accredited by the Department of Tourism as a “Farm Tourism Site”, Graco Farms accepts guest who wants to spend the day touring or having lunch or spending the night. Booking is a must as food are harvested and prepared on the day of the tour. Majority of the food comes from the farm itself and Graco Farms continues to experiment with different ways of cooking those that are available at the farm. Eating is therefore not just to fill up but to experience specially the goat’s milk and cheese.

Graco Farms is practising bio-diversity, zero waste management and integration. The excrement of the goats and fowls are turned into fertilisers for the vegetables and fruits that in turn feeds the goats and fowls. Several tour packages with different pricing can be requested, from just a day tour, lunch, team building, corporate functions, seminars birthday celebration, overnight, etc. Short lecture comes with the type of package the guest choses.

Advocacies include free seminars of raising or growing various farm products, children’s hour, livelihood for the ladies around the community, etc.





How to get there



Private Vehicle

- Take SLEX and exit at Calamba. Drive past Los Baños, Bay, Calauan, Victoria. Next town is Pila. Look to your left for the sign "BARANGAY SAN ANTONIO" with Graco signage.
- Turn to that road, then first corner turn right, go straight to Graco Farms.



Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Sta. Cruz (past Bay, Calauan, Victoria). Next town is Pila. Drop-off when you see on your left the sign "BARANGAY SAN ANTONIO" with Graco signage.
- Turn to that road, then first corner turn right, go straight to Graco Farms

Lukong Valley Farm Agriventures Incorporated

“Connecting with Nature through a Healthy Lifestyle”

Blessed with real beauty, Lukong Valley Farm Agriventures Incorporated adduce one of a kind scenery of nature. Overlooking the neighboring towns of Tiaong and Candelaria, the family owned and managed farm is just 8 minutes away from Dolores proper. Upon entering the farm, a jaw-dropping impression marks the face of new comers. A cool and calming ambiance awaits in the five-hectare farm.

“It’s a good way of inviting people to go back to the natural way. Mabuti yung alam mo kung saan nanggagaling yung kinakain mo. Alam mo yung kinakain mo safe,” mentions Orlan. The farm applies the farm to table idea. The restaurant menu enlists fusion of food mostly harvested from the farm. Spicy turon, tarragon jelly and pansit are must eat in the restaurant. More often, the four-themed accommodation is a must stay in Lukong Valley Farm. Either a choice of music room (with piano and guitar), reading room (with books), game room (with board games) and old English bar room (with videoke) entertain a night or more ease. Each themed room holds a maximum of 10 persons. For a traditional stay, nipa huts are also available good for a total of 16 persons.

“Naniniwala kami na malaki ang role ng farm tourism sa agrikultura ng Pilipinas dahil pinapakita dito yung importansya ng agriculture. At the same time pinapakita yung importansya rin ng turismo bilang isang magandang mekanismo para matutunan ng mga tao, yung kahalagahan ng agrikultura. Kaya minabuti ng pamilya na i-shift o i-transform ung farm sa isang farm tourism destination.”

- Orlan A. Calayag, President and General Manager of Lukong Valley Farm Agriventures Incorporated



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What else makes Lukong Valley Farm extra special? It's the so-called chicken park, the flagship attraction in the farm, consisting of 500 chicken heads of 40 different breeds. The eggs and meat intend for kitchen consumption and for sale. The farm yields high value crops like tomatoes, sili, lettuce, dragon fruit and seasonal vegetables. Areas for vermiculture, healing garden, mokusaku facility and hydroponics supplements the production of the farm. With these requirements, they have provided trainings on dragon fruit production, container gardening, mokusaku, hydroponics, vermiculture and urban gardening. Whilst, farm activities involve farm tour, lecture, camping, fruit and vegetable picking. During summer, the farm offers glamping and acoustic night to accentuate the escapade. Once in a while, Orlan also gathers farmers in the farm for a farmers' field day. Walk-in clients come to buy farm fresh produce.

Orlan commits in farm tourism promotions. He eyes inclusive growth by partnering with other farms to create a loop. "Patuloy na pagtulong sa agricultural sector sa pagpapayabong nito," concludes Orlan.





How to get there

Private Vehicle



Option 1:

- From Manila take SLEX and exit at Sto. Tomas.
- Take Maharlika Highway to San Pablo City, Laguna. 100 meters from San Pablo MERALCO main, turn first left to Dolores.
- From Dolores church, turn right and take the second left. Then turn right going up passing the bridge to Brgy. Pinagdanlayan. Continue up and you will be passing three (3) intersections. You will have to turn left on the first two, the third you'll have to take a quick right then left at the gate of the farm.

Option 2:

- Coming from Lucena City, Quezon, make a right turn on the road going to Dolores, Quezon just before passing the railway. (If you happen to pass by 7-11 or McDonald's near Villa Escudero, that means you have missed your turn).

Note: When you are already in Tiaong-Dolores road, you can follow the same direction above from Manila after arriving at the town proper in front of the catholic church (Our Lady of Sorrows National Shrine).



Public Transportation

- From Cubao or Buendia bus terminal, ride a bus going to Lucena City, Quezon. Drop off at 7-11 San Pablo City, Laguna. Walk heading to San Pablo City public market.
- Ride a jeepney going to Dolores, Quezon. Drop off at Dolores town proper.
- Ride a jeepney going to Lukong Valley Farm.





Paradizoo Theme Farm

"Discovering the Happiest Place"

Have you been dreaming of travelling to the happiest place on earth? Is Disneyland one of your bucket lists where you get to meet the many faces of Disney characters and experience one of a kind rides for every age? Worry no more! Philippines has its own Paradizoo Theme Farm, a journey for education, entertainment, exhibit and natural habitat for animals. "We can say that the farm is the best happiest place. We want our guests to experience more than what they see. Once they stepped out of Paradizoo Theme Farm, they will be all smiling even when they reach their homes," highlights Myra. Approximately, 5,000 visitors, most likely students, booked a reservation for an exploratory tour and activities in the farm.

Sparked as a hobby, the Paradizoo Theme Farm began operational in 2006. Out of the 12-hectare land, seven-hectare is apportioned for the naturally grown vegetables and fruits. The farm grows lettuce, with an average harvest of 30 to 50 kilos per cycle, marketed to nearby local market, private corporation and dine-in guests. Aside from lettuce, they plant seasonal vegetables like eggplant, okra, legumes and cucumber. They join Agri-trade fairs to promote their products. Come and see the blossoms of flower garden. Be acquaint with different farm animals widely popular in the farm composing of ducks, chickens, goats, horses and even ostrich and camel. Get to feed the animals, milk a goat, ride a horse and learn the lifecycle of bees and butterflies.



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[www. zoomanity.com.ph/themeparks/paradizoo](http://www.zoomanity.com.ph/themeparks/paradizoo)

“Paradizoo Theme Farm is not only established to be the best practices for farming, but to encourage all farmers to build theme park in the Philippines. Our vision is to be the best nature theme park in the country. To be the happiest place.”

- Myra Antipuesto, Head of Paradizoo Theme Farm

Other fun farm activities kids surely can enjoy are tree planting (calamansi and rambutan), harvesting (pick & pay), farm/animal tour and bokashi making (out of animal manure), considered as their best practice. The farm practices 5Rs – Reuse, Reduce, Recycle, Refuse and Respect. “Gusto ma-impose sa lahat ng farmers na hindi lahat ng nakikita lang nila ay galing sa labas. Mostly nare-recycle nating lahat ng bagay na meron tayo,” encourages Myra. Moreover, every weekend from January to March, Paradizoo Theme Farm hosts the ‘Power of Three’ for farmers, a feast of vegetables, animals and flowers. A one-day free seminar to boost the knowledge in farming. Students are welcome to learn plant propagation, mushroom production and the like. Just recently, they conducted training on indigenous food planting, food scaping and landscaping in collaboration with ATI.

If planning for an extended encounter in the farm, reserve a room for two or more (up to 20 persons) and choose between the log cabin, banig bed and breakfast and caravan. Soon, the farm envisions to build fish spa, additional log houses and glamping area to accommodate more guests. While, the remaining five-hectare land will be converted to coffee farming.





How to get there



Private Vehicle

- Take the Aguinaldo hiway. After Mendez Crossing, turn right on Maglabe Drive (after subdivision).
- Keep going straight past rotunda. Turn left, then drive straight ahead. Paradizoo Theme Farm is on the left side.



Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Tagaytay City, Cavite (via Aguinaldo Highway). Drop off at Olivarez terminal.
- Ride a jeepney going to Mendez. Drop off at Maglabe Drive.
- Ride a tricycle going to Paradizoo Theme Farm.

Domingo Perma Farms Inc.

"Healing with Natural Farming"

How many diabetics do you know who really follow their doctor's orders regarding diet restrictions? We wager it's in the very low percentages. In fact, for some, the healthier and chemically toxic food is, the greater their craving to eat them. Well, Rene Domingo, owner of Domingo Perma Farms, Inc (DPFI) got so sick consuming unhealthy food that he needed to undergo a life threatening open heart surgery. This unfortunate event completely turned his life around. He needed to start anew and recover fast. The solution he thought of was to go into organic farming. Rene and his family established their five-hectare certified organic farm in 2016. Domingo Perma Farms is a healing farm that aims to promote natural healing thru organic permaculture farming. It grows different organic vegetables, fruits, herbs and medicinal plants carefully nurtured for health and wellness.

Rene and his wife Dolly are both practicing naturopaths and they envision their farm as a naturopathic refuge for the sick. Guests looking for a healthy getaway can visit this unique permaculture healing farm, discover holistic rejuvenation and experience receiving health remedies from honest to goodness organic farmers specializing in Naturopathy (Natural Healing). Tourists can avail of farm tour packages walking through facilities such as permaculture greenhouses, seedling cum nurseries, organic fertilizer and organic concoction production areas, Vermiculture houses, post-harvest areas, amongst others. Rabbit houses are an attraction in the farm too. Other livestock like free range organic chicken are also raised in the farm. This one of a kind farm is powered by alternative renewable energy like solar panels and wind turbines.



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09470233691



Saint Joseph Street, Purok Seedling,
Sitio San Joseph, Barangay San Jose,
Antipolo, Rizal



www.domingopermafarms.com



Bring your family and friends with you to see how an off-grid farm operate, enjoy overnight star gazing and unforgettable youth activities for an exceptional and productive learning experience. Be fit, feel good and eat fresh healthy food! Stay Young in Body, Mind and Soul.

DPFI has received various certifications and accreditations. DPFI is a Department of Tourism (DOT) accredited Agri-Tourism Farm Site, a DA-ATI Certified Agriculture Learning Site for Organic Agriculture, a Certified Organic farm by Organic Certification Center of the Philippines (OCCP- Dept. of Agriculture), a Technical Education and Skills Development Authority (TESDA) Certified Tech-VOC Learning Institute Site - National Certificate II (Organic Agriculture Production), accredited Permaculture Design School – Australian Green Warrior Permaculture, Certified Organic by City of Antipolo - City Agriculture Office, a ATTA-AFTA member.



How to get there



Private Vehicle

- From Ateneo or SM Marikina, drive straight for 25 minutes along Marcos Highway, past Cogeo, BosoBoso.
- Turn left Calawis road. Drive straight for 20 minutes. Go past 2 public schools until you reach cemented parking area in Purok seedling, Sitio San Joseph.
- Park vehicle and walk 3 minutes along dirt road on the left, Domingo Perma Farms on the right.



Public Transportation

- From Taft Ave Manila, ride MRT to Farmers Cubao. Transfer to LRT 2 ride to Marikina (last station).
- Ride a jeepney to Veterans Paenaan in Brgy. San Jose Antipolo.
- Ride a tricycle at corner Calawis Road and Marcos Highway.
- Drop off at Purok Seedling, Sitio San Joseph. Drop off at cemented basketball half court.
- Enter through a small passageway on the left. Walk for three minutes along dirt road.
- Domingo Perma Farms Inc. is on the right side (green gate).

Gintong Bukid Farm & Leisure

"A Hidden Gem in the Heart of Nagcarlan"


Though a late bloomer farm, Gintong Bukid Farm & Leisure, established in March 2018, exhumes great portrayal in branding awareness on organic farming. "Nung kami ay ma-accredit ng ATI Region IV-A as Learning Site noong March 2018, nagkaroon na kami ng adbokasiya na makapagturo sa ating mga mamamayan sa bayan ng Nagcarlan. Nagbibigay kami ng libreng seminar para sa mga eskwelahan partikular sa PTA (Parents and Teachers Association). Bago natin umpisahan sa ating pamayanan, ituro muna natin sa mga nanay para mapakain ng masustansyang pagkain lalo na ng gulay ang mga bata," believes Lourdes. With this, Gintong Bukid Farm & Leisure has received recognitions from schools for promoting organic agriculture in their locality.


The three-hectare organic farm produces all the vegetables mentioned in the 'Bahay Kubo' song as well as kale, lettuce, medicinal plants and even strawberry. "Lahat ng food na sini-serve dito ay nanggagaling sa farm," humbly bragged by Lourdes. One of the most requested is the organic 'adobong kalabaw'.


"Ang farm tourism ay malaki ang opportunity na maitutulong sa pag-unlad ng turismo sa Nagcarlan."

- Lourdes J. Arcasetas, owner of Gintong Bukid Farm & Leisure



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 www.facebook.com/gintong-bukid



Tourists should probably try this guaranteed special delicacy. “Hindi kayo pwedeng umalis ng hindi namin kayo natuturuan ng basic organic farming. Ma-experience ninyo kahit halfday na humawak ng lupa,” Lourdes challenges the visitors. Gintong Bukid Farm & Leisure offers pick and pay, farm to table preparation and hands-on demonstration on organic concoction making. Don’t ever miss the ‘Buhay Bukid’ package inclusive of guided farm tour and snacks/lunch. Even the eldest daughter of Lourdes, Jhudie Arianne Arcasetas, the Chief Operations Officer of Gintong Bukid Farm & Leisure, practices farming.

Gintong Bukid Farm & Leisure reflects Filipino culture, from bahay kubo to food. Every corner of the farm conveys story to tell. The farm plans to expand to accommodate and cater the service of larger crowds pursuing organic farming.





Private Vehicle

- Take the SLEX and exit at Calamba. Drive passing the towns of Los Baños, Bay, Victoria and turn right going to Calauan.
- Turn left after 10 minutes ride (Brgy. Hall is the Landmark) through a national road before reaching Nagcarlan Town Proper. From Nagcarlan Municipal Hall about 10 minutes ride, you will pass the Underground Cemetery before reaching Gintong Bukid Farm and Leisure.



Public Transportation

Option 1

- From Buendia or Cubao bus terminal, ride a bus going to Lucena City, Quezon.
- Get off the bus at San Pablo Medical Center.
- Take a tricycle going to Nagcarlan-Liliw Jeepney Terminal.
- Get off at Gintong Bukid Farm and Leisure in Brgy. Buboy, Nagcarlan, Laguna located at the left side of the road.

Option 2

- From Calamba City, Laguna (SM City Calamba), take a van going to Nagcarlan.
- Get off at Nagcarlan Municipal Hall and walk a bit towards Nagcarlan-Rizal Road.
- Ride a Jeepney going San Pablo City.
- Get off at Gintong Bukid Farm and Leisure in Brgy. Buboy, Nagcarlan, Laguna located at the left side of the road.

The Weekend Farmer

"A Weekend Escape"

"It's in our nature to grow."

- Pinky C. Peralta, owner of The Weekend Farmer



A graduate of University of the Philippines in 1992 and an interior designer by profession, Pinky Peralta, owner of The Weekend Farmer, had difficulty venturing into farming at first. "When I discovered farming six years ago, I had practically zero knowledge and skills in agriculture. All I knew is that I had this desire to reconnect with the land. It was my way of knowing the essence of my existence as a beloved child of God," admits Pinky. Though inexperienced in toiling the land and work demands a lot of time on weekdays, Pinky became very patient and worked on the farm on weekends, hence the farm name "The Weekend Farmer" initiated. When in farm, she learns how nature and farming complement. Along the way, she immersed herself in a lot of books on ecological farming, studied about natural farming and vermicomposting, at the same time endlessly sowing seeds on her own. It was a slow process but after some time, Pinky began to understand how it all works. The key was spending time in the farm. Now, she embarks on this new path with one single purpose, to do organic farming to provide her family with healthy food from its soils.



theweekendfarmer.ph@gmail.com



0917 504 9942



Kaysuyo Rd., Kaytitinga, Alfonso, Cavite



www.theweekendfarmer.ph



Escape, Experience and Enjoy

With an average travel time of less than 3 hours, travellers can escape the bustle life in the metro, experience the farm life and enjoy a day or more stay at the Weekend Farmer. Tour around the less than 2 hectares land of the farm including the gazebo, vegetable production, bee house, naturally-grown fruit-bearing trees, root crops, livestock and plantations of bananas, coconuts and coffee. Crops produced in the farm is ready for a farm to table setting.

Tired with the all-day tour? Bask the majestic view of Mt. Talamitam, relax in the hammocks and reward yourself with an overnight stay at the farm. Pick the preferred room that best suit your choice. If large group, rooms can accommodate up to 16 individuals. To maximize the fun, watch the sunset over campfire.

Craving for more? Do not consider not tasting The Weekend Farmer craft beers specially brewed at their owned Desert Fathers Brewery. They offer craft beer tasting served with 6 kinds of Desert Father's craft beer and appetizer. Try also their original products like roasted tomato, bignay-guyabano tea, coffee wine, to name a few.

The Weekend Farmer hosts activities on organic farming. They recently just held the "Be a Weekend Farmer," a workshop on growing food in your own garden to encourage everyone to grow their own food. Processing your produce, discover watercolor and creating your traditional medicines added to workshops for a more excitement learning.

Reserve the date and be a weekend farmer even for a day!



How to get there



Private Vehicle


- From Manila, take Cavite Expressway.
- Exit at Bacoor City, Cavite.
- Drive past Aguinaldo Highway until you reach Tagaytay Rotonda.
- From Tagaytay rotonda, head southwest (towards Nasugbu) on Tagaytay-Nasugbu Highway. Go straight for about 13.5 km. In a few hundred meters upon reaching Twin Lakes, you will see a road on your right.
- Turn right onto Amuyong-Kaytinga Rd. Go straight for about 5.5 km. On the dead end, turn left onto Kaytitinga-Magallanes Rd. Go straight for about 600 meters. You will reach a fork in the Road with Kaytitinga-Maggallanes Rd (Asphalt Rd.) veering right and Kaysuyo Rd. (Cement Rd.) slight left.
- Drive slight left onto Kaysuyo Rd. Go Straight for about 2 km. Turn left when you see the sign "This Way (pointing left) to The Weekend Farmer/Desert Fathers."
- Immediately after 50 meters turn right when you see the sign, "This Way (pointing right) to The Weekend Farmer/Desert Fathers." You will be arriving at The Weekend Farmer.



Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Tagaytay City, Cavite or Nasugbu, Batangas (via Aguinaldo Highway).
- Drop off at Amuyong intersection just after Twin Lakes.
- Ride a tricycle going to The Weekend Farmer.





“Pagyamanin natin yung mga binigay ng Panginoon sa atin. Tayo ay maging steward ng kanyang creation. Maging huwaran o instrument tayo na ma-preserba lahat ng biyaya ng ipinagkaloob ni Lord.”

- Edelissa A. Ramos, owner, Uma Verde Econature Farm

Uma Verde Econature Farm

“A Small Paradise Thriving on Natural Farming”

Deeply rooted on its vision to provide safe and naturally-grown food to the consumers, Uma Verde Econature Farm is one stop you shouldn't miss when headed to south. “We want to introduce to consumers how we produce food, how we raise the livestock and poultry, na yung kinakain nila ay free from chemicals and antibiotics,” shares Edelissa.

Uma Verde Econature Farm offers farm tours to walk-ins, where you get a chance to feed their native pigs, and meet them along the way as you tour the three-hectare land. Edelissa might even give you tips on how to start a small backyard garden should you wish to grow your own food.


For a full-on farm experience, you might want to book a room, inclusive of meals and snacks and lecture on natural farming. This will also give you a chance to “Pick Your Pig and Pay,” to get your lechon fix. They will sure to serve you only the crunchiest kutsinilyo (suckling pig), exploding of meaty flavors, for your lunch the next day. Other products you can take home are their golden eggs, organic pork longganisa, and organic native chicken eggs. They also sell native pigs for a reasonable price.



 uma-verde-econature-farm.business.site

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Anchored on Integrated Diversified Farming System, Uma Verde promotes zero-waste management. Farm wastes such as vegetable trimmings are turned into feeds for poultry and livestock, while animal wastes act as substrate for Vermiculture.

If you plan to immerse on organic and natural farming, then you've come to the right place as Uma Verde is also a Farm School and TESDA accredited Training Center. They specialize in organic vegetable production, natural hog raising, organic chicken and organic fertilizer production. The farm also welcomes On-The-Job trainees from various universities who need intensive and quality learning experience on crop production and native pig raising.



With many budding farms offering products and experiences as an Agri-Tourism destination, Uma Verde has a unique selling point: “Hindi kami maramot sa mga nalalaman. Wala kaming sikreto dito sa farm.” As a Gawad Saka National awardee on Small Animal Raiser category and recently appointed Magsasaka Siyentista, Edelissa is humbled by her accomplishments with the need to give back to farmers and provide safe food to consumers while also maintaining balance on ecosystem.

Uma Verde Econature Farm is continually developing to become a haven for relaxation and learning for hungry souls.



How to get there



Private Vehicle

- Take the SLEX and continue through star toll. Exit at Sto. Tomas, then drive straight going to Candelaria, Quezon.
- Before diversion road, look for Total gas station in Candelaria and turn left.
- Drive past until you reach Uma Verde Eco Nature Farm located on the left side.



Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Lucena City, then get off at Candelaria "Sambat"
- Ride a tricycle going to Uma Verde Econature Farm.

Sweet Nature Farms

"Happiness is our Business"

"Nag-umpisa ako na magka interes sa organic farming kasi gusto ko mag papayat (healthy living). Gusto namin na may malinis at available na masustansyang pagkain," admits Suzette S. Sales, owner of Sweet Nature Farms. Established in 2015, Sweet Nature Farms is a three-hectare organic farm with entire 5,000 square meters full production of high value crops, herbs and fruit trees. Lettuce, dried and fresh herbs contribute to most of the farm produce. Lansones, rambutan and crops from the famous 'bahay kubo' song surrounds the farm. And did you know that the spiciest chili pepper is planted in Sweet Nature Farms? Undoubtedly, Carolina ripper is just one of the must see in the farm. Native pigs, free range chickens, fresh fertilized eggs and goats also add attraction in the farm.

Suzette, though a SPED teacher for 23 years, continues to discover new learnings. "Importante sa akin at buong Sweet Nature Farms ang training at pag-aaral na tuloy-tuloy, continuous learning. Sa farming, locally at abroad, talagang pinupuntahan ko pati ang staff para mag-training," states Suzette. And we try our best to apply and implement in the farm what we have learned in our trainings. She took up modules on organic agriculture in University of the Philippines Open University. Counting her achievements, Suzette recently finished track on health and environment in Harvard University on February 2018. She selflessly shares her accomplishments to everyone. As an accredited farm school of TESDA, all the five batches of Organic Agriculture Production NC II her team has trained, they all have passed the assessment with flying colors.


"Pine-prepare namin ang farm para maging PWD friendly. (We are equipping the farm to become PWD friendly). Gusto ko pagsamahin ang special education and organic farming."


- Suzette S. Sales, owner of Sweet Nature Farms



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“Yung mga nag-training dito bumabalik-balik at very appreciative sila dahil sila ay natuto at natulungan ng Sweet Nature Farms. Masaya at nakakatumba na may ilang grupo na naman ng kabataan na natulungan,” Suzette proudly acknowledges. Trainings on Integrated Diversified Organic Farming System (IDOFS), Farm Business School (FBS) sponsored by ATI Region IV-A and mushroom production by LSPU were likewise conducted in the farm.

A skilled teacher, Suzette has specialized her field of profession teaching children with special needs. She wants to develop Sweet Nature Farms as PWD friendly farm. If ever happens, it will be the first in the Philippines to have a program on inclusion of persons with autism to work in the farm. Suzette plans to offer more agriculture related courses, programs and other activities in the farm for the young and adult. In time, she wish to build a café, spa, accommodation, park and recreation for all their guests. As of now, guests can enjoy the smell of the fresh herbs and other plants, pick & pay, planting 101 and animal feeding.



How to get there

Private Vehicle

- Take San Miguel Ave., Doña Julia Vargas Ave and Meralco Ave to Ortigas Ave. in Pasig.
- Head south on St. Francis toward Garden Way.
- Turn left onto Lourdes.
- Turn left onto San Miguel Ave.
- Turn right onto Doña Julia Vargas Ave.
- Turn left onto Meralco Ave.
- Turn right onto Ortigas Ave.
- Continue on Ortigas Ave./Ortigas Ave. Ext. Take E. Rodriguez Avenue and National Rd. to Manila E Rd/R-5 in Morong.
- At the roundabout, take the 3rd exit onto Ortigas Ave/Ortigas Ave Ext.
- At Cleokas Trading III, Ortigas Ave/Ortigas Ave Ext turns slightly right and becomes L. Sumulong Memorial Circle.
- At the roundabout, take the 1st exit onto E. Rodriguez Avenue.
- Turn right at Putting Bato – Solid Cement Road.
- Turn left onto Quezon Ave. then turn right and becomes Magsaysay Ave. Continue onto J. Sumulong Rd. and National Rd.
- Follow R-5 to Mabitac.
- Turn left onto Manila E Rd/R-5. Continue straight to stay on Manila E Rd/R-5
- Turn left at Junction Mabitac.
- Turn right at Town plaza of Sta. Maria, Laguna. Continue straight at Real Velasquez St.
- Turn left at Bagong Pook.
- Turn right at Bagong Pook.
- Turn left at Talangka. Continue straight, staying on the R until you reach Sweet Nature Farms.

Public Transportation

Option 1:

- From Metro Manila area, pass through Ortigas extension. Drop-off at Antipolo, Rizal exiting Teresa, Morong and Tanay.
- Drop off at zigzag. Turn left at junction.
- Ride a tricycle going to Sweet Nature Farms.

Option 2:

- From Big R Cainta Robinsons, ride a jeepney going to Siniloan, Laguna. Drop off at Siniloan town proper.
- Ride a jeepney going to Sta. Maria, Laguna. Drop off at Sta. Maria town proper.
- Ride a tricycle going to Sweet Nature Farms.



Dioko Resort and Ecotourism Park

"A Place to Learn and Earn from Farming"

"Nangangaunti na ang farmers sa Pilipinas. Ang vision ng farm ay makapag-produce ng farmers who will feed the next generation." - Celso C. Dioko, Owner of Dioko Resort and Ecotourism Park

Dioko Resort and Ecotourism Park, a 26-hectare farmland, is the brainchild of Mr. Celso C. Dioko, the innovator, designer, integrator, developer and owner of the farm. It was opened to public in 2016. Out of the many business, Virgilio C. Dioko, General Manager, described the farm as stress free business of the owner. The farm upholds its vision to teach and engage the youth in farming. "We cater On the Job Trainees from different universities in CaLaBaRZon, even Bicol and MiMaRoPa region. Once na lumabas sila they do have skills na talagang kaya na nila ang pagpa-farming, from breeding to farrowing to nursery to full growth to market in swine production," tells Virgilio. As ATI Regular Learning Site, they offer courses on Organic Agriculture Production NC III, Animal Production (swine) NC II and Horticulture NC II.

Started planting in 2015, Dioko Resort and Ecotourism Park caters swine and vegetable production. Currently, the farm continues to raise 550 sows and native pigs. All the 18 crops sang in the 'Bahay Kubo' song are grown in the farm. Not to mention the plantation of lettuce and pepper between fruit bearing trees like lansones, rambutan, giant duhat, guapple, pomelo, atis, mangoes and mulberries are widely planted.



San Gregorio Rd, Brgy. San Joaquin, San Pablo City, Laguna



www.facebook.com/diokoresortandecotourismpark



diokoresortecotourismpark@gmail.com



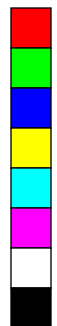
(049) 800 4542



Mushroom house with 25,000 fruiting bags and vermicomposting are just some of the facilities found in the vicinity. Most importantly the envirodome, where the seedlings are sheltered and temperature acclimatized based on the environmental conditions of the plant. New Zealand rabbits and butterflies are furthered attractions in the farm.

First in the Philippines, Dioko Resort and Ecotourism Park longs to be recognize as the lead in massive adoption of black soldier fly larvae, high in protein, fiber, calcium and phosphorus, as vermicompost. Aside from being certified as PhilGap (Philippine Good Agricultural Practices), Department of Tourism Accredited as an Agri-Tourism Farm Site and ATI Learning Site, Dioko Resort and Ecotourism Park aspires to be a certified Learning Site for sericulture and moriculture. They have already made novelty items such as garland out of cocoon production.

It's highly recommended to try their mushroom and buko recipes - crispy mushroom, BBQ mushroom, Shanghai mushroom, mushroom burger, buko sopas, buko carbonara, buko BBQ and buko shanghai. The trip is not yet complete without tossing a coin in the wishing sounds well of Dioko Resort and Ecotourism Park.





How to get there



Private Vehicle

- From Manila take SLEX and exit at Sto. Tomas.
- Drive straight to Maharlika Highway going to San Pablo City, Laguna.
- Drive past Meralco San Pablo. Upon reaching Shell Gasoline Station, turn right.
- Approximately 1 km., continue driving until you reach Dioko Resort and Ecotourism Park.



Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Lucena City, Quezon.
- Drop off at Shell gasoline station in San Pablo City, Laguna (after Meralco).
- Ride a tricycle going to Dioko Resort and Ecotourism Park.

Happi Farm

"Happiness and Finest Fit as One"

Familiar as it may sound, 'Happi' is spelled with an 'i' instead of a 'y' in branding the farm. Yes, it is not a typographical error. Fred Allan R. Penales gave it a twist and name it as 'Happi Farm' to make it more captivating and recognizable. Nonetheless, Happi Farm brings joy and contentment to everyone upon stepping inside the farm. A mild to cold weather best suits the farm.

With a total area of 11 hectares, Happi Farm emerged as a poultry farm in 2012. Four hectares was cleared for poultry. Some areas were planted with various perennial crops, fruit and other indigenous forest trees. Majority of the operation is dedicated for poultry production. All in all, the two buildings contained in the farm can accommodate 160,000 (native) broiler chicken heads for one growing cycle. In a year, an average of seven cycles ran in the farm. Developing more facilities, Happi Farm constructed three units of learning center, post production area, greenhouse and nursery for seedlings. Reception and dining area welcome the guests. Due to large volume of demands, the farm started producing an average of 40 tons of organic fertilizer in a cycle. They also practice natural pig farming with their 12 heads of pig.



"Ang agri-farm tourism ay malaking tulong sa farm at pati sa community ng farmers kasi aside from the products na napo-produce for food security, nabibigyan din ng pagkakataon na yung farmer na magkaroon ng additional na income, either through services, souvenirs or income from the entrance fee of the visitors. Farm tourism is an avenue din ng farmer to market his products."

Philip Reyes

Partner Consultant of Happi Farm

Purok Masikap, Brgy. Suba,
Majayjay, Laguna

fred_hairshaft@yahoo.com

0917 628 3906





For a worthwhile stay, dormitory-type rooms are arranged for at least 30 persons especially to participants attending trainings conducted in Happi Farm. A separated room for the training staff and resource person are convenient for overnight visits.

Levelling-up, Happi Farm continues to upgrade and expand for farm tourism. “Ang turista hindi lang yan pumupunta sa farm para may makikita na maganda at may malalaman sila sa inyo, but they can also infuse other ideas that we can adapt and emulate in our farm,” explains Philip. One hectare for livestock including free range chickens and another four hectares for organic vegetable production are underway. Under recreational activities, they plan to build three-hectare area designated for spiritual, health, beauty and wellness. For adventure seekers, a one-hectare camp site bounded by a river is on the list. Water activities will surely be a hit and in demand. So much to look out for once Happi Farm is 100% completed!





How to get there



Private Vehicle

- Take SLEX and exit at Calamba. Drive straight going to Sta Cruz, Laguna.
- After Sta Cruz, take right at Crossing Areza (between Jollibee and GSIS Building) going to Majayjay via Magdalena-Majayjay Road. After more or less 1 km of passing thru steel bridge at Suba
- National High School, take the left turn before Our Lady of Pilar Parish Church. You will reach Happi Farm after one (1) km.



Public Transportation

- From Buendia or Cubao bus terminal, ride a bus going to Sta. Cruz, Laguna. Drop off at Sta. Cruz bus terminal.
- In Sta. Cruz bus terminal, you can contact Happi Farm for a transport service going to the farm.

Milea Bee Farm

“The Sweet Taste of Farm Life”

Bees are considerably one of the most important pollinators. They play a vital role in helping plants bear fruits; they also produce honey and other distinct by-products. As entrepreneurs in the agriculture industry, this knowledge sparked the interest of Edilee and Rico Omyon, the owners of Milea Bee Farm, to pursue bee farming. At the time, they aimed to solve one very crucial business problem “Here in the Philippines, it’s hard to get real honey and beeswax. We would sometimes get fake [honey and beeswax] from people who claim them to be ‘natural’ or ‘pure,’” expressed Edilee.

It was in late 2010 when Milea Bee Farm started operating their one-hectare farm. Right from the very beginning, they took it upon themselves to follow the organic farming protocol. Maximizing roughly 2,000 square meters of planting area, they devoted one half of the property to hosting farm tours while the other half was devoted to farming projects. With this resource allocation and the right farming practices, Milea Bee Farm harvests more than a ton of produce of ‘chopsuey’ and ‘pakbet’ veggies delivered to selected markets and restaurants in Metro Manila, where they also join weekend bazaars and farmer’s markets. The success of the farm was possible because “We make full use of what we have,” voiced Edilee. Fruit trees like lansones, suha, lychee, avocado, balimbing, makopa, mango, durian, and mangosteen can be found in the farm.



“Farm tourism offers a unique experience away from the hustle and bustle of the city; while bee farming gives you a whole new world to discover.”

- Edilee R. Omyon, Owner of Milea Bee Farm

Come visit us! Feel free to reach us at:



mileabeefarm@gmail.com



Kurba Rd. Balagtasin,
San Jose, Batangas



0917 888 8438



www.mileabeefarm.com

This plant diversity allows Milea Bee Farm to serve unique offerings to their visitors, such as their farm's very own special salad - a delectable dish coined as 'Daga at Pusa', this salad is made of 4 magic ingredients: dahon (edible weeds), gata (coconut milk), at puso ng saging (banana heart). As if this doesn't take the cake already, they also bear exciting news for visitors: that guests are allowed to pick-and-pay crops with their own hands!

Furthermore, Edilee situates, "When we started bee farming, a lot of people got interested. Not only were we able to produce honey and beeswax [for our personal consumption]; later on, we were able to produce some of our own raw materials. [It went so well that] people were asking if we could hold seminars." Thanks to the heartwarming requests from their friends and family, Edilee and Rico started to conduct



seminars on beekeeping and product-making twice a year, beginning in 2013. They shared Milea Bee Farm's best practices on vanilla propagation, planting management, as well as harvest and post-harvest techniques. Since then, Edilee and Rico have become long-time resource speakers of ATI and had been invited to be lecturers in various speaking engagements relating to beekeeping, entrepreneurship, enterprise development and skincare manufacturing all over the Philippines. "We want [to teach] people na gusto talagang matuto. That's our purpose for opening the farm to the public. For people to appreciate bees and to make them appreciate the [importance of] biodiversity," highlights Edilee. It is this very dream that has led Edilee to be awarded as Go Negosyo!'s Inspiring Filipina Entrepreneur and the ASEAN Entrepreneur Network's Outstanding Entrepreneur in Bangkok, Thailand.

Milea Bee Farm has and always will be grounded on working with nature. It has grown to inspire others to do the same and it all starts with you taking your first steps on the fresh soil, having a taste of honey fresh from the hive and meeting the bees that once changed their lives.



How to get there



Private Vehicle

- Take the SLEX and continue through star toll. Exit at Lipa, then turn left.
- When you reach Phoenix gas station, turn right. You will see Valentino resort signage (left side), then turn left
- You will reach UCCP Church after three (3) kms. Left side of it is a small alley, go thru the alley and at the end you may park and walk 400 meter going to Milea Bee Farm.



Public Transportation

Option 1:

- From Buendia or Cubao bus terminal, ride a bus going to Lemery, Batangas. Drop off at Pinagtungulan.
- Ride a tricycle going to Milea Bee Farm.

Option 2:

- From Buendia or Cubao bus terminal, ride a bus going to Batangas City. Drop off at Lipa City, Batangas.
- Ride a jeepney going to Cuenca or Lemery, Batangas. Drop off at Pinagtungulan.
- Ride a tricycle going to Milea Bee Farm.



Cavite Learning Site

Farm: Robert Arahan Farm
Coordinator: Robert Arahan
Contact no. : 0929-5917454
Address: Brgy. Punta II, Tanza, Cavite
Description: "The learning site will serve as a model to show that agriculture is a viable enterprise, employing good agricultural practices and workable farming strategies (Diversified Rice Based Farming system).

Farm: Silan Agri Farm
Coordinator: Edilberto Silan
Contact no. : 09178048088
Address: Brgy. Tambo Kulit, Indang, Cavite
Description: "The farm is famously known for dragon fruit production. Coco-based planted with lacatan banana, papaya, pineapple and vegetables like bitter gourds, eggplants, and tomatoes."

Farm: Brookside Hills Leisure Farm
Coordinator: Abelardo Malimban
Contact no. : 09497211868
Address: Brgy. Kaymisas, Gen E. Aguinaldo, Cavite
Description: "The farm is surrounded by creeks with continuous flow of fresh water even on summer season. Crops consist of cacao, banana, coffee, guyabano, dragon fruit, starapple and lanzones. Livestock are native pigs, geese and turkey."

Farm: Paras Integrated Farm
Coordinator: Eduardo Paras
Contact no. : 09235907399
Address: Brgy. Kaymisas, Gen E. Aguinaldo, Cavite
Description: The farm is gradually shifting to organic farming since Mr. Eduardo graduated from ATI's GAP training and Organic Agriculture. The main product of the farm are fruit bearing trees. All existing facilities are demo farm for vegetables, mushroom house, vermiculture area and a lecture hall that can accommodate 40 participants and a receiving area for visitors.

Farm: Aispora Workers Association
Coordinator: Shirley V. Yorong
Contact no. : 09479960994
Address: Brgy. Malainin Bago, Naic, Cavite
Description: "AISPORA (Aralin, Isabuhay, Palaganapin, ang Organic Agriculture sa Pilipinas) is a non-sectarian and non-political socio civic organization conceptualized by organic enthusiasts. It exists for the purpose of helping small farmers, displaced workers, youths, women, and unemployed. Half of its members are certified holders of OAP NCII."



Cavite Learning Site

Farm: We Lead Integrated Natural (WIN) Farm
Coordinator: Mariel B. Guban
Contact no. : 09973702063
Address: Brgy. Taywanak Ilaya, Alfonso, Cavite
Description: "Is a 9 hectare Integrated Natural Farm adjacent to their sister company – Camp Benjamin. Advocating an organic and integrated approach in farming."

Farm: ACV Agri Farm
Coordinator: Aldwin Declan Velazco
Contact no. : 09054584800
Address: Brgy. Lilit, Silang Cavite
Description: "Producing high value vegetables hydroponically. And is actively partnering with private corporations in sustaining the demand for vegetables"

Farm: Sanctuario Nature Farms
Coordinator: Francelle Delos Reyes Alcacia
Contact no. : 09219816165
Address: Brgy. Kayquit, Indang, Cavite
Description: "The farm adheres to the principles of sustainable farming including high regard to the overall preservation of the environment and fairness to their workers among others."

Farm: Morningside Farms
Coordinator: Ruy Valente Polistico
Contact no. : 09175291477
Address: Brgy. Pangil , Amadeo, Cavite
Description: "The 1st Organic Certified Farm in Cavite. A School for Practical Agriculture."

Farm: Luntiang Republika Eco Farms
Coordinator: Eduardo B. Cleofe
Contact no. : 09173270324
Address: Brgy. Taywanak Ilaya, Alfonso, Cavite
Description: "Luntiang Republika Ecofarms is an organic farm nestled in the highlands of Alfonso, Cavite located just an hour or so south of Metro Manila. The farm is a short drive from the scenic Tagaytay. It is bounded by the Catmon River which runs alongside the property. On some cold mornings, mists shroud the place transforming the landscape to a mystical-like place. Steady gusts of wind throughout the day creates a symphony of leaves and branches rustling in the background while providing a soothing and relaxing relief to weary bodies and tired souls."

Farm: ATI IVA Paligsakahan
Coordinator: Sherylou Alfaro
Contact no. : (046) 419-02-10
Address: Brgy. Lapidario, Trece Martires City, Cavite
Description: Center-based technology demonstration area.



Cavite Learning Site

Farm: Mendez Organic Farm
Coordinator: Liberato Perez
Contact no. : 09363849500
Address: Brgy. Banayad, Mendez, Cavite
Description: "A reliable source of organically grown vegetables, seedlings of medical plants, herbs and spices."

Farm: Alamana Farm Academy
Coordinator: Emmanuel Hugh Velasco
Contact no. : 0917-8191988
Address: Brgy. Marahan 2, Alfonso, Cavite
Description: "ALAMANA comes from two Filipino words "Alaala" (Remembrance) and "Mana" (Inheritance). seeks to equip the youth not only with best sustainable farming practices but also on how to become market-driven farmers and how to become successful entrepreneurs engaged in agriculture."



Laguna Learning Site

Farm: Laly's Farm Ville
Coordinator: Normita R. Perez
Contact no. : 09216631359
Address: Brgy. Sisilmin, Cavinti, Laguna
Description: "The Tesda Farm School is practicing integrated farming showcasing high value crops, livestock, and organic inputs production. Aside from its scenic view and fresh air, Laly's farm is also known for its naturally grown crops and processed commodities."

Farm: Remma's Farm
Coordinator: Emma C. Capiro
Contact no. : 09435212186
Address: Brgy. San Antonio, Kalayaan, Laguna
Description: "Soil of the farm is characterized with flar terrain and highly acidic. However soil can be planted with different crops by modifying tructure and texture. Fruit, vegetable production is also being done in the farm as well as livestock."

Farm: Boogie's Farm
Coordinator: Raymond P. Mendoza
Contact no. : 09189182601
Address: Brgy. Alipit, Sta. Cruz, Laguna
Description: "Farm planted with bananas (lakatan and saba), coconut, papaya and other fruit trees and vegetables. Vision is to produce quality, healthy and nuritious food as well as providing jobs for the community."

Farm: Tsu Mark Botanical Garden
Coordinator: Mark Dominic dela Torre
Contact no. : 09212085585
Address: Brgy. Libis ng Nayon, Mabitac, Laguna
Description: "Mission is to provide quality fruits, vegetables and seedlings willing to share and teach technologies."



Laguna Learning Site

Farm: MASIPAG Organic Community Farm
Coordinator: Elpidio Lalap
Contact no. : 09175013085
Address: Brgy. Sirang Lupa, Calamba City, Laguna
Description: "The farm is a communal farm operated by members of Masipag Farmer Association. Major commodities are vegetables, vermicomposting, root crops, livestock among others, practiced based on organic farming principles."

Farm: Roqueza's Integrated Farm
Coordinator: Ma. Evita Roqueza
Contact no. : 09493681459
Address: Brgy. Sta Clara Sur, Pila, Laguna
Description: "An integrated farm practicing Organic Agriculture Technologies, which highlights sustainable livestock raising. A TESDA Farm School."

Farm: Nylove Integrated Farm
Coordinator: Nyla A. Cordero
Contact no. : 09161594508
Address: Brgy. San Antonio, Kalayaan, Laguna
Description: "Providing naturally grown food to fellow humans while protecting and creating a diversified and beautiful farm environment."

Farm: Agrie's Integrated Farm
Coordinator: Agripina Ochoa
Contact no. : 09162793787
Address: Magdalena, Laguna
Description: "The farm also practices diversified farming system using organic agriculture technologies. TESDA Farm School."

Farm: Javier Eco Farm
Coordinator: Abner Javier
Contact no. : 09270358164
Address: Brgy. Balayhangin, Calauan, Laguna
Description: "The farm is devoted primarily to agricultural processes with the goal of sustainable production of food and other crop. Reaching out farmers and other people in the community to be involved."

Farm: Laguna State Polytechnic University (LSPU) College of Agriculture
Coordinator: Dr. Nestor M. De Vera, President
Contact no. : (049) 813 0452
Address: L. de Leon St., Siniloan, Laguna
Description: "The farm is a Hiling program academic partner practicing organic farming."



Laguna Learning Site

Farm: Adoress Farm Training and Assessment Center
Coordinator: Amador P. Sanchez
Contact no. : 09486845638
Address: Brgy. Matalatala, Mabitac, Laguna
Description: "Adoress Farm(AFTAC) is privately owned turned to a skills honing hub that aims to bolster and raise first hand knowledge on scientific processes for farming and husbandry. With its facility to cater both classroom discussions and practical exercises, it makes the location one of the primary choices for events that tackles agricultural know how."

Farm: Mama Chel's Farm
Coordinator: Racquel Aquilina N. Raganit
Contact no. : 09291029974
Address: Brgy. San Isidro, Majayjay, Laguna
Description: "A farm surrounded with plants, ornamentals and fruit bearing trees. A place where you can experience a get-away from the hustle of city life."

Farm: Cordoves Integrated Educational and Leisure Farm
Coordinator: Norman John G. Cordoves
Contact no. : 09178749626
Address: Bgry. Ilayang Palina, Liliw, Laguna
Description: "Farm practicing Integrated Diversified Farming System. Known for beekeeping and export quality uraro (arrowroot cookies)."

Farm: GK Hiyas ng Maynila Integrated Farm
Coordinator: Rolando Remigio, Jr.
Contact no. : 09499365742
Address: Brgy. Mapagong, Calamba City, Laguna
Description: "Hiyas Farm is a perfect place to rediscover the wonders of nature and soothe your tired soul. Re-energize through the healing qualities of nature and permit yourself to be nourished by our mouth-watering cuisines with all natural ingredients handpicked from our organic farm."



Batangas Learning Site

Farm: Vilela's Farm
Coordinator: Ma. Carmela V. Toreja
Contact no. : 09175015806
Address: Brgy. Dayapan, Ibaan, Batangas
Description: "A farm that started with coffee and pepper eventually developed in to a diversified farm with offering an experience of natural goodness of the farm produce and a taste of their all- natural and home-made products, which promises to fill your day with sugar and spice and everything nice!"



Batangas Learning Site

Farm: RGEM Farm
Coordinator: Rubi Rosa Arreza
Contact no. : 09174880302
Address: Brgy. Sta Cruz, Rosario, Batangas
Description: "The farm is planted by fruit bearing trees such as mango, langka , etc. Farm also offers activities on mushroom culture and honeybee culture. Commodities are also processed as part of value-adding activities."

Farm: VOHO Eco-Tourism Farm
Coordinator: Pablito Villegas
Contact no. : 09568979514
Address: Brgy. San Pedro I, Malvar, Batangas
Description: "A farm conveniently located alongside the STAR tollway in Malvar. Only 60kms from Metro Manila and is easily accessible. Travel time is approximately 45mins. Malvar is elevated 745 feet above sea level. The weather is cool compared to neighboring towns. Each developed farm lot has access to a deep-well sourced potable and irrigation water."

Farm: Technology Demonstration Site On Natural Farming System
Coordinator: Noledo Lindog
Contact no. : 09174621403
Address: PROVET, Lipa City, Batangas
Description: "The Batangas Provincial Demonstration Farm showcases different animal projects that include: native pig farming, Banaba native chicken conservation, cattle production and upgrading, Swine Artificial Insemination, Goat Production, and Forage and Pasture Development. The demo farm offers different technologies that aids farmers in the development and upgrade of their stocks. Construction of low cost housing for goats and initial stocks of does and buck were awarded as an assistance of ATI."

Farm: AGB Orchard Farm
Coordinator: Albert Blancaflor
Contact no. : 09088665527
Address: Brgy. Mataas na Kahoy, Batangas
Description: "The place enthalls you by the senses as soon as you step unto its gates. From the scenic view of Taal Lake; the feel of the cool breeze as one walks through the orchard filled with fruit bearing trees, ornamental plants, herbs and naturally grown vegetables. The melodic sounds of farm animals in symphony and the sumptuous meal. One can't help but immerse and make you feel one with nature."



Batangas Learning Site

Farm: Don Leon Nature Farm
Coordinator: Noel S. Gutierrez
Contact no. : 09175977954
Address: Brgy. Poctol, San Juan, Batangas
Description: "Owned by a husband and a wife, which are both doctors. A farm advocating family farming and rural development. Farm is practicing organic farming showcasing livestock raising and high value crops production. A good accommodation and training facilities were being built in the farm making it a good venue for learning."

Farm: CV Toreja Agri Enterprises
Coordinator: Eileen Carmela R. Toreja
Contact no. : 09392208008
Address: Brgy. Dayapan, Ibaan, Batangas
Description: "Established in 2012, one of the biggest dairy farm in Batangas. Home of our purebred Holstein Sahiwal."

Farm: Sansar Eco Farm Inc.
Coordinator: Eric Santos
Contact no. : 09178739665
Address: Brgy. Aga, Nasugbu, Batangas
Description: "Various fruit trees, vegetables, native trees species are planted in the area. The farmer also raised swine, poultry, and other livestock species. The farm also offers trekking adventure going to the falls near the site."

Farm: AG Hog Farm
Coordinator: Raquel R. Gutierrez
Contact no. : 09989897956
Address: Brgy. Quilo-Quilo North, Padre Garcia, Batangas
Description: "Aims to provide premium farm fresh cow's milk and value adding on dairy products."

Farm: DV Boer Farm International, Inc.
Coordinator: Soliman A. Villamin, Jr.
Contact no. : 09171275578
Address: Brgy. Balibago, Lian, Batangas
Description: DV Boer Farm is a breeding haven of full blood boer goats directly imported from Australia.



Rizal Learning Site

Farm: EV Sanchez Farm
Coordinator: Edna Sanchez
Contact no. : 09209675182
Address: Brgy. PalayPalay, JalaJala, Rizal
Description: "EV Sanchez Farms is a Learning Site for High Value Crops. Wine and vinegar made from dragon fruit which contains many nutritional values. The farm is already GAP certified and an organic farming advocate."



Rizal Learning Site

Farm: Urminita's Farm
Coordinator: Ramon Urminita
Contact no. : 09392195194
Address: Brgy. San Jose, Antipolo City, Rizal
Description: "Is a GAP certified farm, existing facilities are rice land, fish pond, backyard nursery and a greenhouse."

Farm: Quality Lifelong Learning Institute, Inc.
Coordinator: Edna V. Baccara
Contact no. : 09189039577
Address: Sitio Yapak, Brgy. Lagundi, Morong, Rizal
Description: QL3I provides short courses and training that cater to the skills enhancement of agricultural workers from Rizal.

Farm: Anawin Farm
Coordinator: Carlos Ferdinand Dimson
Contact no. : 0918-9350970
Description: "Located at the Anawim Lay Missions Center which caters to the abandoned elderly. The farm provides fresh produce for the community. Adapting the natural farming system, all able members of the community helps in the production of vegetables and fruit."



Quezon Learning Site

Farm: Glinoga Organic Farm
Coordinator: Nenieveh Glinoga
Contact no. : 09088887843
Address: Brgy. Payte, Pitogo, Quezon
Description: "GOF has evolved into a permaculture based organic farm and it has continued to maintain its philosophy of providing food on the table for the family and community advocate."

Farm: Romulo B. Ayag Organic Farm
Coordinator: Romulo B. Ayag
Contact no. : 09184806283
Address: Brgy. Pili, Sariaya, Quezon
Description: "A learning site elevated to SPA. Integrated farming is being showcased in the farm. One of the main goals of the farm, aside from organic crop and livestock production, is the creation of special gardens and crop fields to showcase both the organic and natural farming technologies and agro-ecological approach to sustainable agriculture."

Farm: KML Agri Farm
Coordinator: Joseph Bomediano
Contact no. : 09105724570
Address: Brgy. Lagalag, Tiaong, Quezon
Description: "Learning site for corn."



Quezon Learning Site

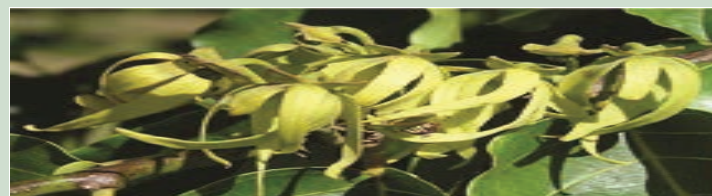
Farm: RDFM Agri-Ventures
Coordinator: Dorcas Madrideo
Contact no. : 09178368087
Address: Brgy. Kakawit, Lucban, Quezon
Description: "The farm is practicing integrated farming system with livestock, swine, vegetables and fruit trees. The farm also offers a scenic view of the slopy areas around the farm. The town is also known for its cool weather."

Farm: Ranchito Farm
Coordinator: Ruthfrea Teresita Avila
Contact no. : 09177024816
Address: Brgy. Mangilag Sur, Candelaria, Quezon
Description: "A garden residence learning site having a nursery for fruits and forest trees: endemic, indigenous, exotic species."

Farm: PUP Mulanay
Coordinator: Adelia R. Raodilla
Contact no. : (042) 319 7599
Address: Brgy. Sta Rosa, Mulanay, Quezon
Description: "A farm practicing organic farming system. Used primarily as experimental area of bachelor of science in agribusiness management student."

Farm: Bunch Farm
Coordinator: Sanny Buncha
Contact no. : 09325601504
Address: Brgy. Gulang-Gulang, Lucena City, Quezon
Description: "A GAP certified farm with a unique farm setting, established inside a subdivision within the city. Bunch farm's main commodities are corn, soya, herbs and vegetables that are grown organically. Another site of Bunch farm is located at Lucban, Quezon wherein they practice the corn, soya, livestock integration."

Farm: Cortijo de Palsabangon
Coordinator: Ayrin Llorin
Contact no. : 09177195358
Address: Brgy. Ibabang Palsabangon, Pagbilao, Quezon
Description: "A School for Practical Agriculture, TESDA Farm School" Aside from its modest yet comfortable accommodation facilities, it offers very good food and is famous for its version of "Shabu-shabu" and other Japanese meals.



Quezon Learning Site

Farm: Flor and Daisy's Agricultural Farm
Coordinator: Florencio Flores
Contact no. : 09989800477
Address: Brgy. Mamala II, Sariaya, Quezon
Description: "Is a family-owned farm which specializes on high value crops such as coffee, cacao, and vegetables. It practices integrated diversified farming system through organic farming approach."



Farm: Woodburn Garden and Farm
Coordinator: Pilar B. Garcia
Contact no. : 09186733339
Address: Brgy. Paiisa, Tiaong, Quezon
Description: "An organic farm that accommodates all kinds of events. A place for OJTs to learn."



Farm: Beegood Agriventures
Coordinator: Jessica Castillo
Contact no. : 09189858530
Address: Brgy. San Juan, Tiaong, Quezon
Description: "A peaceful walk in the woods of mahogany trees and a breathing fresh air from organic rice fields."



Farm: MD Severa Farm
Coordinator: Melita Severa
Contact no. : 09163630113
Address: Brgy. Gitnang Barrio, Gumaca, Quezon
Description: "The farm is famously known for mushroom production & processing. Multiple cropping is being adapted towards sustainable agriculture."



Farm: Yumi's Farm
Coordinator: Alicia A. Valdoria
Contact no. : 09082280113
Address: Brgy. Ilayang Bukal, Tayabas, Quezon
Description: "Yumi's Farm - Haven of Community-Based Organic Farming. One farm can make a difference."





**CALABARZON
FESTIVALS**

The numerous festivals held in Region IVA are manifestations of fun-loving and religious people celebrating feast day of saints or commemorating important persons. Festivities also highlight unique characteristics of their places whether historical, cultural or agricultural in nature.



Sumilang Festival- Silang, Cavite

One of the largest towns in Cavite, municipality of Silang is noted for its relatively cool and invigorating climate. Aside from its cool weather, Silang is notably known as agricultural town.

Every February 1-3 of the year, townfolks of Silang celebrate its Sumilang Festival to give thanks to its patron saint, Nuestra Señora de Candelaria, for a good harvest. It also honors the bravery of Silangueño who declared the agrarian revolt on 1745, it is being said that it is one of the first revolt of the farmers in the Philippines and Southeast Asia.

Source: <http://silang.gov.ph>



Kabutenyo Festival- Gen. Mariano Alvarez, Cavite

Dubbed as the youngest municipality in Cavite, Gen. Mariano Alvarez takes pride as the “Mushroom Capital in Cavite. Cultured oyster mushroom become its “One Town, One Product” or OTOP. Kabutenyo festival is celebrated every 13th of March in General Mariano Alvarez. Kabutenyo came from the word Kabute which means “Mushroom” in English. Various activities include street dancing, a trade fair and a culinary contest with mushroom as the main ingredient.



Sampaguita Festival- San Pedro City, Laguna

Sampaguita Festival is a week-long celebration which includes various activities ranging from cultural to athletics, trade fairs, dance contests, parades, art-exhibits, social and religious gatherings, tribal dance and sports exhibitions in San Pedro, Laguna, Philippines. The festival is about celebrating the national flower of the Philippines - the sampaguita flower. The town of San Pedro, Laguna is a place that has a thriving 'sampaguita-industry' in the Philippines. Garlands of sampaguita flowers are being made in the said town. Farmers in the town are still cultivating the said flower. The Sampaguita Festival coincides with San Pedro Day- a local holiday for the town. San Pedro Day is celebrated every February 21 - the actual day when the said festival is at its peak.

Source: <https://greedypeg.org/laguna/Sampaguita-Festival.html>



MARILAG FESTIVAL- SANTA MARIA, LAGUNA

A combination of the words Maria and Laguna, Marilag Festival primarily showcases the agricultural products of Sta. Maria. It is a celebration of bountiful harvest and culinary cavalcade. Formerly known as the Kalakal Festival, Marilag Festival presents Sta. Maria as the food basket of Laguna, being the town with the biggest acreage of agricultural land. Marilag Festival is usually being celebrated first week of April.

Source: <http://lagunatoptenfestivals.blogspot.com/2017/04/santa-maria-laguna-marilag-festival.html>



CORAMBLAN FESTIVAL- ALAMINOS, LAGUNA

Coramblan stands for COconut-RAMButan-LANsones, a festival in celebration of the bounty harvest of the small town of Alaminos, Laguna. Alaminos, the Home of the Coramblan Festival, is a third class municipality in the province of Laguna, Philippines.

Coramblan Festival is a nine-day festivity in honor of Nuestra Señora Del Pilar, Alaminos Laguna's patron saint. The festival includes religious activities such as novena, cultural shows held every night participated by the public and private schools, NGO's and GO's supported by Local Government. A trade fair is also organized which aims to promote the different products produced by their fifteen barangays. The highlight of the festival is the CORAMBLAN Festival, a street dancing competition and performances from the different schools promoting their COconut-RAMbutan-LANzones which are the major products produced in the municipality of Alaminos. The feast of Nuestra Señora Del Pilar is on the 12th of October.

Source: <http://lagunatoptenfestivals.blogspot.com/2017/04/alaminos-laguna-coramblan-festival.html>
<https://allevents.in/alaminos/coramblan-festival-coconut-rambutan-and-lanzones-festival/256444644802328>



HANE FESTIVAL- TANAY, RIZAL

In honor of and thanksgiving for the founding anniversary of the Municipality of Tanay, Hane Festival highlights the eco – tourism, arts, and cultural exhibition in one, showcasing Tanay's vibrant tourism, abundant agricultural produce, healthy and sustainable environment, rich arts and culture, and amiable people.

It derived its name from an ordinary expression of Tanayan ("hane") which is used to seek one's agreement. The festival starts on November 12 and ends on November 20.

Source: <http://tanay.gov.ph/>

KABAKAHAN FESTIVAL - PADRE GARCIA, BATANGAS

- Padre Garcia Batangas as the Cattle Trading Capital of the Philippines celebrates the municipality's founding anniversary through the KABAKAHAN Festival.

- One of the highlights of this annual event is the "Rodeo Ala Garciano." This competitive sport attracts tourists from all over the country. The event is a brainchild of former mayor, Mr. Prudencio "Dacio" Gutierrez to promote the Padre Garcia Livestock Auction Market.

Sources:

Article: <http://eightpackets.com/genesis/kabakahan-festival/#>

Photo credit:

kabakahan_2018 photo - <http://eightpackets.com/genesis/wp-content/uploads/2018/06/kabakahan.jpg>



PARADA NG LECHON - BALAYAN, BATANGAS

- It is a one of a kind parade and food experience, rated by the Provincial Government of Batangas as the most visited festival in the province, with an estimate of 9,000 tourists joining the event. Parada ng Lechon is held annually every 24th of June, in commemoration of the baptism of Jesus Christ by St. John the Baptist.

- A fun and religious experience, the event boasts of the creatively dressed lechons, paraded in the streets of Balayan. Tourists get a taste of lechon during the parade while by-standers participate in the traditional water splash. A mass is held before the start of the parade, blessing the participating lechons in front of the Immaculate Conception.

Sources:

Article: <http://eightpackets.com/genesis/kabakahan-festival/#>

Photo credit:

kabakahan_2018 photo -

<http://eightpackets.com/genesis/wp-content/uploads/2018/06/kabakahan.jpg>



NIYOGYUGAN FESTIVAL QUEZON PROVINCE

- The most-awaited festival celebrated every August, Niyogyugan continues to excite locals and tourists with the best agricultural products and booth display of every city/municipality in the province.

- It is a thanksgiving feast for the bountiful harvest of coconuts which also centers the booths' decoration of participating cities and municipalities.

- Some of the best-selling local products you can find there are: Pancit Habhab, Real's fresh crabs, Lucban's longganisa and Infanta's suman (rice cake).

- The Niyogyugan Festival takes place at Perez Park Compound and Quezon Convention Center.

Photo credit: <https://www.rappler.com/nation/209879-coconut-products-quezon-niyogyugan-festival-2018>



Delicacies

Food is an integral part of Filipino culture. Different regions have their own unique cuisines and native delicacies. The characteristics of food vary as to taste, ingredients, preparations and way of cooking. Region IVA also have distinct and popular dishes mostly connected to agricultural commodities abundant in the place or historically part of their food culture that they want to preserve.



Cavite Delicacies

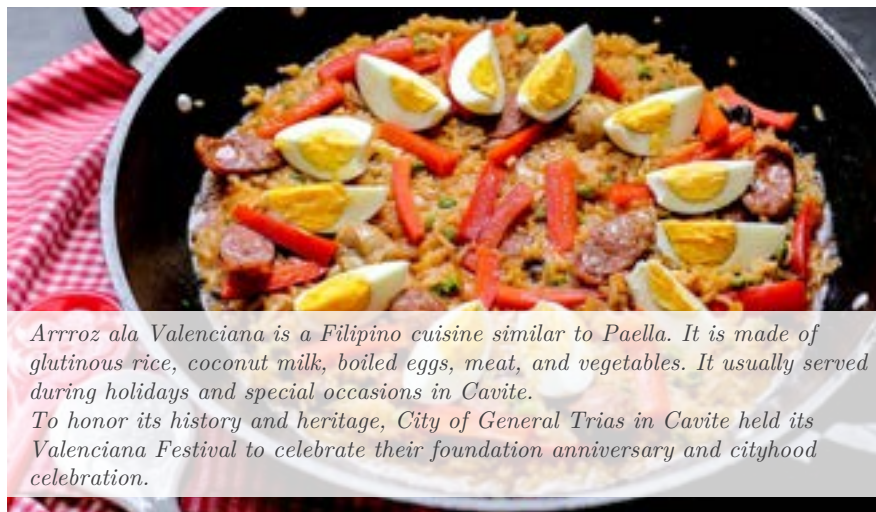
ARROZ ALA VALENCIANA

Ingredients

- 500 g boneless chicken thighs, chopped
- 3 pcs chorizo, sliced
- ½ cup glutinous rice
- 1 cup jasmine rice
- ½ cup raisins
- ½ cup green peas
- 1 red capsicum, cut into strips
- 1 tsp paprika
- 2 cups chicken stock
- 1 cup coconut milk
- 2 tbsp tomato paste
- 1 tomato, diced
- 1 tbsp safflower (kasubha)
- 5 boiled eggs, peeled and sliced
- fish sauce
- freshly ground black pepper
- 1 onion, diced
- 4 cloves garlic, minced
- olive oil

How to cook

1. In a colander, combine glutinous rice and jasmine rice together, rinse and drain then set aside.
2. In a large wok heat olive oil, then add chicken and brown on all sides. Remove chicken then set aside.
3. Add the chorizo then cook for 2 minutes, remove from wok then set aside.
4. Add and saute garlic and onions, adding oil if necessary. Once onions are soft, add the tomatoes and cook until soft.
5. Add the saffron, and paprika, stir for a minute then pour in the chicken broth and coconut milk bring it to a boil.
6. Add the rinsed rice, chicken and tomato paste bring back to a boil, season with fish sauce and freshly ground black pepper. Put in medium heat cover the wok and simmer for 5 minutes.
7. Add the chorizo, raisins and green peas then simmer in medium low heat for 10 minutes.
8. Add the red capsicum then continue to simmer until fully cooked and dry.
9. Garnish with eggs on top then serve.



Arroz ala Valenciana is a Filipino cuisine similar to Paella. It is made of glutinous rice, coconut milk, boiled eggs, meat, and vegetables. It usually served during holidays and special occasions in Cavite. To honor its history and heritage, City of General Trias in Cavite held its Valenciana Festival to celebrate their foundation anniversary and cityhood celebration.

<https://panlasangpinoy.com/2013/04/07/suman-sa-ibos-recipe/>

CALANDRACAS

Ingredients

- 750 g beef brisket, cubed
- 3 pcs chorizo, sliced
- 2 cups macaroni pasta
- 400 g can chickpeas, drained and rinsed
- 3 pcs medium potatoes, cubed
- ½ cabbage, sliced
- 2 white onions, sliced
- 4 cups beef stock
- fish sauce
- salt
- freshly ground black pepper
- oil

How to cook

1. Season beef cubes with salt and freshly ground black pepper.
2. In a soup pot add a bit of oil, heat it up until its smoking point then add the beef. Brown beef cubes on all sides.
3. Add the chorizo, onions, beef stock and pour enough water to cover the meat. Bring to a boil then simmer for 1 hour.
4. Add the potatoes, simmer for 5 minutes.
5. Add the macaroni and chickpeas then simmer for 5 minutes.
6. Add the cabbage then simmer for 5 more minutes.
7. Season with fish sauce and freshly ground black pepper then serve.



It is traditionally served during wake. Apparently, the name come from the word "calandra" which means "where the coffin is laid". Nowadays it is still served as such but it is also served as a special weekend dish where it is usually served on family gatherings and fiesta.

<https://www.angsarap.net/2018/07/04/calandracas/>

"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."
- J.R.R. Tolkien

Laguna Delicacies

KESONG PUTI (NATIVE WHITE CHEESE)

Ingredients

- 4 cups carabao's milk
- 3/4 teaspoon salt
- 1/4 cup cane vinegar
- 2 teaspoons lemon juice
- banana leaf, cut into 12x6-inch pieces

How to cook

- Place milk and salt in a double boiler over medium-low heat. Cook for 15 minutes, stirring continuously with a sterilized spoon to prevent the mixture from boiling.
- Remove from heat then add vinegar and lemon juice. Allow curds to form, mixing lightly. Allow to cool and set for 1 hour.
- Line a strainer with a piece of cheesecloth, and set strainer over a mixing bowl. Once mixture has cooled, pour into the lined strainer to drain the liquid (whey) from the mixture; discard liquid. The curd is ready to use if you prefer creamy kesong puti. For firmer cheese, place a clean, heavy object (like a small plate) on top of the curds to drain more whey from the mixture.
- Place curds on a banana leaf and fold to wrap. Tie with kitchen twine or a long strip of banana leaf. Place in a zip-top bag or covered container, and store in the refrigerator for up to 1 week.



Kesong puti is usually partner with pandesal served during breakfast or snack. It is made from milk of carabao or goat. It is the main delicacy of City of San Pedro in Laguna province which they held Kesong Puti Festival on the month of May.

<http://www.lagunatravelguide.com/index.php?page=kesong-puti-white-cheese>

KINULOB NA ITIK

Ingredients

- 5.5 lb. Frozen or Fresh Duck (thawed)
- 1 Large Onion (chopped)
- 6-8 Cloves of Garlic (smashed)
- 1 Small/Medium Knob of Ginger (sliced)
- 3 Bay Leaves
- 1.5 Cups Soy Sauce
- 3 Teaspoons Vinegar
- 16 oz. Sprite (or other lemon lime) Soda
- 60 oz. Water (approx.)
- Cooking Oil (for frying)

How to cook

In a large pot, add all of the ingredients (except the duck and cooking oil), stir well, and bring to a boil.

Once it being to boil, add the thawed duck carefully to the pot. Position the duck so that it is fully submerged. Add more water if needed to completely cover the duck.

Place a lid on the pot and boil the duck approximately 1.5 - 3 hours until it is tender enough to insert a knife or fork easily into the meat, but it is not falling apart.

Be sure to check the duck occasionally and add water as needed to keep the duck covered while boiling.

Once the duck is tender enough, carefully remove it from the water and place it on a rack to dry and cool.

Once the duck is cool enough to handle and is no longer dripping water, you can prepare your oil to fry.

Heat your oil to approximately 350 degrees and carefully place the duck into the fryer, wok, or large pot. The oil may splash or boil, so use caution and do not over fill.

If your vessel is not large enough to allow the duck to be fully submerged in oil, you will have to flip it once the skin looks dark and crispy on the one side.

Carefully remove it from the oil once the skin is evenly dark and crispy all over.

Use paper towels to collect the excess cooking oil from the duck and serve immediately.



The town of Victoria in Laguna province is known for the itik or duck (Anas platyrhynchos Linn). Kinulob na Itik is a deep-fried duck recipe, and a culinary trademark of Victoria.

<http://jmcoking.tumblr.com/post/128130994026/kinulob-na-itik>

Batangas Delicacies

TAPANG TAAL

Ingredients

- 1 kilogram pork shoulder, sliced in tapa style
- 1 cup soy sauce (8 ounce)
- 1 head garlic, minced
- 2 teaspoon ground black pepper
- 1/4 cup calamansi juice
- 2 teaspoon Lea Perrins (worcestershire sauce)

How to cook

- In a large mixing bowl combine all the ingredients and combine it well. You can use clean hands and mash it all together. Let it marinate for 3 hours or overnight inside the refrigerator. Once done with marination, just fry it like any other tapa.
- Best with hot garlic fried rice, sunny side up egg, slices of fresh tomatoes and onions on the side. Enjoy it too with coffee for breakfast!

Notes:

- Pork shoulder or in tagalog also known as Pork Kasim.
- You may also use, lomo or in english it is known as beef tenderloin.
- Ask butcher to slice it thinly or tapa slice.



Tapang Taal (Taal, Batangas) - a delectable local pride, Tapang Taal or cured pork can be bought in Taal Town Market. This dish that makes for perfect breakfast pair is made of thin slices of pork, marinated in soy sauce with garlic and calamansi.

Photo credit: https://s3-media2.fl.yelpcdn.com/bphoto/SYC_UyMj9y06_Yv9FCqPsw/o.jpg

TAMALES

Ingredients

- 3 cups rice
- 5 cups coconut cream (thin & thick together)
- 2 tbsp atchuete seeds
- 2 cups white sugar
- 3 tsp powdered pepper
- 4 tbsp peanut butter

Toppings

- 1 cup flaked chicken meat (cooked)
- 2 hard boiled eggs
- 1 cup cooked pork (sliced into strips) or 3-4 Vienna Sausage (thin-round slices)

How to cook

- Toast rice until brown. Grind finely. Add salt and pepper. Set aside. Add achuete coloring to coconut cream. Boil in medium heat stirring constantly. Add powdered rice, stir until well blended and thick.
- Separate ¼ of cooked mixture and add to this the peanut butter. This mixture is for topping. For each tamales, put in 2-3 tablespoons of cooked mixture on two pieces of wilted banana leaves; top with 1 tablespoon peanut-butter mixture, 1-2 slices of hard-boiled egg, flaked chicken meat and strips of pork or sausage.
- Wrap to form a square and tie with a string. In a deep pan, put water enough to cover tamales. When water boils, put in tamales. Cover. Cook for 1 hour. Drain.



Tamales, a famous snack is usually made of ground sticky rice wrapped in banana leaves that has a sweet taste. Tamales-Ibaan gives foodies a different rice-based snack experience with a salty and a bit spicy and nutty taste.

<https://languagestratagem.com/2017/09/10/ibaan-tamales/>

Rizal Delicacies

ROASTED KASOY

Ingredients

- 1 cup cashew nuts
- 2 teaspoons oil (any oil you prefer)
- 1 teaspoon chilli powder
- 1/2 teaspoon turmeric powder
- Salt
- Oil to grease the tray

How to cook

- Preheat oven at 200C for 10-15 minutes. Take 2 teaspoons oil in a mixing bowl. Add salt, chilli powder, turmeric powder and mix well.
 - Measure the cashews and add it to the spice paste. Mix well.
 - Grease a baking sheet and spread the cashews in a single layer.
 - Roast in the oven for 5-7 minutes.
 - Take the tray out and mix well to turn the sides.
 - Return to the oven and roast for another 5-7 minutes. Cashews will be golden and a bit dry looking.
- Remove the sheet from the oven, by now the nuts will NOT be very crispy, allow them to cool completely and they will be very crispy. - Store in a airtight container.



Roasted Kasoy (Antipolo City, Rizal) - Just beside the Antipolo Cathedral, you can find stores with an array of pasalubong items. One you shouldn't miss is their bestselling Antipolo Kasoy, available in plain, inihaw, garlic, adobo and sweet flavors.

<http://whatsup.ph/rizal-travel-guide-art-capital-philippines-and-other-parts-of-rizal/>

SUMAN SA IBOS

Ingredients

- 4 cups glutinous rice
- 1 1/4 tablespoons sea salt
- 2 1/4 cups coconut milk
- 1 cup water

How to cook

- Make the buri container by swirling the buri leaves on a mold that is about 1 1/2 inches in width. Lock the cylindrical leaf container that you made to prevent the leaf from swirling back.
- Wash the rice and then place in a large bowl.
- Pour-in water. Let the rice absorb the water.
- Pour-in the coconut milk and then add the salt. Gently mix and let stand for 10 minutes.
- Scoop the mixture to the buri container and then seal. Set aside.
- Arrange the suman in a large cooking pot. Pour-in about a quart of water. Let boil.
- Adjust the heat to low-medium and let the suman cook for 60 to 90 minutes.
- Remove from the cooking pot. Let the temperature cool down.
- Serve with ripe mangoes on the side. Share and enjoy!



'Suman sa Ibos' (Antipolo City, Rizal) - This famous delicacy is made of glutinous or sticky rice and coconut milk, wrapped in buri or palm leaves. In Antipolo, this is usually eaten with their sweet ripe mangoes or dipped in granulated sugar.

<https://panlasangpinoy.com/2013/04/07/suman-sa-ibos-recipe/>

Quezon Delicacies

INFANTA SUMAN

Ingredients

- 1 (13.5 ounces) coconut milk
- 1 cup sugar
- 1 teaspoon salt
- 3 cups glutinous rice

How to cook

- In a bowl, place rice and enough cold water to cover. Soak for about 1 hour and then drain well.
- Meanwhile prepare banana leaves by trimming stiff ends. Cut into 10 x 10 inch squares. If leaves feel stiff, briefly pass over gas flames for about 10 to 20 seconds until pliable.
- In a pot, combine coconut milk, sugar and salt. Stir until sugar and salt are dissolved. Add rice and stir to disperse.
- Over medium heat, cook rice, stirring occasionally to prevent from sticking and burning, until liquid is absorbed but rice is half-done.
- Remove from heat and allow to slightly cool. Place about 2 to 3 heaping tablespoonfuls on banana leaf and shape into logs, leaving about 1 inch on sides. Roll banana leaves tightly around the rice to form a log and fold both edges to seal.
- In a pot, arrange suman with folded side down and add enough water to cover at about 1-inch. Place a layer of banana leaves over suman and cover pot with lid. If there's room in your pot for the suman to move freely, place a light plate on top of suman to weigh down.
- Over medium heat, cook for about 45 minutes to 1 hour or until rice is fully cooked. With tongs, remove suman from water and allow to cool. To serve, peel leaves and drizzle suman with coconut caramel sauce.



Infanta suman (Infanta, Quezon) - this special and tasty suman is made up of sticky rice, washed sugar or locally called "Asukalna 99" and coconut milk. Measuring about 2-3 inches and usually packed in a group of 20 sumans, it makes for perfect travel or afternoon snack without the additional sugar dip.

<https://www.kawalingpinoy.com/suman-malagkit-with-coconut-sauce/>

RODILLA'S YEMA CAKE

Ingredients

- | | |
|--------------------------|----------------------------------|
| For the cake: | 1 tsp calamansi (or lemon) juice |
| 50 g butter | 6 egg whites |
| 250 g cream cheese | ¼ tsp cream of tartar |
| 110 ml milk | 140 g sugar |
| 1 vanilla pod (optional) | 1 tsp vanilla extract |
| 60 g all purpose flour | For the filling or icing |
| 20 g cornstarch | 2 cans condensed milk |
| ¼ tsp salt | 6 egg yolks |
| 6 egg yolks | |

How to cook

- In a small pan over simmering water, melt together cream cheese, butter and milk. If you opt to use vanilla beans, scrape the beans from the vanilla pod and add it to the pan. Once melted, cool to room temp.
- Using a mixer, add in flour, cornstarch, salt. Then add in egg yolks and lastly the lemon juice. Set aside.
- In a separate bowl, mix egg whites and cream of tartar until foamy (or frothy). Add in vanilla then gradually add sugar until stiff peaks form.
- Fold in the egg whites to the cream cheese mixture. Make sure everything is well combined.
- Pour butter into an 8-inch round cake pan covered with parchment paper. Bake the cake in a water bath for 1 hour and 10 minutes or until done at 325F.
- To make the icing, open two cans of condensed milk and pour it over a pan. Add in egg yolks and cook in low heat. Add in vanilla and almond extract. Cook until it thickens enough to spread. Add in butter.
- To assemble the Yema Cake, divide cake into two. Add the filling then cover it with the other half of the cake. Cover the rest of the cake with icing. Top with grated cheese.



A famous Tayabas pride, this cake is in almost every Quezonian occasion. Rodilla's Yema Cake is a family business that flourished with years of perfecting the right recipe of yema. Dessert lovers can indulge in this two-layer sponge cake covered with yellow icing made from condensed milk and egg yolk, with sprinkle of grated cheese when they stop-by in Tayabas, Quezon. The original Rodilla's Yema Cake (Monica & Jett Bakeshop) can be found at A. Mabini St. corner Lucban-Tayabas Road.

<https://www.panlasangpinoyrecipes.com/easy-yema-cake-recipe/>



FARMERS' INFORMATION AND TECHNOLOGY SERVICES CENTER

Farmers' Information and Technology Services (FITS) Center is a one-stop place conducive for learning and research on Agriculture and Fishery services. The center provides fast access to information and technologies in forms appropriate to the clients needs.

The technology services provided includes conduct of technology trainings, fora and clinics, linking clients to experts, financial institution, input suppliers and market, technical assistance for enterprise development as well as provision of quality planting materials and animal stocks. It provides Information, Education and

Communication (IEC) materials to farmers and other agricultural clientele in various multi media formats. It also exhibits new technologies and products and provides access to information/technologies through Information and Communication Technology (ICT). Through the establishment of FITS Center, a technology delivery system is fast track in disseminating information from research to field.

In 2018, there are a total of 55 FITS Centers in CaLaBaRZon region: Cavite (14), Laguna (15), Batangas (6), Rizal (8) and Quezon (12). FITS Center is managed by the Agriculture Office of the Local Government

Unit of respective city/municipality.

FITS Centers are composed of FITS Manager, Information Service Specialist and Technology Service Specialist and their Magsasaka Siyentista.

Malaking tulong samin ang FITS Center dahil dito kami kumukuha ng mga bagong impormasyon at teknolohiya

Joselito C. Maranan
Farmer, FITS OPA Quezon

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Definition of Terms

Agricultural Training Institute (ATI)

An Extension Support, Education and Training Services (ESETS) arm of the Department of Agriculture. ATI IV-A spearheads the implementation up to the completion of the Regional Farm Tourism Travel Guide.

Department of Tourism (DOT)

Provides accreditation to farm sites. DOT is the government agency charged with the responsibility to encourage, promote, and develop tourism as a major socio-economic activity to generate foreign currency and employment and spread the benefits of tourism to a wider segment of the population with the support, assistance and cooperation of both the private and public sector and to assure the safe, enjoyable stay and travel of foreign and local tourist in the country.

School for Practical Agriculture/SPA

Is a further developed LSA, the farm is enhanced to become the "school" for hands-on training and farmer-owner shall be developed to become the "teacher" and community extension worker doing training and extension work for other farmers to further enhance farming knowledge and skills. tourism to a wider segment of the population with the support, assistance and cooperation of both the private and public sector and to assure the safe, enjoyable stay and travel of foreign and local tourists in the country.

Extension Service Provider (ESP)

The ESPs are private groups (non-government organizations, people's organization and other private organizations) currently doing agricultural training and extension work and accredited by the ATI. To help undertake such task, ATI provides funds for their training and extension activities for the clientele.

Farm Tourism Sites

Accredited farm sites by DOT. They comply with the requirements and standards set by DOT.

Farmers' Information and Technology Services (FITS) Centers

A one-stop place for Agriculture and Fisheries Extension (AFE) Information, Education and Communication resources.

Learning Sites for Agriculture (LSA)

Refers to a farm practicing applicable agricultural technologies, employing doable farming strategies and operating successfully. The farmer-owner/farm family is relatively advance compared to the majority of the farmers.

Magsasaka Siyentista (MS)

Farmer-scientist or MS is responsible for sharing knowledge and farming techniques in terms of technologies and practices. ATI appoints MS in compliance with the criteria mandated by the Techno-Gabay Program (TGP).

Regional Farm Tourism Travel Guide

One of the approved extension innovations of ATI Region IV-A in boosting both agriculture and tourism industry in the country. It features the DOT accredited sites in CaLaBaRZon region, ATI IV-A certified learning sites, SPAs and ESPs, regional festivals and delicacies, FITS Centers and scenic/tourist spots nearby the DOT accredited farm sites.

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These are updated DOT accredited farm tourism sites LS, SPA and ESP as of 2018.

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Message

Marites Piamonte-Cosico

*Agricultural Training Institute Region IV-A
Center Director*

Warm Greetings!

Last January 2017, the Agricultural Training Institute (ATI) CaLaBaRZon published the *Agriculturally Awesome: A Regional Farm Tourism Travel Guide*. It features the 10 Department of Tourism (DOT) Accredited Agri-Tourism Farm Sites, ATI CaLaBaRZon certified Learning Sites for Agriculture (LSA), Regional Festivals, Delicacies and Farmers Information and Technology Services (FITS) Centers and Regional Commodities of Magsasaka Siyentista.

This year, ATI CaLaBaRZon is proud to share another innovative success, the volume 2 of *Agriculturally Awesome*. The travel guide magazine highlights the 17 newly accredited agri-farm tourism sites of DOT. Twelve (12) out of the 17 DOT accredited agri-farm tourism sites are also ATI CaLaBaRZon certified LSA. Aside from the 12 LSA, all the LSA certified by



ATI CaLaBaRZon are featured in *Agriculturally Awesome* volume 2. Additionally, the travel guide magazine covers delicacies and festivals celebrated per province in CaLaBaRZon. Updated list of FITS Centers and MS are also included.

We encourage everyone to read the *Agriculturally Awesome* volume 1 and 2 and experience yourself the farming activities offered in the farm. Connect with the nature and escape the busy city life in the metro. Try and taste the unique and special cuisine only served in the farm. With pride, let us support farm tourism not only in CalaBaRZon but all over the Philippines.

Read. Learn. Travel. Enjoy farming. Come and visit all the agri-farm tourism destinations!



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