CALABARZON



A Regional Farm - Tourism Travel Guide















AGRICULTURALLY AWESOME

CAVITE Coffee Capital of

LAGUNA Top Caliber Organic Farms BATANGAS World Class Livestock Producer

RIZAL The "Green" Province QUEZON
Coconut Capital of
the Philippines



Parameters of the travel guide

This latest publication of Agriculturally Awesome is a merger of volume 1 and 2 whereas it contains the updated Department of Tourism (DOT) accredited farm tourism sites as of June 2019. The travel guide magazine also include the updated list of Agricultural Training Institute (ATI) Region IV-A certified Learning Sites for Agriculture (LSA), Schools for Practical Agriculture (SPA) and Farmes information and Technology Services (FITS) Centers as of June 2019. In addition, it also covers the delicacies and agri-related festivals in CaLaBaRZon.

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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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CALABARZON

A Regional Farm - Tourism Travel Guide Agriculturally Awesome

Discovering CaLaBaRZon Inside Out

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

What's inside...



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DOT Accredited Farm Tourism Sites II

and ESP/SPA/LS of ATI and TESDA Farm School

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School for Practical Agriculture (SPA)

Learning Site for Agriculture (LSA)



Extension Service Provider (ESP)



Department of Tourism (DOT)

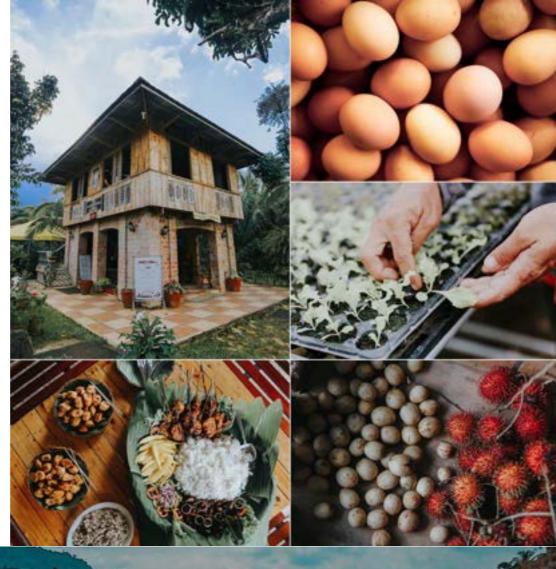


The Technical Education and Skills Development Authority (TESDA)



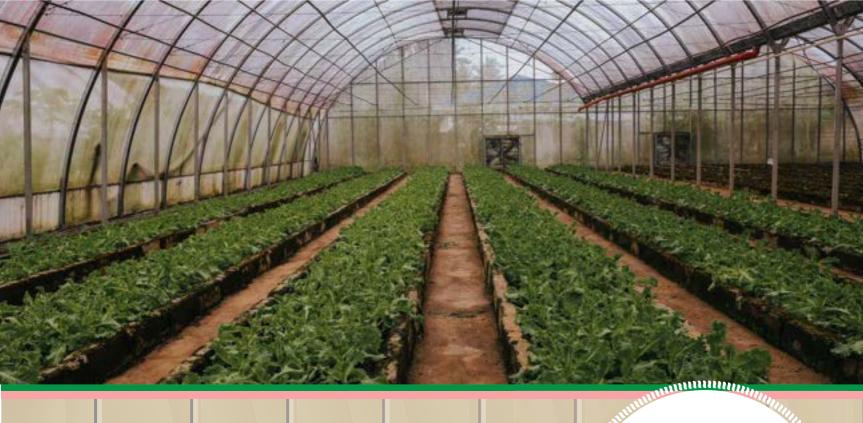
he Philippines is blessed with abundant natural resources and hospitable people. Although Region IVA has highly urbanized cities, still there are rural areas where you can feel the cool breeze, hear the chirping of the birds, smell the fresh grasses, taste healthy foods, captivate your imagination and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











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 education in themselves"

– Euripides, Greek Playwright

Thummunumunu

	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.



MoCa Family Farm RLearning Center

"Celebrating the Lifestyle of Farm Living"







MoCa Family Farm RLearning Center started as an occasional weekend getaway for the MOrris and CAstor families, from whom the farm derived its name. In 2005, Gigi Morris, MoCa Family Farm RLearning Center owner, bought the one hectare of land in Brgy. Castillo, Padre Garcia, Batangas, at first as an investment. They constructed the land into a small-scale family farm in 2012.

Gigi's early inspiration was the "Farm to Chef" community program in Las Vegas, a dream child of her husband, Bob Morris, faculty member at the University of Nevada. Gigi wanted to improve and strengthen the connection between the culinary community and local farms where ingredients are grown. Thus, MoCa Family Farm RLearning Center was completed reflecting their core priorities as a family farm - 4Fs (Family, Farming, Food, Fun) and 1E (Education). Quarterly, they conduct Agri-Culinary Events like the modern "Farm to Table" concept as part of their Agri-Tourism activities.

"Let's do something more creative and something new, something different. In marketing, you should position yourself as something different sa iba (to others). So, we started the Rabbit Farming," Gigi cited. They hosted the 1st Kuneho Festival as a pilot project of the farm. Currently, the farm conducts training and skills development in areas related to farm tourism, community supported agriculture (CSA) marketing, food processing (atsara and artisan vinegar making), bread & pastry production, food & beverage services, agri-crops, as well as active in the local



staff@mocafarm.com



Brgy. Castillo Padre Garcia, Batangas



(043) 515 7194 09103652941



www.mocafarm.com







- From Manila, take South Luzon Expressway (SLEX).
- Enter Star Tollway and take the Lipa City, Batangas exit.
- Turn right and when you reach Robinsons Mall Lipa City, take the right fork and follow the road until you reach P. Torres St.
- •Turn right and continue on this road until you reach the intersection going to Rosario and Tiaong, Quezon.
- •Turn left and take the one going to Tiaong (it is the Batangas/Quezon Road).
- Drive past until you reach Brgy. Castillo (landmarks are ricemill) and Generoso Trading). Turn right and drive about 400 meters until you arrive in MoCa Family Farm.



- From Buendia/Cubao bus stations, ride a bus going to Lipa City, Batangas. The central bus station is in SM City Lipa.
- From SM City Lipa, ride a tricycle and drop off at P. Torres St., where jeepneys going to San Antonio or Tiaong, Quezon are stationed.
- Ride a jeepney going to San Antonio or Tiaong, Quezon and drop off at Generoso Trading at Brgy. Castillo.
- Turn right and follow the route until you arrive in MoCa Family Farm, about 400 meters away from the main road.

Kahariam Farms "Cultivating Wellness from the Soil to the Soul"

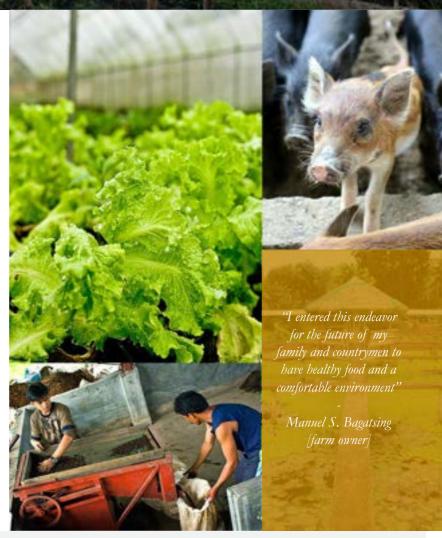


Enjoy the fresh open air that 20 hectares of agricultural land has to offer. That's lots of space for exploration and learning!

Located in Barangay Adya, Lipa City, Batangas, Kahariam Farms is only an hour and a half away from Metro Manila. Here, the guests are shown connections between the food they eat, the farmers that cultivate it and the land where it grows. This is your chance to see, smell, touch, taste, hear and truly experience organic farm living!

Kahariam Farms produced the 1st Certified Organic Rice Seed not only in the Philippines, but in Southeast Asia collectively. But what the farm is famously known for is its spectacular attraction of earthworms. Currently the largest earthworm farm in the Philippines, it converts 400 tons of agricultural waste a month to rich organic soil through vermicomposting. This type of compost aids in plant growth for safe and healthy food and is used by the farm to produce organic vegetables such as; lettuce, cabbage, cauliflower, broccoli, cucumber and more. As well as fresh herbs like stevia, tarragon and mint.

Know what it's like to be a farmer by roaming around the biggest earthworm farm in the Philippines. Their farm tour allows you to experience hands-on farm activities to choose from like carabao cart rides, fish feeding, rice planting, a vegetable maze, organic soil





info@kahariamfarms.com



Brgy. Adya, Lipa - Ibaan Rd, Lipa, 4217 Batangas



0918-830-0090



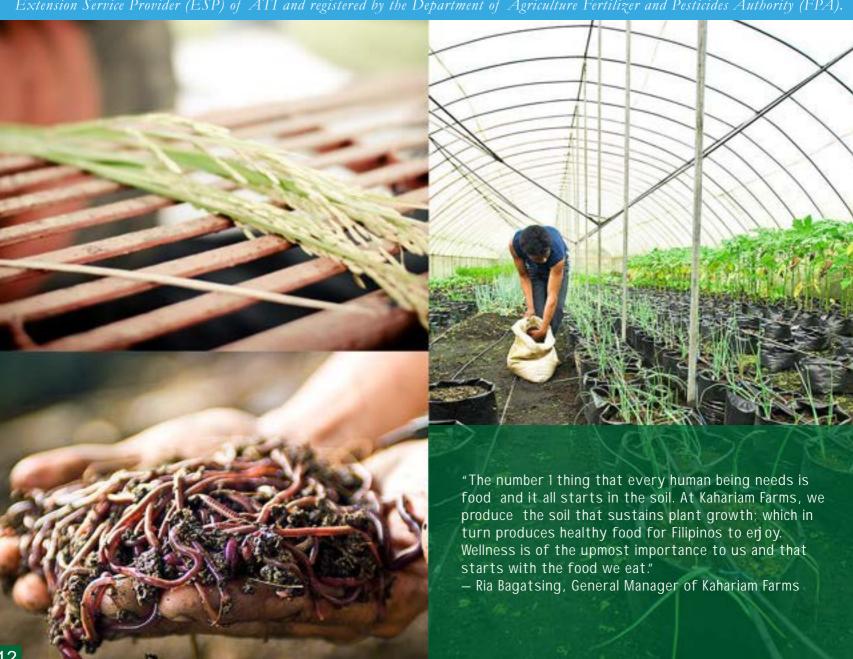
www.kahariamfarms.com

and vegetable production, vermiculture training, as well as see various native farm animals. Complete with facilities, amenities and overnight accommodation, Kahariam Farms is also a venue for; trainings, workshops, seminars, retreats, company outings, team buildings and special occasions.

There's nothing more important than taking care of our bodies and eating right. Health is true wealth and we believe the best way to learn this is by experiencing it.

Learn how you can do your part for a healthier life and how to live in a healthier world. Book with us today!

*Kahariam Farms is certified by the Organic Certification Center of the Philippines (OCCP), and is a DOT Accredited Farm Site, Extension Service Provider (ESP) of ATI and registered by the Department of Agriculture Fertilizer and Pesticides Authority (FPA).







- From Manila, take the SLEX and take Lipa Exit
- From Lipa City exit, turn right as you see Jollibee. Go straight till you see McDonald's in front of the Robinson's Place Lipa.
- Veer right to Katipunan Road and it will turn into Lipa-Ibaan Road. Landmarks you'll pass are Sampaguita Homes, Plantacion, & Iron Woods.
- Our address says Barangay Adya but our entrance is in Barangay CALAMIAS ng LIPA which is right after Bray Mabini, Lipa City. It's important, you do NOT turn left on Barangay Adya signage.
- Barangay Calamias has an arch with white and blue poles. At the end of the arch, there is a sharp turn which our entrance is located. Kahariam Farms will be at the corner of the sharp turn on the side. Continue going straight and you will see our Kahariam Farms entrance gate.



- From Buendia/Cubao bus stations, ride a bus going to Lipa-Tambo exit. Drop off in Tambo exit (Jollibee).
- Ride a jeepney going to market (palengke). Drop off in Calamias-Ibaan terminal.
- In Calamias-Ibaan terminal, ride a jeepney going to Calamias-Ibaan.
- Drop off in Kahariams Farms. On right side of the road, you can see the blue and white fence, an indication you are already near the Kahariam Farms.



"The Legacy of the First"

Bagging the title as the first DOT accredited farm site in CaLaBaRZon region, Costales Nature Farms is the prime advocate and destination of farm tourism in the Philippines. Behind the successful Costales Nature Farms is the then Mr. Ronald Costales, founder of the well-known farm. Operational for more than a decade, the farm is managed by Mrs. Josephine Costales, Chairman and Mr. Reden Mark Costales, President.

Being the premier Agri-Tourism destination, tourists and visitors are welcome to personally experience farm living and set aside the busy city life for a day or more. For a night to stay in, cottages with rooms are open for accommodation. Different tour packages are available







to suit your interests. Costales Nature Farms produces organic vegetables, organic chicken, organic eggs, herbs and spices which supply several renowned restaurants, supermarkets, bakeshops, organic stores, resorts and casinos. Products are also freshly served in their The Right Food: Organic Farm to Table Deli and Market located in UP Open University Community hub in Brgy. Maahas, Los Baños, Laguna.

With countless achievements, Costales Nature Farms has received several awards from different sectors. One of which was the 2015 Model in Agritourism Destination in the Philippines awarded by DOT. The farm also extended its effort

in organizing the first Organic Harvest Festival. Up to date, four Organic Harvest Festivals had been part of the celebration of Costales Nature Farms.

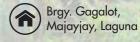
As a National Extension Service Provider of the Agricultural Training Institute, Costales Nature Farms offers seminars and workshops in Organic Hog Production and Integrated Organic Farming and EM Technology. The farm is also open for internship program and Joint Venture (JV) program. The JV program caters the interest of but not limited to Overseas Filipino Workers (OFWs) in farming as an investment.



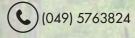
"In Agriculture, you produce food. Food is necessity.

So if your product is a necessity, then the demand is always high."

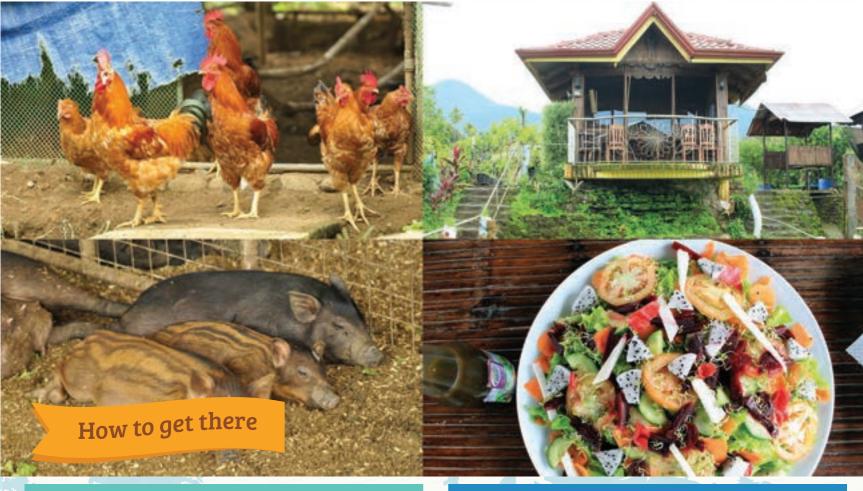














- From Manila, take South Luzon Expressway (SLEX).
- Exit right to Calamba, Laguna following National Highway.
- Drive past Los Banos, Laguna.

Option 1:

- Turn right to Calauan, Laguna (Ducks).
- •Turn left to Calauan-Nagcarlan Road.
- Follow winding roads thru Nagcarlan and Liliw (Laguna).
- After Liliw, sharp right to Majayjay going towards Lucban, Quezon.

Option 2:

- •Go past Victoria, Pila and Sta. Cruz (Laguna).
- Turn right at Jollibee Pagsanjan.
- Drive past Magdalena.
- At fork, turn left to Majayjay.
- After Majayjay town proper, take road towards Lucban, Quezon.



Public Transportation

Option 1:

- From Cubao/Buendia bus stations, ride a bus going to Sta. Cruz, Laguna.
- At Sta. Cruz market, ride a jeepney going to Majayjay.
- At Majayjay town proper, ride a jeepney going to Lucban,
- Quezon and drop off at Costales Nature Farms.

Option 2:

- From Buendia/Cubao bus stations, ride a bus going to Lucena City, Quezon.
- From Lucena City, ride a jeepney or van going to Lucban, Ouezon.
- From Lucban, ride a jeepney or tricycle going to Costales Nature Farms.

Forest Wood Garden

"Unique Food Fare in a Unique Farm"

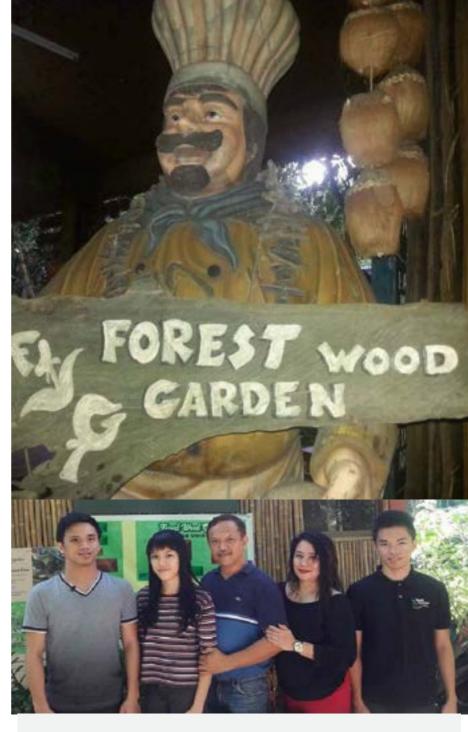






Trailing the narrow path across Brgy. Sta. Elena, San Pablo City, Laguna lays the wonders of Forest Wood Garden, home of the famous Pansit KalaBuKo-Kalabasa (Squash), Kabute (Mushroom) and Buko (Young Coconut). Travelers should not miss to fill their taste buds with the pansit kalabuko, plantsado and inihaw na baboy ramo (roasted wild boar), local signature dishes of Forest Wood Garden. The farmland is owned by Mr. Joel Frago, a registered nurse and his wife, Ms. Myrna Frago, a landscape artist. Joel and Myrna's love for nature converged, thus, Forest Wood Garden was established.

In 2013, the Agricultural Training Institute granted to Forest Wood Garden the recognition as learning site for Organic Agriculture. They conduct trainings on Integrated Diversified Organic Farming System (IDOFS), organic inputs and sustainable pig farming. Joel also accommodates visitors with guided tour and organic dining of their famed delicacies. Guided tour includes a walk around the five-hectare vicinity of the farm. Surrounded by innumerable plant bearing trees, tourists are allowed to handpicked fresh fruits from trees like lanzones and rambutan for free. Years pass, Forest Wood Garden gradually pave its way to attract various media covers. They have been featured in some local and national media outlets including including Jessica Sojo, Umagang kay Ganda, Lifestyle network, Pinas sarap, Unang hirit, Philippine Star, Philippine Daily Inquirer, Manila Bulletin, Filipiana news, Agriculture magazine, Kaunlaran Magazine, Rated K, I Juander, Matanglawin, Biyahe ni Drew, Good news among others.





forestwoodgarden@yahoo.com



Brgy. Sta.Elena, 4000, San Pablo City, Laguna



0939-938-7202



ForestWoodGardenSPC







- From Manila, take South Luzon Expressway (SLEX).
- Take the Sto. Tomas/Turbina exit.
- Drive past Sto. Tomas, Alaminos and San Pablo City until you reach Brgy. San Ignacio (km. 87).
- Turn left going to Dolores, Quezon. Follow the road passing Brgy. Sta. Elena.
- Turn left when you see a signage going to Forest Wood Garden.
- Drive until you reach Forest Wood Garden.



- From Buendia/Cubao bus stations, ride a bus going to Lucena City, Quezon.
- Drop off at Brgy. San Ignacio in San Pablo City, Laguna (km. 87). Cross the road going to Dolores, Quezon.
- Ride a tricycle going to Brgy. Sta. Elena.
- Turn left when you see a signage going to Forest Wood Garden.
- Drop off when you reach the Forest Wood Garden.



"If there is one learning I wish to share, it is my personal belief that "no Filipino should be hungry – meaning every Filipino should be abundant and healthy, that's because even weeds are useful as they are either medicinal or "weedicinal" and edible or "weedible"

– Ms. Flor Gozon Tarriela owner of Flor's Garden

Flor's Garden

"Finding your Inner Zen"







Flor's Garden is located in Brgy. San Jose, Antipolo City, Rizal. Ms. Flor Gozon-Tarriela, owner of Flor's Garden, shares the wellness of the luscious green garden has to offer.

According to Flor, "It started as a hobby farm from the previous years with the simple task of collecting different kinds of weeds which eventually grew into a multi-functional farm that now spans more than 5 hectares of land."

Flor's Garden has been a venue for location shoots of major television companies for soap operas which include 24/7 In Love and Tasya Pantasya, to name a few.

The garden is also a place for a variety of functions such as camping, team building, trainings, and workshops. Furthermore, it conducts natural farming and livestock seminar. Flor's Garden is also a farm educational learning destination for students' field trips. Students will learn more about nature, medicinal plants, weeds, vermiculture production and the like. Flor's Garden also boasts two springs, swimming pool, gazebo, cabana, gardens, fish ponds as well as a cageless bird and butterfly sanctuary. It offers day tour visit inclusive of welcome drink buffet, lunch and afternoon snacks. Packages are also available for overnight stays and extended visits. Learn more about the enriching beauty of Flor's Garden, visit and retreat into this hidden oasis where you'll find inner peace.

Flor's Garden is a DOT accredited farm site and ATI IV-A Regional Extension Service Provides (ESP)



florsgarden@yahoo.com



Sitio Tanza 2, Brgy. San Jose, Antipolo City, Rizal

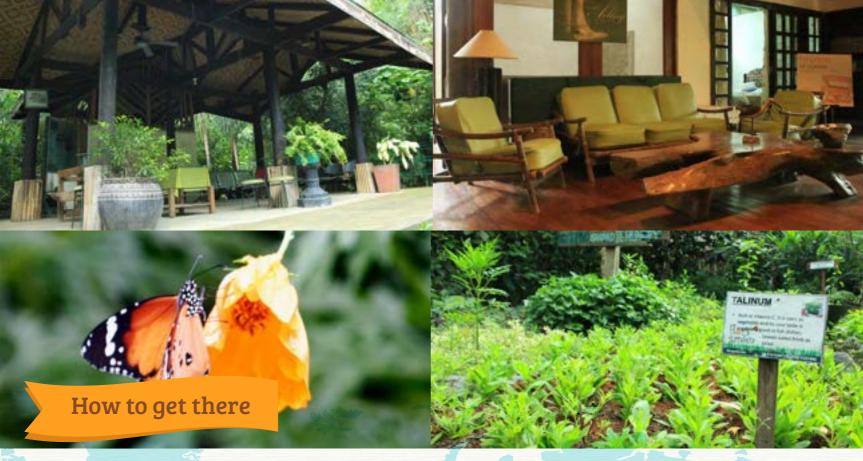


02-635-6092 to 94 0919 556 7121



www.florsgarden.com







- From C-5, drive straight Marcos Hi-way passing by SM Marikina and Santolan Station LRT 2.
- Continue driving until Masinag Market (that is Marcos Hi-way to Cogeo Market).
- Convoy a jeepney with a signboard of PAENAAN. (landmarks are Cogeo Market, RC Cola planta and Bosoboso Hiland Resort).
- Drive straight going to Touch of Glory Prayer Mountain Bosoboso.
- •At km. 35 sign, turn right to the next street with tricycles (landmark is Tayrosa Trading Hardware).
- •Go straight in cement road, passing through CARE Phils School on left side.
- •Drive through until you arrive at green gate on right side with Flor's Garden signage. Flor's Garden is located after 2nd basketball court.



- From Cubao, ride a jeepney going to Cogeo/Gate 2. Drop off at Cogeo Market.
- From Cogeo Market, ride a jeepney going to PAENAAN. Drop off at Prayer Mountain. (landmark is Tayrosa Trading Hardware).
- Ride a tricycle going to Flor's Garden.

ATO BELEN'S FARM

"Shaping the Future Today"

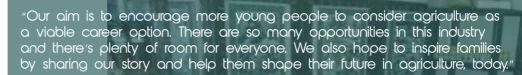






Established in 1987, Ato Belen's Farm has become one of the region's pioneering agri-based businesses. Renato Belen, 'Ato' to many, came across an opportunity to propagate and provide coffee seedlings for one of his friends. Thrilled by the success of his first transaction, Ato began to look for more opportunities in agriculture. He had since gathered insights from potential clients, sought the advice of seedling propagators, and attended trainings offered by the Department of Agriculture to gain more knowledge and leverage in his new undertaking. After launching his plant nursery, Ato proceeded to establish his own orchard, which transformed his nursery business into a full-blown farm. Today, Ato Belen's Farm has interests not only in agricultural production of crops, animals and organic inputs, but has also diversified its operations by offering agritourism and knowledge management services to its clientele.

The farm continues to be managed and operated by the family, with Brian, Ato's fourth child, as the General Manager. All members of the family agree that the role of farmers is not only to secure food, fiber and materials for shelter, but also to serve as instruments in empowering the young to become future agriculturists and agribusinessmen of this country.



- Mr. Brian Belen, General Manager of Ato Belen's Farm





belenbrian@yahoo.com



(049) 562-1215 0917-676-1915



Brgy. San Juan San Pablo City, Laguna



www.atobelensfarm.com







- •From Manila, take South Luzon Expressway (SLEX).
- Take the Sto. Tomas/Turbina exit.
- Drive past Sto. Tomas, Alaminos and San Pablo City.
- At the boundary of Alaminos-San Pablo City, you will see Honda San Pablo City, Laguna. Turn left and continue driving until you reach Ato Belen's Farm.



Public Transportation

- From Buendia/Cubao bus stations, ride a bus going to Lucena City, Quezon.
- Drop off at Honda San Pablo City, Laguna at the Alaminos-San Pablo City boundary.
- Take a 10 to 15-minute tricycle ride to reach Ato Belen's Farm.

Note: You can also use apps like Google Maps and Waze to get here in Ato Belen's Farm.



Terra Verde Eco Farm, Inc. "Farming in Style"







Terra Verde Ecofarm, Inc. started as a family farm from 2007 to 2013 - growing fruits, vegetables and raising chickens for family consumption. In 2013, the Atanacios decided to modify the family farm into a corporate entity. Hence, Terra Verde Ecofarm, Inc. was established with the following core purposes- to eco farm, to entertain (agri-tourism), to educate (agri-education) and enterprise development.

In the 17-hectare farm, tourists and visitors can do camping, bonfire and stargazing at night. Terra Verde Ecofarm, Inc. is an idealistic place to watch meteor showers and for an overnight stay. Bringing the comforts to visitors, the farm offers room accommodations good for 20 people and dormitory accommodations for up to 100 pax. The farm also has vegetable production area. Beyond livestock, they have collected a lot of farm animals including carabaos (1 albino), horses, cattles, native pigs, wild boars, sheeps, goats, ducks, turkey, geese, chickens, Philippine brown deer, Philippine makak monkeys and rabbits. They also have other ornamental birds like Philippines doves, peacock and ostrich. In addition, team buildings, outdoor activities and trainings can be conducted at Terra Verde Ecofarm, Inc. They have, in fact, trained several organizations on value formation which they also hope to bring to farmers.

Terra Verde Eco Farm, Inc. have conducted Farmers' Field School (FFS) on Organic Agriculture, Training on SRI (System Rice Intensification), Sustainable Bamboo Culture, Food at Hills about safe food and other small scale pocket type trainings for families. The farm's sister organization, The Agriskwela Institute has also conducted several trainings in Agri Crop Production NC II and Organic Production NC II.

For the farm's future endeavors, the Atanacios aim to integrate fun and adventure. Terra Verde Ecofarm has 3 other expansion sites which are envisioned to build inland fishery training center, adventure park (ziplines and ATVs) and a training field for Agricultural mechanization and a reserve for expansion of vegetables, fruits and livestocks.

The family's younger generation has been actively involved in farming by creating their own group which advocates agriculture and farming to the young Filipinos. The Batang Filipino Farmer Movement (BFF) was established in 2017 by the Atanacio Kids led by Bea and Miguel Atanacio.

Terra Verde Ecofarm is a Department of Tourism (DOT) Accredited Farm Site, Agricultural Training Institute (ATI) IV-A Learning Site for Organic Agriculture and an active member of ATTA (Association of the Tour and Travel Agencies) of CaLaBaRZon, CROPS (Cavite Rural Organic Producers and Sellers) and Rare Fruit Society of the Philippines.



terraverdeecofarm@gmail.com

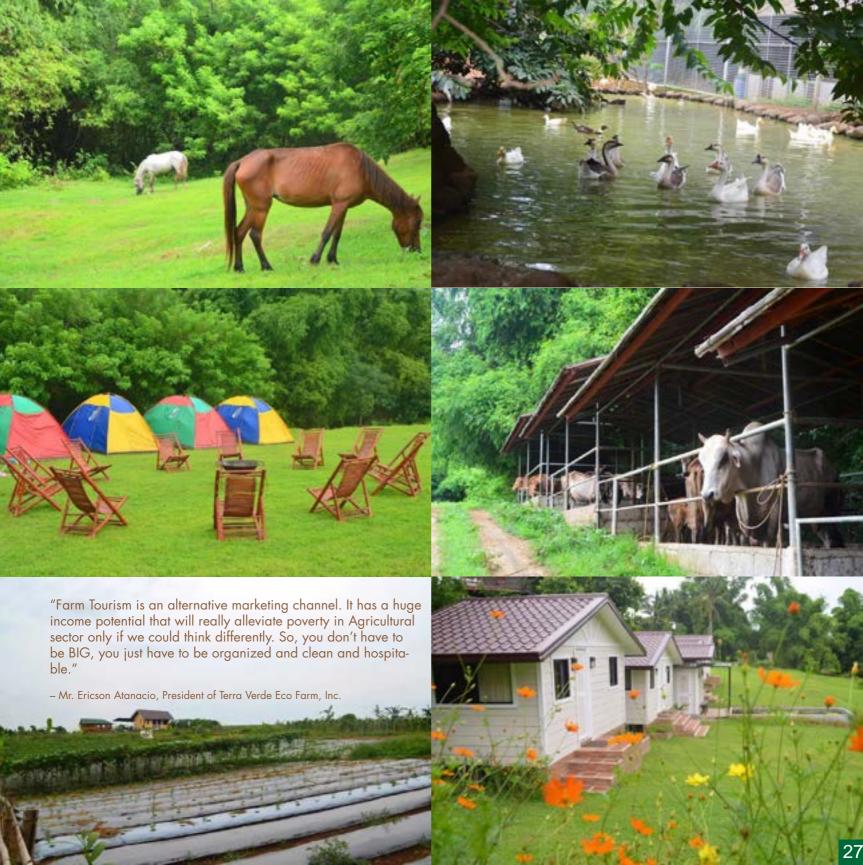


Km. 89 Alfonso-Maragondon Road, Pantihan II, Maragondon, Cavite



0917-522-3637







How to get there



Private Vehicle

- From Manila, take SLEX at Carmona Exit and head towards Cavite.
- Drive straight and cross Aguinaldo Highway where you will pass by Robinson's Dasmarinas and continue along Governor's Drive, passing through Gen. Trias until you reach Governor's Drive-Naic intersection where there is a small monument island.
- Turn left towards Maragondon, you will pass through San Lorenzo Ruiz Hospital (left side) and the Naic-Indang intersection with a traffic light and drive towards Maragondon.
- Turn left to the Malainen Luma Street, a street without an arch a bit past Flying V Gas Station and before a blue 2-storey commercial building towards Brgy. Malainen Luma. There is a sign board in the right saying to Malainen Bago and Daluyan Community Resource Center and Terra Verde Ecofarm road sign.



- By Bus: From Manila, you may take a bus ride from Southwest Integrated Terminal (former Uniwide Sales in Tambo, Paranaque) and look for the sign of Maragondon, Ternate or Naic routes via Cavite Expressway (Cavitex)
- Then ride a tricycle going to Pantihan II until you reach the Terra Verde Eco Farms

Gourmet Farms Inc.

"Exploring Beyond Expectation" (Gourmet Farms celebrates 30 years)



Everything starts with a story. And the story of Gourmet Farms began over a decade before its incorporation in 1987. There was a man, his vision and a plan.

Ernest Escaler, founder and visionary leader of Gourmet Farms, always believed that a good cup of coffee takes a little more time to prepare. The beans must either be properly harvested or deliberately sourced, meticulously selected, expertly roasted, skillfully blended, correctly ground and masterfully prepared, to create that memorable aromatic whiff and slow first sip that make for an unforgettably delightful experience. This (ad)venture with coffee began in the 70's when Mr. Escaler was among the first to source the best beans from all over the Philippines and from the best farms in the coffee growing regions around the world, trading the same. Sack loads of coffee filled his warehouse and during one "buriki" session where a sack is poked with a sharp-edged stick to check the beans, more than the usual amount fell on the floor. Not one to waste a good product, he tried roasting the same in a pan, as was done before. It was only a matter of time until coffee roasting became the next step. Gourmet Farms pioneered commercial coffee roasting in the country in 1987, a bold initiative back then given a market almost entirely dominated by instant coffee. Today, the growth of the roast and ground coffee segment is unprecedented and its continuous rise is foreseen. Gourmet Farms leads in the retail market. Its renowned Probat roasters, one vintage and the other computerized, can be found in the Gourmet Farms estate in Silang, Cavite. A maximum production capacity of 150 tons of coffee a month can be produced, profile roasted to a client's distinct specifications, an expertise that the company has mastered through the years. "Bean to cup" has been in the Gourmet Farms' vocabulary long before the phrase was coined. And so has "farm to table".

"Our main target/concern is to protect the environment. It is on our top priority not to be dependent on systemic inputs. We really concentrate on natural base farm inputs."

- Eugene Jimenez, Farm Manager of Gourmet Farms, Inc.

The Gourmet Farms estate is also home to organic lettuce and culinary herbs, its beginnings similar to its coffee counterpart. At a time when "organic" was unheard of, organically grown lettuce and herbs, particularly basil, were already being cultivated in the then 2-hectare Escaler property in Silang. But no one understood why organic was more expensive at that time. And no one bought the produce. So a restaurant that featured the first salad bar and Mediterranean cuisine was conceptualized and built by Mr. Escaler in the late 80's. It showcased organically grown greens and the use of culinary herbs. It was a rousing success, with people, including Manila's elite 400, queuing and waiting in their cars for more than 3 hours to experience Mediterranean cuisine (new to the Filipino palate back then) from a roadside bahay kubo.





info@gourmetfarms.com.ph (



Km. 52, Aguinaldo Highway, Buho, Silang, Cavite



(046) 865-1064 0917-5854-674



www.gourmetfarms.com.ph







- From Manila, take South Luzon Expressway (SLEX).
- Exit at Carmona, Cavite then right turn going to Governor's drive.
- Drive past Carmona, GMA and Dasmariñas.
- Upon reaching Dasmariñas Rotonda, left turn going to Aguinaldo Highway.
- Along Aguinaldo Highway (before the Tagaytay Rotonda and after the Rogationist College), you will see the tall road sign of Gourmet Farms, Inc. on the left side.



Public Transportation

- From Buendia/Cubao bus stations, ride a bus going to Tagaytay City, Cavite or Nasugbu, Batangas.
- Along Aguinaldo Highway (before the Tagaytay Rotonda and after the Rogationist College), you will see the tall road sign of Gourmet Farms, Inc. on the left side.

Note: There is a shortcut in Carmona, Cavite area going to Silang, Cavite for faster trip. It's Maguyam Road. You can also use Waze app to get here in Gourmet Farms, Inc.

Teofely Nature Farms, Inc.

"Ensuring Food Safety and Security"







Pioneer in introducing native pigs to the market, Teofely Nature Farms, Inc. originated as a vacation house for the Cabriga family in 2012. The objective in constructing the farm was to grow various vegetables and take care of native pigs. Later on, Fabian Maximillan Cabriga, owner of Teofely Nature Farms, Inc., learned about natural and organic farming which lead him to continue and concentrate into this venture.

Half of the 6,600-square meter farm is dedicated in planting different crops while the other half of the farm is for livestock. Fruit bearing trees surrounds the farm like rambutan, red banana, saba, papaya, guyabano, pomelo, chico, langka and tamarind. To experience the back to basic lifestyle which is farming, Teofely Nature Farms, Inc. offers farm tour, feeding of farm animals (chickens, pigs, rabbits and birds) and personally handpicking of fresh vegetables and fruits. Herbs and spices are also grown in the farm including oregano, basil, chili, mint, tanglad and pandan. For a place to stay in, visitors can avail accommodation good up to 50 persons in Teofely Gardens Wedding and Events Venue. Aside from rooms, the 1,800 square meter resort has conference hall (for trainings and seminars) and main pavilion.

Another distinct attraction in Teofely Nature Farms, Inc. is the newly renovated Teofely Cafe. It serves Filipino cuisine with a twist, a fusion of Spanish and American menu. Guests can dine in with their specialty courses - binagoongang bagnet, sisig and puchero. All cooked and made of native pig. Pizza processed with native pork toppings is also a must taste dish in the Cafe. The Teofely Cafe also caters made to order best sellers lechon – Lechona Tolimense, Teofely de Cochinillo and Lechon de Teofely. They also sell processed meat of native pigs including Tapa, Longganisa (Vigan and Lucban), Hungarian Sausage and Smoked Sausage. In addition, one of the latest products of Teofely Nature Farms, Inc. is the native pork leather which will soon be out in the market.

Last October 2016, Teofely Nature Farms, Inc. organized the Blackfeast, a lechon showdown of the Cavite's Best and Finest Restaurants. By 2017, the farm plans to boost production in processing native pig.

Aside from being accredited by DOT as Farm tourism site, Teofely Nature Farms Inc. is also a Regional Extension Service Provides (ESP) of ATI.





ic_bil04@yahoo.com (



J. Humarang Street, Brgy. Lumil, Silang, Cavite



0917-882-2379



www.lumilnaturalfarm.com















How to get there

"The bottomline is encourage more people to do organic farming. To encourage millenials into farming and emphasize to food security by 2050. And also for our farms to be globally



Private Vehicle

- From Manila, take South Luzon Expressway (SLEX).
- Exit at Sta. Rosa or Eton, head towards Tagaytay.
- From Nuvali, approximately 9 km., you will reach Brgy. Lumil.
- Approximately 3 km. from PNPA, you will see Caltex gas station.
- •Drive 500m more. At J. Humarang St., you will reach Teofely Café on left

From Teofely Café, staff will accompany you going to the farm.



Public Transportation

From Buendia/Cubao bus stations, ride a bus going to Balibago, Sta. Rosa, Laguna.

At Coca Cola in Sta. Rosa exit, take jeepney going to Tagaytay or Brgy. Lumil. At J. Humarang St., you will reach Teofely Café on left side.

From Teofely Café, staff will accompany you going to the farm.

Chad's Nature Farms

"Uncovering its Niche, Opportunities and Challenges in Promoting Agri-Tourism"







Aida Briones, owner of Chad's Nature Farm, bought a 1.5 hectare of farmland in Sitio Kaypatag, Brgy. Kinalaglagan, Mataas na Kahoy, Batangas after availing early retirement from government service in 2014. "At the outset, my intention is just to experience having a leisure farm where my family and friends can relax, enjoy and have a feel of farm life," Aida admitted. Enough of the bustle life in Metro Manila for 35 years and knowing very little about farming, Aida ventured into agriculture - the natural, sustainable way of farming after realizing that she wants to advocate environment-friendly, efficient and sustainable farm practices, provide alternative recreation facilities and farm tourism activities for families, students and other clientele, and promote health and wellness with organically farm-produced food. The Farm has a scenic view of the Taal Volcano and freshwater lake.

To jumpstart and equip herself, Aida began attending farming-related trainings, including Farm Business School (FBS) and other relevant seminars on natural farming/organic agriculture practices since the mid of 2015. She is a passer of Technical Education and Skills Development Authority (TESDA) National Certification (NC) II on Organic Agriculture (OA). As her social undertaking, she organized two associations in the community, namely the Kaypatag Association of Farmers and Kababaihang Katuwang sa Kaunlaran in 2016. She spearheaded the conduct of trainings on Farmers' Field School (FFS) on OA, Handicrafts-Making, Cassava Processing and Mushroom Production and Processing to empower the members of the associations and to learn and engage in sustainable livelihood opportunities and initiatives. In essence, she converts the learnings she gained into responsible social and environmental practices to draw inspiration in the community and attract younger generation to eventually venture into farming. Moreover, Aida encourages travellers to come and visit farm areas, mainly for educational and recreational purposes, steer economic activity and provide income to the community.



"At first, I thought that if you are in farm tourism, you should have the impressive facilities which are usually offered by many of the existing farm tourism sites. With some apprehensions but lots of guts and encouragements from the "farming experts", I applied to join the band, and luckily made it to be one of the School of Practical Agriculture (SPA) of the Agricultural Training Institute Region IV-A and accredited Agri-Tourism farm site of the Department of Tourism and a TESDA Accredited farm school, respectively. So I realized that the only thing you should know is where to focus, what to offer to your prospective clients, so visitors will come and appreciate what you can offer in your farm. It is still a long ride to go for the farm to be a major contributor to overall farm tourism earnings, but we will get there"

- Aida Briones, Owner of Chad's Nature Farm



aidabriones2@yahoo.com (



Brgy. Kinalag<mark>lagan,</mark> Mataas na Kahoy, Batangas



0917-537-7499



www.f<mark>b.com/aida.bri</mark>ones

Chad's Nature Farm offers outdoor activities like camping. In addition, hiking path through the farm can be explored from the farm down the Taal lakeshore. "Students, farming newbies and enthusiasts alike will appreciate visiting the farm and have a better understanding and appreciation of a farming system that is managed to respond to site-specific conditions by integrating cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity. As an integrated farm, they will be oriented on what the farm has to offer," Aida cited. A day isn't satisfying without a tour around the vicinity of the farm including the vegetable area, ornamental garden, orchard, mushroom house, laywan and lukot bees in their hives (where Aida harvest pure, raw honey), vermicomposting area, free range chickens, ducks, geese, goats and native pigs and their forage areas as well as production and storage area for farm tools and equipment. For training/seminar, the farm has a multipurpose area and a big kitchen where simple food can be prepared by the farm helpers for the guests. After a long day, guests can relax at the small gazebo overlooking Taal Lake or plan for an extended overnight stay in the two big accommodation rooms (good for 8 pax each room) or two smaller rooms (good for 3-4 pax), Also, experience the fun of overnight camping using tents to take out the posh and comfort of conventional accommodations while keeping abreast with nature.







There are two ways to get to Chad's Nature Farm:

- 1. Lipa-Tambo exit (approximately 11.5 km); landmark is Jollibee.
- Turn left, after Fernando Airbase, turn right going to Mataas na Kahoy town proper.
- Go left via Brgy. Longos and turn right to Brgy. San Sebastian. Drive past Shercon Resort.
- About a kilometer away after Shercon Resort, you'll arrive in Chad's Nature Farm

Note: The Farm is also near the Pusod Taal Lake Conservation Center, an ecotourism area fronting Taal Lake.

- 2. Lipa-Balete exit (approximately 12 km)
- Turn right, drive straight until you reach Balete town proper.
- Then, turn left, drive past Lipute Bridge and follow signages to Mataas na Kahoy.
- Continue driving until you reach Sitio Kaypatag where Chad's Nature Farm is located (right side).



- From Buendia or Cubao bus stations, ride a bus going to Lipa or Lemery, Batangas.
- Drop off at Lipa-Tambo exit (landmark is Jollibee fast food chain).
- Ride a jeepney going to Mataas na Kahoy. Drop off at 7/11 Convenience Store.
- Ride a tricycle going to Kaypatag, Brgy. Kinalaglagan. Drop off upon arriving at Chad's Nature Farm.

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 it 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 was 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.







thefarmer@seasonsfarms.com



Brgy. San Isidro, Taysan, Batangas



0917 825 0110



www.seasonsfarms.com





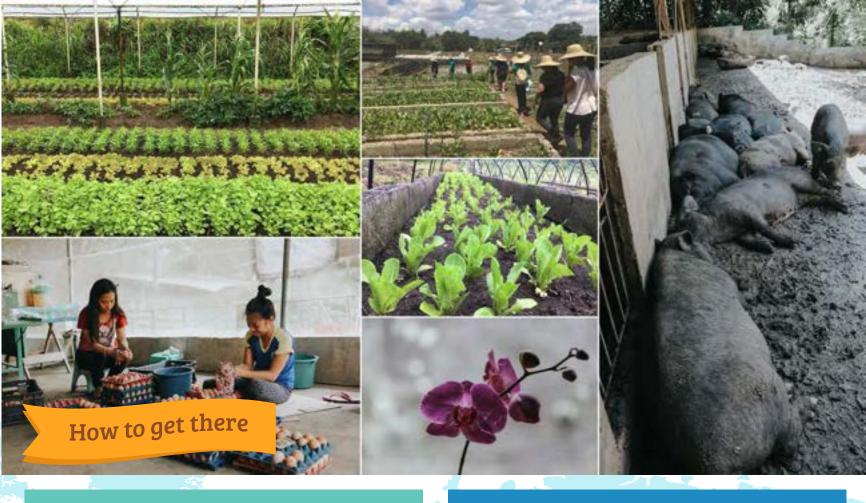
A welcome sight for tourists

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 plus 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.

All seasons Nature Farm is a DOT accredited farm tourism site and a certified learning site for agriculture of ATI Region IV-A.





- 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.



- 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





thelmadm@yahoo.com (



Km 68 Tagaytay-Nasugbu Highway, Laurel, Batangas



0917 855 2710



www.facebook.com/freshpickalways

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 ll, 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.

Gorgeous Farms is a DOT Accredited farm tourism site and a certified Learning Site for Agriculture of ATI Region IV-A.





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).



- 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.



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 it 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





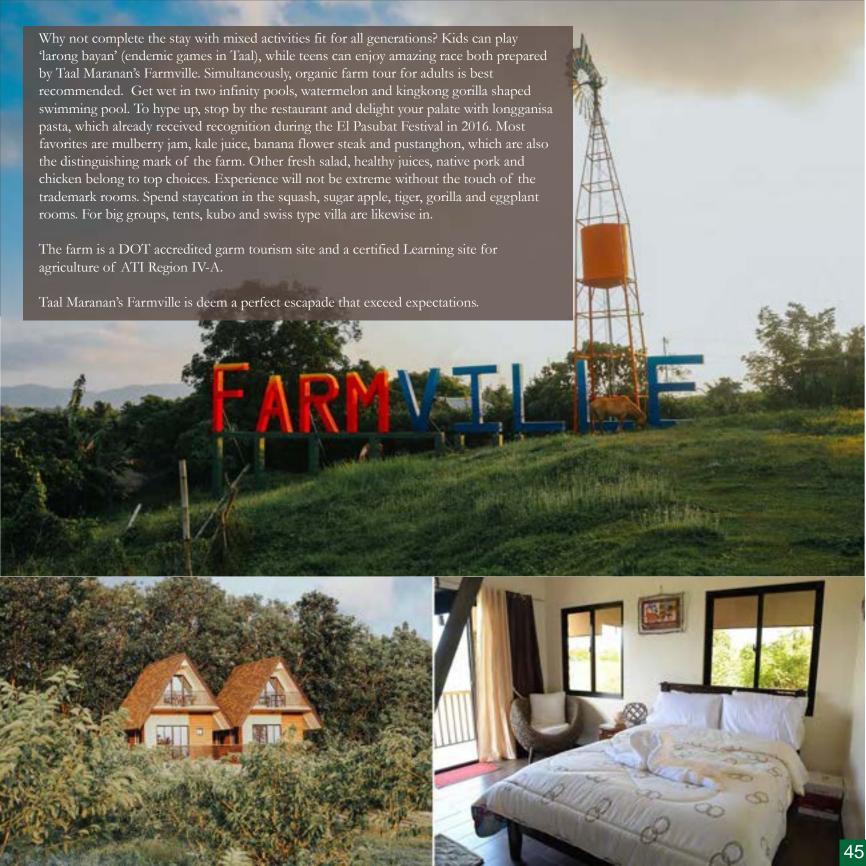
Brgy. Iba East, Taal, Batangas



www.taalmaranansfarmville.com



() 0917 309 7879





- 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.
- 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.



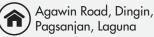
"We are an agri eco village and integrated farm," as how Raymund Aaron, Banana Chief of Villa Socorro Farm, describes the farm. Acquired in 2000, Villa Socorro Farm centers on entrepreneurial farming, adding value to the crops and farm. The 11-hectare farm houses a manufacturing facility for the production 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.











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.

Villa Socorro Agri-Eco Village is a DOT accredited farm tourism site.





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.



- 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.



"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

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.



yoki_farm@yahoo.com



003 Tabluan Rd., Palocpoc 1, Mendez, Cavite



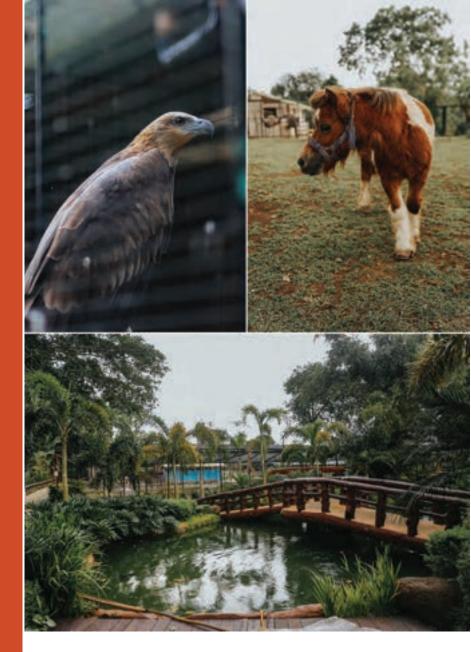
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www.facebook.com/yokisfarm

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 Giovani. 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 Giovani.

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





- Take the Aguinaldo hiway. After Mendez Crossing, turn right on Maglabe 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.



- 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"

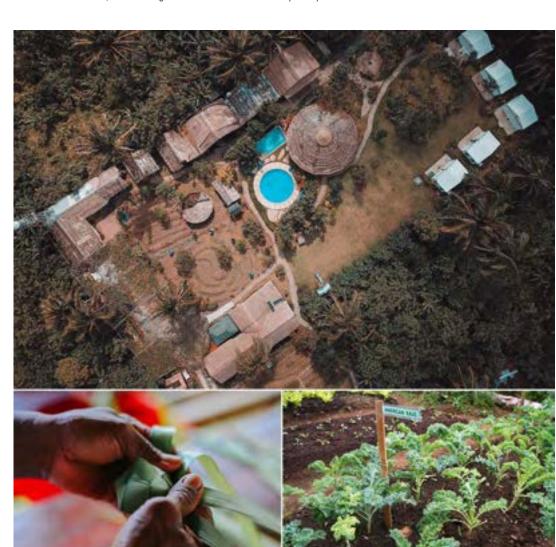
"Farm tourism is more on encouraging city people to appreciate what the nature can give back. In Amadeo Nurture Farmacy, we encourage people to live healthy and in natural way." — Ms. Geraldine D. Eclarinal, farm manager of Amadeo Nurture Farmacy Incorporated



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'.





info@nurture.com.ph



(046) 512 6271or 0917 687 8873



Pulong Sagingan Talon, Brgy. Maitim II West, Amadeo, Cavite



www.nurturefarmacy.com

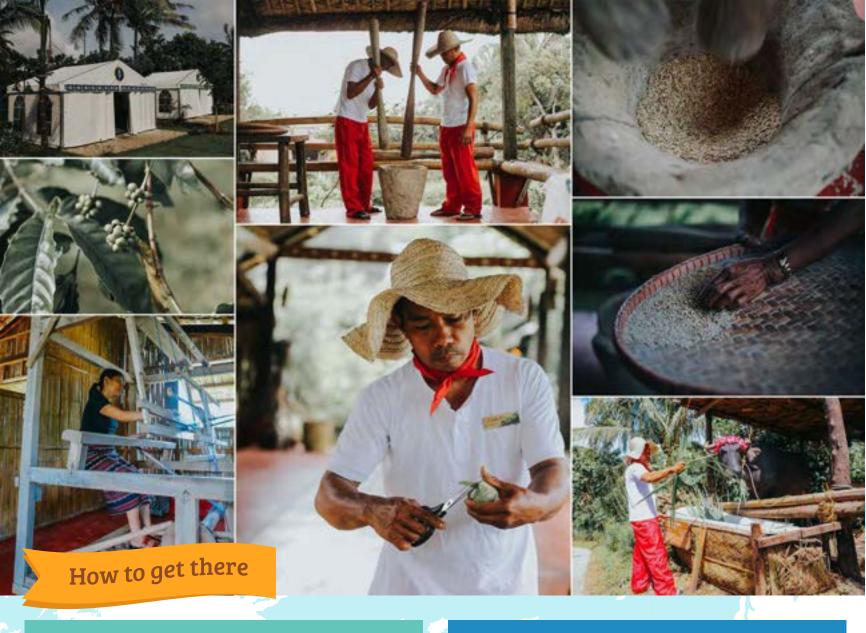
Not only that, you also got to witness the actual primeval pounding (pagbabayo), winnowing (pagtatahip) of rice and weaving whereas still adept in some parts of the country. 'Banggerahan' or old kitchen adds enticement to the farm. And of course, visitors will never step outside Amadeo Nurture Farmacy 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.









- From Manila, take Cavite Expressway (Cavitex).
- 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.



- 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.



"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.



"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.





evangelistahope@yahoo.com



0917 702 6357



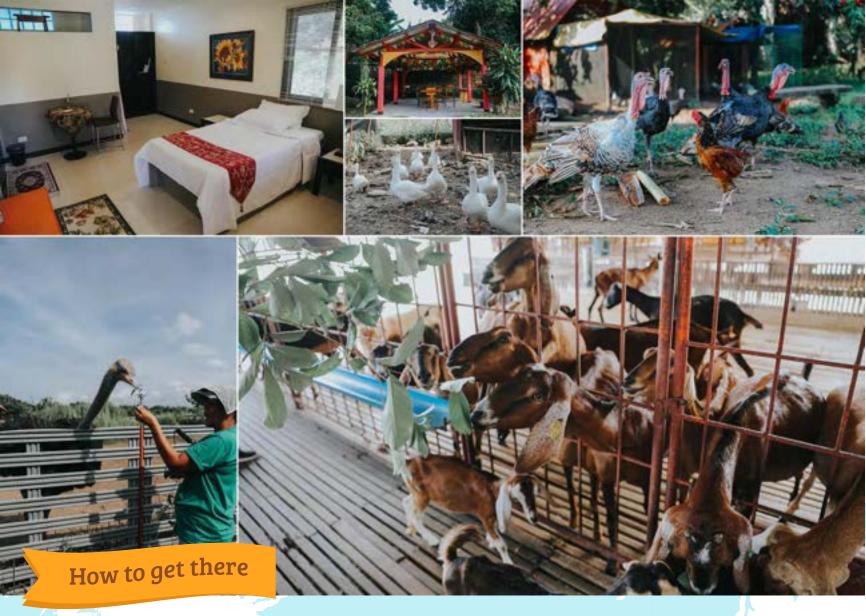
Being accredited by the Department of Tourism as a "Farm Tourism Site", Graco Farms accepts guest who wants to spend the day touring or having lunch or spending the night. Booking is a must as food are harvested and prepared on the day of the tour. Majority of the food comes from the farm itself and 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.

Graco Farm and Leisure Incorporated is a DOT accredited farm tourism site and a certified Learning site for Agriculture.



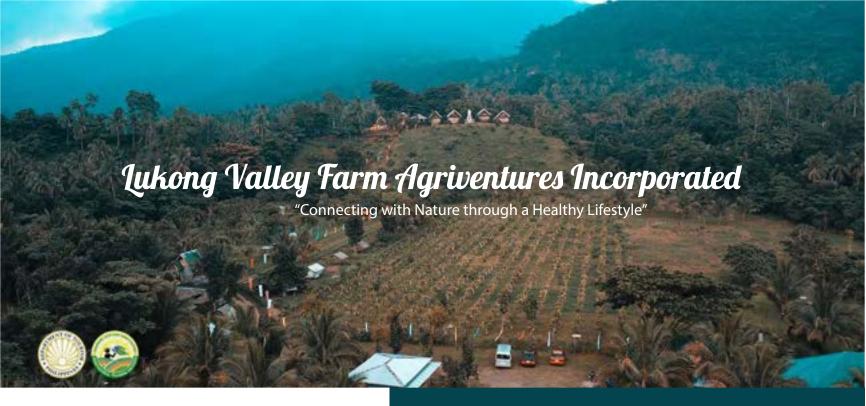




- Take SLEX and exit at Calamba. Drive past Los Baños, Bay, Calauan, Victoria. Next town is Pila. Look to your left for the sign "BARANGAY SAN ANTONIO" with Graco signage.
- Turn to that road, then first corner turn right, go straight to Graco Farms.



- 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**



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



lukongvalleyfarm@gmail.com



1 Sitio Lukong, Brgy. Pinagdanlayan, Dolores, Quezon



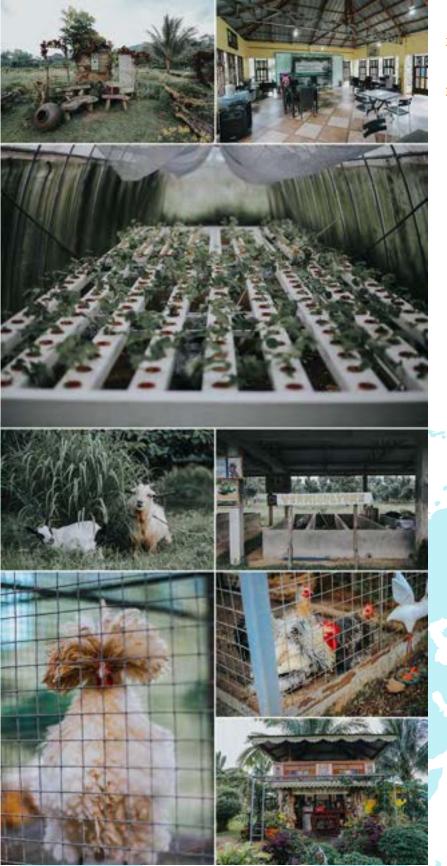
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www.facebook.com/lukongvalleyfarm

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.





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).



- 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.



myraantipuesto76@gmail.com



Km 63 St. Joseph Street, Panungyan, Mendez, Cavite



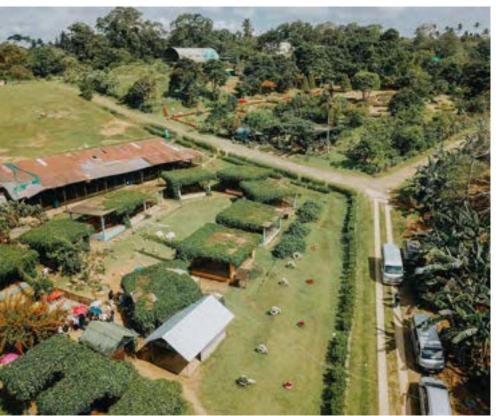
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www. zoomanity.com.ph/themeparks/paradizoo

"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 happies 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.

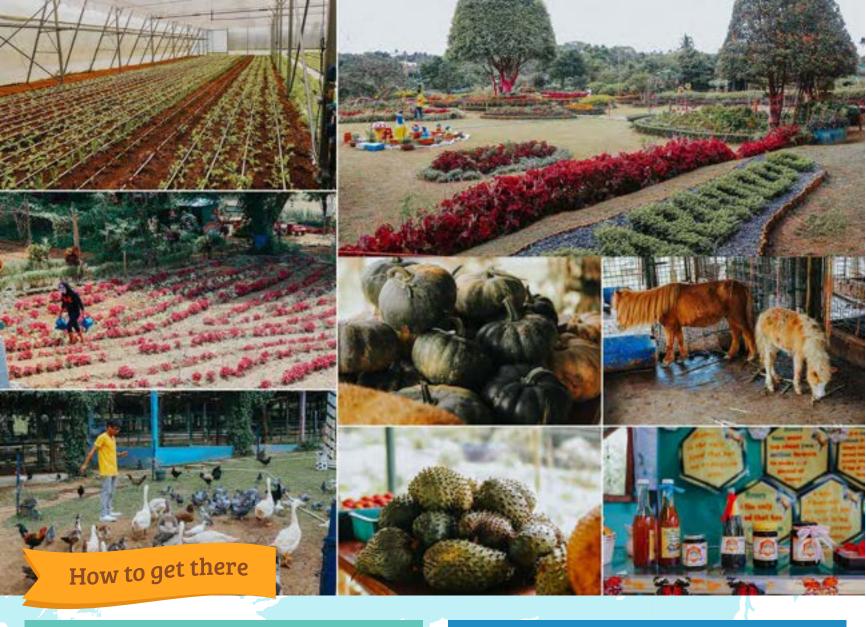
If planning for an extended encounter in the farm, reserve a room for two or more (up to 20 persons) and choose between the log cabin, banig bed and breakfast and caravan. Soon, the farm envisions to build fish spa, additional log houses and glamping area to accommodate more guests. While, the remaining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

Paradizoo Theme Farm is a DOT accredited farm tourism site and a certified learning site for agriculture of ATI Region IV-A.











- 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.



- 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 unhealthier 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.





renesIdomingo@gmail.com



0917 838 6288 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.





- 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.



- 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).







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





gintongbukid@yahoo.com



Brgy. Buboy, Nagcarlan, Laguna



(049) 530 6434 0917 501 9895



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.















- 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



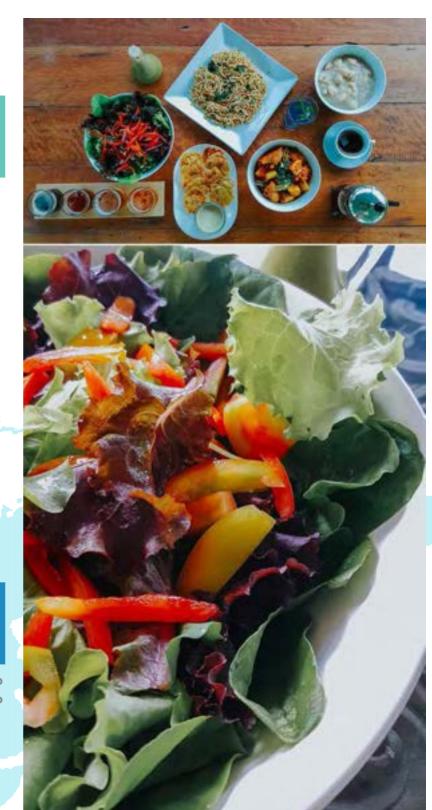
Private Vehicle

- From Manila, take Cavite Expressway.
- Exit at Bacoor City, Cavite.
- Drive past Aguinaldo Highway until vou reach Tagavtay Rotonda.
- From Tagaytay rotunda, 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."

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



0991 Barangay Pook, Bucal Sur, Candelaria, Quezon



umaver dee con a ture farm@gmail.com



(0915) 114 2880

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.



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."





www.facebook.com/SweetNatureFarms



Brgy. Macasipac, Sta. Maria, Laguna



sweetnaturefarms@gmail.com



0918 928 1710



"Yung mga nag-training dito bumabalik-balik at very appreciative sila dahil sila ay natuto at natulungan ng Sweet Nature Farms. Masaya at nakakatuwa 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.







79

Dioko Resort and Ecotourism Park

"A Place to Learn and Earn from Farming"

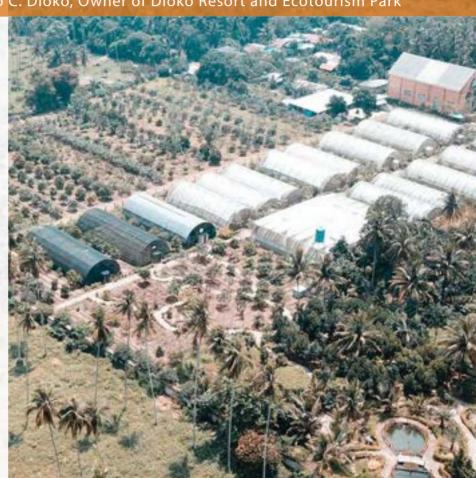
"Nangangaunti na ang farmers sa Pilipinas. Ang vision ng farm ay makapag-produce ng farmers who will feed the next generation." - Celso C. Dioko, Owner of Dioko Resort and Ecotourism Park





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.







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.







"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







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.



Purok Masikap, Brgy. Suba, Majayjay, Laguna



fred_hairshaft@yahoo.com



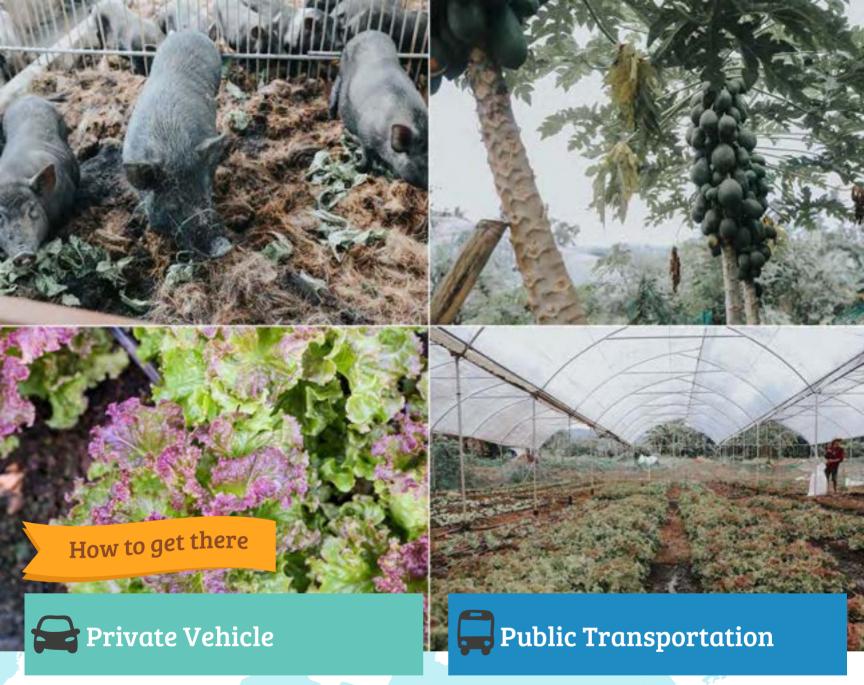
0917 628 3906



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!





- 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.
- 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.



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 Omoyon, 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. Omoyon, Owner of Milea Bee

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.





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.













"We wanted people to know that there is a place near Metro Manila where they can spend quality time with their family whilst being immersed in nature." Mr. Jaime Tan, President of 3 Springs Mountain Park, explains on why the farm was born. The only DOT-Accredited Agri-Tourism Farm in Tanay, Rizal, 3 Springs Mountain Park is a picture-perfect venue for the sunset, natural landscape, and the seasonal sea of clouds. The 16.2-hectare property deeply connects with nature. "My wife and I love farming; and just being back with nature and being familiar with different plants," Jaime adds.

Just an hour away from Metro Manila, adventure seekers can explore the place and relish activities — Farm Tour, Herb/Tree-Planting, Teambuilding (maximum 500 pax), Overnight Camping (maximum 200 pax), and more. There is a Multi-Purpose Hall for seminars and trainings. There are also Gazebos, Shower Halls, Picnic Areas and a Spring Water Pool to maximize the stay. Named after the three (3) springs sited inside the farm, 3 Springs Mountain Park provides ample supply of spring water to the whole area. These three (3) springs brands distinction of the farm.







KM 65 Marcos Highway, Sitio Mayagay II, Brgy. Cuyambay, Tanay, Rizal



0998 575 9675



Food are freshly served from farm to table. "We don't use fertilizer nor barmful pesticides." Jaime mentions. They grow patola, upo, bignay, lipote, basils, tarragon and bountiful harvest of jackfruit during peak season. "Visitors can try our basil tea as a soothing afternoon drink," Jaime recommends. First time comers will appreciate the natural ambiance of the park. "We've bad countless quests come again and again because they cherish the escape the peaceful environment provides," Jaime highlights.

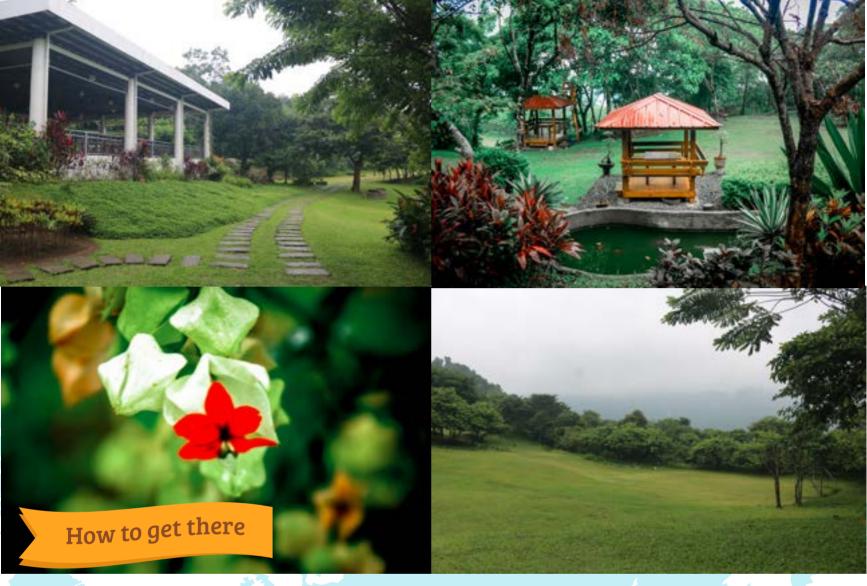
Three Springs Mountain Park pursues sustainable farming advocating natural and chemical-free food for a healthy lifestyle. "We plan on becoming a mode for sustainable food production and being prepared to cater to new activities in the nature setting," Jaime ends.

For a wonderful nature experience, book a reservation the soonest!

"Farm tourism brings people back to nature."

Jaime Tan, President3 Springs Mountain Park







Private Vehicle

- •From Masinag Market Marikina, drive via Cogeo to Sampaloc.
- **Upon reaching KM56 landmark, turn right with the 3 Springs** Mountain Park's signboard.
- Drive going to 3 Springs Mountain Park.



Public Transportation

- •From Masinag Market Marikina ride a jeepney via Cogeo to Sampaloc.
- •Drop off at KM56 landmark and turn right with the 3 Springs Mountain Park's signboard.
- •Walk going to 3 Springs Mountain Park.

Crooc Agri - tourism

"Bear Much Fruit"



Both natives of Indang, Cavite, they were motivated to grow fruit trees and allow the use of the site for camping-related activities. Amihan tells, "fruit bearing trees ang pinaka prime commodity namin. In the Bible, God created the vegetation, plant yielding seeds and fruit trees on the third day and He saw that it was good. As Christians, that became our inspiration. Yung mga fruit trees ay grafted para mabilis syang bumunga." Bounty harvests of rambutan, avocado, langka, guyabano, banana and dragon fruit are innate in the farm. "May hydroponics kami, gumagamit kami ng drip at deep drip irrigation, meron kaming okra, talong," Amihan continues.



With so much harvest during peak season, Amihan decided to venture into value adding and processing. "Nag isip kami kung anong pwede naming gawin sa farm lalo pag yung season ng isang produkto kagaya ng langka, pag nagsabay sabay mamunga, napakamura ng presyo. Nag isip kame ng post-harvest processing para ma-prolong yung shelf life of products na kahit hindi na in season ang harvest, pwede pa rin na may mabili. Kaya nag start kami mag-test ng langka for drying," Amihan elaborates. Balgamel and Amihan hope to expand the business. For about three (3) years, Crooc Agri-Tourism produces not only dried langka, likewise dried turmeric, dried lemon grass, dried ginger, coco vinegar and atsara.



INFO@bountyharvestfarm. com.ph/aecrooc@gmail.com



Ulo River Road, Buna Cerca, Indang, Cavite



0918 913 2463



www.bountyharvestfarm.com.ph www.facebook.com/BountyHarvestFarm The farm is open for retreats. "Gusto namin home, sanctuary ang pakiramdam, may serenity yung dala ng lugar. You feel rested, peaceful. Hindi ka stress na gumawa ng mga activities. Pwede kang umupo lang at magpahinga," Amihan expresses. The farm is also being used as an events place for wedding receptions, special events and training sessions using the function hall and small conference room for 200 and 40 persons, respectively.

After a long tiring day of farm activities like farm tour, camping, pick and pay of farm produce, guests can stay for an overnight accommodation in the dormitory (up to 70 persons) or camping tents. "Yung gusto lang nilang mag-weekend, parang farm life na staycation. The more farms na available para sa tao, mas maraming opportunity for healthy living." Amihan encourages.

In the long run, Balgamel and Amihan want, "yung vision namin na more trainings para mas maraming magbebenefit from the things that we do, mga technologies na ginagawa namin."

"Agri-tourism, malaking tulong na 'yan kase may added income na ang mga farmers. Kung dadagdagan mo pa ng post-harvest processing at value adding ang produkto, marami pang farmers na mae-encourage na mag farming."

Balgamel C. Crooc, owner of Crooc
 Agri-Tourism











How to get there



Private Vehicle

Via SLEX

Option 1: Exit Carmona. Follow A1 to A8 route. Option 2: Exit Sta. Rosa. Follow C1-A6-A7-A8 route.

Via CAVITEX

Take Aguinaldo Highway passing through Bacoor, Imus and Dasmariñas then follow B1-A2 to A8 route.











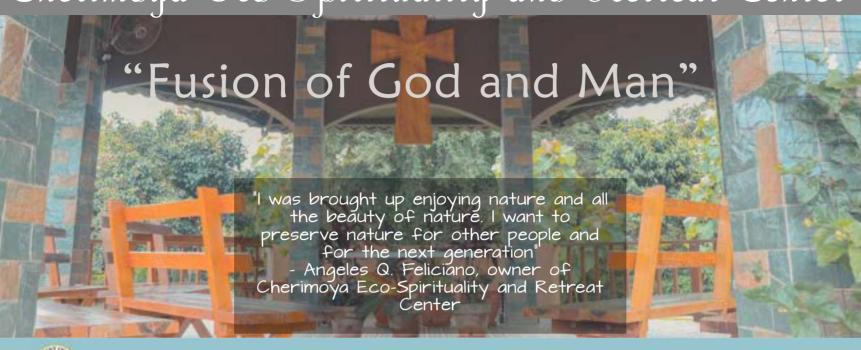


Public Transportation

Via CAVITEX

- Take a bus from Baclaran with Indang via Trece Martires City route.
- Drop off at Indang town proper.
- Ride a tricycle going to Crooc Agri-Tourism in Ulo River, Buna Cerca

Cherimoya Eco-Spiriluality and Retreat Center





Native to South America, cherimoya (Annona cherimola), also called custard apple, is sometimes mistakenly identify as sugar apple because of fruit resemblance. Cherimoya has subtropical to mild temperate trees and its fruits are green in color and is conical or heart-shaped. It is also called the "the most delicious fruit known to man" as described by Mark Twain, a famous American writer and humorist.

subtropical areas. In the Philippines, particularly in Cherimoya Eco-Spirituality and Retreat Center (CERC) in Calamba City, Laguna, vast cherimoya trees are planted and grown. A total of 38 cherimoya trees or 200 square meters of the 2.5 hectares compliments the farm land. Started as a hobby and her love for flowers, Lita Feliciano, owner of CERC, developed the barren land into an eco-spirituality farm in 2015. "Basically, we are called Cherimoya Farm. The cherimoya trees are starting to bear fruit this year. They usually take four to five years to bear fruits. So I would say August is the season for cherimoya," shared Lita. The farm is also abundant with fruit-bearing trees like rambutan, avocado, lansones, papaya, passion fruit and calamansi.

With its climatic condition, Cherimoya can be grown in



cherimoyafarm@gmail.com



Purok 1, Sitio Enriquez, Brgy. Bunggo, Calamba City, Laguna





Cherimoya Farm is also designed as a sacred place where the body, soul, and spirit are refreshed and restored so the person will be ready to get on with the challenges of life. "I'd like to call us a wellness center. Apart from being a farm, the place is an eco-spirituality and retreat center," said Lita. "It is a place for silence and solitude where people can savor nature." Lita, who is also a chef, added, "Our concept is also farm-to-table so the foods we serve come directly from our harvest." If you want a day eating a diverse cuisine, Chef Lita will be delighted to welcome and serve you with your top choice of Turkish, Vietnamese, Thai, Filipino, or Spanish cuisine. "We are able to do this because we have all the herbs and spices here. We are trying to grow vanilla, laurel, cinnamon, and cardamom," she cited.







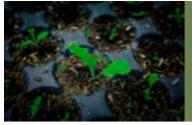


A tour is not complete without a glimpse of the livestock area with more or less 300 chickens, 40 pigs, 40 ducks and 30 sheep. Interact with the animals by petting and feeding them. Pass through the bamboo tunnel to add more excitement to your stay. Hear the dazzling sound of the many chimes scattered all around the farm. Most of all, add in your bucket list to visit and pray in solemnity of the chapel sitting on top of a hill.

If you think a day tour would not be enough, book an overnight stay in their Casitas or Cabins. Each cottage is perfect for couples. For large group, the cottages can accommodate up to 20 individuals. Stay and refresh to drink off the atmosphere beside the swimming pool.

Block your schedule and book for a reservation now!





We Lead Integrated and Natural Farm

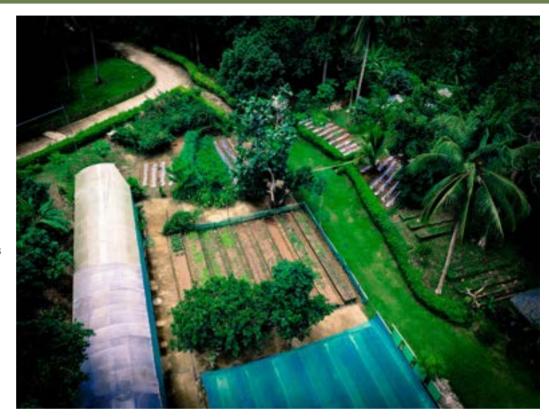
"Nurture a Better life with WIN Farm"





Craving for sweets infused with all-time favorite Filipino food? Why not try adobo sa tablea at Mon's Restaurant, a partner of We Lead Integrated and Natural (WIN) Farm in Camp Benjamin (CB). A premier destination for wellness and transformation, Camp Benjamin is composed of five (5) business units-Win Farm, Mon's Restaurant, Shalom Hotel, The Center and We Lead Training. WIN Farm Officer-in-Charge Mariel B. Guban explains that each business unit works interdependently. According to her, "Camp Benjamin is all in one— it's a farm hotel that serves farm-to-table products." Harvests from WIN Farm can be enjoyed fresh at Mon's Restaurant. "Ang pinaka-main market ng WIN Farm is Mon's Restaurant. Hindi na nag-aangkat sa labas kasi nako-consume na ng mga guests. Pero minsan kapag nagkukulang, kumukuha rin kami sa Alfonso Organic Cooperative." Sinigang trio (mix of pork, beef and shrimp), crispy kare-kare, and fried halo-halo are some of the must-try foods when visiting Camp Benjamin.

As the pioneer among the business units of Camp Benjamin, WIN Farm provides a natural and healthy habitat for integral creatures as it strives to preserve and expand nature. It was further developed as a farm that encourages relaxation and a back-to-basics approach to living, including farming. "The farm's advocacy is to encourage people to go back into farming lalo na sa mga millennials para ma-experience kung ano ba ang farming. Higit pa ito sa pagtatanim kaya mabuti na ma-explore nila na may yaman sa agrikultura.



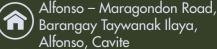






win.farm@weleadgroup.com







www.winfarm.com.ph



As they are the next leaders of our country, we want to help them understand na sa agriculture nagsisimula ang lahat. Kahit may pera, kung kulang naman ang supply ng pagkain, mahihirapan ang mga tao sa isang lugar. Though our farm targets millennials, we encourage all individuals to go back into farming," Mariel shares. Out of the nine (9) hectares of farmland, fruit-bearing trees that yield bananas, bignay, alpay, coffee, guava, soursop, star fruit, mango, rambutan, lanzones, caimito, pomelo, calamansi, papaya, kaong, coconut, and avocadoes contribute to six (6) hectares of the land. The other three (3) hectares are allocated to fishery (tilapia pond), farm animals (rabbit, native pigs, native chicken, ducks, geese, and turkey), herbs and spices (peppermint, tarragon, stevia, oregano, lagundi, parsley, dill, aloe vera, basil, gotu kola, spearmint, thyme, lavender, rosemary, insulin, cat's whisker, citronella, gynura procumbens, serpentine, lemon balm and lemon grass).

Ready for a one-of-a-kind adventure? WIN Farm lets you immerse into different kinds of farm activities, from growing to harvesting your own food. Guests can enjoy production and processing of herbs and spices, basic organic farming, composting where "Nothing Gets Wasted", and "Bonding Beyond Borders" where families can experience harvesting and cooking using bamboo tools.

"Guests will learn a lot when they visit WIN Farm. As a team, we delight in sharing what we know about agriculture. Higit pa sa mga matututunan nila, we hope na mai-apply nila at ma-encourage sila. We want our visitors to disconnect from social media and technology kahit sandali lang para makapag-connect sa mga pamilya at mga kaibigan nila."

Twice a month, WIN Farm organizes a "Market Day" where consumers can directly buy produce from the farm. Value-added products such as coco jam, peanut butter, chili flakes, chili oil, kaong vinegar with herbs and spices, banana chips, honey, tea, dried oyster mushroom, kapeng barako, black pepper, tablea, chocolate (100% dark, 70% dark), muscovado, coco sugar, cacao bar nibs, choco brittle, tarragon tea, spearmint tea, serpentina tea and cats whisker tea can be bought at the WIN Farm.

For a much longer getaway, guests can experience the kubo type accommodation exclusive for six (6) group members. The Shalom Hotel offers a comfortable accommodation for bigger groups.

Mariel concludes, "As an extension partner of ATI and soon TESDA farm school, we want to empower the youth, agri-enthusiasts, and farmers to share their knowledge about farming so that they can also become as farmer-entrepreneurs. We hope na makita ng mga families nila na uunlad ang buhay sa pagsasaka."





Option 1:

Along Pasay, take a bus bound for Alfonso, Cavite. Drop off at Alfonso town proper (bayan). Take a tricycle going to Camp Benjamin.

Option 2:

From Pasay or Buendia, take a bus bound for Mendez (Cavite), Nasugbu, Calatagan or Lian (Batangas). Alight either at Mendez (if it is Mendez Bound) or Alfonso (if it is Batangas bound) crossing. From there, you may take jeepneys with the sign Alfonso then drop off at Alfonso town proper. From there, take a tricycle going to Camp Benjamin.



Public Transportation

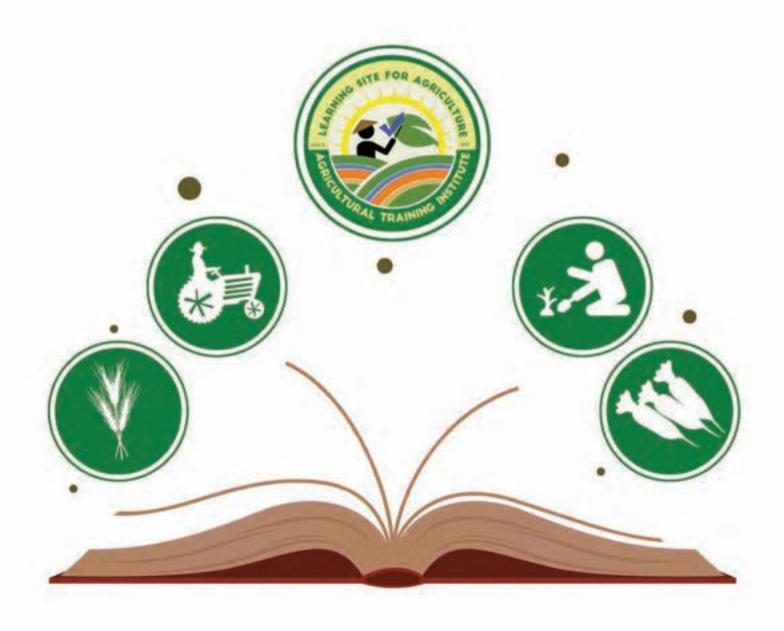
Manila via South Luzon Expressway (SLEX)

Sta. Rosa Exit

- From SLEX, take Sta. Rosa Exit, right side of the highway
- Make a right turn after toll gate then go straight to Sta. Rosa Tagaytay Road
- When you reach Irohin Public Market, make a right to Tagaytay Calamba Road and just go straight
- Turn right to Alfonso Arch and take Luksuhin Mangas Road. Follow the road and then go straight until you reach the town proper and you will pass by the Church and Municipal Hall
- From Mabini St. you will reach a dead-end, turn left to Avinante St.
- Make a right on the next corner, Rizal St. Go straight and you will see Taywanak Arch of Alfonso Maragondon Road, Taywanak Ilaya. 500m to your left is Camp Benjamin

Manila via Cavite Expressway

- From EDSA Southbound lane pass through Roxas Blvd. and make a left to Diosdado Macapagal Blvd.
- Go straight until the end of the road then turn left to Pacific Avenue
- First corner, make a right to Cavitex then go straight. Follow the road leading to Emilio Aguinaldo Highway to your left. Go straight and when you reach the intersection (Landmark: St. Dominic College School of Arts and Sciences) take the rightmost road (Emilio Aguinaldo Highway Cont.)
- Follow the road until you reach Tagaytay Calamba Road, make a right turn. Go straight to Tagaytay Nasugbu Highway
- Turn to Alfonso Arch and take Luksuhin Mangas Road. Follow the road go straight until you reach the town proper and you will pass by the Church Municipal Hall
- From Mabini St., you will reach a dead-end, turn left to Avinante St.
- Make a right on the next corner, Rizal St.
- Go straight and you will see Taywanak Arch of Alfonso Maragondon Road, Taywanak Ilaya. 500m to your left is Camp Benjamin



List Of Løarning Sitøs

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

(Diversi ed Rice Based Farming system).

Farm: Slan Agri Farm
Coordinator: Edilberto Slan
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 ow

of fresh water even on summer season. Crops consist of cacao, banana, co ee, 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. Malainen 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 certied 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 Agi 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 Certi ed 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."

Farm: Munting Ilog NHS - Integrated Farm

Coordinator: Farm Owner/Cooperator: DEPED Munting Ilog

National High School

Contact no.: 0975-5949221

Address: Brgy. Munting Ilog, Silang, Cavite

Description: "An Integrated Farm that aims to engage students

into farming through vegetable production and

livestock, which also sustain and support the school's

feeding program"







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. Capio
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: Tsu Mark Botanical Garden Coordinator: Mark Dominic dela Torre

Contact no.: 09212085585 Address: Brgy. Libis ng Nayon, Mabitac, Laguna

104 Description: "Mission is to provide quality fruits, vegetables and seedlings willing to share and teach technologies."







Laguna Learning Site

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

"The form is deveted primarily to agriculture."

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."

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."













Laguna Learning Site

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: East and West Center for Excellence in Training

Corporation

Coordinator: Bryan O. Hernandez

Contact no.: 09208107111

Address: Brgy. Perez, Calauan, Laguna

Description: "The leading source of pertinent and renowned

education helping agri entrepreneurs to be ready and

competent"

Farm: FarmShare Prime

Coordinator: John Paul M. del Rosario

Contact no.: 09954302034

Address: Brgy. Duhat, Cavinti, Laguna

Description: "A communal style farming situated in Cavinti, Laguna

with a total area of 4.8 hectares. The farm focuses on ruminant livestock such as goat & cattle but also have other animals and crops to be self-sustaining bringing back people's interest in agriculture and preserving

natural resources"

Farm: Luciano's Nature Farm

Coordinator: Nelson de Ramos Luciano II

Contact no.: 09088659723

Address: Brgy. Balian, Pangil, Laguna

Description: "Luciano's Nature Farm practices natural farming from

crops, fruit bearing trees and livestocks, that aims to

provide chemical free food that is safe eat"

Farm: Luntiang Halaman sa S1

Coordinator: DEPED Santiago Uno Elementary School

Contact no.: 09456796066

Address: Brgy. Santiago 1, San Pablo City, Laguna

Description: "An organic farm that provides proper nutrition and

educating young children about their health and environment. Through hands-on-learning, their pupils build not only confidence, creativity and socialization

but also leadership to help them thrive today and

tomorrow"











Laguna Learning Site

Farm:

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."

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."

Farm: Ino's Farm
Coordinator: Paulino H. Sulibit
Contact no.: 09158309780

Address: Barangay Ibabang Palina, Liliw, Laguna

Description: "A 3 ha farm that is practicing organic agriculture and

focuses on producing high quality cacao and tablea"









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: 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 enthralls 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."

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."









Batangas Learning Site

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: 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: Tala NHS Gulayan sa Paaralan Coordinator: DEPED Tala National High School

Contact no.: 0905-1035307

Address: Brgy. Munting Indang, Nasugbu, Batangas
Description: "Tala NHS Gulayan sa Paaralan employs organic

agriculture wherein students exerted relentless and collaborative efforts in turning the school garden into a productive source of healthy foods and source of income. True enough, the harvests have become nutritious sources for the School-Based Feeding Program which benefit indigent students. Through this site, students are provided proper venue to further enrich their technical know-how in farming. The practices make students more innovative, hardworking, creative and exposed in organic farming techniques. Indeed, it propels farming which

fuels the needs of school and students."











Batangas Learning Site

Farm: VFNR AGRICULTURAL Farm

Coordinator: Analiza A. Villarba
Contact no.: 0917-4347918

Address: Brgy. Tumalim, Nasugbu, Batangas

Description: "An organic farm that makes you feel that you never

really left the city but with great scenery. The farm has 4.7 has land that advocates a safer world for

generations to come"

Rizal Learning Site

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 faming system, all able members of the community helps in the production of vegetables and

fruit."

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: 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."











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 o ers a scenic view of the slopy areas around the farm.

The town is also known for its cool weather."

Farm: Ranchito Farm

Coordinator: Ruthfreya 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

Contact no.: Ayrin Llorin 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 o ers 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: 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."











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: KML Agri Farm
Coordinator: Joseph Bomediano
Contact no.: 09105724570

Address: Brgy. Lagalag, Tiaong, Quezon

Description: "Learning site for corn."

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."

Farm: Local Roots Agricultural Farming Services

Coordinator: Leo Manuel C. Casaclang **Contact no.:** Contact No.: 09175509902

Address: Brgy, Concepcion Palasan, Sariaya, Quezon

Description: "Provides an immersion program for the youth that will

expose them to the opportunities in the agri-business industry, teaching them the basics in farming, helping them to be creative in facing and creating solutions to problems encountered. Thereby, preparing them to become future leaders in the agricultural sector of our

country"

Farm: Mango Grove Agricultural Farm

Coordinator: Josue M. Barcelos

Contact no.: 09088996686/09399034909

Address: Brgy, Concepcion Palasan, Sariaya, Quezon

Description: "A GAP certified farm resort that serves as a venue

for training and seminars adding income and

employment on the local farmer"

Farm: Oyayi Farm and Resort Coordinator: Anacleto Contreras Contact no.: 09334847413

Address: Sitio Curba, Brgy. Castanas, Sariaya, Quezon

Description: "Constant study and innovation are the keys to
Oyayi Farm's success in Lemon Grass propagation

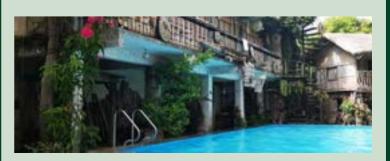
and distillation business. Through its therapeutic properties many satisfied clients continued to

patronize their product"











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, towns folks 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. Kabutenvo 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

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



Corambian Festival – Alaminos, Laguna Coramblan stands for CO conut-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

Coramblan Festival is a nine-day festivity in honor of Nuestra Señora Del Pilar, Laguna, Philippines. 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





Anilag Festivals – Laguna

Anilag is a shortend word for "Ani ng Laguna", which means "harvest of Laguna." It showcases and promotes the products and tourist attractions found exclusively in the province of Laguna.

During the fesivals, the local residents and tourists are treated to different delights - visual, musical and special delicacies. There are various competitions and trade exhibits that everyone will surely enjoy.

Source: http://www.localphilippines.com/events/anilag-festival Philippine News Agency

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/#

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

Sources:

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

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 Compund and Quezon Convention Center.

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

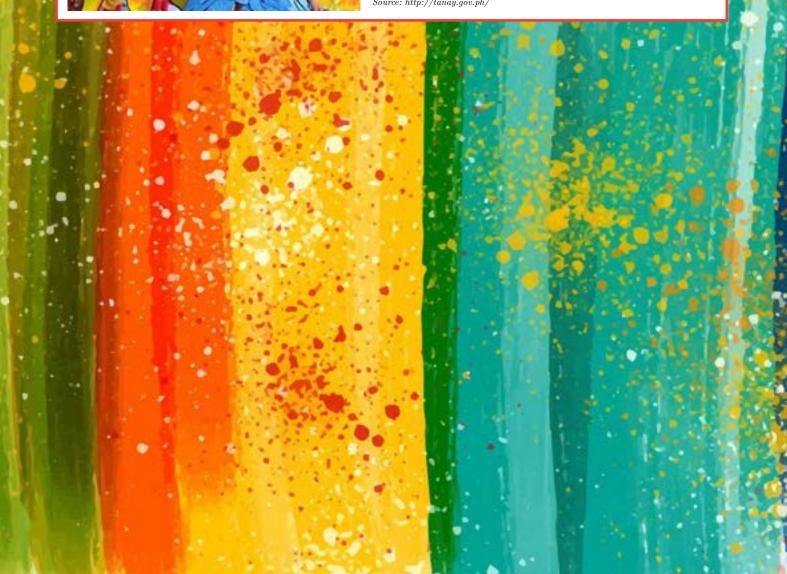




Hane Festival-Tanay, Rizal

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/



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

- $\bullet~$ 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.
- 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.



Arrroz 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.

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
- sal
- freshly ground black pepper
- oil

How to cook

- . 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 cheese cloth, 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

 \bullet 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 plathrhynchos Linn). Kinulob na Itik is a deep-fried duck recipe, and a culinary trademark of Victoria.

Batangas Delicacies

TAPANG TAAL

Ingredients

- 1 kilogram pork shoulder, sliced in tapa style
- 1 cup sov 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.

TAMALES

Ingredients

3 cups rice

5 cups co
conut cream (thin & thick1 cup flaked chicken meat (cooked) together)

2 tbsp atchuete seeds

2 cups white sugar 3 tsp powdered pepper

4 tbsp peanut butter

Toppings

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
- 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.

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.
- Adjust the heat to low-medium and let the suman cook for 60 to 90
- Remove from the cooking pot. Let the temperature cool down.
- Serve with ripe mangoes on the side. Share and enjoy!



Antipolo Kasoy, available in plain, inihaw, garlic, adobo and sweet flavors.

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

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

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 10×10 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 "Asukal na 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.

RODILLA'S YEMA CAKE

Ingredients

For the cake: 50 g butter 250 g cream cheese 110 ml milk 1 vanilla pod (optional) 60 g all purpose flour 20 g cornstarch \(^1\)4 tsp salt 6 egg volks 1 tsp calamansi (or lemon) juice 6 egg whites ½ tsp cream of tartar 140 g sugar 1 tsp vanilla extract For the filling or icing 2 cans condensed milk 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 occassion. 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.





Coffee

Scientific Name: Coffea sp.

Name of MS: Teodoro M. Dela Cruz

Health Benefits: Contains stimulant called caffeine which boosts energy level. Drinking coffee can also lower risk of type 2 diabetes, heart failure and

Parkinson's disease.



Dragon Fruit

Scientific Name: Hylocereus undutus

Name of MS: Edilberto R. Silan and Edna V. Sanchez

Health Benefits: Highl level of Vitamin C, an immunity booster. Also good for

digestion.

Name of MS:

Cavite: Joselito P. Tibayan & Allan Tibayan

Ruy Valente Polistico Procopio Marges Gabriel A. Arubio

Laguna: Brian Belen

Reden Costales Carlos T. Macaraeg Arnold DP. Orphiano

Batangas: Victoriano P. Gamboa

Josue M. Barcelos Silvestre T. Cabatay John Jun Sanchez

Rizal: Ramon S. Urminita

Rene SL Domingo Jean M. Viñas Vicente I. Berdan

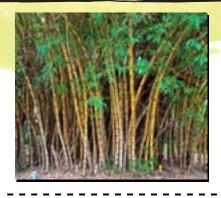
Ouezon: Melita D. Severa

Maximo S. Custobrado Edilberto D. Marino

Organic Vegetables



Vegetables (eg. Lettuce, Cabbage, Okra, Bittergourd, Eggplant)



Bamboo

Scientific Name: Bamboosa aridinarifolia

Name of MS: Ruderico F. Unas and Zarina Joy Legaspi

Health Benefits: Bamboo shoots and leaves heal wounds faster. It is also said to

correct irregular menstrual cycles.



Mushroom

Scientific Name: Auricularia sp./volvariella volvaceae/pleurotus abalonus

Name of MS: Benjie H. Ilas and Melita D. Severa

Health Benefits: High in Protein which cure high blood pressure, dysfunction of kidney, excess of cholesterol and vitamin deficiency. It can also strengthen the

metabolism of the body and can reduce the spread of cancer.



Palay

Scientific Name: Oryza sativa linn Health Benefits: Source of carbohydrate for human need. Name of MS: Cavite

Abelardo G. Malimban Willie D. Delan Noel Bautista Lauro Bustos

Robert Arahan Pedro B. Andino

Laguna Miguel Garcia Maura C. Ilagan Rodelio Diaz De Guzman

Joel Abrico

Batangas Emmanuel M. Salada Xyret Cayabdon Victoriano P. Gamboa Juanito Tique

Mario Daluz

Niel S. Astrera

Cristino C. Marquez

Rizal Jaime C. Javier

Glen F. Fortu Randy Damato Fidel Sta. Catalina Merlito Feliciano

Merlito Feliciani Quezon Luisito Azcuna

Buenaventura Caperiña Rudy Angulo



Pineapple

Scientific Name: Ananas comosus Name of MS: Romeo M. Viado

Health Benefits: Pineapple is high in Vitamin A content. Calcium, iron, Vitamins B and C

are also found in this fruit.



Tilapia Fish

Scientific Name: Oreochromis niloticus

Name of MS: Ernesto Tolentino

Health Benefits: It helps reduce symptoms of aging due to its selenium content. Phosphorus is also found in tilapia which improves bone health and prevents osteoporosis.



Annowroot

Scientific Name: Maranta arundinacea

Name of MS: Noemi L. Sanorjo and Alodia R. Rey

Health Benefits: Can be directly applied to painful gums and sore mouth to relieve

pain. Also an effective treatment to reduce diarrhea and constipation.



Coconut

Scientific Name: Cocos nucifera L. Name of MS: Estelito M. Reyes

Health Benefits: It helps protect from kidney disease and bladder infection.



Banana

Scientific Name: Musa sapientum var.

Name of MS: Ruel E. Peñalba, Herminio Babaan

Health Benefits: Eating banana per day results to less chance of asthma.



Mango

Scientific Name: Mangifer indica L.

Name of MS: Armando M. Ruel, Leovino R. Galleros

Health Benefits: Rich in Vitamin A (antioxidant) for building strong bones, boost

immunity, healthy skin and benefit eye health.



Black Pepper Scientific Name: Piper nigrum

Scientific Name: Piper nigrum Name of MS: Nemencio Castillo

Health Benefits: Black pepper can use to get rid of cold. It also heps in heart

diseases and piles.



Cacao

Scientific Name: Theobroma cacao L.

Name of MS: Pepito M. Vislenio, Susan U. Bagsit, Alfredo V. Corral Health Benefits: Produce the chocolate delicacy which is moderate in

lowering blood pressure.



Swine

Scientific Name: Artiodactyla suidae

Name of MS: Agripina R. Ochoa, Edelissa A. Ramos

Health Benefits (Pork Meat): One of the important components of eating pork is the high quality protein essential for maintenance of muscle mass. It also improve muscle function and physical performance.



Cattle

Scientific Name: Bos taurus

Name of MS: Ma. Evita Rafana F. Roqueza, Moises C. Dalisay, Raul R. Pasia Health Benefits (Beef Meat): Beef is very rich in Zinc, a mineral that is important for muscle and body growth and maintenance.



Lanzones

Scientific Name: Lansium domesticum Name of MS: Regalado DM. Manalo

Health Benefits: Source of fiber that reduces the risk of heart disease. It also contains B Vitamins which help in processing carbohydrates into usable energy and

keeps the nervous system function properly.



Corn

Scientific Name: Zea mays L.

Name of MS: Sanny Buncha, Jose G. Osio

Health Benefits: Corn has a significant level of iron which prevents anemia.

It has rich source of calories for quick weight gain.



Cow

Scientific Name: Bubalus bubalis carabanesis

Name of MS: Danilo S. Noceto

Health Benefits: Carabao Milk contains less cholesterol. It can help reduce heart attack.

Additionally, carabao meat has less calories, less fat and cholesterol.



Calamansi

Scientific Name: Citrofortunella microcarpa

Name of MS: Francisco D. Hugo

Health Benefits: Calamansi is rich in phosphorus, iron calcium and vitamin C.

It also help aide sore throats.



Orchard Management

Name of MS: Mr. Nelson P. Hernandez



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, linkaging 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.



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Romualdo B. Merailla

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Message

Marites Piamonte-Cosico

Agricultural Training Institute Region IV-A Center Director



The Agricultural Training Institute (ATI) CaLaBaRZon marks another milestone as it brings the latest publication of Agriculturally Awesome: A Regional Farm Tourism Travel Guide. It is the fusion of the travel guide magazine's volume 1 and 2. It highlights the 27 Department of Tourism (DOT) Accredited Agri-Tourism Farm Sites as of August 2018. The travel guide magazine also covers the list of ATI CaLaBaRZon certified Learning Sites for Agriculture (LSA and Schools for Practical Agriculture (SPA) as of 2018. Many to mention, it also includes the updated list of Farmers Information and Technology Services (FITS) Centers in CaLaBaRZon and the Regional Commodities of Magsasaka Siyentista. Regional festivals and delicacies are also a must read.



ATI CaLaBaRZon extends its gratitude to all those who supported the volume 1 and 2 of Agriculturally Awesome. This year, we generously share our masterpiece that will capture everyone's interests in farming.

Agriculturally Awesome provides learning experiences in life and in farming. Collect great stories in this magazine. Get connected with the nature through a simple escapade from the city. Enjoy every delectable and specialty cuisines of the farm.

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

Message

Marites T. Castro

Department of Tourism Region IV-A OIC, Regional Director

Warm Greetings!

The Philippines, as a tropical country with an abundance of natural resources, ecological diversity, a strong cultural heritage and truly blessed with its vast farm lands, is now well positioned for agrifarm-tourism.

The CALABARZON Region comprising of the five provinces of Cavite, Laguna, Batangas, Rizal and Quezon known to be an agricultural haven in the Southern part of Luzon, has its huge potential for agrifam-tourism with its suitable environment and favorable geographical location.

The Department of Tourism Region IV-A nevertheless, with its strong collaboration with other concerned government agencies, as well as the public and private sectors, has paved the way in achieving the development goals of farm tourism in the region that will catalyze competitiveness in tourism, sustainability and economic growth.

With the Region's Farm Tourism vision "Fun Farm of CALABARZON in a bio-secure land of leisure to experience farm, adventure, nature and excellent service for sustainable farm practices and inclusive growth', it reflects the need to have safe and secure farms and provide high quality products and services wherein visitors could have fun and at the same time be educated. Its core is to promote sustainable farm practices that will benefit not just the farm operators but more importantly the local farmers and community for more inclusive growth.

While the Department is in charge of marketing, promotion and accreditation of farm sites in the region, ensuring all DOT-Accredited farm sites adhere to the minimum standards prescribed by the DOT and guaranteeing a satisfactory visit of every tourist, the Agricultural Training Institute (ATI) Region IV-A, led by its Training Center Superindent, Ms. Marites



Piamonte Cosico, is spearheading the program that recognizes and assists learning sites in the region that promotes adaptation of sustainable farming technologies and serves as venue for agricultural training and extension services for farm industry stakeholders.

Now, we are proud to present the thirty (30) DOT-Accredited Farm Sites in the region as we showcased in the Regional Farm Tourism Travel Guide Volume 2 along with our agricultural learning sites supported by ATI. The partnership between ATI and DOT will continually intensify the strong collaboration channeled towards more development projects and sustainable farm tourism in the CALABARZON Region.

Come, indulge and experience the farm-living like no other in the DOT - Accredited Farm Sites in the region and savor our delectable farm-to-table cuisine. It's more fun in Calabarzon Farms!

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 and certified LS, SPA and ESP as of June 2019.

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