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ery) in Parque Landeta. Among the plants for sale are heirloom tomatoes, sweet corn, celery, heat-tolerant lettuces and some hard-to-find items like rhubarb.

This is the perfect time of year to start your own organic garden. San Miguel also boasts several organic farms, including **Rancho La Trinidad**, whose on-site tienda is open six days a week. Las



Glorias del Huerto, near Atotonilco, supplies local restaurants with organic produce and offers home delivery. **Rancho Toyán**, located off of the road to Querétaro, grows certified organic produce for export, supplies the tiendas mentioned above and has an on-site tienda at the farm. Toyán also has an organic vineyard.

Dianne Kushner built **Rancho Casa Luna**, a small organic farm, after reading *The Omnivore's Dilemma* by Michael Pollan. The farm has a traditional Mexican *milpa* (corn patch), greenhouses, chickens, sheep, rabbits, orchards and a worm farm on its five hectares. All of Rancho Casa Luna's produce is used by Kushner's Casa Luna Bed and Breakfast in the Centro and they also have organically raised rabbit for sale and offer cooking classes using produce from the gardens.

Finally, keep an eye on *Atención's*



Green Page for information about Tianguis Orgánico de San Miguel de Allende (TOSMA) which will soon give consumers the opportunity to buy certified organic produce directly from local farmers at a pleasant open-air market.

For more information or directions to any of the businesses mentioned above, visit www.GreenMapSanMiguel.org. For more information about flavonoids and the UC Davis study, visit www.ltras.ucdavis.edu or www.en.wikipedia.org/wiki/Flavonoid.

Rick Wendling lives off the grid near San Miguel de Allende and is the mapmaker for Mapa Verde San Miguel at MapaVerdeSanMiguel.org



Nopal in bloom



Restaurant Mi Casa
Instituto Allende
present

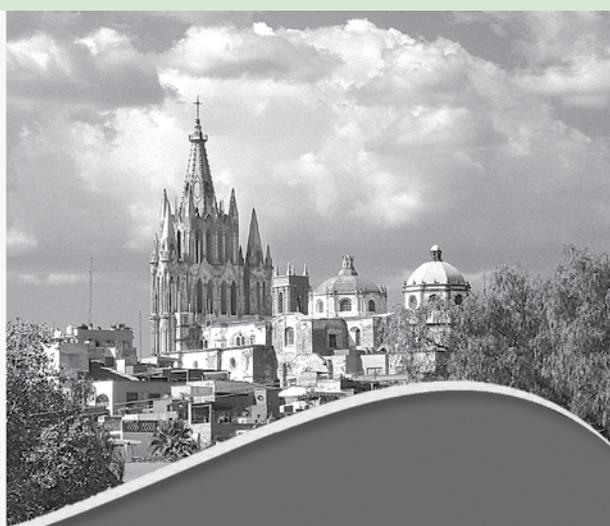
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Don't eat out, dine at Mi Casa!

Good eating, Mexican style

By *Atención* staff

Mexican cuisine is about joy, friends, *compadres*, festivities. Its food is as colorful, delicious and spicy as life itself.

The Buen Provecho Book by Patricia Merrill Marquez explores Mexican cuisine and thus the Mexican psyche through the voice of the people and delicious family recipes. She offers in this glossy and visually appetizing book a mix of proverbs, *albures* (double entendres), *refranes* (rhymes), blended with historical facts, anecdotes and recipes. *The Buen Provecho Book* with over **470** Mexican everyday **cooking** and **food** sayings and **239 Mexican food recipes** is a must have book for those eager to taste Mexico through recipes and the subtle flavors of linguistics.

The book will be on sale for 600 pesos at the event and is also available at local bookstores as well as at www.thebuenprovechobook.com, for US\$60.

Book Presentation

The Buen Provecho Book
Patricia Merrill Marquez
Fri, Jun 11, 6:30pm
Actinver-Lloyd
San Francisco 33
Free

