

2019 CANADA-CUBA FARMER to FARMER TOURS



- 3 days of sun and luxury at Cuba's all-inclusive 5-Star Melia Varadero
- 8 days travel thru Cuban countryside
- 2 nights at 5 Star Melia Santiago de Cuba
- 3 days at 5 Star Hotel Nacional, Havana

January 14 – 28th

**TWENTY YEARS – THIRTY-FOUR DELEGATIONS
+700 CANADIAN FARMERS**

AS SEEN ON CBC-TV's COUNTRY CANADA

**Join us in Cuba for
"the trip of a lifetime..."**

**THE HOLM TEAM
Wendy R. Holm, P.Ag.**

www.wendyholm.com

wendy@wendyholm.com

INCLUDED:

- √ Fourteen nights accommodation, eight in 5 star hotels (3 nights ALL INCLUSIVE at Melia Varadero, 2 Melia Santiago, 3 nights at Havana's Hotel Nacional) and 6 in country hotels (Hotel Jagua, Hotel Ciego de Avila, Gran Hotel Camaguey).
- √ All meals (breakfast, lunch and dinner) except for 3 lunches and 2 dinners in Havana.
- √ All gratuities (meals, porters, guide, driver)
- √ Eight-day farm tour of Cuba (large coops, processing enterprises; a good mix of farm visits with time for culture/sight-seeing).
- √ All ground (air conditioned coach) and air flight from Santiago de Cuba to Havana.
- √ Full translation, bilingual Cuban guide.
- √ All tours fully escorted by award-winning Canadian Agrologist Wendy Holm.
- √ Not Included: airfare to and from Cuba, airport taxes, beverages (except at the Melia Varadero).
- √ We would be happy to book your direct air flights to Havana or Varadero from most cities in Canada and also your travel insurance.

COST (TAX DEDUCTIBLE!):

\$3,250 USD per person, double occupancy plus airfare to/from Cuba. This can be paid in USD or in CAD equivalent. Single room surcharge is \$550 USD. I will share names of those interested in a room-mate.

ELIGIBILITY/MAXIMUM:

This tour is open to Canadian farmers and their family members only. Maximum 26 persons per delegation.

PURPOSE:

Cuba's farmers are world leaders in large-scale organic production. Canada's farmers are world leaders in sustainable management practices. Together, we have more answers than we have apart. The objective is to foster cooperative, farmer-led capacity building.

Our award-winning farmer-to-farmer pilot project Enhancing Sustainable Dairy Production Capacity in

Cuba doubled milk production at a CPA in Maybeque province.

Completed in 2010, this sustainable dairy farm with rotational pastures, solar energy, good animal husbandry, best farm practices and on-farm ration production serves as a model for other Cuban farmer cooperatives thanks to Canadian dairy farmers Bruce Beattie (Alberta), Lorne Hansen (B.C.) and Jim Millson (Ontario).



Our current project draws together a team of international co-op leaders to support cooperative capacity within Cuba's private farmer cooperatives.

Join prize winning Canadian Agrologist Wendy Holm this winter for the trip of a lifetime!



**BOOK EARLY!
Maximum 26
FOR MORE
INFORMATION**

www.wendyholm.com

**292 Smuggler Cove Rd, Bowen Island, BC V0N 1G1
ph: 604.947.2893 cel: 604-417-2434**

THE CUBA “STORY”

When the Soviet Union collapsed, Cuba was forced to reinvent itself. As a result, Cuba has become a world leader in sustainable farming practices.

In 1999, Cuba won the Right Livelihood Award of the Swedish Parliament for world leadership in organic and urban agriculture. Just last year, the World Wildlife Fund named Cuba the only "sustainable" nation based on ecological footprint and social development.

COME SEE FOR YOURSELF:

Organic fertilization and soil conservation.

The use of organic and biofertilizers have allowed substitution of organic methods for chemical fertilizers to meet crop nutrient requirements previously met through external inputs. The use of manure, sugar cane byproducts (cachaza), organic fertilizers, compost, bioearth, worm humus, residues from sugarcane (biomass), waste water, cover crops, mulch, biofertilizers and other materials produce higher yields and improve soil cover, dry matter content, and soil properties.

Ecological management of pests, disease and

weeds Elimination of pesticide use is one of the most difficult tasks in conversion to organic farming practices. The research into bio-pesticides developed by the Cuban Ministry of Agriculture's National Plant Protection Institute (INISAV) is made available to farmers through the creation of a national network of 280 Centres for Production of Entomophages & Entomopathogens (CREEs) to manufacture and distribute biocontrol agents suited to local crops and conditions. CREEs are positioned according to local needs and have work teams comprised of university-educated specialists, lab technicians and auxiliary staff. The products are sold directly to area farmers, reducing transport and storage needs. Production is highly diversified and specialized by region.

Livestock Management The loss of imported feed grains at the beginning of Cuba's Special Period resulted in sharp production cutbacks in Cuba's livestock production sector. Strong advances in crop rotation and polyculture were employed to improve soil coverage and quality, control harmful pests and diseases and increase production. Successful use of legume-based livestock systems, silvo-pasture and integrated crop-livestock systems have resulted in significant and sustainable increases in dietary protein. Bio-controls to treat mites and other insect pests.

Crop Management One million hectares (20% of Cuba's total farmland) are protected by the application of biological controls. Much of this land is in vegetable, tropical vegetable and fruit production. Most of Cuba's 32,000 hectares of citrus and tree fruits are managed organically. Organic production methods are being tested in sugar and coffee (4,500 hectares), cocoa, coconut, pineapple and mango production. Crop rotations reduce soil pathogens. Crop associations and intercropping keep pest populations low and reduce disease and weeds; common are corn-bean and cassava-bean associations but more complex planting such as corn-squash-sweet potato-beans-cucumbers are also common. Integrated pest management programs are in place for 27 crops, controlling a total of 74 insect and mite pests and several fungal diseases.

Ecological Soil Management Organic techniques such as the use of living barriers, ground cover with locally adapted pasture species, contour plowing and conservation tillage systems are used to manage, conserve and recover compacted, salinized, eroded and otherwise degraded soils.

Urban Agriculture In the early 1990's, in response to food and petroleum shortages, Cuba made a major commitment to the production of food in cities, or urban agriculture. Today, Organoponicos (raised bed organic vegetable production), intensive vegetable gardens, backyard and roof gardens, small (2-15 hectare) suburban farms and the self-consumption gardens of large enterprises, institutions and government offices

together contribute an estimated 90 percent of the fresh produce consumed in Havana.

The production goal for Cuba's urban agriculture sector is 1.4 million metric tons per year to meet the national nutritional goal of 300 grams of fresh vegetables per person per day. Key issues in the development of urban agriculture are conservation and management of soil fertility and integrated pest and disease management. Cuba is investigating the introduction of rabbits in urban agriculture models.

Green Medicines Organized production of medicinal plants began in Cuba in 1992. Today, there are 13 provincial farms and 136 municipal farms producing organic green medicines on 700 hectares of land. Cuba's current annual production of medicinal plants and of herbs and plants used for dyes is 1,000 tons and growing.

If you're "wow-ed" by Cuba's success in sustainable agriculture, just wait till you see her plan for sustainable economies.

Passed in March 2011, Los Lineamientos – the guidelines – facilitates Cuba's vision of a more people-centred and co-operative economy and society...

What lessons does Cuba offer the world?

COME SEE FOR YOURSELF!

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