

Project Update: June 2013

In March 2013, we successfully organised a 3-day cooking workshop directed to the women of the community titled "From forests and home-gardens: Cooking with Wild Edibles." The purpose of the workshop was to encourage the use of wild edibles and the revitalisation of lost traditional food practices but also as a way to give back to the community. It was guided by a local Mapuche cook, Sonia Aliante, who has for some years been collecting traditional recipes, as also creating some new ones, to encourage the use of local foods. Although the overall structure of the workshop was planned with Sonia in advance, she was encouraged to freely guide the workshop as she wished and as the Mapuche teaching tradition would. The result was a very participative cooking workshop, in which the women of the community brought vegetables from their gardens and wild edibles they collected. Every class started early in the morning and finished with a tasty lunch embedded with stories and narratives about food and Mapuche cooking. Even though Mapuche transmission of knowledge is chiefly oral, after every class the women received a folder with a printed copy of the recipes they learned during the day. The women who participated were very enthusiastic and happy and we received very positive evaluations of the workshop.

