

**MACAW LODGE NEWSLETTER**  
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**WORKSHOP AND TRAINING FOR GUIDES**



*We had three amazing days in which experts and guides in different fields gathered at the lodge to share knowledge.*

*The purpose was the training and preparation of future guides that work in the field showing tourists and visitors what Costa Rica offers.*

*We maximized the time and enjoyed workshops, jungle walks and a lot of knowledge exchange. We started on Sunday with Ulises Corrales who led us around the lodge in a night walk to identify amphibians. With flashlights in our hands, we walked through the darkness and found three new species, a somewhat unexpected and exciting happening.*

*The next day, he talked about interspecific relationships in the forest, explaining how each and every single forest species is related to each other in one way or another. That Monday,*

*Rafael Ocampo, one of the pioneers of Plant Medicine in Costa Rica spoke about medicinal plants. He overviewed the applications and importance of a variety of plants. We then walked around and identified the plants of Macaw, talking about its medicinal properties. Tuesday morning Pablo Gordienko guided us in his topic of expertise: 'the importance of native plants in hotel gardens and the relationship between each'. He emphasized on examples from Macaw: breadfruit, jackfruit and sacha inchi. That afternoon we closed with María Fernanda Gil, who spoke about bees. Knowledgeable in the field, she explained to us the importance of pollination and the crucial role stingless bees play in the forest ecosystem.*



## **RECIPE: JACK FRUIT SMOOTHIE**

*Our chef Liz shares with us her jack fruit smoothie, a fruit that grows in our gardens. Originally from Asia, it's green and seemingly spiky outer shell reveals an orangey tasty and juicy inside flesh. It can improve digestion, reduce cardiovascular disease development, prevent certain types of cancer and can also strengthen bones.*

### **Ingredientes:**

- 2 cups of jack fruit pieces*
- 3 cups of milk (can substitute with coconut milk)*
- sugar (or substitute) to taste*

### **Preparation:**

*When the jack fruit is ripe, cut it in pieces and remove the flesh. The fruit is formed by some capsules that contain the seeds. Remove these. Slice the flesh into small pieces and place in the blender. Add milk. You can use coconut or soy milk if you prefer. Add sugar or substitute. Ready to serve!*



*It can also be used as syrup to decorate desserts or icecreams.*



### **NEW BIRDING TRAIL: FOREST FLARES**

*We are so proud and excited to share with you (birders specially!) the news about our new trail: Forest Flares. The name comes from the colorful heliconia plants that decorate the view, on top of calling and bringing in hummingbirds. For the birder that is into this species or the adventurer who likes red, orange and yellow, this trail is a very unique experience. The walk borders the forest, immerses into it, and finally reaches an open area with fruit trees that call in even more hummingbirds. There are more than 30 species of heliconias, both native and exotic. One clear example is the heliconia pogonantha and the white-tipped sicklebill hummingbird whose relationship is very visible in this scenario. The vivid fiery colors of the flowers and these little fluttery birds contrast the shades of green of the forest. Their rapid movement adds more magic to the panorama.*



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