



## TRES ESTRELLAS SOIL-TO-TABLE CERTIFICATION PROGRAM:

The Tres Estrellas Soil-to-Table Certification Program is designed for those interested in learning about ecological farming, farm-to-table food preparation and self-reliance. Students live, learn and work at Rancho Tres Estrellas located in Tecate, Baja California, Mexico. Through a dynamic combination of in-classroom and hands-on learning experiences, students explore how organic food is grown and how the bountiful, nutrient dense products of the farm are used as food, medicine and more.



For more information:  
contact Education Director Lindsey Hethcote at  
[lhethcote@rancholapuerta.net](mailto:lhethcote@rancholapuerta.net)



Visit our Facebook page: Tres Estrellas Organic Farm and Garden



Visit our Instagram [tres\\_estrellas\\_organic\\_farm](https://www.instagram.com/tres_estrellas_organic_farm)

## **ECOLOGICAL FARMING**

Typically, mornings/afternoons (dependent on the season) are spent on our 6-acre organic farm and garden working and learning alongside our farm crew. Participants should be interested in farming on a small scale using mainly hand tools.

### **ECOLOGICAL FARMING TRAINING INCLUDES:**

- 5-10 hours per week of ecological farming curriculum
- 10-20 hours per week of hands-on field work
- Field trips to local places of interest including farms, museums and markets
- Group discussions on various topics of interest
- Final student projects to be presented at the end of the program

### **ECOLOGICAL FARMING CURRICULUM TOPICS INCLUDE:**

- Native plants and environment of Tecate
- Understanding and managing soil health and fertility
- Making and using compost
- Working with small-scale hand tools
- Soil cultivation and bed preparation
- Drip irrigation
- Raising chickens and goats
- Propagation- direct seeding, transplanting and grafting
- Maintaining a balanced farm ecosystem
- Greenhouse management

## **FARM-TO-TABLE TRAINING:**

Farm-to-table training takes place in our state-of-the-art cooking school, La Cocina Que Canta, as well as our local farm-to table café, El Cafecito. Participants spend one morning a week with a resident or visiting chef and through a series of hands-on cooking classes and energetic group discussion, learn about using recently harvested produce in the kitchen.

## **FARM-TO-TABLE CURRICULUM TOPICS INCLUDE:**

- Preserving the harvest- fermenting, canning, pickling, drying etc.
- Farmers and chefs working together to plan a farm to table garden
- Cooking and eating with the changing seasons
- Eating nutrient dense, balanced meals as part of a healthy lifestyle

## **ADDITIONAL PROGRAM DETAILS:**

What else is included in the Soil-to-Table Certification program?

- Two Saturdays at Rancho La Puerta to enjoy fitness classes, pool time, presentations from visiting and resident presenters and farm fresh meals from the dining room
- Shared housing at Tres Estrellas
- Organic produce from the garden
- Some delicious meals provided by La Cocina Que Canta and El Cafecito

## TRES ESTRELLAS

### ORGANIC FARM AND GARDEN:

Tres Estrellas Organic Farm and Garden is a 35-year-old, 6-acre organic production and educational farm located in Tecate, Baja California, Mexico. The farm was founded and nurtured by Sarah Livia Brightwood, President of Rancho la Puerta. The permaculture influenced farm elegantly incorporates organic, biointensive fruit and vegetable production, agroforestry, agrobiodiversity conservation and animal husbandry to create an idyllic example of ecological agriculture. The Mediterranean climate of Tecate, with light winter frosts, allows year-round production of a great diversity of plants at Tres Estrellas. In addition to growing nutrient dense, organic produce, Tres Estrellas protects the immediate and surrounding natural resources by building carbon rich soil, protecting and recycling water and preventing topsoil erosion.

Tres Estrellas Organic Farm and Garden produces organic mixed fruits and vegetables, culinary and medicinal herbs, eggs, goat milk and cut flowers for three commercial kitchens. Fruits and vegetables are intensively planted in permanent raised beds that are strategically placed amongst perennial fruit and herb hedgerows. Egg laying chickens are located throughout the farm, providing organic eggs for the commercial kitchens, as well as helping to improve the health of the farm's soil. The farm's free-range Nigerian Dwarf goats provide the property with fire control through grazing, soil enhancement through manure production and fresh milk for consumption and cheese making.

### EL CAFECITO AND LA COCINA QUE CANTA:

The two commercial kitchens located on Tres Estrellas property are El Cafecito and La Cocina Que Canta, or "The Kitchen That Sings". Both kitchens serve as organic, plant-based culinary centers, as well as educational outlets.

El Cafecito promotes small-scale, local agriculture and a plant-based diet with its seasonally inspired menu and fresh produce harvested directly from the Tres Estrellas farm. The sale of value-added farm products and fresh produce at El Cafecito's weekend market provide locals and tourists the option to support Tecate's local food system and promote organic, plant-based eating.

La Cocina Que Canta inspires and teaches visitors about the seasonal use of fresh, organic produce and the health benefits of a plant-based diet. La Cocina Que Canta is an internationally recognized cooking school and culinary center whose world-renowned visiting chefs offer weekly cooking classes that incorporate the seasonal use of fresh fruits and vegetables from the farm.



Course length varies from 4-6 weeks.

For information regarding dates, pricing and to apply,  
contact Lindsey Hethcote at [lhethcote@rancholapuerta.net](mailto:lhethcote@rancholapuerta.net)



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