



# A Taste of Palestine

14<sup>th</sup> - 22<sup>nd</sup> October 2017



Chris Terry image of PFTA/ Canaan



Cook in local homes, delight in traditional dishes and get to grips with the issues around the kitchen tables, restaurants and markets of Palestine.

After a successful culinary tour of Palestine in 2016 – the first of its kind launched by Amos Trust and Zaytoun – A Taste of Palestine is back. Join us for a journey through food, politics and history...

- Cook together with Palestinians and learn the secrets of their traditional recipes
- Taste some of the most famous Palestinian dishes in the kitchens, restaurants and markets
- Spend time in the groves with the farmers who grow Zaytoun's dates and olives
- Try your hand at making maftoul with the women's cooperative that produce it for Zaytoun
- Picnic on the shores of Lake Galilee – not just bread and fishes..!
- The tour includes visits to Bethlehem, Jerusalem, the Jordan Valley, Nablus, the northern West Bank and Nazareth.



Chris Terry image of PFTA/ Cnaan

## Itinerary

### Saturday 14<sup>th</sup> October

Arrival and meet group at Bethlehem hotel.

### Sunday 15<sup>th</sup> October

Breakfast at Aftem, a Bethlehem institution for decades, serving hummus, masabaha and fatteh. Then we'll move on to El Beir Arts & Seeds for discussion about food sovereignty and impacts of occupation on farming. Join the the El Beir team to cook up some a local, seasonal lunch. The group will visit the Cremisan Valley and agricultural terraces of Battir in the afternoon. Dinner and overnight in Bethlehem.

### Monday 16<sup>th</sup> October

A visit to Jerusalem is an essential part of any trip to Palestine. We will have a cookery lesson with the Educational Bookshops and tour the beautiful Old City. Evening meal at Hosh Jasmin, an organic farm and open air restaurant. Discussion of Makhroor Valley heritage. Overnight in Bethlehem.

### Tuesday 17<sup>th</sup> October

Sightseeing in Bethlehem including visit to cooking co-operative in Beit Jala. Afternoon visit to Tent of Nations, a farm in Bethlehem that aims to build bridge between people and connect them to the land. In the afternoon we will have a cooking lesson with families from Aida refugee camp. Overnight in Bethlehem.

### Wednesday 18<sup>th</sup> October

An early rise and we will head into the Jordan Valley where we will meet date farmers and will enjoy lunch

in this fertile area. Head up to Nablus for a tour of the market. No visit is complete without sampling kunafeh. Home cooked dinner and overnight in Sebastya.

### Thursday 19<sup>th</sup> October

Cooking mana'aesh with the local women's cooperative for breakfast. Olive picking and discussions with the Palestine Fair Trade Association (PFTA) & Cnaan Fair Trade (CFT). Visit to local olive press. Lunch will be a picnic in the groves. Tour of Roman ruins in Sebastya. Dinner and overnight in Sebastya.

### Friday 20<sup>th</sup> October

A visit to the Anza women's cooperative who are part of the PFTA. Learn how maftoul is rolled and lunch in Anza. Head up to Nazareth and see some of sights before dinner. Overnight in Nazareth.

### Saturday 21<sup>st</sup> October

Cooking workshop in Nazareth. A picnic and tour in the Galilee. End of tour dinner at Liwan: a culture café that aims to preserve and share Palestinian cultural identity in the Old City of Nazareth. Overnight in Nazareth.

### Sunday 22<sup>nd</sup> October

Breakfast and tour ends.

### Cost: £890

This includes all accommodation, meals, transport and guides

Additional costs: Flights, travel insurance.

Please contact [harvest@zaytoun.org](mailto:harvest@zaytoun.org) for further details.

This itinerary is subject to changes based on hosts' advice in Palestine.

Zaytoun was founded by people who visited Palestine during the 2003 olive harvest; a trip which combined picking olives, learning about the political reality and legendary Palestinian hospitality.