The International Model Forest Network Recipe Book

Featuring Non-Timber Forest Products from Model Forests Around the World

1992-2012

Welcome to the International Model Forest Network Non-Timber Forest Products Recipe Book

The International Model Forest Network (IMFN) is pleased to present you with a variety of interesting recipes that come from all corners of the globe—from Model Forests in Africa, Canada, Latin America, Asia and the Mediterranean Basin. Each recipe includes at least one non-timber forest product (NTFP) that is found in the associated Model Forest.

Among many other activities, Model Forests around the world are involved in community sustainability projects. Some projects focus on developing and marketing value-added products from NTFPs. Small and medium-scale enterprises based on NTFPs are an important feature of the rural economy in most Model Forests. These businesses often improve livelihoods and make an important contribution to developing natural resources in a sustainable manner.

The IMFN Community Sustainability Strategic Initiative supports Model Forests in identifying activities that enhance the sustainable development of local communities, including the development and marketing of NTFPs. An e-commerce

pilot project is assisting Model Forests in Latin America and Asia to bring NTFP products and services to the global marketplace. The e-directory can be accessed at: http://direct.imfn.net

Why a recipe book?

The recipes in this book reflect a wide range of forest products, from flora to fauna and fungi! IMFN members have a wealth of knowledge on the plants, animals and trees that form a part of their environment. In order to celebrate this knowledge and the ingenuity of the people who are a part of Model Forests, the IMFN Secretariat organized the production of this recipe book. We hope you will be inspired to try some of these recipes and to further explore the places they originate from as well as the forest-based ingredients or local products they contain. We also hope that it will encourage you to take a fresh look at your own forests and wilderness areas and appreciate more strongly the many and important values that they represent. International cuisine from sustainably managed global forests never tasted so good. Enjoy!

The IMFN Secretariat would like to sincerely thank all the members of Model Forests who provided a recipe.

This book is dedicated to the thousands of individuals working in Model Forests around the world.

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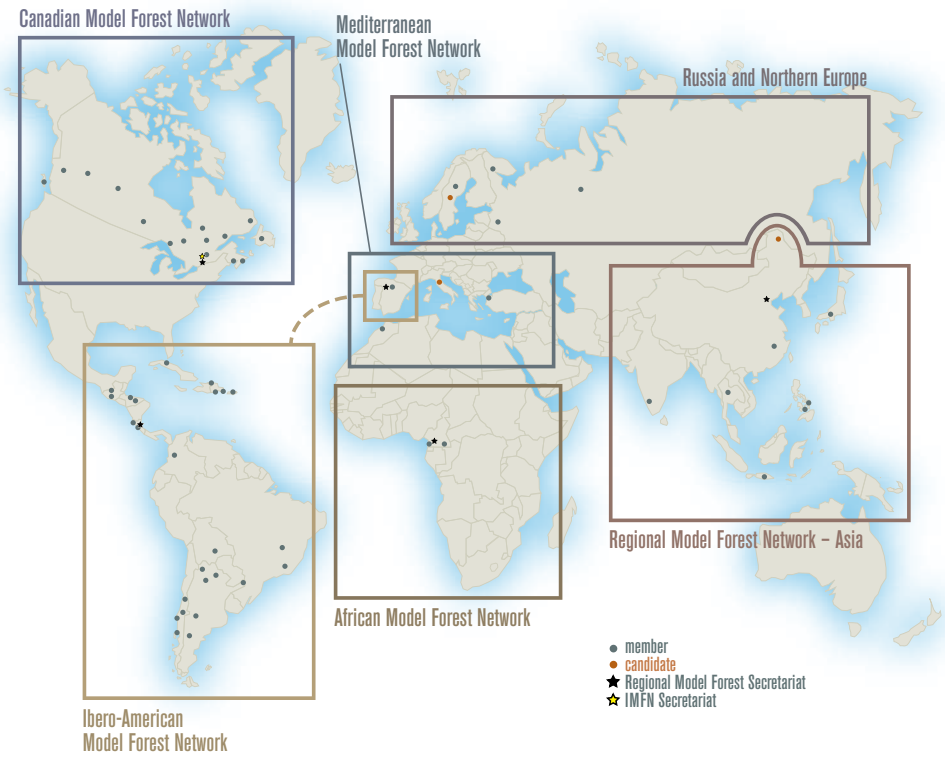
What is a Model Forest?

A Model Forest is a large-scale, forest-based landscape where people with different concerns, values and viewpoints (communities, industry, government, indigenous groups and others) agree to work together to sustainably manage the forest, the ecosystem and the natural resources therein.

Model Forests around the world are as unique and diverse as the countries and cultures they belong to. Model Forest participants decide on how they will be governed and what programs they will undertake. However, on a global scale Model Forests are linked through a common set of principles—a large landscape, working in partnership, a commitment to sustainability, a participatory governance structure, the development of a program of activities that reflect stakeholder values and needs, and networking and knowledge sharing.

What is the International Model Forest Network?

The IMFN was established in the early 1990s to help guide the expansion of Model Forests across the world. Through the Network, Model Forests share knowledge, network and collaborate locally, regionally and internationally to find innovative solutions to the challenges they face in managing natural resources. The IMFN is committed to international cooperation, research and the exchange of ideas and solutions relating to the sustainable management of forest-based landscapes and natural resources.



Since it was announced at the UN Conference on Environment and Development in 1992, the IMFN has grown into a global network of 60 Model Forests in 30 countries on five continents. The Network encompasses 100 million hectares of a wide variety of forest ecosystems and landscapes and 1000s of partner organizations. Through the IMFN, Model Forests, stakeholders and international partners successfully work together towards the sustainable management of large landscapes and ecosystems.

Today, while the strength of the IMFN is certainly visible in its numbers, its value is in the working relationships and friendships that reach across borders, languages, time zones and ecosystems. Over the past 20 years, this collaborative approach has contributed significantly to our knowledge base of natural resource management and demonstrated the on-the-ground application of the principles of sustainable development.

The Recipes

How this book is organized

This book is organized by regional network as each Model Forest is a member of a region or regional network. The recipes in this book were provided by people working in Model Forests. Accompanying each recipe you will find information about the associated NTFPs and the Model Forest where they can be found.

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Conversion from metric to imperial

Recipes may use kilograms / grams (g) / litres / millilitres (ml) OR pounds (lbs.) / cups / tablespoons / teaspoons. The recipes appear in their original format. Please use the following (approximate) conversion chart:

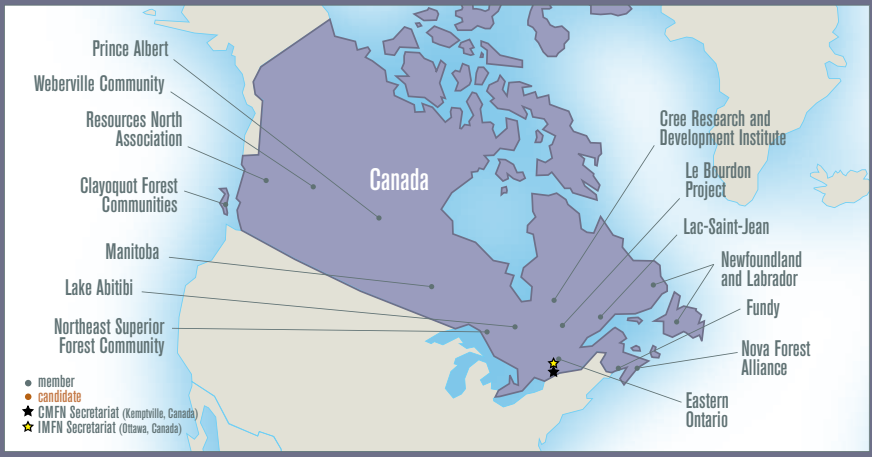
2-2.5 ml or g = ½ teaspoon
5 ml or g = 1 teaspoon
15 ml or g = 1 tablespoon
50 ml or g = ⅕ cup
62.5 ml or g = ¼ cup
83 ml or g = ⅓ cup
125 ml or g = ½ cup
187 ml or g = ¾ cup
250 ml or g = 1 cup
500 ml or ½ litre = ½ quart
1 litre = 1 quart
1 kilogram = 2.2 lbs

Disclaimer: The recipes in this book are provided for educational purposes only. They have been graciously donated by Model Forest members. The IMFN and its members are not responsible for the misuse of any recipe in this book or ingredients contained herein. Please consult with experts before attempting to identify, harvest and cook wild mushrooms, herbaceous plants and other related non-timber forest products.

Canadian Model Forest Network

Established in 1992, the Canadian Model Forest Network (CMFN) was the first regional Network to be developed. It currently represents over 1000 partner organizations including 178 forest communities and 98 aboriginal communities in 14 Model Forests. Model Forests in Canada, with the support of the CMFN, are building new forest-based economic opportunities in rural areas, facilitating new approaches to forest management and sharing best practices and information with forest communities around the world.

For more information see: http://www.modelforest.net



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Fantastic Forest Fauna, Flora and Fungi Sauté

Brian Barkley, President of the CMFN

Fauna: Venison
Flora: Wild leeks
Fungi: Black morel mushrooms
Butter
Salt and pepper

Photo: Filip Stone

1. Prepare the leeks by discarding the outer brown paper-like covering on the bulbs, trimming off the rootlets on the base and carefully rinsing with water. Remove and save the leaves and stems which can be added to a green salad. The bulbs should be thinly sliced in preparation for the sauté.
2. Rinse the morels in running water and gently pat them dry. The entire stem and caps can be used once they have been coarsely sliced.
3. Place 4 to 5 tablespoons of butter in a frying pan. When melted, place over medium to high heat and add the leeks and morels. Add a small amount of salt and pepper.
4. Sauté until the leeks start to become lightly brown and avoid over-cooking the morels.
5. Remove from heat and set aside, while cooking the meat, so that the flavours fully develop.
6. Cook the meat by grilling or broiling depending on the style of the cut. When done place on a serving platter and top with the sautéed leeks and mushrooms.

Photo: Brian Barkley

NTFPs: Venison, white-tailed deer (*Odocoileus virginianu*); wild leeks (*Allium tricoccum*); and black morel mushrooms (*Morchella elata*).

The key ingredient, which should be gathered fresh, is the wild leek. The bulb of the plant has the flavour of onion or garlic. Even though the plant grows in dense patches, it is susceptible to overharvesting—take only a single bulb from any cluster of plants and avoid picking single plants that have yet to form into a cluster. Leave any flowering plants in undisturbed clumps. A dozen plants will yield enough bulbs to flavour the dish; the leaves can be blended into a green salad served with the meal. Fortunately the wild leek season overlaps nicely with the harvest period for the next key ingredient.

The distinctive looking wild mushroom known as black morel or "morille noire," usually emerge in late May or early June and in a matter of days disappear. Found in forests and closely associated with several tree species including beech and sugar maple, they often appear after a disturbance in the stand. Sometimes farmer's markets will offer them for sale. A dozen will provide enough for a meal.

Eastern Ontario Model Forest

Location: Ontario **Size:** 1.5 million hectares **Population:** over 1 million **More info:** http://www.eomf.on.ca
Focus: Sustainable forest management and forest sector transformation

Maple Sugar Venison Pot Roast

Henry Lickers (passed down from his Grandmother), an Elder, Mohawk Council of Akwesasne

2 – 5 lbs venison pot roast

2 tablespoons butter or margarine

Spiced Flour

1 cup whole wheat, white or oat flour

1 teaspoon salt

1 teaspoon black pepper

1 teaspoon sage or basil or oregano

Spice Vegetables

4 cloves garlic sliced

1 medium onion diced

1 medium carrot sliced

Stock

1 -2 cups maple syrup

½ cup apple juice, beer or water

1. Wipe meat with cloth or paper towel.
2. Combine all spices and flour. Roll roast in spiced flour.
3. In a large roasting pot or frying pan brown all sides of the roast as this preserves the flavour.
4. Once the roast has been browned transfer to a slow cooker.
5. Add stock to the slow cooker and add carrots, onions and garlic.
6. Baste the meat once and a while. Cook until tender.

Eastern Ontario Model Forest

Location: Ontario **Size:** 1.5 million hectares **Population:** over 1 million **More info:** http://www.eomf.on.ca
Focus: Sustainable forest management and forest sector transformation

NTFPs: Venison from white-tailed deer (*Odocoileus virginianus*), which is the most common and widely distributed of North America's mammals. The white-tailed deer was an important food and clothing source for Aboriginal peoples (and European settlers) for centuries. Every part of the deer was used from its meat to its antlers. Today, the whitetail is hunted for its venison and for sport. White-tailed deer are also appreciated for their beauty and grace and are regularly viewed in forests and conservation areas.

Maple Syrup (description in next recipe).

Maple Mousse

Ray and Ruth Fortune of Fortune Farms Sugar Bush Ltd., http://www.fortunefarms.ca

This is a very delicious maple dessert. It may be served soft or frozen. A dusting of maple sugar will add to the maple flavour.

Serves four to six

90 ml maple syrup (medium to dark gives a stronger flavour)

3 eggs

250 ml whipping cream

25 ml orange peel

A pinch of salt

1. Combine 3 egg yolks, 90 ml of maple syrup and a pinch of salt in a double boiler and cook on medium heat.
2. Beat while cooking and cook until the mixture has thickened and turned from dark brown to tan, about 7 minutes. Take care not to overcook or it may curdle.
3. Stir in 25 ml of grated orange peel and set the mixture aside to cool.
4. Whip 250 ml of whipping cream until stiff and fold into the cool mixture.
5. Beat 3 egg whites until stiff and fold into the cool mixture.
6. Pour into serving bowl and refrigerate or freeze.

Eastern Ontario Model Forest

Location: Ontario **Size:** 1.5 million hectares **Population:** over 1 million **More info:** http://www.eomf.on.ca
Focus: Sustainable forest management and forest sector transformation

NTFP: Maple syrup is made from sap extracted from the sugar maple (*Acer saccharum*) tree. In cold climates, sugar maples store starch in their trunks and roots before the winter. In the spring, the starch is converted into sugar that flows through the tree as sap. In early spring, when the days are above freezing and the nights are colder, the trees can be tapped by boring holes into their trunks and collecting the sap. The sap is then heated to evaporate the water and the result is maple syrup! Maple syrup was first collected and used by Aboriginal people of North America.

Model Forest NTFP Activities: Thanks to a unique NTFP project pioneered by the Eastern Ontario Model Forest (EOMF) in 2007, maple syrup producers in eastern Ontario are now able to market and sell their syrup as certified under the Forest Stewardship Council® (FSC®) label. The FSC is an international certification system that provides a guarantee that the forest products you purchase under the FSC label come from responsibly managed forests. Currently there are close to 50,000 hectares of FSC-certified forest in the EOMF Certification Program and branding now extends to certain non-timber forest products within them, including maple syrup.

FSC logo on maple products from FSC certified forests in eastern Ontario.

Hedgehogs in Oil

Linda Pascali, reprinted with permission from ***Omphalina*** (Vol. II, No. 1, January 25, 2011), the newsletter of ***Foray Newfoundland and Labrador*** (http://www.nlmushrooms.ca/)

Serve as a condiment, on toast, as an interesting flavour in winter salads, or as a snack. Delicious!

The amount of mushrooms determines the amount of other ingredients

Hedgehogs

White vinegar, water

Sunflower oil

Salt, pepper, garlic cloves, thyme, oregano, parsley

Sterilized jars

Sweet and hot peppers

1. Clean mushrooms, cut into suitable pieces.
2. Slice or chop peppers; if small, use whole.
3. Bring a 50/50 mixture of white vinegar/water to a boil.
4. Add mushrooms. Boil for 3 minutes.
5. Drain well in colander, let cool a bit.
6. In a bowl, put oil, cloves of garlic, thyme, oregano, parsley, black pepper, sliced sweet red peppers and hot peppers sliced or whole, depending how hot you want it, then salt to taste. Add drained mushrooms and mix well.
7. Fill mason jars. Add more oil to cover mushrooms. Close jars with lids. Boil for 10 minutes submerged in water to sterilize them.
8. Store sterilized jars in the pantry as the herbs infuse better at room temperature than refrigerated. Once the jar is open, store in refrigerator.

NTFP: Hedgehog mushroom (*Hydnum repandum*). The mushroom used in the recipe is found in conifer-dominated forests in Newfoundland. It is a very common mushroom that grows on the ground, alone or in groups, in both deciduous and coniferous forests. Hedgehog mushrooms are available throughout the fall season.

Model Forest NTFP Activities: *Foray Newfoundland and Labrador* has been conducting annual field surveys across the province to advance the understanding of fungal species distribution and abundance. The Model Forest of Newfoundland and Labrador has supported the Foray program over the last eight years in an effort to establish baseline data for use in the development of a commercial mushroom harvest within the province.

Lentil Stew with Chanterelle Mushrooms

Rebecca Hurwitz, Managing Director, Clayoquot Biosphere Trust

250g puy lentils (green lentils)

1 liter soup stock (whatever you have on hand)

6 pieces back bacon, roughly chopped

2 sliced shallots

2 cloves chopped garlic

4 handfuls chanterelle or other wild mushrooms, brushed clean and chopped

1 bay leaf

Pinch of thyme

Salt and pepper

1. Combine lentils and stock, bring to a boil, then turn the heat down and simmer.
2. Fry back bacon, garlic, shallots and chanterelles until the mushrooms release their juices and soak them up again.
3. Add to the lentils, along with herbs and seasoning.
4. Simmer on low adding additional stock as required until the lentils are well cooked and the flavours have combined. This is a slow-cooked stew that freezes well.

Photo: Sean Dreilinger

NTFP: Chanterelle mushroom (*Cantharellus formosus*). This is a variety of chanterelle unique to the Pacific Northwest and an abundant NTFP in Clayoquot Sound. For more information on chanterelles, see page 17.

Model Forest NTFP Activities: Ecotrust Canada, a partner of the Clayoquot Forest Communities, is currently working on an inventory of all NTFPs found in the Model Forest.

Clayoquot Forest Communities

Location: British Colombia **Size:** 350 000 hectares **Population:** 7 600 **More info:** http://ecotrust.ca
Focus: Biodiversity conservation and socio-economic development of First Nations communities

Wild Potatoes with Rosemary

Terry Stanislow, Nova Forest Alliance

The wild potato has a peanut/potato or parsnip-like flavour when simply baked or boiled. It is not recommended to eat the tubers raw.

Wild potatoes
Rosemary
Olive Oil

1. Peel the tubers.
2. Cut into ¼ inch slices
3. Dip in olive oil and ground rosemary
4. Place on cookie sheet
5. Bake in the oven at 400° F until crisp

Photo: Bob Richmond

NTFP: Wild Potato (*Apios americana*). Also called Indian potato, apios, groundnut, hopniss. This well-known (amongst people who are interested in edible wild plants) vine-producing legume grows throughout eastern North America. The seed or tuber is edible and very similar to a common potato, although has more protein and less starch than a potato. It was a very important plant to the early explorers and colonists of North America; often it was the primary food source when seasonal root vegetables and grain supplies were exhausted. It occurs on annually-flooded land near rivers, but it can also be grown in cultivated fields. It can be dried for storage or ground into flour.

Model Forest NTFP Activities: The Nova Forest Alliance and regional partners initiated a NTFP online directory, http://www.fromouratlanticwoods.com, which includes forest plants, such as fiddleheads, value-added products including jams and furniture and ecotourism opportunities.

Nova Forest Alliance

Location: Nova Scotia **Size:** 5.5 million hectares **More info:** http://www.novaforestalliance.com
Focus: Sustainable forest management and development and marketing of NTFPs

Wild Rice Popcorn

Terry Ledin. Reprinted with permission from, ***Waasaabiyaa Living off the Land – Recipes of Today and Yesterday***. December 2005. 96 pages

Makes a great sweet treat!

Wild rice
Lard
Sugar

1. In a heavy cast-iron frying pan, grease bottom to cover. Place on high heat.
2. Add a handful of wild rice.
3. Cover and let rice puff up.
4. Sprinkle rice with sugar.

NTFP: Wild rice (*Zizania aquatica*) is a cereal grain that is an aquatic plant of the grass family. In Manitoba wild rice grows in shallow waters along the shores of rivers and streams or in lakes where the water current is slow and constant. It is harvested in late August. This plant has been used by Aboriginals for centuries as a food source and is now available to consumers everywhere.

Photo: dogtooth77

Model Forest NTFP Activities: In pursuing alternative economic opportunities, the Manitoba Model Forest is assisting local people in the development of non-timber forest products as businesses. Workshops highlighting the key areas of NTFPs have been conducted in local communities. These workshops were presented with the assistance of the Canadian Non-Timber Forest Products Network and the Centre for Non-Timber Resources, based out of Royal Roads University in Victoria, British Columbia. For more information see: http://www.manitobamodelforest.net/alternative_opportunities.html.

Manitoba Model Forest

Location: Manitoba **Size:** 1.05 million hectares **Population:** 15 000 **More info:** http://www.manitobamodelforest.net
Focus: Sustainable boreal forest and natural resource management, wildlife conservation, NTFPs, socio-economic well-being of forest communities

Maple Syrup and Mushroom Coulis

Renaud Longrée, owner of ***Myco Sylva***, a business specializing in the sustainable harvest and marketing of mushrooms and spices originating from local forests. http://www.mycosylva.ca

2 cups maple syrup

1 cup apples, quartered

1 cup pears, quartered

1 cup chanterelle mushrooms (or another common edible forest mushroom)

1. In a pot, heat the maple syrup on medium heat.
2. Add apples, pears, mushrooms and simmer until the fruit is tender.
3. Pour over a scoop of ice cream and enjoy!

NTFPs: Common Chanterelle (*Cantharellus spp.*) and maple syrup. Chanterelles are a common edible wild mushrooms. They most typically grow in hardwood and conifer forests. Chanterelles, depending on the species may contain antioxidant carotenoids, such as beta-carotene and significant amounts of vitamin D. It is important not to confuse chanterelles with look-a-likes, such as the Jack-O-Lantern species (*Omphalotus olearius* and others), which can make a person very ill. For more information see: http://en.wikipedia.org/wiki/Cantharellus.

Model Forest NTFP Activities:

The economy of the communities in Le Bourdon Project is tied to the forest and forest products. The region is undergoing a transformation in the forest sector as the production of timber forest products are being replaced with non-timber forest products. Forest mushrooms, medicinal plants, tree bark extracts, birch syrup, maple syrup are increasingly important to the local economy. Le Bourdon Project has supported its members by investing in NTFP projects, including the establishment of an NTFP development initiative by the Manawan Aboriginal community, and a workshop on NTFPs in the rural municipality of Antoine-Labelle in 2010.

Le Bourdon Project

Location: Quebec **Size:** 1.07 million hectares **Population:** 35 414 **More info:** http://notreforet.ca

Focus: Sustainable forest management, forest sector transformation, economic development of forest-based communities, ecotourism

Mediterranean Model Forest Network

The Mediterranean Model Forest Network (MMFN) was launched in 2008 under the leadership of the regional government of Castile and Leon in Spain. Through financing from the European Union and local partners, the MMFN is focusing on developing a strategy to promote Model Forests as an innovative tool for the management of large forested landscapes in the region, and for the integration of the Model Forest approach into European regional policies.

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Ifrane Model Forest, Morocco

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Corsica, France

29 Corsican Cured Pork with Sheep Cheese and Roasted Chestnuts

Loin of Lamb with Potatoes and Oyster Mushrooms

La Lobita Restaurant, Navaleno. The winning recipe from the "**Competition of Forest Recipes**," in celebration of the 20th anniversary of the IMFN. Reprinted with permission.

This recipe uses lamb which grazes in the pine forests of Urbión Model Forest.

Loin of lamb
Potatoes
Cream
Oyster mushrooms
Pine nuts, almonds, hazelnuts
Dehydrated mushrooms
Rosemary
Pine flowers
Porcini mushroom oil
Malt dextrin
Salt and extra virgin olive oil

1. Wash the loin of lamb well and press it to retain juices.
2. Fry the potatoes until well done. Mash with cream. Strain well and put aside.
3. Grind the nuts, dried mushrooms and mix together.
4. Sauté the oyster mushrooms with a little olive oil and salt.
5. Remove the rosemary needles from the stems and roast in a pan without oil or water until they are crisp.
6. In a nonstick pan heat the malt dextrin and add "a thread" of porcini oil. Stir slowly until the malt dextrin has absorbed all the oil. You will be left with little white balls with the flavour of porcini mushrooms.

Assembling the Dish

1. Arrange on a plate the nuts, mushrooms, pine nuts and rosemary needles to look like a landscape.
2. Cut the lamb into slices, press and put on the plate.
3. Around the oyster mushrooms and on top of the lamb, put some mashed potato here and there.
4. Decorate with the pine flower petals, the white porcini balls and add some salt on the lamb and mushrooms.

NTFPs: Oyster Mushroom (*Pleurotus eryngii*) also known as the "king trumpet or king oyster mushroom." It is the largest species in the oyster mushroom genus which is native to Mediterranean basin, Middle East, North Africa and parts of Asia. Unlike other species of *Pleurotus*, which grow on decaying wood, *P. eryngii* grows either on the roots of herbaceous plants or on organic waste (i.e. leaf waste in a forest). For more information see: http://en.wikipedia.org/wiki/Pleurotus_eryngii.

Porcini Mushroom (*Boletus edulis*) or cep grows naturally in the Northern Hemisphere, in North America, Europe and Asia. It grows in deciduous and coniferous forests and is often found with pine, spruce and fir trees. It forms a symbiotic relationship with the tree's roots. The mushroom is low in fat and digestible carbohydrates, and high in protein, vitamins, minerals and dietary fibre. For more information see: http://en.wikipedia.org/wiki/Boletus_edulis.

Pine (*Pinus pinea*), also called Italian Stone Pine or Umbrella Pine is native to the Mediterranean region. *Pinus pinea* has been cultivated for over 6,000 years for its edible nuts. It is also a prized ornamental plant, having been planted in gardens and park since the Renaissance. For more information see: http://en.wikipedia.org/wiki/Pinus_pinea.

Almond (*Prunus dulcis*), is a deciduous tree grown for its nuts, which are actually not true nuts but "drupes" consisting of an outer hull and a hard shell with the seed ("nut") inside. Shelling almonds refers to removing the shell to reveal the seed. It is native to the Mediterranean climate of the Middle East. For more information see: http://en.wikipedia.org/wiki/Prunus_dulcis.

Hazelnut (*Corylus avellana*), or common hazel is a deciduous shrub that is native to European woodlands. Hazelnuts are rich in protein and unsaturated fat, thiamine and vitamin B6, as well as smaller amounts of other B vitamins, carbohydrates and fiber. For more information see: http://en.wikipedia.org/wiki/Corylus_avellana.

Rosemary (*Rosmarinus officinalis*) and pine flowers (*Merendera pyrenaica*).

Model Forest NTFP Activities: Urbión Model Forest is rich in mushrooms. Numerous research papers related to mycological production, forest conservation and natural resource management have been undertaken by the Model Forest in association with various stakeholders. Through the IMFN, the Urbión Model Forest has shared its knowledge of mycology and the marketing of mushrooms and related products. A report, commissioned by the IMFN Secretariat, was produced in 2010 which was shared with Model Forests in Latin America who were interested in developing and enhancing mushroom production and processing. Urbión Model Forest also supports training for local communities to expand their knowledge of the value of NTFPs and to create stable, sustainable economic opportunities.

Timahdite Lamb Tajine with Morel Mushrooms

Ifrane Model Forest

1 kg lamb
2 tablespoons olive oil
2 chopped onions
250 g dried morel mushrooms
Salt and pepper
½ teaspoon each ginger, saffron, tumeric

1. Place all ingredients above in a casserole and cover with 2 litres of water and cook over medium-high heat for 45 minutes.
2. In a jar soak 250 g of dried morel mushrooms in warm water for 1 hour. Strain and cut mushrooms in two.
3. After meat is cooked, remove pieces from the casserole and add mushrooms. Cook for 15 minutes.
4. Return meat to casserole with mushrooms. Cook on low heat until a creamy sauce develops.
5. Serve meat and mushrooms and cover with sauce.

NTFPs: Lamb (*Timahdite*) and Morel (*Morchella spp.*)

Model Forest NTFP Activities: In Ifrane Model Forest, the raising of sheep is a main cultural and economic activity. The preservation of the native ovine species called *Timahdite* is very important to the people of Ifrane. Morel mushrooms (*Morchella spp.*), found in abundance in the Model Forest, must be well cooked or dried to eliminate toxins found in the fresh mushroom. In Ifrane they dry the mushrooms first, which eliminates the toxin. The mushrooms must then be soaked in water before cooking, as indicated in the recipe above.

Ifrane Model Forest
Morocco
Location: Province of Ifrane **Area:** 114 000 hectares **Population:** 143 800 **More info:** http://fm-ifrane.com
Focus: Socio-economic development, NTFP development and marketing, biodiversity conservation and watershed management

Borage with Eggs and Onion

Local community in Model Forest

- 1 kg borage
- 2 kg chopped onion
- 3 eggs
- 5 tablespoons olive oil
- 1 teaspoon of black pepper, red pepper and salt

1. Clean the stems.
2. Boil stems in a pot of water until soft. Add the flowers to hot water.
3. Boil stems and flowers together for 3 minutes. Drain water.
4. Fry onions in olive oil until tender and a little brown.
5. Stir in flowers and stems.
6. Add eggs, pepper and salt and mix.

NTFP: Borage (*Trachystemon orientalis*), a native perennial herbaceous plant that grows under beech trees in the forests near Istanbul and north Anatolia. Also known as Abraham-Isaac-Jacob, borage flowers, stems and leaves are sold as a vegetable in Istanbul markets in the early spring.

Yalova Model Forest
TURKEY

Location: Yalova Province **Area:** 79 185 hectares **Population:** 197 412
Focus: Protection of existing forests, sustainable forest management, development and marketing of various NTFPs, socio-economic development of forest dependent communities

MontMar Istria

Madame Vesna Arzensek, ***Boletus*** (local mushroom association).

This recipe reflects the Model Forest landscape in that it contains ingredients from the mountain forests and the sea.

700 g mixed wild mushrooms (saffron milk-cap, porcini, chanterelles, oyster or hedgehog mushrooms)

70 g mixed dry morels and dry ceps

6 middle size parasol mushrooms and umbonate parasol

6 big Saint Jacques scallops

50 g wild asparagus

500 g corn flour

80 g parmesan cheese

Chicory, rocket, olive oil, olives and spices (rosemary, thyme)

Dish MontMar Istria consists of parasol mushrooms filled with stewed mushrooms, asparagus, scallops and cheese. Polenta that is made of dry morels and ceps is served as supplement and as a decoration.

Preparation of polenta

1. In 1.8 litres of salted boiling water add corn flour, chopped dried morels and ceps. Cook it stirring constantly for 3 to 5 minutes.

Filling for parasol mushrooms

1. Clean mixed chopped mushrooms. Stew in a little olive oil for 10 minutes.
2. Add asparagus and stew for next 5 to 7 minutes.
3. Add chopped, cleaned St. Jacques scallops, few chopped green olives, parmesan and stew all together for next few minutes.
4. Add salt, pepper, rosemary and thyme.

NTFPs: Saffron milk-cap (*Lactarius deliciosus*) is found under spruce or pine trees. Parasol mushrooms (*Macrolepiota procera*), are found in temperate regions on well-drained soils such as pastures. Occasionally they can be found in woodland areas. They have a long stem which supports a very large parasol-like fruiting body. The Umbonate parasol mushroom (*M. mastoidea*), is smaller than *M. Procera* and rarer. (For porcini or cep, chanterelles, oyster, morels and hedgehogs see description in recipes above).

Wild asparagus (*Asparagus officinalis*), a spring vegetable and flowering perennial, native to most of Europe, northern Africa and western Asia. The young shoots are eaten before the plant buds and flowers. Asparagus is low in calories and is very low in sodium. It is a good source of vitamins and minerals and the amino acid 'asparagine' from which it gets its name. For more information see: http://en.wikipedia.org/wiki/Wild_Asparagus.

Photo: gmayfield10

Mallow with Vegetables

M. Fardeheb Otmane, President, Local Development Commission

2 bunches of mallow

1 bunch of spinach

1 bunch each of fresh parsley, coriander and chervil

5 cloves of garlic

5 tablespoons of olive oil

1 bowl of mixed beans (chick peas, kidney, navy etc.) canned or if dried, soaked the night before

2 carrots

1 tomato

1 stem of chard

2 bay leaves,

1 tablespoon of salt

1 tbsp. of paprika

1/2 tbsp. black pepper

½ tbsp. of dried hot peppers

1 tbsp. of cumin

1. In a large pot sauté the garlic in olive oil with the salt, pepper, paprika, tomato.
2. Add one litre of water, chick peas, other beans, carrots, chard, bay leaves and let cook on medium heat.
3. In another pot boil the mallow and spinach. Drain and cut.
4. Add chopped parsley, coriander and chervil, dried cumin and hot peppers.
5. Stir constantly until it thickens.

NTFP: Leaves of mallow plant (*Malva sylvestris*). Herbaceous perennial that grows wild around the mountains of Tlemcen and coastal areas. It is a medicinal plant that is known to act as an emollient, disinfectant, decongestant, laxative and detoxifier. It is used medicinally to treat colds, coughs, asthma, bronchitis, laryngitis, gastric and intestinal complaints, constipation, diarrhea, urinary tract infections and sensitive and irritated skin.

Photo: Du-Sa-Ni-Ma

Corsican Cured Pork with Sheep Cheese and Roasted Chestnuts

Reprinted with permission from a publication produced by the **Corsican Chestnut Producers and Processers Association**, ***Corsica Cuisine (Cucina Corsa)***. http://www.chataigne-corse.fr/.

Serves six

48 slices Corsican cured pork (lonzu)

120 g Corsican cheese from sheep's milk

180 g small chestnuts

40 ml honey vinegar

12 ml olive oil

Parsley, cherry tomatoes, berries, melon

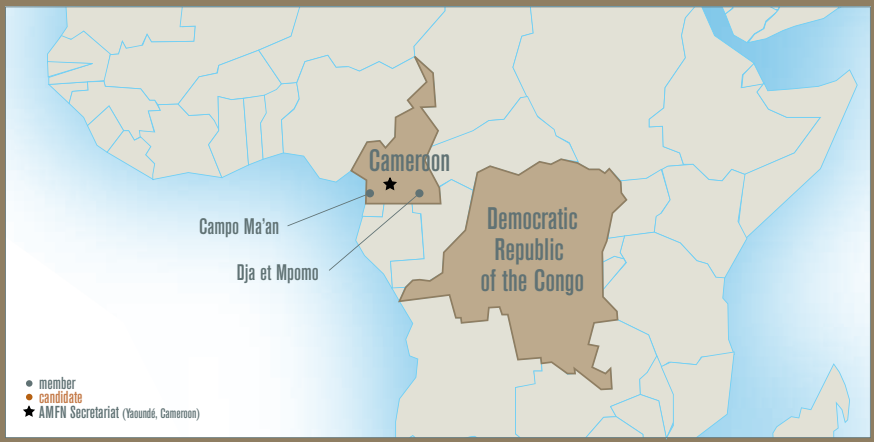
1. Grill the chestnuts: split them and roast them under the broiler. Remove skin while warm and put aside.
2. Prepare the marinade: Mix the honey vinegar and olive oil. Put aside.
3. Assemble the dish: Use six dinner plates. Coat the bottom of each plate with a little of the marinade. Place 8 slices of lonzu flat on each plate and sprinkle with the remaining marinade. Place shavings of the cheese on top of the lonzu and sprinkle with crushed warm chestnuts. Garnish with parsley, cherry tomatoes, berries and melon.

NTFP: Chestnut (*Castanea sativa*) is the nut of the European or sweet chestnut tree. The chestnut is rich in trace elements, minerals, including calcium and phosphorus, potassium, magnesium and iron, vitamins B1, B2, sugar and some protein (only 3.7%).

African Model Forest Network

The Congo Basin in Central Africa is home to the second largest area of humid tropical forest on the planet after the Amazon region. Forest degradation, however, is a major issue in many areas often as a result of pressures from mining and logging, as well as from population growth and poverty.

Two Model Forests established in Cameroon have initiated a variety of projects aimed at improving local incomes, mitigating climate change and conserving biodiversity. In 2009, the African Model Forest Network (AMFN) Secretariat was established with a base in Yaoundé, Cameroon. Model Forests are also being developed in the Democratic Republic of Congo, the Republic of Congo, Rwanda and neighboring Congo Basin countries.



Recipes from African Model Forests

Campo Ma'an Model Forest, Cameroon

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Ndo and Sprimp Soup

Helene Eboto, Focal Point for Campo Ma'an Model Forest and founder of the **Women's Platform of Campo Ma'an Model Forest** (PLAFFERCAM).

Serves six

200 g ndo or wild African mango

75 g locally grown tomatoes

20 g locally grown onions

300 g fresh water shrimp or other fresh water fish such as small carp or catfish

5 g black pepper

5 g nkala spice

5 g ginger

5 g salt

1. In a non-stick frying pan over high heat, roast the 200 grams of ndo seeds for 10 minutes. Lower the heat and continue to fry on low until the seeds are a golden colour. Do not use oil as this causes the nuts to lose their flavour.
2. Remove from the heat and let cool.
3. Rinse the shrimp and drain. Place shrimp in pan with crushed tomatoes, onions, ginger, pepper and nkala spice. Add 2 litres of water.
4. Cook for 30 minutes.
5. Gently crush ndo seeds and add to shrimp soup.
6. Cook again for 30 minutes. Serve with cassava couscous or plantain.

NTFPs: Ndo or wild African mango (*Irvingia gabonesis*). This fruit is mango-like and should not be confused with the common mango (*Mangifera indica*). Ndo is consumed in almost all central African countries and especially in the southwest of Cameroon. The fruit is mainly used; the leaves and bark are for medicinal and ceremonial purposes. Ripe fruit is collected from the ground when it has fallen from the tree. The ndo grows in fallow areas or virgin forest. Irvingia seeds are known to act as a laxative and are widely used as a weight loss supplement. Nkala Spice (*Xylopia parviflora*) is a locally grown spice similar to pepper.

Oyster Mushroom Soup

Kribi Women's Association of Campo Ma'an Model Forest

Serves six

2 kg oyster mushrooms

4 large tomatoes and a handful of small village tomatoes

1 lemon

2 red or yellow peppers

Salt

1. Wash the mushrooms well. Chop and put aside. Wash and chop the tomatoes.
2. Cut each pepper in half. Cut the lemon in half and squeeze the juice into a small bowl or glass.
3. Put 1.5 litres of water on high heat. Add salt and bring to a boil.
4. Turn heat down. Add the chopped mushrooms, cook for 15 minutes.
5. Add the tomato and peppers and cook for 10 minutes.
6. Add the lemon juice. Cook for another 5 minutes.
7. Eat with manioc or plantain. No need for meat or fish.

Campo Ma'an Model Forest

CAMEROON

Location: Southwest Cameroon **Size:** 769 445 hectares **Population:** 61 000

Focus: Sustainable economic development and biodiversity conservation

NTFP: Oyster mushrooms (*Pleurotus ostreatus*). Please see page 21 for information on oyster mushrooms.

Ibero-American Model Forest Network

The Ibero-American Model Forest Network (IAMFN) encompasses 26 sites in 14 countries across Central and South America, the Caribbean and Spain. Its current key priorities are building collaborative partnerships and initiatives for knowledge sharing, and increasing the awareness of the IAMFN and the Model Forest concept throughout the region. The IAMFN is focusing on gaining recognition for Model Forests as regional program delivery platforms for themes such as adaptation to climate change, local leadership for sustainable development and ecosystem planning and management.

Please note: Urbión Model Forest, Spain is a member of both the IAMFN and the MMFN. Urbión's recipe can be found on page 20 under the Mediterranean section.

Recipes from Ibero-American Model Forests

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Tierras Adjuntas Model Forest, Puerto Rico

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Pine Nut Hot Drink

Sr. Juan Carlos Meliñir, passed down from his ancestors.

Serves six

200 g pine nut (*piñón*) flour

1 litre milk

Aromatic herbs in season (mint, lemon verbena, poleo) to taste

Sugar or honey to taste

1. Mix flour with milk and herbs.
2. Simmer mixture until you get a smooth consistency.
3. Add sugar or honey to taste and serve hot garnished with some fresh mint or verbena leaves.

Photo: Scott Zona

Araucarias del Alto Malleco Model Forest
CHILE

Location: Araucanía, IX Region **Size:** 400 000 hectares **Population:** 30 000 **More info:** http://www.bosquemodelomalleco.cl
Focus: Sustainable forest management, forest restoration, maintaining cultural diversity and sustainable socio-economic development of local communities

NTFP: The pine nut or *piñón* is the fruit of the Araucaria tree or Monkey Puzzle Tree (*Araucaria araucana*). The *piñón* is an integral part of the Mapuche-Pehuenche indigenous peoples' culture as an important food source. The drink above helps to warm and energize the body, protecting against the challenges of living at high altitudes.

Model Forest NTFP Activities: The Araucarias del Alto Malleco Model Forest has supported research that demonstrates the physical and chemical make-up, and the nutritional value of the pine nut. It has also promoted the development and commercialization of value-added *piñón* products. For example, recently a book was published, *From the Forests of Alto Malleco to the Tables of the World*, that highlights the development, diversification and the production chain of three NTFPs – the pine nut, morel mushrooms and the wild rose.

The Yuyo Plant

Maria Rocio Bonilla, leader of the village of Santa Cecilia and **Epifanio Marín Ríos** (CARDER)

El Yuyo
(often called "the meat of the poor")

Varieties used include:

Yuyo Virika.

Milky Yuyo

Yuyo Cargamanta

Yuyo Pringamosa

You can blend the four varieties together, which is a rich and super-special dish.

1. Wash and cook in a pot of water until tender.
2. Remove from the water to cool, chop finely.
3. In a pan, heat together oil, salt, onion, tomato, cilantro and celery.
4. Alternatively you can add one or more of the following ingredients: chopped cheese, diced smoked meat, eggs.
5. Add the yuyo. Stir until well blended.

Hand drawings of yuyo varieties courtesy of Maria Rocio Bonilla

Yuyo Virika

Tender sprouts or shoots of a fern species of the genus *Pteridium*.

Milky Yuyo

Is a vine hanging from other plants. The leaves are consumed after removal of the large center vein.

NTFP: The Yuyo is a typical food prepared by Pacific Afro-Colombian communities. Yuyo is high in protein and is prepared according to taste. It grows wild in pastures and forests. Each culture, be it Afro-Colombian, indigenous or mestizo, has its own way of preparing it. It also has medicinal powers, which, according to legend, are revealed by the plant to the person upon harvesting.

Yuyo Cargamanta

Is a vine similar to milky yuyo. The leaves are consumed.

Yuyo Pringamosa

The Pringamosa (*Urera caracasana*) is a wild plant. The leaves are consumed. It has a high medicinal value. It is used to revitalize the skin, treat eye diseases, circulation problems and control pain after childbirth.

Alligator Meat in Cusi and Chiquitana Almond Sauce

Ulysse Rémillard, CUSO International Volunteer in the Chiquitano Model Forest

600g alligator meat
(If you do not have alligator meat, you may substitute iguana, snake or fish)

250 ml Cusi milk
(or coconut milk)

4 tablespoons Chiquitana almond flour

4 tablespoons cusi virgin oil

2 onions chopped

1 fresh red pepper

1 tablespoon ginger juice

1 tablespoon ground turmeric

1 tablespoon ground coriander seed

1 tablespoon ground cumin

½ teaspoon ground white pepper

½ teaspoon ground paprika pepper

1 clove of garlic

Salt

1. Debone the reptile and remove everything that is not meat. Cut meat into strips.
2. Grind spices together and add oil and spices to the meat.
3. Grate the ginger, squeeze out the juice and add to the meat.
4. Salt to taste. Put aside for 1 hour while preparing rice and fried plantains.
5. Gradually add the cusi or coconut milk to the almond flour until flour is dissolved.
6. In a heated pan, brown the meat with paprika and onions for 8 minutes. Add the almond cusi milk and reduce the heat.
7. Let it simmer for 20 minutes, stirring well until desired consistency is attained.

NTFPs: Alligator (*Caiman yacaré*) meat; cusi palm (*Attalea speciosa*) milk; and Chiquitana almonds (*Dyrteryx alata*). This is a non-traditional Caribbean recipe that features curried alligator meat, cusi palm milk and Chiquitano almonds, all found in the Chiquitano Model Forest. The alligator species is sustainably managed for traditional and commercial use and is farmed for its leather. Indigenous peoples living in the Model Forest have traditionally hunted alligator and have legal rights to continue doing so in a sustainable manner. The Cusi is a large palm tree abundant in the semi-deciduous forests of Chiquitano. It is called the "palm of life" because of its many uses—food, medicine, construction, cosmetics and crafts.

Model Forest NTFP Activities:

Cusi oil is one of the most important products of the Chiquitano Model Forest. It is a cold-pressed oil which is typically made by women. Another flagship product is the Chiquitana almond. Currently more than 30 communities are participating in the harvest of Chiquitana almonds. A productive partnership of communities called *Minga* processes almonds for sale. The tree is now planted in agroforestry and silvopastoral systems as commercial interest continues to grow.

Coyo Wine

Gabriela Barrantes and Emel Rodriguez, Chorotega Model Forest Coordinators

Coyol Palm

1. Cut the tree and trim off all of the leaves.
2. Make a hole in the trunk, 8 to 10 cm wide and 10 cm deep.
3. Collect the sap.
4. Ferment the sap to make Coyol wine.
5. According to the experts, called "coyoleros," to ensure a good supply of sap, the cuts should be made in a crescent moon shape by a person who has "good hands."
6. The sap is removed early in the morning, at noon and also at 4 p.m. Depending on the time of day; the sap can be sweet, medium and strong. The sweetest sap comes at noon and is so sweet that children can eat it.
7. Coyol wine is served cold or at room temperature. You can drink it alone or with a variety of delicious regional dishes (chicken Creole, corn tortillas).

Chorotega Model Forest

COSTA RICA

Location: Nicoya Peninsula **Size:** 512 510 hectares **Population:** 156 326

Focus: Biodiversity conservation, ecotourism, socio-economic development of local communities

NTFP: Coyol Palm (*Acrocomia acuelata*). The coyol is a species of palm from Costa Rica which is very abundant in the Chorotega Model Forest, especially in the province of Guanacaste. This palm is important in popular culture. It provides food for livestock, birds, rodents and deer. In the past indigenous people made oil from the seed of the fruit of the coyol palm.

Pickled Cypress Mushrooms

Edible Wild Mushrooms of the Patagonian Andean Region, World Wide Release No. 28, Research and Extension Center Andean Patagonian Forest (CIEFAP) – www.ciefap.org.ar

1 kg fresh cypress mushrooms

1 kg mixed vegetables (onions, carrots, red pepper)

Garlic, salt and spices as you desire

Vinegar

Vegetable oil

1. Select small to medium cypress mushrooms. Let them air for 24 hours.
2. Prepare the vegetables and spices
3. In a pan put ½ litre of vegetable oil and sauté vegetables for 2 minutes. Add the mushrooms and sauté for 2 minutes.
4. Add a ½ litre of vinegar and seasonings as desired. Bring to a boil and cook the mixture for 2 minutes, stirring well.
5. Place the mixture into jars, filling them very well. Make sure the air is removed; fill to top if necessary.
6. Place sealed jars in boiling water to sterilize (5 litres per bottle).
7. Sterilize for 15 minutes for flasks 200 cm^3; 25 minutes for bottles of 360 cm^3; 45 minutes for flasks of 660 cm^3; and 55 minutes to 720 cm^3 flasks
8. Remove the jars from the sterilization bath, gently squeeze the top and cool using a very fine rain of cold water. After cooling, the bottles are placed upside down on paper for 2 days.
9. Store labeled bottles in a cool, dark place. Once opened store in the refrigerator and consume within a week.

Futuleufú Model Forest

ARGENTINA

Location: Chubut province, Patagonia region **Size:** 738 000 hectares **Population:** 33 000
Focus: Sustainable forest management including forest restoration, watershed management and development of ecosystem services; diversification of economic activities

NTFP: The cypress mushroom (*Morchella spp.*) has a hollow hat and is light brown and wrinkled. It is not associated with any particular tree as it feeds on nutrients from the soil. It grows in many types of forest, both alone or in groups. It is a very rich mushroom prized for eating raw or cooked. It makes a tasty addition to meats and sauces, and fetches a very good price both in local markets and for export (most of the harvest is exported).

Rice with Pequi Fruit and Meat

Natália Neves Rust, Environmental Analyst for the Brazilian State Forestry Institute (IEF) of Minas Gerais

12 pequi fruit
2 cups brown or white rice
2 scallions, chopped
1 green pepper, chopped
5 cloves garlic, minced
1/2 pound meat cut into cubes
Red pepper to taste
100 g chopped smoked bacon
1 tablespoon butter
Cilantro and chives
Salt to taste

1. Cook the pequi fruit in boiling water.
2. Place butter in a frying pan and fry the bacon and beef.
4. Add onion, garlic and peppers.
5. Add rice and fry together for another 3 minutes.
6. Add the cooked fruit and hot water; if necessary, add more water
8. Finally, add the cilantro and chives.

Pandeiros Model Forest

BRAZIL

Location: State of Minas Gerais **Size:** 750 000 hectares **Population:** 70 000
Focus: Biodiversity conservation, protection of environmental resources, socio-economic sustainable development of agricultural communities and development of NTFPs

NTFP: The fruit of the pequi tree (*Caryocar barsiliense*) is recognized as a symbol of Brazil's cerrado, a biome that is home to great biodiversity of flora and fauna. It is very common in the northern region of Minas Gerais, where the Model Forest is located. A traditional food of the region, the pequi fruit pulp contains high levels of beta-carotene, protein, fiber and vitamins A and C. Because of its antioxidant properties, the fruit is also being used by the cosmetics and pharmaceutical industries.

Model Forest NTFP Activities: Supported by the World Bank and the Pandeiros Model Forest, a farmer's cooperative was formed in 2008 to develop and commercialize the pequi fruit and other agricultural products. The Brazilian State Forestry Institute (IEF) provided training and technical assistance to rural families to encourage the production of value-added NTFPs, which has led to an increase in farm income.

Citron Dessert

Edgardo González, Tierras Adjuntas Model Forest

2 to 3 green citrons
Water
Sugar
Cinnamon
Cardamom

**Note: You can also place the pieces of mesocarp in water with a spoonful of baking soda to soak for 15 minutes before you start the recipe.*

1. Peel the citrons and cut each citron in 6 pieces
2. With your thumbs separate the pulp from the mesocarp (or the white part of the fruit).
3. Place the white (mesocarp) pieces in water and leave it overnight, changing the water when possible.*
4. Place the pieces of citron in water and boil for 2 hours. Discard the water.
5. Put 2 tablespoons of sugar and a teaspoon of water in a pan or pot and heat until it has caramelized.
6. Add water until it covers all the pieces of citron.
7. Add ½ cup of sugar per cup of citron and one stick of cinnamon and 6 cardamom seeds.
8. Bring to a boil and then simmer for 2 hours.
9. Let cool and store in the refrigerator.
10. Serve as a desert with pieces of fresh cheese.

Photo: Juan Francisco Delgado-López

NTFP: Citron (*Citrus medica*). A small tree or shrub of the Rutaceae family. Citron is used in skin preparations, to produce an essential oil and as a flavoring for pastries. This shrub was introduced to Puerto Rico by Corsican immigrants. Today in the Tierras Adjuntas Model Forest, the citron is an important crop and prized for its sweetness. Close to 150 tons of citron are exported to Europe each year. This NTFP was instrumental in the development and survival of the town of Adjuntas and farmers in the area of the Model Forest.

Regional Model Forest Network–Asia

The Regional Model Forest Network–Asia includes China, India, Indonesia, Japan, Thailand and the Philippines. Key priorities are consolidating the network and building the capacity of Model Forests in the region. A key milestone in this process was the opening of an Asian Network Secretariat in China, housed at the Chinese Academy of Forestry in Beijing. The two priority themes agreed upon by the members of the network include ecological goods and services and integrated landscape management.

Recipes from Regional Model Forests—Asia

Kodagu Model Forest, India

54 Colocasia Leaf Curry (Kembu Kari)

Colocasia Leaf Curry (Kembu Kari)

Kodagu Model Forest

Serves 4-5

1 kg colocasia leaves

1 cup pigeon peas

½ teaspoon turmeric powder

½ teaspoon chili powder

1 teaspoon coriander powder

Salt to taste

½ fresh coconut (grated or ground)

Juice of 1 ½ limes

Tempering

1 tablespoon oil

¼ teaspoon mustard seeds

1-2 dried red chilies (remove seeds)

3-4 cloves crushed garlic

3-4 curry leaves

1. Wash and clean colocasia leaves. Remove central rib of each leave and cut into fine strips.
2. Wash pigeon peas.
3. Place pigeon peas and colocasia leaves in a pan with enough water to cover. Place pan on heat and bring to boil. Lower heat and simmer until tender.
4. Add turmeric, chili powder, coriander powder and salt. Stir and cook for 1-2 minutes further. Remove from heat.
5. Heat oil for tempering in another pan, add mustard seeds, cook until they pop. Add red chilies. Stir and add garlic and curry leaves.
6. When garlic begins to change colour, add colocasia leaves and pigeon peas with grated coconut. Cook for 2 minutes Add lime and serve

Note: Lime juice not only enhances the taste but also prevents itching in the mouth.

Variation: Instead of pigeon peas, colocasia leaves can also be cooked with black eyed beans soaked overnight.

Photo: Newflower

Kodagu Model Forest

INDIA

Location: Karnataka State **Size:** 410 800 hectares **Population:** 548 730
Focus: Biodiversity conservation, watershed management, community socio-economic development, sustainable forest management

NTFP: Taro (*Colocasia esculenta*) leaves, also commonly known as "elephant ears" and in the local dialect as Kembu, are found in abundance in the marshy areas of the moist deciduous forests in the Eastern portion of Kodagu. Always use tender colocasia leaves, as the mature ones tend to be coarse and cause itching in the mouth.

Reconnecting with Nature through Art

Museum in the Forest

Promoted by the Ibero-American Model Forest Network (IAMFN), the International Model Forest Network (IMFN) and the Tropical Agricultural Research and Education Center (CATIE), the "Museo en el Bosque" (Museum in the Forest) initiative seeks to reconnect people to the forest and nature through art.

This project began with an artistic painting using a tree as a canvass in the CATIE Botanical Garden, located in the Reventazón Model Forest in Costa Rica. Charles Veiman, a young Costa Rican painter, painted Mother Nature and the spirits of the forest on the bark of an "ojoche" or "ramon" tree (*Brosimum allicastrum*). This tree has become the inspiration for other museums in the forest around the world. It also served as a tribute to the International Year of Forests. Model Forests from Argentina, Brazil, Cameroon, Canada and Paraguay also joined the initiative.

For more information: info@bosquesmodelo.net

Regional Model Forest Networks

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