

# Harvesting and tasting Tunisian olive oil in Sidi Bouzid with Eco'NARA



## Immersive experience in the world of NARA estate oils

Dive into Eco'NARA's unique culinary journey. A journey that takes us through the fascinating stages of olive oil creation, and delights us with a memorable taste experience. Our adventure begins in the heart of the olive groves of the Sidi Bouzid region, where the sun's rays gently caress the silvery leaves of the olive trees. The expert hands of the farmers carefully pick the olives at their perfect stage of ripeness, an act that symbolizes the harvesting of the very essence of Tunisian soil. Eco'NARA guides you through this journey, from olive grove to table. An adventure that will awaken your senses, broaden your culinary horizons and strengthen your bond with the land and its treasures. It's more than a meal, it's an immersion in a story that continues to be written.

Period: October 15-January 31

Duration: One day

Participants: 15 people

Level: No level required

Languages: English – French – Arabic

Location: Domaine Eco'Nara, Borj el hamem, regeub, Sidi Bouzid

Transport and accommodation: Not included in the experience

Your hosts: Ayet Garrach and the Nara team



Passionate about the world of local olive oil, I welcome you and my team to share the history and love of this passion, and to help you discover the subtleties of each oil whose nuances of flavor are a tribute to the land, the hands and the passion that have shaped every aspect of this experience.

### Highlights of the experience

The Eco'NARA culinary experience is distinguished by several strong points that make it memorable and rewarding:

- Deep authenticity: every stage of the experience, from the olive harvest to the final meal, is imbued with deep authenticity. NARA uses traditional and local methods to create an experience that captures the essence of the Sidi Bouzid region.
- Connecting with the earth: the Eco'NARA experience allows participants to connect directly with the earth, understanding the process of growing olives and transforming them into precious olive oil. This creates an emotional and sensory bond with the natural environment.
- Commitment to quality: every drop of NARA olive oil reflects a commitment to superior quality. Carefully selected olives and a meticulous production process guarantee top-quality olive oil that delights the taste buds.
- Commitment to fairness: as a committed brand, NARA emphasizes the importance of fairness to local producers and communities. The culinary experience allows participants

to understand the positive impact on local farmers and workers.

- Closer to history: with every bite and sip, the NARA culinary experience brings to life the ancient history of the region, where olive oil has always played an essential role. It's an opportunity to taste the heritage of past generations.

### Ideal if you're looking for activities to ...

The Eco'NARA culinary experience is open to all ages and all customers. It's the ideal experience if you're looking for activities for families with children, groups of friends, nature lovers, solo travelers who want :

- Explore the local culture;
- Travelling through the senses ;
- Learn about olive oil production;
- Supporting equity and sustainability;
- Enjoy typical dishes ;
- Creating lasting memories;
- Relax and recharge;
- Support local producers.

### The spirit

The spirit of the Eco'NARA culinary experience is a subtle fusion of tradition, discovery and passion, which transcends the simple act of eating to become a complete celebration of the senses, culture and authenticity. It's a journey that connects you to the land, the olive groves and the thousand-year-old tradition of olive oil production. Every step of the experience is imbued with a deep appreciation for nature and for the hard work of the hands that carefully cultivated the olives.

The spirit of Eco'NARA lies in respect for roots, people and sustainability. It's an invitation to immerse yourself in the rich history of the region, through typical dishes prepared with local ingredients, which take your taste buds on a journey through the centuries.

The Eco'NARA culinary experience also celebrates equity, highlighting women's rights and the essential role they play in olive oil production. It's a tribute to a commitment to ethical, sustainable practices that respect nature and people.

In the spirit of Eco'NARA, every drop of olive oil becomes a story to be savored, a story of passion, effort and connection with the land. It's an experience that brings you closer to the region's roots, while offering a glimpse of future possibilities, where authenticity meets innovation.



We've got you covered...

In the Eco'NARA culinary experience, we've designed a captivating experience that will awaken your senses and take you on a unique taste journey. Here's what we have in store for you:

- Immerse yourself in authenticity: immerse yourself in the olive groves of the Sidi Bouzid region and feel the deep connection with the land. Explore the secrets of traditional olive

harvesting methods, a tradition that transcends generations.

- A journey for the senses: let yourself be enveloped by the enchanting aromas of freshly harvested olives and olive leaves. Discover the magical transformation of olives into a precious olive oil that embodies the very essence of the region.
- A feast of local flavors: prepare yourself for an authentic feast of dishes typical of the Sidi Bouzid region. Each dish tells a story of culinary traditions handed down from generation to generation, using carefully selected local ingredients.
- Guided discovery: accompanied by our passionate experts, explore the different stages of olive oil production, from harvesting to pressing. Discover the harmonious coexistence of ancestral know-how and modernity.
- A touch of fairness: discover NARA's commitment to women's rights and fair practices in olive oil production. Meet the faces behind our brand and discover how every drop of oil has a positive impact.
- A final taste experience: end your culinary journey with a tasting of NARA olive oil, where every note and nuance takes you on a sensory journey. It's an experience that connects you to the land and its history.

## Price

- On request.
- Our prices include: organization of the experience, visit to the winery, participation in collection and press work, tasting, lunch.
- Our prices do not include: transport, accommodation, insurance and extras.
- Terms of payment: please consult the host.
- Reservation and cancellation policy: consult host.

## Recommendations for the workshop :

Comfortable shoes and clothing, and a cap or hat.

## Contact us

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