

# Rural and culinary immersion at Ethos Farm in harissa country



## **An authentic experience between history and terroir, 30 minutes from Nabeul**

Ethos Farm is an exciting initiative that aims to develop a unique combination of activities including a beekeeping unit, a distillation unit, a citrus orchard, an ecotourism circuit where tourists follow trails, observe local wildlife including birds and butterflies, learn more about the ecosystem, meet local people, plant trees, vegetables and chillies, grow them and learn to cook local dishes outdoors on the fields.

Period: year-round

Duration: one day

Participants: 10 to 20 people

Level: Accessible to all

Languages: French, Arabic, English

Location: Ethos farm, Ghardaya – Beni Khair Nabeul

Comfort : \*\*\*\*\*

Transport and accommodation: Not included in the experience (On request)

Your host: X



### Highlights of the experience

- A cultural, culinary and human adventure;
- Visit the red pepper fields at Ethos Farm;
- Natural, pesticide-free local agriculture;
- Knowledgeable hosts who like to share their know-how;
- Planting, harvesting, processing chillies ;
- Training in the living cooking of traditional dishes;
- Creative and craft activities;
- Distillation of floral waters ;
- Great moments of exchange and sharing in the heart of nature;
- An experience adaptable to all ages and levels.

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

- Families with children and teenagers;
- Couple's getaways ;
- Retirees;
- Solo travelers;
- Solo or group travelers (Women only);
- Your company's employees and partners (Team building) ;

- Enthusiasts of natural and culinary experiences;
- Volunteers interested in agriculture.

## The spirit

Craftsmanship in Nabeul is a heritage handed down from generation to generation.

In days gone by, people only ate fresh, handmade, natural food, made pottery from clay collected in the region, wore hand-embroidered clothes, and only ate local dishes in which red pepper was the basic ingredient.

In a spirit of promoting and safeguarding this heritage, Fatma M'barek, Aida Boulila, Amel Sinin and Samir Nayel wanted to create a unique experience for travelers, where they can learn how to handcraft their own harissa, discover local agriculture, learn how to plant, grow and cook in the wild, connect with the local population, share and discuss their traditions, take part in creative workshops (ceramics), and even distill floral waters according to the season.

Far from the modern, digital world, we offer an authentic, ecological experience. We are committed to respecting and promoting this culture and guaranteeing the smooth running of the experience.

## We've got you covered...

- Departure from Nabeul to Beni Khyar.
- In Ghardaya, you'll visit the pepper fields, where depending on the season, you'll be able to watch the planting of local peasant seeds, the picking and the processing into harissa.
- Take part in local cooking classes and discover local dishes.
- Lunch in the fields and free time.
- End of the day and return to the hotel.

## Price

- On request.
- Our prices include: organization of the experience, fees for the mediator-trainer, products used and served during the experience and tasting, breakfast and lunch.
- Our prices do not include: transport, insurance.
- Terms of payment: please consult the host.
- Reservation and cancellation policy: consult host.

## Recommendations for the workshop :

Bring comfortable shoes for walking, and a cap or hat for activities in the fields.

### Contact us

- Email : [cremyto.7777@gmail.com](mailto:cremyto.7777@gmail.com)
- Telephone / WhatsApp: +216 55 056 567 / 216 92 619 295
- Facebook
- Instagram



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