

## **Program Itinerary: Food, Culture and Power in Mesoamerica, Oaxaca México**

Day 1 (Tuesday, May 21): Arrival to Oaxaca City, Orientation and overview of Oaxaca City: practical information and safety,

- La Mariposa, Eco-Hotel (<http://www.hotellasmariposas.com>) — Double Room (two-person occupancy)
  - On arrival to Oaxaca. Airport bus to hotel and check in. Then, walk to the Zócolo (main plaza) and learn about the Spanish Colonial legacies and its relationship to indigenous people. (Airport shuttle bus)
  - Dinner will be at the Casa de la Abuela, one of Oaxaca's better-known restaurants for sampling the region's varieties of mole (almendrado, coloradito, amarillo and mole negro).

Day 2 (Wednesday, May 22): Oaxaca City. Morning historical and cultural tour of downtown Oaxaca. Afternoon visit to the Museum of Cultures of Oaxaca, Santo Domingo ([http://sic.gob.mx/ficha.php?table=museo&table\\_id=105](http://sic.gob.mx/ficha.php?table=museo&table_id=105)).

- Morning excursion to the La Merced Marketplace. This is one of the smaller neighborhood markets. While there, we'll sample different kinds of tamales for breakfast.
- Morning visit to Research Library Juan de Córdova (<http://bibliotecajuandecordova.mx>) and the Museo Textil de Oaxaca (<https://www.museotextildeoaxaca.org>).
- Rest break in the zócalo for a drink and people watching
- For lunch we will go el Restaurante Las Quince Letras
- Afternoon visit to the Museum of Cultures of Oaxaca, Santo Domingo ([http://sic.gob.mx/ficha.php?table=museo&table\\_id=105](http://sic.gob.mx/ficha.php?table=museo&table_id=105)).
- Dinner at Taqueria Lechoncito de Oro, a famous street taco stand

Day 3 (Thursday, May 23): Oaxaca City. Morning tour of Jardín Etnobotánico de Oaxaca (<http://jardinoaxaca.mx/>). Lunch at el Mercado la Cosecha orgánico. Afternoon visit to the Basilica of Our Lady of Solitude and museum.

- Breakfast at the hotel.
- Morning tour of Jardín Etnobotánico de Oaxaca (<http://jardinoaxaca.mx/>).
- Visit to the El Mercado Cosecha (<http://www.cosechaartesanal.mx>) and lunch to try champurado, a kind of atole de chocolate, and other organic foods.
- Afternoon visit to the Basilica of Our Lady of Solitude and museum
- Snack of artisanal ice cream in the Plaza de la Danza. (\$MX 50 per person)
- Dinner at Libres Tlayudas Doña Martha, Oaxaca's most famous tlayuda restaurant

Day 4 (Friday, May 24): Oaxaca City. Tours of the Mercado de Abastos, Benito Juárez Market, and 20 de Noviembre Market with food sampling experiences and conversations with vendors.

- Breakfast at the hotel.
- Tour of the Mercado de Abastos to see the biggest food market in the city. Tour with one of the vendors and sampling of food. This will be lunch.
- Visit to the Benito Juárez and 20 de Noviembre markets in route to hotel

- Dinner at the hotel will be a sampling of food that we found and purchased at the markets.

Day 5 (Saturday, May 25): Oaxaca City. Purchases of ingredients to make chocolate in Mercado de Abastos and, then, trip to learn how to make Oaxacan chocolate with a family in San Sebastián Abasolo

- Breakfast at the hotel.
- Morning in Mercado de Abastos to purchase cacao and other ingredients to make Oaxacan chocolate, purchases of quelites (greens), chapulines (grasshoppers), chicatanas (ants), and other foods to make lunch.
- Trip to San Sebastián Abasolo
- Lunch and Afternoon in San Sebastián Abasolo to prepare lunch and make chocolate to drink from market purchases.
- Dinner at La Biznaga, a popular restaurant serving a variety of regional dishes and modern interpretations.

Day 6 (Sunday, May 26): Excursion to the nearby town, Tlacolula de Matamoros, to visit the market. Lunch in the Market.

- Breakfast at the hotel.
- Full day excursion to the nearby town, Tlacolula de Matamoros, to visit the market.
- Lunch in the Market, barbacoa de chivo
- Dinner at La Gran Torta of traditional tortas (kind of Mexican sandwich) and non-alcoholic drinks

Day 7 (Monday, May 27): Lecture on Oaxacan food traditions and tourism at the Welte Institute (<https://institutowelte.org/>). Class discussion on maize and sampling of local dishes made from it. Lunch at Itanoni.

- Breakfast at the hotel.
- Lecture and discussion about Oaxacan anthropology, food traditions, and tourism studies at the Welte Institute.
- Lunch at Itanoni to learn about different kinds of maize and sample a variety of maize-based dishes.
- Visit to Mercado Hidalgo to purchase food for dinner
- Dinner at hotel

Day 8 (Tuesday, May 28): Return to Albany.