Weekend of Slow-cooked Food and Sun in Almería with Moveable Feast

Join Moveable Feast for this 'farm-to-table' inspired weekend in a *finca* in Almería, Andalucía, indulging in **slowly cooked food**, visiting **local markets** and taking siestas under the sun. Does it get any better than that?

Why join Moveable Feast?

Living outside your home country of course presents numerous challenges, i.e. getting to know people, the language barrier, culture shock and being away from your loved ones, just to name a few. Although one obstacle often gets overlooked – **eating proper food**.

Making a conscious effort to eat healthy is challenging when you have to translate ingredients and familiarize yourself with the food supply chain, and don't forget hunting for spots that promote healthy and sustainable living. That's way groups such as **Moveable Feast** are a Godsend.

What is it?

Sparked from reading an article about the Slow Food movement in the US, Jenny Pascual started **Moveable Feast** (also known as Move Feast) with her first farm-to-table event in January 2013, leaving her comfy corporate job in Manila, Philippines. With the mission of connecting those involved in all facets of the food supply chain – producers, buyers, consumers – and promoting sustainable, seasonal, community supported agriculture, Pascual's passion project has reached the other side of the world.

When is it?

Next month from **May 15-17,** **Moveable Feast** will be hosting their first event in Spain at an Andalucian finca in Almería. Showcasing the local produce, cuisine and culture in collaboration with Oro Del Desierto and Unica Group. So if you sometimes find yourself tuned into Master Chef more than you'd care to explain, or simply indulge in menu del día's all around town, Move Feast is worth the trip to up your food game.

Info & Booking

- Visit their sites: **www.movefeast.com** and **Facebook**