

Biamonte Farm School



Overview of Biamonte

- It is owned by Alejandro and Adriana Biamonte.
- They are working to become more environmentally friendly and appealing for educational tourism.
- The farm is located in the middle of the city of San Isidro and they can become an example of environmental friendly farm and educational center in the same time in the middle of the city

More about Biamonte

- 12ha of land
- There is a preschool that uses the Waldorf method of teaching where kids from 0 to 7 years old learn by playing and interacting with nature. They learn to appreciate and protect natural resources.
- They raise cows and goats to produce milk, cheese and yogurt
- They want to have a medicinal and herbal plant garden in order to rescue and preserve information about the traditional uses and experiences of old people in rural areas of Costa Rica
- They raise also: Ducks, geese, rabbits, pigs, chickens, and others that are used for production and environmental education as well.

Nature is the classroom



Cheese factory ready to receive visitors to learn about the production process



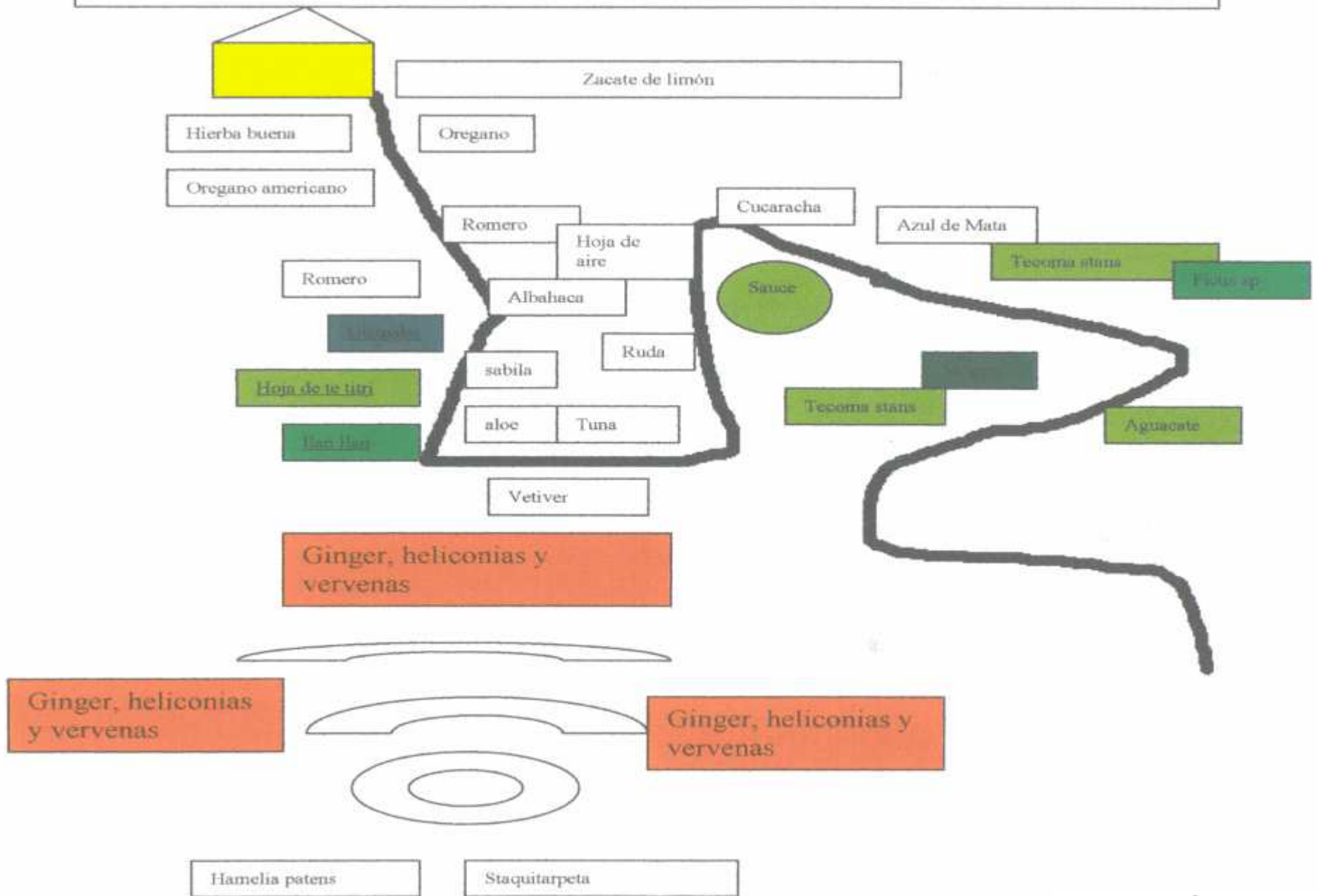
Biamonte Project

- Build a medicinal garden with local herbs and information about their traditional uses.
- This medicinal plant garden will be used to teach kids and students about medicinal plants.

Planning the garden



Jardín de plantas Medicinales



Working with landscaper “Don Teo” and researching to find scientific names and uses of the plants



Future of Biamonte

- Adriana Biamonte is working with Margherita Bottazzi to make the farm more organic and bring sustainable tourism to Biamonte.
- Improve the efficiency of the cheese farm
- Expand the pre school

Medicinal Plants

Zacate de limón	Cymbopogon citratos “Lemon grass”	“Citronela” used in carbonated drinks, acid ingestion
Hierba buena	“Wild mint” Hyptis atrorubens	Diarrhea, light skin troubles, dysentery
Orégano Poleo o Orégano Americano	Spanish thyme Plectranthus amboinicus	Indigestión, menstrual disorders
Orégano de monte	Guinea mint Limpia alba	Digestive disorders, flu Limpia graveolens. Highly respected as a medicinal plant, it is used as a tea for upper respiratory tract infections, and to induce menstruation or increase a scanty flor.
Romero	Rosmarinus sp	
Albahaca	Basil Ocimum basilicum	Digestive disorders, Earaches, Vertigo
Guanábana	Soursop Annona muricata	Digestive disorders, flu
Planta de te	Tea plant	A plant that is boiled to make a beverage
Ilan Ilan	Perfume tree Cananga odorata	To make perfume, aroma therapy
závila	Aloe vera	Aloe vera juice and its extracts have been found effective for a variety of conditions. These include antiviral activities for herpes simplex; treatment of hot water burns, and sun burn, anti-inflammatory activity, as well.
Salix	Salicaceae	The wood is good to make yugos for the bulls It is strong and light wood.

Tuna	Scoggineal Opuntia Picus-indica	Peel,slice, and tie fresh pad around head to relieve headaches and fever. Boil I pad in 3 cups water for 5 minutes: drink 1 cup before each meal for high blood pressure, fever and malaise. Crush and soak 5 fresh pads in 1 gallon water . use as rice to prevent falling hair, drink as tea for bladder conditions. Drink 1 cup of juice from fresh pad at onset of childbirth to ease delivery.
Ruda	Rue Ruta graveolens	Numerous studies have been carried out on this plant, which is commonly cultivated in many parts of the worl. To kill intestinal worms , to prevent attack of epilepsy, to stop vomits and to clam nerves.
Hoja de aire	Life everlasting	A water extract of the fresh plant was shown to be cytotoxic agains9KB cancer in cell cultura. A hot water extract of dried leaf was shown to exhibit antifungal activity against Trichophyton sp and athete´s food.
Cucaracha	Miracle leaf zebrina pendula	To stop blode hemorragey, analgesic, colitis, dibetes, tea with the leaves.
Azul de mata	Justicia tinctoria acantaceae	To dien cloth, evoid lose hair, good for reunatism and ulceras Boilinfg the fresh leaves is good for bronquitis

Salix	Salicaceae	The wood is good to make yugos for the buls It is strong and light wood.
Campanilla amarilla Tecoma stans	Yellow elder	The roots, used to make a beer, are tonic and diuretic, and used for stomach pain. This is a honey plant. Leaf infusion lower the blood sugar in humans.
Ficus sp	Ficus Americana: poultice latex on stomachaches and fruit edible.	
Trichilia sp	Uruca	Trichilia acutanthera. The seeds are reportedly used to kill heads lice in Nicaragua and Honduras
Persea sp		
Tecota stans		
Hamelia patens		
Sauco	Sambucus mexicana	
Juanilama	Limpia alba	
Apazote		
Salvia	“Sage”	Colic, nausea, flatulence