





EPISODE #006

ANCEL MITCHELL FINCA LA ISLA

On cacao, composting and building connection in everything we do:

- We extract the most benefit from cacao, the less we process it
 - Ferment but don't roast
- To more completely understand the essence of the food the Earth provides, it helps us to experience it beyond just eating
 - In the process of preparation, we more fully understand each plant's layered qualities
- Connect by getting involved with each step of the alchemical process
- Sitting around a table and processing raw harvest into a cleaned product for storage is a community-building process that breeds connection in a way that few things can





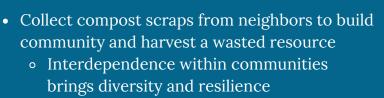












- The best way to learn something is to apprentice in a craft
- An apprenticeship program, if done well, can build a valuable structure into daily life
- Respond to change: look into online Amazon classes, etc.
- If your plan doesn't work out, don't be discouraged just regroup and pivot
- The most important thing is to start just jump in and bring a little magic into what you do



To hear more about what Ancel Mitchell is doing at Finca La Isla, check out the interview at: https://sharinginsights.net/ancel-mitchell/





