



**SHARING
INSIGHTS**
MAKING IMPACT TOGETHER



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

- 
- Collect compost scraps from neighbors to build community and harvest a wasted resource
 - Interdependence within communities brings diversity and resilience
 - 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/>