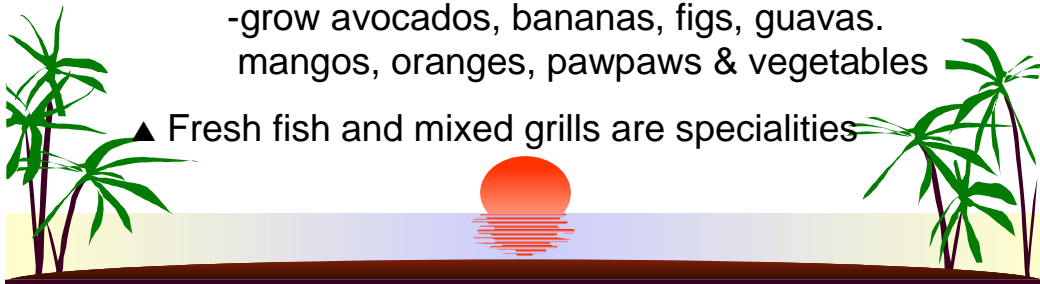


## **Food and agriculture**

- ▲ Rainfall collects in natural aquifer basins in the mountains so water is plentiful. La Palma is known as “La Isla Verde”. It’s agricultural.
- ▲ Local people are “Palmeros”. They:-
  - make wine, goat cheese, sauces & “gofio”
  - feed their animals with herb grasses
  - gather almonds, chestnuts & cactus fruit
  - grow avocados, bananas, figs, guavas. mangos, oranges, pawpaws & vegetables

- ▲ Fresh fish and mixed grills are specialities



## **Local produce is delicious**



**CASA DE CHARLES on La Palma Island**

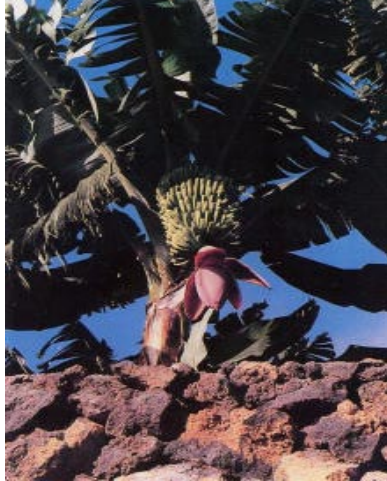
**HOME TO CASA DE CHARLES**

**e-mail:      charles.nichols@ntlworld.com**

**telephone:    +44 (0)141 581 3504**

**text message: +44 (0)77 80858305**

## **Bananas and Almonds**



## **Pawpaws and Limes**



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## **Figs and Oranges**



## **Wine is made around the whole island**

