

THE  
RESPONSIBLE  
TRAVELER

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**ecolodge**

KHAYMET EL KHAN

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**agriculture**

ROOFTOP GARDEN

HOW TO PLANT HERBS ON YOUR ROOF

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BENEFITS OF COLD COMPRESSION JUICE EXTRACTION

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COMPOST



Some years ago, I stumbled upon "The Complete book of self-sufficiency" by John Seymour, who lived his life in-line with the self-sufficient model he was advocating. It was a revelation for me, in the midst of a world that is constantly driving us towards extreme specialization of skills and complete reliance on giant corporations, even for our most basic needs.

This is not to deny the fact that we are blessed to live in an interconnected world which helped us to reach unprecedented levels of progress. What is un-acceptable, however, is to have lost sight that the juice we are drinking from a can was a fruit, and that the steak in our plate was a living animal.

High tech advances in food technology allow us to consume exotic marmalades prepared in remote factories, but we do not know how to make jam out of the strawberries we bought yesterday, and thus let them go bad and be thrown away.

We have shunned Artisan scale of production and commerce, which allowed real human contact between producer and consumer, and replaced it with the kind of customer intimacy maintained by digital feedback forms and databases hosted on remote servers; we then wonder why are left craving for connection over social media.

We have even fallen victims of the latest hype, "greenwashing", where multinational companies try to convince us of their environmental concerns. But let us not forget that food which travels thousands of kilometers to reach our table cannot be labelled organic, and is not fair to our planet.

The above does not aim to describe a doomsday scenario, nor to indulge in a romantic nostalgia for an "ideal past era". It is simply to note that, similarly to the much feared extinction of species and loss of biodiversity, we are facing extinction of skills and cultural loss; skills that have taken millennia to build and that are essential for our survival. Whenever a veteran dies, there might be a recipe lost forever because it was not captured by the next generation. In this context one cannot but value initiatives taken by arcenciel, such as the Agnes Varies training center, and the "Beit El Mouzeri3" farmers market, and understand the needs that they aim to fulfill.

"I'm only a housewife, I'm afraid." Such a statement drove John Seymour mad, because it undermines "...the mistress of a huge battery of high and varied skills, and custodian of civilization itself", by his own words. Maybe, then, safeguarding our civilization starts by re-learning how to mend our socks.



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## KHAYMET EL KHAN

A Bedouin tent is an iconic tent that reflects the nomadic lifestyle. Carpets and drapes are usually made from goat's or sheep hair and used to be usually sown by the women in the family. It is pitched facing the east-west line in order to avoid the direct harsh rays of the sun.

They used to be constructed with ropes and poles, making it easy to disassemble and pitch and furnished with curtains, rugs and pillows. The overall size of the tents depended on the wealth of the family. It used to be separated into two or three sections separating genders. The man's section of the tent is designated as a public space and used for making coffee and welcoming guests. The woman's section of the tent is labeled as a private space. The woman's section is used for food preparation, bread making, bathing, sleeping, child-care and other domestic activities.

This summer Khan el Maksoud opened on it's roof a Bedouin tent offering hot beverages, refreshments (fresh juices, jellab, tamer Hindi, ...), Shisha, and sweets all day.

Moreover, an Oud player is available upon request. This tent is a place to reflect the tradition and warmth culture of the bekaa rejoin that always provide for their guests.

Please make sure to reserve ahead of time on: 03124279

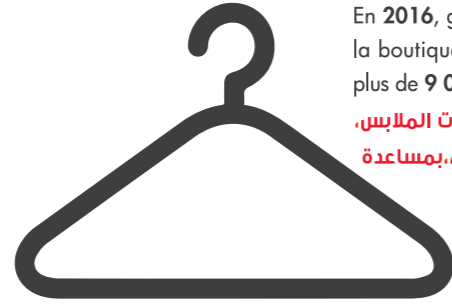
### DID YOU KNOW?

Arak is made originally with only the Obeidi grapes.

There are three simple yet important steps to the arak sensation. First, in a fresh glass pour in the clean white spirit. Then add twice as much water. Finally, some cubes of ice.

If you want to drink arak as an aperitif dilute the spirit by as much as six parts water to one of arak.





En 2016, grâce aux dons de vêtements, la boutique sociale d'arcenciel a aidé plus de 9 000 personnes dans le besoin. **في عام ٢٠١٦، ومن خلال تبرعات الملابس، تمكن مركز أركنسييل الاجتماعي، بمساعدة أكثر من ٩٠٠٠ شخص**

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## BENEFITS OF COLD COMPRESSION JUICE EXTRACTION (SLOW JUICING)

### 1. More Juice

With slow juicing you get more juice out of the fruit or vegetable. In fact, studies indicate that you get %35 more juice when you do slow juice (cold compression juice extraction).

### 2. Natural Vitamins

When you extract juice using the slow compression method you do so at a cool temperature. This preserves all those healthy, natural enzymes and vitamins contained in the fruit or vegetable.

Comparing with a high speed rotor extraction Slow juicing provides %35 more juice, 45 % more vitamin C, %60 more vitamin A.

### 3. Superior Healing

The reason for drinking freshly prepared juices in the first place is their super qualities in fighting cancer, heart disease, diabetes and high blood pressure not to mention nausea, bloating, depression and morning sickness.

Overall drinking fresh, slow juice provides a level of well-being not maintained from drinking processed or even organic fruit juices.

### 4. Greater Fiber Retention

As we all know fiber is good for us and with the slow juicing method we get more fiber in the juice prepared. This makes the juice more wholesome and healthy!

### 5. Zero Froth

A clear liquid juice and less frothy foam! With cold slow juicing you get a completely froth-free juice, in fact some juicers allow you to specify how much solids you still want in your juice, not at all or minimal.

To enjoy these benefits and get healthy Join us in Khan El Maksoud Taanayel and savor these fresh juices from our new slow juicing bar. We are Waiting !!



## COMPOST

Over the past decade, arcenciel has been leading the fight against waste, in all its shapes and odors. Today arcenciel recycles around 900 tons of solid waste waste and treats 85% of the Lebanon's infectious waste. arcenciel now leads the charge against another nefarious foe, organic waste. Emitting one of the most harmful greenhouse gas methane (CH4), organic waste is one of the leading causes of global warming.

Research shows that reducing methane emissions by only 10% can decrease the globes temperature by 1C.

One of the most efficient ways of dealing with the food waste crisis and its side effects is composting; it's efficient, affordable and helps our soil rejuvenate. Compost can be made from a wide variety of bio-degradable waste and is not limited to food waste e.g. wood, manure and stems.

Compost usually takes around three to eight month to produce, and requires land and access to a reliable supply. Due to these factors Lebanon's supply of compost does not meet its demand.

In order to resolve this issue, arcenciel's researchers have successfully isolated a local strain of bacteria that not only doubles the production speed of compost, but also greatly reduces its greenhouse gas emissions while improving its quality. The bacteria have been extracted from strains and are still being tested to better understand how they function.

Identifying the bacteria was only part of the innovation. Like all living organisms it requires specific conditions to thrive and survive.

For that our researchers had to design an in-vessel composting drum that separates the non-biodegradable from the biodegradable waste, this results in the treatment of the waste.

After the drum is done with the pre-decomposition of the waste, it starts the decomposition process while ensuring that none of the bio-degradable waste gets contaminated and that it stays properly aerated. All the biological parameters are controlled and kept in check by the identified bacteria strain.

Once the compost is ready it is then sold to farmers as a substitute for harmful chemical fertilizers. Arcenciel's compost does not only revitalize the soil but also offers protection from fungal diseases to the crops; yielding healthy and nutritious foods for everyone to enjoy.

This compost system adopts the cradle2cradle concept, which is a biometric approach to the design of products and systems. It fuses industry and nature, it views materials as nutrients circulating in healthy and safe metabolisms. Remember the old leftovers you have at home are not waste, it's just food for the soil.



## ROOFTOP GARDEN HOW TO PLANT HERBS ON YOUR ROOF

Nowadays, Urban gardens are spread everywhere - videos on Youtube, articles on Facebook and now in our little magazine.

However, it is not as new as you might think, urban gardening is over 3000 years old. So what has recently changed?

Well, with the industrialization and the fact that we are now more than 7.5 billion people on earth, urban cities can no longer afford to provide space for food. The rhythm of life had also changed, working late hours returning home in the night, having the extra worry of taking care of plants just doesn't seem worth it.

Desperate to keep greenery in our lives we buy plants or cactuses and put them in the only place we can: our balconies or windows. This brings us to the purpose of this article; showing our dear readers, just how easy it is to grow food at home.

If you can only water your plants once a day, then forget about tomatoes, strawberries basically everything that is juicy. They require attentive care, sunlight and lots of water. Instead shift your focus to aromatic plants like basilica, mint, rosemary, thyme etc. These plants spread like wildfire, require little water and yields quality produce all year long.

In order to create your own micro-garden, first locate and segment the areas in your garden based on their exposure to sunlight. Be sure to place your aromatic plants in places where they are shielded from the wind and protected from direct sunlight.

Some aromatic plants like mint, oregano and basilica can grow well exposed directly to the sun however this is only true if you can ensure it remains properly irrigated.

Keep the soil humid and in order for your plants to thrive.

Use your household organic waste or compost to fertilize the soil. Fight off pests using household ingredients like,

- Citrus Oil and Cayenne Pepper
- Soap, Orange Citrus Oil, and Water
- Onion and Garlic Spray

Love or hate gardening, you will now be reminded of its worth every day, as you take a whiff of the sweet aromas and a taste of the fruits of your labor, literally.



## SUMMER IN THE BEKAA



### Where to sleep

#### Taanayel Ecolodge

Located in the heart of the Bekaa valley in the small town of Taanayel near Zahle, the Taanayel Ecolodge is made of several old-fashioned adobe houses. The Ecolodge offers accommodation that mirrors the traditional way of sleeping, in one large room with mattresses on the floor.

### What to see

#### Fourzol

The village of Fourzol (or Ferzol) is situated 15 minutes away from the Ecolodge Tannayel, and holds very modern and organized structures, such as the municipality, schools, churches, water and irrigation and an electrical circuit. Its agriculture is abundant and includes cereals, fruit trees and vineyards.

One of the major original attractions in the area is probably the "hermit caves", called Mougharat el-Habis, situated near the village, on a hill. They constitute an interesting troglodyte setting, formed of several artificial caves, set up as cells. These caves probably go back to the Byzantine times and were transformed as hermitage for the anchorites. The biggest room is supposed to be an ancient Phoenician temple.

#### Wadi al Arayish

Situated 20 minutes away from the Ecolodge, Al Wadi is the melting spot of Zahlé. It's the town's most popular attraction with a 300 m promenade along the Bardawni river, sheltered between the ravine's limestone cliffs, it is lined up with large outdoor cafes and playrooms, and shaded by trees.

#### Anjar

Created by the Umayyads, Anjar is situated 20 minutes away from the Ecolodge, it was built between 705 and 715 A.D by Walid I, son of Caliph Abd al-Malik Ibn Marwan, then it was lost by his son Ibrahim who was defeated in a battle against his cousin Marwan the II. The Umayyads the first hereditary dynasty of Islam, their empire prospered for a 100 years until they were defeated by the Abbasids.

#### Terbol

Situated 25 minutes away from the Ecolodge Terbol contains an eco-museum under the direction of the National Heritage Foundation. It is an old Levantine farmhouse that belongs to the Rami family, and it displays a wide collection of old tools Lebanese farmers traditionally used. The poet Nehme Saghbini, who owns most of the tools, provides visitors with information about the display.

#### Baalbeck

Situated 40 minutes away from the Ecolodge, Baalbeck, Lebanon's greatest Roman treasure, can be counted among the wonders of the ancient world. The largest and most noble Roman temples ever built, they are also among the best preserved.

Towering high above the Beqaa plain, their monumental proportions proclaimed the power and wealth of Imperial Rome. The gods worshipped here, the Triad of Jupiter, Venus and Mercury, were grafted onto the indigenous deities of Hadad, Atargatis and a young male god of fertility. Local influences are also seen in the planning and layout of the temples, which vary from the classic Roman design.

#### Riyaaq

Situated 28 minutes away from the Ecolodge, Riyaaq, in the early 20th century and up to 1975 and the outbreak of the civil war, was Lebanon's most important railway center, where the 1.05-m Beirut-Damascus line met the standard-gauge line north to Baalbek and Homs. You can find an air base and a hospital. Riyaaq Air Base was bombed by the Israeli Air Force during the 2006 Lebanon War. The landing strip was severely damaged as a result.

### What to taste

Kaak bi Zalib of Salon el 3a2ilet in Zahle boulevard. Salon des familles: 08 800731.

Tout or Ashta ice cream at Khalaf Abu Sleiman in Wadi Al Arayesh Bardawni: 08 823733.

Semsmiye at Salameh in Wadi Al Arayesh Bardawni: 71 827944

Mechta7 and qurban brioche

Sfiha in Baalbeck

Arak and Wines:

- Chateau Khoury, Dhour, Zahlé, 08 807143
- Domaine de Baal, Dhour, Zahlé, 08 815388
- Domaine Wardy, Zahle, 08 930141
- Chateau Ksara, Zahle, 08 801662
- Masaya, Taanayel, 08 510135
- Domaine des tourelles, Jdita, Chtaura, 08 540114
- Château Nakad, Jdita, 08 540191
- Chateau Ka, Chtaura, 08 543500
- Chateau Saint Thomas, Kab Elias, 08 500812
- Chateau Heritage, Kab Elias, 03 777504
- Château Kefraya, Kefraya, 08 645 333
- Marsyas, Kefraya, 01 442 082

### What to eat

Khan Al Makssoud restaurant that serves Lebanese food.

**July**

ZAHLE INTERNATIONAL FESTIVAL

- 15 July Jose Carreras
- 16 July Nancy Ajram and Ragheb Alameh
- 21 July Assi El Hallani
- 22 July Noche Latina

BAALBECK INTERNATIONAL FESTIVAL

- 16 July Lebanese night
- 22 July Angelique kidjo
- 22 July Ibrahim Maalouf
- 30 July Trio Wanderer
- 4 Aug Samira Said
- 15 Aug TOTO

**August**

OUMSIYAT ZAHLE

- 11 Aug Hiba Tawaji
- 16 Aug Patricia Kaas
- 17 Aug Wael kfoury

**September**

FESTIVAL DE L'ARAK

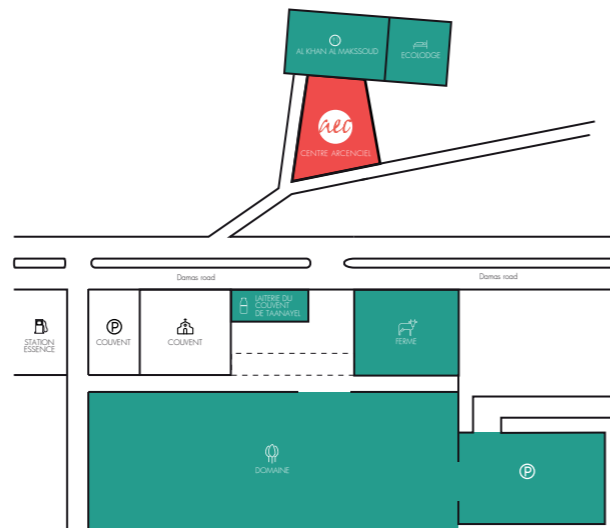
- 23 - 24 September
- Khan al Makssoud

Ecologie de Taanayel & Al Khan al Makssoud

Damascus street, Taanayel  
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 03.124279  
 ecolodge@arcenciel.org  
 www.arcenciel.org



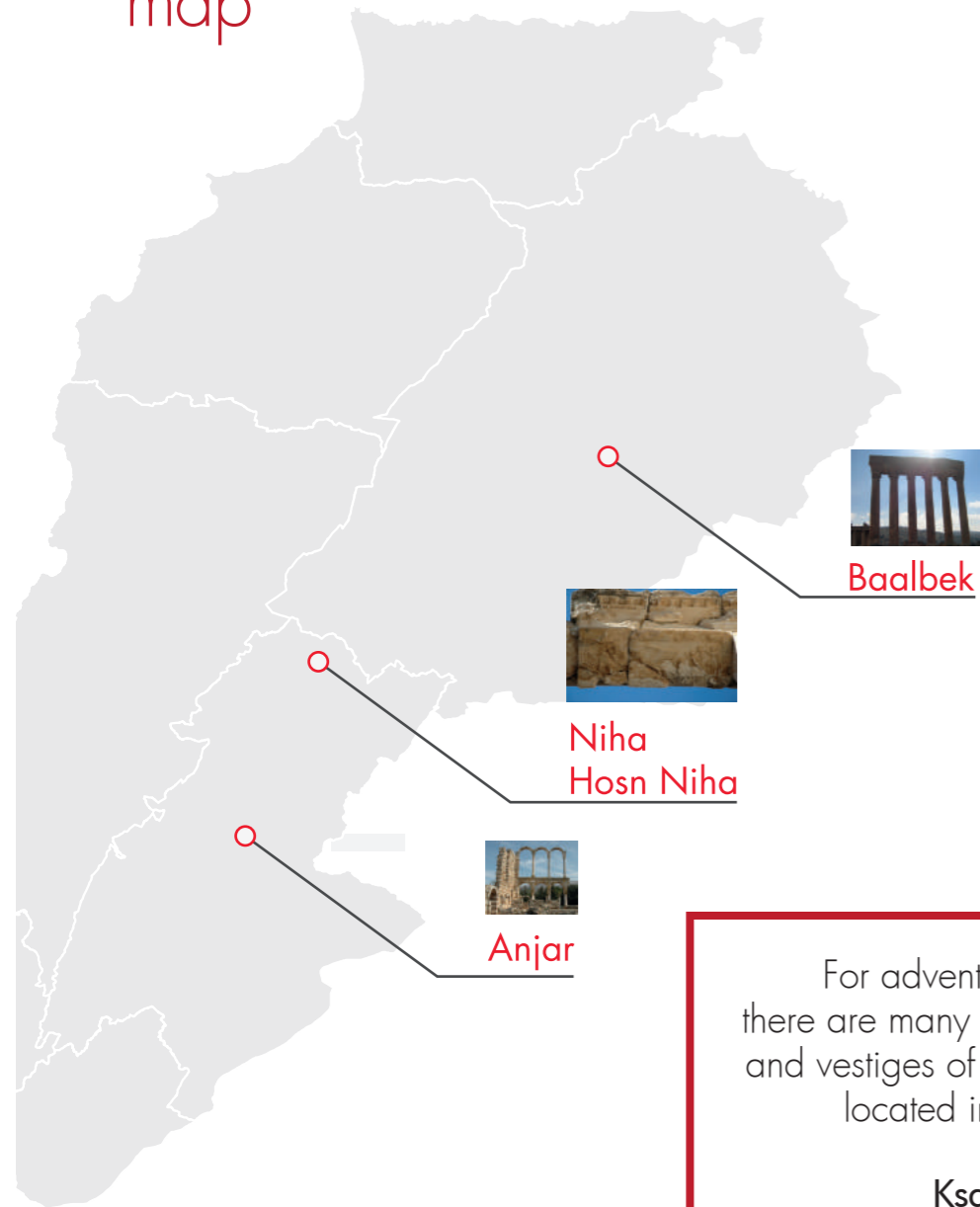
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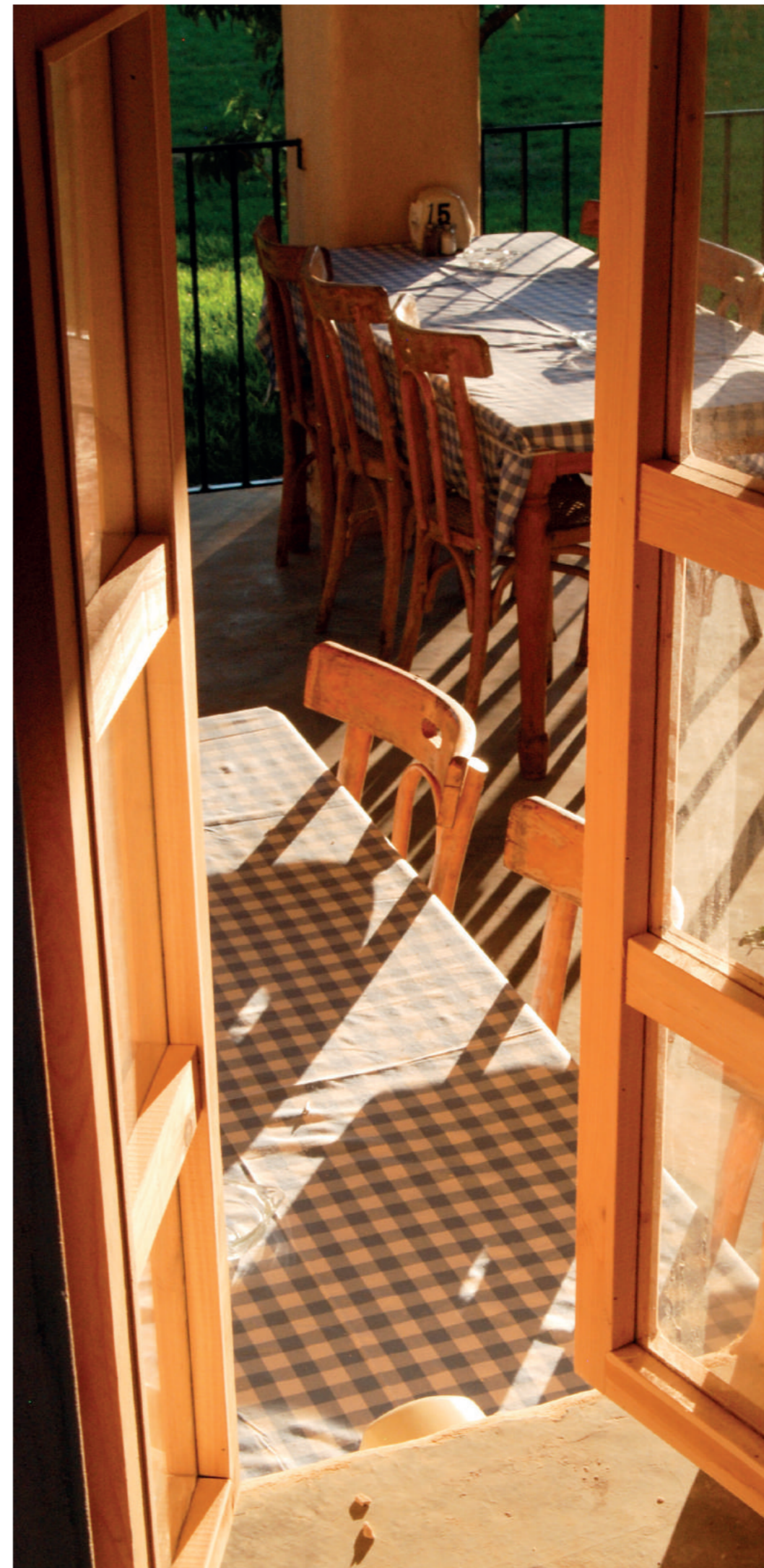


map



For adventurous people, there are many less known temples and vestiges of the Roman period, located in the Bekaa.

- Ksarnaba
- Temnine Fawqa
- Ferzol
- Jabal Kneisé
- Nebi Ham
- Kfar Zabad
- Dakwé
- Majdel Anjar
- Ayn Kenya
- Yammouné
- Nahlé
- Chlifa



## PARTNERS

