

# THE SUMMIT CULTURAL HERITAGE CENTER OF

PRESENTS

## FAMILY & FRIENDS: AROUND THE WORLD

Take a bit of **Costa Rica** home with you and make cultural connections

### HERE'S WHAT YOU NEED:

#### DINNER ENTRÉE: NATIONAL DISH – GALLO PINTO (RICE AND BEANS)

##### Ingredients:

2 cups long grain rice; cooked	1 cup black beans; cooked
1/2 cup onion; diced	1 clove garlic; minced
3 tsp oil	2 tablespoons cilantro (coriander); chopped
Salt	Red pepper flakes (optional)

##### Method:

Heat oil in frying pan on medium heat for a minute. Add chopped onions (and red pepper, if using); saute until well browned and translucent. Turn heat to medium-low; add beans and garlic. Cook, stirring occasionally for 8-10 min. Add rice; cook for 3-5 more minutes. Add salt to taste. Just before serving garnish with the cilantro. Enjoy!

##### TRADITIONS: La Romeria - August 2, Virgen de los Angeles:

This is a wonderful celebration honoring the patron saint the Virgin of Angels. Many years ago she appeared to a young girl from Cartago many times as a small stone statue and asked her to build a church in her honor in the exact spot where the girl found the statue. The people did so and many miracles began to happen. Ever since, the people of Costa Rica make a pilgrimage each year WALKing from their homes all the way to the church (no matter how far from Cartago they live) to pay respects or make promises in exchange for miracles. (Devout pilgrims will even travel the last few hundred feet on their knees.) This event is incredible because of its magnitude and also because some believers travel for days or even weeks in order to reach their destination and to honor the Virgin.

##### TRADITIONAL MUSIC:

Costa Rican folk songs are nostalgic, featuring ballad-like melodies played on marimbas and/or guitars. The lyrics praise the beauty of the country's women and the landscape as they tell of the sorrows of love. Today's popular music includes salsa and meringue, among other latin music.

##### SIMPLE DIALOGUE TO TRY OUT (COSTA RICAN SPANISH):

Pura Vida! (*a common Costa Rican expression of happiness literally translated as Pure Life!*); Con permiso (*pardon me*); Con mucho gusto (*you're welcome*); Plata (*literally "silver", in Costa Rica also means "cash"*); Por dicha (*luckily or thankfully*)

##### KEY FACTS YOU SHOULD KNOW:

- Costa Rica was discovered in 1502 by Christopher Columbus during his 4th voyage to the New World
- Declared independence from Spain in 1821.
- Area: 19,652 sq. mi.; smaller than the state of New Jersey!; Population: Approx. 4 million (half the pop. of NYC!)
- Climate: Mild in the central highlands, tropical and subtropical in coastal areas
- Terrain: Eastern and western coastal plains divided by a rugged mountain range including 112 volcanoes, among them the Arenal volcano which is one of the most active in the world and Turrialba, which is currently in the news for recent volcanic activity. Natural resources: Hydroelectric power, forest products, fisheries products, thermal waters
- Industry: Tourism, coffee, fruit, ornamental plants, textiles, cement
- 25% of Costa Rica has been reserved as national parks
- Costa Rica has no military and maintains only domestic police and forces for internal security
- Costa Ricans are often called "ticos" because of their use of the diminutive forms of Spanish words, which often end in "ico," such as chiquitico, coming from chico meaning "small."

**WEBSITES FOR RESOURCES:** [www.wikipedia.com](http://www.wikipedia.com)

