

World Central Kitchen

Foodie Guide to Puerto Rico



First Grantee
Frutos del Guacabo was the first Plow to Plate grantee in March 2018. That success inspired us to launch the program at a larger scale six months later.

Famous Fritters
Chef José introduced Jimmy Fallon to alcapurrias—local root vegetable fritters—at the **Piñones Food Kiosks**, a classic beachside eatery.

Helping Hands
If you read Chef José's book, "We Fed an Island," the **Miramar Food Trucks** should ring a bell: the food trucks were on the front lines of meal delivery in the days and months after Hurricane María.

Hot Chicken
Don't miss **Maelo Chicken Fever**, one of Chef José's favorite spots for chicken, a required stop whenever he visits Puerto Rico!

The Island's Heart
To really experience Puerto Rico, you must get out of San Juan and explore the rest of the island. Puerto Ricans call it "la isla" and it's where you will find the true heart and soul of Puerto Rican culture, food and music.



Fun Festival
Every summer, community led **ARECMA** hosts the Festival de la Pana, or Breadfruit Festival, with a farmers market, food, musicians, crafts, and lots of breadfruit!

0 5 miles

Volunteer

- 1 Placita 21
- 2 The Rooftop Garden
- 3 Foodscapes Caribe
- 4 Mujeres de Islas
- 5 Queso Lucia
- 6 ARECMA
- 7 Hacienda Agroecológica Recaos Ortiz
- 8 True Leaf Farm
- 9 Hacienda Los Amigos
- 10 Reciclopónico Salinas (TAIS)
- 11 Agroempresas Atabey
- 12 El Reverdecer
- 13 CMTAS
- 14 Plenitud
- 15 Rancho Orgánico Feliz
- 16 Irizarry Meat & Co
- 17 Desde Mi Huerto
- 18 Moica Farms
- 19 La MicroFinca
- 20 Frutos del Guacabo
- 21 Bikai
- 22 J&M Agrícola
- 23 Amasar
- 24 Finca La Jungla

Eat & Drink

- San Juan Metro Area**
- 1 La Factoria
 - 2 Verde Mesa
 - 3 Chocobar Cortés
 - 4 La Vergüenza
 - 5 José Enrique
 - 6 Raya by Mario Pagan
 - 7 1919
 - 8 Cocina Abierta
 - 9 Cocina al Fondo
 - 10 Miramar Food Trucks
 - 11 Qué Pez'cao
 - 12 Vianda
 - 13 Santaella
 - 14 La Casita Blanca
 - 15 Wilo Eatery & Bar
 - 16 Panadería España
 - 17 Vivo Beach Club
 - 18 Piñones Food Kiosks
- Outside Metro Area**
- 19 Hacienda Santa Ana
 - 20 El Rancho de Apa
 - 21 Bacoa
 - 22 La Estación
 - 23 El Makito
 - 24 Bili
 - 25 Guavate Lechneras
 - 26 Fiore Trattoria
 - 27 El Dorado
 - 28 La Fonda de Ángelo
 - 29 Mimosa Brunch
 - 30 Aguadilla Food Truck Park
 - 31 El Almendro
 - 32 Asador San Miguel
 - 33 Maelo Chicken Fever
 - 34 Casa Vieja
 - 35 Hacienda San Pedro

Explore

- 1 El Yunque Rainforest
- 2 Balneario de Luquillo
- 3 Seven Seas Beach
- 4 Bioluminescent Bay
- 5 Charco Azul
- 6 San Cristobal Canyon
- 7 Toro Verde Adventure Park
- 8 Baños de Coamo
- 9 Museo de Arte de Ponce
- 10 Hacienda Buena Vista
- 11 Yaucromatic
- 12 Playuela Beach
- 13 Gozalandia
- 14 Jobos Beach
- 15 Cueva del Indio
- 16 Hacienda La Esperanza
- 17 Cueva Ventana
- 18 Lago Dos Bocas

Stay

- 1 The Dreamcatcher Inn
- 2 Rainforest Inn
- 3 Finca Victoria
- 4 Parador Costa del Mar
- 5 El Pretexto
- 6 Hacienda Negrón
- 7 Hacienda La Mocha
- 8 Parador Villas Sotomayor
- 9 Copa Marina Beach Resort
- 10 Casa Massinga
- 11 Hotel Hacienda El Jibarito
- 12 Villa Montaña Beach Resort

Shop Local

- ★ Mercado Agrícola Natural de San Juan: Saturdays 8am-1pm / Museo de San Juan, Old San Juan
- ★ Mercado Orgánico Placita Roosevelt: 1st, 3rd, 5th Sunday / 8am-2pm / Placita Roosevelt, San Juan
- ★ Mercado Agrícola Natural de Ponce: Saturdays / 10am-3pm / Calle Aurora 34 Ponce
- ★ Mercado Agroecológico de Rincón: Every other Saturday / 9am-12pm / Rincon Town Square
- ★ Aguadilla Farmers' Market: Saturdays / 9am-1pm / PR-110, Km. 32.2 Maleza Alta, Aguadilla

Symbol key

👍 José favorite	🍷 Drink	🏄 Surfing
🚚 Food truck	🧭 Hike	🏖 Beach
🍴 Food	👁 Attraction	🚤 Boating



Support Local Businesses!
The farms, eateries, and places listed on this map are just a small sample of the many venues and businesses owned and operated by Puerto Ricans all across the island. Your patronage not only supports the local economy today, it also helps to build resiliency and security in the island's food system for years to come. ¡Bienvenidos a Puerto Rico!

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About World Central Kitchen

Founded by Chef José Andrés, WCK uses the power of food to strengthen communities through times of crisis and beyond. We carry out this mission through a two-pronged approach focused on emergency food relief and building food resiliency.

When disaster strikes, WCK's Chef Relief Team steps out of the kitchen and on to the front lines to provide freshly made, nutritious meals to those in need. To date, WCK has served more than 11 million meals in the aftermath of natural and man-made disasters.

Through our locally-led, long-term programs, we advance human and environmental health, offer access to professional culinary training, create jobs, and improve food security in vulnerable communities.



We Fed an Island

WCK—led by Chef José—arrived in Puerto Rico a few days after Hurricane María wiped out the entire power grid, decimated the agricultural base, and destroyed much of the island's physical infrastructure. After cooking a few thousand meals from our friend José Enrique's restaurant in Santurce, we began receiving calls for help from all over the island. We called on local and mainland US chefs, and with their help, we quickly expanded our operations across the archipelago. Through a network of emergency kitchens, food trucks, and thousands of volunteers, the #ChefsForPuertoRico movement quickly grew to serve over 150,000 meals in a single day—touching communities in every municipality and becoming the largest post-hurricane meal operation. Since María, WCK has served millions more meals all around the globe, because as José says, "Wherever there is a fight so that hungry people may eat, we will be there".

3.7M meals

25 kitchens

20k volunteers



The complete story of WCK's food relief efforts after Hurricane María can be read in Chef José's book "We Fed An Island"



Plow to Plate

Plow to Plate was launched in 2018 to help Puerto Rico achieve greater food security and sovereignty. The program supports smallholder farms, agricultural organizations, and small businesses in the food economy with grants to fund infrastructure improvements to help them scale their production and sales. WCK provides grantees access to a variety of networking and learning opportunities in the areas of agriculture and core business skills that help get their products to market. In early 2019, WCK announced a \$4 million commitment to Plow to Plate over the next five years, impacting more than 200 farms and small food-related enterprises.

Volunteer at Plow to Plate partner farms and help plant, harvest, pick and pack products to make sure food gets from the plow to your plate!

Our voluntourism experiences are ideal for:

- Family Vacations
- Destination Weddings
- Corporate Travel
- Meetings and Conventions
- Educational Voyages
- Service Trips

Have questions or are eager to sign up? Email us at: volunteerinpr@wck.org



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Grantee Highlights

El Reverdecer is a small farm in Ponce, run by husband-and-wife team Abner Santiago and Marta Lopez. Producing a wonderful variety of greens, fruits, and vegetables, the farm has received WCK funding to build a walk-in cooler, repair a greenhouse damaged by Hurricane María, and build a fence to protect their crops from dogs, iguanas, and wild pigs. Since receiving funding in 2018, production has grown by 31%, which translates to 936 lbs of crops. They now sell 10 different items compared to just six in early 2018. El Reverdecer regularly hosts Plow to Plate volunteers.

ARECMA is a 16-acre community led project in Humacao. Since Hurricane María, they have focused on increasing food security by 1) outfitting an off-grid industrial kitchen to feed their 3,500 community members and 2) planting crops to fuel this kitchen. WCK funding was used to purchase tools and equipment, organic seeds and fertilizer, and materials for the construction of a greenhouse to help the community reach its sustainability and food independence goals. They've sown two new acres of crops and are producing more than 100 lbs of produce a month for sale and distribution. You can volunteer here, too!

Puerto Rican Food

Puerto Rico is home to some of the most delectable eats in the Caribbean, from slow-roasted pork to tantalizing tropical fruits, and some of the best rum and coffee in the world.

The local cuisine is rooted in the island's history. The original inhabitants, indigenous tribes known as Tainos, were pescatarians who worshipped the god of the cassava (yuca), a root that remains a staple food today.

During the colonial era, Spaniards brought their love of onion, garlic and olive oil that led to Puerto Rico's flavor base—*sofrito*—while West Africans contributed their practice of deep-frying, a savvy food preservation technique. The Columbian Exchange of goods brought coffee, coconuts, plantains, and sugarcane.



Finally, at the turn of the last century, when the Puerto Rico became a US territory, canned goods flooded the island and gave rise to popular dishes like rice and beans. Together, these many cooking traditions fused to create Puerto Rico's unique *comida criolla*, recipes that blend Taino, Spanish, African and American influences.

Support Local Producers

- **Eat and Drink** at any of the restaurants on this map
- **Purchase** local fruits as snacks for day trips
- **Visit** a farmers market
- **Volunteer** at a Plow to Plate farm
- **Purchase** food-based souvenirs such as rum, coffee, honey, plantain chips, jams, and pique—the local hot sauce



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"A meal can be the beginning of a beautiful thing."
— Chef José Andrés



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