

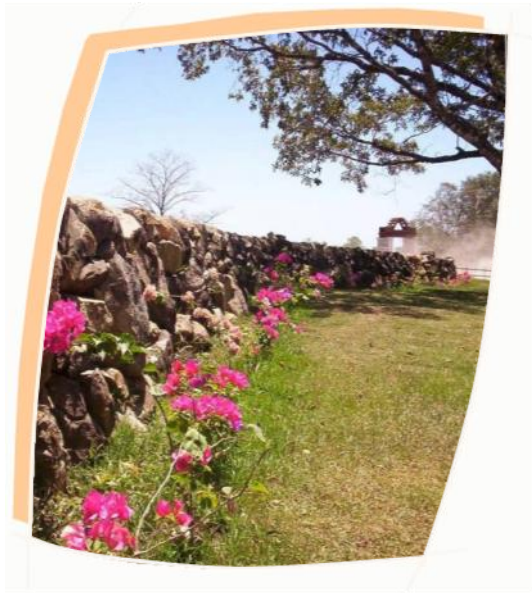


# Living *In Paradise*

A NEWSLETTER FOR OWNERS, FUTURE OWNERS AND FRIENDS OF ROCA MILAGRO

AUGUST 2011, VOLUME 1 - 1

**Welcome to the premier edition  
of our Roca Milagro -- *Living in Paradise* newsletter.**



One question I often hear about moving to Panama and to our Roca Milagro development near Rovira Arriba specifically is: "What will I do?" Some people are apprehensive about being stranded in a foreign country without a lot of stimulating activities available to them.

It is a good question. And that is why we are introducing this newsletter. While we will be featuring news about our Roca Milagro development itself, we will also discuss what there is to see and do elsewhere in Chiriqui, the province in which our development is located.

Shopping, dining out and entertainment are nearby, in the trendy town of Boquete and the larger city of David. Want some action? Hiking, horseback riding, white-water rafting, deep-sea fishing, swimming, snorkeling, sight-seeing, bird-watching and eco-tours are all available in Chiriqui. In coming months we will try to tell you about these things.

If you build a residence at Roca Milagro, occasionally you will just want to relax at home, where you will be able to spend time outdoors year-round, even in the rainy season. One pleasure I always enjoy is sipping a drink on a covered patio while it is pouring rain just a couple of meters away. Would you care to join me? Will that be on your patio or mine?

Come along with us on this journey. Let's explore Living in Paradise together.

**Sieg Pedde**

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# Living In Paradise

## Oranges at Roca Milagro

Oranges, besides tasting delicious, are an amazing font of vitamins that help protect our body from many harmful diseases and illnesses and are rich in fiber. Studies have shown that among other health benefits, oranges help in cholesterol reduction and in prevention of arthritis, kidney stones and even cancer.

Some of the most important components present in oranges that benefit our health are flavonoids and vitamin C, B vitamins (including vitamins B1, B2, and B6, folic acid, and pantothenic acid), carotenes, pectin, potassium, and folic acid.

***Want an orange (or a dozen) and a pineapple for breakfast? Help yourself.***



At Roca Milagro you won't have to worry about a ready supply of this delicious fruit. We have more than 400 orange trees onsite, so you can have as many as you can eat for free. We also have pineapple and avocado available and eventually hope to build hydroponic greenhouses for staples like lettuce, tomatoes and cucumbers.

## Getting to know Chiriqui Province



Beautiful Chiriqui Province is located in the western area of Panama, next to Costa Rica and bordering the Pacific Ocean. This province has become a popular destination for tourists and expatriates who are drawn by a variety of attractions including amazing landscapes in its highlands and beach destinations in its lowlands, with dozens of beautiful small islands sprinkled in the Pacific. Local Indian cultures, idyllic retirement communities, world class rafting, kayaking, birding, hiking and shopping are also available in this corner of Panama.

In the mountains of Chiriqui are located the cities of Boquete, David and Volcan.

A pleasant, spring-like climate is perfectly suited for the cultivation of coffee, oranges and other fruits and flowers. It is also one of the country's top destinations for nature lovers. You'll find exotic flora and fauna everywhere.

The city of David is Chiriqui's capital city and Panama's third largest urban area. It is one of the most industrialized cities in the country and has an international airport. Many national and international banks have offices here. It is also a popular tourist destination due to its nightlife, entertainment, cuisine, shopping and relative proximity to the Pacific coast.

*Watch for more interesting information about Chiriqui in coming issues of Roca Milagro's Living in Paradise newsletter.*

# Living In Paradise

## ***August 15: Anniversary of Panama City and the opening of the Panama Canal***

August 15 is a very important date in the history of Panama. On this day, Panamanians celebrate the foundation of Panama City that took place in 1519 and the anniversary of the opening of the Panama Canal to inter-oceanic traffic in 1914.

Back in 1519, the city of Panama was the first Spanish city founded on the shores of the Pacific Ocean. It became the hub of the exploration that led to the conquest of Peru and a transit route for shipments of gold and riches that were sent to Spain.

The concentration of wealth in Panama City attracted pirates. In 1671, the city was attacked by forces of the famous English pirate Henry Morgan, who intended to loot it. As a result, the city was completely destroyed in a huge fire. The ruins of the ancient city still remain as a tourist attraction. The history of Old Panama or Panama Vieja is recognized as a world heritage site.



## ***A taste of Panama : Patacones***



Patacones are a very popular dish in Panama. They can be served as is or doused with ketchup, hot sauce or sour cream. To prepare them you will need the following ingredients: unripe plantain, canola oil (or your preferred frying oil), salt and garlic powder (optional).

- Heat 1 cup oil in a large frying pan.
- Peel the plantains by slicing off the ends and scoring the skin lengthwise.
- Cut each peeled plantain in half.
- Place the plantains into the hot oil. Rotate to cook on all sides until the plantains are almost cooked through and have begun to soften slightly.
- Remove from the pan and press flat between two cutting boards .
- Add a bit of salt and garlic powder for seasoning and return to the pan to finish cooking, by frying each side until browned and crispy.
- Remove from the pan, use paper towels to remove excess oil and add salt or other seasoning to taste.