



# A TASTE OF OAXACA

CITY COLLEGE OF SAN FRANCISCO

JULY 4-22, 2023



## CCSF

### Lorna Shea

Program Advisor  
Culinary Arts and Hospitality  
Studies Department

City College of San Francisco  
Statler Wing, Room 156  
50 Frida Kahlo Way  
San Francisco, CA. 94112

email: [lshea@ccsf.edu](mailto:lshea@ccsf.edu)  
phone: 415.239.3155

### Chef Mark Hodgson

email: [mhodgson@ccsf.edu](mailto:mhodgson@ccsf.edu)

## CCSF | BOARD OF TRUSTEES

Allan Wong, President  
Anita Martinez, Vice-President  
Aliya Chisti  
Murrell Green  
Susan Solomon  
Vick Van Chung  
Shanell Williams  
Malinali Villalobos, Student Trustee  
Dr. David Martin, Chancellor

## OVERVIEW

The food of Oaxaca stands out as one of the richest and most diverse in all of Mexico. Based on a synthesis of Spanish and Indigenous legacies, it greatly differs from the standard Mexican food commonly found in the United States. Oaxacan cuisine is known for its many moles, which are complex sauces made of chiles, herbs and spices; for its corn products, such as *tlayudas* and delicious regional tamales; for its nuanced mescal, a locally cultivated, distilled and aged beverage; and for the Oaxacan chocolate culture with its fresh beans roasted and ground according to the customer's preferences and family traditions.

Our program offers an intensive introduction to Oaxacan cuisine, through hands-on cooking classes, demonstrations, field trips to a mescal distillery, a cheese producer, a bakery, and food markets. Classes will be taught by local chefs and Oaxacan restaurateurs, as well as others whose cooking skills have been passed down through the generations.

The Instituto Cultural Oaxaca (ICO) will serve as our host in Oaxaca. The ICO, housed in a gracious 19th century estate, will be the location of our cooking terminology classes and some of our cooking classes. Oaxaca lies nestled in a valley surrounded by tropical mountains. The city boasts colonial monuments, archaeological treasures and exquisite architecture, which will serve as a dramatic backdrop for our culinary explorations.

## CAHS 53A CUISINES OF MEXICO: OAXACA (3 CREDITS)

An advanced culinary course that familiarizes the student with authentic cuisine of Oaxaca, Mexico. Students will explore the history and use of indigenous ingredients, local cooking methods, techniques, and terminology related to Oaxacan cuisine. CSU. See CCSF Catalog for pre-requisites.

### MARK HODGSON

Chef Instructor for the Culinary Arts and Hospitality Studies

Chef Instructor Mark Hodgson teaches baking and pastry in the Culinary Arts and Hospitality Studies program at City College of San Francisco. In addition to his passion for the culinary world, Mark has degrees in Latin American Studies and Spanish and is fluent in the Spanish language. He has co-led students on culinary tours through Spain and France for four summers, and has led the program in Oaxaca for eight summers so far, from 2010-2018. Chef Mark looks forward to introducing the students to the local culinary scene in Oaxaca.



## CCSF

**Lorna Shea**  
Program Advisor  
Culinary Arts and Hospitality  
Studies Department

City College of San Francisco  
Statler Wing, Room 156  
50 Frida Kahlo Way  
San Francisco, CA. 94112

email: [lshea@ccsf.edu](mailto:lshea@ccsf.edu)  
phone: 415.239.3155

**Chef Mark Hodgson**  
email: [mhodgson@ccsf.edu](mailto:mhodgson@ccsf.edu)

## CCSF | BOARD OF TRUSTEES

Allan Wong, President  
Anita Martinez, Vice-President  
Aliya Chisti  
Murrell Green  
Susan Solomon  
Vick Van Chung  
Shanell Williams  
Malinali Villalobos, Student Trustee  
Dr. David Martin, Chancellor

## TUESDAY, JULY 4 - WEDNESDAY, JULY 5

### San Francisco to Oaxaca, Mexico

Check-in to SFO for red-eye flight to Oaxaca, arriving early afternoon. This afternoon you will settle into your home away from home, the Hotel Villa del Campo, and try to take a nap. Then there will be a walking tour of the city, followed by a "welcome dinner" as a group. (D)

## THURSDAY, JULY 6

### Instituto Cultural Oaxaca

Today an orientation to Oaxaca will be provided at the Instituto Cultural Oaxaca (ICO), followed by a two-hour lecture by Soledad Ramirez Heras which will give you an overview of Oaxacan cuisine. Lunch on your own. In the afternoon, you will begin the Spanish Language "cooking terminology" classes (2 hours).

## FRIDAY, JULY 7 & SATURDAY, JULY 8

### Casa de los Sabores Cooking

Students will receive instruction from Pilar Cabrera, a well-known local chef and owner of La Olla restaurant. The class will focus on "all things corn," including masa, tortillas, quesadillas and tamales, as well as visits to a mill and a market. Students will enjoy the "fruits of their labor." (L)

Half of the group will attend Cooking Class with Casa de los Sabores and the other half will go to cooking classes El Sabor Zapoteco. On the second day, the groups with switch and do the other activity.

## FRIDAY, JULY 7 & SATURDAY, JULY 8

### El Sabor Zapoteco

This is a new vendor added to this year's itinerary. This class will include morning walking tour of Teotitlan market, welcome chocolate drink as well as hands-on cooking, sit down group meal and full recipe packet in English.

Half of the group will attend Cooking Class with El Sabor Zapoteco and the other half will go to cooking classes Cooking Class with Casa de los Sabores. On the second day, the groups with switch and do the other activity.

## SUNDAY, JULY 9

### Free Day

Optional out-of-town trips will be arranged by the ICO.

## MONDAY, JULY 10

### Visit Villages with Fundacion En Via

Today we will visit some outlying villages with Fundacion En Via and then have Spanish classes from 3:30 pm to 5:30 pm. (L)

## TUESDAY, JULY 11 & WEDNESDAY, JULY 12

### Cooking Class with La Teca (Grp 1)

The group will divide into two groups and receive instruction from La Teca on either July 7th or July 8th in the cooking of one of the very special areas of Oaxaca: The Isthmus of Tehuantepec. Class will be held in Origen restaurant's kitchen.

Half of the group will attend Cooking Class with La Teca and the other half will go on Mezcal Excursion. On the second day, the groups with switch and do the other activity.

## TUESDAY, JULY 11 & WEDNESDAY, JULY 12

### All About Mezcal

Students will take a full day field trip where we will observe the mezcal-making process from field to finished product. (L).

## THURSDAY, JULY 13

### Casa de los Sabores Cooking School

Today Pilar Cabrera and her staff will teach a hands-on workshop about the many uses of chiles in Oaxacan cuisine, including in the famous local "moles" (savory sauces). We will conclude the day with Spanish terminology classes from 4 pm to 6 pm. (L)

## FRIDAY, JULY 14

### Cooking Classes at the ICO

This hands-on workshop will introduce the participants to family-style Oaxacan cooking – dishes that are passed down from the mother of the house to the next generation. The group will make savory dish such as "alcaparrado" from 9:00 am to 1:00 pm or from 3:00 pm to 7:00 pm, TBA. Everyone will also have Spanish Classes from 1:00 to 3:00 pm. (L or D).

## SATURDAY, JULY 15 & SUNDAY, JULY 16

### Free Day

You will have the opportunity to participate in optional field trips offered by the Instituto Cultural to local sites of historic and cultural interest.

## MONDAY JULY 17

### Seasons of My Heart Cooking School

Traditional Oaxacan cheese making demonstration with Silvia, including a lecture. We will also have a hands-on cooking class, during which we will make several traditional Oaxacan dishes. (BL)

## TUESDAY JULY 18

### Mushroom Foraging and Trout Farm

The ICO will arrange for us to take a field trip into the mountains of Oaxaca where we will forage for mushrooms and also visit and have lunch at a trout farm, where we will enjoy the mushrooms we foraged earlier in the day. (L)

## WEDNESDAY, JULY 19 & THURSDAY, JULY 20

### Origen Cooking School with Chef Rodolfo

### Castellanos (Grp 1)

Chef-Instructor Rodolfo Castellanos will teach half of the group about modern Oaxacan cuisine at Origen Cooking School. (L)

Half of the group will attend Origen Cooking School with Chef Rodolfo Castellanos and the other half will attend Pastry Class with Angela Esparza. On the second day, the groups with switch and do the other activity.

## WEDNESDAY, JULY 19 & THURSDAY, JULY 20

### Pastry Class w/ Angela Esparza (Grp 2)

Today, half of the group will attend a class which will focus on learning to make local sweets and treats with Pastry Chef Angela Esparza.

Half of the group will attend Pastry Class with Angela Esparza and the other half will attend Origen Cooking School with Chef Rodolfo Castellanos. On the second day, the groups with switch and do the other activity.

## FRIDAY, JULY 21

### Free Day

This is your final full day in Oaxaca, and you will have free time to visit new spots and revisit your old favorites, as well as time to shop for souvenirs and gifts for family and friends back home. Tonight we will also have a group "farewell" dinner. (D)

## SATURDAY, JULY 22

### Depart Oaxaca, Arrive in San Francisco

You will have the morning free, then students will be transferred to the airport to return to San Francisco.

*NOTE: Itinerary is subject to change, and most likely will change a bit, so please be flexible!*



## CCSF

**Lorna Shea**  
Program Advisor  
Culinary Arts and Hospitality  
Studies Department

City College of San Francisco  
Statler Wing, Room 156  
50 Frida Kahlo Way  
San Francisco, CA. 94112

email: lshea@ccsf.edu  
phone: 415.239.3155

**Chef Mark Hodgson**  
email: mhodgson@ccsf.edu

## CCSF | BOARD OF TRUSTEES

Allan Wong, President  
Anita Martinez, Vice-President  
Aliya Chisti  
Murrell Green  
Susan Solomon  
Vick Van Chung  
Shanell Williams  
Malinali Villalobos, Student Trustee  
Dr. David Martin, Chancellor

## ELIGIBILITY

It is recommended that you discuss your participation in the Oaxaca Program with the Program Advisor prior to enrollment. Please call 415.239.3155 and ask for Lorna Shea.

## PROGRAM COST: \$3,280.00\*

First payment (deposit) due April 1, 2023	\$700.00
Second payment due April 22, 2023	\$1,290.00
Final payment due May 20, 2023	\$1,290.00

**Cancellation:** After April 1st, the penalty for cancellation is \$300 per person. After April 22nd, the cancellation fee increases to \$600. From May 22nd to June 27th, the cancellation fee is \$600 + any non-recoverable amounts (i.e. airfare if tickets have been issued). On and after the day of departure, there is no refund. Program and meal refunds are left strictly to the discretion of the providers in Mexico. Cancellations must be made in writing and will be in effect once received by Direct Travel.

*\*Subject to change based on fluctuations in airfare costs/airline taxes.*

## THE PROGRAM PRICE WILL INCLUDE:

- Round trip, economy class airfare from San Francisco, CA to Oaxaca, Mexico
- Air taxes, to include Mexican Departure Tax
- Shared double room at the Hotel Villa de Campo or similar for the duration of the program
- Transfers to and from Oaxaca airport
- Cooking terminology classes
- Lessons at cooking schools and restaurants and field trips as detailed in the itinerary
- International Student Identity Card (ISIC) with basic insurance coverage
- Pre-departure and on-site orientations
- Services of Direct Travel
- Meals listed on the itinerary

## THE PROGRAM PRICE WILL NOT INCLUDE:

- CCSF Tuition and Fees (see description on Page 4)
- Optional Tours (more information will be provided in Oaxaca)
- Supplementary insurance coverage (such as trip cancellation insurance)
- Textbooks and instructional materials
- Personal expenses and any items not listed as included in the program price
- Meals not listed in the itinerary
- Optional single room supplement (\$450)



## CCSF

**Lorna Shea**  
Program Advisor  
Culinary Arts and Hospitality  
Studies Department

City College of San Francisco  
Statler Wing, Room 156  
50 Frida Kahlo Way  
San Francisco, CA. 94112

email: [lshea@ccsf.edu](mailto:lshea@ccsf.edu)  
phone: 415.239.3155

**Chef Mark Hodgson**  
email: [mhodgson@ccsf.edu](mailto:mhodgson@ccsf.edu)

## CCSF | BOARD OF TRUSTEES

Allan Wong, President  
Anita Martinez, Vice-President  
Aliya Chisti  
Murrell Green  
Susan Solomon  
Vick Van Chung  
Shanell Williams  
Malinali Villalobos, Student Trustee  
Dr. David Martin, Chancellor

## CCSF TUITION AND FEES

California residents must pay a \$46.00 per unit fee, plus a one time \$14.00 fee (or \$152.00 total) for a 3-unit course.

Non-residents pay \$287.00 per unit, plus a one-time \$14.00 fee (or \$875.00 total) for a 3-unit course. Fees are payable to CCSF during the pre-departure orientation at the time of registration. Fees are set by the State of California and are subject to change.

## HOUSING OPTIONS

Students will be housed in the Hotel Villa de Campo (or similar) from which it is a short walk to the ICO and the zocalo. The rooms are equipped with TV, telephone, ceiling fans, a small living room with separate bedroom, private bath and purified water. The kitchenette has a stove, mini-fridge, sink, and basic kitchenware (plates, forks, spoons, knives and cups) and cookware (cooking pot with lid, frying pan, etc.). The hotel also has an outdoor pool, garden and a Wi-Fi internet area. The location of the hotel in which the students are housed is subject to change. The price of the program is based on double occupancy, however, if you would like a single room, you may pay a single supplement fee of \$450, subject to availability.

## INSURANCE

Participants will receive an International Student Identity Card (ISIC) with their program packet, which provides limited accident and emergency medical insurance. All participants must hold evidence of basic health and accident insurance, which is provided by the ISIC. Additional travel medical insurance and trip cancellation coverage is recommended. Direct Travel can offer supplemental comprehensive insurance at student rates. Please contact them at 1.800.635.5488 (ext. 3516) for information or refer to your sign-up packet.

## FOR FURTHER INFORMATION, PLEASE CONTACT:

### Culinary Arts and Hospitality Studies Department

Attn: Lorna Shea  
Statler Wing, Room 156  
50 Frida Kahlo Way  
San Francisco, CA. 94112  
Phone: 415.239.3155  
E-mail: [lshea@ccsf.edu](mailto:lshea@ccsf.edu)

### Direct Travel

Attn: Mary Menke  
7900 Xerxes Ave S, Suite 1200  
Minneapolis, MN 55431  
Phone: 1.952.746.3510  
Fax: 1-952-746-3582  
E-mail: [mmenke@dt.com](mailto:mmenke@dt.com)



## CCSF

**Lorna Shea**  
Program Advisor  
Culinary Arts and Hospitality  
Studies Department

City College of San Francisco  
Statler Wing, Room 156  
50 Frida Kahlo Way  
San Francisco, CA. 94112

email: [lshea@ccsf.edu](mailto:lshea@ccsf.edu)  
phone: 415.239.3155

**Chef Mark Hodgson**  
email: [mhodgson@ccsf.edu](mailto:mhodgson@ccsf.edu)

## CCSF | BOARD OF TRUSTEES

Allan Wong, President  
Anita Martinez, Vice-President  
Aliya Chisti  
Murrell Green  
Susan Solomon  
Vick Van Chung  
Shanell Williams  
Malinali Villalobos, Student Trustee  
Dr. David Martin, Chancellor

## RESPONSIBILITY & CONDITIONS CLAUSE

### THE SAN FRANCISCO COMMUNITY COLLEGE DISTRICT

Although the San Francisco Community College District has attempted to determine the accuracy of this brochure, the District does not assume any liability with respect to the contents of the brochure. Courses offered, together with other related matters contained therein, are subject to change without notice by the administration and/or Governing Board of the San Francisco Community College District for reasons related to enrollment, finances, scheduling, dates, costs or for any other reason, at the discretion of the District. The District further reserves the right to add, amend or repeal any of its rules, regulations, policies and procedures. Travel, housing, meals and other logistical arrangements are provided by a contracting agency not affiliated with the San Francisco Community College District. Participants will be required to sign a travel request and release which will exonerate the District from any liability. The District assumes responsibility only for providing a supervising instructor and appropriate academic units for courses. All courses are subject to approval by the governing Board of the San Francisco Community College District. All students must enroll for course credit (pass/no pass option available when indicated in the catalog); no auditors are allowed. Units and course grades are awarded by City College of San Francisco (CCSF).

### DIRECT TRAVEL

The responsibility of Direct Travel and its tour agents is strictly limited. They act only as agents for the travelers in regard to accommodation, transportation (whether by motorcoach, private car, aircraft or any other conveyance), sightseeing and other services, and as such assume no liability for injury, damage, loss, accident, delay or irregularity which may be caused either by reason of defect, through the acts or defaults of any company or person engaged in conveying the passengers or in carrying out the arrangements of the tour, or as a direct or indirect result of acts of nature, dangers incident to the sea, fire, breakdown in machinery or equipment, acts of governments or other authorities, dejure or de facto, wars (declared or not), hostilities, civil disturbances, strikes, riots, theft, pilferage, epidemics, quarantines, medical or customs regulations, or from any causes beyond Direct Travel's control, or from any loss or damage resulting from improper passports, visas or other documents. Nor shall any carrier have to incur liability as a common carrier. Direct Travel can accept no responsibility for loss or additional expenses due to delay or changes in schedule or other causes. All rates are based on tariffs in effect at the time the tour was planned and are subject to change in the event of adjustment therein. The issuance of tickets and vouchers shall be deemed to be consent to the above conditions. Further, airlines used are not to be held responsible for any act, omission or event during the time the passenger is not on board the aircraft. The passenger tickets in use by the airline or airlines when issued shall constitute the sole contract between such airlines and the purchasers of these tickets and/or the passenger. Direct Travel and its agents reserve the right to make changes for the betterment of the tour group or reasons beyond their control. Baggage is carried at the owner's risk and baggage insurance is recommended. Direct Travel and its tour agents are not responsible or liable for loss, damage or theft of luggage and/or personal belongings, so please be sure to have adequate insurance cover loss, damage or theft. Many people and companies are involved in the planning and provision of your tour, including the Instituto Cultural Oaxaca (ICO) and CCSF. Accommodation and transport services are provided in your tour arrangements over which Direct Travel have no direct control. All personal information collected from the participants will be kept private and will not be sold to any outside party, and will only be shared with the CCSF Study Abroad Office and the ICO for program purposes only.



## CCSF

### Lorna Shea

Program Advisor  
Culinary Arts and Hospitality  
Studies Department

City College of San Francisco  
Statler Wing, Room 156  
50 Frida Kahlo Way  
San Francisco, CA. 94112

email: lshea@ccsf.edu  
phone: 415.239.3155

### Chef Mark Hodgson

email: mhodgson@ccsf.edu

## CCSF | BOARD OF TRUSTEES

Allan Wong, President  
Anita Martinez, Vice-President  
Aliya Chisti  
Murrell Green  
Susan Solomon  
Vick Van Chung  
Shanell Williams  
Malinali Villalobos, Student Trustee  
Dr. David Martin, Chancellor

## ENROLLMENT FORM

I have carefully read this brochure for the CCSF Program in Oaxaca, Mexico and wish to participate in this program.  
I agree to all policies stated in the brochure.

Legal Name (Mr. Ms. Mrs.)	(First, M.I. Last)	CCSF ID#	
Address	City	State	Zip
Email	Date of Birth	Citizenship (i.e USA etc.)	
Home Phone	Work Phone		
Signature	Date		

Spanish Language Level:  None  Beginner  Intermediate  Advanced  Native Speaker

Please complete this form and mail it along with your \$700 deposit, made payable to Direct Travel, by April 1, 2023 to: Direct Travel,  
Attn: Meeting & Events, 7900 Xerxes Ave S, Suite 1200, Minneapolis, MN 55431  
Phone 952.746-3510 | Group # 3803027122