

For Immediate Release

Technostress Helping You Ignore the World Around You?

Check in your senses at Finca Rosa Blanca Coffee Plantation & Inn

Feb. 23, 2011, San José, Costa Rica – Put down that smartphone and step away from the netbook: the earth-friendly [Finca Rosa Blanca Coffee Plantation & Inn](#), located in San José, Costa Rica, is on a mission to show the importance of taking time away from technology and, instead, engaging the senses through art, culture and food.

Now in its 21st year, Finca Rosa Blanca is recognized around the world as one of the first boutique hotels to combine luxury with environmentally sustainable practices and has earned an impressive number of accolades, including being the highest ranking member of Costa Rica's prestigious [Sustainable Tourism Certification](#) program and the only hotel in the country to receive a 100 per cent score.

"Here at the Inn, [sustainable practices](#) are paramount and guests can feel good staying with us for many reasons," said Glenn Jampol, president of Finca Rosa Blanca Coffee Plantation & Inn. "Equally important is opening our eyes onto the world: three ways Finca Rosa Blanca does this is through our extensive art collection, access to cultural experiences, our certified organic coffee plantation and commitment to growing and using as many local ingredients as possible in our cuisine."

Break out your inner artist

Finca Rosa Blanca's art collection includes folk and contemporary works and historical photographs from all over the globe. [Jampol](#), a trained artist whose own art has been shown in a number of museums and galleries around the world, has been adding to Finca Rosa Blanca's collection for more than 35 years. Highlights include a 200-year-old oxen cart painted in the traditional Sarchi style and a number of coffee culture artifacts. In April 2011, guests are encouraged to drop by the Inn's restaurant, El Tigre Vestido, for a peek at Jampol's newest works: paintings on clayboard and marble.

Finca Rosa Blanca also offers its guests customized walking tours to showcase San José's art galleries and stunning architecture. Guide Juan Ignacio, a multilingual historian and architect, brings participants to the Museum of Contemporary Art & Design and The National Art Gallery before finishing off the afternoon with a gourmet lunch on the outdoor terrace of Kalu Restaurant.

Get to know Costa Rican culture

Finca Rosa Blanca's [Cultural Highlands Tour](#) is an eye-opening look at historic Costa Rica, taking guests through the colonial towns of Barva and Heredia. Barva, founded in 1561 and a declared national monument, is still filled with 17th- and 18th-century buildings with walls made of adobe and horse hair and roofs of ancient ceramic tiles. Visit the famous traditional mask makers as they create the giant puppets that dance through the streets to the wild music of the *cimarrón*, a percussion and horn accompaniment.

Heredia, the provincial capital and founded in 1706, is home to many Spanish Colonial-style landmarks, including the main cathedral *Parque Central*, the guard tower *El Fortin* and the historic residence *Casa de La Cultura*. On the way back to Finca Rosa Blanca, stop off at the Museum of Folk Art and Culture – a recreation of Spanish Colonial Costa Rica that includes a century-old farmhouse, restored with period pieces and tools.

Guests may also experience the sights, smells and sounds of the bustling Central Market filled with exotic fruit, vegetables, spices and herbs. Guided tour prices start at US\$50.00 per person.

A paradise for the taste buds

Located on a 30-acre hard bean coffee plantation, Finca Rosa Blanca's certified organic coffee is world-renowned for its richness and sustainable growing practices. No agrochemicals, pesticides, herbicides or fungicides are used on the farm – instead, workers use natural remedies for fungus and pests and plants are nourished with rich compost from the onsite worm beds. Guests are invited to [take a tour of the plantation](#) to learn how organic coffee is grown, harvested, dried and processed.

With a culinary program overseen by owner Teri Jampol, Finca Rosa Blanca's El Tigre Vestido Restaurant & Bar is committed to the environment, community and to its guests. Five per cent of all profits go to local projects and initiatives and the restaurant's fresh food comes nearly exclusively from a cooperative of small organic and independent farmers or local merchants. El Tigre Vestido's culinary style emphasizes Legacy Dining – celebrating Costa Rican and Central American cuisine and the recipes that have been lost, disregarded or food commonly found only in the family kitchen.

Finca Rosa Blanca will happily program a class with the chef to make typical dishes such as Patacones; twice fried green plantains or chorreadas, fresh corn pancakes served with sour cream. Guests can also include the trip to the Central Market in Heredia to purchase the ingredients for the class and taste the myriad of tropical fruits, local delicacies and spices .

For more information on Finca Rosa Blanca Coffee Plantation & Inn or to book a stay, visit www.fincarosablanca.com.

About Finca Rosa Blanca Coffee Plantation & Inn

International media organizations like *The Guardian*, *Forbes Traveler* and *USA Today* have repeatedly named Costa Rica's Finca Rosa Blanca Coffee Plantation & Inn one of the best boutique hotels in the world. Set high in the mountains and surrounded by lush mountains, dormant volcanoes and deep canyons cut by wild rivers, visitors can undertake a number of adventure activities, including visiting butterfly farms, river rafting, horseback riding and volcano hiking. As a leading, sustainable eco-luxury inn, Finca Rosa Blanca introduces guests to the local tastes of Costa Rica with its daily tours of the Inn's certified organic coffee plantation.

About Glenn Jampol

The president of Finca Rosa Blanca Coffee Plantation & Inn based in Costa Rica, Jampol heads Costa Rica's National Association of Ecotourism, the official body for sustainable tourism sanctioned by the Costa Rican Tourist Board. Born in Los Angeles, Jampol spent most of his adult life in San Francisco as an artist and college instructor and later in New York City where he had a successful career as a painter for more than 30 years. Jampol's artworks have been shown in exhibitions all over the world, including the Galerie Zindel & Grabner in Berlin, the Los Angeles County Museum of Art, the San Francisco Museum of Modern Art and the Museum of Contemporary Art and the National Gallery in San José, Costa Rica. Today, Jampol lives in Santa Bárbara de Heredia, where he and his wife Teri built a home in one of their coffee fields attached to the hotel where they produce, roast and package shade grown, organic coffee certified by Rainforest Alliance, OKO Garantie and Icafe.

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