

# Nico Botefur

of

## Essence Arenal



**Here are a few ways that Nico Botefur from Episode #011 is using a cyclical resource approach to build fertility, beauty, and profit for his hotel and restaurant, Essence Arenal.**

- Building a hospitality and restaurant business to bring money in to feed his permaculture & reforestation efforts. Now the planted forests are feeding the hospitality and restaurant businesses.
- Compost from the restaurant feeds his chickens. The chickens' eggs feed the restaurant, and he rotates them to different parts of the farm, improving the fertility of the gardens and fruit trees to supply the restaurant.
- Weeds from the garden and prunings from the fruit trees are piled up and inoculated by the tilapia pond water. That material is then composted and moved back to feed the trees and gardens.
- Perennial plants like Mexican Sunflower and Medero Negro are used to rebuild the soil by providing ongoing sources of biomass that can be used for mulch in nearby gardens.
- The beauty of the project attracts volunteers who are often given the opportunity to make the project more attractive.
- Neighbors are invited to provide tours and spa services that improve the quality of the hotel, therefore bringing in more guests to support the local community.



To hear more of what Nico is doing at Essence Arenal, check out the interview at <https://sharinginsights.net/nico-botefur>.