The Cultural Diversity Celebration was established to promote awareness of various cultures, their histories, and their contributions to the global community. This celebration includes information and cuisines from the regions showcased in order to enhance cultural understanding. This event provides an opportunity to highlight the amazing diversity among the faculty, staff, residents, and student body of Texas Tech University Health Sciences Center El Paso.

Cartagena, Colombia

Here are some interesting facts about the Country of Colombia to know:

1) Colombia is the second most biodiverse country in the world, after only Brazil which is 10 times its size. Colombia is one of only 17 “mega-diverse” countries in the world.

2) World’s largest producer of Emeralds (60%)

3) Abundant fauna and flora including frogs, birds, carnations and orchids.

4) World’s 3rd largest producer of coffee, reptiles and bananas in the world.

5) Colombia is the only country in South America that has coastlines on both the Pacific Ocean and the Caribbean Sea.

6) Colombia is the happiest country in the world according to the 2013 and the 2014 Barometer of Happiness and Hope.

7) The economy of Colombia is mainly dependent on manufacturing and agricultural exports such as bananas, cut flowers, sugar, and coffee. Manufacturing exports include textiles, chemicals, garments, and metal products.

8) Aguardiente is the national alcohol. It’s an anise-flavored liquor that literally means “Firewater”. But relax, it’s not that strong – around 29%.

The “River of Five Colors” also known as the “Liquid Rainbow”, is a river in Colombia located in the Serrania de la Macarena province of Meta. This river’s bed changes color between yellow, green, blue, black, and especially red, beginning the end of July through November.

Medellin, Colombia
There are several different interpretations of the Colombian flag. The standard belief is that the colors are very symbolic. Yellow represents the soil, gold, and the riches of the country, as well as the sun, harmony, agriculture and justice. Blue represents the seas, rivers, and the sky. Red represents the blood shed by those who fought for the nation’s independence, as well as for the people’s determination and perseverance.

Another interpretation is that blue stands for loyalty and vigilance, red represents the victories achieved in battles, and yellow is symbolic of justice and sovereignty.

Colombia, officially the Republic of Colombia, is a sovereign state largely situated in the northwest of South America, with territories in Central America. Colombia shares a border to the northwest with Panama, to the east with Venezuela and Brazil and to the south with Ecuador and Peru.

The 2019 population of Colombia is estimated at 49.85 million, which ranks 29th in the world. The largest city and capital of Colombia is Bogota, which has a population of 7.9 million.

The greater metropolitan area has a population of 12 million. Other major cities include Medellin (1.9 million), Cali (2.4 million) and Barranquilla (1.2 million). Simon Bolivar (El Libertador) is the most well-known hero in Colombia.

Fernando Botero, born in 1932 in Medellin, Colombia), is an artist known for his paintings and sculptures of inflated human and animal shapes.

Gabriel Garcia Marquez is one of the most famous writers in South America. He is known for popularizing Magic realism, a literary style where magical elements appear in realistic situations. Bestsellers like “Hundred Years of Solitude” or “Love in the time of Cholera” have been translated into many languages.

Juanes, Shakira, Carlos Vives, and Fonseca are some of the most famous Colombian Singers.

SOURCE:
thefactfile.org/interesting-facts-Colombia/
Colombia Reports, 2014
http://worldpopulationreview.com/countries/colombia-population/
Wikipedia
www.tomplanmytrip.com www.tomplanmytrip.com/
www.mycolombianrecipes.com/cocadas-blancas

COLOMBIA

CUISINE

Colombian Cuisine varies greatly, being influenced by its diverse flora and fauna and also by its immigrants’ cultural traditions. The Colombian dishes vary from region to region. Some very common ingredients used in Colombian cuisine are rice and maize, potato and cassava, assorted legumes, pork, chicken, beef, goat, fish and seafood. The tropical fruits of Colombia include papaya, mango, banana, pineapple, lulo, guava and passion fruit.

TODAY’S MENU

Cocadas Colombianas Recipe

Ingredients: (Makes about 12 cocadas)
2 1/2 cups of shredded coconut fresh or store bought
3/4 cup of sugar
1 1/2 cups of coconut water
1/4 cup of whole milk
Pinch of cinnamon powder

Preparation:
1. Place all the ingredients in a pot. Bring to a boil and reduce the heat to low.
2. Let it simmer uncovered for about 30 minutes or until thickened. Stir often with a wooden spoon to prevent the coconut mixture from sticking to the bottom of the pot.
3. Using 2 spoons, drop small amounts of the mixture onto the baking sheets lined with parchment paper, spacing them 2 inches apart.
4. Let cool completely. Store them in an airtight container for up to two weeks.

Sources:
thefactfile.org/interesting-facts-Colombia/
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