



FROM FARM TO TABLE

Experience Tour:
Harvesting Crops – Cooking Class



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0936348628

ABOUT US

VIETHARVEST JOURNEY

VietHarvest Journey offers authentic rural tourism experiences in Vietnam, grounded in respect for local culture and traditions. We specialize in customized tours for various groups – from families and students to corporate teams – with diverse and engaging activities featuring truly Vietnamese produce

EZCOOKING

EZcooking is a professional culinary training center founded in 2006. With nearly 20 years of operation, we have trained over 3,000 students annually.

Our training programs are designed and delivered to professional standards, encouraging creativity, engagement, and a passion for culinary arts.

COMBINED PROGRAM

With the aim of providing a wholesome and enriching experience "from farm to table", VietHarvest Journey and EZCooking have partnered to create a unique program that combines agricultural harvest with culinary classes.

This program is tailored for diverse participants – where guests can truly explore, engage in hands-on activities, and fully immerse themselves in the essence of Vietnamese cuisine.



A COMPLETE EXPERIENCE

"From farm to table" is a comprehensive and unique tour, offering an immersive journey into Vietnamese agriculture and cuisine.

HERE'S WHAT YOU'LL EXPERIENCE:

- Tour local VietGap vegetable gardens
- Listen to farmers share stories about local agriculture, different vegetables, and harvesting techniques
- Try farming activities: pest picking, pruning leaves, weeding
- Hands-on harvesting of seasonal fruits and vegetables
- Taste fresh produce straight from the garden (e.g., tomatoes, cucumbers, guava, depending on the season)



- Introduction to freshly harvested ingredients and proper preliminary preparation techniques
- Learn basic cooking techniques and kitchen safety/hygiene practices
- Hands-on cooking of traditional Vietnamese dishes using local ingredients
- A diverse 4-dish menu with seasonal variations, no repeats

SUGGESTED ITINERARY

07:45 – 08:30: Departure from EZcooking (Kham Thien) to VietHarvest farm in Giang Bien – Long Bien

08:30 – 10:00: Farm experience – learning about agriculture, harvesting vegetables, and joining the "Farmer's Class"

10:00 – 10:15: Break, refreshments, and optional fresh produce shopping at farm prices

10:15 – 11:00: Return trip to Kham Thien

11:00 – 13:00: Cooking class with professional chefs at EZcooking

13:00 – 13:45: Enjoy a "Farm to table" lunch – the delicious result of your journey

13:45: Certificate presentation, souvenir photo session, program concludes



REFERENCE PRICING

Group Size	Vietnamese Guests	International Guests
>15	545.000 Đ	815.000 Đ
5-15	570.000 Đ	840.000 Đ
5	630.000 Đ	900.000 Đ

SHARED TOUR PROGRAM

For individual guests joining scheduled group tours:

- Vietnamese guests: 570,000 VND/person
- International guests: 840,000 VND/person

INCLUDED IN PRICE:

- Gardening tools and safety gear (shears, small hoes, gloves, boots, hats...)
- Local farmer tour guide
- Fresh farm produce package for the cooking session
- Fully equipped ISO-standard kitchen
- Professional chef instructors
- Drinking water, rest stops, coordination

NOT INCLUDED: VAT and transport between locations (unless otherwise noted)

🚌 Round-trip transport from EZcooking to the farm: Only 70,000 VND/person



CONTACT INFO

VietHarvest Journey:

- 📍 **Address:** VietGap Fruit and Vegetable Production Area, Giang Bien, Long Bien, Hanoi
- ☎ **Hotline:** 0936348628
- 🌐 **Website:** vhjourney.vn