QUICK INFO

Mexico's mountain ranges include the Sierra Madre Occidental and the Sierra Madre Oriental along the west and east, with the vast Mexican Altiplano. Between these, the Cordillera Balsas runs across central Mexico, the Baja California to the north, and the Sierra de California on the west.

Broad temperate and tropical zones by the Tropics of Cancer, with high humidity throughout by virtue of elevation and rainfall—desert, plains, mountains, and tropical highlands to desert valleys.

Population is over 112 million people, with over 20 million in Mexico City, the world's most populous city. Spanish is the official language and is recognized.

Approximately 2 out of 3 Mexican are of mixed indigenous and European origin, following the resolution of 1993, a national identity was established officially embracing heritage—Mexico's ethnic and cultural roots of indigenous, and European.

Classic foods based on ancient traditions, blended over the past 300 years introduced during the colonial period.

Indigenous foods include corn, beans, squash, tomatoes, avocados, chiles, and chocolate, as well as various teas, and assorted tropical fruits.

Newer foods include wheat, grapes, olives, rice, onions, and garlic, vegetables, and livestock, such as pigs, cattle, and chickens.