

Lime & Dine

GRENADA

CARRIACOU

PETITE MARTINIQUE

CARIBBEAN SEA

ATLANTIC OCEAN



10 years ABOUT THE SPICE ISLES

 AllyDay.NET





I spent the day soaking up the sun.
And at night, I shined.

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Welcome



to PURE GRENADA,
SPICE OF THE CARIBBEAN



We know the magical experience of our islands is in both the physical beauty of our scenery, and the metaphysical; the beauty of our people. Our 10th Anniversary edition challenges itself to give you a true taste of both!

ENDORSED BY



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Our Island, Our People
Grenada W.I.



This is Lime & Dine, Grenada, Carriacou & Petite Martinique's, 10th Anniversary issue!

It's been a roller coaster decade, which has rewarded us with many experiences, and an increased skill set.

With this in mind, the cover of this edition is our special tribute to the people who make up the Spice Isles. They are as diverse, in personality and physique, as our islands topography. Many of them owe their particular brand of 'pure beauty' to the islands cultural and ancestral history.

We believe, that Grenada and her people are an integrally, and inextricably linked, composite entity. This truly defines what is so special about our tri-island state.

It is our wish as publishers, and Grenadians, that when you have this magazine in your hands, you will choose to look deeper into its pages. We promise, the introduction it affords will compel you to visit our shores, and really enjoy all we have to offer!



Care is taken to ensure that all information in this publication is accurate and current at date of publishing. The publishers will not be held liable for any changes, omissions and/or errors, which may become evident after publication.

Lime & Dine

GRENADA CARRIACOU PETITE MARTINIQUE

2017 – 2018

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Minister's Welcome



As Minister for Tourism and Civil Aviation, it is my distinct pleasure to welcome all visitors to this beautiful tri-island State of Grenada, Carriacou and Petite Martinique. I invite you to 'Lime and Dine', as you explore and experience the Spice of the Caribbean.

Within the pages of this magazine you will find a diversity of places to 'lime' and 'dine', as you discover the unique local cuisine and attractions the islands have to offer.

Whether you are visiting for the first time or you are a returning visitor, be assured that right here, our beautiful islands are endowed with something for your total fulfillment – just live the life and lime and dine.

Enjoy your visit and our people look forward to welcoming you again.

Clarice Modeste-Curwen

MINISTER FOR TOURISM AND CIVIL AVIATION

Lime & Dine is distributed annually in the Spice Isles and proudly represents Grenada, Carriacou & Petite Martinique in the Regional & International markets.

Limin', &

Here with us, it's almost always done out of doors!

Most likely because this is an 'out door' culture...why wouldn't it be? With the tropical sunshine, golden sand, beaches galore, sumptuous array of greenery, bubbling brooks, dancing rivers, bottomless volcanic lakes, majestic mountains...Oh we've made our point? Forgive us for waxing lyrical on the subject, we are very proud of our islands.

We have to admit that we do often like to have a pot involved – a BIG pot – probably because food is always somewhere on the agenda!

Of course, if you're not the outdoorsy type we also have restaurants & watering holes a plenty. Frequenting these can also



be considered a lime, but only of its really for R & R purposes. So forget business lunches and work cocktail parties – no way – that’s an orchestrated networking and polite parlance occasion. A lime stands apart by its sheer spontaneity and joie de vivre. The lime would be the part when the VIPs’ leave and you get to slump your shoulders and stop minding your p’s and q’s, cos a lime never needs any ‘airs and graces’, **and is definitely done with your friends and family.**

The great thing about the Spice Isles, is that our VIP’s also do know how to lime – it’s part of our culture. If we told you where to find them doing so – you would be like, ‘no way’. However, we won’t, because, then they might have to watch their p’s and q’s and so it wouldn’t be their lime anymore – and that just wouldn’t do! Literally, a lime is when you replenish and recharge your batteries, and everyone has to have the chance to do that.

Importantly, limin’ is something only done by people. So please don’t be fooled into thinking that our dogs are limin’ in the yard, cows and goats are limin’ on the roadside, by the bushes and grass, and that any bothersome mosquitoes are limin’ around you. They are all on a mission going about the necessary business of the day.

But you, that’s a different matter, because now you know what Limin’ Is!





You May Need to Know...

WHAT LANGUAGE IS SPOKEN IN GRENADA?

See 'Limin' Talk - on page 12.

WHEN YOU CAN GET YOUR MONEY?

Bank opening hours: Monday to Thursday 8:00am – 2:00pm. Friday 8:00am – 4:00pm.

HOW MUCH OF OUR MONEY YOU WILL GET FOR YOURS?

Currency exchange rate US \$1.00 to EC \$2.67. This rate is tied. Other currencies are subject to fluctuation in exchange rates.

Major credit cards are accepted by most businesses however, checking may be advisable, particularly for smaller establishments.

WHEN ARE SHOPS AND BUSINESSES OPEN?

Monday to Friday 8:00am – 4:00pm.

Sat 8:00am – 12midday (excluding offices)

WHAT TO PLUG IN SO YOU DON'T GET SHOCKED?

Electricity – 220 volts – appliances using 110 volts can be used with a transformer.

However, many establishments are wired for dual voltage, please check with the proprietor if you are unsure.

WHICH IS THE RIGHT SIDE OF THE ROAD TO DRIVE ON? AND WHAT ELSE DO

YOU NEED OTHER THAN THE CAR? 😊

Driving is on the left hand side of the road, a local driving permit is required and you must wear a seat belt.

HOW TO GET AROUND IF YOU DON'T WANT TO DRIVE?

Enjoy the experience of using the local buses. They travel all around the island and are very inexpensive, just check the fare once you choose your destination.

Alternatively taxis are readily available at the airport & hotels. If not, our hotel & guest-house staff will be happy to assist in arranging transportation for you.

In both cases feel free to ask for information at your hotel's reception desk.

IF YOU CAN YOU ESCAPE TAXES?? JUST KIDDING!

Most hotels and restaurants add a service charge of 10% & VAT at 15%.

Tipping is at your discretion.

OUR 'DRESS DOWN' CODE?

We really appreciate it when you wear your swimwear only on the beach and a few more clothes when you're not!

HOW TO TRAVEL TO CARRIACOU & PETITE MARTINIQUE?

By sea: Osprey Lines operates

a daily service from the Carenage, St. George's: **440 - 8126**

By air: St. Vincent Grenada Air (SVG) operates a daily service from Maurice Bishop International Airport: **444 - 3549**

IMPORTANT TELEPHONE NUMBERS

Emergency Services: **911**

Police Headquarters: **440 - 3999**

Grenada Coast Guard: **444 - 1931**

General Hospital, St. George: **440 - 2051**

Princess Alice Hospital, St. Andrew: **442 - 7251**

St. Augustine's Medical Services, St Paul, St. George: **440 - 6173** (Private Hospital)

Maurice Bishop International Airport (MBIA): **444 - 4101**

Lauriston Airport, Carriacou: **443 - 6306**

INTERNATIONAL CALLS

Grenada's country code is **(473)**

To call the UK dial **011 (44)** and remove the 0 (zero) if there is one, at the start of the telephone number you are calling. Eg **011 44 0207... = 011 44 207...**

To dial North America and other Caribbean islands dial **1 before the country code.**

I.C.E.

IN CASE OF EMERGENCY

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accidents happen.

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Limers & Diners



A.K.A.

AllyDay

CREATIVE PROJECTS LTD

2008 – 2017

Welcome! We can scarcely believe it ourselves, we've reached our 10-year milestone!

Many of you know us from our personal conversations with you over the past editions of Lime & Dine, it's always been a pleasure.

Something you may not know about us is, who we are, aside from the publishers of Lime & Dine? Under our bigger 'AllyDay umbrella' we are renowned for; Graphic Design, Branding, Writing, Marketing & Advertising, Photography, Event Planning, PR... laughter, lovers of a good lime, explorers of ideas of all kinds, never afraid of getting our hands dirty, lovers of food of all kinds...

In 2008, we launched our Company with the buzz phrase; 'watch this space', ready to begin our journey together. We filled 'the space' by branding some of the most well-known restaurants, hotels and corporate companies on island. Working with the Government of Grenada, we have provided our services in support of important topical issues, such as climate change adaptation and child maltreatment, in our tri-island state. We had 2 nominations from Grenada Chamber of Commerce, from our peers in the business arena. Of our numerous launch and PR events, two are international sporting events for Grenada; The Spice Island Billfish Tournament

and Grenada Motor Club International Drags. With their committees, we have seen them grow in size and stature, and learned new vocabulary; i.e, you don't say fishermen, you say anglers. 'Lines up' actually means put them down and stop fishing! And 'making a pass' and 'hooking up', are motor racing talk and not dating hotline vocabulary!

...AND we have published every edition of Lime & Dine in time for our high season, the World Travel Market & Regional trade shows, whilst constantly pushing ourselves to make each edition represent Grenada to the world, with integrity, love and passion for our special home.

Allyne, can you imagine we have reached the BIG 10? Congrats on an amazing, often astounding 10 years.



What We Learned!

[DAY a.k.a Dayl]

If you're not passionate about it, STOP and hand over the reins!

Fix it when you see you're wrong, don't be afraid to apologise (even when you think you're right), go with your gut, feel strongly about things, stop buying black dresses, don't be afraid to wear a T-shirt to work, you can never have enough converse sneakers! Keep talking 'til you get a good idea. There are friends in business, the ones who draw their own lines.

Cook for your team, it makes everyone happy!

[ALLY a.k.a AOG]

Be quiet until the women talk themselves out! Never cross women with PMT, never, ever tell them they've put on weight! My imagination and Grenada's national colours and icons, have no limits.

Go dancing, play badminton, walk on the beach – anything for a quiet life! Eat anything that Dayl cooks, it keeps her happy! Use garlic and honey for everything!

We would like to thank each of you who spent weeks, months and years working with AllyDay, and those of you who have given support by your unfailing belief in us, we could never have reached here without you! All of you know who you are, we hope you're reading this, and that we gave a little something back!

Most importantly we thank the companies and individuals who have chosen to work with us, some of you have done so throughout the decade! We're only here because of you, and the leap of faith you took when no one had a clue who we were, and called us ALL DAY, which we were, ALL NIGHT too, actually! Thank you for giving us the 'Y'

To you, and all of our readers, enjoy this our 10th Anniversary edition, our tribute to all of Grenada's people, which includes us and many of you!





Limin' Talk

Proper



Watch! You need to listen to me. Please act with some more decorum. You cross me at your peril.

He gimmuh sweet eye There was a 'come hither' glimmer in his eyes! I think he likes me!

One, one cocoa full basket It takes time to get what you want. Don't expect to achieve success overnight.

Yuh cud break stick in yuh ears You may choose to ignore this advice, if you will, but it will be at your peril.

Yuh brakesin' I believe you are employing a number of delaying tactics, to avoid acting.

He comin' in a timin' I have absolutely no idea when he may show up. NB. If you hear this, forget it, and get on and do whatever it is you had planned.

Water more than flour There is absolutely no substance to what you are saying.

Put it in ah sweating glass, nah? I would like my beverage in a chilled glass, if I may?

Yuh hav' sweet han' You really are the most amazing cook, everything you make tastes exquisite.

Hole on, hole on I know you haven't had a chance to speak yet, but don't, I'm in the flow of my rhetoric or no, I totally disagree with you. This is one of the most malleable limin' expressions to grace any good debate, conversation or bacchanal!

Yuh movin' like ah bus' kite You really don't seem to have any particular direction or purpose.

Friendshipism A growing number of 'isms'; vocabulary which is created in the throes of a good lime.

Family nuh losin' There is definitely a family resemblance.

Prim & Proper



Grenada Tourism Authority



Welcomes You!

In Pure Grenada, the Spice of the Caribbean, we offer experiences that will leave you in wonder; whether you just wish to relax or you are looking for adventure. You may ask what is there to wonder about? Well, you can stand in wonder at the beauty of our pristine white sandy beaches, gorgeous waterfalls, exquisite gardens, authentic festivals, our spices, our forts and so much more!

Come indulge in our exquisite organic chocolate from one of our four chocolate producing companies, while enjoying an educational tour of the process. Or you can jump on a buggy tour to discover the beauty of our landscape, challenge yourself on a canopy obstacle course set in our lush tropical rain forest, or engage your senses on a spice infused culinary tour.

Our ridges, coastlines and lush interior offer excellent hiking while our position below the hurricane belt creates the perfect conditions for yachting and sailing year round. Our sparkling blue Caribbean waters also hold hidden treasures to explore, including endless reefs, the world's first underwater sculpture park and the famous Bianca C shipwreck.

We invite you to immerse yourself in our island life and feel our passion for life and our island, by visiting local shops and bars and meeting our people, the warmest you will find anywhere.

Be sure to share your experiences with family and friends and with us, by posting to social media and using the hashtags #puregrenada and #freetowonder. Enjoy the bounty and brilliance of Pure Grenada, Carriacou and Petite Martinique.

A handwritten signature in white ink that reads "Patricia Maher".

Patricia Maher

Chief Executive Officer

GRENADA TOURISM AUTHORITY

Limin' Time

SUNDAY

Dodgy Dock - Family Brunch 11:30am - 4:00pm

Whisper Cove - Brunch Buffet 11:30am - 2:30pm

Coconut Beach - BBQ 12 noon - 4:00pm & Live Music 2:00pm - 4:00pm

Aquarium - All Day BBQ. Live Music from 3:00pm

Petite Anse - BBQ Lunch 12 noon to 4:00pm

Beach Club - Chill-Out Lime 12noon - 6:00pm

Lavo Lanes - All Day BBQ Menu & Beer Specials from 1:00pm

Movie Palace - Family Sunday-Family Discount Packages from 3:00pm

Prickly Bay Marina - Daily Happy Hour 5:00pm-6:00pm. Dinner & 2 Movies from 6:30pm

Umbrellas - \$10 Bahama Mama All Day Special. Daily Happy Hour 5:00pm-7:00pm. Live Music from 5:30pm

Venus - Latin Night, Latin Influenced Food & Cocktails from 7:00pm

Arawakabana - Dinner from 7:00pm & Live Band 8:00pm - 10:00pm

Round House - Roast Lunch - First Sunday of Every Month

MONDAY

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm

Victory Bar - Daily Happy Hour 5:00pm - 6:00pm

The Spout - Daily Happy Hour 5:00pm - 7:00pm

Sangria - Daily Happy Hour 5:00pm - 7:00pm

Adrift - Live DJ Plus Food & Drinks Specials from 5:30pm. Daily Happy Hour 5:00pm - 6:00pm

Dodgy Dock - Sunset Yoga 5:45pm - 6:45pm. Daily Happy Hour 5:00pm - 6:00pm. Pizza & Beer Special from 6:00pm - 10:00pm

Prickly Bay Marina - Buy a Drink and Get Your Pizza for ½ Price 6:00pm - 10:00pm

Umbrellas - \$10 Rum Punch All Day Special. Happy Hour 5:00pm - 7:00pm

Venus - Throw Back Classics - 6:00pm - Midnight

Arawakabana - Dinner from 7:00pm & Live Band 8:00pm - 10:00pm

Off the Hook - Half or Full Day Trip to Sandy Island, White Island or Tobago Cays. Call to Book

TUESDAY

Movie Palace - Students with ID Get Discount from 4:30pm

Prickly Bay Marina - Daily Happy Hour 5:00pm - 6:00pm. Trivia Night 7:45pm

Adrift - Daily Happy Hour 5:00pm - 6:00pm

Whisper Cove - Happy Hour - 5:00pm - 6:30pm Tuesday to Saturday.

Dodgy Dock - Rum & Chocolate Tasting 5:00pm-6:00pm & Grenadian Night - Live Music from 7:30pm

Umbrellas - \$10 Dark n' Stormy All Day Drinks Special. Happy Hour 5:00pm - 7:00pm

Sangria - Daily Happy Hour 5:00pm - 7:00pm

The Junction - Special on House Cocktails & Wings from 7:00pm

Arawakabana - Dinner from 7:00pm & Live Band 8:00pm - 10:00pm

Venus - Moods & Melodies- Mix of live Jazz, Blues & Soul Music, Poetry and Drama 8:00pm - 9:30pm

Lavo Lanes - Live Band from 9:00pm. 2 for 1 Drinks Specials

WEDNESDAY

Dodgy Dock - Yoga 8:30am - 9:30am

Lavo Lanes - Johnnie Walker Black, Happy Hour from 4:00pm

Movie Palace - 2 for 1 Movies from 4:30pm

Victory Bar - Daily Happy Hour 5:00pm - 6:00pm

The Spout - Daily Happy Hour 5:00pm - 7:00pm

Umbrellas - \$10 Blushing Bitch All Day Drinks Special. Daily Happy Hour 5:00pm - 7:00pm

Sangria - 2 for 1 Daiquiris 5:00pm - 6:00pm

Adrift - Pig Roast Special & Live Music from 6:00pm

Whisper Cove - Pizza Night 6:00pm - 8:30pm

Off the Hook, Carriacou - Bonfire, BBQ & Live Music 6:30pm - until

Dodgy Dock - Street Food, Music & Drinks 6:30pm - until

The Junction - Karaoke from 7:00pm

Prickly Bay Marina - Daily Happy Hour 5:00pm - 6:00pm. Big Bingo & Drinks Specials from 7:45pm

Venus - Karaoke 8:00pm - 1:00am

THURSDAY

Sangria - All Cocktails \$12
5:00pm - 6:00pm

Prickly Bay Marina -
All Night Happy Hour on
House Drinks from 5:00pm

Umbrellas - \$10 Umbrella
Cooler All Day Drinks
Special. Daily Happy Hour
5:00pm - 7:00pm

Whisper Cove - Roast
Chicken Night 6:00pm -
8:30pm

Lavo Lanes - Garden
Lounge Open Thursday to
Sunday from 6:00pm with
Tapas Menu.

Coconut Beach - Live DJ
& \$1.00 Wings 6:30pm -
10:00pm

The Junction - Latin Party
Music & Specials on Food
and Drinks Combos from
7:00pm

Dodgy Dock - Wine
O'clock - from 6pm
Chocolate Inspired Dinner
Specials from 7:00pm.
Salsa & Tango Class
7:00pm - 8:00pm

Le Phare Bleu - Daily
Happy Hour 4:00pm -
6:00pm - Live Music with
Soul Deep from 8:30pm

Venus - Student Night,
½ Price Pitchers of Beer
& Vodka Mixes - 9:00pm
- Midnight

FRIDAY

Dodgy Dock - Yoga
8:30am - 9:30am

Prickly Bay Marina -
Happy Hour from 5:00pm
- 7:00pm. Party Night - Live
Steel Pan & Band Music
from 6:30pm

Umbrellas - Happy Hour
5:00pm - 7:00pm. Live
Music from 7:00pm

Sangria - Sangria Down
Friday. Buy a Jug of Sangria
and get Free Tapas Dish
5:00pm - 7:00pm

Victory Bar - Texas
Smoked BBQ 5:00pm -
Late. DJ from 6:00pm.
Happy Hour 5:00pm -
7:00pm

Wayne's Bar, Carriacou
- Weekend Lime & Music
from 6:00pm

Dodgy Dock - Mexi-
Caribbean Night - Live
Music & Dance from
7:00pm

Venus - Drinks, Food
Specials & Hourly Give-
aways from 8:00pm VJ
from 9:00pm

Le Phare Bleu - Daily
Happy Hour 4:00pm -
6:00pm Live Music with
FLOM & Sabrina 8:30pm

The Junction - Party with
DJ Danny from 9:00pm

SATURDAY

Dodgy Dock - Yoga
& Breakfast - 9:00am -
11:00am

Coconut Beach - Fish
Broth from 12 noon -
4:00pm

Prickly Bay Marina -
Buy a Drink and Get Your
Pizza for ½ Price 6:00pm
- 10:00pm

Umbrellas - Daily Happy
Hour 5:00pm - 7:00pm.
Live Music from 7:00pm

Adrift - Daily Happy Hour
5:00pm - 6:00pm

Dodgy Dock - Daily Happy
Hour 5:00 - 6:00pm.
Calypso BBQ and Live
Music from 7:00pm

Victory Bar - Happy Hour
5:00pm - 6:00pm Live
Band from 7:30pm

Sangria - Ceviche Night,
Music, Citrus & Spice
7:00pm - 9:00pm

Arawakabana - Dinner
from 7:00pm & Live Steel
Pan Music 8:00pm -
10:30pm

The Junction - Live Music
from 9:00pm

Venus - Live Band from
11:00pm

The Spout - BBQ Special
- Last Saturday of Every
Month

Fish Friday - Gouyave, St.
John - Every Friday 6:00pm

Street Food - Wall Street,
Grand Anse, St. George -
Every Friday

Local Market - Every
Saturday - St. George's
Town from 6:00am -
midday - Grenville, St.
Andrew's, All Day

**Sunset City Food
Festival**, Victoria, St. Mark -
Last Saturday of Every Month

Mt Moritz Breakfast - Mt
Moritz, St. George - Last
Sunday of Every Month

**Spice Island Billfish
Tournament** - January
Annually

**Grenada Sailing Festival
Work Boat Regatta** -
February Annually

Carriacou Carnival -
February Annually

**GRENSAVE International
Food & Drink Festival** -
March Annually

**Grenada Chocolate
Festival** - May Annually

**Grenada Beer & Wine
Festival** - "Uncorked" -
April Annually

**Grenada Spice Mas
Carnival** - August Annually

**GMC International
Drags** - May & November
Annually

All information is accurate as at time of publishing. Please note this information is provided as a guide and that some activities listed may take place in high season only. It is recommended that you call your chosen venue and confirm, to avoid any disappointment. Please see index on page 100 for contact numbers.



Our People

What makes Grenada, Grenada; the island or the people? The geography or the progeny? The picture-perfect scenery or the picture-perfect smiles?

There are many beautiful places on this planet we call Earth. So, what is it that Grenadians possess or maybe that they've been endowed with, that makes us and our island so fondly memorable? Is it the buoyant, eye twinkling smiles?

The genuine warmth and compassion? Is it the love for felicity and festivities, laughter and outrageous exclamations? Or could it be that, like our national dish, Oil Down, Grenadians are a captivating and memorably delicious blend of all of these character ingredients; coalescing into an unforgettable concoction? Providing a gourmet life experience?

The first thing you will notice when meeting a Grenadian, is their smile. A broad, lustrous grin, emanating warmth, this smile is a mere window to the expanse of good nature that lies within our people.

What is the cause of such outstanding affability?

Dating as far back as colonialism, Grenadians have always been community-oriented. "It takes a village..." is not just a proverb in Grenada, it's a way of life. The community takes responsibility to mould its progeny into compassionate, warm denizens of an equally warm society, and these traits are passed down from generation to generation. This grooming 'grows' people; Our People. So, it's not rare to hear visitors describing Grenadians as; the nicest, kindest, warmest, **most convivial** of people, they have ever met. This has become a benchmark of our island, of our people. And with



every interaction, we strive to surpass our own record of how special a special people we are, and want to be.

Another attraction, for which we really can't take any merit, is our diversity. The Spice Isles are a melting-pot of various races and cultures. Because of this, the 'usual' types of prejudice and discrimination, often don't apply. We tend to like you if you like us! Let us explain; whether it's a "jam session", a fete, or a cook up with some oil down and souse, anyone, of any race, culture, or creed can turn up; seriously, it's true. **Once you bring positive vibes and good fun, you just melt in** as if you've always belonged, it's that simple. We understand the importance of fun and joy, and unless a matter demands some other emotion, we try our best to do, whatever we do, in a way that maximizes our happiness.

And that's it, that's us; a people who indiscriminately, seek to enjoy ourselves and ensure that all those around us, share the same level of joie de vivre as we do. **You have to experience it for yourselves.** You will, once you're here, we promise.

We have this trust placed in our hands and we will not allow the passing of time, the challenges life throws, the march of technology or a jaded view of the world, to steal our special gift. It is a rare treasure; the world sees it and values it, we must too.

DID YOU KNOW

that smiling and laughter can improve your thinking ability, boost your productivity, relieve stress and pain, and make you look younger and live longer? And they're free!



Our Island... *Our Villages*

Grenada is a tri-island state, divided into seven parishes. You probably know of at least one of them? That would be, St. George, also the home of our capital city. We just say Town. You can say it too, everyone will know what you mean.

However, what really makes up our islands are those unique pockets of humanity which make up our parishes; **Our Villages.**

Here in the Spice Isles, they have wonderful names, which drip trippingly off the tongue, like little jewels all strung together to complete the treasure which is our island home; Africa, Four Winds, Chantimelle, Sugar Hill, The Glen, Hope Vale, Grand Bras, Soubise, Crochu, Windsor Forest, Mt. Plaisir, Pearls, Le Marquis, Bonair, Bogles, Tivoli, Windward, Crayfish Bay... we could go on and on.

Many of the **village** names stem from our islands rich and varied

history. We readily confess that it's probably better for you to see them written, rather than hear us pronounce them! You see our small island home, 21 by 12 miles, has had oh so many navigators of the world, interested in her beautiful shores, Arawak, Carib, Spanish, French, English... The result is a potpourri of language, an eclectic mix of foreign language names, interesting grammar, use of the vernacular, and what you might say are mispronunciations. Some villages' names need no explanation, you'll understand as soon as you find yourselves there, the name speaks directly to the location or lends itself to the village's most obvious attribute.

Everyone knows when someone new enters the village, whether they're from 'foreign', having come to see family, are touring the island, or actually moving into the village. You see, villagers are very often parts of several different family trees, who have always lived and grown around each other.



DO YOU KNOW
 that many of the villages in Grenada were actually plantation estate properties or a part of a larger property which included more than one village settlement?

If you are passing through, or exploring, feel free to say hello to those you meet. Especially in our villages, we appreciate that, and will return your greeting and maybe even more. Because in the village we have time to lime with you a little, to shoot the breeze, show off our fruit trees, our beautiful views, the river that runs through the village... and maybe you might even get some produce; this is not the hustle and bustle of Town.

Look out for heritage structures such as the local church, an old sugar mill, or bridge, the small wooden convenience shops, which service the immediate needs of the villages. Maybe a tiny post station, not grand enough to be a post office... And there will definitely be at least one village watering hole; C'mon, there has to be **somewhere to right all the wrongs of the world**, work out the strategy for ruling the country, improving schooling, housing, banking, sales of produce, the state of play for nutmeg and

cocoa; the topic for the pastor's next sermon. There is nothing too large or too small for village discussion and often liquid libation, to assist the process!

In the school holidays, the village pasture will have its fair share of cricket, football, kite flying and general running around. The playing of tag, accompanied by peals of unrestrained laughter and petulant shouts of 'not fair'; which normally accompany the shenanigans of children with more free time on their hands than they know what to do with. That is of course, after the chores have been done – oh there will be a list, yes – but once it's done; with all the speed of a whirlwind and the thoroughness of a passing breeze. :) The river will be calling, the beach beckoning, trees to be climbed, dares to be won, adventures to be had – **Freedom.**

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E-mail: patmc@spiceisle.com
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Callaloo & Feta Fritters with Yoghurt Cumin

INGREDIENTS

Serves 8 Persons
(approx. 3 fritters per person)

CALLALOO & FETA FRITTERS

250g Callaloo
6 Seasoning Peppers (*Finely Chopped*)
20g Celery (*Finely Chopped*)
2 Cloves Garlic (*Finely Chopped*)
1tsp Grated Nutmeg
½tsp Sugar
4 Chives (*Finely Chopped*)
1tsp Za'atar
2tbsp Cornstarch
1 Egg (*Beaten*)
40g Feta Cheese
Salt & Pepper to taste

METHOD

Dry cook the callaloo with seasoning peppers, celery, garlic, grated nutmeg, sugar and chives. (*Use a teaspoon of heated cooking oil to start this process*)

Season mixture with za'atar, salt and freshly ground black pepper.

When mixture has cooled add cornstarch and egg and mix well.

Finally mix in feta cheese.

Cover the bottom of a frying pan with a film of oil and heat, place a generous tablespoon of mixture in pan, flatten and turn to cook evenly.

INGREDIENTS YOGHURT CUMIN DIP

1 Cup Plain Yoghurt
Juice Two Limes
¼ tsp Ground Cumin

METHOD

Mix all ingredients together, add salt and pepper to taste if wished.

Place in serving pot and keep chilled until ready to serve.



Recipe courtesy of
Mark B at The Beach Club Restaurant



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THURSDAY	ROASTED CHICKEN	6:00-8:30
FRIDAY - SATURDAY	STEAK HOUSE	6:00-8:30



Bloody Mary Shrimp Cocktail

INGREDIENTS

Serves 4 Persons

- 1 Fresh Lemon (*Juiced*)
- 16 Jumbo Shrimp (*Cooked & Cleaned*)
- 1 Can (28oz) Chunky Style Crushed Tomatoes or
- 2½ cups Chopped Tomatoes
- 2tbsp Horseradish
- 2tbsp Worcestershire Sauce
- 2tsp Hot Sauce
- 1tsp Parsley (*Finely Chopped*)
- 2 Ribs Celery (*Finely Chopped*)
(*Keep Top of Stalk with Leaves for Garnish*)
- 1tsp Ground Black Pepper
- Salt to taste

METHOD

Squeeze half of the lemon over the shrimp and sprinkle them with a little salt.

Mix together the remaining lemon juice, tomatoes, horseradish, Worcestershire sauce, hot sauce, parsley and chopped celery, in a small pitcher.

TO SERVE

4 chilled martini glasses:

When ready to serve pour the sauce into the martini glasses. Hook the shrimp, 4 per glass, around the edges. Garnish with top of celery stalks.

Tip: Chill your martini glasses in the freezer the morning of your dinner party or cocktail event.

Recipe courtesy of
Sangria Restaurant



Look Who's Cooking

...Small Food

Ours are the islands of 'sweet hands'*; where every leaf & root seems to have a culinary purpose, and every starchy vegetable any number of gastronomic possibilities. Somehow, we can make all of them taste out of this world! It seems every cook and chef has their own signature flair and secret - probably our spices & seasonings - for making their combination taste better than anyone else's.

We use the term; 'FOOD'. So, for instance we might buy or make some waters (soup), and someone will ask; "Does it have 'food' in it?" Uh? It is food, isn't it? Oh no! Welcome to Greenz. 'FOOD' means; serious starches, hunger assuaging, 'muh belly bus', heaven! Bluggoe, dumpling, dasheen, edoes, plantain, green fig, yam You understand? These are also commonly referred to as 'provisions'. Basically, they leave us full to bursting and ready for an afternoon siesta! That means it's ok for you to go ahead, if you're on your

holidays. But we really should refrain, or at least practice some restraint, if we want to be even fractionally productive for the rest of the day!

Over time we have learned that an unadulterated diet of this 'FOOD', may not be in our best interests. We accept that, and are trying to be somewhat more moderate about our intake. These are basically our equivalent of what you might consider comfort food, like pasta, potatoes etc. It has to be said that generations of Grenadians brought up on them, are in a class of their own. Tough, resilient and fearless, as if fueled by some super-food when they were youngsters! Alright, we agree maybe it wasn't only their food intake!!

As our present becomes the past, and our past becomes history, Grenada's culinary scene is changing and evolving. Don't get us wrong, the staples will probably always be staples; callaloo, breadfruit, coconut, rice, dasheen,



Did you know that based upon Grenada's Annual Chocolate Festival, a competition section based exclusively on chocolate was added to the Tastes of the Caribbean Competition, held annually in Miami?

yam, salt meat, fish, seafood; We love them! Due to our islands productive volcanic soils, teeming oceans and rivers, these foods are easily and readily available to all of us.

However, some of our esculent evolution, particularly on the restaurant scene, is to do with presentation. What do they call it? Plating? Yes. **Food looks like art!** We do have a lot of friends who say, "what's the difference? It's all going down the same way!" Shame on you! So, all your clothes are going on your body, but are your socks going on your head and your pants on your arms? Not looking quite as good, huh? We've made our point? Excellent.

Tapas, is a relatively new feature to our cuisine scene. A nice food word, Spanish in origin and we do have Spanish in our history. We were 'discovered' by Christopher Columbus in 1498. He named our main island Concepcion, but they say that the homesick Spanish sailors

named us Grenada, because our mountainous terrain reminded them of the Spanish province, Granada. We digress...

From us, you may not hear tapas so much as; finger foods, hors d'oeuvres, cocktail snacks or even, appetisers. However, whatever the general consensus is on the name, a number of our restaurants do offer a very nice selection of them. With marvelous culinary dexterity, they have taken the staple **big "FOOD"** of our Caribbean diet, and created 'small food' out of them!

Did we just create a new culinary term for Greenz? 'Small Food!' Yeah, we like that!! We're sure you will enjoy them too.

*See page 12 - Limin' Talk



Look Who's Cooking

The Grenada Chocolate Family

There's an old West Indian saying 'One, one cocoa full basket'. In local parlance it means; don't expect to be an overnight success. It takes patience and perseverance, because naturally, everything needs time to grow.

All of us are aware that families grow child by child, step by step. Very literally this is exactly the story of the Grenada Chocolate Family; farmer by farmer, tree by tree, pod by pod... offspring of the Grenadian agricultural family, which continues to grow from strength to strength.

We're not going to talk about growing cocoa itself, that has long been a part of Grenada's agricultural and cultural history; a story which stands alone on its own merit. This time, we will have to confine ourselves to the journey of the cocoa bean to the chocolate bar, cocoa nibs, chocolate pepper sauce, cocoa balls, cocoa butter... and beyond.

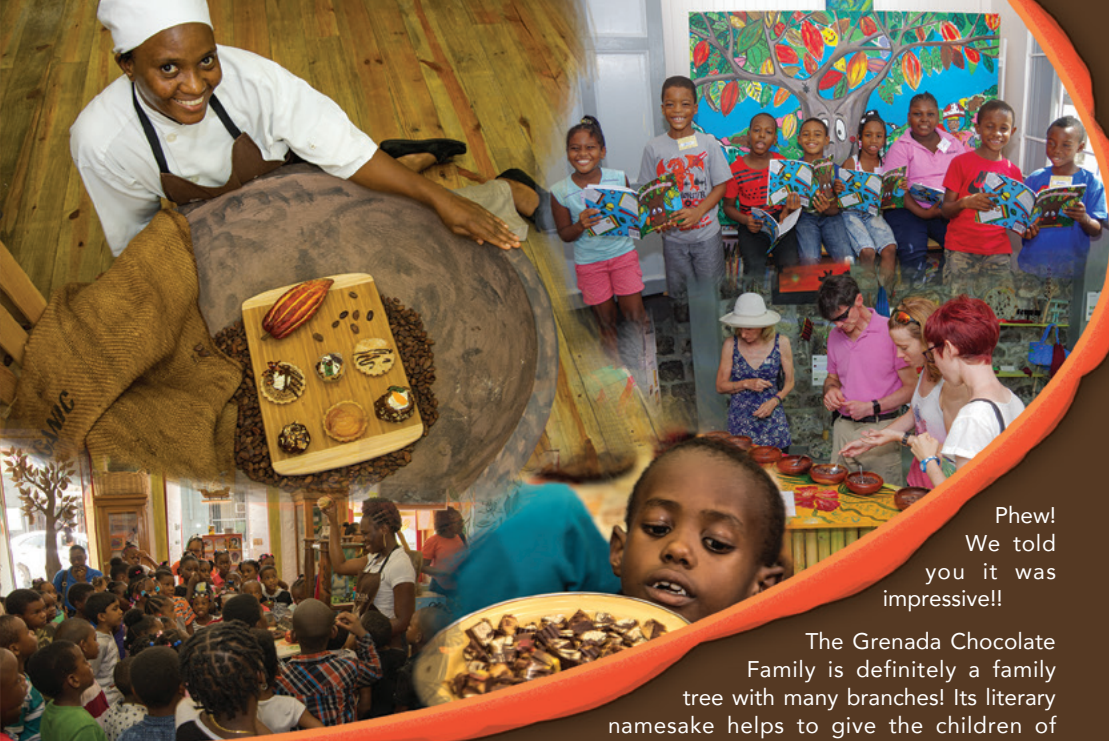
Apart from all the chocolate delights the Spice Isle offers all year round, now you can enjoy a serious chocoholic experience at True Blue Bay Resort, home of the Grenada Chocolate Festival. Don't miss trying their chocolate menu or their rum and chocolate tasting! The next Festival is planned for May 11- 19, 2018, so be sure to save the date!

In 2017, this cocoa and chocolate filled week, included visiting the cocoa plantations and chocolate factories; The Grenada Chocolate

Company, The Diamond Chocolate Factory, Crayfish Bay Organic Cocoa Farm and Belmont Estate's new chocolate factory. Visitors were given the opportunity to experience cocoa farming for a day, to see the graft behind the glamour! Of course, you will still be welcome to visit them, whenever your vacation with us might be.

If you do visit the plantations and factories, you will gain valuable insights into the challenges the islands cocoa farmers face, whilst also making an invaluable contribution to the country's economy. You will also witness the ever-increasing skills of our very own prideful chocolatiers. That experience will lend something extra to the taste of pure Grenadian chocolate melting on your tongue. Some of it is already classified and awarded, as the leading cocoa and chocolate in the world!

The fruits of the Farmer's labour often fall far from the tree; across oceans and continents that many cocoa producers, here in Grenada, may never see themselves. That's why the chocolate family is creating ways to work together, to make sure that the producers share in the islands success story. After all, they are the root of the family tree, from which the Festival and much more, have grown.










Phew!
We told
you it was
impressive!!

The Grenada Chocolate Family is definitely a family tree with many branches! Its literary namesake helps to give the children of our islands, the opportunity to learn about Grenada's Chocolate Family from its pages. It also offers them an opportunity to gain a comprehensive general knowledge, as all sales proceeds from the book are donated to the Grenada Community Library. It's a book written by children of Grenada to teach other children about cocoa and chocolate!

The list of achievements, since the Chocolate Fest started 4 years ago, is sweetly impressive and perhaps somewhat unexpected.

Let's see:

-  The opening of The House of Chocolate (museum).
-  A "Best in the World," three-time award winning story & colouring book, written by children for children, entitled The Grenada Chocolate Family, (we cheekily borrowed the title so we could talk to you!).
-  Two new chocolate factories (Crayfish Bay & Belmont.).
-  The introduction of a specialized chocolate category into the Tastes of the Caribbean Annual Culinary Competition.
-  Support for the non-profit Community Library here in Grenada.
-  The rehabilitation of some cocoa farms, using perma-culture techniques.
-  And a brand-new generation of young Grenadian chocolatiers.

Do feel free to buy a copy and help! 

The Grenada Chocolate Family continues to produce, increasingly skillful Grenadian chocolatiers, more micro chocolate factories, and an ever-growing annual Chocolate Festival... all adding to the many attractions, and the economy of the Spice Isles.

True, the basket is not quite full as yet, but ... one, one cocoa will full it.

The people of Grenada say so!



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House of Chocolate Cocoa Choco Shake

INGREDIENTS

- 2 Scoops of House of Chocolate
Chocolate Ice-Cream
- 1 Cup Ice
- 1 Espresso Cup Size of Coconut Milk

METHOD

Blend together until smooth

Sprinkle Grenada Chocolate Company,
cocoa powder, to serve.





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Hubbard's

Grenadian Chocolate Pot

INGREDIENTS

Serves 6 Persons

150g	60% Grenadian Chocolate
150g	71% Grenadian Chocolate
180ml	Milk
100g	Butter
75g	Icing Sugar
300ml	Heavy Cream (<i>Semi-whipped</i>)
50ml	Plantation 20yr Old Rum

METHOD

- Chop chocolate into small pieces
- Boil milk with butter
- Add icing sugar to chocolate in a bowl
- Pour hot milk over chocolate
- Stir until smooth
- Add rum
- When chocolate mixture is cool, fold in cream
- Place mixture in individual ramekins and place in fridge to set
- Keep chilled until ready for use

Recipe courtesy of
Mark B at The Beach Club Restaurant



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





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VENUS

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Symbiosis... Windward, Carriacou

Our beautiful little Sister Isles, Carriacou & Petite Martinique, are really very special.

Hopefully, you will carve out some time to enjoy a relatively tranquil trip, across the Caribbean Sea, to visit them. You might experience some turbulence when making your very brief acquaintance with Kick 'em Jenny, (our underwater volcano sitting approx. 180m below sea level). She is a woman, so it will depend on her mood that day!!

If you haven't visited the Sister Isles as yet, please don't give them a miss; **they're an unbelievable treat.** The treat is in the details, so pay attention and soak it all in. If you're a connoisseur of life, otherwise known as a 'people watcher', you couldn't ask for a richer tapestry to indulge your past-time.

The village of Windward, is on the north-east side of Carriacou as its name suggests, set in

the middle of Watering Bay. From its' shores you can look straight across to our baby Sister Isle, Petite Martinique, and her highest point, the Piton rising approx. 756 feet above sea level.

Windward is renowned for its traditional boat building skills. Its inhabitants are a people proud of their Scottish ancestry, with names which lend to the veracity of their lineage, like Compton, McLawrence, McCloud & McIntosh...

It's here that we found this fascinating spectre, a paradoxical relic in metamorphosis... evolving into living art. An unlikely mixture of growth and decay, housed in a metal tomb, lapped by water, blistered by the sun rays and pummeled by the elements which are the namesake of the village. An anachronistic rusting hulk!

They say she broke her anchor in a storm and



was so tightly stuck she couldn't be freed. Of course, all that could be salvaged was, and taken ashore. Her shell remains and provides a use for Windward, a helper in protecting the coastline and reef.

Worn and weather beaten she rests, like the older inhabitants of the village, whose limin' talk, in favourite haunts, may begin and end on matters of the sea; the speed of a vessel, the days catch, regaling one another with tales of their nautical skills and maritime adventures of old.

Carriacou & Petite Martinique are our gateway to the Grenadines. Spans of ocean in unimaginable shades of blue, so translucent that the ocean floor rises up to meet you. 'Dey say', that from these sources, many treats and treasures come to Carriacou...

Explore we beg you, yet more adventures are waiting for you!

The buses, to be found by the market, will take you where you choose, Windward, Tyrell Bay, Paradise Beach, Bogles... just ask. Whether you do so, or decide to lime a while in Hillsborough's main or back streets, take your time and savour the nuances of the Sister Isles. Island life in a capsule.

Our people will welcome you, they'll know that you're a visitor, so give them some time to get acquainted. **Don't be in a rush, not here...** if you are, then you'll miss what really matters in a true Sister Isles lime.

 DID YOU KNOW

that Carriacounians worked on the Panama Canal with many other West Indians and that they were all known as the Silver Men or Silver People?



Grenada, Carriacou & Petite Martinique



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Family ...The Temne of Carriacou

Welcome to the larger of the Sister Isles, Carriacou! Who's your family? Not, 'who are you?'

For older people of our island, this is not an uncommon question when greeting strangers, especially those who appear to have a similar complexion to the majority of the islands inhabitants. For these older heads it provides a bigger, wider picture. A point of reference, which informs them of an individual's place; exactly where that one belongs, in their world view. And once they're able to link you into this recognisable pattern of belonging and heritage, then and only then, will you receive the attention that comes with recognition;

"Ahh... you're con Gladys' grandchild!" That's it you've reached! You're now on our welcomed 'island of certainty'; something now known, in the vast unknown. And with

recognition comes acceptance; you can literally feel it emanating from us!

So it was, that on 27-30th, September 2016, a delegation of Sierra Leoneans, scholars and government representatives, arrived in Carriacou. You would think that we, the people of Carriacou, had done something outstanding to merit honour of this sort. Not so! It was recognition bestowed upon us for simply being ourselves, for having retained elements of family; through decades of change and thousands of miles of separation. These sojourners, from so far afield, had found evidence on the Sister Isle which strongly suggested a 'Made in Sierra Leone' label!

The tradition of the Big Drum Nation Dance in Carriacou & Petite Martinique, has been a tenuous yet tenacious thread, which has kept



Lime & Dine 1

Written by Matthew "Benny" Alexander

alive our link with our African past. Some here even preserve memories of the names of the actual tribes from which they sprang. And so, even today, you will still find people talking about the Temne Nation and Temne Songs; those who are still irresistibly drawn by the rhythm of the drum that is Temne.

It was these references that drew the interest of researchers, who were already familiar with the Temne of Sierra Leone, and had documented their connection with the Gullah people of South Carolina and Georgia, as well as to the Sister Isles.

Of course, Carriacou & Petite Martinique are certainly not the only Caribbean islands that have retained remnants of their African roots. But what has been said, and over which we can rightfully boast, is that they stand out uniquely in the Caribbean for the preservation of their ties with the Temne people of Sierra Leone.

"Family nuh losing" is another thing you'll

hear older people say in Carriacou. It means that, there is always something discernible which ties you to your origin, to your roots. That your family is in you. What gives it away is knowing what to look for; the way a person moves, the looks, the mannerisms, the finely woven almost imperceptible threads, which so often ignite a memory.

And so, despite the destructive fog of distance, time as well as space, filaments of memory are still preserved. On account of these, a lost part of the bigger Temne Family were reunited, on our not so insignificant island of Carriacou.

Ref: *The Temne Nation of Carriacou*
John Angus Martin, Joseph Opala,
Cynthia Schmidt



Grenada, Carriacou & Petite Martinique



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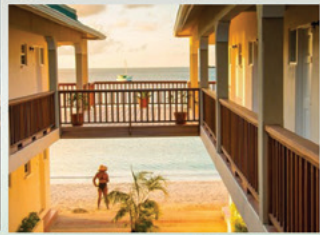
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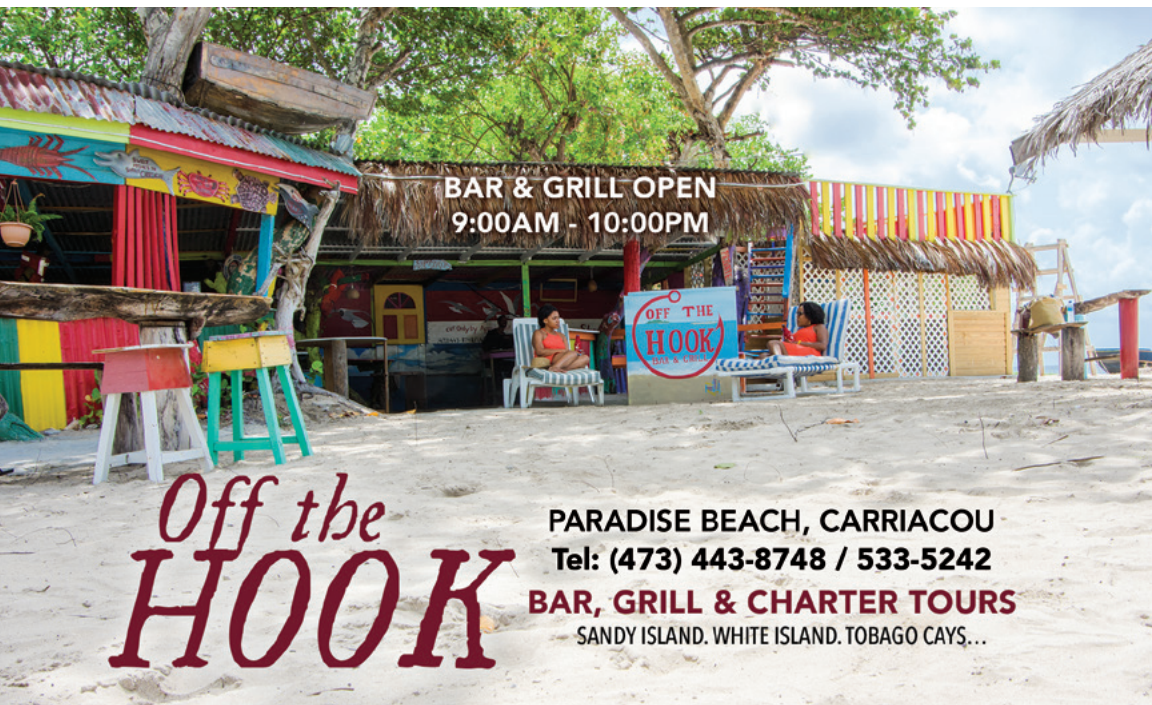
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Pure Lime

**Telfor Bedeau
...A Pure Grenadian Treasure**

MY EARLY YEARS

My grandmother raised me, half a mile from the sea, in the village of Soubise, St. Andrew. The sea was the be-all and end-all for me. I didn't know about fear. Ever since I was a little boy I swam in it. Even at night I would row out to sea. I would set myself a mark, swim out to it, and then each time to go further and further. Grenville Sea, Soubise Sea, Marquis Bay... that's how we call them. What I learned, was to respect that the ocean is moody, one moment nice and calm, and in the space of a few hours raging and rough.

I don't think my grandmother suspected half the time I was out at sea, she was asleep! She was my whole family, my mother, father, brothers... everything. She was born in Grenada in 1874, a real, genuine Indian; her parents actually came from India. I remember she used to cook local dishes, dahl and rice and dahlpourie ...moonga they came from India with that, they call it moringa here, that was a normal part of my diet.

In 1944, I attended the Roman Catholic junior school in Grenville's Old Church, it was actually commissioned in 1844. Now it's just a shell. Take a look when you pass through, if you come via the coast road you will pass right through Soubise, past Long Wall and where the road bends, you will see the Old Church on your left.

I left St. Andrew's Anglican Secondary School (SAASS) around 1957-58, a time when discipline and integrity were upheld. That was my last year at school, I got fed up and said to myself "to hell with dat! I 'aint wasting time with dat." They said I was a bright guy, not to leave, but I was going to be a sailor, that's what I dreamed of.

HIKING

Hiking came later, my first ever hike was with the scouts, it was when I had fifteen years. I saw Grand Etang, our volcanic crater lake in the



 DID YOU KNOW

that Mr. Telfor Bedeau received a British Empire Medal in 2007 for Services to the Community? That he has his own hand drawn and painted map of Grenada, to scale, based upon knowledge accumulated during his decades of hiking and kayaking? And that award-winning British actor and director, Noel Clarke, recently discovered that Telfor is his uncle?

[VIDEO] <https://youtu.be/gPEDx3sLO9E>

rain forest, for the very first time. That fired me up! I could see the peak of Mt. St. Catherine, our highest mountain, from Hartford Village, close to my home, I've only climbed her 217 times since then! I have learned, over the years, that she's a very shy lady, when you look at her she is often wearing a veil of mist. There's nothing to be afraid of in the bush here in Grenada, we don't have poisonous snakes, lions or tigers. I still enjoy showing people our islands treasures, it's just that the knee gives trouble sometimes.

Although I started hiking seriously since I was about twenty-two years old, I didn't do it for a living until after my time working for the government.

I have hiked every island from Grenada to St. Vincent.

TRAVEL TO OTHER SHORES

Yes, I did go to England, it was 1960 – 61. I stayed a full year, the year it took me to earn my passage back home to Grenada. I got there and I said to myself "who dat, me? eh heh, not me!" The best thing about it was the eighteen days at sea, the most fantastic time I ever had in my life. We docked in Tenerife, Barcelona, Genoa and then took a train to Bologna and crossed the channel to England. I was twenty years old. Five girls were chasing me on that trip, but I was always too wild to be tamed. They say I was slippery, they couldn't catch me! I think that's why I have lived long and healthy, because I dealt with women, yes, but only in a diplomatic way!!

I came back home for the sea, it was in my blood. For instance, I knew my mother was from our Sister Isle, Carriacou, even though I didn't know her really. But I decided to claim

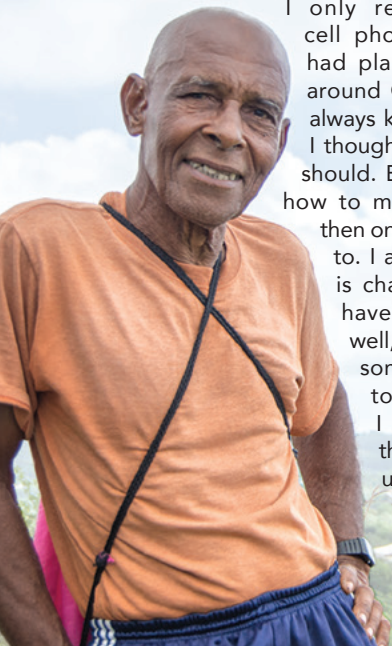


Grenada, Carriacou & Petite Martinique

my family ties, it's like that in Carriacou. I spoke of my mother, they said, 'yes that's our cousin, you're family! They had boats, that was enough for me; I like boats, they could sail and had a boat. We sailed a little windjammer from Grenville to Carriacou and then graduated to schooners, travelling to and from Trinidad. That time was like heaven to me.

Later in the 60's, I was being groomed to be captain of a schooner; I used to have a sextant and take the readings. The owner said he wanted to promote me to captain, but just at that time my grandmother got sick so I stayed to be around her, and then when I was ready to go, the boat sank. **I believe there's something in the world which has a plan for people**, because that's when I decided to boost my land surveying skills, and eventually did this for the government for seven years.

I didn't go to university; I studied ocean navigation and then land surveying, from books. Everything is there to be read, if you want to learn; that's why I left school premature.



I only recently got a cell phone, because I had planned to kayak around Grenada, and I always kayak alone. So, I thought well, maybe I should. But I only know how to make a call and then only if I really have to. I agree the world is changing and we have to change as well, but I think that sometimes we go to the extreme. I mean these things we should use as a tool, not

as a part of you. When I see people with them all the time I think, wouldn't it be strange if a carpenter turned up everywhere with his hammer and saw? At a funeral, or going to church, or out to eat or drink...

Will we eventually be 2nd and 3rd class citizens, who can't manage and decide without machines? I'm happy I'm getting out of that. I don't even have current in my house; I have one foot in the modern world and one in the stone age, I still wash my wares with black sage, who needs dish washing liquid? I tell myself "I'm not putting me two legs in one place, I can survive no matter what. Wah do yuh man!"

LIFE NOW & BEYOND

Nowadays I kayak more, it's not so hard on the legs, I still enjoy the thrill of the ocean, my first true love. I have never fallen out of love with her, and always find ways to remain close to her.

They say people know me, but I don't let things get in me head. When I got a medal from the Queen of England I thought, "well, that's not bad for doing me little nonsense!"

If I had to tell our people of the Spice Isles anything, I would say; **"Take good care of our natural environment; this is our greatest asset. We need it."**

I do have a favourite lime, or two. Gouyave Fish Friday and Mt. Moritz Breakfast, the breakfast is on the last Sunday of every month and it never misses me, ever since 2011. I take my friends with me, we always enjoy it.

What can I say? "I plan me life, me and nature, I 'aint want nothing else. That's my way to live."

I have only one request: "When I die, burn me and throw my ashes in the ocean".

The publishers of Lime & Dine would like to express their heartfelt appreciation to Telfor for an unforgettable experience, an edifying hike and an enlightening conversation. You know when you are in the presence of genuine greatness!

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A Small Island

Grenada, at the southern end of the Caribbean island chain, is popular amongst sailors as a year-round cruising destination. It has a multitude of anchorages and protected bays on the south coast, to choose from. The picturesque harbour of St. George's, has easy access to the town and shopping, including the fabulous array of fresh fruit and fish, at the markets. Just inside the harbour are two protected marinas, and a stone's throw away is the stunning Grand Anse beach, dotted with almond and sea grape trees, hotels and beach bars, selling burgers and cocktails. Prickly Bay is a hub of

activity with popular bars and restaurants, a boatyard and marine chandlery. At the head of the bay, an up-market hotel and fine dining restaurant sit quietly in the corner of L'Anse aux Epine's Beach. A little further east the more rural Clarkes Court Bay is surrounded by mangrove anchorages, green rolling hills and a boatyard in its north-western corner. Friendly taxi drivers shuttle people between the bays for a low-key night out, live music at one of the bars or hotels, or perhaps for something special at one of the fine restaurants on the secluded and sublime beaches.



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WE CAN CATER FOR ALL OF YOUR ISLAND EXPERIENCES



Living 'the Lime

Lifestyle, Business & Investments

So, you've arrived at the point that this actually, really, truly, could become your home, long or short term; Fantastic! In our experience, if you are coming to live here, the first person you have to convince that it's the right decision is you!

Remember what may have brought you to this decision - that fleeting moment, when the sea looked, oh so blue, the sand, oh so golden, and the mixture of sun and breeze was like a perfectly blended cocktail, exactly the right quantity of everything. You may not recall the pesky mosquito buzzing by your ear; just a little 'sour' in paradise. Just a part of life, a part of Living 'the Lime.

Let us help you with some of the immediate challenges that you may be concerned with.

HOW WILL YOU STAY CONNECTED WITH THE FRIENDS AND FAMILY YOU LEAVE BEHIND?

Oh, my gosh, what would we do without Skype, Whatsapp, FaceTime... so many ways to be connected. And yes, we do have service providers to keep it that way. Turn our pages and see how to contact them.

IN THE UNLIKELY EVENT OF YOUR BECOMING BORED OF THE PERFECT MIX OF TROPICAL WEATHER, THE MESMERIZING SPECTACLE OF THE SUNBEAMS DANCING ON THE OCEAN, OUR VERDANT MOUNTAINOUS LANDSCAPE?

Here are some other options. Take a look at all our restaurants & bars, little hideaway places to stay, exploring to do, adventures to experience. Be innovative, whether your budget is modest or unlimited. We find that the only barriers which keep us hemmed in are the ones we create in our minds. Grenada is one of the safest, most beautiful places you can ever dream of living in.

HOW DO WE MAKE FRIENDS, MEET PEOPLE? Naturally we like to 'lime', but not



all the time. When limin', or even otherwise, talk to people. We may say 'wah go?', but you can say 'hello!' There are a number of quite popular weekly events you might enjoy. You can find some of them in our Limin Time Calendar – page 14. And then there are latin dance classes, yoga, the gym, Hashers, the Rotary Club... just to scratch the surface. It's amazing who you might meet under these incongruous circumstances, and the opportunities these open the door to. Back scratching and networking, are not derogatory terms in our experience.

IF YOU'RE NOT A GRENADIAN, YET?

Oh, then you must practice some of our Limin'Talk! No, you're right. That won't get you your work permit, residency or citizenship. But it will help you laugh; very important!

However, to the more serious matters; the Ministry of Labour will be your first port of call if you wish to work here, and not just lime. If

you're not going to work, lucky you! Once you've been here for at least two years (you have to be very much at home by now), you can apply for residency. Forms and guidance can be found at the Prime Minister's Ministry in the Botanical Gardens. You'll also be able to find out about applying for citizenship there.

Of course, you have a lot more questions and you don't want us chattering away! It's ok we're not offended. Sometimes Livin' the Lime entails looking after some more serious matters, that's understood! Please see page 82 for some further information.

DID YOU KNOW

that Seasonal Affective Disorder (SAD) - or the winter blues - is a depression specifically caused by lack of sunlight? Sunshine boosts levels of serotonin - the body's natural happy hormone. That's why we tend to feel happier and more energetic when the sun shines!



Grenada, Carriacou & Petite Martinique



sandy island, st. patrick, grenada

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sums up our listings.. whether seeking your own private island, development property, vacation villa rental or yacht charter, Suntanner's refined collection offers the best of Grenada and the Grenadines.

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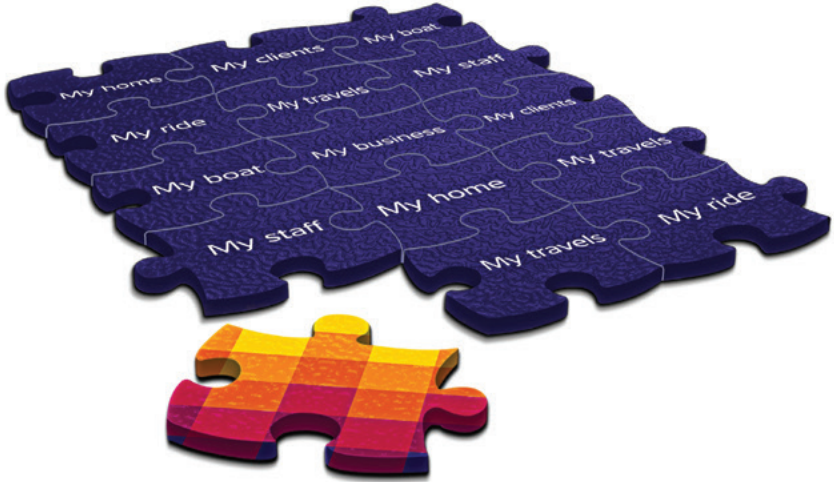
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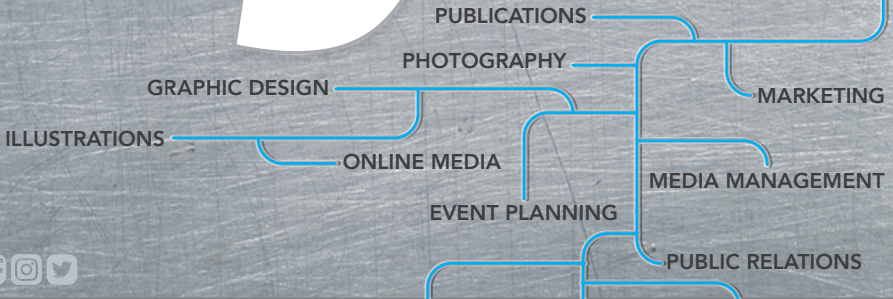
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Lime Inn

...past, present, future

A Janet House! Have you seen one since you've been here? Ask your bus conductor, taxi driver or guide to point one out to you.

Yes, they are completely innocuous. However, the reason for them was anything but, Hurricane Janet; hit the Spice Isles like a cricketer hitting a six, no holds barred, on September 22nd, 1955.

Janet houses, were part of the result of her visit. Their bespoke purpose was to shelter those left homeless after her passage; supposedly a temporary shelter. But this is Grenada, where sometimes temporary becomes permanent, and permanent doesn't last long!

Many of these houses are now bereft of human life, overtaken by other lifeforms, creeping vines in blossom, which adorn the structures like decorative materials, and multi-legged nocturnal visitors and inhabitants that you might wish to avoid. They are part of our

islands landscape, our history, and once a place to live and to Lime Inn. **A testament to our islands people. Janet struck and they struck back, stood tall.** They manifested, resilience, determination and general joie de vivre, in the face of seemingly insurmountable adversity. They were survivors then, and still are.

We encourage you to take the opportunity to explore our beautiful Tri-island state, so we have a number of choices for you to Lime Inn, over the page.

Something you cannot fail to notice, when you do travel further afield is, how many beautifully built houses appear to be completely uninhabited, some more evidently so than others. A number of them open their doors and windows, to laughter, 'ole' talk' and the tread of many feet, for Carnival, Xmas, New Years,... annual family gatherings... These houses comment on the more recent history



 DID YOU KNOW

that Hollywood actor Morgan Freeman compiled a book called "Morgan Freeman and Friends: Caribbean Cooking for a Cause." And donated all proceeds to the Grenada Relief Fund, after Hurricane Ivan hit the island in 2004?

of the island. They were built by members of the diaspora, who migrated to other lands in pursuit of jobs and other improvements.

After 'living the dream', many have returned to the Spice Isles to the dream homes they built; edifices which fittingly testify to their achievements from years of hard, sometimes soul destroying work, away from our shores.

Returning 'home', for a number has been as tumultuous as their initial exodus to the land(s) of opportunity. For others, **their home-coming has fulfilled every dream and memory** they held dear, that sustained them through years of travail, in the big wide world, way beyond our little dot in the Caribbean Sea.

You see, the real challenge lies with the children of the 60's 70's, and beyond – whose lives began elsewhere. They are rooted in Caribbean heritage, but sprouted and grown on far away shores. A visit to our beautiful

island is just that, a visit. Their life's threads and dreams, are now intricately woven into the fabric of vast continents and lands touched by other seas and oceans.

Therefore these houses, built by sweat and tears, fuelled by a longing for the sound of the ocean and the gentle kiss of Caribbean breezes, are sometimes mausoleums; memorial tombs for those self-same dreams which provided the foundation on which the walls were built, for habitation, and not disrepair.

There's no one to blame.

Time is one directional. Change is constant. One generation succeeds another. And with that, the reference points of achievement in our lives also change and our cultures continue to evolve.



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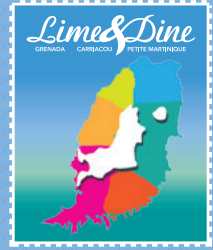
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Shaken & Stirred

The Jaguar

On August 12th, 2012, Kirani 'Jaguar' James carried the hopes of dreams of 110,000 people, the entire population of Grenada. For 43.94 adrenaline-charged seconds, in front of millions, he won Grenada's first Olympic gold medal; in any sport.

His early athletic prowess, accompanied by his humble spirit, etched him into the minds and hearts of every Grenadian; but it was this moment that cemented his place not only there, but in history.

If you were fortunate enough to be on-island to experience Kirani becoming the 9th man in history to run a 400m race in under 44 seconds, then you would understand the epic proportions of the celebrations. Chants of "de place go mash up" or "now de mas start" and even, "Grenada to the World", could be heard over and over. The whole island erupted into spontaneous fêting, with all who could, heading towards his hometown of Gouyave.

A popular bar, called Umbrellas, even concocted an impromptu cocktail, aptly named 'Jaguar', that was served to all the patrons, and which still remains on the menu as an 'Ode to Kirani'.

Kirani always has Grenada front of mind. Whenever he is asked what motivates him, or what his goals are? His answer never waivers, "to make my country and everyone proud." How fitting it was, that he had bestowed upon him the role of an ambassador for the Spice Isles.

We think that's what makes him special, how comfortable he is in his own skin. How everything is always enough. So, how do you thank someone like Kirani and give him the 'more' that he doesn't seek?

On his first trip back to Grenada, after his Olympic win, he was greeted with a weekend-long celebration, including an island wide motorcade. Visitors arriving at Grenada's airport were warmly welcomed to 'Kirani Country', by an



DID YOU KNOW
that for two years in a row a Grenadian apiary, Jessamine Eden, won first prize, for the Best Honey in the world at the National Honey Show in London, England? Dey say; a spoonful of honey each night before you go to sleep can help you lose weight!

unmissable billboard. Internationally-acclaimed soca artiste and fellow Gouyave native, Mr. Killa, wrote and produced a video, aptly called Kirani City. Once known as the Lagoon, one of the most scenic roads in the South of the Island was renamed Kirani James Boulevard... and so it continues.

Five years later, another Olympic medal in 2016, and his continued accomplishments on an international scale, brought him even further recognition. Grenada's newly built athletic stadium was named The Kirani James Athletic Stadium, accompanied by all the fanfare and exuberance you would expect of Grenadians!

It was right there that the inaugural Grenada Invitational (2017), was held. The atmosphere was electric, as many of us reminisced on that eventful day when he first won gold, when most of us could not be there. This time, we would witness The Jaguar, with our own eyes. Thousands poured into Queen's Park, with conch shells and drums, ready to 'play mas' and witness the historic renaming of the stadium and Kirani in

action. We were also thrilled to welcome some of athletics biggest stars; Asafa Powell, Veronica Campbell-Brown, Justin Gatlin, Atto Boldin and our favourite rival LeShawn Merrit.

Oh yes, competition was rife, but amongst it all, it was evident that everyone was there to celebrate with, and for, Kirani. The continuous chanting and applause, when the new name was unveiled and he, in true Kirani style, thanked everyone for always believing in and supporting him, said it all.

We know everyone loves a tale of success, especially when it's rooted in the dreams and determination of an improbable hero. There's always something we can relate to in that. For Grenada's golden boy, there was no shortage of adversity to overcome. From hunger, to painful barefoot training, the hardships, although seemingly insurmountable, never a stopped him.

This is the story of Pure Grenadian resilience, a special son, of a special people.

Shaken & Stirred

The Honey House

"The keeping of bees is like the direction of sunbeams."

- Henry David Thoreau

In the quiet village of Ravine, Mt Gay, St. George, you'll find the 'Honey House.'

It stands just a hundred feet or so above the cool, green shrouded valley, a veritable cornucopia of flora and foliage. This is where the denizens of the hives go about their duties to their queens, and give the 'Honey House' a purposeful existence.

This apiary, and at least three others around the island, are the pride and joy of Mr. Jerome Thomas, beekeeper of six years. He is a typical example of the indomitable spirit of a special people. In the sunset of his life, faced with challenges, he found a new source of income and an unexpected vocation. Calling on the memories of his youth and the assistance of a veteran beekeeper, he joined the elite group of apiarists who produce the much sought-after honey of the Spice Isles.



Six years on Mr. Thomas' enterprise has expanded to eighty hives... Can you tell us about it?

"The growth seemed natural, because beekeeping is almost addictive. It adds a certain purpose and warmth to life, it's an amazingly rewarding learning process. In Grenada, we still have some way to go to look at processing hive products with medicinal properties like, propolis and royal jelly... I think the beekeepers here would love to learn more about how to produce these."

Will you share the secret behind making Pure Grenada honey?

"You must keep your bees happy and healthy!

We keep it all natural, no chemicals; Grenada is renowned for its lush plant life, so there's no need for them. You'd be amazed where the bees like to gather their nectar. At this apiary, their favourite tree is right outside my house, it's a Cutlet tree, which is in full bloom at the onset of the rainy season. Mango trees, and even the seasoning plants we grow in our kitchen garden, are also some of their favourites. This interesting dietary combination contributes to the unique taste of our honey. You do know that the

honey of the Spice Isles is amongst the best in the world, don't you? We always believed it, but now the rest of the world agrees with us!

I also have to make sure the hives are healthy. I look for tell-tale signs that show that something is wrong. The main culprits are wax moths and 'flama' - you might know them as carpenter ants? Both of these are night predators and fighting them means 'night work' for the bees. Bees work in the day, so if the hive is under attack this means that they are working day and night, without a break. This weakens the bees and the hive. Once I see evidence of that I get involved."

Do the seasons affect your honey?

"In Grenada, we only have two seasons; dry and rainy. The honey is best in the dry season and has a thicker, richer consistency. In the rainy season, the bees may have a little challenge with removing all the water, and this can cause fermentation when the honey is bottled. We give a little help by pasturising it at 120° Fahrenheit, and then bottling it."

So, what's else happens in the Honey House?





"We bring the frames from the hive to the Honey House, cut away the outer layer of the honey comb, spin the frame in the extractor, straining simultaneously, and then fill the bottles for sale. **There is absolutely nothing added.** It certainly saves on the labelling. Mine says 'J & J, Spice Isles Finest Honey!'

Naturally I comply with all necessary standards (HACCP) in terms of food handling and preparation. That is an integral part of the processes in the Honey House."

Can we see the hives?

"Oh yes, you should see them. We'll need to cover up, it's better not to take chances, they're used to me, but I still make sure to cover my face. Whilst rain can make them irritable, what exacerbates them most is when they have a lot of honey, and we come to take it! After all, they don't make it for us, it's for them and their resident queen! Future queens have a special diet of royal jelly.

We'll use a little smoke to make them drowsy and you can take a look at the frames where they are building the combs. A little 'shaking and stirring' and they are off, and we can take them and climb back up to the Honey House and see what we can extract for bottling. This is Pure Grenada honey, which is quickly becoming known as the islands liquid gold."

Can we buy some to take home?

"Yes, please do!

Our local honey is easy to find in the supermarkets and even the smaller stores around the island.

We hope your visit, and our honey, will give you an especially sweet reminder of the Spice Isles."



Bees Kiss

INGREDIENTS

2oz Aged Rum
¾oz Heavy Cream
1oz Honey Syrup
Ice

HONEY SYRUP

1 cup Honey
¾ cup Water

METHOD

Place rum, cream and honey syrup into a shaker and add ice.

Shake vigorously for 30 seconds.

Strain into a cocktail coupe and enjoy!

HONEY SYRUP

Place honey and water in a small sauce pan over medium heat.

Stir until honey and water are fully incorporated.

Allow to cool and refrigerate.

N.B. Grenada is renowned for its world class rums, also known as liquid gold. You will find an incredibly varied choice of them in our shops and supermarkets.

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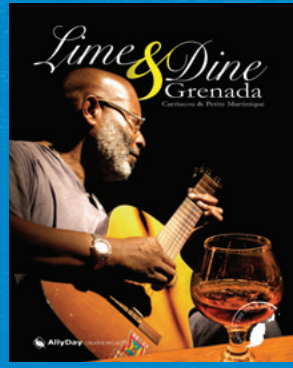
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