


Lime & Dine

GRENADA · CARRIACOU · PETITE-MARTINIQUE



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

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Lime & Dine
GRENADA CARRIACOU PETITE MARTINIQUE

Welcome

TO PURE GRENADA
SPICE OF THE CARIBBEAN

INCREDIBLE
SCENERY

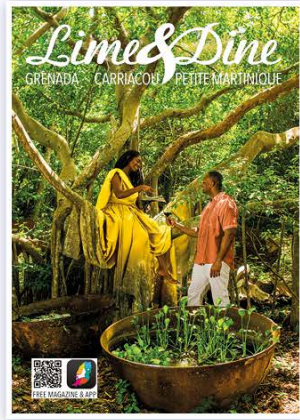
IRRESISTIBLE
PEOPLE

INDELIBLE
MEMORIES

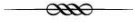


ENDORSED BY





Fairy Tale-at-Home, St. George, Grenada



In a time when we have all been seeking and uncovering new ways of savouring and enjoying our homes, what a joy to uncover a fairy tale forest glade right in the parish of St. George. You feel like you should be on the lookout for fairies and sprites! Or maybe you've stepped back into the most famous garden scene of all time!

Coppers and machinery of a bygone age lie in and amongst the unspoiled forest scene. The vegetation remains undistracted by their rusty 'metal-icism', slightly diverted maybe, but continuing to claim its ascendancy in the forest hierarchy. Trees, perhaps older than the machinery, but ageing quite differently; compose a forest wonderland around the decomposition of their metal companions.

A cool Greenz, everglade scene. So close to the beach that you can hear the sound of the ocean, but removed enough to make you feel that you've stepped into another world.

Our tri-island state has an abundance of breathtakingly beautiful spots along the coast and within our interior. Many of them, like this one, are not hard to find. The trick is to open your mind to the possibilities and keep your eyes focused; "Beauty is in the eye of the beholder!"

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

2020 - 2021

Join us in our next edition by contacting:

allyday@allyday.net
Tel: (473) 420 2132 or (473) 420 2131

 /LimeandDine



eZine available:

simplebooklet.com/limeanddine

Publishing & Photography by



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St. George, Grenada, W.I.
www.allyday.net

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LIMERS & DINERS

Publishers Message



Day

This is an interesting time to be calling ourselves Limers & Diners! Both things have been pretty challenging in light of the global pandemic, compelling us to look at activities from a completely different angle. By doing this we made sure that even with shelter in place, lockdown, mandatory curfews, closed beaches, stores and restaurants, our two favourite words did not become obsolete.

It seemed that limin' might almost become endangered, mostly because we're so used to associating it with socialising in groups and in public places. The truth is that nothing can take limin' out of our culture! We learned to lime at home alone, on our verandahs, in the yard, taking a hike to new found waterfalls and hidden river basins. Mainlanders embraced Carriacou, our Sister Isle, as a travel destination, as restrictions gradually eased. Understanding that first and foremost limin' is about our mental disposition, no matter the circumstance, we all developed a heightened appreciation for many, many, things that we took for granted. Early morning beach walks, sea baths – with compulsory mango eating in the water, and beach buddies... to mention just a few.

Dining! We got much better doing so at home, and using what was available. Check out our 'Quarantine Edition' pictures on Instagram. So much home cooking took place that the self-cleaning function on the oven was deemed necessary, which cleaned beautifully and then continued on to self-destruct. Stove top recipes ensued!

We wish to salute the members of our tourism and business communities, our partners, for their resilience in the face of what may still seem to be overwhelming odds, for all of us. With their support, we are able to bring you Lime & Dine Grenada, Carriacou & Petite Martinique, 2020 – 2021! As we await the further lightening of travel and entry restrictions to and from Grenada, we hope it communicates to you our passion for our beautiful home, culture and people, in advance of your visit.

We can assure you that once here, on the Isle of Spice, you will find a smile and a lime, no matter what the circumstances; it's in the DNA of our tri-island state.

To all of you our advertisers, readers and supporters; Thank You!

This journey would not have been possible without you.

Alleyne & Dayliah
(AllyDay)



Ally

Minister's Welcome



Welcome back to Pure Grenada: the Spice of the Caribbean. A special thank you to all our visitors for #GrenadaDreaming during your time away from us. Grenada, Carriacou & Petite Martinique are ready to welcome you back to our shores to experience a destination that is Just-for-You.

Preparation is underway for your safe return to our tranquil tri-island state. The Industry has been working in close partnership with the Ministry of Health, to ensure that our reopening protocols keep you safe while exploring our paradise.

In addition, over 1800 tourism industry stakeholders from the Accommodation, Attraction, Food & Beverage and Transportation Sectors among others, have been trained and certified in our reopening protocols. These businesses can be identified by the "Pure Safe Travel" seal of approval displayed, which is also World Travel & Tourism Council (WTTC) certified.

You are invited to enjoy our range of nature based, cultural and wellness activities and attractions that can provide you with the rejuvenation you need and deserve.

Keep in mind, that in Grenada, we can target your vacation needs and create experiences that are Just-for-You and your travel party to enjoy.

I wish you a safe, fun-filled and pleasurable stay with us in Pure Grenada and look forward to your return.

For our visitors who are unable to visit us at this time, I encourage you to continue #GrenadaDreaming as we look forward to welcoming you back to our beautiful and safe islands in the near future.

Hon. Dr. Clarice Modeste-Curwen

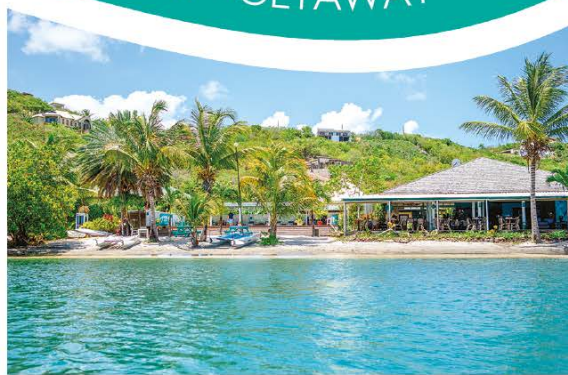
**MINISTER FOR TOURISM
AND CIVIL AVIATION**

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



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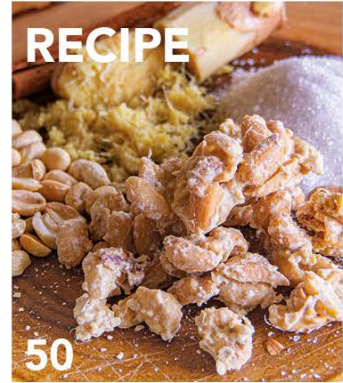
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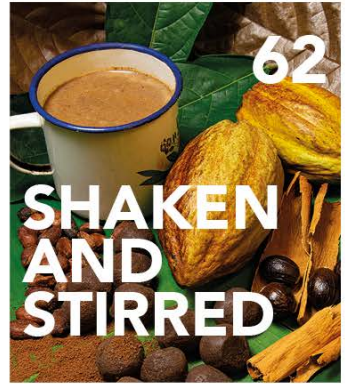
Groundnut Sugarcake
Sweet Treat



Vegetable Pakoras
Savoury Treat



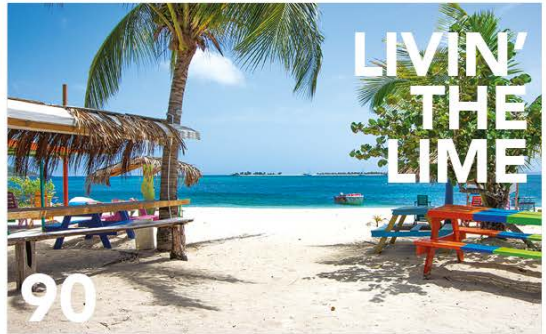
Add as much as you can to your Spice Island taste experiences



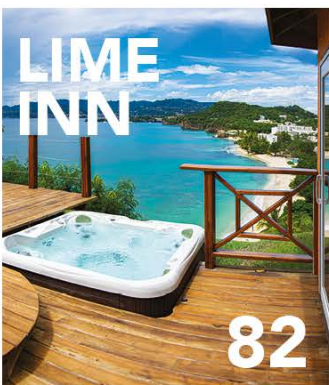
Cocoa Tea Tales



Add a little karumbu to your sugarcane juice



Lifestyle, Business & Investments
Step into our postcard islands



Enjoy our island paradise
#paradisethome



Discover Grenada's Waterfalls

LIMIN' TALK

Proper

Prim & Proper

Dat might cud work! There's a distinct possibility that this is the solution.

Ah holdin' ah slack en' tight I am seeking the optimum solution from a worst case scenario.

Ah dere fuh food en' spoil My raison d'être is the appreciation of all levels of culinary efforts. I can promise that nothing will go to waste.

Ah suckin' salt My financial situation is precarious, I'm trying to manage with very little.

***Yuh han' heavy oui!** Your flavours are rather too bold and rambunctious, a little overdone for the discerning palate.

Ah busy bad! My schedule is totally unmanageable, I scarcely have time to breathe.

Eef yuh see people! There really were quite a number of persons present.

***Better belly buss than good food waste** It is a point of honour to inflict myself with pain, rather than to allow any thought of food wastage.

Yuh caan' hear! Your obstinacy and non-compliance are beyond comprehension.

Ah poke-a-poke I am dealing with life's adversities with as much pragmatism as I can manage.

Ah doin' it one time I will commence that task with the greatest of urgency.

Yuh bramblin' me You're trying to camouflage your ineptitudes, with clever dialogue.

**Isn't it great how much we can say with so few words.
You have to give it a try!**

Grenada Tourism Authority



The covid-19 pandemic was declared on March 11, 2020 and Grenada took proactive, aggressive measures to contain the spread of the virus throughout the country. Fortunately we managed the containment, and at the time of writing the tri-island state is free of the virus.

Our focus now is on implementing a new way of doing business in Tourism, with health and safety protocols established for the six Tourism sub-sectors; accommodation, transportation, food and beverage, tourism services, watersports operators and attractions.

All Tourism Enterprises must be certified in these new protocols, and all Tourism Personnel trained in the new guidelines for interacting with our visitors.

As a destination, Grenada, Carriacou and Petite Martinique offer a respite for the visitor looking to relax and savour their vacation. With health and safety as our number one focus, you can tailor your vacation to your personal needs.

We have a wide variety of boutique accommodations that are small and personable. Our taxi drivers are experienced professionals who can share their local insights while you explore the destination. Our spice vendors are lively personalities, with our world famous spices available for sale. Our watersports operators can take you to the Underwater Sculpture Park, or many of the legendary dive sites around the country.

Our variety of attractions, from historical forts to active plantations, can keep you busy for days on end. It is important to note that all our Tourism Entities will be 'Pure Safe Travels', approved by the Grenada Tourism Authority, so that you can feel safe as you discover Pure Grenada, the Spice of the Caribbean @discovergrenada.

Having a strong agricultural base, we know you will enjoy the rich cocoa that we convert into delicious chocolate or the rum that we add our spices to, to enrich their flavour. Try our exotic local fruits such as golden apple or five finger, as well as juicy mangoes and fresh pineapple.

Our cuisine is influenced by the plethora of fish in our sea, which means that you can always find fresh fish on our menus. You will discover tasty food in every part of the country and don't leave without tasting our unique nutmeg ice-cream! For more information check out our new website for ideas and tips on what to see and do. www.puregrenada.com

We know that we have what you're looking for, with uncrowded beaches, an abundance of nature, and personalized service to make Pure Grenada, Just for You.

Patricia Maher
Chief Executive Officer
GRENADA TOURISM AUTHORITY



YOU MAY NEED TO KNOW

WHAT LANGUAGE IS SPOKEN IN GRENADA?

See 'Limin' Talk' on page 8!

VOLTAGE

220 volts. Appliances using 110 volts can be used with a transformer.



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

BANK OPENING HOURS

Monday to Friday 9:00am - 2:00pm.
(Subject to change).



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.

BUSINESS OPENING HOURS

Monday to Friday 8:00am - 4:00pm.
Saturday 8:00am - 12midday (excluding offices).

Several larger supermarkets also stay open into the late evening and all day Saturday & Sunday.

DRIVING

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

Please also note that the use of cellular phones, whilst driving, is illegal without a hands-free device.



Wearing of a helmet for scooters and motorcycles is obligatory.

LOCAL BUSES

Local buses travel all around the island and are very inexpensive. Check the number & route, and confirm your fare, once you have chosen your destination.

TAXIS

Taxis are readily available at the airport & hotels. If you need one your hotel & guest-house staff will be happy to assist in arranging transportation for you.

TAXES

Most hotels and restaurants add a service charge of 10% & VAT at 15%. *Tipping is at your discretion.*

**DRESS CODE**

Out of respect for our culture we request that you keep your swimwear for the beach, and that you please put on a few more clothes, when you leave it to go elsewhere.

TRAVEL TO CARRIACOU & PETITE MARTINIQUE

BY SEA

Osprey Lines operate a daily service from the Carenage, St. George's: Tel **440 8126**.

The Dolly C operates from the cargo port on Port Highway on Mondays, Wednesdays & Saturdays: Tel **422 6431**.

Other cargo boats also take passengers to Carriacou several times a week, and are very inexpensive. You will find these on The Carenage, St. George's

BY AIR

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

IMPORTANT TELEPHONE NUMBERS

Emergency Services: **911**

Police Headquarters: **440 3999**

Grenada Coast Guard: **444 1931**

General Hospital, St. George's: **440 2051**

Princess Alice Hospital, St. Andrew:
442 7251

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

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

Lauriston Airport, Carriacou: **443 6306**

Mount Royal Hospital, Carriacou: **443 7400**

INTERNATIONAL CALLS

Grenada's country code: **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.

Disclaimer: Information is correct at time of publication. The information may be subject to change without notice. The publishers will not be held liable for any changes.



TRAVEL ADVICE & PROCEDURES

TRAVEL TO THE SPICE ISLE OF THE CARIBBEAN

WHAT DO YOU DO BEFORE TRAVEL TO GRENADA?

The Government of Grenada has prepared a detailed traveller's guide to enter Grenada for your information. This advisory is subject to change and we urge you to keep abreast of the latest updates from the Ministry of Health by visiting www.covid19.gov.gd/wp-content/uploads/2020/09/Entering_Grenada.pdf

WHAT ARE THE ASSOCIATED COSTS OF TRAVELLING TO GRENADA?

First Mandatory Rapid and/or PCR Test: Free

Additional Rapid Test: \$30.00 USD

PCR Tests: \$150.00 USD

State-approved quarantine: \$50.00USD per night (does not include meals, and is subject to availability). This depends on the accommodation facility.

Information source - www.puregrenada.com/travel-advisory

Please note information relating to covid-19 in Grenada is being continually updated. We recommend that you double check on the sites shown above for up to date information and test prices. Should you not find the information you are seeking, please make further inquiries.



WEAR
MASK



6ft
←→
2m
SOCIAL
DISTANCING



SANITISE
HANDS

Disclaimer: Protocols can be changed at any time due to the uncertainty of the pandemic.



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“Life is precious... put it in the right hands”

LIMIN' IS...

This year we all learned how to lime alone, a lot! Small doses were ok, but the large doses. Uh Uh!

It showed us how much we take each other's company for granted. We are gregarious beings and communication is part of the lifeblood and fabric of all of our lives. We learned many valuable lessons.



...Knowing how to enjoy being in your own company.

Taking the time to see what's around you.

Spending time with your family.

Making the time to dream. To savour your great memories. Appreciating the time you do get to spend with your friends.

Anything on the beach. Any drink with bubbles! From de l'eau to Veuve Clicquot!

The art of being.



LIMIN' TIME

SUNDAY

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

Dodgy Dock - Family
Breakfast 7:30am -
11:00am

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

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

Round House - Roast
Lunch - First Sunday of
Every Month

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

Umbrellas - \$10
Bahama Mama All Day
Special. Live Music from
5:30pm

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

MONDAY

Punj-Abi - Free Dessert
with Combo Meal -
Mon to Sun 11:00am -
10:00pm

Spice Affair - Happy
Hour 4:00pm - 6:00pm
25% on selected wines.
20% on spirits & 10% on
food.

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

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

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

Dodgy Dock - Pizza
& Beer Special from
6:00pm - 10:00pm

TUESDAY

**Dodgy Dock Sankalpa
Yoga Studio** - Yoga
8:30am - 9:30am

Punj-Abi - Free Dessert
with Combo Meal.
Mon to Sun 11:00am -
10:00pm

Spice Affair - Happy
Hour 4:00pm - 6:00pm
25% on selected wines.
20% on spirits & 10% on
food.

Le Phare Bleu - Daily
Happy Hour 4:00pm -
6:00pm. 3 for 2 pizza -
Buy 2 get one free!

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

Dodgy Dock - Rum
& Chocolate Tasting
5:00pm - 6:00pm

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

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

WEDNESDAY

Punj-Abi - Free Dessert
with Combo Meal -
Mon to Sun 11:00am -
10:00pm

Spice Affair - Happy
Hour 4:00pm - 6:00pm
25% on selected wines.
20% on spirits & 10% on
food.

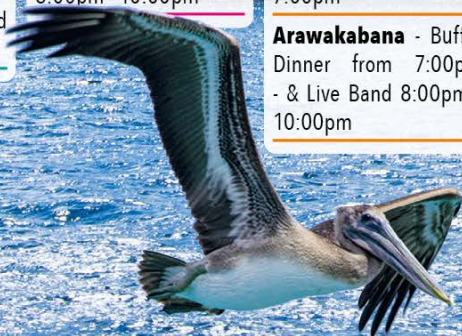
Le Phare Bleu - Daily
Happy Hour 4:00pm -
6:00pm. Dollar Wings

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

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

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

Sunsation - Island &
Grenadine Tours. Call to
Book



Let us give you a little help with where & when to find the lime!

THURSDAY

Punj-Abi - Free Dessert with Combo Meal - Mon to Sun 11:00am - 10:00pm

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

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm. Rotisserie Chicken Night

Spice Affair - Happy Hour 4:00pm - 6:00pm 25% on selected wines. 20% on spirits & 10% on food.

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

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

Dodgy Dock - House of Chocolate Bakery Specials on Ice-cream & Cakes 9:00am - 5:00pm

FRIDAY

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

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm. BBQ Special Night

Aquarium - After Work Lime 5:30pm (by reservation only)

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

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

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

Dodgy Dock - Mexi-Caribbean Night - DJ 6:00pm to 10:00pm Happy Hour 7:00pm to 9:00pm - Supersized Margaritas plus Beer & Food Specials

SATURDAY

Dodgy Dock - Family Breakfast 7:30am - 11:00am

Punj-Abi - Free Dessert with Combo Meal - Mon to Sun 11:00am - 10:00pm

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

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm. Poolside BBQ 12midday - 6:00pm. Sundowners 5:00pm - 7:00pm

Dodgy Dock - Calypso BBQ and Live Music from 6:30pm

Umbrellas - \$10 Pain Killer All Day Drink Special Happy Hour 5:00pm - 7:00pm. Live Music from 7:00pm

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

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

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

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

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

Sunset City Food Festival, Victoria - Last Saturday of Each Month

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

Spice Island Billfish Tournament - January Annually

Grenada Sailing Festival Work Boat Regatta - February Annually

Carriacou Carnival - February or March (Weekend and Mon & Tuesday before Lent) 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

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 ISLAND

WATER FALLS

Chateau Waterfalls, St. Andrew



YES come on,
*let's go chasing
waterfalls!*

And if you are moving
too fast?

You will miss out on these
indefinable natural
beauties, dotted all
around our island.

In Grenada, not many of our waterfalls are neatly signposted or just a few steps along a well-manicured, paved pathway with bricked walls, iron railings and free-standing telescopic lenses installed at convenient intervals. The main waterfall event, is not vying for attention with look-out points, viewing platforms or swish restaurants!

In order to fully enjoy these often spectacular sights, you may have to put any such expectations completely aside. On our unspoiled island, waterfalls are most often camouflaged by cool, verdant interiors; all signs of human habitation are pretty limited, if at all apparent. We prefer, where possible, to leave these natural beauties unadorned by human hands or occupancy.

Accessing them requires that one is physically and mentally prepared for the small effort which might be needed to get to them and to enjoy them! Now that's easier said than done, for those of us who automatically think of sitting, or maybe taking a gentle walk on the beach and a quick dip, when we hear the expression "The Great Outdoors!" On beginning our waterfall exploration, we may start to wonder what's in store? Hazarding a guess that the expressions 'easy and gentle hike', may actually be euphemisms! A little anxiety could be justified.

In our personal experience, watching a decidedly older person - a former scout leader no less - effortlessly navigate the easy and gentle route, whilst ourselves resorting to bum - gliding, tree hugging (for support, not manifestations of nature loving) and branch clutching, was quite an experience. These are now all bona fide hiking vocabulary in any non-hikers dictionary!

'Bum-gliding?' Just use your imagination; so much easier to scramble downwards already on your derriere. That way there's no way you can fall down, because you've already assumed the position! Hanging on to ropes, supposedly to keep you grounded and suddenly finding yourself hovering a foot or two above terra firma, clinging on for dear life. You see, you did not take into account body mass distribution versus rope tension! This is water - falling? This is us falling! Are they for real?!! And just as we beach-centric individuals start to think; Seriously. No way is this worth it, and suddenly it is!

An audio-visual sensory overload. Stillness and serenity. The only sound of rushing is the water, roaring over the ledge, cascading down the rockface, through all available orifices, and then slowing its momentum as it joins the pool below, and ripples towards the edge of the basin.



PURE GRENADA

The Spice of the Caribbean

www.puregrenada.com



JUST - FOR - YOU



@discovergrenada

All of this aqueous activity accompanied by nature's orchestral composition of the tuneful calls of the birds, chirping of crickets and even the singing of mosquitoes. Each of them plays a part in the harmonious vocal rendition, even us swatting them may be considered a percussion accompaniment! The paradoxical sounds of silence.

The combination of all the elements above means that one cannot possibly do anything but exhale slowly and stand still; the visual overload, and very cool water are the reward for that extra exertion. After the natural chatter and laughter, interspersed with our screams of panic (just kidding) en route, there it is; an unspoken command for human silence. "Be quiet and let nature speak; no words required."

**You can hardly hear
your own thoughts;
your brain finds calm.**

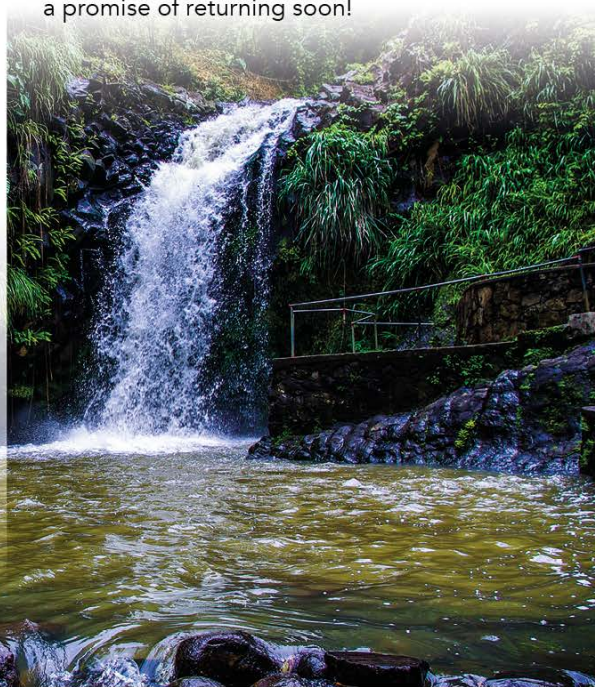
Now here's a thought; you are not responsible for the smile beginning to play around your lips as you absorb the scene. It's a matter of science. Science says you can't help feeling happy when you're near a waterfall. It's releasing negative ions which increase the 'happy' chemical, serotonin, in your bloodstream. And here we thought it was because we were standing up, off our behinds and ready to enjoy that refreshingly cool and invigorating water!

The sound of the water as it rushes, cascades and then slows its momentum, masks distracting side noises. The truth is, scientific or not, that we feel happy whenever we witness any form of natural beauty; we're just made that way!

Time to go back? Oh Lord, send a helicopter! But like any return journey, it's somehow magically shorter. No need to ask 'are we there yet?' And of course, you have the memory of that idyllic scene firmly etched in your mind, and better yet on your camera. A tangible reminder that is was worth every little scrape and a very dirty pair of jeans or shorts!

Honestly, of the many waterfalls we are blessed with in the Spice Isles, the largesse of the reward is directly related to the effort expended to reach them. We were not in the slightest bit sorry for our exertions, and the licence it gives us to freely encourage you to consider visiting at least one waterfall which might require a little more effort. You will be rewarded accordingly. Quid pro quo!

One thing is for sure, when you reach your destination, you won't be moving too fast; someone may have to tear you away with a promise of returning soon!



Annandale Falls, St. George



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Lime Curious

WATERFALLS

We cannot account for all of Grenada's waterfalls but here are a few of the more well known ones. Keep in mind there are many others being discovered and still more hiding away!

CONCORD WATERFALLS

Concord is not one, but three waterfalls. It is situated on the edge of the forest reserve on the western side of the island, and the water is crystal clear and ice cold. The first fall is the most readily accessible, you can drive almost directly up to it. You can also bathe, so bring along your swimwear.

The second, Au Coin, of the three falls is bigger and taller, you will need to hike through a nutmeg plantation, but the trail is clearly marked. If you take a guided tour you will have the additional experience of having different plants and vegetation and their uses, pointed out to you. However, the choice is yours, the hike can be done alone if wished, it takes approx. 45 minutes.

The third fall, Fontainbleu, is a little off the beaten track, but well worth the journey. At Fontainbleu, the water cascades down a 65 foot cliff into a crystal clear pool.

If visiting all of the falls, plan on a half day excursion and take refreshments with you.

TUFTON HALL WATERFALL

The Tufton Hall Waterfall is located in Victoria, St. Mark. It is the tallest waterfall on Grenada and was relatively recently discovered. The only way to reach the waterfall is to hike for approximately 3 hours through varied terrain.

The hike itself is the adventure! Typically a hiker may be focussed on reaching the end destination. On this adventure you will see incredible sights of unending waterfalls, swimming pools, sulfur springs, culminating at Tufton Hall Waterfall itself; the largest waterfall on Grenada.

Depending on how far you want to go up the river, this hike can range from gentle to extremely challenging. Guide services are recommended. These guides have lived in Victoria for most of their lives and know the Tufton Hall Estate like the back of their hands.

ANNANDALE WATERFALL

Annandale sits on the outskirts of St. George, and is easily accessible by public



transportation. It is one of the easiest waterfalls to get to, with a well-tended path, lined with local fruit trees and flowering plants. It is a favourite point of interest for bus tours.

Restroom facilities are available and refreshments can be purchased from nearby shops. There is a small donation requested, on entering the falls, which goes towards the upkeep of the area.

On the way to Annandale Waterfall, less than a hundred yards down the road, is another waterfall. This one does not have an official name, but during the rainy season, it is significantly larger than Annandale. As the road crosses over a nearby stream, it is possible to walk from the main road right up to this waterfall.

ST. MARGARET WATERFALLS or SEVEN SISTERS WATERFALLS

This is a great experience for hiking enthusiasts. If you are thinking of a hike through the rain forest, then Seven Sisters Falls should be on your agenda.

The hike will take you through a private plantation where you will get the chance to see cocoa, nutmeg and banana trees and takes approx. 45 minutes. You will pass through a section of the rain forest to get there, if it has rained recently, the trail can get a bit muddy, so remember to dress accordingly.

Once there, you can swim or relax by the water. The pools at the foot of the falls are quite large, and the swimming is very refreshing as the water is cool. Not far from these falls is another, which is well hidden. It is called Honeymoon Falls. Not easily accessible, but well worth the effort. Seven Sisters Falls have been visited by many, but they often completely miss Honeymoon Falls.

ROYAL MT. CARMEL WATERFALL

Situated two miles south of Grenville, and also known as the Marquis Falls, this is made up of two falls, cascading over 70 feet into the pools below.

They can be reached quite easily, with a gentle 30 minute hike through a private plantation, where some of the local spices and fruits are grown. It is difficult to get lost, as the sound of the falls will lead you directly there.

A small entrance fee is charged by the owners of the property.

Information source: Grenada Explorer

MORE WATERFALLS...

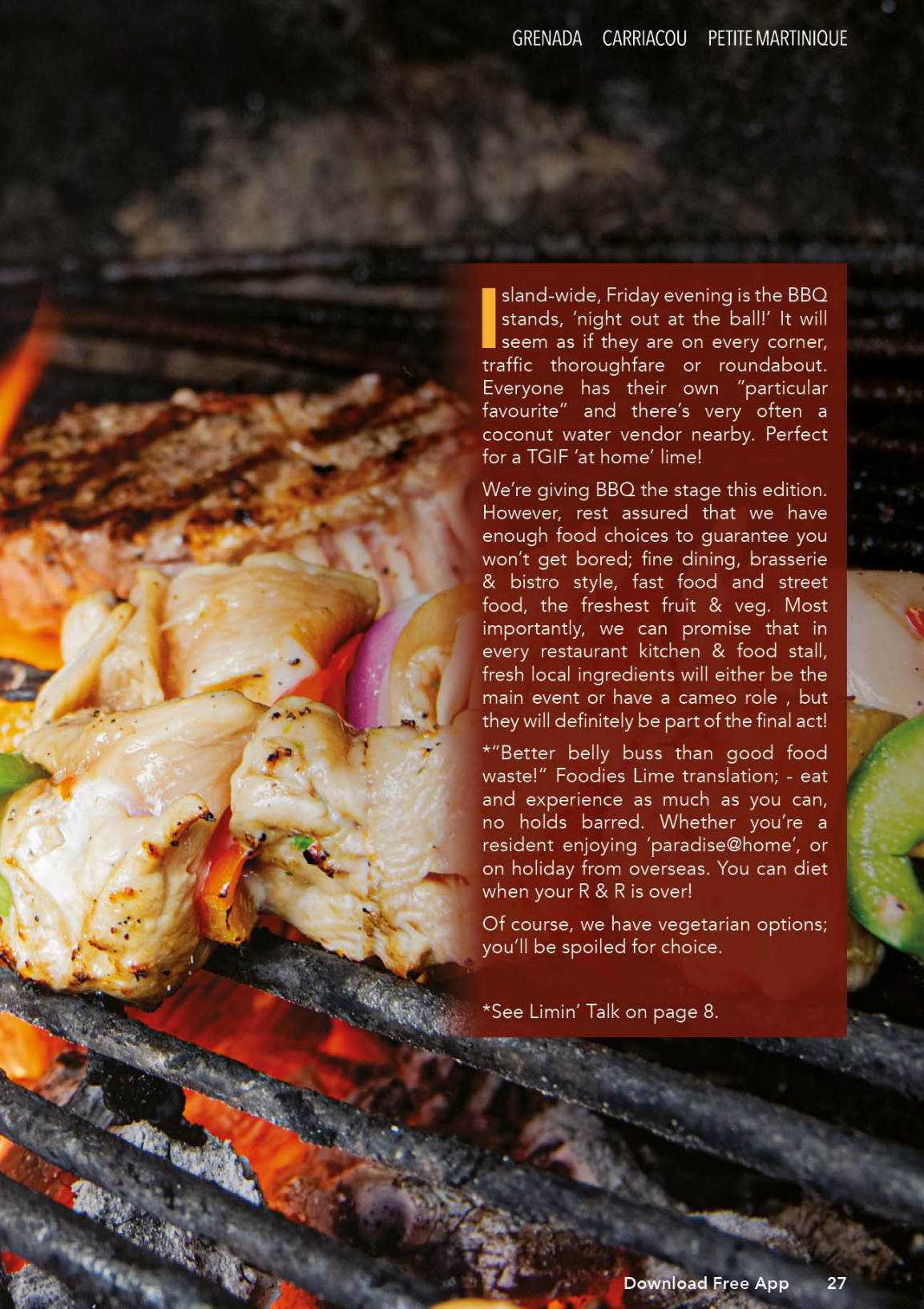
Soubise Waterfall, St. Andrew
Chadeau Waterfall, St. Andrew
Adelphi Waterfall, St. Andrew
Mt. Horne Waterfall, St. Andrew

AND STILL COUNTING!

FOODIES LIME

Sunday BBQ at Aquarium Restaurant, Magazine Beach, St. George

Barbecuing is naturally a favourite in Grenada. The vast majority of our restaurants are al fresco; the grill and the weather are a natural combination.



Island-wide, Friday evening is the BBQ stands, 'night out at the ball!' It will seem as if they are on every corner, traffic thoroughfare or roundabout. Everyone has their own "particular favourite" and there's very often a coconut water vendor nearby. Perfect for a TGIF 'at home' lime!

We're giving BBQ the stage this edition. However, rest assured that we have enough food choices to guarantee you won't get bored; fine dining, brasserie & bistro style, fast food and street food, the freshest fruit & veg. Most importantly, we can promise that in every restaurant kitchen & food stall, fresh local ingredients will either be the main event or have a cameo role, but they will definitely be part of the final act!

*"Better belly buss than good food waste!" Foodies Lime translation; - eat and experience as much as you can, no holds barred. Whether you're a resident enjoying 'paradise@home', or on holiday from overseas. You can diet when your R & R is over!

Of course, we have vegetarian options; you'll be spoiled for choice.

*See Limin' Talk on page 8.




The Aquarium
RESTAURANT

Located on Magazine Beach facing the Caribbean Sea with stunning views towards St. George's and mountainous backdrop.

We offer dining in our spacious open air restaurant or lunch and drinks at La Sirena Beach Bar. Our traditional Sunday BBQ starts at 11am with live music from one of our talented local bands from 3pm. Come and join us for great food, extensive selection of wines, cocktails and good company.

We are open Tuesday to Sunday from 10am.



The Aquarium Restaurant, Magazine Beach, Grenada



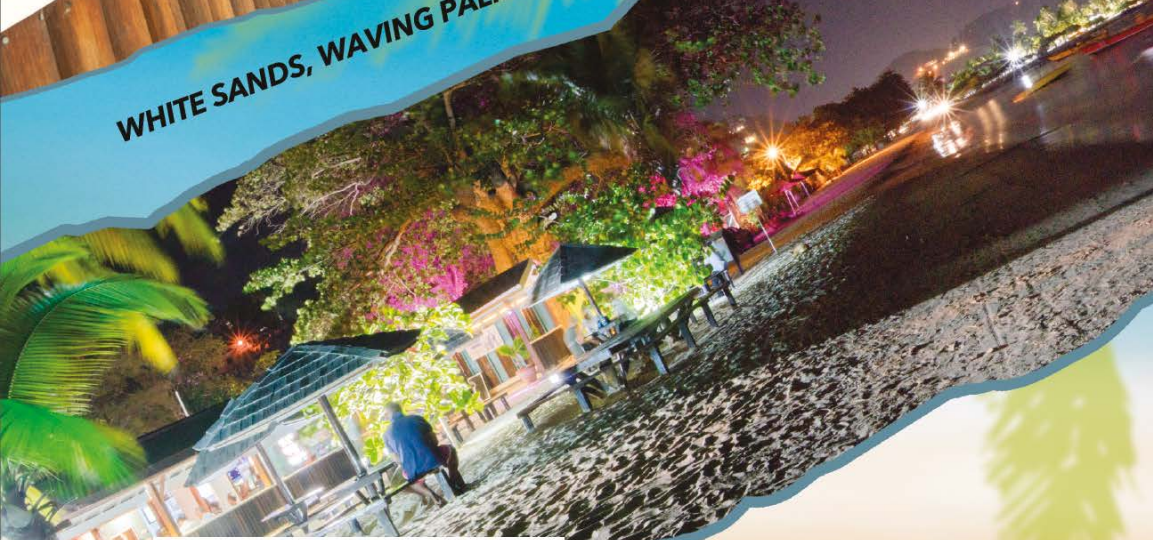
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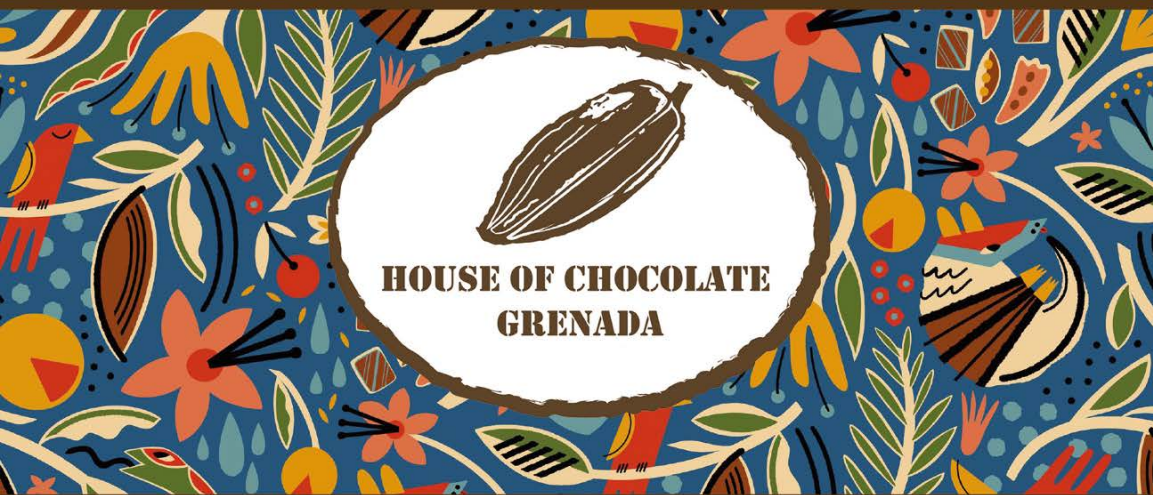
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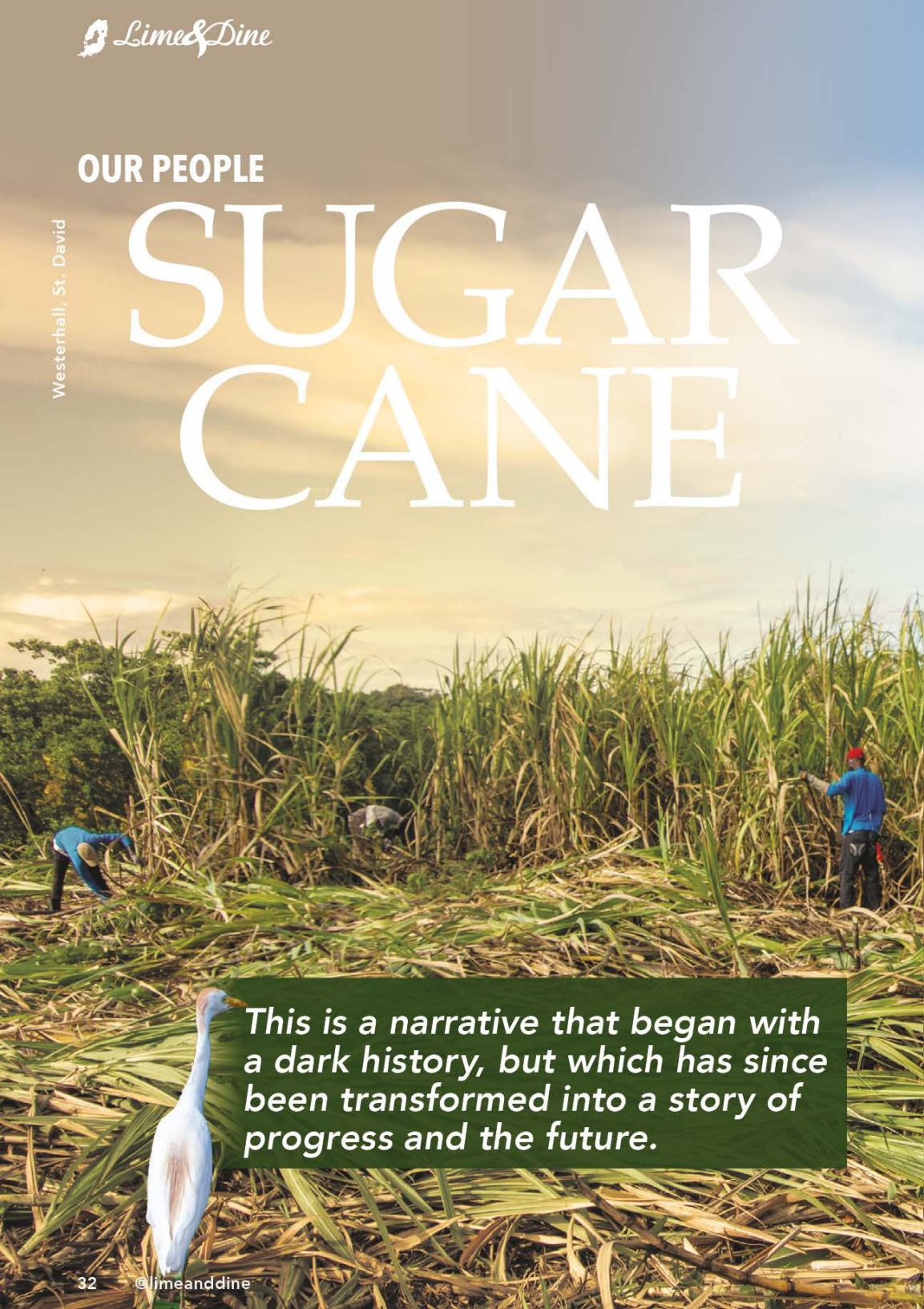
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OUR PEOPLE

Westerhall, St. David

SUGAR CANE



This is a narrative that began with a dark history, but which has since been transformed into a story of progress and the future.

It has become a fitting metaphor for the strength and adaptability of our people and the lush tropical vegetation borne of the fruitful soils of our islands. They are mirrored by the resilience of sugarcane, and its ability to grow with little pampering or attention. To rise again, over and over, from its entrenched roots. To wave graciously when being kissed by the breezes of the Caribbean Sea, and bow low under the tempestuous winds of the Atlantic Ocean. Acre upon acre, evoking memories, whilst fuelling hope, simultaneously.

Effortlessly beautiful, the sight of fields of sugarcane compels you to stop

for a moment and drink it in. It's one that provides a wonderful foil for the imagination, creating a juxtaposition of the ages, by virtue of the modern roads alongside which this ancient perennial grass grows.

Picture a mixed crew reaping, comprised of men and women side by side. The sight of the felled sugarcane left in their wake, and the majestic swaying stalks yet to be cut in front of them, creates imagery worth awakening early for.

If you don't arise early you may not see the morning shift sugarcane cutters at all. Harvesting is not done in the blazing midday sun, but in the cool of the early



morning hours. The workers are more likely to be seen by Grenada's dawn landscape of walkers, enjoying exercising before work, or heading to the beach for an early morning sea bath. Maybe you will catch sight of the unmissable brightly coloured tractors with their signature blue trailers, taking the harvest to the factory.

Today, the rhythmic flow of the harvesting can be appreciated as a thing of beauty; without its historic association with slavery, indentured servitude, brutality and worse... The sugarcane cutters tell us that serpents, centipedes and maybe a mongoose is the worst 'horror' they might encounter! We are all too well aware that in the past, as the wind blew through them, sugarcane fields whispered sadness, brutality, man's inhumanity to man, "canne brulée*, negue jadin"* ...that is not so, now. *(These harrowing accounts have been told much better by others than we could ever hope to, so we leave them to those more knowledgeable than ourselves).*

In more recent times, entrepreneurs, experts and visionaries, have married their passions and found Grenada to be the island of their dreams. A sugarcane growing paradise! Our islands diversity, gifted with the choicest of soils, landscapes and environs has provided scope for growing at least six different varieties of sugarcane, on one hundred and sixty acres of land, located all across the island.

"Each location has a strong sense of place, a greatly individual set of conditions. Such diversity and extremes of "terroirs" (a word the great French winemakers use to describe where place, microclimate and soil come together to shape a plant's development and flavours) is rare to find anywhere in the world." (CaneCo & Renegade Rum).

A centuries old wine making practice, taking place in the twenty first century sugarcane fields of Grenada. Old world words, new world practices. Growing sugarcane to make Grenadian "World Class terroir derived rum!"

We love this concept of 'terroirs', which must draw its inspiration from life!

It describes, so very well, the microcosm of our tri-island state and our people. Small as you may feel we are; twelve miles wide, twenty one miles long, seven parishes, three islands, one hundred thousand souls.

The rhythmic bend and sweep motion of their labour is like a step back in time, articulated thus in historical writings; "the blades of the cutlasses rise and fall like violins in an orchestra."





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The combination of innumerable shaping factors, results in making each element of island life and even culture, completely unique.

If you're visiting us we will readily understand, if this is not yet understood. Let us assist by illustrating how these unique local elements manifest themselves. A person from Town, St George's, is from Town and not from Grand Anse, South St. George! A born and bred son of Gouyave is definitely not from Victoria. A person from the countryside or the rurals is from "country", and never, ever, tell a Carriacouan that he is from any place else! Each Grenadian is inordinately proud of their parish and village heritage.

Explore, lime, engage in "ole talk" with islanders, and you will discover that each nook and cranny of our island has its own microclimate of personalities, landscapes, favourite beauty spots, limin' spots, history, fame, even infamy! 'Terroirs' is what accounts for the special flavour of each of its inhabitants, and their pride in the place where their roots are entrenched.

Paradoxically, Grenadians living abroad, may be satisfied to identify their island solely as one location, when among their Caribbean brothers. The intricate nuances of village or parish will be lost in translation, if these persons haven't had the pleasure of visiting us as yet. But when the time is right, Grenadians will be heading back home to the Spice Isles, likely to the very parish where their roots are still firmly in place, where they will recall the best parts of them were nurtured and developed.

We put down our roots, where we leave our hearts! That's a global truth!


The evocative sight of the sugarcane fields and its harvesters are more than a landscape and a beautiful picture. They remind us that out of the dark tempestuous challenges of the past and present, individuals and communities

have developed the ability to bend, flex and adapt, whilst standing tall again and again as part of the human landscape, the global landscape. It also speaks of the positive elements of regrowth, revival and restoration that are not only possible, but inevitable.

Who would ever have imagined that from the silent fields of sugarcane, we could be tutored in how to maintain the ability to look to what is positive and favourable in our conditions and surroundings.

Sugarcane, a true metaphor for Our People and life!

The terroir derived rum? Yet another way to bring Grenada to the attention of the world, we are told... and that's a whole other story!



**Canne Brulée – Burning Cane. This refers to the practice of rounding up slaves to put out fires in the cane fields and harvest as much cane as possible.*

**Negue Jardin – Field Slave.*



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Karumbu Juice

A popular juice made with sugarcane and two other common ingredients that are always present in our kitchens; ginger and lemon.



METHOD

Wash the sugarcane well and peel the hard outer layer of the cane.

Cut into small pieces and blend them along with a piece of ginger (optional).

Add some water and grind again. Make sure you have ground the sugarcane well.

Pour the sugarcane extract along with juice into a large container.

Take another container and place a muslin cloth or strainer over it. Squeeze the juice out of the extract, pressing through the cloth or strainer.

Strain the juice a second time to ensure that all the cane extract has been removed.

Add some lemon juice and a dash of black salt and served chilled over ice.

Garnish with fresh mint as desired.

INGREDIENTS

1	12 inch piece of Sugarcane
½ inch	Ginger (<i>minced or grated</i>)
¼ cup	Water
½ tsp	Lemon Juice (<i>optional</i>)
Pinch	Black Salt
	Mint Leaves (<i>optional</i>)
	Ice Cubes



Location: Lance Aux Epines, St.Georges, Grenada

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Vegetable Pakoras

COURTESY OF PUNJ-ABI RESTAURANT

SERVES: 2 PERSONS

INGREDIENTS

- 1 Medium Potato
(peeled, halved & thinly sliced)
- 1 Medium Onion
(peeled, halved & finely sliced)
- 150g Besan *(gram flour)*
- ½ tsp Salt
- ½ tsp Turmeric
- ½ tsp Ajwain *(carom seeds)*
- 100ml Water
- Vegetable oil for frying

METHOD

Mix the flour with the spices in a bowl.

Add the potatoes and onions. Mix well.

Slowly add 100ml of water until the batter coats the vegetables.

Heat the oil in a frying pan.

Take a handful of the mixture, squeeze it into a ball and drop into the oil. Fry for approx. 3-5 minutes until the ball turns golden in colour. Do this until all of batter is used.

Remove the balls and place on a plate. Flatten them with a spatula. Lower them into the oil again and fry for 2 more minutes.

Remove the vegetable pakoras from the oil, drain on paper towel and serve immediately with any side of your choice; tamarind sauce, tomato ketchup, mint sauce, etc.

You may wish to use other vegetables such as cauliflower, cabbage, spinach etc. in your mix for a varied taste.





Located in the heart of the elegant Camper & Nicholsons Port Louis Marina. Victory Bar & Restaurant is open every day for breakfast, lunch, snacks and dinner. Fresh fish, certified Angus steak and probably the best thin crust pizza on the island. Happy hour daily from 5-6pm. Slow Smoked Texas BBQ every Friday night. Live music on Saturday night.
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LOOK WHO'S COOKING

...EVERYBODY!



The vendors stalls, which you really should stop to enjoy, provide an extravagant sensory and visual excursion with their colourful varieties of locally grown goodies. It may be your opportunity to add 'a first' to your book of taste experiences!



2020 re-introduced many of us to the virtually lost art of Home Cooking.

The oven was reinstated from ornamental to fully functional, an integral working part of every kitchen!

Rusty bread tins were scrubbed and regained their *raison d'être*. Yeast flew off the local shop shelves and the fragrance of freshly baked bread once again became as common as the smell of spices in the air.

Online recipes, cooking challenges, and innovative culinary creations, with whatever could be found in the cupboard and the fridge, became part of the new norm. Many of us re-learned good home cooking, good company among our families and good housekeeping, whilst reconnecting, or strengthening family bonds in our isolation bubbles. We learned to make do with what we had, and not what we wished we had! We're sure the same was true for you.

Grenada's climate, blessed with rich and fertile volcanic soils, proudly boasts that here "anything can be grown and anyone can grow anything!" This was the opportunity for us to prove the veracity of that claim to ourselves. Seasonings; garlic, basil, chive & thyme, shado beni, seasoning peppers, sweet peppers, green onion... and other edibles, were cultivated in kitchen and home gardens.

'Seasonings' are essential in Grenadian cuisine, salt & pepper just doesn't cut it! Actually, the Oxford English Dictionary and the University of Google, concur;

Spices, yes, we'll accept that... we also often use it as a verb; ie; I'm seasoning the chicken, fish,.. for lunch, for dinner, for tomorrow...

Seasoning definition: noun: salt, herbs, or spices added to food to enhance the flavour.

Oxford English Dictionary

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Ask any Pure Grenadian, and they will confirm that ‘seasoning’ is not optional; it’s an intrinsic part of each and every dish. If there’s not enough; “de ting lackin’ salt oui, yuh forget to season de fuhd.” If there’s too much salt; “oh geed! de ting sallee, boy.” Too much of any seasoning; - * “Yuh hand heavy, ouil” It is the art of just enough - and no, no Grenadian cook worth their salt (pun definitely intended), ever measured how much seasoning is used in any dish! Shake it, pour it, chop it; your arm will tell you when it’s enough. Yes, that’s the secret!

Formally trained chefs, with years of international experience, openly credit Grenada’s herbs and spices with augmenting their gastronomic dexterity. And every Spice Isle home cook knows, that once you acquire a palate trained to expect the taste explosions created with local seasonings, there’s just no going back!

In this conversation it would be amiss of us not to also make mention of our roadside fruit, vegetable and roast corn vendors. As a small island nation with a population of approx. one hundred thousand, the challenges arising from import & export suspensions indelibly

reinforced the importance of our local vendors on our minds.

When you think of us your thoughts may instantly alight on our famous spices. Nutmeg; so important that it is part of our national insignia. Cinnamon, mace, cloves, bay leaf, star anise... we are very proud of our fragrant and flavourous gems, which speak to our namesake; Spice Island, Isle of Spice, Pure Grenada. But alongside our love affair with all things spice, Grenada’s breadbasket of produce is quite phenomenal.

If you are staying in self-catering accommodation, that will provide a golden opportunity to buy some of our local produce to cook, or maybe just some fresh fruits to enjoy some Vitamin C, with your daily dose of Vitamin D.

Please enjoy, explore all your choices, and definitely pause a moment to take a look at who’s cooking!

One final tip, why not make the catch phrases; “buy local, eat local,” true of you, whilst you’re here? You can do this at our restaurants and by “tasting the hand” of our enterprising roadside vendors. Street food has taken on epicurean status around the globe and Grenada is no different.

*See Limin’ Talk on page 8





ONLINE: www.foodfair.gd

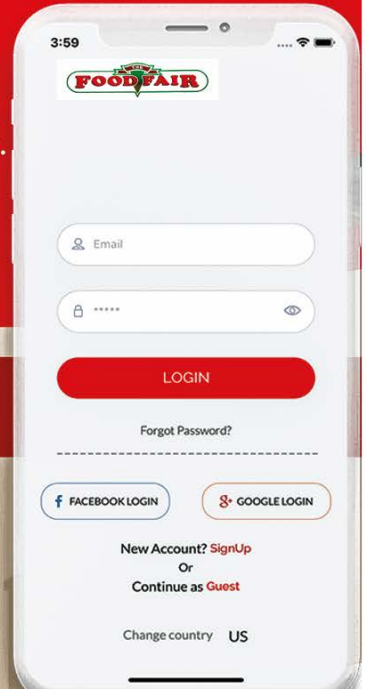


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Chilli Chicken

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INGREDIENTS

4 lbs	Local Frozen Chicken Breast (<i>sliced</i>)
3	6 oz Bell Peppers (<i>red, green, yellow - cubed</i>)
2 oz	Yellow Onions (<i>diced</i>)
1 oz	Chive (<i>chopped</i>)
4 oz	Soya Sauce
1 oz	Corn Starch
12 oz	Water
5 oz	Swiss Ketchup
2 oz	Mis Pepper Paste
½ oz	Sesame Oil
1 oz	Badia Crushed Red Pepper
2 oz	Garlic (<i>crushed</i>)
1 oz	Ginger (<i>crushed</i>)
2 oz	Vegetable Oil

METHOD

Deep fry chicken for approx. 6 mins, Set aside. Sauté onions, garlic, ginger and bell peppers in vegetable oil.

SAUCE

Mix soya sauce, water, ketchup, pepper paste, sesame oil and crushed peppers.

Dilute the corn starch with a little water, pour into mixture and stir to thicken.

Simmer until all ingredients reduced.

Mix the chicken into the sauce.

Serve with garnish (chive).

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Groundnut Sugarcake

INGREDIENTS

- 2½ cups Roasted Peanuts
- 4 tbsp Ginger (*minced or grated*)
- 3 cups White Granulated or Brown Sugar
- 1 cup Water
- 1 tsp Vanilla (*extract or essence*)
- 1 stick Cinnamon

METHOD

Roast peanuts in the oven at medium heat. When cooled roll in the palm of your hands to remove the brown outer husk.

In a large pot heat the water with the stick of cinnamon. Add sugar, stirring constantly until it is dissolved. After approx. 2 mins add the ginger and vanilla essence. Remove the cinnamon stick. Boil until the sugar solution is thick and sticky. Add peanuts and stir well, be careful to not allow the mixture to stick to the bottom of the pot.

Place parchment paper on a baking tray. Scoop out the mixture by spoonfuls and place each in a separate mound to cool. Leave to harden for approx. 30 mins

St. George's Town



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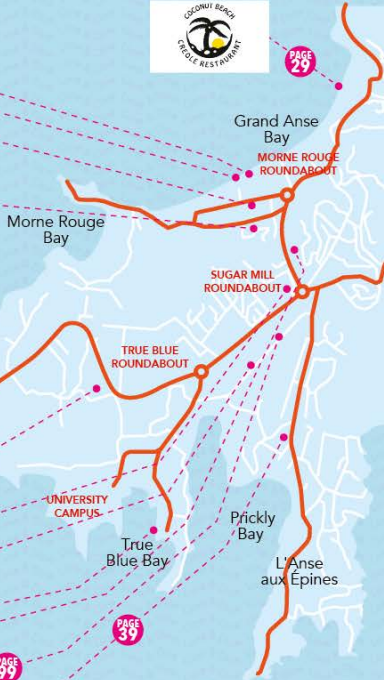
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Grand Anse to Point Salines





Limes & Dine

GRENADA CARRIACOU PETITE MARTINIQUE




PLACES OF INTEREST

1. Underwater Sculpture & Marine Park
2. Dougaldston Estate
3. Gouyave Nutmeg Processing Station
4. Clabony Sulphur Springs
5. Diamond Chocolate Factory
6. Crayfish Bay Organic Cocoa Estate
7. Caribs' Leap
8. Seasonal Turtle Watching
9. Levera Pond
10. River Sallee Sulphur Springs
11. Lake Antoine
12. River Antoine Rum Distillery
13. Belmont Estate
14. Grenada Chocolate Factory
15. Pearls Airport
16. Grand Etang Forest Reserve
17. Laura Herb & Spice Garden
18. Westerhall Rum Estate
19. Grenada Distillers
20. Golf Course
21. Sandy Island



ATLANTIC OCEAN

MAP KEY

-  Main Roads
-  Secondary Roads
-  Rivers
-  Mountains
-  Waterfalls
-  Lakes
-  International Airport
-  Small Airport
-  Beach
-  Bus Terminus
-  Hospital
-  Forts
-  Police Station



Tibeau, Carriacou

SISTER ISLES LIME

AN ENDURING MEMORY

"Tibeau cemetery, located on a dreamy, breezy, serene, shady beach on the north eastern side of Carriacou, exudes a tranquil 'stay and rest' quality."

Written by Matthew 'Benny' Alexander



Many small things make Carriacou singular and unique, particularly in view of its size; (approx. 13 square miles). For one, it has an extensive and impressive network of roads for such a small nation. Question: How many other islands of comparative size can boast a junction with six roads?

Should you decide to go exploring this vehicular network, you will inevitably discover numerous off-road tracks. Whichever your intrepid nature chooses, it would not be unusual for your adventure to culminate in uncovering a cemetery. We have them in all sizes, and often in totally unexpected places! It may sound strange, but it's commonplace in our island's culture.

The uniquely human desire to want to be remembered, to leave some indelible mark of having existed, has been thwarted.

Some of these plots have just one single person laid to rest there, buried in their own yard; front or back. Others have entire generations, a family plot if you will, filled with kinfolk of the recent and distant past. Broken and unkempt headstones are seemingly strewn around at random. The ravages of time and the elements have caused this damage, resulting in many headstones being severely cracked or broken. The effect is that inscriptions are either illegible, or complete words are totally erased.

It is then, when one stops and contemplates what this means, that the implications of this viewing experience impose a sombre realisation, a colossal one, on its audience. These monuments and edifices, constructed with what was hoped were durable, indestructible materials, with the sole purpose of defying the ravages of time, have nevertheless eventually succumbed.

Some cemeteries, may in hindsight, be considered as having been located in the 'wrong place'; ensuring the occupants an even quicker route to complete oblivion. Tibeau is one such cemetery! Located on a dreamy, breezy, serene, shady beach on the north eastern side of Carriacou, it exudes a tranquil 'stay and rest' quality. It's not surprising that some think of it as a very fitting place to be buried. (As if they would know that on arriving there!) A perfectly inviting final resting place. However, in the wake of unanticipated rising sea levels and years of sand-mining, the ocean has responded by beckoning and welcoming a number of its tombstones to a final, final, resting place of unexpected

Carriacou & Petite Martinique





watery submergence. Washed out to sea in the most literal sense!

Located high on a wind-swept hill and spectacularly endowed with all round views is locally named; 'A-ho Belle Vue.' Here you can still read the names of those who have passed away. In such a small plot, and with so many to choose from in Carriacou, it is surprising that in this one place, you will find not one but two Mary Wilsons! Departed 1884 and 1908 respectively. Were they family? We're guessing that 'Mary' was a well-loved and popular name!

What's in a name? If we're truthful, the brevity of headstones is ultimately so frustrating, leaving behind a trail of lingering unanswered questions: Who was she, really? What did she do with her life? Was she happy? Did she leave an indelible mark on anybody's heart? And many more besides!

As enterprising, forward thinking Carriacouans, we believe that in this technological era, there has to be something innovative which tells us

more. Can't our boundary-less, globally digitized world, reach out and embrace those silent in the grave? Embed each headstone with its own microchip; readable by smartphone, with a biography of the person, pictures of what they looked like, giving us a proper glimpse of who they were?

Imagine what information could now be made available to the visitor. No longer thwarted and frustrated by missing letters, names totally erased, or even desolate mounds of broken stone; symbols of fractured unrecoverable memories. An ineradicable, indelible, perpetual record of one's existence, a veritable digital treasure trove! Real people, colourful personalities, lives lived and deeds recorded. Then that mark, that headstone, will meet its full potential and allow all passers-by, and you the intrepid explorer, to really know not just a name, but the actual person.

Now their memory endures!

Do remember you heard this idea right here on the Sister Isles!!



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SHAKEN & STIRRED

...COCOA TEA

“As far as chocolate goes, Grenada is acknowledged to be one of the producers of the finest quality in the world... Small producers have been re-cultivating the island’s trees and the beans and cocoa are in demand.”

The Telegraph - The Spice Island’s Gone Cocoa by James Henderson

Grenadian Cocoa Tea is not just any chocolate drink; it’s a tradition. A Sunday morning breakfast treat, a holiday morning, lingering over breakfast and ole talking drink, a special friends coming to visit, drink. And to top it all, it is made with our world class organic cocoa!

NB: This is definitely not to be confused with hot chocolate as known the world over!

You only have to say ‘Cocoa Tea’, and the sighs of anticipated contentment are immediately audible. It rates pretty high on our list of comfort foods, well drinks, to be politically correct! It’s about the taste, the purest of cocoa with flavour notes teased out to perfection by the addition of cinnamon, bayleaf and a little grated nutmeg on top, naturally.

The accompaniments? Hot bakes, fried or coconut. Saltfish souse or fritters, fried jacks (something like sardines, which if fried properly can be consumed in their entirety), even cheese, which very accommodatingly melts inside those hot bakes. If you are really special then maybe even lambie souse we’ve been told; but we reckon that’s reserved for those international public holidays and to impress visitors from abroad!

When speaking of Cocoa Tea, the where, when and who, are as equally important as the drink itself. Countless memorable moments; on the verandah, in the back yard, sitting outside on the doorstep, from a metal flask on a sunrise hike...

Cocoa Tea

INGREDIENTS

- 3 Cocoa Balls (*grated if wished*)
- 5/6 cups Water
- 1/4 tsp Nutmeg (*grated*)
- 2 sticks Cinnamon
- 1 Bay Leaf
- 1 Cup of Milk
- Splash Vanilla Extract/Essence
- Sugar

METHOD

Put 3 cocoa balls (or grated equivalent) into a pot.

Pour 5-6 cups of hot water over them and boil.

Add 1 large bay leaf.

Add 2 sticks cinnamon.

Stir for about 4 minutes.

Add the milk and simmer for about 2 minutes to allow the spices to blend.

Strain into mugs, add sugar to taste and sprinkle with grated nutmeg.

Who had the best version? Mommy, Mama or Granny? Is it best to let the cocoa balls melt in the boiling water or to grate them? There is no right or wrong, you just make it the way everyone at home likes it.

Nostalgia in a cup!

Many of our friends in the Grenadian diaspora have this home comfort ingredient right at the top of their 'must have' list, to take back with them after their regular yearly visits. A taste of home, to sustain them until their next trip. Fortunately, as a beloved national treasure, you will be able to find cocoa balls easily in many local shops, supermarkets and vendors markets, along with the requisite spices.

This is a drink that evokes many great memories. You want to know about the enamel cup? Find the right Grenadian and that question will open a veritable floodgate of stories.

You can also choose to take your experience to the next level. A number of our cocoa growers, and 'bean-to-bar' specialty chocolate makers, would be very pleased to welcome you on a tour of their lands and factories. You can learn about 'sweating, dancing', and drying the beans. That way when you fly solo, making your very own first cup, you can have your own memories to add to everything that encompasses Cocoa Tea's significance in Grenadian culture. Family, friends, time

spent together. The fruit of the earth and its progeny. Grenadian hospitality and a guaranteed warm & spicy welcome!

It's of note that the ancient Mayans were said to believe that cocoa and chocolate were a gift to humans from the gods. Because of this they were to be shared with all of their people; no one was too small or too great. Cocoa Tea was the elixir of kings, purportedly endowing them with special powers!

We're not so sure about the special powers, but we can attest that many a Grenadian 'super-brain' had cocoa tea in their childhood and still relishes the memory and continues the tradition. One thing is certain; Cocoa Tea has its place in almost every Grenadian kitchen, at home and abroad.

Our gift, is to be able to share it with you!

SHAKEN & STIRRED

EST. 2010

umbrellas

How do you know when you've reached landmark status? When you're used as a reference point from every angle!

If you need directions it works a bit like this: "I'm in front of Umbrellas", "I'm just to the side of Umbrellas", "I'm in the mall across the road from Umbrellas", "I'm down the beach from Umbrellas." UMBRELLAS! A landmark in its own right, is a reference point for visitors and residents.

Things like that don't just happen! It's not that this is a conventional place of interest, like a waterfall, a back-to-front fort, the Caribbean's most picturesque harbour, or an historic landmark. Yet, anecdotal feedback would suggest that in the last decade, Umbrellas may actually have become one of Grenada's most visited spots.

How did this happen? Having closely observed the evolution and growth of what is now one of our islands favourite places, from its start in 2010 to the present, it's now possible to identify the formula of Umbrella's success. It is a decade of hard work, a strong vision, a continuous quest for improvement and solid business acumen. Add to this the drive to look better, be better, and to achieve the 'je ne sais quoi' which compels your patrons to visit again and again, and you have the perfect blend: Umbrellas Beach Bar & Restaurant.

"It's the ultimate Beach Bar, Caribbean Style; great beach, great vibes, great rum!"

Synonymous with limin' & dining in Grenada, no one needs to know anything more than; "we limin' by Umbrellas."

The great rum is Westerhall Estate's rum! Umbrellas, their bar and restaurant concept, is the perfect way to give as many people as possible an opportunity to taste their extensive range of award-winning rums.



The Umbrellas Experience • 2011

It's also an innovative way of extending the Westerhall Estate experience. Think about that and imagine how spoiled you'll be with the cocktail choices! Add to that a tour of Westerhall Estate itself (Est. 1766), before or after your visit to Umbrellas, or both, and you're in for a totally Pure Rum experience!

The namesake of this popular hot spot can be traced back to The Umbrella Bar, located in the same place, many years ago. In its current iteration it has achieved something singularly special; emerging as an umbrella experience for... well for everyone; every age group, profession, language; residents, students, visitors. We venture to say there just isn't anyone who hasn't been to Umbrellas. It's true some visit more regularly than others, but it's undeniably an establishment which provides a complete leveller across all Grenadian society; catering to every one, and every pocket.

Best of all is that Umbrellas knows that it provides the backdrop and limin' canvas, and that its visitors, from home and abroad, help to create its unique ambience; #caribbeanlife #islandvibes #beachlover #sunandrum #TGIF...

Oh yes, the food; always freshly cooked to order. This means you may have to wait a little, but that's all part of the lime. Famous wings, sliders, fresh fish and salads, pulled

pork and roast beef sandwiches, burgers, ribs and shrimp ...it's a pretty extensive menu, so you will find something to suit you.

If quiet and subdued is for you, you can find it at Umbrellas, but you may need to choose your time carefully. Generally it is a hub-bub of activity; laughter, music and the buzz of conversation, as small and large groups immerse themselves in the atmosphere and the view of our world-renowned Grand Anse beach. To be in the centre of things, in our opinion, you have to sit downstairs. To get the stunning ocean view and for a little less exuberance, sit upstairs. You have only to decide the mood you're in, and Umbrellas will have the option to suit you.

A visit to Grenada is just not complete without stepping under at least one Umbrella, and this is definitely the spot. We know you will enjoy it. This is a limin' masterpiece, ten years in the making, that still has room for a few more brushstrokes!

Thanks Umbrellas for Shaking & Stirring up Grenada's Limin' & Dinin' scene and a **HUGE CONGRATULATIONS** on reaching the grand old age of ten! And on achieving singular landmark status in the Spice Isles.

Wishing you many more successful decades to come!

Umbrella's Cocktails

COURTESY OF UMBRELLAS BEACH BAR



PASSIONADA

INGREDIENTS

- 1.5 oz Westerhall 12 Degrees Rum
- 2 oz Passion Fruit Oasis
- 0.5 oz Melon Liqueur

METHOD

Pour rum and passion fruit oasis into blender with one scoop of ice.

Blend thoroughly and pour mixture into tall cocktail glass. Float the measure of melon liqueur on top of the mixture and garnish with tropical fruit of your choice - pineapple, carambola etc.

MERMAID LEMONADE

INGREDIENTS

- 1.5 oz Westerhall 12 Degrees Rum
- 2 oz Lemon Oasis
- 0.5 oz Blue Curacao

METHOD

Pour rum and lemon oasis into blender with one scoop of ice.

Blend thoroughly and pour mixture into tall cocktail glass. Float the measure of Blue Curacao on top of the mixture and garnish with lime.

CLYDE'S TIP

Both cocktails are blended and layered to create a glow effect with the colours of neon blue or neon green, giving a refreshing taste of lemon in the Mermaid Lemonade and a tropical bursting flavour of passion fruit in the Passionada. Both can be enjoyed on a hot Caribbean day at the beach or even at a late night dinner.



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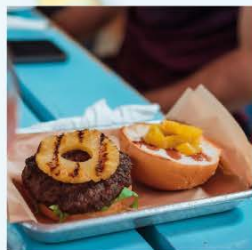
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A man with a focused expression is meditating in a lotus position on a dark rock. He is wearing a dark, short-sleeved t-shirt and dark pants. He is surrounded by a powerful waterfall, with water cascading over him and around him. The scene is captured in a cinematic style with high contrast and a slightly desaturated color palette.

PURE LIME

...EMBRACING THE POWER OF NATURE

"In a world where everything seems to be spiralling out of control, there's a need to surrender and go with the natural flow."

Writer Kemi Burgen shares her introspection on our changing world.



2020. A year that will go down in the history books. If there's one thing we can agree on, it's that the year disgorged an overdose of mayhem worldwide. Nevertheless, in some way, shape or form, we managed to survive all the challenges thrown at us.

From closed borders and working from home, to physical distancing and mask-wearing, we were forced to adapt to a "new normal." But making such adjustments takes a toll on the different aspects of our lives; mentally, physically, socially and spiritually. Acclimatizing to the new normal required a change in perspective, making it ever more necessary to find the time to take a step back from the busy schedule of everyday life. The pandemic compelled us to learn a myriad of life's lessons. A vital one is the need to understand and accept that we cannot always be in

control of the way things pan out. We are learning that sometimes there is a need to let go, and go with the flow.

For all of us, wherever we call home, this means taking a step back. It's about being gentle with ourselves. Learning to be grateful for the simple things. Taking a page out of the book of our natural surroundings. Nature does it so well! Just picture the way a river smoothly passes over the earth, creating a path of its own, determinedly, yet ever so gently. The soft caress of the salty water as it meets the shoreline time and time again; with the rhythmic ebb and flow of the waves. The majestic dance of the trees as the wind brushes past to touch each leaf.

**Nature does not
hustle or bustle. It
remains steady, with
constant growth
and renewal its very
essence.**

Nature has long been known for its healing properties. Something as simple as placing a small

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plant in a dreary office, or having access to a window overlooking a hillside, field or open space, can help to relieve stress and improve one's mood.

Imagine what spending an entire day in the great outdoors can do for your wellbeing!

The good thing about getting outside and into nature here in the Spice Isles, is that you can always find something to do that suits your inclination. Maybe you prefer taking a quick jog along BBC beach, in the South, or would rather a challenge and decide to make the trek to the summit of Mount St. Catherine, Grenada's highest peak, in St. Mark. Perhaps you might be more interested in a short nature trail to Adelphi Waterfall, St. Andrew, or to Welcome Rock, St. Patrick; to simply sit in awe at the beauties and wonders of the natural surroundings. Or you might rather just pack a cooler and call some friends to make a lime at the warm and bubbly Sulfur Springs at Claboney, St. Andrew.

There's something for everyone!

We can truthfully say that with luscious green landscapes at every turn, and the beautiful blues of the skies and the seas, Grenada, Carriacou and Petite Martinique, possess the ideal environment for us all to

work towards perfecting the artform of;
Going with the Flow.

No matter how you choose to step into nature, remember to make the time to surrender to the moment, and take it all in; the sights, sounds, scents and sensations. Truly feel the earth's natural force within and around you.

Let yourself become immersed in the moment and feel the power of the stillness, and the calm confidence with which natural life flows.



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Grenada is a special place, but you probably know this already. From soaking up the sun on sandy-white beaches and picturesque bays, to the lush green interior where you can hike in the rainforest and swim under waterfalls. Grenada has so much to offer.

Despite the tropical heat there is always somewhere cool to hang out. You can sip cocktails as the sun goes down at hip and trendy beach bars, or hang out and lime at legendary roadside rum shacks. Wherever you go you will be greeted with warm, friendly smiles.

Grenada emanates a warmth that you feel even on a cloudy day. Never more so than when the island opened her arms to foreign yachts stranded throughout the Caribbean as borders were closing and hurricane season approached. Hundreds of yachts registered on the Grenada Lima

database set up by MAYAG (the Marine & Yachting Association of Grenada), to allow entry into the country to those stranded with nowhere to go! Yachts quarantined in a designated anchorage, one of the prettiest in the Caribbean, in the colourful capital of St. George's.

To the north the harbour is under the watchful eye of historic Fort George and its' still working cannons, and also home to the Royal Grenada Police Force! From the anchorage you can look up to the crumbling ruins of Fort Frederick; Grenada's curious 'backward facing' fort. To the south you have stunning Grand Anse Beach, with its lofty palm trees and crystal clear water.

Hundreds of yachts have since entered Grenada and the island has embraced them, proving once again what a special place this is.

"When we can't change the direction of the wind - we trim our sails to suit."

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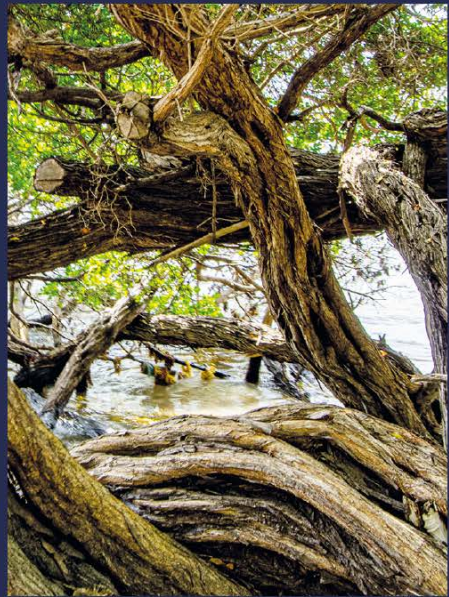
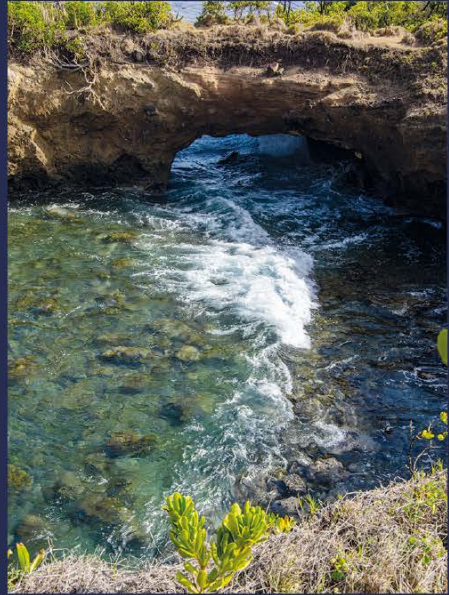


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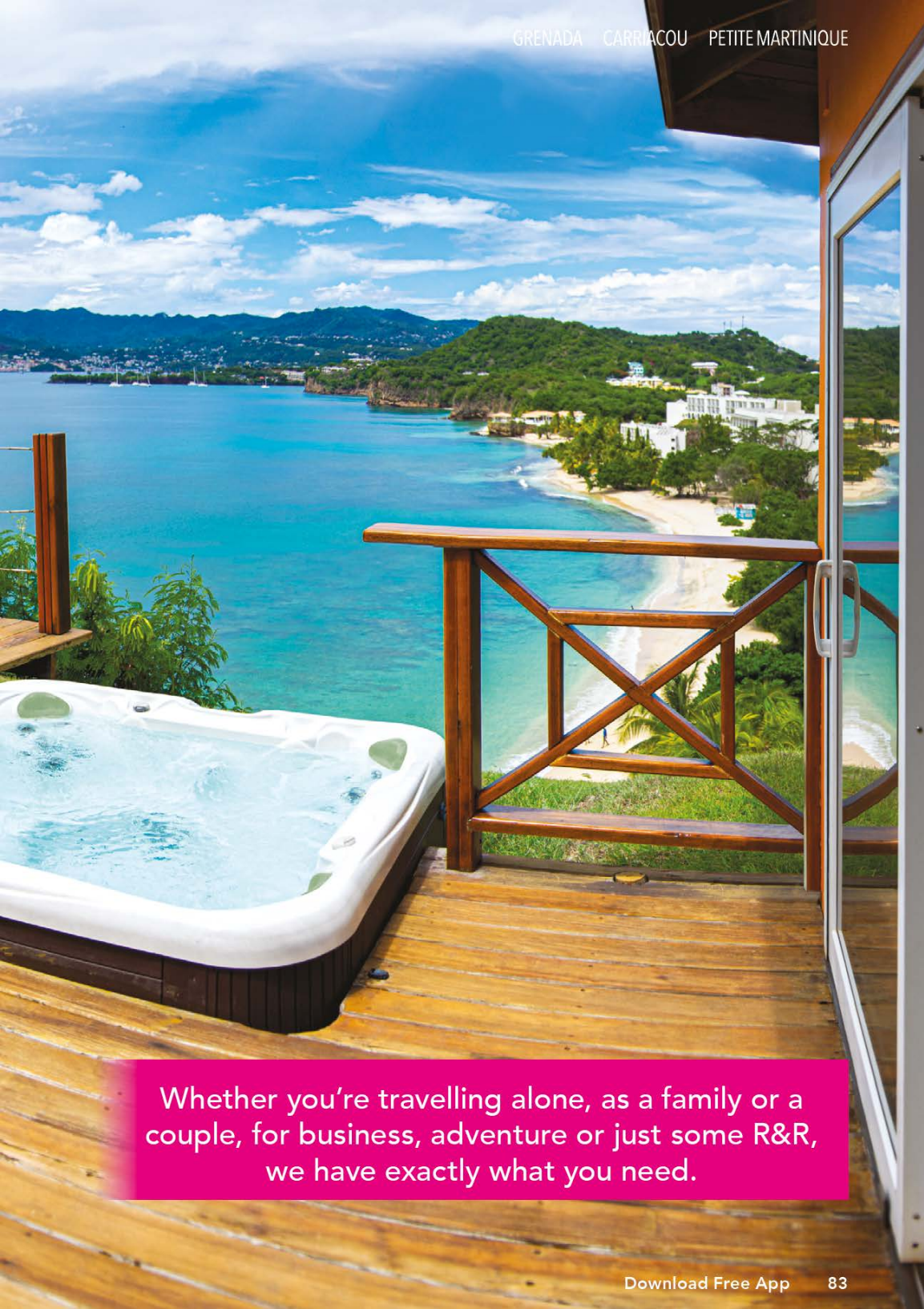
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LIME INN



Whether you're travelling alone, as a family or a couple, for business, adventure or just some R&R, we have exactly what you need.

This will probably amaze you, but the beautiful range of accommodation you have to choose from for your trip, may have never been visited or seen by us resident Grenadians! It's the same old adage; wherever we hail from, we often don't take the time to appreciate what is sitting right under our noses.

The good news is that we have accommodation to suit every budget and style; rustic and outdoorsy, palatial suites with air-conditioning, self-catering villas with state of the art kitchens, with the option of private chefs... Or not. You may be an amazing chef in your own right and only need a basic kitchen, and prefer to have your own experience of visiting our markets and supermarkets. We can assure you, they will have both recognizable and new ingredients to add to your repertoire! See page 42 - Look Who's Cooking.



Accommodation prices can range from under \$100USD per night to... well sky's the limit, it depends how pampered you might like to be. Whatever you're thinking of, we will definitely have somewhere, or someone who can provide that 'tick' on your wish list.

The ingredient at the top of the list though, is; whatever you need to feel like you have really entered your downtime zone. Even

the most affordable accommodation options, offer a great ocean or hillside view, or are just a short distance away from either. Some views are so stunning as to take your breath away, and stepping onto our islands is enough to cause you to exhale.

Whether you have flown thousands of miles or are traversing from one side of the island to another for your vacation, staycation, or paradise-at-home adventure, remember it all begins in the mind. That's what you need to address first; then step into your accommodation and begin your lime!

If you have chosen your accommodation in the south of Grenada, from overseas, or live in the south of the island, there are so many options to experience a different point of view. Enjoy Grenada from a different angle and head north for a night or two; there are still so many places to uncover and experience a complete getaway from it all.

If you have opted for accommodation in the north, or live in the north of Grenada, why not come and enjoy the 'city lights' in the south! Maybe not quite, but a little bit more hustle and bustle. Limin' spots are popping up all over, as innovative residents rise to the challenges of global change.

A visit to our Sister Isles is a must! Carriacou is becoming the San Sebastian of the Spice Isles, with the local ferries crossing during the week and year round cruisers now being joined by yacht parties of the upwardly mobile. We're teasing! But it is very refreshing that more and more of us are uncovering our jewel-like sister islands, Carriacou & Petite Martinique. They have always been sparkling but perhaps without as much 'lime-light' as they deserve!

Wherever you choose to lime inn this time round, you will feel at home, and in paradise, here in the Spice Isles!



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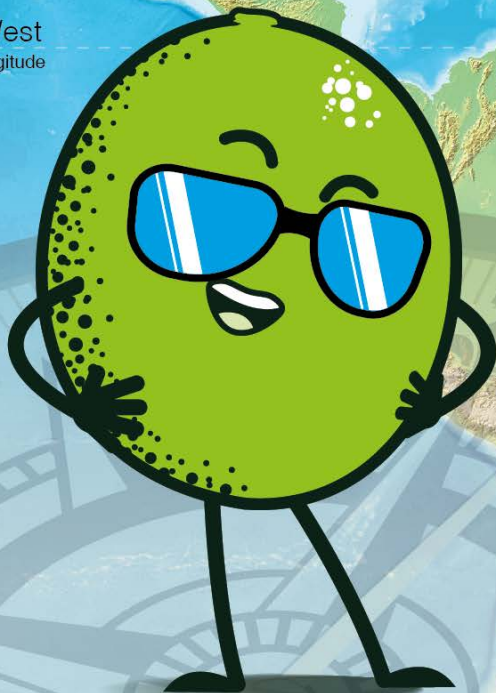
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Off the Hook, Paradise Beach, Carriacou

LIVIN' / THE LIME

LIFESTLYE, BUSINESS & INVESTMENTS



We live in a picture perfect postcard! If you're thinking of coming to join us, you're on the right page.

Do you recall how much we used to enjoy writing, receiving and collecting them? From anywhere and everywhere? It didn't always have to be from somewhere exotic; maybe just the coastal towns and villages of our own 'back yard'. The thrill was in looking at that glossy piece of card over and over, and showing it off. Evidence that someone valued us enough to hit the pause button on their holiday, choose an apt scene and scribble a few words ending; "Wish You Were Here!".

Remember them pinned on the kitchen notice board, alongside incomplete shopping lists? Or held firmly in place on the fridge door by the once ubiquitous magnetic fruit? Daily encouragement for us to plan the next trip!

Say what you will, but no way is looking at these images on any size screen, the same treasured collectable as that very affordable piece of card. Beautiful scenery, historic buildings, glossy vignettes capturing the quintessence of the chosen spot; its claim to fame, world renowned landmarks, or lesser known areas of untamed natural beauty. Breathtaking images on glossy card stock paper; now attaining memorabilia status in the face of... progress.

Tagging, liking, following, floating hearts and clapping hands, tic toc, hash tagging, emojis, instant yes indeed. However, not the same thrill as the wait, the anticipation of the arrival of that 3.5 by 5 piece of card. It actually existed on some foreign far flung shore, and traversed land or ocean or both, and landed on our doormats! A world of possibilities...

Now that we have experienced what it feels like to be locked down and slowed down, we realize here in Greenz that we actually do live in a postcard! Of course you probably already knew that, but sometimes we just don't miss the water until the well runs dry. Or we are living in fifth gear, so totally engrossed with all those very important everyday routines, that we completely miss what is right under our noses.

2020 provided the global community with a mountainous learning curve - clearly stating "stay well and really see what matters in life. Don't take anything for granted."

Here in the Spice Isles, after months of curfew and various stages of 'easement', we realized we had to stop fretting about what couldn't be - and to use the time to appreciate what is; our very own picture perfect postcard. To enjoy nature's version of stillness and silence, to witness the beauty we took for granted enhancing itself, as mother earth got a chance to start her own healing processes. We were finally compelled to make our 'needs' take a back seat - and give way to nature. So sad that we had to be forced.

Someone coined the phrase 'View Tax'. An interesting concept which might help us to appreciate the natural beauty we look at each day and take for granted. We are definitely not asking for another tax! What we are saying to ourselves is; "Wake up and smell the coffee... or the cocoa tea!"

*Greenz Life is Limericious
Wish You Were Here!*

COMING HOME & RELOCATING

You may wish to begin the process by visiting the Ministry of Finance online at www.gov.gd as the government website has been fully updated and has significantly improved functionality. Please make sure that you investigate any incentives which may be offered to returning nationals and/or persons relocating to Grenada.

If you cannot find the information you need online then do not hesitate to contact the Ministry of Finance for further assistance:

Ministry of Finance, Planning, Economic Development & Physical Development
Financial Complex,
The Carenage, St. George's,
Grenada, W.I
Telephone: 1 (473) 440 2731/2732
Email: finance@gov.gd

NON NATIONALS

You can apply for permanent residency in Grenada after residing here for a minimum of two years. Permanent residents can apply for Grenadian citizenship after residing here for a minimum of 5 years. Criteria and documentation required can be found online at www.gov.gd

WORK PERMITS

There are a number of criteria to be met to be approved for a work permit in Grenada. It is recommended that you review these carefully. The permit must be applied for by your prospective employer. The cost may vary from \$1000 to \$5000 XCD per annum based upon your country categorisation, and payment will only be requested once your permit has been approved.

More detailed information can be found by visiting www.gov.gd



GETTING MARRIED IN GRENADA

Three-day residency is required in Grenada before you can apply for a marriage license, which takes 2 to 3 working days to process.

You will need valid passports, birth certificates, Decree Absolute divorce papers if applicable, single status affidavit, deceased's death certificate, if you're widowed, legal proof if a name was changed by Deed Poll. If under the age of 21, written parental consent by way of an affidavit from a Lawyer or Notary Public.

If you choose to work with a wedding planner, they will guide you through the entire requirement process and do everything conceivable to make sure that your special day lives up to every single one of your expectations.

N.B. As of 2020 the services of the Government of Grenada Ministries, including information, application/registrations forms and e-payment systems, are fully functional online at www.gov.gd/services-page.

To submit your application(s) you must register yourself on the portal. You will also be able to check the status of any applications you submit through this medium.

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PBX All Departments
440 - 3232

Grenada Co-operative Bank Ltd.
PBX All Departments
440 - 2111

RBTT Bank Grenada Ltd.
PBX All Departments
440 - 3521

Republic Bank Grenada Ltd.
PBX All Departments
444 - 2265

CORPORATIONS

Grenada Bureau of Standards
Queen's Park, St. George's
440 - 5886 / 440 - 6783

Grenada Chamber of Industry & Commerce (GCIC)
Frequenté Business Park,
St. George
440 - 2937 / 440 - 4485

Grenada Hotel & Tourism Association (GHTA)
Morne Rouge, St. George
444 - 1353

Grenada Investment Development Corporation (GIDC)
Frequenté Business Park,
St. George
444 - 1033-35/40

Grenada Tourism Authority (GTA)
Burns Point, St. George's
440 - 2279

Grenada Association of Retired Persons (GARP)
Kirani James Boulevard,
St. George's
435 - 9857
www.garp-grenada.com

TELECOMMUNICATIONS & CABLE SERVICES

Digicel Grenada Ltd.
St. George
415 - 0028 / 439 - 4500

FLOW
Customer Contact Centre
1 - 800 - 804 - 2994

UTILITY COMPANIES

Grenada Electricity Services Ltd. (GRENLEC)
Dusty Highway, St. George
440 - 2097

National Water & Sewerage Authority (NAWASA)
The Carenage, St. George's
440 - 2155

GOVERNMENT OFFICES

The Ministerial Complex
Botanical Gardens
St. George's

Immigration & Passport Department
435 - 2302 / 440 - 2456

Prime Minister's Ministry
440 - 2383

Prime Minister's Office
440 - 2265

Ministry of Labour
435 - 9246

Ministry of Health
440 - 2649

Government Veterinary Officer
Ministry of Agriculture
435 - 8725
grenadalivestock@gmail.com

Ministry of Finance
The Carenage, St. George's
440 - 2731

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5	Le Phare Bleu Villa Resort	444 2400
85	Maca Bana Luxury Boutique Resort	439 5355
87	Mt. Edgecombe Plantation	422 3712
88	Secret Harbour Boutique Hotel	444 4449
89	True Blue Bay Resort	443 8783

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IBC	Duty Free Caribbean	230 1025
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78	Spice Isle Jewellery Mfg. Co. Ltd.	440 3155

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23	AllyDay Creative Projects Ltd.	420 2132
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MAURICE BISHOP INTERNATIONAL AIRPORT: ARRIVALS - (473) 230-1022
MAURICE BISHOP INTERNATIONAL AIRPORT: DEPARTURE LOUNGE - (473) 230-1020



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