



Lime & Dine

GRENADA CARRIACOU PETITE MARTINIQUE



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Limin' *Attitude*

is all
about
your

12° North

Latitude

-61° West
Longitude



**What to do &
where to go in
the Spice Isles**

@limeanddine



Welcome

TO PURE GRENADA
SPICE OF THE CARIBBEAN



Lime & Dine
GRENADA CARRIACOU PETITE MARTINIQUE

ENJOY OUR
PARADISE AT HOME

ENDORSED BY





Anse la Roche, Carriacou



If there was ever a spot created purely for limin', this just has to be it!

It allows for solitude or company, and takes a little extra effort to reach. It also definitely requires, that you stay awhile to appreciate it fully.

Here we are at Anse la Roche, Carriacou; beach paradise and turtle nesting sanctuary.

The fascinating thing about the Spice Isles, a mere 21 x 12 miles, is that there's always somewhere waiting to be discovered; no matter how many times you visit, or even if you've lived here your whole life. You will never know all there is to be known, in Grenada, Carriacou & Petite Martinique.

We islanders may not fully appreciate that many of our incredibly beautiful spots are most easily accessible, or even, only accessible, from the water. We are famous for our love of a therapeutic soak in the ocean, but we don't often travel or explore, by way of the sea.

Our chosen cover spot for this edition, captured our hearts and imaginations, with its natural beauty, serenity and dazzling land and beachscape colours. An example of acceptance that whatever enterprising humans might add and envision, we can at best complement nature, but we will never be the main event!

Whether you're a resident or visitor, we challenge you to step outside of your norm, and treat your senses, as you ingest some of the truly stunning beauty of the Spice Isles.

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 CARRIACOUC PETITE MARTINIQUE

2021 - 2022

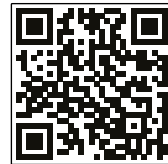
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LIMERS & DINERS

PUBLISHER'S MESSAGE

Our bespoke mission as Limers & Diners is to make sure that we all stay connected. This, as the entire globe seeks to adapt to an altered everyday reality, and that euphemism, 'normalcy.' The aim of everyone featured on our app and our pages, is to reach all of you! That includes all of our 'staycation & paradise-at-home' friends, island residents, island lovers and visitors. You're welcome to join us and enjoy everything our islands have to offer.



Alleyné

Cognizant of our radically changing environment, our biggest drive for 2021-2022 was to have our free app ready to work harder for you and our advertising partners. And, We Did It! Having overcome technical difficulties and some steep learning curves, now we can send out pushes, notifications, alerts, badges, and real time updates on your home screen.

Translated; we can let you know what's happening, when and where, throughout the year, on your electronic device! You really should **download our app**, if you haven't already.



GRENADA LIME & DINE



Download App  

It's an excellent way to make the best use of what's at your fingertips, to mitigate some of the challenges of our new norms!

We know you'll really enjoy using our app, and browsing through the pages of our latest publication. We aim never to disappoint in giving you our signature, **Lime & Dine Grenada, Carriacou & Petite Martinique**, experience.

Health and wellness in its many iterations, is the overall theme of our 2021 – 2022 edition.



Dayliah

Wherever we live, the global experience, and the toll on the human mind, heart and physicality, is a shared one, even in dream locations such as ours.

Thank you for being here, for joining us, and for enjoying us and our home.

Enjoy Grenada to the Fullest. Let's Be Safe Together!

Alleyné & Dayliah (AllyDay)

A special thank you to our joint stakeholders and shareholders, who have chosen to partner with us, to offer great experiences, their hospitality, and services, to our app users and readers.



Minister's Welcome

Hon. Dr. Clarice Modeste-Curwen
MINISTER FOR TOURISM, CIVIL AVIATION,
CLIMATE RESILIENCE AND THE ENVIRONMENT

Warmest greetings dear visitors! Welcome to the alluring tri-island state of Grenada, Carriacou and Petite Martinique.

Though we are facing a tough era and travel has now changed tremendously, we are open, and happy to welcome back visitors to our destination. While exploring the islands, I encourage you to follow our protocols as your health and safety matters to us greatly.

Here in Grenada, we continue to review and revise our protocols to protect and safeguard all locals, as well as visitors to our shores. As such, the tourism industry continues to collaborate closely with, and support the work of the Ministry of Health.

Preparations are ongoing for your long-awaited return. We have a wide range of safe experiences on island for you to enjoy. In fact, we are here to satisfy fully your vacation wants and needs, by providing a range of nature-based

activities and culture-based attractions. Our mission is to supply you with the recharging and regeneration you so deserve. From our year-round festivals, to daily nature visits, to historical sites, beaches and waterfalls, we aim to provide everything to explode your adventure bubble.

Grenada currently offers non-nationals an exciting opportunity to reside and work on island, through our Remote Work Program. This gives you, the visitor, the legal right to work remotely while residing away from your home. *A Home Away from Home.*

I wish you a safe and enjoyable time here in Grenada, Carriacou and Petite Martinique. We eagerly look forward to welcoming you back to paradise soon, with even bigger smiles.


Hon. Dr. Clarice Modeste-Curwen



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



Grenada Tourism Authority

Ms. Petra Roach
CEO GRENADA TOURISM AUTHORITY

Our unique tri-island state continues to weather the most serious pandemic the world has ever seen, and we want to ensure that we emerge even better than before.

We have been awarded a fresh new accolade as the World's First Culinary Capital by the World Food Travel Association! This is thanks to our naturally delectable dishes, infused with the highest quality spices, our organic chocolate, and our world-class rums.

With concepts such as farm-to-table dining and bean-to-bar chocolate, highlighted by a vibrant agricultural sector, Grenadians are making a name for themselves on the world stage, and differentiating our culinary offerings from the rest of the globe.

We certainly have big plans for our three islands, and we invite you to make big plans for your time here. Your Grenada bucket list will be a long one; there are a plethora of beautiful beaches and waterfalls to visit and panoramic views on hiking trails, that must be seen. Additionally, there is

oildown, our national dish, to sample, Carriacou and Petite Martinique to explore, snorkeling or diving the World's First Underwater Sculpture Park to be experienced, and chocolate factories to be toured.

We are especially proud to be introducing our voluntourism opportunities; must-do, life-changing opportunities that will have a positive impact on you, and on our local communities. From living and working on an organic cocoa estate, to reef clean-ups, and teaching in local schools. We hope that every visitor to Grenada plans a voluntourism activity, to fully immerse themselves in our authentic lifestyle, promote sustainability, and spread joy and kindness.

We are truly excited for you to discover the magic of Grenada, Carriacou, and Petite Martinique. The renowned friendliness and warmth of our Grenadian people, the many natural wonders, the food and the adventures, will certainly make your stay a memorable one.

Above all... ENJOY!

Please follow us on social media @discovergrenada, and visit our website www.puregrenada.com to learn more about the different experiences available.

CONTENTS

GOOD TO KNOW

- 08 Limin' Talk
- 10 You May Need to Know
- 14 Limin' Is
- 16 Limin' Time
- 39 Town & South St. George Maps
- 40 Island Map
- 45 Carriacou & Petite Martinique Maps
- 86 You May Also Need to Know

FOODIES

- 34 Oildown: Our Culture, Our Heritage
- 36 Recipe: Oildown
- 52 Look Who's Cooking: Tim's Sunset Beach Bar & Restaurant
- 71 Recipe: Beer Drunken Shrimp
- 72 Shaken & Stirred: Sea Moss
- 76 Recipe: Grenadian Sea Moss Drink & Sea Moss Gel

FEATURES

- 18 Our People: Shakespeare Mas, Carriacou's Unique Tradition
- 28 Our Island: Parliament on the Beach
- 42 Sister Isles Lime: Stepping Stones
- 58 Pure Lime: ...Inhale ...Exhale
- 80 Livin' the Lime: Lifestyle, Business & Investments



Beer Drunken Shrimp:
An Ocean Tale



GRENADA LIME & DINE



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Paradise-at-Home & Staycation



Carriacou's Shakespeare Mas: See why our little Sister Isle's gift to the world, peaks the interest of UNESCO



Sea Moss: Traditional Grenadian delight and celebrity superfood!



Parliament on the Beach: Grenada's unique contribution to the narrative of free speech



Grenadian Sea Moss Drink



Adventurous Eaters



**LIMIN'
TALK**

Proper

Prim & Proper

All she teet' smilin'

Her exuberance was clear in the expansiveness of her smile.

Ah goin' an' open out de clothes dem

I'm going to hang the laundry on the line.

Parliament on de beach

Our oratorical salute to free speech and shared opinions!

Enjoy de balance of de day

I hope the remainder of your day is enjoyable.

His voice heavy, oui!

His voice leans towards bass overtones. Deep and commanding.

Woi! yoi yoi!

That is totally and utterly unbelievable!

Ah doh caan' understand'

This is totally unfathomable! (Please note a double negative is still a negative in Grenada ;)

Muh big belly vest ah hav' on dey

I've increased my clothing size a tad, to accommodate my slight weight gain!

When mango in season, tun down de pot

In the season we have such a proliferation of mangoes, there is absolutely no need to cook!

**Gal, yuh put on size, oui!
Boy, yuh get small, oui!**

This is our equivalent to speaking about the weather, talking about weight! A good opening gambit for many a conversation.

Ah so boring!

I'm totally disengaged, unstimulated. I'm bored!

Nah man, she fully alive!

She's absolutely well, alive and kicking, and fighting fit!

Aksing. Liccle. Flim.

Asking. Little. Film.
Just try it our way, it's so much easier!

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



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GRENADA

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Le Phare Bleu, Petite Calivigny Bay, St. George, Grenada. W.I.
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WWW.LEPHAREBLEU.COM





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 8:30am – 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 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 on Monday, Wednesday & Friday, from the Carenage, St. George's: Tel: **440 8126**.

The Dolly C operates from the cargo port on Port Highway on Monday, Wednesday & Friday: Tel: **404 0629/419 8895**.

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 on Monday, Wednesday & Friday from Maurice Bishop International Airport: Tel: **444 3549**. Please call to check scheduled flight times and availability.

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.

COVID -19 HOTLINE

TEL: 538 4787 OR 458 4787

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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 <https://covid19.gov.gd> – for **PURE SAFE TRAVEL AUTHORISATION. COVID-19 TRAVEL PROTOCOLS. VACCINATION REGISTRATION. PAY ONLINE COVID-19 TEST**

FOR ASSOCIATED COSTS OF TRAVELLING TO GRENADA

Persons entering Grenada are required to familiarize themselves with the traveler's guide on the Ministry of Health's website: <https://covid19.gov.gd>

Please note information relating to Covid -19 in Grenada is being continually updated. Double check on the website shown above for up to date information and test prices.

Please make further enquiries, before making your travel plans, should you not find the information you are looking for.

COVID -19 HOTLINE

TEL: 1 (473) 538 4787 OR 458 4787



WEAR
MASK



SOCIAL
DISTANCING



SANITISE
HANDS

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PRIVATE HOSPITAL

At home and abroad, accidents happen.
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EMERGENCY 24/7: 1 (473) 440-6174
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RAPID
TEST** **AUTHORISED
TESTING CENTER**

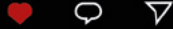
“Life is precious... put it in the right hands”

LIMIN' IS...

An essential ingredient in enjoying Grenada.

We'll share a few tips, to get you moving in the right direction.

Firstly, if you've been ordered to lime, it's not a lime. You don't lime on demand! Well maybe on your own demand, but it's not a task or assignment. It's not pre-ordered, ready-made, pre-packaged or strategic. Okay, yes, you can plan, sometimes, but every Grenadian knows that the best 'limes', just happen! Right place, right time, right people,... even with no other people.



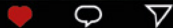
It definitely cannot be captured in social media emojis.

Limin' is doing your thing, your way!



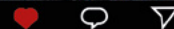
Exhaling. Letting whatever you're carrying roll off your shoulders.

Closing your eyes and parading all your great memories through your mind's eye! Is that daydreaming?



Listening to whatever music makes your heart soar, or brings you to tears.

Seeing your friends on purpose and then just letting it happen!



Laughing until you cry.

Seeing each other smile with our eyes and mouth... without the masks...

**Companionable silence
with the people you love.**

LIMIN' TIME

SUNDAY

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

Round House, Carriacou - Breakfast 8:00am - 10:00am. All Day Menu 12 noon - 9:00pm

Aquanauts - Snorkel or Scuba Diving Trip to the Underwater Sculpture Park 8:30am - 2:00pm. *(Ask us about local and student discounts)*

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

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

Umbrellas - \$10 Bahama Mama All Day Special. Happy Hour 11:00am - 3:00pm. Live Music from 5:30pm

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

Prickly Bay - Daily Happy Hour 4:00pm - 6:00pm. Live Band from 7:30pm

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

MONDAY

True Blue Bay Sankalpa Yoga Studio - Yoga 8:30am - 9:30am

Punj-Abi - Free Dessert with Combo Meal - Mon & Wed to Sun 11:00am - 9:00pm

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm. Crab Racing from 5:00pm

Umbrellas - \$10 Rum Punch All Day Special - Happy Hour 4:00pm - 6:00pm

Prickly Bay - Buy a Drink & Get Your Pizza for ½ Price. Daily Happy Hour 4:00pm - 6:00pm. Live Band from 7:30pm

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

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

Umbrellas - \$10 Mojitos Mon to Fri 12 noon - 4:00pm

TUESDAY

House of Chocolate Bakery at True Blue Bay - Specials on Cakes & Ice Cream 9:00am - 5:00pm

Punj-Abi - Tandoori Tuesday 11:00am - 9:00pm

Prickly Bay - Daily Happy Hour 4:00pm - 6:00pm. Trivia & Pasta Night from 7:00pm

Victory Bar - Tuesday Taco's 12 noon - 10:00pm Margarita Carafe \$50 or Glass \$15.00

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm. 3 for 2 Pizza. Buy 2 Get 1 Free!

Movie Palace - Super Saver Tuesdays!

Umbrellas - \$10 Rum Cooler All Day Special - Happy Hour 4:00pm - 6:00pm

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

WEDNESDAY

True Blue Bay Sankalpa Yoga Studio
- Yoga 8:30am - 9:30am

Round House, Carriacou - Smokey
Wednesday - 12 noon - 10:00pm

Punj-Abi - Free Dessert with Combo Meal - Mon & Wed to Sun 11:00am - 9:00pm

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm. \$1 Dollar Wings! LPB Talks - 5:00pm - Featuring Local Life, History & Culture

Umbrellas - \$10 Blushing Bitch All Day Special - Happy Hour 4:00pm - 6:00pm

Prickly Bay - Daily Happy Hour 4:00pm - 6:00pm. \$1 Dollar Wings from 5:00pm. Live Band from 7:30pm

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

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

THURSDAY

House of Chocolate Bakery, St. George's
- Specials on Cakes & Ice Cream 9:00am - 5:00pm

Punj-Abi - Free Dessert with Combo Meal - Mon & Wed to Sun 11:00am - 9:00pm

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

Prickly Bay - Daily Happy Hour 4:00pm - 6:00pm. Taco Night from 5:00pm. Live Band from 7:30pm

Umbrellas - \$10 Umbrella Cooler All Day Special - Happy Hour 4:00pm - 6:00pm

Victory Bar - Daily Happy Hour 5:00pm - 6:00pm. Complimentary Beer or Soft Drink with Every Pizza (*Dine-in Only*)

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

FRIDAY

True Blue Bay Sankalpa Yoga Studio
- Yoga 8:30am - 9:30am

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm. Block Buster Movie Night 6:30pm. Light Up the Lightship Karaoke 8:00pm

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

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

Umbrellas - Happy Hour 4:00pm - 6:00pm. Live Music from 7:00pm

Dodgy Dock - Mexican Caribbean Night - Live Music, Supersized Cocktails & Taco Stand

Prickly Bay - Daily Happy Hour 4:00pm - 6:00pm. Party Night! Live Steel Pan & Band Music from 6:30pm Plus DJ

SATURDAY

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

Aquanauts - Boat Trip with 2 Morning Dives 8:30am - 1:00pm

Punj-Abi - Free Dessert with Combo Meal - Mon & Wed to Sun 11:00am - 9:00pm

Prickly Bay - Buy a Drink & Get Your Pizza for ½ Price 4:00pm - 10:30pm. Daily Happy Hour 4:00pm - 6:00pm. Live Band from 7:30pm

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

Umbrellas - \$10 Pain Killer All Day Special - Happy Hour 5:00pm - 7:00pm

Dodgy Dock - Caribbean BBQ from 6:30pm

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

The Jib Live Music Venue - Music, Food & Drinks from 6:00pm. *Last Saturday of Every Month*

Please note that all information is accurate as at time of publishing. The information provided is to be used as a guide as some activities listed may take place in high season only, or may be affected by changing Covid-19 restrictions and regulations. It is recommended that you call your chosen venue to confirm in order to avoid any disappointment. See index on page 88 for contact numbers.

Reprinted from Lime & Dine Grenada, Carriacou & Petite Martinique 2019 – 2020

OUR PEOPLE

SHAKESPEARE MAS

CARRIACOU'S UNIQUE TRADITION



Carriacou's Shakespeare Mas nomination to be inscribed on the Representative List of Intangible Cultural Heritage of Humanity, submitted to **United Nations Educational, Scientific and Cultural Organization (UNESCO) c. 2021**

"All the world's a stage"... and our little sister island, Carriacou, is THE PLAYER. The only country in the world which continues the practice of the unique and amazing tradition of Shakespeare Mas!

Have you ever heard a five-year old quote Shakespeare? Not a child prodigy, nor a child from a financially privileged background of private schooling and tutors; a child from Carriacou. That is the age of the youngest **Shakespeare Mas** player on the island. (Population; approx. 6.5K. Size;13sq miles). The play: Julius Caesar!

Present day Mas players we met with, admitted that they are not completely sure exactly when Shakespeare Mas began. They shared with us their youthful awe on hearing their parents, grandparents and great grandparents, recite quotes and assume their Mas personas. Duelling verbally would take place, from the villages to the battleground of Hillsborough (Carriacou's main town). In the ensuing years of following players, they honed their mas-craft, whilst listening to the oft repeated quotes. Almost through osmosis - because it never felt like studying - they knew the words too! Growing to love, and understand Mas, they studied and added to the foundation they had 'inherited' from their elders.

It is a journey that reminds us of the colonial roots of the Caribbean educational system. Have you heard of, or do you recall, the ubiquitous school textbook; 'Royal Reader'? It was an intrinsic part of schooling in the Caribbean and an ingenious avenue, through which British values were

cultivated, in its dependencies. Royal Reader(s) pages were filled with works of the great poets, as well as British and European battles and victories. And naturally, Shakespeare! For many, his works remain the unchallenged pinnacle of English literature and British intellect.

In response to a few more questions, we were regaled with numerous fond memories of this well used text book. Some Grenadians, and we're sure many in neighbouring islands too, still have treasured copies put away carefully, as reminders of their gloriously technicoloured school days!



Temporary possession of one such Royal Reader, unveiled the source of many of the quotes for the Shakespeare Mas! It also informed why, in between passages of Julius Caesar, a factual quote may be interspersed with pivotal historical dates, connected to the reign of Queen Victoria, King Henry VIII, or the battles of Napoleon Bonaparte!

From the even more distant past, it is said that there was an Ash Wednesday tradition which allowed slaves the freedom to say anything to their masters, with no repercussions. However, understandably not quite trusting such a seemingly magnanimous gesture, the slaves would dress up and wear masks to avoid being recognized*.



PURE GRENADA

The Spice of the Caribbean

www.puregrenada.com



A Once in a Lifetime Experience



@discovergrenada



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Today, Shakespeare Mas men, women and children, wear colorful costumes and masks, whilst reciting lines from Julius Caesar and the history learned and passed on, from the pages of the Royal Reader(s). Verbal, then physical challenge, is the status quo. Faltering, or misquoting, will result in a blow to the opponent's sturdy cape.

We still wanted to know more and we're sure you do too, so we continued our search, with major success!!

Tucked away, in the quiet village of Harvey Vale, we found a veteran Mas Player, who unlocked the joy of Shakespeare Mas for us. **William Miller** (88 years old), sitting on his verandah, was initially a little shy when we asked him to help us understand how Shakespeare Mas was played. But after our observing the time-honoured social etiquette of establishing any family connections, and one's background, (this is a must in Carriacou), the ice was truly broken.

At first a little falteringly, but then like an undammed river, they came flowing; faultless quotes from history and Julius Caesar. He regaled us with them, accompanied by all manner of theatrics, and smile upon smile, the words came to him easily and readily. The more he performed, the more he remembered. He was unstoppable!

The joy and memories of playing Mas changed this elderly, and seemingly forgetful gentleman, into the renowned Mas player, he is acknowledged to be, in the whole of Carriacou. Even before he put on his Shakespeare Mas costume, he was already



"Do you know I am Master of Hero today, Owner of Hillsborough, Captain of Brighton..."

...Step back ten feet from my shadow! Relate yourself to me. Therefore, I shalt know what man you are! Otherwise worms shall be thy petticoat!"

transformed. So, you can imagine, how complete was the metamorphosis, when he agreed to don his regalia, and stepped onto his verandah-stage.

He was a true thespian, who gifted us with our own private Shakespeare Mas, in the middle of June!

Miller explained to us that Shakespeare Mas, protocol and etiquette, requires that one introduce oneself before the verbal duel begins; *"Do you know I am..."*

Whether Shakespeare Mas will survive depends largely on the Mas' Players and teachers, who understand the priceless value of this Carriacouan tradition, and work selflessly to pass the mantle onto the next generation. A fuller comprehension of this unique tradition and the support of our tri-island state as a whole, and the world at large, which rallies against extinction in so many forms, can also play a part.

Miller's daughter, Faithlyn, is one such protagonist of her island's unique Shakespeare Mas. She has ten budding young players under her tutelage. They braved the curiosity of their school mates and donned their costumes to play their Shakespeare Mas for us, in the school yard. A good trial run, in preparation for the crowds who will listen intently to their renditions on the Tuesday of Carriacou's Carnival!

In the hearts of the current keepers of Shakespeare Mas, it is hoped that today's young players will understand the profundity and importance of this legacy, and become its future custodians. Further educating of players, spectators, and the populace of our entire country, is what is really needed to sustain this precious and unique tradition for generations to come.

To quote the Bard;

"All the world's a stage and all the men and women merely players; They all have their exits and their entrances;"

Carriacou has provided a stage, a unique stage, that we believe William Shakespeare would have approved of!

Shakespeare Mas made its entrance! None of us want to see it make its exit. That is not at all 'As You', or we, would 'Like It!'

*[Page 20] As one would expect, there are various historical practices which are attributed to the birth of Shakespeare Mas. If you are inclined to dig further, we can promise it will be an interesting journey of discovery.


The publishers would like to express their profound thanks to William Miller, Faithlyn George and the young Shakespeare Mas players of Harvey Vale Government School. (Nyle Augustine, Denis John, Leah McFarlane, Nevaeh Joseph & Norlana Herry, ages 9 - 13 years, at the time of article first print in 2019.

Should UNESCO accept the nomination for this cultural jewel, it will provide a real turning point and much needed support for current and future Shakespeare Mas players, and the sustainability of this unique cultural art form.

UNESCO's mission is to contribute to the building of a culture of peace, the eradication of poverty, sustainable development and intercultural dialogue through education, the sciences, culture, communication and information.

FOODIES LIME

Your adventurous eating habits could make you healthier than picky eaters. And let's be serious, it makes life so much more enjoyable!



Dey Say; “adventurous eaters tend to be more healthy. They consider the quality of the food to be an important factor, and they eat with friends more often.”

You do know that where you eat the food, and who with, is often even more memorable than that delectable morsel in your mouth. Right?

“Adventurous eaters” is a nice expression; it shouts that one is open to new experiences. There are quite a number to be had on the Spice Isles.

We have some interesting iterations on dishes and ingredients that you may be used to, and some that you may never have heard of, or tasted before! Land crab, sea egg, sea moss, whelks, lambie, Saraca - on the Sister Isles - callaloo, breadfruit, sweet potato, seasoning peppers, shado beni, nutmeg, cinnamon...

You certainly can't get healthier than these fish straight from the ocean, organically grown seasoning, and a fresh sea breeze blowing as you “make a fire” and cook outdoors.

Many of our friends in the diaspora leave their regular visits to our shores with these tasty treasures packed safely away. And you thought we were all about the spices, the rum and the chocolate!

Enjoy, and remember wherever and whatever you choose to eat:

Be Adventurous!!

Looking forward to the weekly food shopping also makes you a foodie? Now that's just silly!! ;)



The Aquarium RESTAURANT

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

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OUR ISLAND

PARLIAMENT



ON THE BEACH

Welcome to our beautiful golden sands, the sapphire, cerulean and turquoise blues of the Caribbean Sea... and Grenada's unique contribution to the narrative of free speech. Parliament on the Beach!



Free speech has long been a cherished ideal and right of democratic society. In ancient Greece, reputedly the cradle of democracy, regular debates took place in ancient Athens. In 61 CE, an ancient historian is recorded as saying of the Areopagus: "...all Athenians and the foreigners staying there would spend their leisure time doing nothing else but telling or listening to something new."

Not quite so far back in history, and better known to many is Speakers' Corner*, located on the north-east edge of Hyde Park, nearest where Marble Arch and Oxford Street meet, in Central London.

Public speeches, debates and protests have marked this traditional site in Hyde Park since the mid 1800's. Historic figures such as Karl Marx, Vladimir Lenin and George Orwell were known to use the area often in their propagation of free speech. An 1872 Act of Parliament, protected both past and present orators and protagonists, by specifically setting aside this part of Hyde Park for public speaking. Even today, on Sunday mornings, it's usual to find crowds gathering at Speakers' Corner, to listen to enthusiasts expounding their views. Anyone can turn up to speak unannounced, on any subject, as long as the police consider their narrative to be lawful.

Intriguingly, and equally fascinating, there is a totally comparable activity taking place, 4000 miles (6,400 km), from the historic Mars Hill in Athens and Hyde Park in London.

Grenada does what it always does, inventing a way to make the staid and formal, spicy and sunny; a reflection of the nature of our people.

Early arrival is essential if you wish to take a gallery seat and observe matters discretely. One cannot just expect to join The House. Naturally, there are protocols!

Our special version of democratic 'free speech' is not to be confined by the pomp and ceremony of modern parliaments.

The proximity of the ocean necessitates that much of the debating and discussion takes place whilst the parliamentarians are in a state of semi-submergence. Discussion and matters arising from the bench, may subsequently adjourn, to allow members

Stroll along the beach any early morning - except Sundays - that's for other matters, which in our culture are far more important than parliamentary discussion.

If you're very observant, you will note this modern Grenadian innovation in session. That's the first test of your 'people watching' skills; locating where Parliament is "sitting."

A point of note is that the sitting of this alfresco parliament is not determined by a secular calendar or manmade timepiece, but by the hour the sun rises! As the sun rises earlier, Parliament on the Beach, sits earlier. Be guided accordingly if you want to see "The House" in session.



The dress protocol is swim wear of course; totally necessary and absolutely 'de rigueur!'

of The House the opportunity to savour their morning sea bath. That is typical multi-tasking, Spice Island style!

However, some topics are so "hot" that they cannot be paused for participants to complete their morning's aquatic spa treatment. The solution? Discussion must continue in the water, so as not to curtail or slow its momentum. No adjournment necessary!

Once all are submerged, the current speaker can continue to expound his point by simply planting his feet on the ocean bed, in water approximately waist high. In this way he can ensure that the necessary accompanying gesticulations take place above water level. None of the impetus or import of what he has to share can be hindered by such a trifle as the ocean!

Taking the floor from the current speaker is not a matter of clamouring or raising one's voice above his. The next person to speak simply has to stand. It is understood he has a point to make and his fellow parliamentarians will listen respectfully, until the floor becomes theirs, by the same ritual.

The agenda for the day is determined on the day, whatever is currently making headline news, or what happened on the journey to beach that morning which

speaks to the societal strengths, or ills of the nation.

"Parliament on the Beach" is a truly Grenadian innovation. Its genesis lies in the hearts and minds of our people, who

Participants are an eclectic mix of backgrounds, minds, opinions, professions and education. This is typical of the way Grenadians find a level ground with each other in every circumstance.

continue to innovate and show enterprise in finding new and novel ways to safeguard our historic legacies and culture.

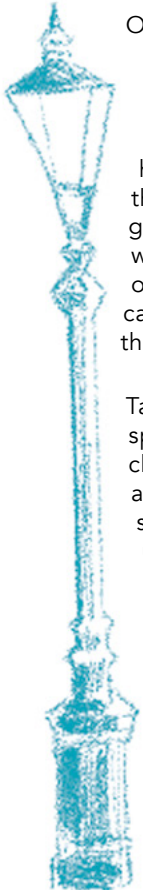
Parliamentary style debates and discussions take place island-wide, it's what we do!

A bench, a beach, a meeting of minds, a topic for discussion, freedom of speech..

So, if by chance you happen to be out for an early morning swim in the beautiful waters off Grand Anse, or are walking the beautiful golden sands, keep your eyes peeled. You may find yourself a front row gallery seat, at a session of Grenada's Parliament on the Beach!



*The Royal Parks provides a detailed background on this historic site. <https://www.royalparks.org.uk/parks/hyde-park/things-to-see-and-do/speakers-corner>



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MORE THAN A DISH... OUR CULTURE, OUR HERITAGE

OILDOWN

**BENEFITS... A FULL BELLY, SATISFIED TASTE BUDS,
AND A CONNECTION TO OUR ROOTS!**

"Many of our foods are imported and influenced by foreign culture. However, Oildown will always be the dish that is purely Grenadian, something that we can call our own."

Janaya ROBERTS shares her personal perspective on a national treasure.

At 12° North and 61° West, on any given day, in someone's pot, a delectable, mouth-watering dish is just waiting to be devoured. Oildown!

This unique dish is one of the proudly "Pure Grenadian," features of our island. We feel we have carte blanche to say this, as many of the dish's ingredients are so distinctive, and unique to our home.

Picture a perfect medley of breadfruit, ground provisions, callaloo, your favourite types of salt meat or fish, Grenadian dumplings, all simmered to perfection in coconut milk! A vibrant yellow hue is provided by local turmeric which is infused into the dish. All the ingredients adopt the subtle nuance of 'smoked food', as the pot is bubbled on "fire wood". Simply delectable. Foodie's Heaven!

Food is a universal language amongst communities worldwide; meals were meant to be shared. That's why Oildown is traditionally cooked at family gatherings and large events. It brings us together as a people, spanning generations, young and old, linking them together with a common thread.

The truest test of one's Grenadian-ness is knowing how to "throw down" a good pot of Oildown! It's indisputable across our islands. We all identify with it and with each other.

The significance of the ingredients lies in their links to our heritage. The breadfruit and provisions acknowledge our ancestors, to whom we pay homage, the West African slaves brought to our shores during the passage of colonialism. The purpose of breadfruit's arrival in 1793, courtesy of British naval officer, Captain William Bligh, was to feed our forefathers. These progenitors of ours, also cultivated the ground provisions, native to their homelands of West Africa and the Gold Coast.

Provisions* used in Oildown may include yams, dasheen, green banana,.. everyone has their favourites. Just a note though, the breadfruit is not optional; the dish is not Oildown without it! Callaloo - the leaves of the dasheen plant - are grown mainly in the Caribbean. They

have been likened to spinach, but taste much better in our opinion. The meat in the dish is the cook's choice, or if the cook is amenable, he or she may acquiesce to the demands of the prospective Oildown partakers!

This tastebud awakener, Oildown, is more than a dish! It's a purely Grenadian experience; it connects all who taste it to our bountifully rich culture.

All of us value our cultural identity; food is one of the universally true expressions of this.

A favourite in Oildown is salt meat, there are a variety, but our favourite is pigtail! This ingredient also dates back to 17th century slavery; salted pigtail, unwanted, unworthy, unfit to grace Great House tables, but good enough food for the menials. *(It seems the bottom has risen to the top, as the global culinary scene embraces our love of salt meats and uncommon ingredients!!)*

Gastronomic, Gustatory, Yummy!
Oildown!

This is our culinary salute to our heritage, history and culture. Part of the pride and joy of Grenada.

Have you had it yet? Don't be shy! Enthusiastically accept any offer you get to eat an Oildown.

Enjoy! ...and, as we Grenadians say; "eat a serious bellyful!"

*provisions describes a number of traditional root vegetable staples such as yams, sweet potatoes, dasheen (taro root), eddoes, cassava, green banana...

Oildown

SERVES: 6 - 8

INGREDIENTS

1kg	Chicken <i>(preferably back and neck)</i>
100g	Salt Beef <i>(soaked in water overnight & par-boiled)</i>
100g	Pig Tail <i>(soaked in water overnight & par-boiled)</i>
200g	Breadfruit <i>(pared & cut into large pieces)</i>
200g	Green Bananas <i>(peeled)</i>
50g	Salt Fish <i>(cooked & flaked)</i>
25g	Seasoning Peppers <i>(chopped)</i>
25g	Garlic <i>(peeled & chopped)</i>
1	Sprig of Thyme
25g	Chives <i>(chopped)</i>
50g	Callaloo
50g	Carrot <i>(chopped)</i>
50g	Okra <i>(chopped)</i>
2 tins	Coconut Milk <i>(414ml each)</i>
½ tbsp	Saffron
10	Large Dumplings <i>(made by mixing flour & water)</i>

METHOD

Season chicken and lay in pot.

Wash salted meat, cut into pieces and lay in pot.

Cover meat with a layer of breadfruit, green banana and carrots and seasonings. *(N.B. Rub a small amount of oil into your hands before peeling the breadfruit and green bananas.)*

Continue placing alternate layers of meat, salt fish, breadfruit, green banana, okra and carrots mixed with seasonings.

Place your dumplings on the top.

Mix coconut milk and saffron and pour entire mixture over all the ingredients layered in the pot.

Spread callaloo over the top of all the ingredients and cover tightly with a fitted lid.

Simmer on low heat for approximately 1½ hours - 2 hours or until all liquid has been absorbed.

N.B. You can make your own coconut milk by mixing water with the grated white meat inside of dry coconuts and then pouring this mixture through a sieve, utilising the liquid only.





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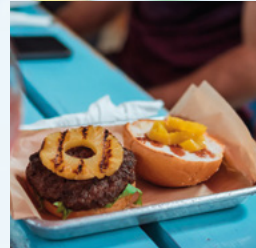
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St. George's Town



PAGE 85



PAGE 21



PAGE 38



PAGE 32



PAGE 37



PAGE 27

Grand Anse to Point Salines



PAGE 33



PAGE 26

PAGE 79



PAGE 67



PAGE 56

PAGE 70

PAGE 32

PAGE 66

PAGE 87

BACK COVER





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
-  Fords
-  Police Station



Belmont, Carriacou, looking south across White Island, Saline Island, Frigate Island and Large Island

SISTER ISLES LIME

STEPPING STONES

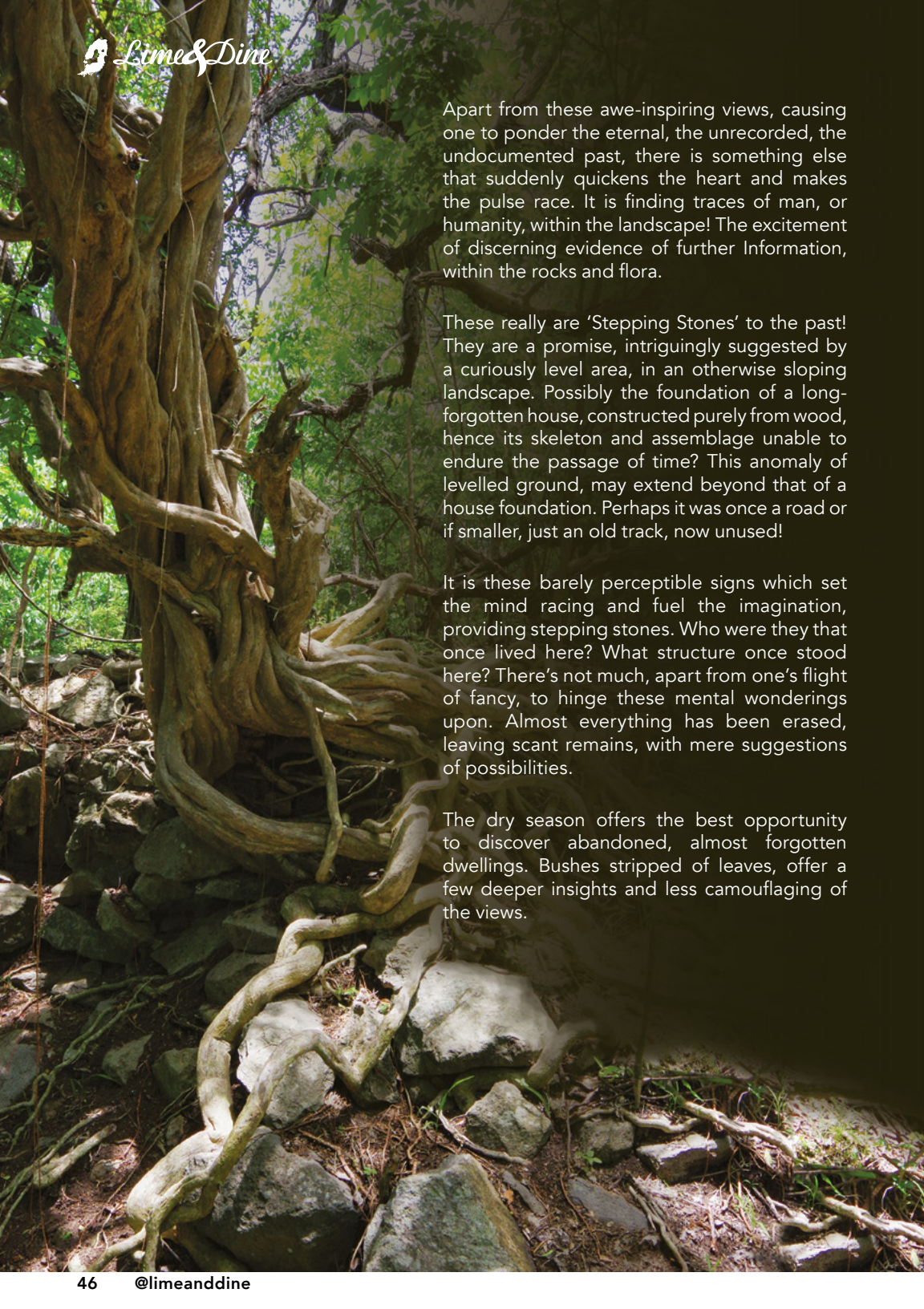
Your relaxed sweep of the ocean view comes to a halt, you're compelled to stop and look more closely at the stunning panorama laid out enticingly before you. Over to the south, across the sea towards Grenada - a misty shadow in the distance - lies a miniature archipelago. This seemingly, random arrangement of islands, clothed with green, edged with white, give the appearance of stepping stones leading from Carriacou to mainland Grenada.

Benny ALEXANDER invites you to ponder over, and unlock the hidden treasures of his island home.

As we drink in the scenery, we may wonder about the countless unknown feet that may have stopped at this very spot. Did those eyes gaze at the same scene, whilst pondering thoughts completely dissimilar to ours? What is the history that caused the separation? Was it caused not only by time, but also by need, desire and circumstance?

The captivating seascape proclaims profound events from the past. It suggests an eternal, grandiose arrangement of rock

and flora surrounded by the ocean. They are a testament to design, chemistry, physics and biology and so much more. Natural, unnatural, the biological use of the laws and processes of science, physics and chemistry. This chasm-like divide, in getting definitive answers to the cascade of questions that arise, has no scientific bridge, no stepping stones. The biological stands alone and apart! The use of coded digital information, that is what causes it to exist and continue to thrive. Nature, instinct, a greater being?



Apart from these awe-inspiring views, causing one to ponder the eternal, the unrecorded, the undocumented past, there is something else that suddenly quickens the heart and makes the pulse race. It is finding traces of man, or humanity, within the landscape! The excitement of discerning evidence of further Information, within the rocks and flora.

These really are 'Stepping Stones' to the past! They are a promise, intriguingly suggested by a curiously level area, in an otherwise sloping landscape. Possibly the foundation of a long-forgotten house, constructed purely from wood, hence its skeleton and assemblage unable to endure the passage of time? This anomaly of levelled ground, may extend beyond that of a house foundation. Perhaps it was once a road or if smaller, just an old track, now unused!

It is these barely perceptible signs which set the mind racing and fuel the imagination, providing stepping stones. Who were they that once lived here? What structure once stood here? There's not much, apart from one's flight of fancy, to hinge these mental wonderings upon. Almost everything has been erased, leaving scant remains, with mere suggestions of possibilities.

The dry season offers the best opportunity to discover abandoned, almost forgotten dwellings. Bushes stripped of leaves, offer a few deeper insights and less camouflaging of the views.

Carriacou & Petite Martinique



PAGE 47

PAGE 55

PAGE 48

PAGE 49

MAP KEY	
	Main Roads
	Mountains
	Small Airport
	Beach
	Bus Terminus
	Hospital
	Police Station





Our chosen scope for the imagination's meanderings, was an unusual scar on the land. A striking promise of information; an area of land, flat and wide, evidence, not just of a track but a once well used road. Why was it built? Where did it lead to?

It was while following these stepping stones, that we came across an actual junction. What a find - real information! A junction, an intersection of two roads, in the bush. On a hill in what was once called "A-ho Belle Vue!" There has to be more, our expectations were peaked, tantamount to imagination overload!

Following the track leading from the junction, we eventually spotted a dark background through the denuded bushes; it opened out into an explosion of information.

We needed more stepping stones, something written, more information. Alas, it was not to be found among the scant, but beautiful ruins. However, a little distance away, we found an unusual name on a large, now broken tomb: "Jacques Gerbet Dumont". Could this be the key to unlocking the floodgates... the stepping stone to a final destination?

The remains of a Great House, the centre of a plantation, owning unknown acres of land and subjugating human lives. A momentous find!

Once a bright light resplendent in its glory, now long vanished, leaving only remnants and traces of wall and structure. Scraps, but still precious for the narrative and tales they could tell.

Now we can dig deeper, uncover the truths about the land, the house, the number and nature of human lives, their joys and heartaches.

However, we will take that journey alone and leave you to accept the remainder of the quest as your own.

Should you choose to, you can seek out the stepping stones to the many many intriguing secrets of this Sister Isles Lime!



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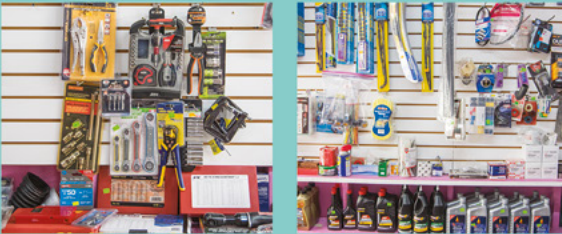
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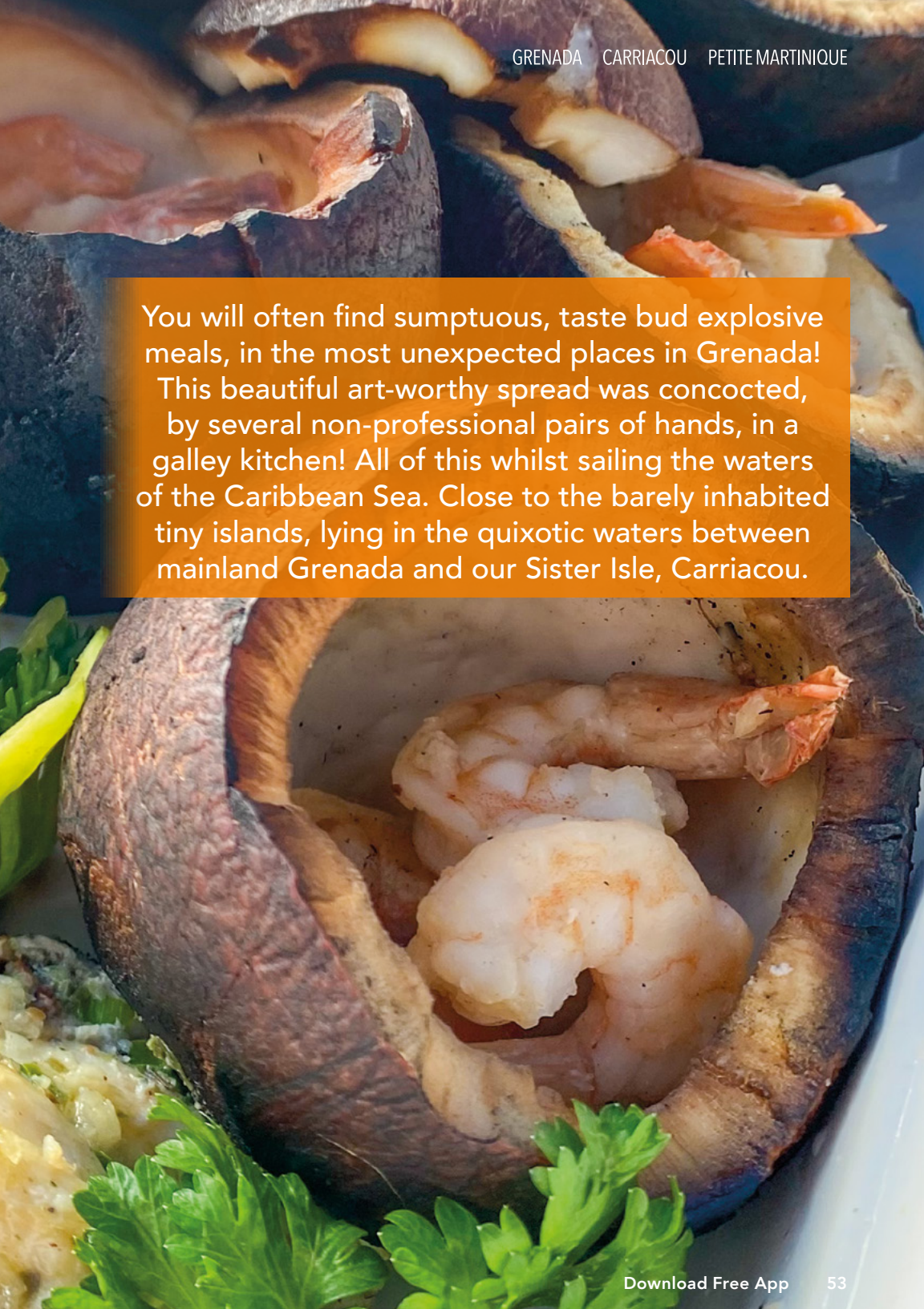
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LOOK WHO'S COOKING

...TASTE EXPLOSIONS!



You will often find sumptuous, taste bud explosive meals, in the most unexpected places in Grenada! This beautiful art-worthy spread was concocted, by several non-professional pairs of hands, in a galley kitchen! All of this whilst sailing the waters of the Caribbean Sea. Close to the barely inhabited tiny islands, lying in the quixotic waters between mainland Grenada and our Sister Isle, Carriacou.

LOOK WHO'S COOKING

TIM'S SUNSET BEACH BAR & RESTAURANT



CARRIACOU

Are you old enough to remember that great American staple, Gilligan's Island? When it was produced in colour, the sky and the ocean were ridiculously blue, they were quite honestly unbelievable.

Let us give you directions to the real deal; Anse la Roche on the north-western coast of Carriacou; "Off the Charts", "Out of this World!"

We were exaggerating; it is on the map, and you can get here by hiking down to the beach. However, we recommend the stunning ocean approach, which will add another level of sublime to your visit. Tim will send his assistant Jason, to collect you, he'll pick you up from the beach in Hillsborough. So, get ready by taking your shoes off and putting your toes in the water.

Think about this, every unforgettable moment, and those experiences

permanently etched in your mind, call for each of your senses to be engaged.

You're off! The water is every shade of blue imaginable. If you keep your eyes peeled, you may catch sight of a sea turtle moving away in the water as it feels the vibrations of the boat's engine. You're travelling along the coast of Carriacou, past Craigston and the village of Bogles...



Jason, (a.k.a Pappio), will you tell us a bit about yourself and what you do?

Jason is the quiet type, so you may want to pull him out of his shell a little bit, but not too hard.

"I'm from Beausejour, Carriacou, it's not far to get to the beach and the boat! I have my sister Cami to thank for this job, if you can call it that! She told me Tim needed a guy to run the



boat. He decided to give me a chance, even though I hadn't worked doing this before; that was about a year and a half ago.

I've always been a bit shy, but I love what I do now.

Meeting new people is the biggest thrill. Every time I come to Anse la Roche it feels special. It never gets old for me, especially when I see how happy people look when I drive the boat up to the beach. Their smiles and looks of amazement, at the water and the scenery, remind me every day how blessed I am to be calling this 'being on the job.' It makes me feel like I'm doing something special for people every day. How can you beat that?

I'm working on being less shy, but it's who I am. I treasure those quiet moments when I can meditate and reflect on life and the beauty I'm surrounded by".

We're almost there. As the boat glides across turquoise blue water of the most vivid shades, glittering with dancing sunbeams, don't blink! If you do you, you'll miss your first; 'take your breath away, paradise spectacular' view, of Anse la Roche!



Carmel, thank you for that greeting! Tell us how did you get to be here?

Someone is coming to greet you from the water and take you up the beach. It's Carmel a.k.a Cami, with the biggest welcoming smile, maybe somewhat shy, she is Jason's little sister after all!

You're here! Pinch yourself, and if you're not smiling yet let someone check that you've got a pulse!

"I've worked around Tim and his family for a few years. From that I think he realized that I'm always happy to get involved in anything and everything. Variety is the spice of life, right? I would love to be remembered as the person who welcomed you to one of the best times of your life! But you will also see me behind the bar, serving tables and doing food prep. in our open-air kitchen; pitching in wherever help is needed. We're all about teamwork!

What makes my day, every day, is that it's obvious that being here, just takes a visitor's breath away. Their enjoyment is contagious. I'm a natural smiler, so that makes me smile even more.



"Anse la Roche is a turtle park. Part of our agreement for being here, is to keep the turtles, their eggs and hatchlings safe. As well as to keep the beach clean. We take both of these tasks very seriously."

- Timroy Garraway

When the sun sets in the evening, it's even more magical here. You may be fortunate to have the amazing experience of seeing the turtles come up onto the beach to lay their eggs!

My favourite expression is; 'you're welcome' because the guests say 'thank you' so many times! They're having such an amazing experience and I know it's not just us, or even us, that makes them feel that way. I'm happy to be a part of it though, for them and for me!"

It's time to meet Timroy, a.k.a Tim & Tim D King! Check out the kitchen artwork if you don't believe us!

"It is kind of! I actually come from the island you're looking at, straight across the water, Union Island. I did come here for love, my heart has been in Carriacou for a long time!

My other love is cooking. I learned to cook from tough times, I was always around my mum and my sister in the kitchen, so it

came more or less naturally. Look at me; you can see I love to eat, so I love to cook too! It's my greatest stress reliever.

My specialty is lobster, which I can offer you in the season. Its meat is very delicate, to get the best from it, you have to cook it with attention, love and focus. The most exceptional part of preparing and serving my specialty, is the look on the faces of the guests. I often can't resist stepping away from the grill to see their reactions, as Carmel approaches their tables with the dishes. That silence, when they are concentrating on each mouthful, tells me we've nailed it!

I also do a mean smoked BBQ ribs, all kinds of fresh fish, and my legendary garlic sauce which makes any, and everything taste better! You will definitely be tasting the sauce, but I think I'll keep the recipe for now. Sometimes it pays for the chef to have a secret ingredient or two!

This never feels like work! I really hope I never have to find a 'real job.' Anse la Roche is stunningly beautiful. Being here, I feel like we've been given the opportunity to create a welcoming oasis in paradise. Shangri-la!"

We hope we did Anse la Roche & Tim's place justice, and very much look forward to hearing your final verdict after your visit. Whatever you do, enjoy who and what is cooking.

Whatever role you decide to play, one thing's for sure, unlike our friends on Gilligan's Island, you won't be looking for ways to leave!



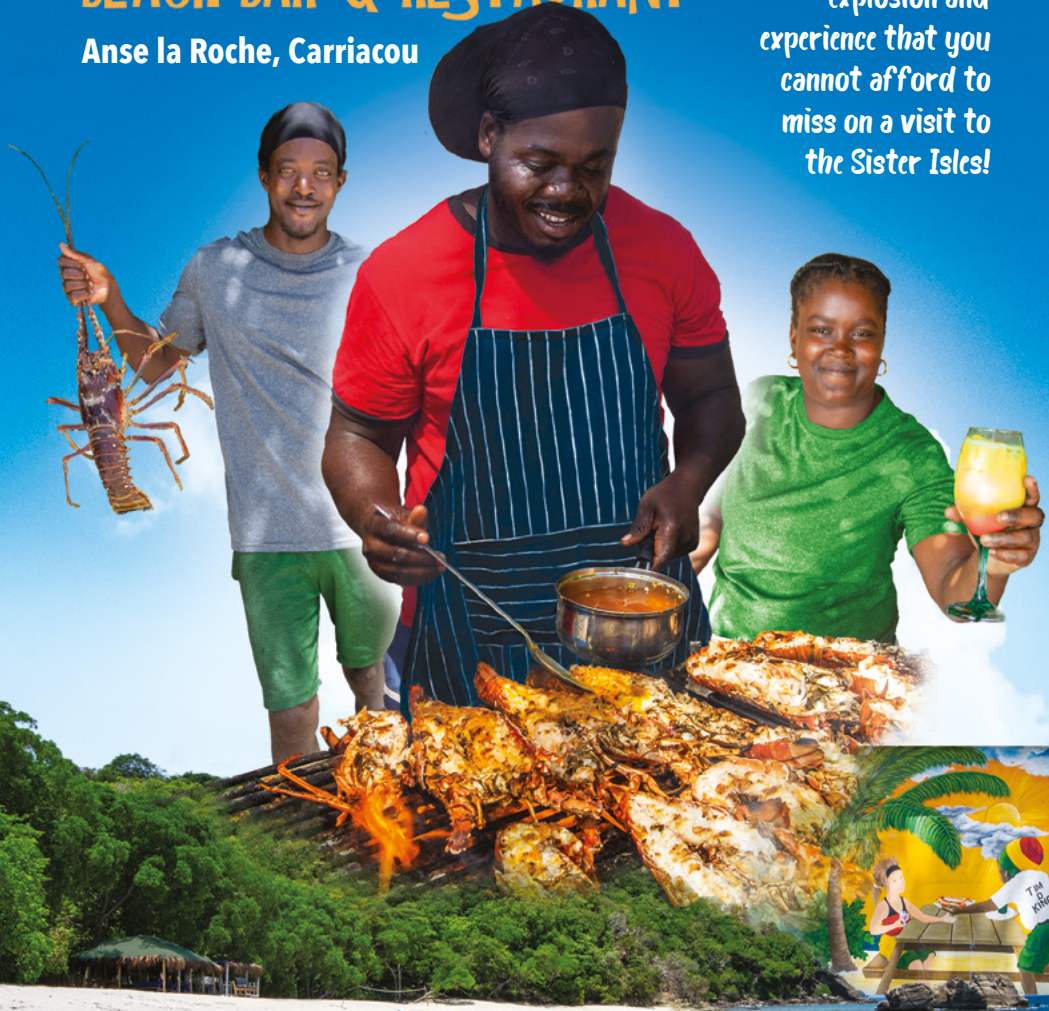
Tim, it's time to hear your story. Is it a love story? ;)

TIM'S SUNSET

BEACH BAR & RESTAURANT

Anse la Roche, Carriacou

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explosion and
experience that you
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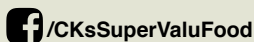
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Penne Pasta

with tomatoes, eggplant & pimento

Servings: 4 persons

Ingredients

300g Swiss Penne Pasta
3 tbsp. Carbonell Olive Oil
3 cloves garlic, diced
1 (28 oz) can Swiss Whole Tomatoes, chopped
1 eggplant, cut into ¼ inch slices
4 pimento peppers, chopped, or more to taste
¼ cup chopped fresh basil leaves
salt and black pepper, to taste
8 oz mozzarella cheese (optional)

Directions

Cook pasta according to package directions; drain and set aside. Then, heat oil in a large saucepan over medium high heat. Add garlic and eggplant and sauté for two minutes, then add tomatoes and pimentos. Reduce heat to low and simmer for 15-20 minutes. Season with salt and black pepper, to taste. Add penne and mozzarella (if using) to sauce pan and stir to combine. Garnish with basil to serve.





Grand Anse Beach, St. George

PURE LIME

...INHALE ...EXHALE



Close your eyes. Inhale deeply through your nose for 3; 1-2-3... now exhale slowly through your mouth for 3; 3-2-1... Good.

Please remember this breathing exercise, because we are going to encourage you to practice it, as we invite you to detangle yourself from the knotted anxieties of everyday life.

Embark on a wellness journey with fitness practitioner, **Sabrina PHILLIP**.

Our experiences this past year and more, during arguably one of the toughest times any of us has been through, as individuals and families, still saw us united in our struggle. From social media baking challenges, where everyone made their own version of banana bread; drinking challenges aimed at keeping our sanity; 'see a shot, do a shot,' to challenges like, '10-day pushups,' to keep us feeling fit!

Reality, along with a steadily growing mid-section, necessitated increased levels of resourcefulness.

Who would have imagined performing deadlifts with a metal pipe acting like a barbell and left-over cinder blocks as weights?

Pre-pandemic, we were already bombarded daily with a multiplicity of choices surrounding healthy, fit and well-being lifestyles, whether for real health benefits or vainglory. However, it is accepted and well documented, that the effects of lockdown not only impacted our physical well-being, but also took its toll on our oft neglected mental health.

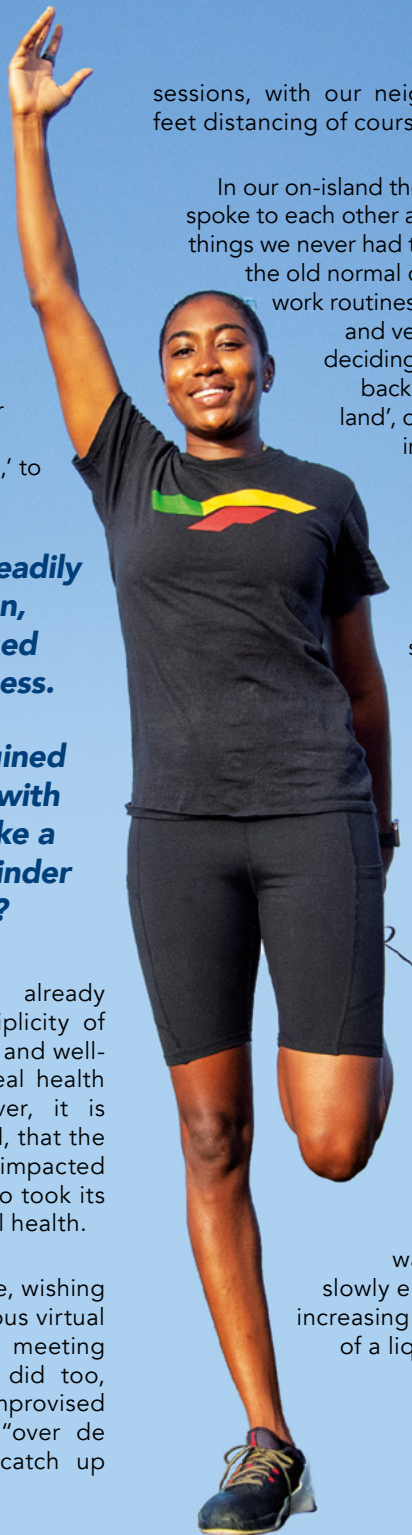
Many persons around the globe, wishing to stay connected, hosted various virtual events on every 'zooming' meeting platform known to man! We did too, when necessary, but also improvised Grenadian style. We hosted "over de fence" and "thru de bush" catch up

sessions, with our neighbours, with six feet distancing of course!

In our on-island therapy sessions, we spoke to each other about our lives and things we never had the time for during the old normal of our eight to four work routines. We planted herb and vegetables gardens, deciding that we would go back to 'eating from de land', or as the restaurant industry eloquently refers to it - "from farm to table." It has proven to be a constructive and productive way of preserving our state of wellness; a holistically healthy approach.

For some of us physical fitness junkies, another layer of stress and struggle was added by wondering what our staying fit journeys would look like, with closed gyms and no access to our favourite workout machinery!

The dream of a muscled summer body (six-pack) was, in some cases, slowly eroded by the ever increasing pounds, courtesy of a liquid version of the same description!



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Stability training? How about tying green coconuts (full of coconut water), to resistance bands hanging from a piece of bamboo? Or paint buckets with set cement, turned upside down and attached to pipes to be used as dumbbells!

Though things may have returned to a semblance of normalcy around the globe, there are invaluable life lessons we have learned in the process. We have, for example, all learned how inter-connected our physical and mental health are, with our emotional, psychological and social well-being. We have also been helped to determine how best to handle stress, relate to others, and make choices.

These simple but impactful interactions, were shared during a time when interactions were limited, as we had never before experienced. These have contributed and preserved our mental well-being – the small island way!

Grenadians are, and have always been, a resilient people. You don't have to take our word for it, a brief sojourn through our history will suffice.

Grenada is undoubtedly an enviable destination. A state of well-being permeates throughout, every nook and cranny.

5:00am often sees our beaches already vibrant and alive with brisk early morning walkers. Feel free to watch, or join us, as we inhale the cool

morning air and savour the refreshing chill of the ocean, setting a calmative tone for the day ahead.

7:00am 'ish on Saturday mornings, visit Grand Anse Beach and you may find a number of exercise enthusiasts, gathered for a group session. They are led by a yoga certified, beach bar owner (yes, you read that right!) Further south, in L'anse aux Épines, St. George, you'll find a pretty serious bunch of dedicated fitness buffs. They have their very own version of Island CrossFit, and are led by a certified personal trainer and former U.S. marine!

View of the southern coastline of Grenada when ascending Mt. Qua Qua



If you still have enough energy and are in the mood for a thrill, you can explore new paths, hiking discovered and undiscovered trails, through the 'bush' all over the island, as a further option. The weekly hash hosted by the Grenada Hash House Harriers, with the motto "drinkers with a running problem", might just be the 'go to' for you!

It's a wake-up call, a reminder that our state of wellness and well-being, has always revolved around the culture of our people and the vistas of our island.

Surely, we can all agree that Covid-19 has initiated a renewed fervour for getting, being, and staying healthy – holistically. Prolonged lockdowns, mandatory curfews, and stipulated beach access, took its toll on our mental well-being. We never dreamt that being "outside", an integral part of our culture, would or could have been snatched away in an unexpected instant.

We hope that we have all learned to appreciate our regained levels of freedom, to actually see what's around us. To explore, and to remember to make the time to savour the breathtaking splendour of our waterfalls, the cool serenity of our rivers, the splendid symphonies of the ocean's waves, every variation of green our island is gifted with...

As you immerse yourself in the healing and restorative activities we have to offer, we simply invite you...

**...BREATHE IN
FOR 3; 1-2-3**

**...BREATHE OUT
FOR 3; 3-2-1**

SAILORS FIND SOLACE IN GRENADA



There are many reasons why Grenada has become one of the most sought-after cruising destinations in the Caribbean. Pristine beaches, crystal-clear dive sites, abundant plant life, breathtaking hiking trails, protected bays, and lively beach bars and eateries, with music never far away.

But perhaps the most important reasons to visit Grenada are the warmth of the people and their willingness to share their beautiful island with visitors to their shores. This has remained evident even during the difficult days of the pandemic.

SAILING - SNORKELING



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Grenada was one of the first islands to set up safety protocols to allow international visitors access to the country. Isolating or quarantining is often easier on board a boat than on land, and many yachtsmen have truly appreciated being able to make the necessary visits to check and work on their boats in storage, or to launch them, and once again enjoy their chosen outdoor sailing life!

Whether swimming, snorkeling, sailing, fishing or boating, life on and in the water, continues to provide a wonderful time for cruisers of all ages, thanks to Grenada's ongoing welcome and the support of its professional marine services.



FISHING - BOATING



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BIANCA C

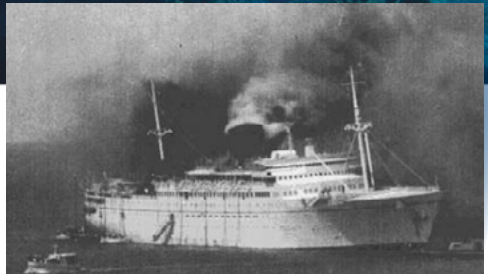
GRENADA'S QUEEN OF WRECKS!

Article and photography contributed by Aquanauts Grenada

It was the 21st of October 1961. The Bianca C left port in La Guaira, Venezuela, bound for Grenada, West Indies. The weather was fair and travel was uneventful.

In the early morning hours of Sunday October 22nd, a massive explosion rang out across the harbour of St. George's. It came from the engine room of the Bianca C, which was docked just outside of the harbour.

The explosion was so loud that it was heard by hundreds of Grenadians. Alerted by the explosion, many vessels of all shapes and sizes, rushed to help save the lives of the approximately seven hundred passengers and crew. Survivors were taken to the capital, where islanders speedily assembled makeshift hospitals. Many Grenadians also warmly welcomed survivors into their own homes, providing food and shelter.

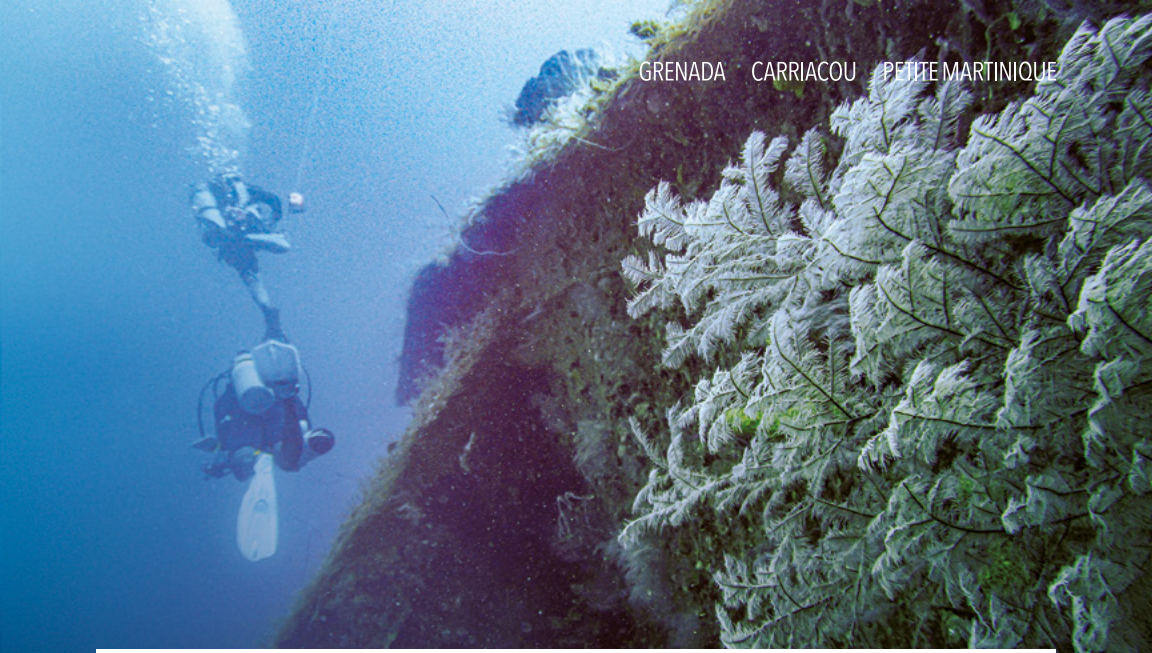


Amazingly, there was only one fatality, with eight other persons injured!

Grenada did not have the equipment to quell such an intense fire. A call was sent out and was received by the British Royal Navy Frigate, HMS Londonderry. On that eventful morning, she was docked in Puerto Rico and was immediately dispatched into service.

When the HMS Londonderry arrived in Grenada on the 24th of October, 1961, the Bianca C had begun to sink to her port side. The damage was done!

Sitting in the mouth of the harbour, the Bianca C had to be moved or she would forever block the gateway to Grenada.



"If one is trained to dive her correctly, she is a very safe and beautiful dive experience. She is majestic underwater, at almost 200 meters in length. It's a wonderful treasure and opportunity, to have something like her available to divers on our island."

Ty Geer, Aquanauts Grenada.

The Londonderry crew boarded the Bianca C, while thousands of Grenadians watched anxiously from the surrounding hills. After attaching a towline to the burning ship, they began to pull her into deeper waters. Moving past Grand Anse beach, only a couple of kilometers south from the location of the original explosion, a squall started up and broke the towline. The Bianca C began to sink quickly, into what would be her final resting place.

In 2021, sixty years later, the Bianca C sits in the same place, with the top of her resting at 30 meters and her stern at 50 meters. She is the largest wreck in the West Indies and has been dubbed the "Titanic of the Caribbean." Today she is

considered by many, to be one of the top ten diving wrecks in the world!

Grenada is a wondrous island where we celebrate the beautiful reefs, healthy ocean ecosystem and incredible diving that we have to offer. 2021 was a major milestone for the "Titanic of the Caribbean". The 60th anniversary of her sinking!

For Bianca C's significant anniversary, Aquanauts Grenada developed special programs to make her as accessible as possible for all divers.

Bianca C is not the only dive wreck in Grenada, but she certainly is the queen of them!



UNDER NEW OWNERSHIP

After years of developing a vision, Tom, Tammy, Tiffany and Ty Geer, became the proud new owners of the Dive Operation known as Aquanauts Grenada. Their mission? Tiffany explains, “we not only wanted to embrace the magic of the aquatic world, but to leave a lasting legacy and positive impact, so that future generations can enjoy this beautiful planet too.”

The Geers have created multiple sustainable initiatives and community events since moving to Grenada in January 2021.

Each month, they host Reef Clean-up Dives and Lionfish Taco events. They go out for two clean-up dives, where divers can either pick up rubbish from the bottom of the sea or hunt the invasive lionfish. Later in the day, they collaborate with the local brewery, West Indies Brewery Co, to host the Lionfish Tacos and Live Music Event. Aquanauts Grenada provides the lionfish fillets, and the brewery chefs make delicious tacos and lionfish-’n-chips. A local band provides the music and at set break, Chrispin, their Lionfish Master, shares facts about lionfish. Importantly, he also demonstrates how to fillet them, so you don’t get stabbed by the venomous spines, but can enjoy the fish, if one chooses to hunt on their own.

For Earth Day 2021, the theme was “Restore Our Earth”. The Geer family initiated a multi-day, nationwide, clean-up event in collaboration with other dive centers, restaurants, and eco-organisations. In five days over 85lbs. of debris was collected across the islands of Grenada and Carriacou.

Aquanauts Grenada will continue to provide PADI, SSI, and SDI/TDI courses, and in the future, HSA and GUE courses.

Inclusivity is very important for the Geers, with both Tom and Ty being Handicapped Scuba Association (HSA) instructors. They will run adaptive programs for those with accessibility challenges. True

A Californian family turns their dreams into reality and continues the Grenadian charm of family-owned businesses in our tropical paradise.

Blue Bay Boutique Resort, one of Aquanauts Grenada locations, has accessible rooms and the only dock access in the country.

When planning your underwater adventures, choose to explore with people that will welcome you like family. You aren’t just another person on a boat.

Aquanauts Grenada will quickly become your Grenadian family. We guarantee that you will enjoy your personalized experience with them!

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Beer Drunken Shrimp



METHOD

Cut the coconuts about one third from the top - to create a big enough space to fill the lower two thirds of the shell with shrimp & beer.

Rinse shrimp and season with garlic, salt & pepper. *(Optionally add red pepper flakes.)*

Place a knob of butter in each coconut shell and place on the BBQ.

Half fill coconut shells with beer. *(You may wish to put down the beer you are drinking, as this placement takes care and good coconut balancing skills!)*

Fill coconut shells with 5 - 6 shrimp and leave to simmer.

Once shrimp turn pink, remove coconut shells from heat.

Garnish with herb(s) of your choice, shado beni, parsley, cilantro...

Serve Immediately!


INGREDIENTS

- 4 Coconuts
- 20/24 Large Shrimp *(deveined, with tails on.)*
- Garlic Chopped or Crushed *(as much as you or your friends can take!)*
- 1 tsp Salted Butter per Shell.
- 6 12oz Bottles of Beer *(Local)*
(3 bottles are for the shrimp; the rest are to help the cook stay hydrated!)
- Salt & Pepper *(to taste.)*
- Red Pepper Flakes *(sprinkle as wished - these are optional, if you want to spice things up a bit.)*

No matter how this turns out, your real friends will enjoy it. It's all about the experience, the bacchanal and the company - like every great lime!

SHAKEN & STIRRED

...SEA MOSS



Sea moss has recently transitioned from Grenadian traditional delight to international celebrity superfood. This nutritional powerhouse is found growing in waters around the world, including those which come home to our shores; the Atlantic Ocean and the Caribbean Sea.

Writer **Chioma PAUL** explores the local roots of her healthy diet.

In Grenada, we most certainly do appreciate the health value of sea moss. However, it may be better known for its' firmly entrenched reputation, especially among the menfolk, as being "good for de back." This is a nod to its rumoured potential to boost the libido! That said, our grandparents still gave it to us as children - a regular Sunday treat that had us singing "Woi, dat ting taste gud oui."

The traditional concoction is still to be found in local homes and restaurants: condensed milk and a potent fusion of cinnamon and nutmeg, blended into boiled sea moss. It's creamy and delicious!

With the onset of the pandemic, some of us have become a little more health conscious. The fact that sea moss contains 92 out of the 102 minerals, that our bodies need to thrive, is significant.

If you keep your eyes open you will notice vendors, with giant coolers, parked at strategic locations around the island. Amongst their fayre, many of them offer vegan-friendly, sugar-free options of sea moss; bottled, sealed and chilled. The recipes may vary; healthy, healthier, healthiest! All refreshing and energising.

We happily boast of our beautiful beaches, but that beach-ready body can be a challenge. Sea moss is proving to be the missing ingredient we didn't know we needed! Along with its noted iron content, sea moss is also high in taurine; a special type of protein that helps burn fat and build muscle. The perfect workout buddy!!



There are 9 milligrams of iron per 100 grams of sea moss. Making it 9 times more potent than chicken!

Blend sea moss with your favourite fruit, before or after your beach run, and you'll be on the right track. No, it doesn't work if you only do it once!!

The body-beautiful benefits don't end there. Sea moss is packed full of anti-inflammatory and anti-aging properties, providing an excellent supplement for your immune system. Nature's brilliance, to help slow the dreaded aging process, without a superhero's quest for that illusive anti-aging elixir!

There are literally thousands of variations of sea moss growing in our oceans. They range in shape, colour and texture; curly wafer-thin fronds, to yellowish-green, golden twig-like varieties... with shades of, purple, brown and cream. No need to worry which to

choose, the health benefits are similar. All varieties absorb the nutrients from the ocean, which benefit us in whatever form we choose to ingest our sea moss. In the Spice Isles "Eucheuma Cottonii," is the variety most widely cultivated.

Whether you're visiting or not, we challenge you to see and experience more and more of our island. You can find sea moss farms on the island's coastlines, hidden on less trodden bays. Feel free to speak to the farmers and learn how it is grown.

A laudable example is Wilan Andrew and his team of thirteen local families. They operate an unconventional, but nevertheless highly efficient, sea moss production line, in Telescope, St. Andrew.

Grenada boasts some of the highest quality, wild-crafted, sea moss in the Caribbean. Hand-harvested by teams of local families and individuals.

Sea moss is used as an ingredient in some hair conditioners and is also found in high end skin care products.

Traditional Grenadian Sea Moss Drink

METHOD

Rinse sea moss, cover with water and soak overnight with a squeeze of lime to rehydrate.

Discard water used for soaking.

Boil sea moss in fresh water for 10 - 15 minutes.

Add cinnamon, nutmeg and bay leaf to your taste.

Add condensed milk and stir well.

Chill & Serve.

SEA MOSS GEL

REPEAT FIRST THREE STEPS AS ABOVE.

Strain to remove any clumps. Alternatively blend the moss and cinnamon sticks in hot water.

Pour the mixture into a container and refrigerate. After a few hours the sea moss gel is ready.

Add a generous dessert spoon to smoothies, soups and sauces to thicken and enhance.



First, infant plants are attached to ropes, in the shallow waters of the bay, so that they don't drift away. Regular check-ups are necessary to untangle unruly sprigs, until they can grow unattended. These sea moss babies are visited fortnightly to clean and remove any invasive weeds. In their two-week sabbaticals, the adolescent plants sunbathe undisturbed, and continue to grow uninhibited by their ocean compatriots. From sowing to harvesting takes just two months.

After harvesting, it's all hands on deck! Wheelbarrows, piled

high with sacks of wet sea moss, are pushed by the younger, stronger members of the team, to and from, a yard close to the bay. Here the product is soaked, washed and sun-dried on beds of corrugated iron (galvanised), before being packaged for sale on island and abroad.

Wilan's predominantly female team, cultivate the plants with the care and attention of mothers for their precious offspring! This cleaning and pruning process throughout their growth, ensures high quality, globally sought after; Pure Grenadian Sea Moss!

As sea moss 'superfood' status continues on its meteoric rise, please make sure you enjoy it here and take some home. If you happen to purchase it in some other part of the world, check the label and see if it came from our little corner of paradise. Grenada, Isle of Spice.



One pound of sea moss costs approx. \$40.00EC. Smaller packets of sea moss start from \$10.00EC and can be bought from local vendors, markets and supermarkets around the island. Small bottles of sea moss drink start at approx. \$5.00EC.

Special thanks to Eden Procurement, St. George, and Wilan Andrew & Team of W. Andrew & Associates Seamoss Enterprise, Telescope, St. Andrew.

LIME INN

PARADISE-AT-HOME & STAYCATION

Accustomed to heading off to the airport to fly away for vacations abroad, it may have been eye-opener for many to experience, the obvious as well as the more hidden, Lime Inn gems scattered throughout our tri-island state.

Many of you who visit often, may have been much more aware than us, but we have caught up with our own personal 'at home' thrilling finds, during the last year.

We're not an island of huge hotels with several hundred rooms, so whichever option you choose,

there will be a level of 'up close and personal' Grenadian hospitality. We pride ourselves on that!

If you live on the Spice Isles and you haven't started exploring your 'at home' options, what are you waiting for? A change of scenery, an anniversary treat, a long weekend... just because you feel like it ...you don't really need any excuse. Grab the opportunity, make the time, and enjoy!



Maca Bana

LUXURY BOUTIQUE RESORT

This intimate eco friendly boutique hotel is set above Magazine Beach offering a breathtaking view of the Caribbean Sea and St. George's. Rejuvenate your spirit and soul on this unspoilt island whilst staying in one of our private luxury villas. Take a walk on the white sand beach and visit our Aquarium Restaurant to enjoy great food, extensive selection of wines, cocktails and good company.



Magazine Beach, Grenada, West Indies
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Galby Bay, St. David

LIVIN' THE LIME

LIFESTLYE, BUSINESS & INVESTMENTS



Where the Caribbean Sea and Atlantic Ocean converge, they offer a truly spectacular show. A performance worthy of any award winning, cinematic production. Playing to a never ceasing audience, day after day, night after night. Providing their own symphony of wind and waves, in perfect orchestral harmony. Each crash is executed with precise percussionist timing.





Enjoying the ocean is an integral part of Grenadian life. That may sound like we're stating the obvious, but as unbelievable as it may seem, once you get used to feasting your eyes on the beauty and majesty of it every day, you can actually become unaware of the obviously beautiful!

Many of us Grenadians have taken to pinching ourselves to make sure we don't ever reach that point, to remind ourselves that we are Livin' the Lime!

Our beaches in the south of the island provide the natural barrier for the waves of the Caribbean Sea. (Isn't it fascinating that the waves know just where the boundary line is, and where they must come to a halt.) If you love to bathe, this body of water is often quite gentle, its briny liquidity enveloping you like a warm hug, even in the early morning hours. Sometimes, it can be just a little more tumultuous, dependent on the season. For serious drama you really should take the time to witness her far more capricious companion, the Atlantic Ocean. Equally fascinating, and decidedly more volatile.

Recent times have allowed us to reflect more deeply on this continuous, dependable cycle. While our globe has changed dramatically, the natural forces and cycles essentially have not.

In Grenada, our proximity to them, being witness to their dependability and endurance, has provided an emotional, mental and physical anchor for us. It's sometimes unfathomable that we get to witness these awe-inspiring spectacles, right in our own backyards!

Grenada boasts some of the most ruggedly sculpted coastlines. In their quest to get as close as possible to this majesty, some may attempt to tame the land with their architectural expertise and prowess. However, they may be forced to acquiesce to the unstoppable will of the ocean and abandon their 'castles' to sea blasts and land erosion. She, the ocean, is not a respecter of human wishes and dreams, and may ask back what was borrowed! Sometimes creeping slowly and stealthily, other times boisterously, bullyingly, with crashing force and gargantuan leaps; reclaiming what we thought we had wrested from her.

Choose your spot well, and carefully! Ask her permission, or at least remember to acknowledge and respect her continuous presence, in line with your plans. It's important to keep this reality in mind, especially if you're looking to settle with that perfect view. It sometimes comes with an unexpected price!

Our promise is that "Livin' the Lime," will make it worth the cost!

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85

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 and Physical Development
Financial Complex, The Carenage, St. George's, Grenada, W.I
Tel: (473) 440 2731/2732
Email: finance@gov.gd

PERMANENT RESIDENCY & CITIZENSHIP

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 under Ministry of Labour <https://gov.gd/mol/>

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 \$1000EC to \$5000EC per annum, based upon your country categorization and 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 on line at www.gov.gd – select 'e-services' tab.

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.

Please note that due to COVID-19, and relevant quarantine stay requirements, application timelines may differ. Please check all details carefully before arriving in Grenada.



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ACB Grenada Bank Ltd.

PBX All Departments
444 - 4919
www.acbonline.com

CIBC FirstCaribbean International Bank

PBX All Departments
440 - 3232
www.cibfcib.com/locations/grenada

Grenada Co-operative Bank Ltd.

PBX All Departments
444-2667
www.grenadaco-opbank.com

Republic Bank Grenada Ltd.

PBX All Departments
444 - 2265
www.republicgrenada.com

CORPORATIONS & ASSOCIATIONS

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 - 1034/35

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
grenada.garp2011@gmail.com
Facebook: Garp Grenada

TELECOMMUNICATIONS & CABLE SERVICES

Digicel Grenada Ltd.

St. George
415 - 0028 / 439 - 4500
Dial 200 from mobile phones

FLOW

Customer Contact Centre
1 - 800 - 804 - 2994

UTILITY COMPANIES

Grenada Electricity Services Ltd. (GRENLEC)

Dusty Highway, St. George
440 - 2097
www.grenlec.com

National Water & Sewerage Authority (NAWASA)

Lucas Street, St. George's
440 - 2155
www.nawasa.gd

GOVERNMENT OFFICES

The Ministerial Complex

Botanical Gardens
St. George's
www.gov.gd

Immigration & Passport Department

435 - 2302 / 440 - 2456

Prime Minister's Ministry

440 - 2383

Prime Minister's Office

440 - 2265

Ministry of Health

440 - 2649

COVID-19 Hotline
www.covid19.gov.gd
538 - 4787

Ministry of Labour

435 - 9246

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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FRIDAY: 8:00AM - 4:00PM



ADVERTISER'S INDEX

Page	ACCOMMODATION	Tel
47	Bogles Round House, C'cou	443 7841
48	Hotel Laurena, C'cou	443 8333
9	Le Phare Bleu Marina Resort	444 2400
79	Maca Bana Luxury Boutique Resort	439 5355

Page	ACTIVITIES	Tel
70	Aquanauts Grenada	444 1126
66	Body Image Health Club	444 3254
21	Grenada Tourism Authority	440 2279
32	House of Chocolate Tours	440 2310
67	Jib, The - Live Music Venue	416 5574
66	Kids Palace	439 7712
9	Le Phare Bleu Marina Resort	444 2400
IFC	Lime & Dine Grenada, Carriacou & PM	420 2132
66	Movie Palace	444 6688
BC	Prickly Bay Marina	439 5265
61	SmugzFit	

Page	CAR RENTALS	Tel
49	Wayne's Auto Rentals, C'cou	443 6120

Page	RESTAURANTS & BARS	Tel
26	Aquarium Restaurant	444 1410
47	Bogles Round House, C'cou	443 7841
66	Chef's Castle Restaurant	440 4778
27	Coconut Beach Restaurant	444 4644

Page	RESTAURANTS & BARS <small>CONT'D</small>	Tel
32	House of Chocolate Cafe	440 2310
9	Island Fever - Tropical Tavern	444 2400
67	Jib, The	416 5574
48	Laurena II, Restaurant, Bar & Jerk Centre	443 8333
9	Lightship, The	444 2400
BC	Prickly Bay Marina	439 5265
33	Punj-Abi Restaurant	420 0202
55	Tim's Sunset Beach Bar & Rest.	415 3488
37	Umbrellas Beach Bar	439 9149
38	Victory Bar & Restaurant	435 7263
49	Wayne's Sports Bar, C'cou	443 6120

Page	SHOPPING	Tel
64	Budget Marine Chandlery	439 1983
56	CK's Super Valu	444 1800
66	Excel Plaza	439 7117
32	House of Chocolate	440 2310
87	Southern Electrical Co. Ltd.	444 3042

Page	LIFESTYLE BUSINESS & INVESTMENTS	Tel
IBC	AllyDay Creative Projects Ltd.	420 2132
83	Guardian General Insurance (OECS) Ltd.	440 3099
85	Republic Bank Grenada Ltd.	444 2265
H 13	St. Augustine's Medical Services Inc.	440 6173



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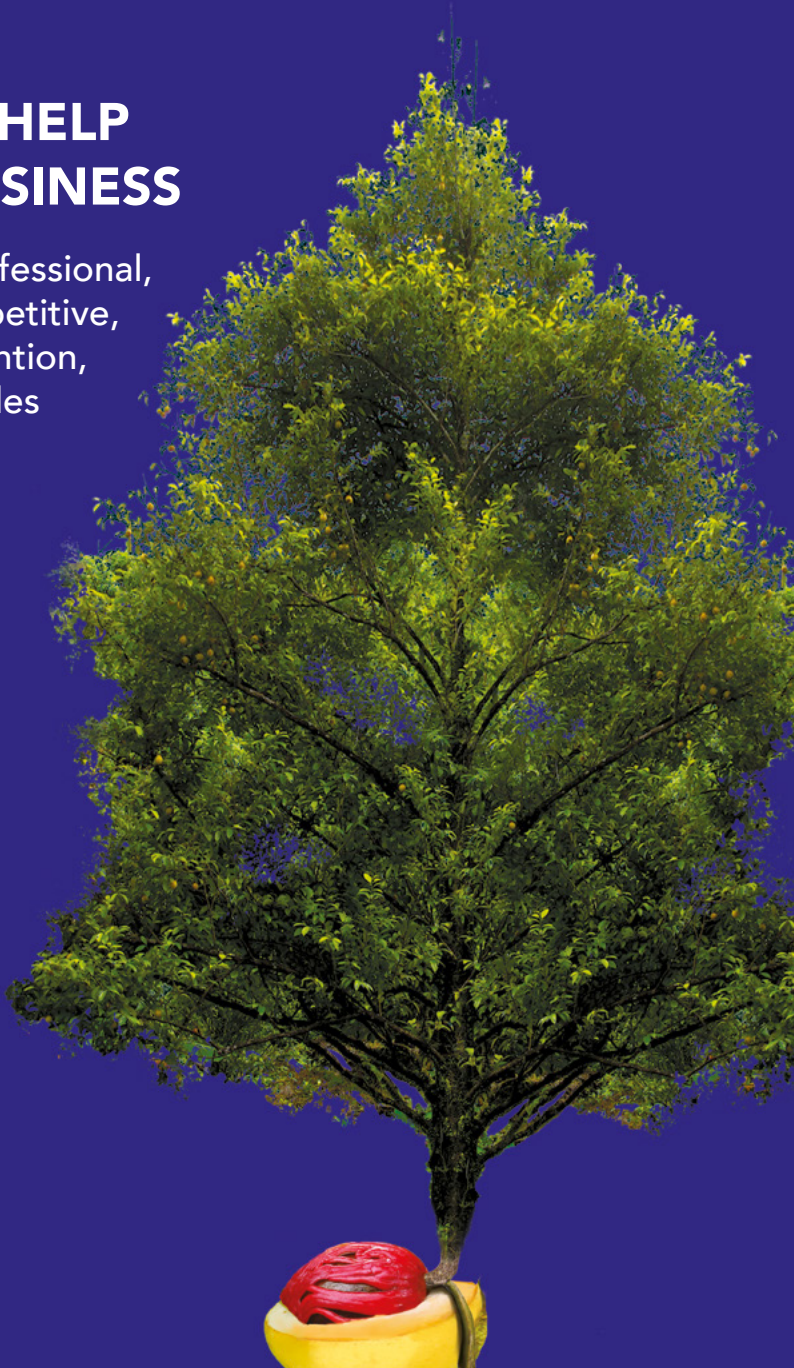
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AND SEE WHERE
THE ACTION IS...*



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