


Lime & Dine

GRENADA CARRIACOU PETITE MARTINIQUE



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Lime & Dine
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Welcome
to

Pure Grenada
Spice of the Caribbean
Grenada, Carriacou & Petite Martinique

ENDORSED BY





Spice Maidens, Spice Islands



Our beautiful Spice Islands welcome you!
We're delighted to share a vision of Spice Maidens, to send your imagination soaring as you anticipate some of what's in store for your visit.

Our Maidens' adornments are the iconic symbols of our land. Crowns of nutmeg and spices, for which we are renowned, and Bourgainvillea, our national flower, with its delicate petals in their less prolific, more subtle and gentle hues. In the height of full bloom, the bourgainvillea vines are more often seen covered in stunningly vibrant reds, purples and deep pinks. In some cultures they are designated: 'A Symbol of Welcome'. How fitting!

As you traverse our islands, you will find the physical scenery painted in colours unequalled even by an artist's palate. Breathtaking indeed! However, there is unanimous agreement that our island's crowning beauty is our people! Thus, we bestow our country's royal regalia upon the heads of our Spice Maidens.

Our islands most memorable asset, our people, will welcome you with open arms. We are confident that if you embrace and accept our friendly manner, outgoing hospitality, and our 'joie de vivre' your visit will be truly memorable. You will want to keep returning!

You probably won't encounter our Spice Maidens on a visit to one of our many charming, and often tranquil rivers. What you most certainly will encounter, is what they represent; the warmth of our welcome, the hospitality of our nation and, the incredibly spectacular and intriguing beauty of our Tri-island state!

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

2022 - 2023

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Minister's Welcome

Hon. Lennox Andrews

MINISTER FOR ECONOMIC DEVELOPMENT, PLANNING,
TOURISM, ICT, CREATIVE ECONOMY, AGRICULTURE &
LANDS, FISHERIES & COOPERATIVE

Welcome to Grenada, Carriacou and Petite Martinique, the Spice of the Caribbean, where you can feel at home with us!

We are indeed elated to see so many of you returning to our islands to enjoy all that Grenada, Carriacou and Petite Martinique have to offer. We are extremely happy to have you back on our shores. To our new visitors, welcome to a stunning destination with our ardent warm-hearted embraces.

The State of Grenada is home to an expansive assortment of complimentary breathtaking attractions and extraordinary immersive experiences. These fit whatever your interest, age, fitness level and budget may be. We have a saying here, "Grenada Has Something for Everyone", and that is quite true.

Numerous opportunities exist for you to indulge yourselves in our nature-based experiences and activities. These opportunities include day trips to one of our many Gardens, a thrill of a lifetime ride down a scenic river in an inflatable round tube (called River-Tubing), Sailing and Snorkeling along our spectacular coastline with stops at snorkel and dive sites, as well as hiking several of our nature trails. You can even enjoy a relaxing dip at a waterfall.

A trip to our famous Grand Anse beach (Grenada) and Paradise beach (Carriacou), is a must!

Our Cultural and Heritage experiences allow for immersive interaction in activities such as our two Carnivals per year (Spicemas and Kayak mas), and Maroon and Parang Music Festivals, to name a few. There are tours highlighting our rich history and heritage. These include our fortifications; Fort George being the only fort within the Caribbean that has both ancient and contemporary history. Some itineraries also include Great Houses, Historic Ruins, and Old Plantations. Several of these tours afford a true culinary experience such as rum tasting, chocolate tasting and the spice-infused cuisine, that will take you and your taste buds on a magical journey.

This is my personal invitation to you! Immerse yourself in our tranquil paradise, creating lasting and unforgettable memories, and enjoy a great time with family and friends, during your stay on any of our islands.

WELCOME HOME!

Hon. Lennox Andrews

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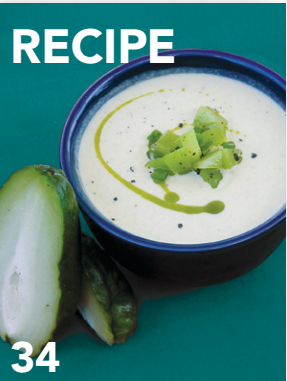
A Nutmeg Princess!



GRENADA LIME & DINE



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Cream of Christophene Soup



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Grenadian artist and author



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This local treat of yesteryear is not going
anywhere in a hurry. Try one!



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Grenada's Sulphur or
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Make a visit and learn how to count
time differently



YOU MAY NEED TO KNOW

WHAT LANGUAGE IS SPOKEN IN GRENADA?

See 'Limin' Talk' on page 10!

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 8:00am – 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 – 12 midday (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.

FOR UPDATED TRAVEL PROCEDURES

Visit:
www.puregrenada.com/travel-advisory

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Grenada Tourism Authority

Ms. Petra Roach

CEO GRENADA TOURISM AUTHORITY

If you have been searching for an authentic Caribbean destination, look no further than Pure Grenada, the Spice of the Caribbean. Welcome!

Your time in beautiful Grenada, Carriacou and Petite Martinique will surely be well spent. After all, with three islands at your fingertips, the possibilities for adventure, relaxation, rejuvenation, and genuine connections with our warm, friendly people are endless.

From the world's first Underwater Sculpture Park, to cascading waterfalls nestled in bountiful rainforests, pristine beaches to organic chocolate factories and historic rum factories, there's an adventure for everyone. Indulge in the flavours of the Spice Isle and discover why Grenada is the world's first Culinary Capital.

Easily accessible by sea and air, head over to Carriacou and Petite Martinique for a unique, off-the-beaten path experience, infused with rich ancestral traditions such as traditional boat building, string band music and village maroons.

Sustainability and authenticity are integral to who we are as a people and as a nation, and we are proud of the initiatives that will help us leave behind positive footprints for the benefit of our future.

While you are here with us, consider participating in a voluntourism activity. Developed to help our visitors foster meaningful connections in the spaces they visit. Voluntourism opportunities include coral reef restoration, turtle research, lionfish hunts, beach clean-ups, and community 'learn-to-swim' classes. Visitors can help at organic farms and an animal shelter, and donate resources for educational, health and cultural programmes.

When you visit Pure Grenada, you visit a special Caribbean gem.

Three islands. One unique destination. A lifetime of memories.

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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can happen
anywhere.**

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St. Paul's, St. George

  @samsgnd

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"Life is precious... put it in the right hands"



Limin' Talk

Proper

Prim & Proper

...since cock had teet'. In my recall, it's an absolute age since I have heard, or seen such a thing.

Korrec' is right! Uh? Chew on that!

...yuh cud put yuh pot on fire. I can assure you it's a verifiable certainty!

Ah go tek in front. I believe I will use my initiative and be proactive with this.

Yuh, just ketch meh voice eh? Forget Siri. This is Grenadian voice recognition!

Turn so, den down so, up so, and over the roundsabout. If you don't understand these very comprehensive location directions, just ask any Grenadian.

Ah burnin' colourin'. I'm engaged in the culinary process of preparing browning for my meat

Muh han' in flour. I'm making dumplings, bread, roti...

Yuh spinnin' top in mud! It would seem as though you are making very little headway in this matter.

Eeef!! You have absolutely no idea how much I appreciate it / love this.

Ah killin' work! My propensity and ability for completing all, and any, tasks is unequalled!

Gad bless mah eyesight! By George, it's been an absolute age since we've seen one another. What a marvelous pleasure!

Ah fightin' up. I'm embracing the struggle and making the best of it.

Ah doh have clothes I have absolutely nothing to wear.

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



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LIMIN' TIME

SUNDAY

Dodgy Dock - Brunch
11:00pm - 3:00pm

Cassada Bay, Carriacou - Lunch, Dinner or Drinks with Unbelievable Views!

Mount Edgecombe Plantation - Book for Breakfast, Lunch, Dinner or a Day Pass. Local Produce & Amazing Sea Views

Coconut Beach - BBQ
1:00pm - 5:00pm & Live Music 3:00pm - 5:00pm

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

The Original Slipway, C'cou - Roast Lunch & Live Music 11:30am - 2:30pm

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

Mr. Grill, Carriacou - Choose from International Menu - 5:00pm - 8:00pm

Umbrellas - \$10 Bahama Mama All Day Special. Live Music from 6:00pm

MONDAY

Punj-Abi - Free Dessert with Combo Meal - All Week, Monday to Sunday! Midday to 10:00pm

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

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

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

Mr. Grill, Carriacou - Choose from International Menu Daily. Mon - Sat from Midday

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

TUESDAY

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

Punj-Abi - Free Dessert with Combo Meal - All Week Monday to Sunday! Midday to 10:00pm

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

Dodgy Dock - Grenadian Night with Specials & Live Music from 6:30pm - 10:00pm

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

The Original Slipway, C'cou - Lunch & Dinner - Tuesday to Saturday.

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

Where & when to find the lime!

WEDNESDAY

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

Round House, Carriacou - Open for Dinner - Tuesday - Saturday.

Punj-Abi - Free Dessert with Combo Meal - All Week, Monday to Sunday! Middy to 10:00pm

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm. \$1 Dollar Wings from 4:00pm

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 4:00pm

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

Mount Edgcombe Plantation - Book for Breakfast, Lunch, Dinner or a Day Pass. Local Produce & Amazing Sea Views

THURSDAY

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

Punj-Abi - Free Dessert with Combo Meal - All Week, Monday to Sunday! Middy to 10:00pm

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

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

Dodgy Dock - Chocolate Night with Food & Drink Specials from 6:30pm - 10:00pm

Coconut Beach - \$1.00 Wings & Live DJ from 7:30pm

FRIDAY

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

Rosa Guesthouse, Carriacou - Veggie, Chicken, Beef & Goat Roti PLUS Fresh Juices. 12noon 'til it's done!

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm Kid's Movie Night from 6:30pm. Light Up the Lightship Karaoke from 8:00pm

Cassada Bay, Carriacou - Lunch, Dinner or Drinks with Unbelievable Views!

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

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

Dodgy Dock - Fiesta Friday - Mexi- Caribbean Night - Live Music, Salsa Dancers, 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

Punj-Abi - Free Dessert with Combo Meal - All Week, Monday to Sunday! Middy to 10:00pm

Rosa Guesthouse, Carriacou - Veggie, Chicken, Beef & Goat Roti PLUS Fresh Juices. 12noon 'til it's done!

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

Mr. Grill, Carriacou - Choose from International Menu Daily. Mon - Sat from Middy

Umbrellas - \$10 Pain Killer All Day Drink Special

Dodgy Dock - Caribbean BBQ with Live Music from 6:30pm

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 96 for contact numbers.

LIMIN' IS ...NOT

Anything to do with colour, or that little green fruit, which can put your taste buds on high alert and in a quandary, if you don't temper it with something sweet or liquid!

However, it could be part of the 'lime', in the form of a refreshing citrus juice, at a beach or sports lime. Or it could be one of the ingredients in our powerful rum punches, or a garnish on a cocktail glass. Or even a slice wedged on the neck of your beer bottle, to add a few drops of acidity to one of our local brews.



The “Lime” or “Limin’”, is the main event, not the garnish!



Limin' is everything you see here, and more.

Time with the girls, chilling out with the boys, jumping up at Carnival.

An impromptu meeting with old friends, which turns into the most memorable lime ever!

Alone time... whatever's your down time, that's what limin' is!.

Practice the art right here in Grenada. We can help because we've truly mastered what...

LIMIN' IS!

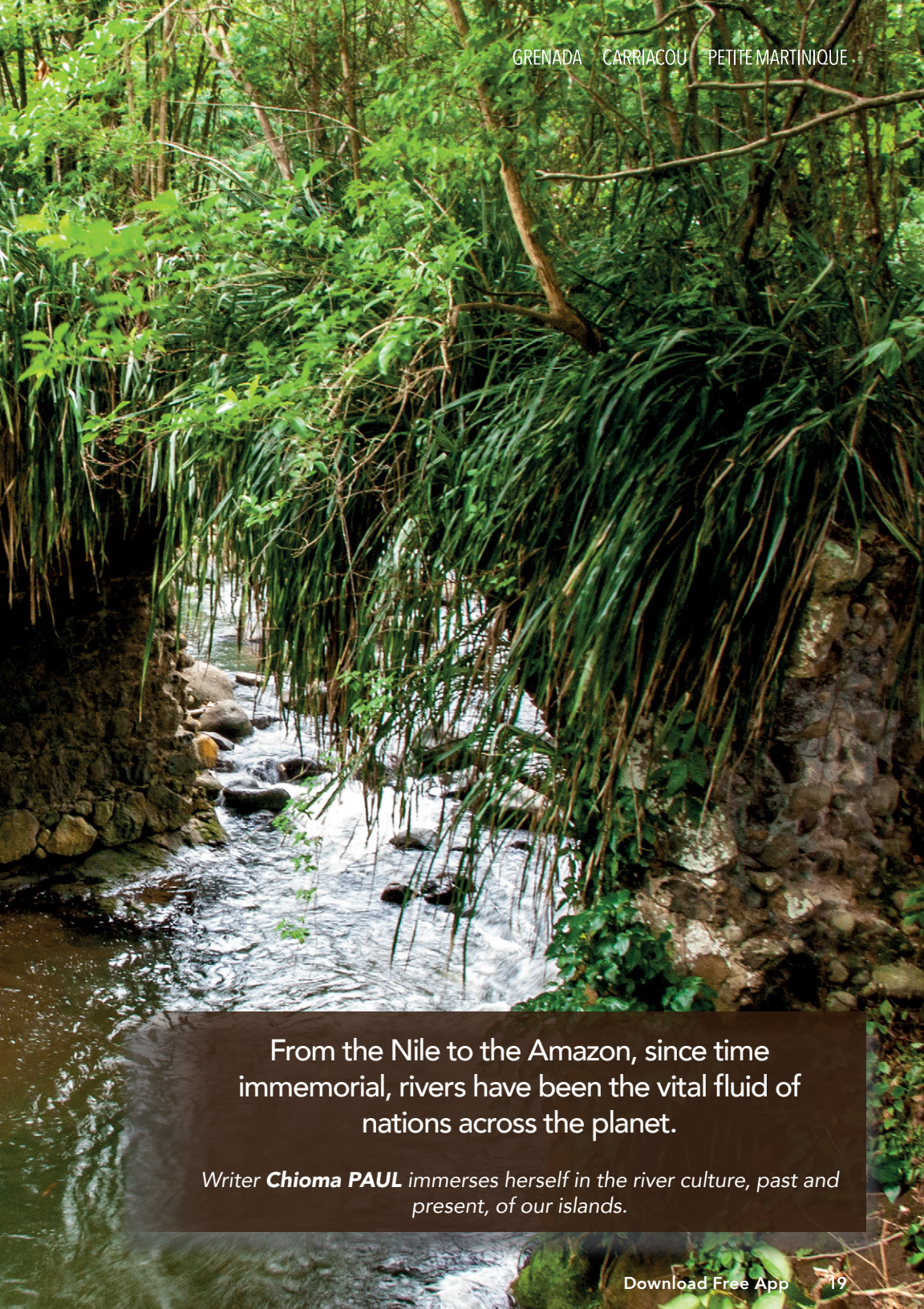
OUR ISLAND

RIVERS

*"I've known rivers ancient
as the world and older than
the flow of human blood in
human veins."*

-Langston Hughes

Balthazar River, St. Andrew



From the Nile to the Amazon, since time immemorial, rivers have been the vital fluid of nations across the planet.

Writer **Chioma PAUL** immerses herself in the river culture, past and present, of our islands.



They washed on immense boulders; slapping garments and household linens against giant rocks, to beat out the dirt. Rubbing them down with blue soap and scrubbing them with corn husks.

In Grenada, tales of life surrounding the river still gush and flow. These stories are an indication that rivers have long been part of the lifeblood of our nation's inhabitants. Join us and glide down memory's stream, as we island dwellers collectively reminisce about River Life.

Until a few decades ago, St. John River, one of seventy-one river basins on our paradise island, was a hive of activity due to the entrepreneurial spirit of the local washer-women. It was there they would wash their own clothes, and those of others who could afford their services. This riverside laundry was the source of income which funded the schooling of generations of children.

However, the river was never solely about laundry! For many hard-working women it was a meeting place, an opportunity

to regale one another with stories of the week, sharing family and village parlance with the regulars, and making the acquaintance of newcomers. A weekend lime, if you will.

Grenadians often describe their river escapades with a fondness that one would normally expect when listening to stories about a cherished friend or relative:

“I loved going to the river. When I was growing up, people would do their laundry and then bathe. The water was so cool, clear and fresh. There was a tree near the river, we called it “Bwalet”, the leaves made soap when you rubbed them! After that river bath, your skin felt so smooth and nice.”

-Ms. Leonora, St. Patrick

Our grandmothers recall that back in the early 1950's, their huge responsibility was to wash the entire household's laundry! Weekends were the days of choice. Mostly Saturdays, as Sunday was

for attending church. Everyone's dirty clothes were gathered up, swaddled in bedsheets, then hoisted up and 'settled' on a young lady's head. The dawn hours would greet a parade of little boys, older girls, and their mothers, walking through their village tracks and traces, to rivers and fast flowing streams, bundles in tow. Washing to be done!

Watching the expert older women prepare their outdoor laundry, river "wash basins", and then go through the washing ritual was a highlight. They would lay their vast load on what they considered to be the best stone, thereby marking it as 'reserved'. Next, a coconut broom would be used to sweep out the sticks and leaves which had gathered in the natural washing ponds created by the stones, during the week days of laundry inactivity. It was important to see below the water's surface. Branches were broken from nearby trees to build enclosures, so that water collected into basins. Now, they were ready to push, pull, and rinse the clothes.

Whilst at work they watched out for the 'yoca', a snake-like creature that lurked in the river and latched onto little toes. Adults protected their feet with boots or shoes, but no such luxury for the children. Small bodies and small feet would find a high stone on which to perch, safe from the yoca, dipping hands only in the water to help wash their vests, socks and underwear!

Once the pile of laundry was conquered, it was spread on rocks to bleach in the sun before a final rinse, then wrung out and re-spread to dry. During this process children bathed in mini waterfalls, or pounded almonds that had washed down the river. They scampered along the banks to nip the fruit from the Pomme Rose trees. Also from the

mandarin, banana, orange, grapefruit, guava and mango trees, which grew along the edges of the estate land, through which most rivers commonly ran.

Male recollection of River Life is quite different. Boys, once they were old enough, accompanied their fathers after school to the family's kitchen garden. One of their chores was to water the animals:

“The animals knew where to go, so we would just untie them and by the time we reached the river bank, the sheep and cattle would already be there. Donkeys were another matter, we would have to pull them into the river and wash them down!”

-Mr. Prescott, St. Patrick

When chores were done, groups of boys went to the river to hunt crayfish, mullet, zandomey* and Gen Crayfish; green,



maroon or yellow, they were colourful and large!

Making bait was part of the fun; chewing coconut flesh to extract all the milk and spitting the remains into the river. Crayfish rushed for these remnants and were easily collected by the bag and bucket full! Imagine this fresh catch roasted on open fires right by the riverside, or stewed with dumplings and crab in a red butter sauce. If the haul was big enough, some of them might make it back home to make an oil-down, or be saved for an outdoor moonlight cook.

Time's inevitable forward journey brought with it changes to River Life. In the 1970's the river became the place to lime. Concord River, which feeds the Concord Waterfall, was a popular hangout spot.

Boys grew into men, and hunting crayfish became both a hobby and an economical way to provide a good protein source for the family. With age, baiting methods also improved: no laborious coconut chewing! Pieces of yam or cassava were placed in the water, all you had to do was return an hour later and collect the river delicacies. Once there was a big enough catch, the fish was fried, cakes and breads were baked. A banquet for a hike and a weekend stay at "Fedon's Camp."

Although the sight of women washing in the river is now almost a rarity, it's not uncommon to spot islanders hunting for crayfish or freshwater fish. River Life

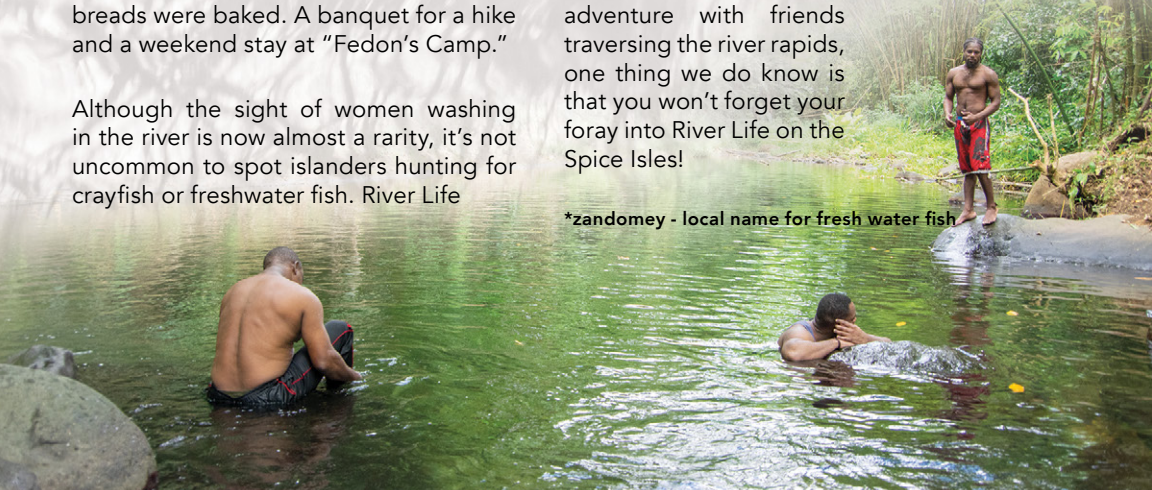
still beckons us; a river lime, alone or together! Cool down, breeze out and escape from the increasingly rapid pace of modern life.

Once you're here, we urge you, add a visit to at least one of our rivers to your wish list. Unwind in a basin below one of our waterfalls. If you're an adventurous soul, try bamboo rafting or river tubing. Spinning, swirling, or skimming over the foaming rapids, soaking in the tropical rainforest, absorbing the sunrays filtering through the treetop homes of exotic wildlife. Now, that is really experiencing our varied and beautiful home from a completely unique perspective.

One final tip, on your adventures, why not stop for a 'sip', before or after your dip, at a river bar. There, if you enquire about 'rivers' the proprietor might assume you are referring to our world-famous, fiery, white rum! Once you clarify that you're not calling for a shot of our island's finest, or maybe you are, feel free to ask about stories surrounding life by the river over the decades. The conversation will surely flow!

Whatever you choose, a quiet contemplative visit to one of our waterways, or a rowdy rambunctious adventure with friends traversing the river rapids, one thing we do know is that you won't forget your foray into River Life on the Spice Isles!

***zandomey - local name for fresh water fish**





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AT THE WATERS EDGE!**



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Home of the islands most popular
DOLLAR WINGS NIGHT!
----- Every Thursday -----
BBO & LIVE MUSIC
----- Sunday, 12noon to 4:00pm -----

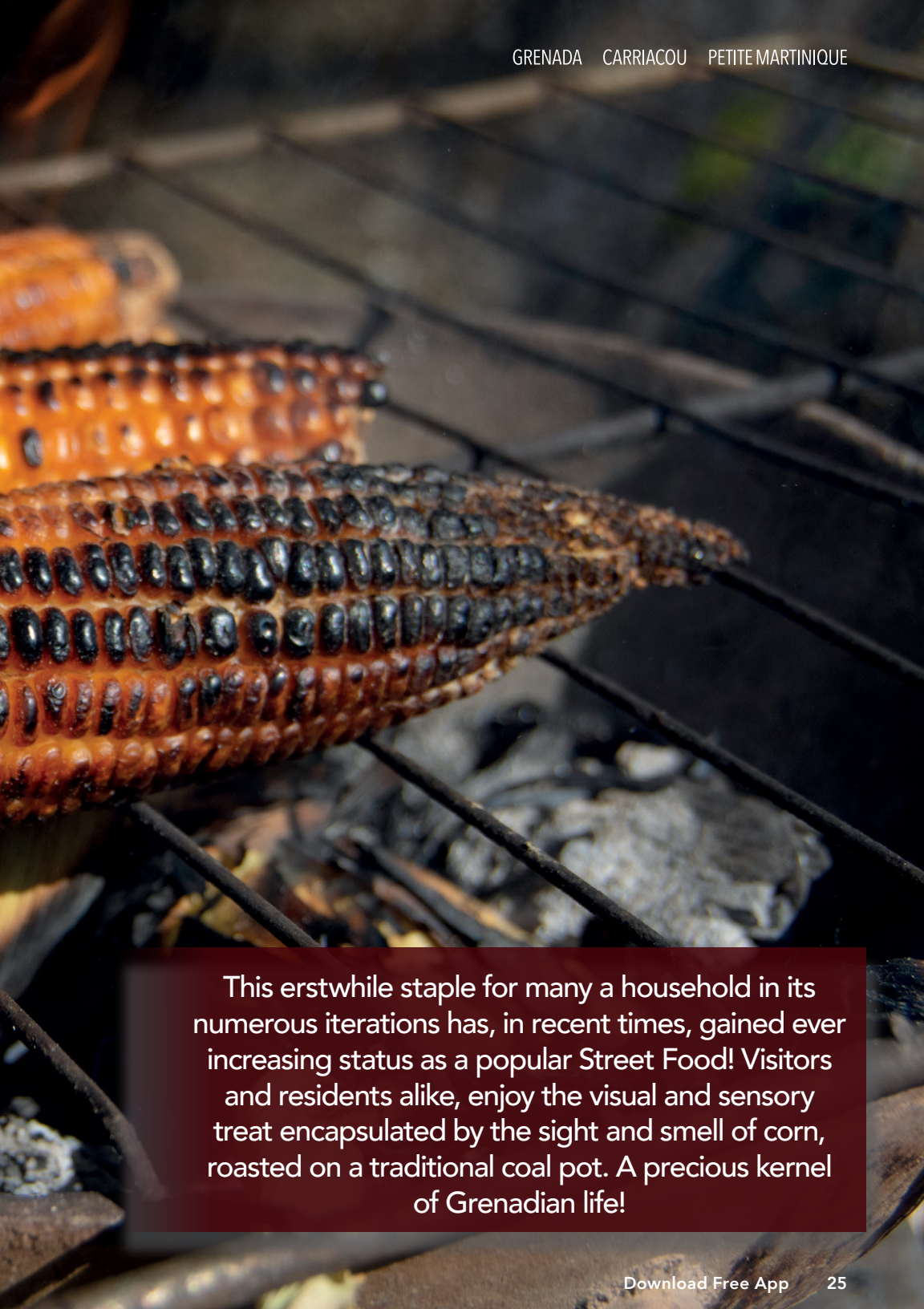


Grand Anse, St. George
Tel: (473) 444-4644
coconutbeachgnd@gmail.com
www.thecoconutbeachgrenada.com
f/Coconutbeachrestaurant

A close-up photograph of several ears of corn on the cob cooking on a metal grill. The corn is charred and golden yellow, with some blackened spots on the kernels. The grill is set over a fire, with some orange flames visible in the background. The background is blurred, showing green foliage.

FOODIES LIME

...ROAST CORN



This erstwhile staple for many a household in its numerous iterations has, in recent times, gained ever increasing status as a popular Street Food! Visitors and residents alike, enjoy the visual and sensory treat encapsulated by the sight and smell of corn, roasted on a traditional coal pot. A precious kernel of Grenadian life!

“Yuh never eat ah good roast corn yet!”

Yes, that’s exactly how you say it! Don’t hurt your head trying to work out whether the noun or the verb are correct. This is the perfect way to express all that’s good about this scrumptious combination of golden, charred, smoke infused, corn.

If you really want to force our hand, then maybe something like: “There’s nothing quite like a nice, fresh, sweet piece of corn-on-the-cob, particularly when its roasted properly!”

Corn; boiled with salt meat* of your choice. Mmmm, that adds an extra layer of flavour...

Roasting corn, over the coal pot in the yard; it’s almost as though this ritual evolved in order to create the perfect setting for family ole’ talkin’ and limin’ time. You just cannot, and do not rush the turning and roasting needed for that perfect, even char! Everyone has their preference of course; medium, hard, medium to hard, soft ... whatever ‘eats easy’ for their palate. And the accompanying stories and ole’ talk definitely play easy on the ear!

Roast corn, friends and family time, and a lime, they’re integrally linked in the memories of many. The satisfaction this combination brings is physical and emotional, not purely physiological.

Like any crop, some of this multi-dexterous grain may have started drying out in the field, before being harvested. If that’s the case, it still gets picked, but is then hung outside to lose further moisture, be it in the garage, under the house, or in the outdoor lean-to storage area.

Over time, the dried corn becomes an aesthetically pleasing, deep orange; now it’s ready for a completely different eventuality. Grinding! How coarse or fine it is ground, will determine whether it will provide cornmeal for porridge, or cornmeal flour for dumplings; the coarse texture giving some added ‘bite’ and flavour profiles.

Or maybe it will be parched, ground finely and sweetened to make asham* for your sweet tooth. This old time, school-days snack accompanied many great memories in the making; albeit unbeknownst that these would one day be cherished in the archives of ‘boy and girl day’, tales.



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If you're not so fortunate as to have a personal roast corn aficionado, here's a suggestion: Look out for at least two or more persons waiting patiently in a queue, for their corn to be roasted to their particular desired texture of 'medium hard', or 'medium soft', bite-consistency. Then join them!

Don't be mistaken though, it's not all about the corn itself. Many Grenadians were raised on this cereal crop. If not literally, or out of necessity, then definitely figuratively, as part of the Caribbean socio-economic reality. It holds within its kernels and aroma, a multitude of "Growing up in Grenada", memories.

If you're visiting and someone suggests that you buy a roast corn, say "come nah, leh we go together". In that way, you can be certain you will only be taken to what they consider to be the best roast corn experience on island!

Keep in mind that buying a roast corn involves all your senses! Remember to feast your eyes, letting that special, smoky sweet aroma, caress your nostrils and tantalise your taste buds. One roast corn may not be enough!

Enjoy the lime. That's what "ah good roast corn" is all about, here in the Spice Isles.

*asham - a corn-based Caribbean dessert made of dried parched corn, ground with sugar.

*salt meat - traditionally pork or beef cured or preserved with salt.





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OUR PEOPLE

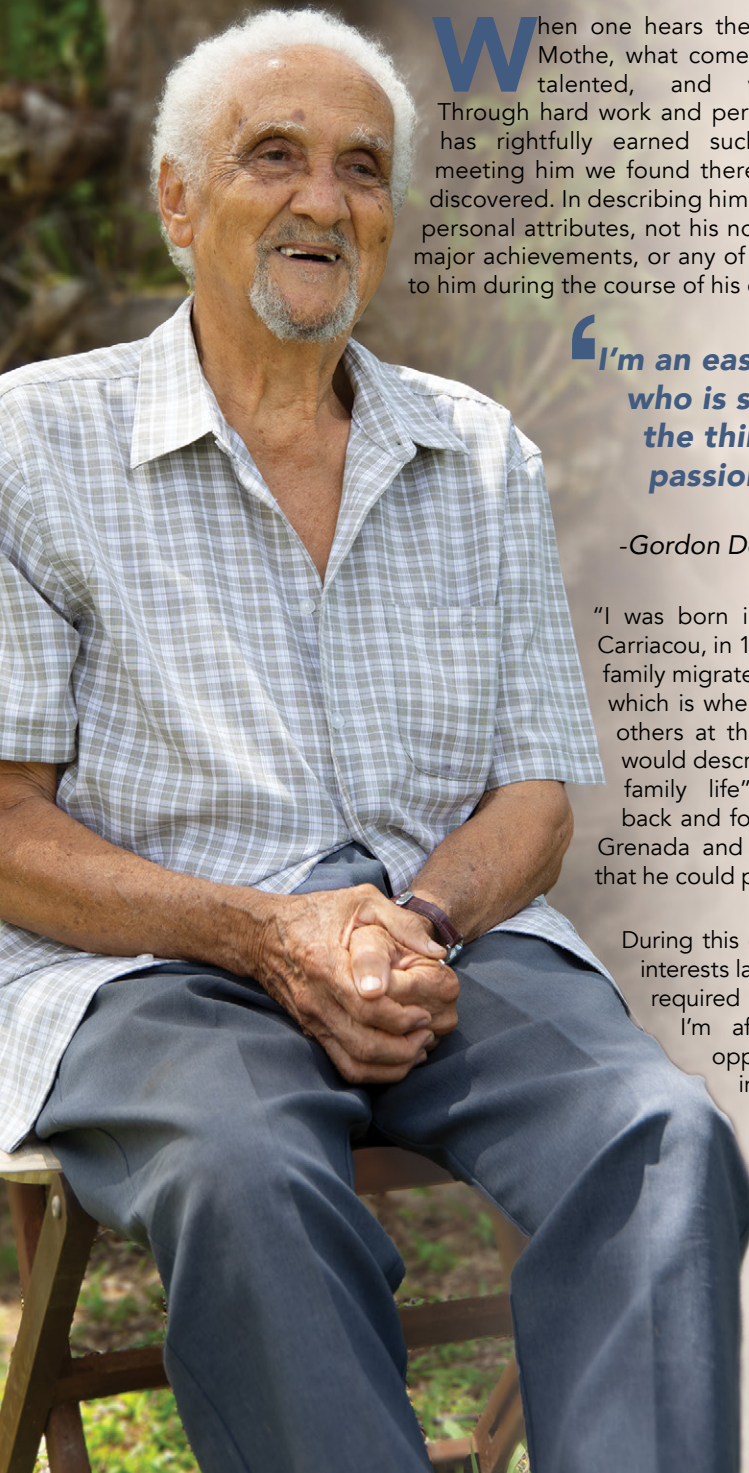
GORDON DE LA MOTHE

DREAMS DO COME TRUE!

Gordon De La Mothe O.B.E; self-taught Grenadian artist, author and influential contributor to the civil rights movement. De La Mothe identifies himself as a Grenadian mulatto; very proud of his black heritage.

Writer **Janaya ROBERTS** meets Gordon De La Mothe and tells his story.





When one hears the name, Gordon De La Mothe, what comes to mind is a brilliant, talented, and well-respected artist. Through hard work and perseverance, this creative has rightfully earned such titles. However, on meeting him we found there was a lot more to be discovered. In describing himself, his focus was on his personal attributes, not his now recognized work, his major achievements, or any of the accolades afforded to him during the course of his eventful life.

“I’m an easygoing person who is serious about the things that I’m passionate about.”

-Gordon De La Mothe, 2022

“I was born in Grenada’s sister isle, Carriacou, in 1933. Five years later, our family migrated to mainland Grenada, which is where I grew up. Like many others at that time, we had what I would describe as “a very disjointed family life”. My father travelled back and forth constantly, between Grenada and Carriacou for work, so that he could provide for us financially.

During this era, my contemporaries’ interests lay in farming, or jobs that required hard physical labour. I’m afraid I was the polar opposite! My interests and inspiration came from the books throughout my childhood home, illustrating the work of the famous impressionist artists; Monet and Renoir. I became completely intrigued by art, and it became my obsession to be able to draw well.

Our school systems, at that time, certainly did not have art featured anywhere in the formal curriculum, but that didn't dampen my passion. I did whatever I could to keep my ambition and drive for art and creativity, fuelled and burning brightly. I recall one occasion when my mischievous streak combined with my imagination, got me into real trouble with the school headmaster. I managed to create a smoking pipe out of bamboo. It wasn't greatly appreciated!"

Every young person has to make a career decision at some point in their lives. Gordon had decided with certainty that he was going to be an artist. However, as he matured into adulthood and became a husband and father, this appeared to be a pipe dream, a fool's errand. Not only did Grenadian society regard such an occupation as frivolous, but he also needed to be a provider for his family; art would not keep his household clothed and fed. He reluctantly began a career in sales. Unbeknownst to him, things would not remain the same for much longer.

"One day I got a call that changed my life forever. I couldn't believe it. The call was from the art department of the film 'Island in the Sun', starring Harry Belafonte. The directors requested me personally, to create the artwork needed for the scenes being shot in Grenada! I didn't have to think twice about that opportunity. I was absolutely ecstatic!"

In 1958, still euphoric about his work on 'Island in the Sun', De La Mothe relocated his family to London, a city where it was believed, like so many others before and since, "the streets were paved with gold". He believed that a glorious career in art was imminent.

"Contrary to my expectations, the first five years in London were extremely difficult. However, it wasn't enough to derail my ambition or dampen my spirit. My love of art was as strong as ever, even though initially it was confined to painting houses! That was my first job!! It wasn't quite what I had envisioned, but it played an important role in helping me achieve financial stability for my family. In the meantime, I studied art part time at a nearby college. Studying art was one step, but any prospects of becoming a respected and paid artist, looked pretty grim."

It has been said that "the darkest hour comes before the dawn", and at this stage, De La Mothe was unaware that his "artistic dawn" was about to break. His determination to become an accomplished artist had not gone unnoticed by his college teachers. His devotion and talent were finally rewarded with a grant. At last he could commit to his art full time!

With these new circumstances, his desire was rejuvenated and he began completing many personal art pieces. It was also a period during which he built important connections within the

De La Mothe was always convinced that his passion and talent as an artist would eventually be appreciated, once he was in the right environment. His 'Island in the Sun' experience, solidified his ambitions. It was the first time that he was truly recognized as an artist in Grenada. His dream could become a reality!

European art scene. Four years later, now with a diploma in art and design, De La Mothe began to teach art. His own work also began to be displayed in museums and art shows throughout London. His reputation and prestige in creative circles continued to grow.

Now in his late eighties, one may feel that De La Mothe has completed his journey of artistic accomplishments. He informs, "absolutely not!" His artistic juices are still flowing and there's more to be done. Continuing to sketch periodically, his current focus is on opening his own family art gallery, to serve as a generational heirloom.

We look forward to it!



Phyllis and Gordon De La Mothe

The life and work of Gordon De La Mothe provides inspiration for all. It says clearly that dreams do come true, in spite of obstacles along the way!

If you are one of our many talented local artists, diligently working and seeking to be discovered, don't give up! Success is the journey, as well as the goal. Take a lesson from those who trod the path before you.

RETURN TO GRENADA

"Art has been my life's passion; retirement didn't change that. When I came back home to Grenada in 1988, I wanted to play my part in 'getting the art scene flowing'. I conducted free art classes at secondary school level. Anyone who was interested in art was welcome.

One of my greatest pleasures has been to see what became of some of those gifted students I had the privilege of teaching. I do have my own life's milestones and achievements, as others may see and designate them. In my opinion though, the greatest of these is having been able to pass on my own passion and skills to the many young people I tutored, and who discovered a love of art in my classes. That is a legacy beyond words."



If you're here visiting us in Grenada, please support our artists. Take a piece of our island home with you, expressed through their talent. Whatever the artwork depicts, you can subsequently close your eyes and recall your visit to the reality that is, our 'Island in the Sun!'

The book "Reconstructing the Black Image", was published by Gordon De La Mothe c1993

De La Mothe was the first teacher of a full two-year art course offered by any tertiary level educational institution in Grenada. The free secondary school programme he ran yielded a number of professional artists. One of his former students is part of the publishing team of Lime & Dine Grenada, Carriacou & Petite Martinique. He is extremely proud of this!



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Cream of Christophene Soup

COURTESY CHEF MARK B - TASTES OF SPICE COOKERY BOOK

SERVES: 8 - 10 PERSONS
INGREDIENTS

6 Christophene (*peeled*)
2 Tbsp Seasoning Mix
3 Large Onions (*chopped*)
2 Pints Vegetable Stock
½ Pint Cream
4 oz Butter
Salt & Pepper to taste

METHOD

Sweat christophene with butter, seasoning mix and onion for 5 – 10 minutes on low heat.

Add stock and bring to boil.

Simmer for 25 minutes.

Add cream, liquidise and season to taste.

Serve hot.

BASIC SEASONING MIX
INGREDIENTS

4 Cloves Garlic
1 oz Ginger
½ Onion (*peeled and chopped*)
6 Seasoning Peppers
1 Litre Vegetable Oil
2 Tbsp Vinegar
Small Bunch of Ground Basil
Salt & Pepper to taste

METHOD

Blend all ingredients together and use as required.

St. George's Town



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Grand Anse to Point Salines



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INSIDE FRONT COVER

INSIDE BACK COVER



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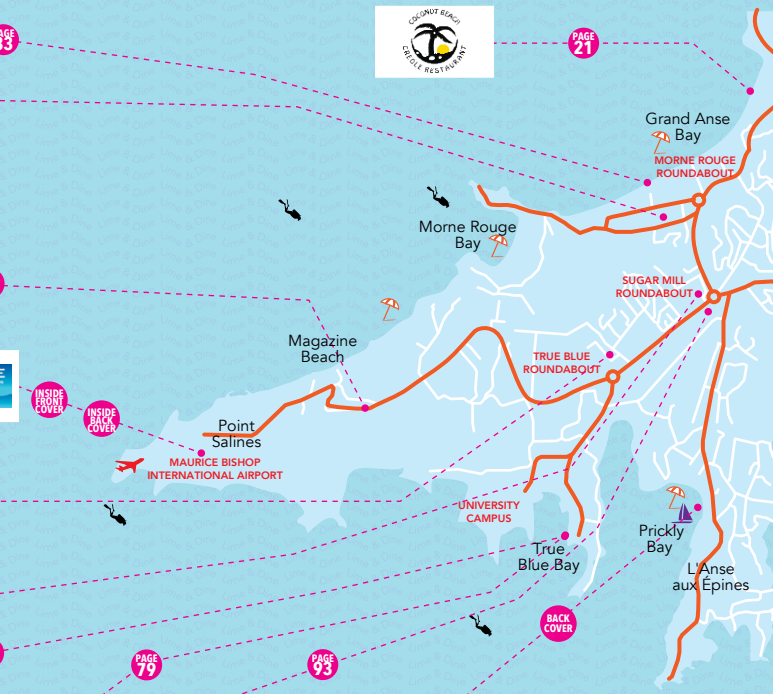
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BACK COVER





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




















Mount Edgcombe
Planning

ATLA

CARIBBEAN SEA

ATLANTIC OCEAN

MAP KEY

-  Main Roads
-  Secondary Roads
-  Rivers
-  Mountains
-  Waterfalls
-  Lakes
-  International Airport
-  Small Airport
-  Beach
-  Bus Terminus
-  Hospital
-  Golf
-  Police Station
-  Mooring
-  Turtle Sight
-  Dive Sight
-  Ferry



SISTER ISLES LIME

...THE LIVIN' IS EASY



Sandy Island, Carriacou

Carriacou has a way of drawing you in, slooowly.

It's not with a lot of "hey look at me" fanfare, or with grand sweeping gestures. It's more of a subtle mesmerizing; it creeps up on you, like falling into a hypnotic trance.





We should really qualify our opening statement by saying that when it comes to the island's scenery, Carriacou is breathtaking. We're talking way beyond grand gestures; they are nothing short of magnificent!

Our Sister Isles have their own time and rhythm. A microcosm of Grenadian life. No, that's not correct; it's Carriacouan life! Completely different from mainland Grenada, definitely not to be confused, or even referenced as a comparison.

There are places on this gem (approx. 14.5 sq miles & population 9.5K) where it's as though you've entered an alternate universe. Here time ticks more slowly, and your heartbeat decreases its pace to equal the island's tempo. Carriacou is an experience to be savoured.

Please make it your intention to stay several days, and then don't rush. Give all of your senses something to enjoy. There is no fast forward button. Relax, or you will get frustrated, and the islanders will wonder what's eating you! Breathe out, and go with the flow!

Now you're ready to enjoy the Sister Isles and the even tinier paradisaic jewels, scattered in her waters; White Island, Saline Island, Sandy Island, Frigate Island...

You can actually view Sandy Island from virtually any location on Paradise Beach. The colours of the ocean leading across to it, defy the imagination. Surreal though it might seem, all you have to do is to take a short boat ride to her shores to make this seeming mirage, part of your reality. The only compulsory activity is to chill. What else, on an island inhabited only by seagulls? Where the ocean caressing its shores and beyond, teem with marine life.*



Carriacou & Petite Martinique



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The Original Sipway Restaurant

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ALEXIS food stores

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Rosa GUEST HOUSE

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Wayne's Auto Rental & Services

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TOP GRILL

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CASSADA BAY RESORT

MAP KEY	
	Main Roads
	Mountains
	Small Airport
	Beach
	Bus Terminus
	Hospital
	Police Station
	Mooring
	Turtle Sight
	Dive Sight
	Ferry





Just a note to mainlanders and visitors, if you haven't made a trip to Carriacou in a while, you need to remedy that. The illusion that time has stood still, is just that. Life may seem slow, but what this jewel of an island has to offer is growing rapidly.



Secluded beaches, hidden ponds, spectacular ocean views, traditional boat building yards. All of this complemented by internationally trained and experienced chefs, fine dining, the best of local cooking, Saraca, the sweetest crab and lambie (conch) ever. Huge lobsters, in season. A round house, hidden gems for your stay, deals on wheels...



We can promise it will not disappoint. You will thank us for enticing you to make a visit and then, another and another.

"The livin is easy", and especially so on our Sister Isles.



***Please note that Sandy Island is a Marine Protected Area (MPA).**



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47



SISTER ISLES LIME

WHERE OYSTERS GROW ON TREES

Among the seven parishes of Grenada, and perhaps even the wider Caribbean, Carriacou is the only place where you will find oysters growing on trees!

Join **Benny ALEXANDER** in discovering this ecological phenomenon.

Oyster Pond, Tyrell Bay, Carriacou

We thought that we had finished enumerating everything that is unique and peculiar to Carriacou. That was naïve! There's always something stunning and surprising to be found on our Isle of Reefs!

It's true that this is something we've known about for many years, but we had little appreciation for just how singular a phenomenon it is.

The aquatic recipe to accomplish such a feat requires simple, but very specific ingredients. The right kind of tree, mangroves in particular, and the right environment for them to thrive in.

Mangroves favoured habitat is where a river meets the sea. That in itself could have been a major obstacle. Why? Because Carriacou is without either rivers or streams! So where does this vital fresh water component come from? Believe it or not, the run-off from our not so regular rainfall, provides the ideal amount of this liquid of life! Not too much, not too little.

The other requirement is the right amount of seawater. This is provided by an amazing arrangement of sand, stone, and land that provides a natural barrier, it is effectively a fence, that protects and isolates the mangrove forest within. This first line of defence absorbs and deflects the energy of the constantly pounding waves. Next, stone joins with sand, presenting another buffer, before the seawater reaches the roots of the mangrove trees themselves. It provides a very low-lying wall, along the sea coast, that channels the ocean through a single narrow entrance. It was formed simultaneously with the hills surrounding Tyrell Bay, which also have an essential part to play in the geologic feature that led to its emergence.

This passageway is just wide enough to allow for the ideal mix of fresh and salt water, creating the perfect environment for the growth of the mangrove and all the creatures feeding from its foliage and roots. An amazing ecosystem where land-based, salt tolerant forests, function similarly to the underwater forests, which grow completely submerged.

All of this is so perfect in its execution that one is left wondering whether it was not conceptualised by a structural engineer and constructed through human expertise, rather than being created by the natural processes of wind, rain, the tide, and other elemental forces.

Once you pass through the entryway, you find yourself in a garden habitat positioned between sea and land. It's quiet, overwhelmingly quiet. It is still, as though time has stopped. A stark contrast from the boisterous ocean and constant movement of the world left outside.

Calm, almost motionless water, like green glass, presents a fluid contrast to the darker shades of the mangrove trees lining the water's edge.

Now, we have entered their habitat, the place where our oysters, along with other creatures, grow and feed from the roots of the mangrove trees. It's a reciprocal,

symbiotic relationship! Whilst the oysters are nourished by the mangrove, they in turn provide an invaluable service to the environment, by filtering tens of gallons of water every day.

Science appreciates the incalculable contribution mangrove forests make to any area, as well as the perfect environment and balance they create.

Abundant varieties of young fish are found in this forest nursery. A plentiful, wealthy source of food, for which the thickly distributed mangrove roots also provide a natural haven.

It has been estimated that the loss of 1 square mile of mangrove forest would result in the loss of approx. 275,000 pounds of fish every year!

Imagine our surprise on our first visit to the mangrove pond! The numbers of oysters clustered to a single root were comparable to urban core Manhattan real estate! However, on closer inspection, the size of each mollusc was not as impressive. It appeared that each was simply two crustaceous discs sealed together and empty inside! Alas, nothing to eat!



We have to admit to being quite disappointed, wondering whether our Carriacou oysters were such only in name! Where's the appeal in being distinguished by growing on trees, and then failing to live up to the most basic edible promise of your name? Following through on this train of thought and investigating after our visit, we later learned that we were the ones at fault; we visited at the wrong time!

Carriacou's Oyster Pond has received the recognition and protection intrinsic to its value. In 2010, the oyster bed was included in a 10-hectare marine protected zone which extends to Carriacou's Sandy Island.

We hope that an increased level of awareness surrounding this vital ecosystem, will filter into and occupy the minds of the powers that be, our communities, and us as individuals.

Such natural treasures are to be safeguarded and nurtured. Only in this way will we be able to keep on saying proudly; "Oysters grow on trees, right here in Carriacou!"

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LOOK WHO'S COOKING

...FRESH, FRESH, FRESH

Local Seasonings, Red Snapper, Bok Choy, Hot Peppers, Land Crab



On display is a sample of the incredible variety of ingredients grown on our verdant island, fished from our waters, or harvested on land. That is if you know where to look, and appreciate the opportunity to source some of the freshest, organic, and uncontaminated foods to be found!



Home grown, organic, and kitchen gardens are not euphemisms in Grenada. Most of what we produce in our 133 sq miles, is not large enough in volume to attract the commercial attention of the 'first world' giants. So, we can truthfully say that what you will find here is quality over quantity! It's a win-win, for island residents and our visitors.

Our waters are not over-fished, our crabs not over-hunted, our kitchen gardens not over-extended and our volcanic soils are not nutrient deficient!

We strongly recommend that you sample what's on offer at our fruit and vegetable markets, roadside vendors' stalls, and the fish and meat markets. Caution: If you're a little squeamish, some items may be almost too fresh! (Don't stare that fish in the eye for too long ;)

You will also find that both large and smaller eating establishments, mirror each other's philosophy of using whatever is in season. That's not to say that you won't recognize many of the things you're used to on their menus. However, most often, they will gladly boast of adding Grenadian culinary flair to your old favourites from home.

Although we are a small island nation, we do offer many of the goods that you're accustomed to seeing in the supermarket, but we do not produce them. No need to worry; you won't be stranded without your favourite 'go to' food, or brand of ice -cream. It may cost a bit more though! Even for Grenadians, the proliferation of information, the tentacles of cable TV, the web and social media have us positively convinced that we

cannot do without the popular food items of our global neighbours. Fresh from the frozen food aisles!! It is to the chagrin of many, that this availability is too often at the sacrifice of our own local produce.

It's true that some of the best and freshest foods we have to offer are not vacuum packed, sealed, and stamped with expiration dates. More likely they're straight out of the ground or the ocean! Maybe hours, or even less, from their natural habitat to your table. We don't apologise for this. If you take the time to sample them, you'll understand why not.

There are of course, also many positives from being a global village with increased connectivity and communication channels. One of the things we have learned is not to subject our proteins or vegetables to a traditionally West Indian 'second death'; (by insisting on lengthy periods of unnecessary cooking). External sources have managed to persuade us to change some of our traditional cooking methods, exerting a positive influence on our culinary thought processes and practices. The flavour is in the freshness! Therefore, allow the natural juices to flow; let the crunch, crunch and do not try to waterlog every vegetable into complete submission!

We're always willing to learn and experience something new, and we know you are too. So, if you can, when you can;

EAT LOCAL!

The genuinely fresh quality of our produce could inspire you to try your own culinary expertise, or at least to ask what was in the delectable dish you enjoyed.

Whether you to try your own hand at cooking with local ingredients, or enjoy one of our many island eating experiences, do ensure that you see for yourself who, and what, is cooking here on the Spice Isles.



Parmesan Crusted Chicken

COURTESY OF CHEF TOM, CASSADA BAY, CARRIACOU

SERVES: 2 PERSONS

INGREDIENTS

2x 6 oz Chicken Breasts (*boneless & skinless*)
2 Tbsp Parmesan Cheese (*grated*)
½ Cup Panko Breadcrumbs
¼ Tsp Dried Oregano
½ Cup Flour
1 Large Egg combined with
½ Cup Milk
2 oz Olive Oil
½ Small Onion (*sliced thinly*)
1 Clove Garlic (*sliced thinly*)
1 oz Dry White Wine
10 pieces Quartered Artichoke Hearts
1 Tbsp Fresh Basil (*chopped*)
4 Tbsp Butter (*sliced*)
1 Lemon (*cut 2 slices from center, save the halves for the sauce*)
Salt & Pepper to taste

METHOD

Place chicken breasts in a plastic bag and tenderise until an even ¼ inch thick.

Season with salt & pepper.

Combine parmesan cheese, breadcrumbs and oregano, place in shallow dish.

Dredge chicken in flour, shake off excess.

Dip in egg mixture.

Dredge in breadcrumb mixture - patting to help crust adhere.

Heat oil in large skillet.

Sauté chicken until golden brown on both sides, remove and keep warm.

Add the onion and garlic to the pan and Sauté for 30 seconds.

Add lemon slice, wine, artichokes and squeeze in the lemon juice.

Bring to boil.

Add the basil and the butter and swirl pan to create creamy sauce.

Pour sauce over chicken and enjoy!

Serve with local rocket and ripe tomatoes.





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LOOK WHO'S COOKING FLAVOURS OF THE SUN

In the Spice Isles we say; "Leave the pot to consommé!" (*Pronounced cousommé*) Depth of flavour, as the professionals would say, that's what we're looking for. Let the ingredients spring their natural juices and yield that concentration of flavour and texture. To achieve this, as every good cook knows, the main ingredient is time. It cannot be hurried.

Cassada Bay has been been simmering and maturing over the years, waiting to fully develop its potential. It has taken time, and time has been taken.

THE INGREDIENTS

"I hauled up my boat in Grenada in 2006, after sailing the Caribbean for a year and made some friends, as one does in Grenada! They told me about Cassada Bay.



**"If I had
a choice I
would live in
Carriacou all
the time!"**

**-Mr. Joe (a.k.a.
Joseph Walsh)**

My plan was to build a house, but you only have to visit this magnificent spot to understand why I changed my mind. This is too beautiful a view not to be shared.



Rugged coastal landscape, serene ocean waters, picture-perfect islands, rock masses edged with sand and an icing of white surf... I could go on, but it would be better if you came and saw for yourself.

My dream is to have ocean view villas dotted across the landscape; I mean dotted. The beauty of Cassada Bay is the view, and the space. This is not a place where you pile things one on top of the other. In deference to the natural surroundings, it's all about exhaling and blending into the landscape, without interrupting the ocean vistas.

Let me introduce you to Bantan, the unofficial historian and caretaker of Cassada Bay. He's been watching over the place for decades, either working here or, waiting patiently for this spot to reach its full potential, as a scenic accolade to Carriacou."

"That's true Mr. Joe, you can't imagine how happy I am to see the place better than it ever was, and you're not even finished yet!

I came to Carriacou for the 1988 Regatta and found Cassada Bay. I was offered a job at the then resort and honestly, the only reason I went back to Grenada was to collect my personal things!

This beautiful landscape has been many things over the decades; a marine biology school, a military camp, a full-service restaurant with cottages for guests. Later it became a shell, lying desolate for almost twenty years, until Mr. Joe saw this vision created by nature, and began to add his dreams to it.




"I wish Cassada Bay was the only place I ever worked in Carriacou. I really hope it will be my last, I don't want to go anywhere else!"

-Bantan (a.k.a. Errol Redhead)

"Cassada Bay... needs an injection of capital, lots of elbow grease and plenty of love."

-United Caribbean Trust, c2000



During that period, I didn't leave Carriacou. I love the low-key life, so I found other things to do. If it had been up to me, from the time I started at Cassada Bay in 1988, I would never have worked anywhere else. January 17th, 2022 was a very happy day for me, like coming back home. New and improved! I really hope this is where I finish my working days. After that I may just come here, lime, and keep enjoying the view.

My specialty? "Bantan Rum Punch!" Everyone loves it and most of them can walk after they drink it! The recipe is in my head and my sleight of hand.

After the first one, you better meet Chef Tom, and see what's cooking!"

CHEF TOM

"Thank you Bantan. Very sound advice. It's best not to have too much of your rum punch on an empty stomach!

I travelled here to set up a kitchen, and fell in love with an island. However, I think I may have been set up by Joe.

Joe and myself have a culinary history. Previously, we started up an amazingly successful and busy restaurant in Michigan, where we both come from. So, he just happens to contact me and tell me he's bought a property in the Caribbean and suggests that I might want to make a trip and get the kitchen into shape. He must have known I would fall in love with Carriacou and Cassada Bay! He was right of course, I did. How could you not?

Cassada Bay Resort will be just as expansive as its views. We are ready to make special occasions completely unforgettable, with our private banqueting room for up to two hundred persons. Just imagine your spectacular special event in this superb location!

I've covered the spectrum in my thirty-five years as an Executive Chef; large restaurants feeding a thousand people a night, small restaurants serving ten people a night.

Naturally, the culinary creativity has to attempt to match the surroundings! Passion and quality are key; I believe that's where it begins and ends! My menus are inspired by a phrase I love - Flavours of the Sun - dishes that have a natural affiliation with sunny climates.

I'll change the menu two to three times a week. Variety is the spice of life! One thing I've learned here, is that you have to be flexible and work with what's available in the market, and what our fishing boats bring in. All good for the creative and gastronomic juices, keeping it fresh and interesting. "International Fayre with Caribbean Flair!" My other favourite phrase!!

One of the most important ingredients to succeeding though, is the team. I can honestly say they have a great attitude. They really care about what we do and the success of Cassada Bay. Anything else they need to know can be taught. With that alone I think we've got it made!

I believe we all have a sense that being part of Joe's vision is really special. Who doesn't want to be part of a dream coming true?"

Cousommé indeed!

True enough, it's not all the handiwork of a travelling visionary, a talented chef, and an inspired and supportive team. But when you visit, you'll surely agree that they do add those extra touches; the seasonings, the condiments and the presentation, which make this place really, really special!

Cassada Bay. An unforgettable dish, designed to be savoured by every one of your senses!



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A wooden board with french fries and vegetable skewers. The fries are golden and piled in the foreground. The skewers are made of red bell peppers, zucchini, and mushrooms, and are arranged in a line on the board. The background is a dark red gradient.

Lutosa

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67

SHAKEN & STIRRED

...SNOW CONE



Snow Cone mobile courtesy Nigel Charles aka Mr. Snow Cone



“Mr. Snow Cone Man, I need a rainbow snow cone!”

Vehicle of Delight, with a delectable cargo of delicious fruity syrups, thick, creamy, sugary condensed milk and a mountain of crushed ice. Sinfully Spice!

Nobody needs a snow cone. Just like no one needs chocolate or mangoes! But how many of life's small pleasures are about necessity?


This particular version of our island's frozen treasure, comes in the vibrant hues of the Grenadian flag! It carries with it clear, sharp reminiscences for some, alongside pleasurable memories, a little blurred around the edges, for others. Happily, snow cone, this essence of childlike indulgence, has survived the passage of time and modernity and continues to deliver portion upon portion of sweet, edible and emotional satisfaction.

It's a point of personal pride for the Snow Cone Man, that his namesake has not been relegated to memories of yesteryear. The deliberate act of preservation for this cool, colorful, flavour and texture combination, has been fuelled by an equally pleasing mixture of entrepreneurship, community spirit, and sheer love of the joy it brings to so many.

With all that sugary deliciousness, you've probably already deduced, that by far the largest component of his clientele are children. However, don't be fooled! Many an adult is completely unable to resist a snow cone. This is true especially at a sports event, which are a favourite lime island-wide. Parents in particular, may prove incapable of bypassing this childhood indulgence. It's a matter of supporting their little one's athletic prowess. Naturally!

When it comes to a snow cone, age really is just a number! The older folks too, cannot help but stop the Snow Cone Man, to tell him how they appreciate all the good memories his sweet fayre evokes for them.

This is not about calorie counting, a saccharine pumped guilty conscience, or whatever is PC about consuming sugar, on sugar, on ice! This is a Pure Grenada experience from back in the day, and in the present. Wonderful memories, already safely stored away, and many more waiting to be made.



An historic, iconic experience from the past to be treasured and now 'motorbiked' into the present and future!

Mr. Snow Cone, in all his guises, is a national treasure and may have to be sought after, if you really want to enjoy his fayre.

Banana Cannes Brûlées Daiquiri

ISLAND FEVER'S ULTIMATE PARTY MIX || SERVES: 16

PAAARTY TIME!

PREMIX INGREDIENTS

750ml Bottle Dark Rum
750ml Bottle White Rum
750ml Bottle Local Lime Juice
½ Cup Crème de Banane Liqueur
2 Cups Simple Syrup
½ Cup Cannes Brûlées (Banana Rum)

You can premix the ingredients, so that you always have some on hand!

METHOD

Pour 4 - 6 fluid oz of premix into blender, add one fresh banana and ice.

Blend until thick and creamy.

Garnish with lime wedge, banana slice, or both!



Courtesy Island Fever, Tropical Tavern, at Le Phare Bleu Marina Resort.

No one; Grenadians at home and abroad, and our islands visitors, can help but smile at the sight of these brightly coloured mobile chariots of happiness. They speak volumes to the tantalizing treats, they transport. Now that you know what's in store, you won't be able to help smiling either.

You want to know how you'll find the Snow Cone Man? We asked on your behalf.

He said "...look for where there's a crowd gathering; events at the sports stadium or the popular playing fields all around the island, and people gathering spots along Grand Anse Beach!"

And, if you really know our island well; especially on a Sunday when parents and children are at home, Mr. Snow Cone will motor slowly through the villages of St George's; Woodlands, Woburn, Tempe...

Wherever you see or find him, don't miss the experience; \$4.00 of crunchy, lickable, cooling, sticky delight. \$4.50 if you want condensed milk too!

But then who wouldn't?



Nigel Charles a.k.a. Mr. Snow Cone



Nutmeg Princess

COURTESY OF JENIFFER MESA RODRIGUEZ || @TIPSYCUBANADIAN

SERVES: 1

INGREDIENTS

5 Slices	Pineapple
1oz	White Rum
1oz	Dark Rum
1oz	Ginger Syrup
½ oz	Honey
½ oz	Grenadine
Sprinkle	Ground Nutmeg
1 piece	Mace (<i>red outer coating of whole nutmeg</i>)
	Pineapple and Cherries for garnish

METHOD

Pour the Grenadine into a tall glass.

Blend pineapple, rums and ginger syrup with 6 – 8 cubes of ice.

Pour mixture evenly on top of Grenadine.

Drizzle the honey on top of the mixture in a spiral.

Sprinkle with ground nutmeg.

Decorate with pineapple and cherries.

Crown with mace!



PURE LIME

...NATURAL WONDERS!

Clabony Sulphur Hot Springs, St. Andrew

“Bonjour Mama, Bonjour Papa”

Yes, you can speak to our Sulphur Springs. And, if you use the right words and tone, their answer will bubble back to you!

Our Spice Isle Springs, dotted around the island, each have something peculiarly their own.



Did you ever stop and ponder over the fact that the solid ground we stand on each day is just an outer shell. Beautiful indeed, but some of this surface beauty is a direct result of what lies, bubbles and boils, below the earth's crust.

It's easy for us to forget that the solid ground, which we live, build, plant and create infrastructures upon, rests, and in some parts floats, on the super-hot mantle of our planet. In some places a mere 8 km (approx. 5 miles) below the surface, with temperatures ranging from 1000°C to over 3000°C! Beneath this visible layer, lie mysteries and wonders beyond our imagination and comprehension.

Here in Grenada, our volcanoes, especially in their times of turbulence, are a visible reminder of these happenings deep beneath the island's surface. More often though, we spend our mental meanderings in contemplation of the luscious green splendour, resulting from their soil enriching nutrients.

Also, wonderous, if not quite as decorative, are our springs, the direct result of activity beneath our planet's surface.

Not to worry! We're not digging to much deeper on a scientific level, but you have to admit it's fascinating to ponder! We can promise it will add another sensory dimension to your experience, when you visit at least one or more of these geological manifestations. Our Sulphur & Hot Springs!

Cocoa, nutmeg, cinnamon, mangoes... your senses will barely be able to assimilate all the fruit and spice trees and accompanying aromas, which line the route into the cool green glades, which are home to Clabony Springs.

We're not proposing a journey to the centre of the earth! Simply a trip northward to the two most easily accessible springs; Clabony, St. Andrew, and River Sallee, St. Patrick. *(There are other springs to be found in Grenada, but these may require the service of guides with expert local knowledge).*

De-stressing and detoxing are high on the agenda for many of us. This is a pure lime, absolutely unadulterated. No airs or graces!

After you've made the effort to reach Clabony Springs, a quick dip is out of the question. Choose your pool, there are two, submerge and stay put! Do some 'ole talking', the minerals need time to work on you. Birds singing, water bubbling, sky for your ceiling and lush green vegetation for your walls. Enjoy the 'room' with the alfresco view. For a few, or as many moments as you can, let the warm water soothe you and relieve



those everyday stresses. Exactly the reason you came here, right?

If it's a 'quick lime' you're seeking, this one is not for you.

You'll find River Sallee Springs, a short walk and an even shorter drive in, from the main road. As you cross the small bridge, the entire area opens out to house the numerous iterations of the sulphur springs. They are said to be linked to our famous under water volcano, 'Kick 'em Jenny'. Now is your chance to take up the "Bonjour Mama et Papa" challenge. Be certain a guide and translator will come to assist you!

Don't be afraid to treat yourself to the mud bath offered by a resident expert. We promise you will not have seen this version of yourself before! Mummified in mud, as you obediently allow its nutrients to dry on your skin, for maximum exfoliation. This may not be your most favourite selfie moment! However, when the unmasking process is over; forget all those skin lotion advertisements. Your skin will be as smooth as a baby's bottom! No pain no gain. So be ready!

We're just teasing, it's a great experience, we won't say more, as we don't want to spoil your fun. We will just re-emphasise; "no hurrying allowed!"

If you want to take some of the experience home with you, you can. At River Sallee Springs, you can buy different gradients of this skin-soothing, smoothing volcanic powder, to be reconstituted and used for facial or body massage. Don't forget though, even if you're not on Spice Island time when you try it on your own, the longer it stays on your skin the better.

Slow down, breathe and picture yourself back here on our island: Exfoliation Heaven! That should

transport you into GMT (Grenadian Mean Time), until your next visit!

How's that for a Pure Lime!

**Did we say
Balmeotherapy? That's a
big word!**

**Good for your skin, your
muscles, your bones,
your circulation, your
psyche, your soul...that's
true of the Spice Isles
on the whole, but of our
sulphur and hot springs
in particular!**



SEA NOMADS

As a sea nomad, otherwise known as a cruiser, I am often asked... what it's like for me, the outsider, to drop the hook (anchor) in this verdant, mountainous island and live among the islands' residents for four to five months at a time? Year after year!

Why Grenada? Why not SVG or Martinique or another island in the chain?

Geographic location comes to mind at first. Grenada seems to be out of the usual hurricane path which makes it ideal to anchor in one of the bays and lie low waiting out the destructive winds.

However, Grenada would be just another rocky, green island, if it wasn't for its friendly and generous people.

If you're counting on fast paced life here, you'll be disappointed. This island's life is slow paced, just like the doctor prescribed!



There's a good bus service. For a buck or two (USD), depending on the route, you can criss-cross the whole island. And let me tell you... those buses run every few minutes, except on Sundays.

Grenada has a few good size grocery stores, well stocked most of the time.

CHILL OUT IN STYLE



When it comes to medical services you can have your vision checked and glasses made and your teeth worked on, for a fraction of what it would cost you in good ole' USA. And most important, no need to deal with the greedy insurance corporations deciding what treatment they will kindly allow you to have!

As cruisers we need access to marine supply stores and a skilled workforce. Both are available on this island. Just remember, this is an island, it moves at a slower pace of life.

What to do when you're not working on the boat?

EXPLORE!

Explore numerous diving sites, streams, waterfalls, old ruins, participate in a weekly hash, bask in the sun on one of the gorgeous beaches, taste rum, befriend a mona monkey... even if for a few fleeting moments.

"Island Pursuit"

Brian and Regina



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LIME INN

TRANQUILITY WRAPPED IN BLUE

Cocoa Pod Rooms, True Blue Bay Resort, St. George



Grenada is blessed with a seemingly endless array of blue and green. This is our boast; the Spice Islands are a true artists' palate, a visual feast, a sensory banquet for the mind and spirit!

We're sure that you're already aware that there are two colours which we never tire of looking at. Each of which seems to have an infinitesimal array of shades and a different nuance, each and every time they register in our consciousness.

Blue: The premise of the ocean and sky. Such a little word to denote the never-ending range of this primary colour, when played upon by light and shadow. If you are here presently, you will observe a multitude of them in a glance across the Caribbean Sea, or the Atlantic

Ocean. Or, tilt your head upward towards the endless expanse of sky, stretching out to the horizon. The experts say this is the colour of relaxation, tranquility and calm; but we think we all had that kind of figured out already!

The human eye sees green better than any other colour in the spectrum! A trip to Grenada will provide a veritable overload. And if you're here already, you are exactly where you should be!

Green: The derivative of our country's name. Green-ada. Particularly when the rains fall, the poetic accuracy of this description is readily apparent. Every possible shade your imagination can conjure, and then miraculously, more! The colour of life, nature, harmony. Have you ever

seen a natural shade of green which assaults your eyes and makes your brain spiral into cognitive chaos? No! These shades are the verdant hues of happiness, hope, peace and the natural order of things.

As island dwellers, it has to be confessed that we are too often inclined to take this beauty for granted. This is because it provides us with the daily backdrop, to our sometimes hectic, chaotically coloured lives.

We may only value the preciousness of the omnipresent canvas of our Spice Island lifestyle, when we step away to far busier, less green and blue, parts of the globe.



Lake Antoine, St. Patrick

Mount Edgecombe Plantation



A hidden gem in the West Indies (45 minutes north of the capital of St. Georges), Mount Edgecombe Plantation is nestled above the Caribbean Sea and provides a stunning, but serene and quaint plantation experience. Day passes, weddings, private functions, accomodation and dining are available.



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That's when we long for home and easily summon to mind each element we miss. They are like individual precious stones, which combine to make up the crown jewel that we call, our Paradise at Home!

One of the most logically, illogical reasons for our lack of cognizance and appreciation, is that in the busy hustle of life, we often don't slow down enough to understand, or enjoy the benefits of our amazing surroundings. Pondering for example, on how they contribute to our well-being, and even our nation's envied reputation as a hospitable, friendly, happy, peaceful people.

To encourage such positive introspection, we have to challenge ourselves to join

you, our island visitors, making time to step away from our daily routines, and find a place to Lime Inn.

The reality is that many of you who visit, have seen more of the breathtaking beauty of our island than we have. Don't worry, we're not asking you to slow down, we're telling ourselves it's time to catch up! Away from our own secular and domestic chores; aaahhh, a forced state of exhalation; brakes on, blinkers off!

When all of us are ready to explore, we will find choices aplenty for where we should stay. Beachside, jetty-side, marina-side, ocean views, mountain views, river views; coastal or inland. Something to suit all pockets and individual visions of paradise.



Golf Course, St. George

Our island's natural tones of green and blue are joined by structures adorned in vibrant tropical colours, cool pastels, bright yellows, earthy browns, calm neutral tones, natural woods.

We can't guarantee the colours of the accommodation you choose to Lime Inn. But we can promise, due to the reliability of the universe and powers greater than we are, that there will be endless shades of blue and green, ever present and awaiting your attention and admiration.

Tranquility wrapped in blue; Spice Isle hospitality adorned in green!





LIVIN' THE LIME

LIFESTLYE,
BUSINESS &
INVESTMENTS

Etty's Shop, Red Gate, St. David



A rare quiet moment at a favourite limin' spot...

Not every day looks like this, but plenty of them do!
Enough to entice just about anyone to take a serious
look at joining us here on the Isle of Spice.



No matter how stressful the work week might be, living the Spice Isle life is about all the good stuff that happens in between. Intense, exasperating moments? We're not pretending that they don't exist. As much as we would like to suggest it, the sunshine doesn't make them evaporate. However, it's how we choose to exhale that makes the real difference when it comes to 'livin' the lime.'

Ask any of us! Sometimes, it's people watching on the beach, enjoying their exuberance at being on our beautiful island. Are they on holiday? Students from abroad? Families relocating? Returnees? Or it could be sitting by the shop on the corner as the world goes by; hailing out every one you know, with extra salutations from people you didn't even know knew you. No one knows you? That's what you think! If you don't believe us, give it a try. Whether you're a long time resident or a newcomer to the area, has nothing to do with it. Everyone already knows who you are. That's why they're called villages!

Our lifestyles in Grenada encompass a varied spectrum. But one thing is certain, an indomitable sense of pride in our island home and our personal habitats, permeates throughout. Keep your eyes open for the small business

establishments, dotted all around the island; so many of them are beautifully tended and well cared for. The proprietor of our chosen spot (page 86), arises early to attend to his plants, ensuring that the surroundings are clean, tidy, and ready for the patrons who will fill his benches later in the day. For the most part though, he undertakes these daily routines for his own satisfaction, in his chosen piece of Spice Isle Paradise.

This entrepreneurial spirit is evident throughout the length and breadth of the island. If you take note, you will see it clearly; a cooler box turned into a local watering hole, evidenced by its crowd of customers! A BBQ stand achieving the same popularity as an a-la-carte restaurant. A corner shop transformed into a forum for discussion and debate.

This tapestry is all part of a statement which speaks volumes to the Grenadian way of life and culture.

Try to absorb some of it!

Stop and smell the roses or rather, the spices. Savour that unique Grenadian fragrance of taking the time to Live the Lime!



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COMING HOME & RE-LOCATING

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, National Security, Home Affairs, Public Administration Information & Disaster Management.
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 \$1000 to \$5000 XCD 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

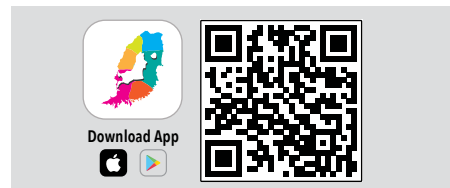
Three-day residency is required in Grenada before you can apply for a marriage license, which takes 2 to 3 working days to process.

You will need valid passports, birth certificates, Decree Absolute divorce papers if applicable, single status affidavit, deceased's death certificate (if 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 process and do everything necessary to make sure that your special day lives up to all of your expectations.

NB: 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 – 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.





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BANKING SERVICES

ACB Grenada Bank Ltd.

PBX All Departments
444 - 4919
www.acbonline.com

CIBC FirstCaribbean International Bank

PBX All Departments
440 - 3232
[www.cibcfib.com/locations/
grenada](http://www.cibcfib.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 (GHATA)

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
439 - 4500
Dial 200 from mobile phones

FLOW

Customer Contact Centre
440 1000

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 2255 / 440 2265

Ministry of Health

440 - 2649

COVID-19 Hotline 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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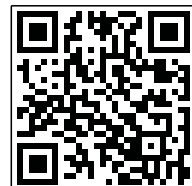
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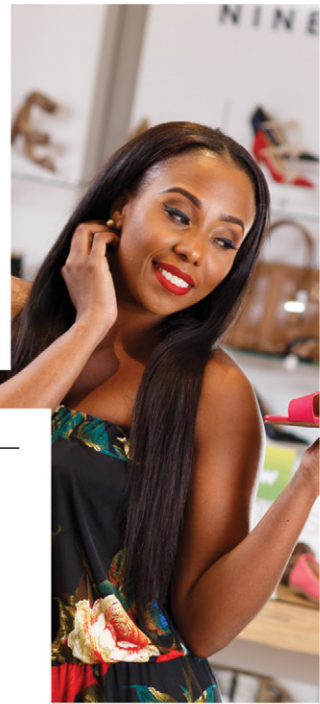
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