

Lime & Dine Grenada

Carriacou & Petite Martinique





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brought back from the mines.”


— Diego Galante



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Welcome!



**TO GRENADA,
ISLE OF SPICE**

St. George's town, in the parish of St. George, is the most picturesque capital city in the Caribbean. The Carenage, the inner harbour of the city, is stunningly beautiful, providing a truly unforgettable memory of your Spice Isle experience.

Respect the Nutmeg



L'Anse aux Épines, St. George



The colours of the Grenada are stunningly vibrant; so don't expect pastels or soft subtle hues – the island's colours shout loud, and invite one to enjoy life.

This year, we let 'the Lime' and 'the Dine'; enjoy equal billing – so you can decide who the Super Model in the shot is. Food styling by.. yes, we say unabashedly... AllyDay Creative Projects – Aha, and yes, our creativity comes in all kinds of surprising packages!

Taken in L'Anse aux Épines Bay, we confess that even for our intrepid and knowledgeable island experts, it had not previously been a 'must visit' beach. We were therefore pleasantly surprised and delighted, when we decided to visit the beach, to see how popular it is!

A great reminder that we take a lot for granted here in the Spice Isles and are a little spoiled for choice when it comes to sun, sea, sand and great food!



Thank you to all of our advertisers for your support. We believe, as we know you do, that we owe it to our island home and ourselves, to show our visitors and residents all the opportunities open to them here in the Spice Isles.

The Publishers

Lime & Dine Grenada

Carriacou & Petite Martinique

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Care is taken to ensure that all the information within 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.

Features

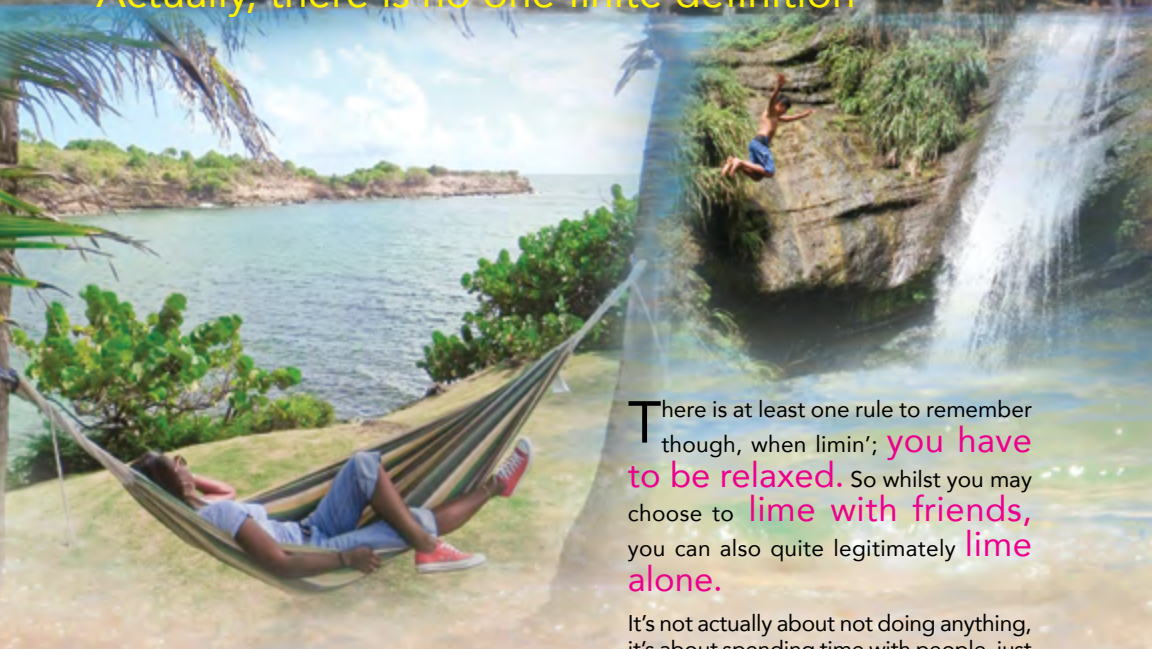
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Limin' is

Actually, there is no one finite definition



One we heard and like is: **'it's the art of doing nothing.'** Maybe that should be **'nothing in particular'**, especially as the best limes are usually unplanned.

There is at least one rule to remember though, when limin'; **you have to be relaxed.** So whilst you may choose to **lime with friends,** you can also quite legitimately **lime alone.**

It's not actually about not doing anything, it's about spending time with people, just because... you lime with people you enjoy being around, we never heard of anyone limin' with people they don't like. How could that possibly be relaxing? And it has to be relaxing or, it's not a lime.

You don't have to plan a lime. It's very often organic or spontaneous, **it just kind of happens.** You can 'make



a lime, have a lime, be limin', go to a lime', or even 'buss a lime' - and none of this has to do with that little green citrus fruit; unless it's an ingredient in whatever your choice of libation may be... at the lime!

Most people joining the lime are 'coming just now'* , so it's highly important that you change your watch to GMT (Grenadian Mean Time). There is no such thing as clock watching when you're limin', unless you really have a plane to catch.

When limin', **food & drinks** are usually involved, which is obviously why you are here on the pages of 'Lime & Dine', right?

Waters* are good limin' food! Everything in one pot, easy to cook on the beach, or anywhere for that matter. Add a bit of

this, a bit of that, everyone gets to advise, share some real 'ole talk' and good-natured **bramblin'***.

Oildown, our national dish, is gourmet limin' food – all the prerequisites for a good lime are present. There are plenty of ingredients to go in the pot and it takes a while to cook. So that means lots of time for anything really; games, talking, drinks, catching up on all the news, enjoying good company with old friends and new.

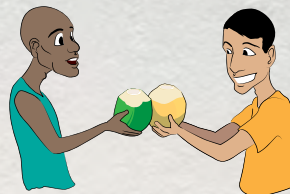
And just so you know, **limin' is a kind of skill**, not everyone is good at it!

So, if anyone tells you they enjoyed limin' with you, accept it as the compliment it is ...and maybe teach a few of your friends how to, when you get back home!

* See 'Limin' Talk' - page 6



Limin' Talk



Proper

Prim & Proper

Yuh bramblin' me	Somehow I feel you are deliberately trying to mislead me with that statement.
Yuh too Jumbie	I'm afraid you're not to be trusted to do what you say you will.
Yuh drinking bush for his fever?	Why are you taking offense on his behalf?
Chunkalunks	An expression of endearment such as, sweetie, honey, darling, baby...
Doh try dat	Please do not attempt to under estimate my intelligence.
Yuh done kno	I'm sure that you are already very much aware of that fact.
Lemme 'taste yuh hand' nah?	May I sample the culinary delight you are preparing to assess the level of your expertise?
Leh we put down a pot of waters!	Let's convene together to prepare a pot of soup or broth.
Yuh 'aint get a good bad word yet?	You really haven't experienced a well chosen derogatory comment on your behaviour up to this point, have you?
I reversing back de car!	Mmm... is that a double negative for driving forwards?
Yuh macocious oui!	You certainly have an extremely avid interest in everything that goes on around you... and that which doesn't!
Lollop on de chair	Just how it sounds, try saying it! – To sit back and completely relax.
Leh we buss a lime	I was thinking we should really go and enjoy a good period of rest and relaxation.
Yuh bold face oui	My goodness, you certainly have a lot of nerve and effrontery.
Ah comin' just now	I am definitely planning on some time of arrival!

NB 'Just now' – can mean anything from 5 minutes to several hours – but hopefully at least sometime on the actual day in which it is said! You may wish to press the individual to be a little more specific!!

We have our own way of saying things and expressing ourselves, just like you do when you're at home. Listen carefully & enjoy!

Dodgy Dock

Restaurant & Lounge Bar

Open daily from 7am to 11pm
Serving Breakfast, Lunch, Snacks
and Dinner

Seasonal Music Tues, Fri, Sat.

TUE: Grenadian Night

WED: Late Night Jam

FRI: MexiCaribbean Night
and Latin Dancing

SAT: Calypso BBQ

SUN: Breakfast-Brunch



Located at True Blue Bay
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www.truebluebay.com



Dining by the Sea

Liming by the Bay



Livin' Time



SUNDAY

The Bash Bar - 'Chill Out Lime' - 12noon to Sunset

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

Bogles Round House - Sunday Roast 12:30pm to 4:00pm

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

Umbrellas - Live Music 5:00pm to 7:00pm

The Roof Top - Smooth Jazz

Coconut Beach - BBQ - 12noon to 4:00pm

Creole Shack - Karaoke 6:00pm to midnight

MONDAY

Dodgy Dock - Daily Happy Hour 5:00pm to 6:00pm

Le Phare Bleu - Daily Happy Hour - 5:00pm to 6:30pm

Savvys - Margarita & Mojito Mondays - 6:00pm & Live Music 7:00pm

De Big Fish - Tex Mex Night 6:00pm to 9:30pm

Prickly Bay - 1/2 Price Pizza - 7:00pm to 10:00pm

Kalinago - Beach BBQ & Live Music - 7:30pm

The Owl - Crab Racing 8:00pm & Karaoke 11:00pm

The Owl - Crab Racing 8:00pm & Karaoke 11:00pm

TUESDAY

Umbrellas - Happy Hour - Tuesdays to Fridays 5:00pm to 7:00pm

Dodgy Dock - Rum Tasting & Cocktail Mixing 5:00pm

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

De Big Fish - Happy Hour - Tues & Fri 5:00pm to 7:00pm

Le Phare Bleu - 2 for 1 Pizza - 6:30pm

Prickly Bay - Trivia Night 8:00pm

Movie Palace - Student Tuesday

Dodgy Dock - Grenadian Night with Seasonal Live Music 7:00pm

WEDNESDAY

Creole Shack - Karaoke - 6:00pm to 12midnight

YOLO Tapas Bar - Light Music Special

Savvy's Beach Cabana - Dinner 6:30pm to 9:30pm

Umbrellas - Ladies Night Live Music 7:00pm to 9:00pm

Kalinago Beach Bar - 50% off Cocktails 7:00pm to 9:00pm

Le Phare Bleu - Friendship Table 7:00pm

Prickly Bay - Big Bingo 8:00pm

Dodgy Dock - Late Night Jam 10:00pm

Sangria - Margaritas & Daiquiris 2 for 1

Limin' is a kind of skill...
let us help you!



THURSDAY	FRIDAY	SATURDAY	AND MORE
True Blue Bay - Cooking Class 3:00pm	The Roof Top - After Work and Night Time Lime with Fish Bowl Cocktails	De Big Fish - Happy Hour 5:00pm to 7:00pm & Live Music 6:30pm	Mt. Moritz - Grenadian Breakfast - Last Sunday in Every Month - 7:00am
The Owl - Daily Happy Hour 4:00pm to 7:00pm & 11:00pm to 12midnight	Victory Bar - Texas BBQ 5:00pm to 11:00pm	Creole Shack - Karaoke 6.00pm to midnight	Gouyave - Gouyave Fish Friday - Every Friday Evening
Prickly Bay - Daily Happy Hour 5:00pm to 7:00pm	Savvy's Beach Cabana - Bonfire on the Beach 6:30pm	Dodgy Dock - Calypso, BBQ & Live Music 6:00pm	Victoria - St. Mark's Food Festival - Every Last Saturday of the Month
De Big Fish - Movie Night 5:30pm	Aquarium - Reggae Jazz Fusion 7:00pm	Savvy's - Tapas & Live Entertainment 6.30pm to 9.30pm	St. George - Grenada Nutmeg Festival - November
Dodgy Dock - Salsa-Tango Class & Dance 7:00pm -	Umbrellas - Live Music 7:00pm to 9:00pm	Umbrellas - Live Music 7:00pm to 9:00pm	St. Andrew - Adventure Saturday - First Saturday of Each Month.
Movie Palace - Movie Thursday	Prickly Bay - Party Night 7:00pm 'til late	Kalinago - Beach Grill & DJ 7:00pm	St George's - Spice Island Billfish Tournament - Every January
Prickly Bay - Pizza Special - 6:00pm	Spice Basket - Spicy Friday - Live Music 8:00pm to midnight	The Owl - Karaoke 10:00pm	Carriacou & Grenada - Annual Carnivals - February & August
Sangria - Daily Happy Hour 5:00pm to 7:00pm	Movie Palace - Crazy Friday	The Roof Top - International Night	

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 88 for contact numbers.

Limers & Diners

...Publisher's chit chat



It's all about harmony, balance and 'keeping our shape', as our revered GM likes to remind us. Hence my return to Tai Chi - my choice of physical exercise, nothing too strenuous mind you, but a great way to reduce the stress levels! Yes Dayl, sometimes my MacBook is actually steaming under the pressure of design. However, my balance is also achieved through the newest addition to my personal 'Mac Family', my iPhone Princess, aka Siri. With the combination of my Apple Mac entourage and a gentler way of reducing stress, my data restoration processes are in complete sync. Ok yes, I admit, I am still working on achieving the correct 'balance' in my badminton game, but you can't say I don't have you on the run D; being able to take those shots right and left handed! If I didn't actually have to hit the flying 'cockerel' I would be amazing at it!!

Isn't 'Siri' the automated female voice on your iPhone, Alleyne? I'm not sure you're actually speaking a language we all understand, although we realize you do like to speak to 'her'. Aha, I get it, a woman who just takes instructions ...mmm now that's a rarity in our office. We are definitely from Venus... and you have been on Mars alone for most of this year! Better send out an SOS to Uncle Cleave - "Need to combat the overflow of female hormones in AllyDay office. Response required. Now!"

No, I'm not embarrassed to say I



thought a 'Mac' was a raincoat, not a computer, 'til I started working with you AOG ... and that the apple on it was for decoration! Yes I get it now, branding...all about branding, you have taught me well, Obi-Wan. But you know, I think the world was still spinning before all you 'creatives' became Mac-centric! But yes, granted I do swear by my MacBook Air now; she's 'smoking' hot and very slim! All the female essentials in one package. Oh, and don't let me forget, I get my my exercise and stress relief when I give a good smash shot in badminton.

BTW, that 'cockerel thing' is called a shuttlecock!

Ally Day
Mac



I think you must both be speaking a different language! Tai Chi, badminton and as always, computer talk! Personally, I rate my PC, Dell is my choice. Forget modern, intuitive etc, etc. Dayl may have a Mac; but she's still writing with a fountain pen and nobody's used those since 'dem old people' were in school! See you certainly can't say Dell is behind the times, maybe Dayl is behind the times? LOL. Oh Lord, am I skating on thin ice again this year? I open my mouth and it all just comes tumbling out... I did give you a ride though in my new wheels though didn't I D? Oh yes, and now Dayl is typing her meeting notes in her iPad... sometimes... lemme just stop, this hole is getting deeper...



Uncle Cleave, can I get a little assistance here? Your PC is a Fujitsu – now that has to put me higher up than you on the PC food chain... did someone say food? Oh it was me! Fine, stop right there all of you, we all know 'I love me belly,' nothing new about that...

Oh yes, and by the way, my balance, exercise and keeping my shape is achieved by samba rhythms and sharp tango moves... Anyone for lessons?!



Now people, you know we are a fully integrated unit! A Fujitsu it may be Kels, but I do have my iPad too! Got to stay light of foot, one in each camp, 'Mac and Dell', an unbeatable combination. No young lady, it's not a food dish!

However, I do like the idea of a Mac/Dell graft, a kind of crossover PC – like the best 'grafted' mangoes, you know, 'mix it up' and get an even better end result ... mmm haven't had a good mango in a while. Yes Kels, I know you keep asking 'who send me?' I may have been overseas for a while this year but I've been doing some Siri-ous research amongst the international community. Hey AOG, check the Siri-ous stuff your boy is doing, isn't your inbox blocked with all those ideas I've been sending you?

However, I make sure my Fujitsu clock is set on Grenadian time, which is how I keep in harmony and balance with all of you. Oh, YOUR clock is only on Grenadian time, that explains why you Skype me at all hours of my night and your day!



Our Island

A cacophony of voices bargaining over the best price for the sweetest, ripest mangoes, or the shiniest avocados – maybe even a pig grunting, a sheep bleating... and of course, vendors hurling witty repartee back and forth, vying for 'de sale'.

If you're not listening carefully, it may sound riotous; if you are, you will feel the tropical cadences of the island flow over you. No sleepy lullaby this... more the rhythmic pulse of Grenada's heart beat.

One of the main reasons for the multitude of colours and smells which will assail your senses, is the lush and volcanic nature of our islands. We happily boast that there is nothing that cannot grow in Grenada's fertile soils. So

yes, you are in the right place if you are looking for the freshest tropical fruits, vegetables, herbs and the spices for which we are world-renowned.

A word to the wise; if you are seeking to 'stock up', doing all that fresh, healthy stuff, go early in the morning. This is not about pretty and orderly. The experience is as organic as the fresh produce, (you may still see soil attached), good prices and people who've got things to do, places to go... marketing is only part of Saturday's list of chores.

If you really can't make the early morning, you will find street vendors throughout the town of St. George's and around the market square during the week, so don't worry too much!



Main Market Days:

*St. George's town, St. George;
Saturday morning*

*Grenville, St. Andrew;
Saturday – all day*

*Hillsborough, Carriacou;
Monday, Friday, Saturday
(whenever town is busy!)*

*Farmers Market
Morne Rouge, St. George;
Every other Wednesday*

*Please note that St. George's also
has fish and meat markets towards
the outskirts of the main town area.*

Well, maybe worry a little...

Originally laid out around the first quarter of the 18th century, if you stand in the eastern section of Market Square, adjacent to the junction of Granby St, Grenville St and Constitution Hill, this is where the gallows stood, the spot where public executions took place, back then! Come by bus or park at one of the nearby malls and walk into 'Town' from The Carenage. That's the best way to savour some of Grenada's rich heritage.

The Square, was also often described as 'Grenada's Open University'; as in the past it witnessed political debates, public meetings, demonstrations and religious gatherings. We're not really sure that much has actually

changed for any of our markets!

The trading of goods is still accompanied by the trading of information, stories, unofficial 'media broadcasts' and mostly good humoured, ribaldry. Social media has been connecting people for aeons in and around our market places!

'Market - a regular gathering of people for the purchase and sale of provisions, livestock and other commodities' says the Oxford English Dictionary. Does it adequately describe the orchestrated melee of activity in our island's colourful 'centres of commerce?'

Come, see and decide for yourself!



Our Underwater Treasures

Grenada is blessed to be caressed by the Caribbean Sea in the south and massaged less gently by the Atlantic Ocean on its more northerly shores; both are home to a vast array of marine life.

With two thirds of the globe lying beneath vast bodies of water, it is incumbent upon us as caretakers of the planet, to invest time in trying to fathom these depths, and the intriguing life forms which live beneath them.

To understand the basics of the linkages between the co-dependent eco systems, some level of education is a must – no you don't have to go to 'class' whilst you're here! But we do all need to be aware that there is a critical synergy between everything natural

around us. A cause for every consequence. From algae and coral, to draining detergent or emptying effluence and detritus into the oceans, the balance is a delicate one.

For instance, did you know that algae, the organisms which account for about 90% of the world's oxygen, if allowed to overgrow, actually smother our coral reefs? Corals, tiny living things, have worked diligently over thousands of years to form the breathtaking reef structures we see today. You won't want to miss this sight-seeing extraordinaire, so why not enjoy a wondrous diving or snorkeling excursion?

These reefs, our underwater treasures, also provide a very practical service. They serve



Grenada's MPA's currently under active management are; the Sandy Island Oyster Bed in Carriacou and Moliniere/Beausejour in Grenada. The Woburn, Clarkes Court Bay area and Grand Anse area have also been identified for needed protection.

The publishers would like to thank Mr. Coddington Jeffrey of Moliniere/Beausejour M.P.A and Mr. Justin Rennie, Chief Fisheries Officer, for their assistance.

as an under water barrier, our island's first line of defense against storms; and yes, we have had both huge storm surges and hurricanes, as recently as within the last decade. Happily these are not a usual occurrence for our islands.

So, with all this 'treasure' you can understand why here, in the Spice Isles, we have 'Marine Protected Areas (MPA's)'. These are areas of conservation set aside to protect our natural ecosystems.

And of course, conservation is also financially beneficial. When our waters and reefs are protected, fishing is plentiful and export becomes an option. The islands fisheries offices tell us that fish exports generate "approximately

EC\$17 million in annual revenue for Grenada."

What generous fish we have!

During your stay, be sure to enjoy the multitude of culinary delights, in which they will feature as one of the main ingredients.

And what part do we have in all of this? Awareness and Action!

So if you do go snorkeling and see 'MPA fees' are requested, we know you'll pay with an ocean-wide smile! It's a small sacrifice (or should that be investment) in sustaining something so unique and which allows us all limin' time on our beautiful beaches and in our treasure filled sea and ocean.



Grenada, Carriacou & Petite Martinique

GRAND ANSE BEACH, ST. GEORGE



Boats in Waiting



Boyz Lime

Boyz and water are like one of those really simple maths equations. They go hand in hand and normally equal a lot of fun.

This is a good thing as naturally, all three of our islands are not only surrounded by water, but Grenada itself is home to both rivers and inland volcanic crater lakes.

The largest of these lakes is Grand Etang, which is found in the midst of our rainforest. Some say it feels eerie, especially when the mist rolls in around it; you will have to decide for yourself. However, it's definitely worth a visit and the drive over the hills to reach it is memorable!

If you are departing from St. George, after you have explored the lake and its vicinity, you may decide to continue on to Grenville, as you will have entered the parish of St. Andrew.

On the other hand, if hiking is your idea of fun, there are a number of trails, of varying degrees of difficulty, which

start from Grand Etang. Don't forget the repellent though!

Blessed with the tranquil waters of the Caribbean Sea, we also have the perfect setting and conditions for a variety of water-based sporting activities.

Sailing and fishing are traditional skills which many young people, particularly from Grenada's fishing villages as well as Carriacou and Petite Martinique, learn at an early age. This makes for some pretty impressive sights at occasions such as the Work Boat Regatta, which normally takes place between the end of January and early February, as part of the Grenada Sailing Festival.

Carriacou's very own regatta is held early in August and is also considered a 'serious lime.'

Check out Grenada Sailing & Regatta's online, to see what's happening and when.

The Budget Marine Spice Island Billfish Tournament, which takes place annually in

January, now also includes a local tournament.

In 2014, this tournament celebrates its 45th anniversary and has solidly staked its claim as the premier sport fishing tournament in the Southern Caribbean. Anglers, local, regional and international, make it their business not to miss it!

What's so great about all of these occasions, is that even if you don't have the skill to be on the water, each of these events provides everything that's necessary for a good 'lime'.

Food, people, lots of 'ole talk' and sunshine, either the dry or liquid kind!

Whichever it is, it won't stop play!!



that Malcolm Little's, aka Malcolm X, mother was Grenadian? Her name was Louise Helen Norton-Little and she was born in La Digue, St. Andrew in 1897.





Grenada, Carriacou & Petite Martinique



The Aquarium
RESTAURANT



*Lunch at the beach...
Dinner under the stars*

Caribbean infused flavours & a first class wine cellar,
relaxed music and mixology by the water's edge.

For reservations please call 444-1410
Open daily from 10:00am. Closed Mondays
www.aquarium-grenada.com





*The Victory Bar & Restaurant serving breakfast, lunch & dinner.
Enjoy fresh fish, certified Angus steak and our unique pizza.*

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prettiest harbour in the Caribbean.

Kirani James Boulevard, St, George.

Tel 435-7263

**Open daily
7:00am – Midnight.
Daily Happy Hour.**





Grenada, Carriacou & Petite Martinique



Bash Restaurant by Park B

Lunch is served between 12 noon – 3pm and "tapas" bites and cocktails available from 12 noon – 6.00pm everyday.



Calabash, Grenada, L'anse Aux Epines Beach
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Unforgettable
Experiences
at Calabash
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Rhodes Restaurant

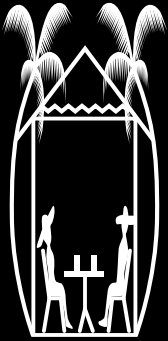
Celebrity chef Gary Rhodes mixes elegant cuisine with the spices and flavours of the island to create a world class dining experience.

Join us for dinner
from 7:00pm to 9:30pm.

Calabash, Grenada
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Grenada, Carriacou & Petite Martinique



The Beach House

r e s t a u r a n t



A quality experience in Caribbean dining!

telephone: 1-473-444-4455

fax: 1-473-444-5855

contactus@beachhousegrenada.com

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Located in Point Salines, just off the airport road.

Open Daily in Season: 11:00a.m.-10:30p.m., except Sunday's. Off-Season (June - October) operating times may vary. Reservations are recommended.

EC\$10.00 round-trip shuttle service available from major hotels in the area. Arrangements for this service must be made by 6.00p.m. of the same day.





de Big Fish



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Prickly Bay (True Blue side)

debigfish@gmail.com

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Grenada, Carriacou & Petite Martinique

La Boulangerie

EST. 1994



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*Authentic Italian
pizza & innovative
pasta dishes*

*Opening Hours
Monday - Saturday
8:30am - 9:30pm*

*Sunday & Public
Holidays
9:00am - 9:30pm*

*Free delivery in South St.
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*Le Marquis Mall,
Grand Anse,
St. George
1 (473) 444-1131*





The Coconut Beach

French Creole Restaurant

Opening Hours
12 noon to 10:30 pm.
Closed on Tuesdays.



Coconut Beach French Creole Restaurant
Grand Anse, St. George
Tel: (473) 444-4644
E-mail: patmc@spiceisle.com
Website: www.thecoconutbeachgrenada.com

Coconut Beach Restaurant serves French Creole dishes right on our beautiful Grand Anse Beach. Eat with your feet in the sand, or dine indoors by candlelight, the choice is yours.

A cooling sea breeze and the oceans own music are all part of the treat, not to mention a view that will be etched in your memory for some time to come.

Enjoy a truly tropical, Grenadian experience.





Grenada, Carriacou & Petite Martinique

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Creole Shack



Nestled in the heart of the island's metropolis, and surrounded by elements that are uniquely Grenadian, Creole Shack Restaurant & Bar presents true Creole flavour through an array of local cuisine designed to tantalize your taste buds.

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Grenada, Carriacou & Petite Martinique

L'ANSE AUX ÉPINES, ST. GEORGE



Reminiscence



Girlz Lime

It is a well documented fact that many a little girl grew up 'rough and tumble' in the Spice Isles – it's easy to see why, as in the outdoors life enjoyed here, everything is an adventure.

Not that we're encouraging anything naughty mind you. However, if you take a look at some of those well toned, shapely legs, (not too close of course), you will see an interesting variety of scars, cuts and other suggestions of 'war wounds' that are the result of what are commonly known as 'Girl Days!'

They are all worn proudly as you would expect of any 'battle scars', and along with them, the regaling of a tall tale or two is to be expected.

If you grew up here and you don't have any scars; mmm... you may very well be asked if you didn't have any 'girl days?'

Don't be misled! Some of those days, but not many of them, had little to do with dollies and tea parties!

Generally, they were more about tree climbing, chicken chasing, crab catching, marble pitching, cricket and fruit hunting, depending on what was in season.

Often they involved demonstrating what skill it takes to climb a coconut tree, then having to skate (slide) down it at full speed, when attacked by tak-tak, (acoushi ants)!

Ouch, ouch – now there's another story to be told.

Girlz and boyz were equal when it came to games playing. The important thing was to make up the numbers. Gender was never an issue, skill was the important factor.

We can truthfully say that if you want to see a complete metamorphosis in the 'ladies' of our island, try this;

Invite a selection of seemingly mild, softly spoken women to engage in races of any kind on the beach or the sports field...

For fun??!!.

You think so?

Get ready for a wake-up call. This will unleash competitiveness to the endth degree... the adopted approach suddenly conjures up images of the World Championships and Olympics rolled into one. There will be no mystery as to who was good at what in her school days, or who the team captain was.

We big girlz hope that these will be experiences and memories that are shared and reminisced upon by generations of spice girlz to come!

Progress is great, but 'girl day's' are exceptional, here on the Isle of Spice.



that National Geographic - online 2012, designated Grenada as one of the 20 top destinations to visit in the world?



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COME DINE IN THE CAVE HOUSE!



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Grenada's most exclusive hotel and restaurant invites you to dine at the 'Cave House.' The airy, elevated restaurant serves a varied menu of international and local dishes using all fresh ingredients, many grown on the Estate itself. Popular dishes include Barracuda with nutmeg and ginger, and Crab linguini with red chilli and coriander. Enjoy one of our exciting cocktails on the terrace with stunning views over Mount Hartman Bay and across to the Nature Reserve.

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Grenada, Carriacou & Petite Martinique

THE GRENADA CHOCOLATE SHOP, ST. PATRICK

Food of the Gods



Look Who's Cooking

The rest of the world may have adopted the expression 'Foodies', but here in Grenada we are happy to say; 'we love we belly!'

We are our own kind of 'foodies' – seriously opinionated about where you can get the best local dishes... and at the best price.

We're talking roti, fried jacks, smoked herring & bakes, doubles, roast corn, bbq chicken, pork or fish, oildown, fish waters and so on and so on. Get any of the local populace started on this subject and you'd better settle down for a lengthy limin' session and expect others to join the conversation, uninvited.

Food, good food, is a subject about which we are very passionate.

Fortunately, agreement can usually be reached regarding the best and freshest ingredients, and which herbs and spices give the dish that something special. Big thyme, shado-beni, chives

& thyme, mace, seasoning peppers, bay leaf, ginger, cloves...

The question is; where's the best place to buy them?

Try the market, the supermarket, the stall at the entrance to 'so and so' gap, the farmers market... And don't be afraid to ask what things are, we still do!

Wherever or whatever you choose to purchase, once you smell how fresh they are, we promise you will feel a touch of gourmet cooking coming on!

Agreement becomes much harder when reaching a consensus on who actually cooks whatever it is, best. The BIG topic is the gender discussion – who 'puts down a better pot', men or women? A volatile subject at the best of times!

Just so it's clear, this is not about good, fine dining restaurants – we have those which you will enjoy - this is about deciding whose 'hand tastes best!' That naturally gives rise to further discussion

about which establishment makes the best local dishes, or whether we actually make it better at home.

Of course you're on holiday, so you don't want to be in the kitchen for longer than necessary – allow us to offer some additional suggestions for an alternative 'Look Who's Cooking' experience;

Mt Moritz Breakfast – Last Sunday of each month

St Marks Food Fest –Last Saturday of each month

Fish Friday – Gouyave, every Friday

...and of course, feel free to patronize our roadside entrepreneurs at their stalls all around our beautiful island.

Do we like sweet things? Yes oui!

So, all this time you were drooling over the chocolate truffles on the other page?

Quickly then, let us put you out of your misery – turn over and see what that's all about...



that Grenada Nutmeg is one of the main ingredients in Nut-Med spray used as an instant pain relief spray?





Look Who's Cooking

CHOCOLATE

...known as the **'Food of the Gods'** (translated from the Greek name of the small tropical cocoa bearing tree **'Theobroma cacao'**), naturally goes hand in hand with this little piece of paradise called Grenada.

Not to sound too biased, but we feel that there is an almost **'heavenly'** connection between our being the Isle of Spice and cocoa production. After all, our islands tropical climate and volcanic soil create a **perfect** growing environment for the beans. That's why the chocolate produced here is amongst the **highest quality found in the world**. Yes it is a fact, it's not 'we say so!'

The good news is that Grenada, as a developing nation, is creating ways to bring this superior product to regional and international markets. Whilst there is still a lot of work to be done, a start has been made by using the co-operative organisation, the Grenada Cocoa Association, along with other initiatives, whose end goal is to get the best for our cocoa farmers, so that we can provide you with superior cocoa products. Admittedly, there's still a way to go yet before we have it sorted out perfectly – but that's all about learning, progress, modernity

and yet more co-operation.

We don't often talk about chocolate production here unless it's in some sentence which incorporates the words '**Grenada Chocolate Company!**' You've heard of it obviously? ...Excellent! This quaint outlet is a **Tree-to-Bar** producer.

Yes it's a **micro producer** by global standards, but bigger isn't necessarily better, neither fairer. This is more evident as a result of greater global awareness and concern for 'Fair Trade'. **Artisanal chocolate** is the expression coined. However, before going further it would be unfair not to mention the sailing of the ship **Tres Hombres** with **50,000 bars of Grenada Chocolate to the UK & Europe in 2012.**

The driving force behind the venture? **Mott Green.**

The late Mott was one of the founder members of The Grenada Chocolate Company, established in 1999. His ethos was stated in his own words; "**...my progression, was activist. Love Grenada, love cocoa, love machines and tinkering, making chocolate, and doing it all without hurting the land.**"

An important alliance between cocoa growers and the chocolatiers is the one which currently exists between Belmont Estate and the

Grenada Chocolate Company. Organic beans are purchased from local, organically certified farmers. Fermented and dried at Belmont Estate; these are the beans purchased and used by the Grenada Chocolate Company.

Visit Belmont Estate, any day except Saturday, to see some of the cocoa production processes.

To get to the chocolate stage, some 'cooking' needs to take place so that this **world class, award winning confectionery** can be produced. The Factory itself is just a little further on from Belmont Estate and does not allow tours. However, if time permits take a little peek, it will probably be one of the more unusual 'factories' you've ever seen!

'**The Grenada Chocolate Shop**', is right there on the Belmont Estate... so that's a stop you can't miss. Now, let's go dark. We're talking about the **dark side** of chocolate, especially if you don't have any self-control! 60%, 71% 82% and 100% pure chocolate bars ...and handmade flavor infused truffles as well... **chocolate lover's heaven!**

No, we're not telling all – we'll leave some to your imagination, and some for your visit to the Grenada Chocolate Shop and some for a look at the short film: "**Nothing Like Chocolate**", a macro and micro perspective on the beloved sweet stuff."

Enjoy both your chocolate and your sunshine 'lime' on the heavenly Isle of Spice.

The publishers would like to extend their heartfelt condolences to the family, friends and colleagues of the late Mott Green (1966 – 2013) of the Grenada Chocolate Company. He is and will continue to be missed, as an integral part of Grenada's landscape.



Grenadian Chocolate Mousse

INGREDIENTS

(6 servings)

¾ cup Milk
2 tsp Vanilla Essence
1¼ pack Gelatin Powder
11 oz Chocolate (Grenada Chocolate 60%)
3.5 oz Unsalted Butter
1 cup Heavy Cream
2.5 oz Icing Sugar

To garnish:
Cocoa Powder, Icing Sugar, Mango, Mint

METHOD

Put the milk in a small saucepan on a low heat, add the vanilla essence.

Scald the milk and place to one side for 5 minutes.

Mix the gelatin powder with ¼ cup tepid water until it begins to bloom (around 5 minutes)

Chop the chocolate finely, cut the butter into small cubes and put in a bowl.

Reheat the milk and pour half over the chocolate and butter.

Add the gelatin to the remaining milk and stir until dissolved and then add to the chocolate.

Mix until butter and chocolate have melted and the mix is homogenous, then leave to cool slightly.

Put the icing sugar and cream into a bowl and whisk until it reaches soft peaks.

Fold the cream into the cooled chocolate mixture and mix well.

Pour mix into serving dishes and place in fridge to set.

Take a small mango and finely chop. Dust the top of the mousses with cocoa powder and then icing sugar. Arrange mango on top and finish with a mint leaf.

Recipe courtesy of Mark B - Bash Restaurant & Bar





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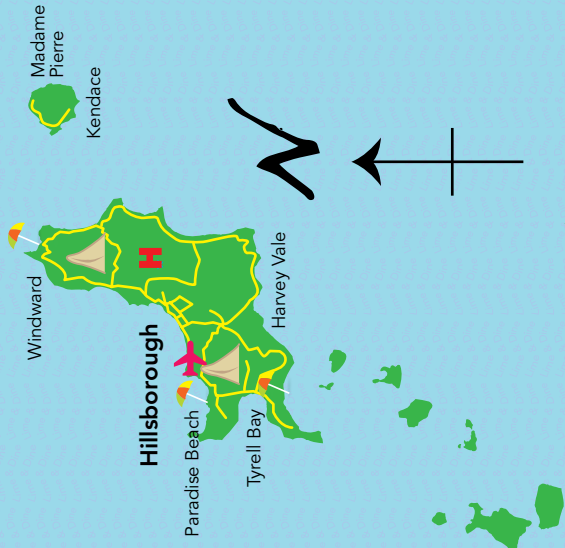


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PLACES OF INTEREST

1. Grenada Distillers Ltd.
2. Grand Anse Beach
3. Fort Frederick
4. Fort George
5. Annandale Waterfall
6. Underwater Marine & Sculpture Park
7. Grand Etang Lake
8. Mt. Qua Qua
9. Grand Etang National Park & Forest Reserve
10. Concord Waterfall
11. Dougaldston Estate
12. Gouyave Nutmeg Processing Station
13. Caribs' Leap
14. Levera Pond
15. Morne Fendou Plantation Great House
16. Lake Antoine
17. Belmont Estate
18. River Antoine Rum Distillery
19. Sulphur Springs
20. Pearls Airport
21. Royal Mt. Carmel Waterfall
22. Laura Herb & Spice Garden
23. Westerhall Rum Factory
24. Bay Gardens





ATLANTIC OCEAN

MAP KEY

- ★ Points of Interest
- ▲ Mountains
- 🌊 Lakes
- ✈️ Airport
- 🏖️ Beach
- H Hospital
- 🛣️ Main Roads
- 🛤️ Secondary Roads



Grenada, Carriacou & Petite Martinique



WINDWARD, CARRIACOU

© OLANDO KIJANA ROMAIN

Brought to Birth



Sister Isles Lime

I lie anchored off Windward Bay where I was brought to birth.

I was built by hands wielding tools that have changed little since the nineteenth century, introduced to our isles by the Scottish shipwrights who settled in Windward and Petite Martinique.

I am the product of time-honoured traditions.

Images of leatherback turtles, which visit these self-same shores, linger more and more in my wooden mind; I and my kind are not so unlike these creatures, also teetering on the verge of extinction.

It's an inescapable fact that we, the traditionally hand built wooden sloops of Carriacou & Petite Martinique, are slowly fading into treasures of yesteryear.

I look on and see another one of us in its genesis; a white cedar skeletal frame to be boarded up, then caulked. A rarity of a kind, as the natural way of the world inexorably invades and erodes the age-

old boat building traditions here on the Windward shores of Carriacou.

More expedient to buy a steel-hulled boat than a soul-imbued wooden vessel built in the traditional ways.

Even the 'old tools' have given way to the new, which makes perfect sense; why use an adze or handsaw when a chainsaw and electric plane can do the job in half the time!

Uniqueness carries its own rewards and I'm proud of that. Like the people of my island.

Hand built wooden sloops and schooners fashioned by traditional methods are something really special.

This deep appreciative regard from skilled seafarers, yachtsmen and non-aquatic lovers of beauty, fills me with joy and saddens me also.

The unique lines and curves that combine to make me, the Carriacou sloop, among the lightest and fastest sloops in the region, may not be

here to stay. Alas, we may eventually exist only as tales of yore, as we head to the scrap-yard of extinction.

But I am here now, and we the Sister Isles bid you, come visit!

Who knows, you just might be fortunate enough to arrive at a time to witness another of my rare kind in the process of being built. And if you are doubly fortunate to be at my launch or as I would describe it, my first kiss of the waves, you will be enchanted at seeing the joy and fun as everyone rejoices at my aquatic debut.

Then you will definitely see manifest my proud lines and curves in the beautiful blue waters surrounding our small piece of paradise.



that approximately 30 trees will be required to construct a 40ft traditionally built Carriacou sloop?





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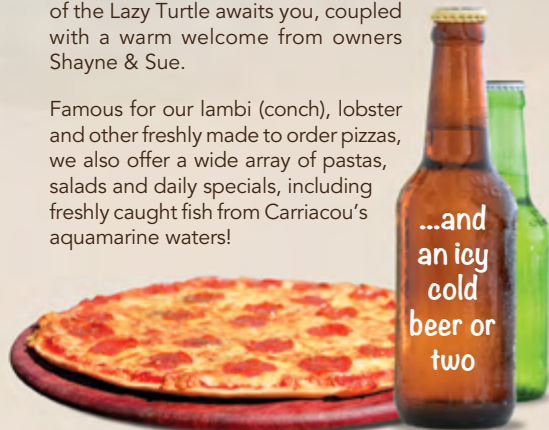
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Carriacou is the largest and southern-most island of the Grenadines. She is seven miles long and 3 miles wide, with a population of approx. 8000 persons and lies 25 nautical miles north of Grenada. To reach Carriacou, you will need to either fly or cross by sea.

Should you choose to travel via ocean, you will cross 'Kick Em Jenny'. This is the name of the active and growing submarine volcano that is located about 5 miles off the northern end of mainland Grenada and about 10 miles south of the southern tip of Carriacou. Its cone rises some 4,300 above the sea floor and its summit

is about 500 feet below the surface. As with all women, this lady is sometimes temperamental, and that can make for an interesting journey!

Petite Martinique, the smallest of our Sister Isles, is only accessible by boat. From Carriacou, she can be reached either from Hillsborough or from the Windward side of the island. Just 586 acres with a population of approx. 900, this is a very close knit community with a strong sailing and fishing heritage. She has the special charm of a place that time forgot and as such is steeped in many old traditions and ceremonies.



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Grenada, Carriacou & Petite Martinique

SOUTH OF GRENADA



Freedom

56  LimeandDine



Pure Lime

It is said that: 'Beauty is only skin deep.' And we all know that this is because there is so much which lies beneath whatever that surface glance may offer.

True enough, any glance is better than no glance at all, so we are very happy once you are here visiting us.

We just know that there is a whole lot more that we want you to have imprinted in your memory when you leave.

The thing is, every island has a completely different feel to it...

Yes, mostly all of us have sea, sand, sun, palm trees etc. However, beneath these 'skin deep' commonalities, there's a whole other-world of experience waiting to be uncovered.

There is something about getting out there, around the island and really seeing what's happening in the general way of life, which is completely edifying. And we're not talking exclusively

about homo-sapiens.

Pause and really look; the cycle of life here is like poetry in motion.

Of course, we also fully recommend that you take it up a notch or two, so that all this pure limin' is not sedentary.

We can offer; the wind in your hair, sea spray in your face, great sailing, diving and snorkeling experiences, a cultural village, swimming with turtles, shopping, of course, and even the work of one of our locally based authors, to pack away and ruminate on once you return to your home shores.

Just turn the following pages to view your options.

Our tour operators are eager to have you experience some of the varied choices they offer. They know that budgets may vary, but here in Grenada 'talk is free'; so before discounting the idea all together – why not get in touch with them and see

what's feasible for you and your family?

We all want to make sure your stay with us is unforgettable!

We have to admit that a walk through any of our parishes, along our beaches or a local bus ride, are great ways to see what's going on.

The real secret is not to walk as though you're on a mission to get from point A to point B.

You may need to kind of saunter, you'll have noticed there is not a lot of fast walking on our islands – and don't be fooled, it takes a lot of practice! Go on, have a try, slow and easy... nice, now you have a rhythm going.

Keep your eyes open and simply take the time to enjoy what's around you, this is just as much a pure lime as any other.



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Hazel is the Spa Director at 'Heaven & Earth Spa', Calabash, Grenada, West Indies and lectures on reflexology to medical students at St. George's University, also in Grenada.

FOR YOUR COPY
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Grenada, Carriacou & Petite Martinique

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Outside Inn



Lime Inn

Ok, try to tear your eyes away from the picture; true, it's not real life in Grenada for all of us, but it is gorgeous.

That's what's great about being here. It's beautiful, with or without the most spectacular accommodation.

Nature has outdone herself and we can add to, but not better her accomplishments.

By the way, you may want to make a mental note that a number of our restaurants are actually based in the grounds of hotels, villas and also self-catering accommodation.

Seriously, no one wants to be in the kitchen for their entire vacation, no matter how glamorous it is!

You may be in your accommodation of choice already, if not, we have some options on the pages to follow. And even if you are, you might consider leaving the hub-bub of St. George and venturing further afield into any of the six other parishes of Grenada; all of

them are quite different from being in the capital.

Sauteurs, in the parish of **St. Patrick** is most well known for its history surrounding the spot known as Carib's Leap. This is the site where in 1651, indigenous Carib inhabitants of our island, chose to leap to their deaths rather than surrender to the French.

Guyave, in the parish of **St. John**, the town which is said to 'never sleep', is home to a Nutmeg Station, Fish Friday and Kirani James, our very own 400m World and Olympic Gold medalist!

Carriacou & Petite Martinique, are part of our Tri-island state and can be reached by air or sea.

You will definitely be able to find somewhere to stay on our Sister Isles, see pages 48 to 55.

We highly recommend you visit and enjoy their beautiful aquamarine waters, white sand and reputedly, pizza to die for!

The pace will make you feel

like St. George's is a real metropolis! Be ready to kick back.

St. Andrew, known as the 'Big Parish', is home to Grenada's second town, **Grenville**, and has a bustling market on Saturday.

You will also find the Baltahazzar River in this parish, which is where you can have a great river-tubing adventure.

Sorry not be able to mention all of our parishes; we will leave you to uncover and explore the others for yourselves.

What we can say is, whichever you choose, should you decide to make the 'lime' longer than a day, you will be able to find somewhere to 'Lime Inn.'



that Grenada is one of the smallest independent countries in the Western Hemisphere?



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Grenada, Carriacou & Petite Martinique

GRAND ANSE, ST. GEORGE



Coco Nuts!



Shaken & Stirred

You've more than figured out by now that icy cold drinks in the tropics are the order of the day, as are the sunset, the starry skies and maybe even that time in 'no mans land', as twilight disappears and the day dawns fully. If you can manage to lime that long!!

In the Spice Isles, we love those occasions that give us the opportunity to get 'shaken & stirred', or at least a beverage that requires one or the other action, or maybe both...

...and if there isn't a special occasion for this, we have no problem creating one!

Those 'icy drinks' need to be pre-eminent at all of our annual events, (visit www.grenadagrenadines.com).

These include Carriacou Carnival, Spice Island Billfish Tournament, Grenada Sailing Festival, Maroon Festival, Fisherman's Birthday, Carriacou Regatta, Grenada Carnival, Caribbean Beer and Rum Festival etc, etc...

Daily and weekly occurrences which require equal attention can be found on pages 8 & 9 (Limin' Time)

A very special seasonal beverage, for the Christmas period, is called sorrel.

This amazing beverage is made from the red sepals of the flower of an herbaceous plant that make up the genus Hibiscus.

The resultant refreshing drink is a big favourite of Grenadians. Many of us eagerly await the season to enjoy this much anticipated treat. As usual, adding a dash of rum makes it even more palatable, we are told by some!

In addition, we do also have a cultural bent towards boiling leaves and herbs or 'bush' as it's termed colloquially, to heal whatever ails us.

Older folks are normally the community experts, as these natural remedies have been passed on from their parents and other ancients. However,

all age groups can often be heard to say they had some 'bush tea' for some ailment or the other.

Don't tell anyone we said so, but we think sometimes people get better just thinking about how brave they were to actually drink this traditional panacea of 'bush tea!'

We won't regale you this time, with all the fruits from which we make 'more-ish' juices, smoothies, ice creams and frozen yoghurt.

Our advice is: Just keep your eyes open in the malls and inhale the fragrances as you pass the roadside stalls.

Oh, and we must also add to that, vis a vis our friends on the page opposite; coconut water is a must!

However, if some other 'medicinal' beverage takes your fancy, there is absolutely no shortage of choice... especially over ice!



that Grand Anse Beach was voted favourite, by About.com Readers Choice Awards 2013?

Shaken & Stirred

'Many a true word is spoken in jest'...
...and thus was the genesis of the idea
which materialised into
'Rusty's Rum Bar!'

It was a small closed up space, just a step or so further along the sand than the **Flamboyant Hotel's** beachside dining area, where everything had 'rusted up' from long disuse, and about which a lot of teasing took place. We're not sure if any rum was involved at the time, but we do know that the name for a new limin' spot was born, Rusty's! Of course, with this new idea the old rust had to go... so you won't see any.

Rusty's, as it is increasingly being called, is Grenada's latest addition to picturesque **beach front limin' spots**, along our world famous Grand Anse beach. Don't worry, there's more than enough room for all of them!

One thing you will have realised about our island, and to be honest, most Caribbean islands, is that there is no shortage of rum shops dotted all around; on the main roads, in the back streets and completely off the beaten track...

Rum shops are an integral part of Caribbean culture – it's not just about the history of sugar cane – they are their very own 'entity'. Not a beach bar, not even really a bar, definitely not any kind of restaurant, although you may get snacks or even food at some of them. **Rum shops are a complete leveller**, there is absolutely no status recognised in them, everyone is equal! You may just find yourself chatting with a local fisherman, a



captain of industry or Member of Parliament, regardless of which, each person's opinion is listened to with deep respect. Fuelling this classless and energetic debate there is often a pot 'bubblin' on the outside, with one of our local delicacies... oil down, fish broth, mannish waters, to name a few, all done the Grenadian way.

It's just as well since rum, sunshine and empty stomachs can make for very 'interesting' scenarios, ...so food is definitely on the agenda – local food. Cooked the way it tastes best... the traditional way, on a wood fire, in an iron pot.

And yes, rum shops are usually small – the 'Big Action' will be happening in and outside, anything from dominoes slamming to the rectifying of any given social or political issue, anything past or current in sports naturally, the economy of the island and for that matter the world in general. If where you come from people don't discuss religion or politics, be aware that rule definitely does not apply here in Grenada!!

Typical island limin' spots, rum shops, are even more affordable than bars or restaurants, they normally sell their namesake beverage by the ¼ or the ⅓ bottle (small, medium or large), alongside a glass (with or without ice) and perhaps water, a soft drink, or a fruit juice, as a chaser. Drink is shared with friends or even strangers, who often afterwards become friends!

So where does Rusty's fit into all this? It's the beginning of your authentic island experience. You know how sometimes you like to 'test the water' before jumping straight in? That's **Rusty's Rum Bar; your tester for an authentic island experience,** preparing you for even more authentic island experiences.

Its limin' deck is set on the southern end of our beautiful Grand Anse beach. What more could you ask for? You don't need to - Rusty's has already thought about that.

But hey, **suggestions are always welcome!**

Of course, with the amount of award winning rums Grenada has to offer, you'll be spoiled for choice during your stay. For the discerning palate and dependent on your preference, Rusty's features **Clarks Court branded rums,** manufactured by our very own Grenada Distillers. These rums, which have won a host of international awards, include - flavoured rums, pouring rums, spiced liqueurs, strong rums and premium aged rums...So you are up for it? We thought so!

Enjoy this newest addition to our visitor experience, there will be no 'you and us', it will be a meeting of 'we' to have **some serious limin' time!**



Caribbean Breeze



INGREDIENTS

- 1 oz Vodka
- ¼ oz Light Rum
- ¼ oz Coconut Rum
- 4 oz Pineapple Juice
- 1 splash Grenadine Syrup

TO METHOD

Shake all the ingredients, except pineapple juice, in a glass with ice.

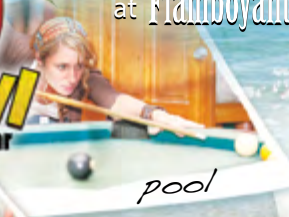
Pour into a collins glass.

Fill with pineapple juice.

Garnish with a paw paw wedge and a cherry.



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PAINTING BY GORDON V. DE LA MOTHE

Caribbean Rhythm



Art Lime

In Grenada a young boy's senses tingle, when yes, he hits the mango with his stone, dead centre; he hears the crowd roar 'SIX' as he takes the Windies cricket team to a test match victory. A young girl composes an intricate melody as she rhythmically beats the bottom of the cooking pot in the yard; as tenor steel pannist, she can hear the rest of the orchestra following her lead, to wide acclaim at an international steel pan competition. Small hands concentrate intently on mixing soil and water to create that perfect mud pie, as befits any fine dining chef extraordinaire!

It's all about imagination - the ability to see more, to see what others do not. It's a gift, this imagination... the product is Art.

Just look around you, here in the Spice Isles, our environment is art.

Little girls and boys on their way to school in pristine uniforms; livestock led along the road by pint-sized

humans, hand in hand with silver haired grandparents. Palm trees swaying gently to their own sensuous beat, whilst bathed in the soft glow of the sunset, reflected in tranquil tropical waters. The extreme colours and fragility of rain kissed blooms, ...all different yet equal, each an individual scene with a beauty entirely its own.

There is no box in which art lives. Art is our culture and we are fortunate enough to be surrounded by original audio and visual representations everywhere.

Even our communication is colourful and vibrant; our conversation, a never ending variety of light and shade, replete with linguistic nuances and verbal imagery created by imaginative minds, that sometimes defy logical thought, yet still make perfect sense! You don't have to remain a spectator, you really should join in.

Naturally, we have those individuals whose wings have gifted them the ability

to cross the divide between imagination and the creation of art.

Visit the shows of the Grenada Arts Council; they have events featuring local artists throughout the year. You will also find galleries and stores selling art and craft in a number of our malls and shopping areas; don't forget our beach vendors.

Aren't those special memories of places we have visited often called to mind by that painting, that photograph on the wall, our fingers smoothing over the lines of a favourite piece of jewelry, indigenous to the country, the seductive aromas we associate with the locale?

We can offer these genres and more... from spice necklaces to photographic collections, from oil on canvas to beautifully polished or sculpted glass, wood and stone. Take something to remember us by, from the Spice Isles, and in your imagination, you will never have left!



that the internationally famous calypsonian, The Mighty Sparrow, was born in Grenada?



Glimpses



DAYS END



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