

# Lime & Dine

## Grenada

Carriacou & Petite Martinique




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SPICE ISLES



I spent the day soaking up the sun.  
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# Welcome

## to PURE GRENADA, SPICE OF THE CARIBBEAN

Our tri-island state offers you a truly authentic Caribbean experience.

An endless variety of sensory feasts await you, and a truly warm hearted & hospitable nation.

ENDORSED BY



PURE GRENADA

The Spice of the Caribbean





Royal Mount Carmel Falls, St. Andrew



We proudly say that our island is a place of breathtaking beauty, and undeniably boast that one of the most beautiful things about it is our people.

Our cover shot illustrates both aspects:

Nature's unequalled artistry and steady strokes, creating our lush green landscape, with aqua mists kissed by strobes of sunlight, cascading over water sculpted backdrops. And the effervescence and 'joie de vivre' of our nation, evident in smiles which reach the eyes and warmth straight from the heart.

The Spice Isles are an intriguing mix of both:

Our ability to enjoy the often quiet tranquil 'lime', offered under natures auspices, or the 'lime' of vibrant colours, infectious rhythms and 'playing ah 'mas', at our national 'Spice Mas' Carnival.

We celebrate the blessing of our home and culture equally, and marry the two unashamedly, to offer you a glimpse of what makes Grenada a unique holiday destination and a very special home.



Costume design by: Andre Garvey and Associates  
Modelled by: Sherilyn Bhagwan

# Lime & Dine Grenada

Carriacou & Petite Martinique

2015 – 2016

Published by AllyDay Creative Projects Ltd.

Should you wish to join us in our next edition please contact:

P.O. Box 1474, Grand Anse, St. George,

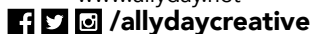


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Photography by  
AllyDay Creative Projects Ltd.

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Print Run: 20,000 copies per annum.

eZine available:

**www.limeanddine.net**



GRENADA  
LIME & DINE



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.

# Minister's Welcome



Your truly unique experience. This is life!!

**W**elcome to Pure Grenada, the Spice of the Caribbean. Here every activity will lend some "spice" to your visit.

Known for our production of spices, we have translated these into our way of life. Our aromatic spices fill the very air as you "Lime & Dine" at the many varied offerings, submerge yourself in the gastronomic delights, the exquisite mixes of local and international cuisine, be adventurous and taste each fruit of the season and cleanse the body with the tastes of our local teas, filled with medicinal properties. Or get in the mood for love with our locally made chocolates. You can visit the factories and learn the process from the cocoa bean to the chocolate bar.

Be sure to sip our rums, at least two sips to steady the feet; there is one for each occasion and then just for the fun of it.

Whatever you do, and wherever you go in Grenada, enjoy the warmth and friendliness of our people, in safe surroundings. We love to have you here; we delight in sharing our islands and our lifestyle with you. We look forward to seeing you back and to welcoming all your friends and family.

A handwritten signature in black ink, which appears to read "Yolande Bain-Horsford". The signature is fluid and cursive.

Yolande Bain-Horsford

**MINISTER FOR TOURISM AND CIVIL AVIATION**

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Royal Mount Carmel Falls, St. Andrew

# Limin' Talk



## Proper

## Prim & Proper

De place mash up oui!

The entire occasion was uproariously successful.

Boy, de sea dry!

The tide is extremely low at the moment.

One han' caan' clap.

It is in our mutual interest to collaborate in this arrangement.

Ah piece ah ole' drive, oui.

He executed an absolutely atrocious driving manoeuvre.

We goin' an' knockabout.

We are going to go and get some R&R.

Talk dun'!

I think we have exhausted this as a verbal interlude, it's time for some action.

Who send yuh?

Who advised you to take such a course of action?

Yuh caan' stop 6 runs.

There is nothing you can do to stop the inevitable.

Watch ah ole' park!

Take note of that vehicle, it is parked with no consideration for other automobiles or even pedestrians!

We had to eat ah food.

Everyone has to find some way to make a living (to bring home the bacon).

She come from foreign.

This family member is visiting from abroad.

### If riding our buses, this could be helpful:


Dress up nah man.

Could you possible move over a smidgen so that there is room for me?

Drop me here nah?

I'd like to alight from the vehicle at this point please.

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



Grenada, Carriacou & Petite Martinique

# Lime

We have heard that it's very British to say **'it's just not cricket'**, if something is not done in the proper fashion. Although Grenada gained independence from the United Kingdom in 1974, we are in full agreement with that statement, when it comes to defining this **most popular of Grenadian limin' experiences**; this most universal of all sports! The whole 'lime' has to be done properly, **on and off the field!**

Universal? Yes absolutely, here in Grenada, and to be honest most of the Caribbean. Don't get us wrong, we're not saying that all of us understand the game or the rules – what we do understand is - the 'lime'!

From schoolyard days of playing with bats made from the branches of coconut trees, to a game of beach cricket to liven up a 'lime'; and windball games in the pasture during school holidays. Cricket, in any shape or form, has always been **a lime of its own**. During any game, you will often hear "OOUUUUUTTTTT!!!!!" followed by loud cheering, before the umpire has even raised his finger to indicate the batsman's fate! The fun is in the shouting, naturally!

In April 2015 we welcomed the English cricket team and fans for their first ever test match in Grenada, and proved all limin' theories & stories around cricket, to be true!

Nobody is too hot and bothered over which team is winning, or which player is excelling – the atmosphere is the thing. **It is the ultimate 'lime'**.



*Lime & Dine*

You don't only cheer for your team, you cheer for everyone and everything! The fours, the sixes, the wickets and especially the "ducks". **The camaraderie is real**, there is nothing artificial or contrived about this experience – that's what really makes it! The one thing everyone is agreed upon is, that you don't have to have expert knowledge of cricket to have a really unforgettable 'lime'.

Every barrier topples in its wake – young or not so young, shades of skin colour, social and financial status...

The experience can only be described as a 'fever'. The air sizzles with excitement as infectious rhythmic vibrations beat throughout the match, on our ancestral drums. Distinctive blasts of conch shells punctuate the air, whilst the unique orchestral cacophony is completed by the beating of 'ole pan'! Catch the beat, and the captivating rhythms compel you to move in sync. Before you realize it you will be 'playing ah mas'!

This whole experience leaves us with no choice but to say that, each Caribbean island does it differently however, Grenada certainly does it best!! :)

And to add, in deference to our Brit comrades; "If it isn't a serious 'lime' – it's just not cricket!"

# You May Need to Know...

## WHAT LANGUAGE IS SPOKEN IN GRENADA?

See 'Limin' Talk' – on page 5

## WHEN YOU CAN GET YOUR MONEY?

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

## HOW MUCH OF OUR MONEY YOU WILL GET FOR YOURS?

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

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

## WHEN ARE SHOPS AND BUSINESSES OPEN?

Monday to Friday 8:00am – 4:00pm

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

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

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

## WHICH IS THE RIGHT SIDE OF THE ROAD TO DRIVE ON? AND WHAT ELSE DO YOU NEED OTHER THAN THE CAR?

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

## HOW TO GET AROUND IF YOU DON'T WANT TO DRIVE? – NO PROBLEM!

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

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

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

## IF YOU CAN ESCAPE TAXES?? JUST KIDDING!

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

Tipping is at your discretion.

## OUR 'DRESS DOWN' CODE?

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

## HOW TO TRAVEL TO CARRIACOU & PETITE MARTINIQUE?

**By sea:** Osprey Lines operates

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

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

## IMPORTANT TELEPHONE NUMBERS

Emergency Services - **911**

Police Headquarters:  
**440 - 3999**

Grenada Coast Guard:  
**444 - 1931**

General Hospital: **440 - 2051**

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

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

Grenada Tourism Authority:  
**440 - 2279**

## INTERNATIONAL CALLS

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

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

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

# I.C.E.

IN CASE OF EMERGENCY

Even on holiday,  
accidents happen.

Don't worry...  
you're in the  
right hands



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# Limin' Time



## SUNDAY

**Dodgy Dock** - Family Brunch - 7:00am to 2:00pm

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

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

**Bash Bar** - Chill-Out Lime 12noon to 6:00pm

**Prickly Bay** - Sunday Roast from 12noon

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

**Movie Palace** - Family Sunday - Family Discount Packages from 5:00pm

**Umbrellas** - Live Music - 5:30pm to 7:30pm

**Timbers** - Dinner & Live Music from 6:30pm

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

**Sandals, La Source** - Day or Dinner Pass - Call for Available Dates & Reserve

## MONDAY

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

**Secret Harbour** - Happy Hour Special - 5:00pm 'til the Bar Closes!

**Umbrellas** - \$10.00 Rum Punch - All Day Drink Special!

**Lazy Turtle** - Cruisers Happy Hour 5:30pm to 7:00pm

**Dodgy Dock** - Sunset Yoga - 5:45pm to 6:45pm

**Prickly Bay** - Half Price Pizza - 6:00pm to 10:00pm

**Venus** - Throw Back Classic Selection of 'Old School' Music - 6:00pm to Midnight

**Dodgy Dock** - Pizza & Beer \$10.00 Special from 7:00pm

**Coyaba** - Private Cabana or Beach Dinner Specials for up to 6 Persons. (By Reservation)

**Westerhall Estate** - Rum Estate Tours from 8:30am to 11:00am & 1:00pm to 3:00pm. Week Days Only

## TUESDAY

**Umbrellas** - \$10.00 Dark & Stormy All Day Drink Special. Daily Happy Hour on Select Drinks 5:00pm to 7:00pm

**Movie Palace** - Students with ID get Discount from 5:00pm

**Secret Harbour** - Live Music 5:30pm to 9:00pm

**Dodgy Dock** - Grenadian Night - Live Music from 7:00pm

**Prickly Bay** - Trivia Night - 7:45pm

**Venus** - Live Jazz Music - 8:00pm to 9:30pm

**Coyaba - Arawakabana** - Live Band & Dinner - 8:00pm to 10:00pm

**Conservation Kayak** - Woburn Bay Eco Kayak Tour - 9:00am to Midday. Call to Book.

**First Impressions** - Sunset Cruise - 4:30pm to 6:30pm. Call to Book.

*Of course you need to know where to lime...  
Let us help you!*

**WEDNESDAY**

**Prickly Bay** - BIG BINGO & Drinks Specials from 7:45pm

**Sangria** - 2 for 1 Daiquiri's - 5:00pm to 6:00pm

**Movie Palace** - 2 for 1 Movies from 5:00pm

**Secret Harbour** - Karaoke 5:30pm to 9:00pm

**Lazy Turtle** - Cruisers Happy Hour - 5:30pm to 7:00pm

**Carib Sushi** - Pad Thai Noodles Special - 6:00pm to 9:00pm

**Dodgy Dock** - Street Food Village - Music, Drinks & Street Food - 6:30pm to 9:30pm

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

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

**Aquanauts** - Snorkel Trip to Underwater Sculpture Park & Reef - 8:30am to Noon (Wed & Thurs)

**THURSDAY**

**Dodgy Dock** - Grenadian Cooking Class - 3:00pm to 4:00pm

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

**Sangria** - All Cocktails \$12.00 from 5:00pm to 7:00pm

**Prickly Bay** - Meat Lovers Heaven. Buy & Grill Your Meat Here - 6:00pm to 9:00pm

**Dodgy Dock** - Salsa Tango Class - 7:00pm to 8:00pm

**Secret Harbour** - Movie Night - 7:00pm

**Coyaba - Arawakabana** - Live Band & Dinner - 8:00pm to 10:00pm

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

**Mt Hartman** - Make a Dinner Reservation.

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

**FRIDAY**

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

**Sangria** - Sangria Down Friday. Buy a Jug of Sangria & Get Free Tapas Dish - 5:00pm to 7:00pm

**Victory Bar** - Texas Smoked BBQ 5:00pm til Late. Happy Hour 5:00pm to 7:00pm

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

**Prickly Bay** - Party & Curry Night - Live Steel Pan & Band Music from 6:30pm

**Umbrellas** - \$10.00 Rum Woo Woo - All Day Drink Special - Live Music 7:00pm to 11:00pm

**Dodgy Dock** - Mexi-Caribbean Night - Live Music, Latin Dance, Margaritas & Mexican Food from 7:00pm

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

**SATURDAY**

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

**Secret Harbour** - Daily Happy Hour - 5:00pm to 6:00pm

**Umbrellas** - \$10.00 Pain Killer - All Day Drink Special - Live Music 5:30pm to 11:00pm

**Prickly Bay** - Buy One, Get One, Pizza Special - 6:00pm to 10:00pm

**Dodgy Dock** - Calypso BBQ & Live Music from 7:00pm

**Coyaba - Arawakabana** - Live Steel Pan Music - 8:00pm to 10:30pm

**Victory Bar** - Live Band - \$1.00 Wings & \$5.00 Sliders - 8:30pm

**Venus** - Live Band - 10:30pm to Midnight

**Local Market** - St. George's from 7:00am to Midday

**Local Market** - Grenville, St. Andrew - All Day

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

## Cos-Play Limer (Alleya a.k.a. A.O.G.)

Yes Dayl, Anime-kon is my first step on the way to Comic-Con International, San Diego, California. I have found my Nirvana – at last you can stop nagging me to take my vacation each year, I'll take it for sure. Yes, to be a cosplayer. I have to **not be** a 'geek' for most of the year, now I will Assassinate that, and maybe even start my own Creed.

D, at last I am Cos-conscious, not clothes or fashion conscious, Cos-conscious! Kudos to Cosplayers around the globe! You are AAAAAAWWWWEEESOME!!

Yup D, you're in the middle, like the centrifugal force! **We are Awesome AllyDay – Defenders of Design, PR, Media, Lime & Dine... Welcome to Our Universe!**

Hey, I think I could write an anime trailer. Don't hate Dayl, this is just the start of my journey into the multiverse!

## Cos-mic Limer (Dayl)

What are you wearing? What on earth is Assassin's Creed? Are you serious, people still play video games? Oh, not the old school type from my era? Seriously, a video game is a video game – is that considered a 'lime'? Ok, so you still have to sit in front of a screen and basically exercise your thumbs? And you're trying to tell me that somehow there's something different about it?

Anyway listen, I 'aint diss'in' you this issue – Those same thumbs and fingers won you your trip to Chicago for Anime-kon. AOG that's the most I've seen your dimples since we last had crab and dumplings! You smiled and sung for at least a week before going, and then you talked non-stop about Cos-play for... scratch that, you still haven't stopped!

BTW, thank you for my limin' title – more than fitting for a woman my age! However, I think you put me in the middle 'coz my 'cos' 'aint as good as yours & Kels. Oh well, at least I'm wearing my favourite colour and our logo!

## Cos-Star Limer (Kels)

Dayl, you're right, me and AOG outstripped you this year! Ok fine I 'out-stripped' both of you, but that's what Carnival is all about. I 'played' but not like AOG, I played 'ah mas' in the African Dancers section with Commancheros. I had more liquid than food, for a change! Water Dayl, water!! But then so did had the country. BIG Up Spice Mas 2015. Spice Mas 2016 is going to be even more epic!

Hang on, more importantly AOG, isn't Chicago the home of deep pan pizza. And you didn't even bring back a slice? How deep was deep? Listen guys, a zebra can't change its stripes – the question was begging to be asked! Nothing requires as much conscious assessment as good food!

Hey AOG serious kudos to you for your win – I think you actually did more media interviews than me too, mmmm, well we're a team so I can share the spotlight... for now!

“COS  
WE  
CAN!”





# Our Island ...Moonlight

Is beautiful, magical, fantastical. Not the moonlight of 'jellicle cats', as no special powers or dexterity are needed to manoeuvre under its glow. It doesn't herald darkness, just another form of light.

If you are fortunate enough to be here to enjoy our full moon, you will be compelled to ask yourself whether it's the same luminescent sphere, which glows in your part of the globe. We kid you not, when the full moon shines upon our islands the landscape takes on an ethereal, silver edged silhouette, in stark contrast to the bold, beautiful, bombastic colours and sounds of the daytime.

'Moonlight,' refers to the night of the **full moon**, or those close to it. A time to plan for,

as it provides un-missable limin' opportunities; from sitting on a brightly moonlit beach to watch the ocean, to a moonlight fete, cruise or cook – or even playing dominoes or cards in the yard - without artificial lighting.

Very often, almanacs or calendars used in Grenada, include the monthly moon phases. This is directly related to the fact that we are both a maritime and agricultural society, (albeit that many of us also use the information to plan some special moonlight lime). Thus moon phases still remain an important part of Grenadian culture and folklore, often influencing how we do, what we do.

The moon is also an important consideration for the fisher-folk of our towns and villages.

**DEM SAY:** *The second full moon occurring within a calendar month is called a Blue Moon. The last occurrence was on July 31st, 2015 (when we shot this photo) and the next will be January 31st 2018. They come round every three years on average.*

They often leave, to 'chase their catch,' at what we consider to be some ungodly hour, and return before our day begins. Their timing is based upon their knowledge of the oceans fishing grounds and what the orbit of this important sphere means for their livelihood, in its rising and setting hours.

Planting and reaping too, pay deference to the phases of the moon on the Spice Isle. You will know that we are world renowned for our nutmeg, spices, cocoa and the abundance of fruits, which we hope you'll enjoy whilst being here. They are the result of the skill, expertise and plain hard work of our local farmers, many of whom pay close attention to the timing of the moons silvery smile for the best crop results.

It would be remiss of us though, if we did not also share with you some of our folklore, borne of this ubiquitous heavenly body:

**Dem say** – Cut your hair when the moon is waxing and it will grow back quickly, when its waning, then it will grow back slowly. No, it can't grow if you didn't have any to start with!

We should also advise that in Grenadian folklore we have our own night-time characters, Lajablesse & Ligaroo, for you to learn about... But they're just stories? To be told just before you walk home after a moonlight lime, whilst the bright glow above allows you to see over your shoulder...

Just in case!



# Our Buses

They are special, really special, almost a unique life form, with a circulatory and biological system completely their own. Please try them, especially if you want a glimpse of our island, people and culture, with all their numerous cadences.

We love the riotous, lively mix of non-uniformity, so our buses are not all one colour, after all this is the Spice Island! True, many of our buses are named, but that has nothing to do with their destination; more likely to do with the personality of the driver! To be safe, please read the route on the front of the bus and, if in doubt, ask clearly – ‘why de bus reaching?’

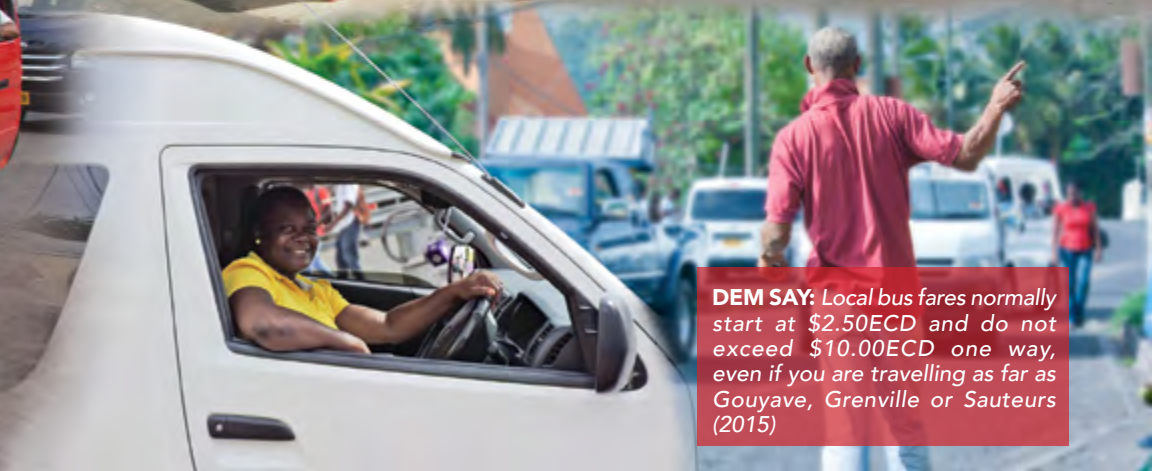
As island dwellers, just any bus won’t do, it’s an important decision. The main factors to be

considered? The name; Bad Up, We Ting... What type of music is playing? How shiny it looks...

Before you get in, to enjoy the ride you need some critical information: The bus is not solely a mode of transport, it’s a means of socialising, a ‘vehicle’ for sharing social and political commentary on any and every topic, and an unparalleled avenue for being ‘macocious’. The bonus is, it’s also a great way to see Grenadal!

The bus stop is another matter. Sure, we have them, but honestly, landmarks are equally, if not more important. You may hear; Yuh could drop me by Washy shop dey? By de Calivigny Breadfruit Tree... By de Limes? By Sugar Mill?.. By de Ole Church?

Are any of these locales signposted? Don’t



**DEM SAY:** Local bus fares normally start at \$2.50ECD and do not exceed \$10.00ECD one way, even if you are travelling as far as Gouyave, Grenville or Sauteurs (2015)

worry, feel free to ask the conductor, the driver or any fellow passenger, and keep in mind dem say; **'You caan' get lost in Grenada!**

The special magic of our buses is that they may seem to be one size, not so; **the size of the bus depends completely on the conductor!** It's to do with the amount of 'dressing up' he asks his passengers to do. He says 'make yuhself small' and miraculously, you somehow shrink and there is space for another person. You would swear that somehow the buses metal sides have expanded!

You needn't be concerned that the conductor appears not to have noticed you boarding the bus, he knows exactly who's there, and who has and hasn't paid.

However, that seemingly tough exterior conceals a soft centre, picture this...

The bus stops suddenly, it's 'ah serious piece ah ole drive!' The door slides open and the conductor puts up his hand to stop all traffic. Then appears the tiniest of tots, with the hugest of backpacks! He holds the tiny hand of this most precious of cargo, crosses over the road and delivers them safely to day care! The questionable driving manoeuvre is completely forgiven by all, and involuntary smiles play across the lips of the drivers lined up ahead and behind.

A good start to the day...

**Grenada's people are very special ...and our buses are too!**

<sup>1</sup>macocious - to be nosey



# Boyz Lime ...Outdoors

The outdoors and the exuberance which comes with pure unadulterated fun, at no cost other than a snow cone perhaps, is the quintessence of a good boyz lime. Somehow this, and the adrenaline rush that accompanies it, seem more often to be the premise of the male species. Is it because women have a tendency to over think things and the male species just let it happen?

Ok truce! Just musing out loud.

Smart phones, iPads, apple watches, drones... the list is endless... And they're all here. However, we believe that some things will never change, and one of these is the beauty of all the 'non-techie' alternatives! Hopefully enjoyed before the introduction to all things 'e' and 'i'.

Alternatives such as getting completely soaked, when you promised you were only going to sit on the sand? The fun being heightened by the 'unintentional' breaking of the promise, and redemption standing by your side as you know you're in cahoots with the benevolent rays of sun, so your clothes will be dry in no time!

And then there are wheels. Fascination with them starts early here! The most cost effective, when you're between 5 and 12 years old, are 'rollers' and 'tumblers'. Let us explain, this honed skill can be executed with an old car tyre, or the rim of a long discarded bicycle wheel, and two well chosen sticks – to ensure direction and roll-ability!!

Naturally, there is the graduation to four



#### DID YOU KNOW

that Steven "Steve" McQueen, British director, screen writer and Academy Award winner for the film '12 Years a Slave', is of Grenadian descent?

wheels ... Go-carts? Shall we just say, often the predecessor of war wounds, and story telling with a lifetime warranty. And then, regression? Or progression? Back to two wheels ... Oh yes, motorbike fever has a home here in the Spice Isles, as it has had around the globe for as long as men have had the hearts of boyz!

The fever is at its most visible at the Grenada Bikers Association (GBA), Annual Easter Bike Fest, held over the Easter weekend each year. It's a Pure Grenada, pure posing, pure fun, pure power, LIME! Four days of bike-centric activities; including a 'show and tell' session on Easter Saturday on Port Highway, when the bikes strut their stuff. Culminating with the bikers heading to the north of the island via the

old airport and on to Bathway on Monday to join the traditional Easter Monday lime.

Age, nor gender, can define this lime. From Belmont to Bathway, Port Highway (St. George's) to Pearls, the island comes alive as bikers and bike enthusiasts convene, in 'gear' and grandeur. A multi-fusion of colours; the riders and their adored and lovingly polished machinery. Chrome glinting in the afternoon sun, alongside helmets, gloves and even a blanket – not for the man, for the machine!

For now, the boyz have it, and girlz literally take a back seat for the most part, – riding pillion. But not to worry, these are the Spice Isles – so that won't last too long ;) Sorry gentlemen!



Point Salines, St. George • For reservations: 444-1410 • [www.aquarium-grenada.com](http://www.aquarium-grenada.com)



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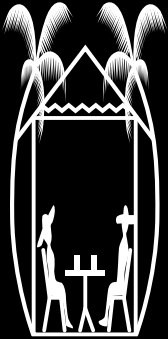


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Grenada, Carriacou & Petite Martinique

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Grand Anse, St. George  
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E-mail: [patmc@spiceisle.com](mailto:patmc@spiceisle.com)  
Website: [www.thecoconutbeachgrenada.com](http://www.thecoconutbeachgrenada.com)



*Coconut Beach Restaurant serves 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.*

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Email: [reservations@coyaba.com](mailto:reservations@coyaba.com) • Website: [www.coyaba.com](http://www.coyaba.com)  
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At the end of Reef View  
Drive you will arrive at  
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# Girlz Lime

...Tri de Spice

Seriously, if you're one of those women, or men, intimidated by physically fit specimens, this is not a lime for you... If you dream of having that svelte physique, toned muscles and of not being out of breath by the time you rush to the kitchen for the second helping of chocolate cake, then this lime could go either way. Inspiring or depressing!

Yet another reason for a visit to the Spice Isles, a healthy one, which simultaneously allows you to meet the chocolate cake challenge, is **Tri de Spice, Grenada's annual triathlon event.**

Whatever time of the year you visit, you will most likely see our resident tri-athletes in training, cycling usually. They are the ones who pass you, whilst you're driving, and they are still

breathing normally!

In 2015, we also welcomed athletes from Barbados, Trinidad & Tobago, Germany, France & U.S.A., alongside our own, to compete in the three disciplines. Swimming, Cycling & Running. Actually, just participating in Tri de Spice is considered a 'win'! Ironman, half an ironman, an age grouper or a spectator, all are welcome. Huh?? Yup, time to do some cyber trawling!

Whether you decide to compete, or watching seems strenuous enough, you can shout encouragement at any point along the designated route whilst enjoying some of our islands beauty. Along the Kirani James Boulevard, probably better known as The Lagoon, a veritable armada of vessels of all



**DID YOU KNOW**

that the Spice Isles host their own Triathlon, Bike Fest, Kite Flying Competition & Carriacou Maroon Festival around the Easter season each year?

shapes and sizes rest in this safe, calm, body of water. Then onto the Carenage, which circumvents the prettiest harbour in the entire Caribbean, located in our capital city St. George's.

The beauty of the triathlon is that the events are divided into age categories, so that family, friends and colleagues can all take part in the same race, regardless of age and ability. The rules ensure that a level playing field is established for everyone. As an island community with a relatively small population of less than 100,000, we love an activity which keep families involved with, and supporting each other.

In fact, Tri de Spice, which is next scheduled for April 3rd 2016, has an afternoon of 'athletic

activities' for little ones as young as six and under! And get this, the overall female national champion for 2015 was a 13 year old!

There you have it, whether you come to compete or spectate, there's too much to do to visit us for just one or two days. Ours is the perfect location to wind down, explore, eat good food...come a week before and leave a week after, to recuperate obviously, – that should do it!

By the way, yes the ice cream and the chocolate cake, which you will now fully deserve, can be obtained at any number of the restaurants you see on our pages. But let's just keep that our little secret!!

Girlz will be girlz.



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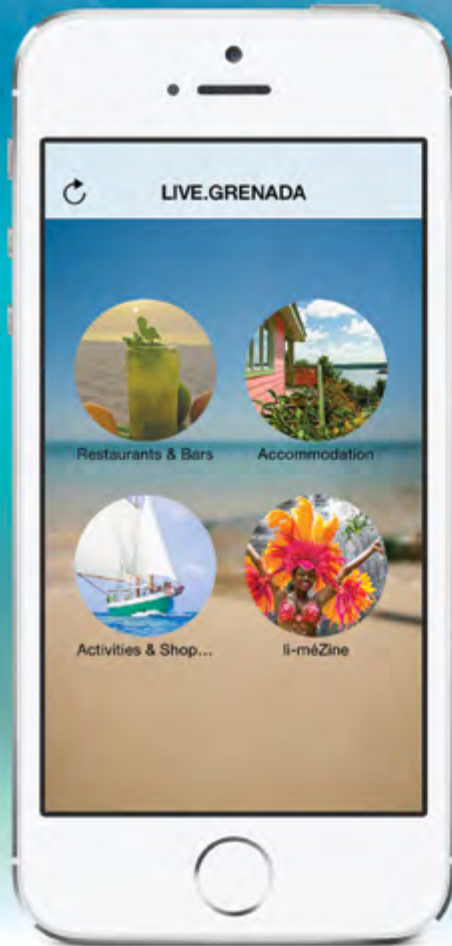
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*Lime & Dine*

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A large, dark metal pot sits on a bed of logs and rocks over a fire. The scene is set on a sandy beach with a blue wooden fence and the ocean in the background. The text 'Look Who's Cooking' is written in a large, white, cursive font across the middle of the image, with '...Street Food' in a smaller, white, sans-serif font to the right.

# Look Who's Cooking

...Street Food

Now that you're here, you will have noticed that 'we love our bellies'. Not surprising with the multitude of culinary choices we have ... and now you do too. Whatever your budget, we promise you there will be tasty morsels to suit it.

In the more established eateries – many to be found on our pages – the challenge is that continuous innovation is a must! You may already know that the Spice Isles are renowned for the finest quality nutmeg and spices. However, being an island means that sourcing ingredients which are easily obtainable elsewhere, can be a real challenge for our chefs to get here. Ah... but it's this which encourages them to rise to the occasion; necessity is often the mother of invention and innovation! Your taste buds are

in for a real treat with dishes specially created to showcase indigenous ingredients, cleverly applying local twists to internationally renowned dishes, giving them a definitive 'Pure Grenada' stamp.

Our only request to you is – even if you find a restaurant you like early on in your stay – please do still try the others. There is just so much variety, you won't want to miss out on any of it!

A culinary exploration you really should investigate, is **street or roadside food**. Even if it's a little out of your norm, hey you're on vacation, live a little! 'Street Food' can be found at any time during the week, but in many instances it's synonymous with **TGIFF**. Thank



### Food & Drink Events

*Gouyave Fish Friday – Weekly*  
*True Blue- Street Food - Weekly*  
*Sunset City Food Fest – Monthly*  
*Mt Moritz Breakfast- Monthly*  
*Mango Fest – Annually*  
*Grenada Chocolate Festival- Annually*

### Goodness it's Food & Friday!

Friday and into the weekend, the choice suddenly becomes endless!

Waters (soups) of every kind – with 'food' – that means dumplings, & local vegetables. Saltfish & bakes, smoked herring, souse – all local specialities. Steamed and grilled fish, fried chicken wings, roti's, home made burgers...

And of course the staple of all street food - **BBO!** Chicken, pork and even lobster on the beach, if you're fortunate enough to be here for one of our beach limin' Regattas or Festivals!

Try these locations:- Wall Street, Sugar Mill, True Blue, down the stretch (Maurice Bishop

Highway), en route to St. Andrews & Sauteurs, Gouyave & Victoria, in fact the length and breadth of the island. Where exactly? On vending stalls, in front of small shops, the back of vans and trucks, popping out of thermos chests and coolers, the counters of rum shops, in huge iron pots on wood fires..

The opportunity to 'taste the hand' (culinary expertise) of our people will be staring you in the face – but you know what they say – sometimes we don't see what's under our nose. Don't worry the appetising aromas will command your attention.

It's all serious limin' food, which we're sure you and your belly will love!

*Look Who's Cooking*

# *“The Island of Spice, Has Everything Nice!”*

One of those very ‘nice’ things is True Blue Bay Resort, which embodies our “Spice”, by providing a generous taste of what our beautiful island has to offer. The multicoloured cottages and villas that dot the sloping property, the plethora of fun-filled activities each day, and the exciting culinary delights on offer, ensure as much variety as the many spices found across our Isle. So if you're here you can **‘have your cake and eat it too!’**

As we're talking about food, True Blue Bay's Dodgy Dock Restaurant, is undoubtedly one of the most 'happening' places on island. Here guests are treated to a winning combination of great food mixed with just the right touch

of entertainment.

**What are the magical ingredients that make it all blend together so well? Better ask the Chef and his team!**

**CHEF:** We all work well together as a team, between us we have great diversity in the skills we bring to the kitchen and a truly varied knowledge of many different dishes. Most of the kitchen staff have been employed at Dodgy Dock for a long time, some over 17 years, so we really know the ropes around the kitchen, and each other!

**TEAM:** We all love what we do and we keep each other laughing. With that atmosphere it makes it much easier to do what we do well.



**What do you love about cooking at True Blue?**

**CHEF:** The environment is very relaxed. The owners, Russ and Magdalena Fielden, are very 'cool' too, so we get to do lots of fun & creative things with the menu.

**TEAM:** Creativity is encouraged here. Plus we have sunshine in abundance and that makes a wonderful start to any day!

**Any favourite dish on the menu?**

**CHEF:** Not really, not for me. Maybe it's because I created them, so I find it hard to choose! But, I am proud to say that our dishes are prepared with 90% of fresh local ingredients, spices and herbs. That's the signature in all of our food.

**TEAM:** It's hard to choose. Variety is the spice of life at Dodgy Dock. What's nice is that the restaurant has themed nights, so the menu changes every night of the week. That keeps it interesting for us and our guests.

**So what's your favourite meal time?**

**CHEF:** Dinner for sure, it's so much more sociable and relaxed. That's if I actually get to sit down for it, but that's only when I'm not the one doing the cooking.

**TEAM:** Some of us prefer the Grenadian Breakfast, which you can get here every morning. However, dining at Dodgy can be as sociable as you wish, lots of company on Grenadian or Tapas Thursday Nights, or dinner just for two on Romance Night.

**We know it gets busy here, is there yelling in the kitchen when you are under pressure?**

**CHEF:** Yelling in the Caribbean? Are you kidding? That doesn't work very well. I find it's better to let the heat come from the stove and to keep myself cool. Everyone works better and you get a lot more done!

**TEAM:** We really enjoy it when the kitchen is busy actually, time just flies! On Mexican Caribbean Friday Nights, you get the **whole enchilada, we usually have a full house**, so we get to use all our skills and speed. We love the challenge.

**So Team tell us what you do to chill out?**

We cook! It's true, even on our days off and when limin', food is always somehow involved. We've got to eat right? Whether it's experimenting with a dish or two, or cooking on the beach, we just can't seem to keep out of the 'fire.'

**And Chef, what's your secret for keeping your kitchen running so smoothly?**

I'm all about being hands-on and leading by example. But I have to say that training staff and sharing experience and knowledge are also highly important, that's how I make sure my kitchen runs well. I also think I've earned the respect of my team that way!

**Don't worry they say a big YES!**

**We love a good kitchen disaster story...have you got any you're willing to share?**

**CHEF:** Shssh! It's embarrassing really, but I managed to dislocate my knee in the kitchen... twice! I was cooking and dancing! It's difficult not to shake a leg here too, as there's some form of entertainment most nights of the week at Dodgy Dock.

**Come on spill the beans...what culinary surprises can we expect at the Chocolate Festival in May?**

**TEAM:** Cocoa beans! No way, we're not dishing! You'll have to be here to get a taste of the creations we have in store.

**Ok, we think we can somehow force ourselves to do that!!**

# Dodgy Dock

## Restaurant & Lounge Bar

Open daily from 7am to 11pm

Seasonal Live Band Tues, Wed, Fri, Sat.

### Pizzas Daily

**TUE:** Grenadian Night

**WED:** Street Food Party

**THURS:** TAPAS

**FRI:** MexiCaribbean Night

**SAT:** Calypso BBQ

**SUN:** Breakfast-Brunch

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# Chocolate Fest Grenada 2016

May 13th - 22nd

## Creating Generation Cocoa

[www.grenadachocolatefest.com](http://www.grenadachocolatefest.com)

The Grenada Chocolate Fest celebrates the island's organic and ethically produced cocoa and chocolate. Back for a third year, the festival is a perfect experience for those who have a passion for all things chocolate.



# Callaloo Chicken “n” Nutmeg Sauce

## INGREDIENTS

(4 servings)

6oz 4 x Chicken Breasts  
1 lb Callaloo  
1 Medium Onion  
1 Clove Garlic  
½tsp Thyme & Chives  
1 Spring Onion  
Salt & Black Pepper to taste

## METHOD

- Season chicken breasts & set aside.
- Sauté callaloo with onions, garlic & thyme, 1tsp brown sugar, for 15-20 minutes, season with salt & pepper to taste.
- Stuff chicken breast with cooked callaloo.
- Wrap the breast in blanched callaloo leaf then wrap in plastic wrap.
- Roll into sausage and poach in simmering water for 20 minutes.
- Once cooked, leave for 5 minutes in plastic wrap to relax, remove from plastic and slice as required. Serve with roasted plantain and nutmeg sauce.

## INGREDIENTS

1 Cup Coconut Milk (unsweetened)  
1 Cup Cooking Cream  
1tsp Grenada Nutmeg (freshly grated)  
1 Cup Coconut Cream - sweetened (or add 1tsp of brown sugar)

## METHOD

- In small saucepan, bring coconut milk to boil. Add Grenada Nutmeg & cooking cream, stir until thickened, then add coconut cream.





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...and still  
have time  
to 'lime'!



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# Lime & Dine

## Grenada

Carriacou & Petite Martinique



### PLACES OF INTEREST

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







# Sister Isles Lime

**P**etite Martinique (PM) is our beautiful Baby Sister Isle. Conical in shape with her own baby size Piton (756 metres above seal level) and spanning slightly over 2 square kilometres! (586 acres).

On making her acquaintance and digging just beneath the surface, you'll begin to understand that her small physical size is not indicative of her larger than life personality and traditions. She is independent & feisty and fiercely proud of being so. A sense of community is an integral part of her culture, understandable with a population of just nine hundred or so souls. She can readily boast of strong families, communities and foundations. A solid structure based on island traditions and culture, which are passed on to each generation, ensuring that the

modern fabric of 'progression' doesn't relegate them to the status of 'stories from yesteryear'.

Boat Building & Launching, Wedding Traditions, Sugaring the Piton... you should take a cyber wander through some of these events, you will be intrigued by what lies beneath PM's apparently genteel and serene surface! Naturally, many of these are prime limin' occasions. Honestly, this 'little lady' has enough unique experiences to attract visitors aplenty from her bigger Sister Isles, and the string of Grenadine islands which lie in close proximity to her.

Oh, we haven't said how you reach her yet? Sorry!

Firstly, we know you won't want to miss a sojourn to the Spice Isles unique treasure,



#### DID YOU KNOW

that Carriacou's popular Shakespeare Mas originated from recitals made by slaves for their masters and the reprimand received if they made a mistake in their recital?

Carriacou. Once there, you can cross to PM from Hillsborough, the main town, or if you fancy yourself a little more intrepid, take a fishing boat across from Windward to her western shore. No, definitely no planes, the only approach is by sea.

One great Petite Martinique event, for which you definitely do not need an invitation, is the Annual Whitsuntide Regatta, held over Whitsuntide weekend and concluding on Whit Monday (May). Three days of fun, laughter, 'feteing', dancing, eating, drinking – oops yes, we nearly forgot the sailing! In truth, our Sister Isle opens her arms wide to welcome us all! For this event - as with Carriacou's Annual Regatta (July/August) - proud seafarers from our tri-island state and the neighbouring Grenadines - are impatient to pit their maritime skills against

each other.

You're not a water baby? No worries! There's so much going on, that even if you're not a skilled ocean navigator, you won't feel out of place. All are welcomed, the islands hospitality is turned up full notch. There is something for everyone, young, old and in between! Musical chairs, sack racing, dominoes, maypole dancing, string band, calypsonians, live DJ, stage shows, food, food aaand food... You will swear that the ever present music of all kinds, is making this little land mass pulsate!

Our Baby Sister Isle really knows how to have a good time. Come, enjoy the lime into the evening and on.... Rhythm galore!

**EAT IN THE BREEZE &  
BROWSE IN THE COOL!**

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## Salaca ... Smoke' Food

Very rarely would a cook-up and eat-up be paraded unashamedly as being just that. Usually it is clothed with justifying reasons. An adjunct to something else, not the main event, but rather a corollary to something of greater significance, something more worthy.

So let us introduce Salaca; a cook and eat up on varying scales, but exalted by the reason for which it is done. This can be a smallish affair where people from neighbouring villages are involved or an event where the entire island is invited. Often knowledge of the event is invitation enough!

**Whether Saraca as some call it, or Salaca as we know it, the custom is essentially the same.**

The day before the event is held, animals are

slaughtered, cleaned and seasoned, firewood gathered, and stones collected, upon which huge cooking pots will be placed.

On the day, which starts early with the gathering of those helping to cook, a Head Cook is appointed, one to whom everyone respectfully, perhaps even grudgingly, yields in the matter of getting the taste just right. It's amazing in this collection of helpers, each being their own government in matters of taste, how something so mouthwatering is created.

In the "pot" you'll find mutton, chicken, pork, sometimes even beef. This is served with ground provisions, rolled rice and coo-coo (made from corn flour). There are also plenty of drinks to go around for the crowd, which appears in the late afternoon, early evening.



Written by Matthew "Berry" Alexander

The one ingredient, that distinguishes Salaca food from every day dishes, is **the smoke**. This earthy, authentic, centuries old aroma, is matched by few other flavours, it enhances everything (even your clothes if you're helping to cook!) Hey! It is called 'Smoke Food!' Words are weak substitutes for painting this taste-scape; allow your nose and taste buds to do that for you.

Salaca is prepared for; Boat launchings, stone feasts, annual maroons hosted by different villages, weddings, family reunions, or just to give thanks and to share that sense of gratitude with others. A separate reason is **Parents' Plate**, in fact, this is an integral part of Salaca itself and is considered by some to be one and the same.

This ancient, ritualistic ceremony, bridges the

gap between the living and their dead ancestors with, yes, food! The best portions are taken from the Salaca and presented on a table for deceased parents.

Salaca is **as much about the preparation as the final sharing**. The result is the distinctive buzz of a diverse group, loosely united in a common cause, peppered with the eternal alternate flow of sharp rebukes and merciless humour. This part is not to be missed; lively, colourful, energetic. Everything else is just dessert!

It's not just the spices, seasonings, the smoke of course, and that irresistible taste; that really make a great Salaca.

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# Pure Lime

You've chilled so much that your body and brain feel like mush? Enough of the beach and the cocktails? Welcome! You're on exactly the right page! **Close your eyes for a minute...**

Ready? Ok, now open your eyes and take a really good look. No matter how many times you may have been here, there will always be new treasures that amaze and take your breath away. You may have to dig a little to find them, but then we did say treasure! So, we are throwing down the gauntlet. :)

It's important to note that Grenada is actually comprised of three islands, with immensely varied topography, unique to each.

**Water based activities are BIG** - Because we are blessed to be caressed by the Caribbean

Sea and massaged by the Atlantic Ocean, we are honoured caretakers and guardians to a host of aquatic jewels: Coral reefs, an under water sculpture park, dive wrecks, marine parks, oyster beds, uninhabited islands, desert islands complete with palm trees... and even mermaids!

Our interior also hosts an incredible variety of water sources; lakes formed atop extinct volcanoes, waterfalls, rivers, sulfur & fresh water springs, ponds, estuaries and river basins. The question is; will it be; sailing, kayaking, catamaran tours, whale watching, snorkeling, diving, swimming with turtles in the Tobago Cays...or even fishing? **Go on, turn the pages and choose!**



### DID YOU KNOW

that Grenada and the Grenadines have 33 species of coral & that Carriacou's Sandy Island Oyster Bed is considered one of the most important Marine Protected Areas in the region?

**Not every land-based treasure is accessible from the main roads!** That said, you should know that in the Spice Isles we don't have a complicated road network system. A very good reason to consider hiring a vehicle for your stay. Also, it's easy to drive here and there's lots waiting to be discovered.

Off the beaten track, down a 'gap', through a clearing ...true, some might be wrong turns, but many will inevitably yield some hidden gem, possibly your own completely secluded cove!

Less off the beaten track? Rum factories, historic plantation houses & estates, an abandoned airport with relics of Cuban planes, chocolate factories, forts, tunnels, white & black sand beaches, nutmeg factories, mona monkeys,

tropical birds, secret gardens, marinas...

Land or water based our dedicated tour guides will be very happy to assist and edify you; **turn the pages and choose!**

A great way to explore is 'Hashing'. You've never heard of it? Sshhh – don't say that too loudly. We have it on good authority that this activity is a weekly staple to a whole cross section of visitors and residents. Everyone is welcome. You will see places and experience views and vistas that most people don't even know exist, all of this whilst enjoying the camaraderie unique to hashing. N.B. Be prepared to sweat and drink!

**Walk, run, talk & drink?** Sounds like a winning combination and a serious lime of the purest kind!

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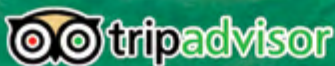


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# *Lost in the 'Lime'*

**Steve and Hope  
S/V Starshine**

People sail into Grenada for a couple of weeks and end up staying on the Spice Island for months, even years, primarily because of the Grenadian people, who are kind, warm and thoughtful. We feel welcome most everywhere and this allows us to "lime & dine" anywhere we choose. And the choices are many...

To begin, get a taste of local food and drink in Woburn, you will need to keep your eyes open to pick out all the limin' spots along

this stretch! There are even a couple on Hog Island, so you can hitch a boat ride across and enjoy. Sunday is a good day.

On the Carenage, in Town, you'll find several eating options and some of the best roti's.

Further south at Prickly Bay, dinghies can dock at Timbers Beer Garden on the north (open 24hrs) or at Prickly Bay Marina & Tiki Bar, on the east side (greatest thin crust pizza on island)!



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A monthly boat jumble at Secret Harbour Marina, offers the chance to buy and sell gear, while having a couple of beers and a burger. And once a month there is a full moon dinghy drift in the bay; 'Yachtie's' having a merry old lime!

Finally, there's the famous Grand Anse Beach, 2 miles of white sand. In the middle there is the picturesque Coconut Beach, French Creole Restaurant, they have a Sunday barbeque with live music. You might even

see a couple of Jumbie's on stilts dancing to the rhythms... and further along to the south, Umbrellas Beach Bar & Restaurant, always a busy limin' spot.

Great local beer, wonderful food and people from all over the world, you can't help but have a great time. And when it gets to be too much, we cruisers pour ourselves a toddy in our cockpits and enjoy the beautiful Grenadian sunsets.

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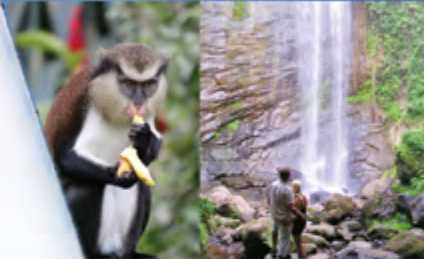
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# *Glimpses*



\*Photography by Alleon Gulston

# Lime Inn

...A View

If you're one of life's free spirits you may have reached our shores without pre-arranging all the details; where you will stay, what tours you will go on, restaurant choices, etc. etc. Or, you could be viewing our eZine online, or utilizing our free app (Grenada Lime & Dine), and seeking exactly that information!

Whatever you decide, we know your eyes will have a sensory feast, courtesy of our beautiful island. Yes, we are exceptionally proud of our plethora of scenic eye-candy!

This is so much the case that, in the Spice Isles, an integral part of our 'small talk' revolves around this very important question: 'Where are you staying?' Followed in a milli-second by the

even more important: **'Do you have a view?'**

In many other parts of the world this question may be totally irrelevant. Not in Grenada!

If you are staying in the South of the island, your eyes are already banqueting on views of the Caribbean sea, white sand beaches, beautiful coastline... However, let us persuade you to explore a little further afield, you won't be disappointed!

Something worth considering is experiencing a complete change of scenery, for a night or two. The significant variations in island characteristics, to the north, east and west of Grenada, and across the water on our Sister Isles, will make such an expedition worthwhile.



**DID YOU KNOW**

that you can rent Grenada's Calivigny Island for approx. \$124,000.00USD per night?

Each of them offer accommodation to 'Lime Inn' and a different view of the Spice Isles.

As Grenadians, we are view-centric! We have become so accustomed to all the beauty surrounding us, that when we ask about a 'view,' it's normally loaded with the unspoken word **SEA!**

Alternative vistas may meet with terms of commiseration, such as; never mind, that's a shame or, why didn't you hold out to find somewhere with a view? A.k.a. '**Sea View**'. The fact that we may be daily drinking in lush hillside and mountain scenery, the wonder of a life-teeming mangrove, can hear the bubbling of streams and rivers, as cool clear water dances

over the stones, which is sometimes the overture to the orchestral symphony of a waterfall.... All of these other elements of nature's artistry are seemingly defunct if.... It's not a Sea View!

Seriously, when it comes to this matter we are truly 'snobs!' We admit it!

So, we are giving ourselves a talking to, and you carte blanche **NOT** to follow our lead in this one area. We are going to make sure that we take note of how you marvel at the beauty we may take for granted! In fact, we may even take our own advice and find ourselves a place to 'Lime Inn', so we can also continue exploring our astonishingly beautiful home!



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# Shaken & Stirred

...Rum Shops

**"Fifteen men on a dead man's chest...  
Yo-ho-ho and a bottle of rum"**

No, you didn't just step onto Treasure Island, although we do want to share some precious knowledge about a special cultural gem.

It's an essential feature of every village and parish, often a colourful one, but not always. Yes, a Rum Shop. Found along the roadside, even on a bumpy corner and often quite unexpectedly, way in the 'bush'. They are never hard to find in Grenada.

Having evolved from their illegal status in the late 1400's, when they were known as "Tippling Houses," and cemented their place

in Caribbean culture, rum shops are to be found in their multitudes, each with their own disarming characteristics. They are not to be confused with a bar, many of which are to be found in picturesque locations, offering fancy cocktails with pretty garnishes. Rum shops are different; more intimate, and demand that their distinctive personality be acknowledged.

They are usually wooden structures with enough orifices to observe all the 'goings on' in the village. Posters line the walls with favourite sports teams, well known brands of alcohol and "I was here" carvings or markings, made for posterity. Resident drinkers often have their self-designated seats, but they welcome visitors freely, eager to impart battle tested rum drinking Jedi tricks! Let's face it, Grenada



**DID YOU KNOW**  
that mangos can be enjoyed with salt, lime juice or chili powder for a unique flavour experience?

offers an extensive assortment of high quality rums in varying in strengths and colours and all kinds of rum punches and mixes inbetween.

Here's a tip: When you go, yes of course you will, ask the shopkeeper for an 1/8th of his, or her, suggestion. An 1/8th is a drink measure **unique to rum shops**; requesting it elsewhere will result in many quizzical looks.

Some rum shops, may be painted in the branding of one of the Island's many manufacturers or brewers. No matter the appearance, the vibe in all rum shops is very laid back, so relax, sip and savour. However, it's a fluid environment, no pun intended, and can easily change with the impromptu appearance of a local politician, the emergence of loud music, or the discussing of

the latest village "tabanka" (relationship woes, usually infidelity). This last social dynamic can create an enjoyably riotous experience.

A game of dominoes is almost always in progress – a therapy of sorts some say; and a brilliant idea to "throw down a pot" (cook) is never far behind!

Rootsy and filled with character, you'll have realised by now that rum shops are about much more than the drinking of their namesake. They are an integral part of our islands character and fabric.

Go forth and discover this precious lime, that is a rum shop lime, a real diamond in the rough.

**Bottoms up!**

## Shaken & Stirred

*"The biggest adventure you can have is to live the life of your dreams."* – Summer Juices & Nectars

This certainly rings true for two entrepreneurs who boldly embarked on an adventure of their own right here in the Spice Isle, Grenada. Stephanie and Jim dreamed 'Summer Juices' into existence. And so the adventure began...

The story of us and Grenada is just like Goldilocks. We're originally from Canada and after living in Calgary for the past 10 years, we knew we wanted to live somewhere warm! The other Caribbean islands we considered living in were either too big, or too small...Grenada was just right.

### **And the idea for your business Summer Juices?**

Naturally, we fell in love with Grenada and its beauty, but what was most striking was the abundance of fruit, and how they grew EVERYWHERE! Mangoes! You could literally pick 'em up fresh off the streets, and they made delicious juice. We weren't ready to retire yet, so we figured why not make juice? In December 2014 our dream became a reality.

### **How did you decide on the flavours?**

The great thing is that Grenada has so many fruits that visitors often haven't tried before, and we really wanted to encourage them to do so. Everyone was very supportive and we had lots of fun learning about the health benefits of the

fruits – like the Soursop - and testing out different blends. Now here we are, eight flavours later...and counting...

### **Which are your most popular flavours?**

We know people love our interesting blends, but some flavours sell faster than others depending on island demographics. Mango and Mango-Passion fly off the shelves in the south for example, but we would have to say that Guava and Tamarind are the biggest sellers overall. Surprisingly, as we've only been around for 1 year now, you can find Summer Juices almost everywhere, in supermarkets and even rum shops! Incidentally, we hear our Tamarind Juice makes a really good chaser. You'll have to try it!

### **Any challenges in getting started?**

Does it count that we knew absolutely nothing about commercial juicing? We had successful careers in Communications and Process Design, but this was uncharted territory. It was like a maze with lots of dead ends! Jim went to the 'school of You Tube' to find out what we needed, and then identified equipment from all over the world! At the time we didn't even have a use for everything, but now that we're expanding our product line, at last we do.

Getting used to 'island rhythm' was interesting. Especially the fact that everything happens



in its own time, boy was that a learning curve! But, having lived here a little while now, we've gotten used to the flow of things, and enjoy them as they come.

The on-going challenge, is ensuring we have enough of each fruit to meet the production demand, even when it's out of season.

**What would you say is the best thing about Summer Juices?**

There are so many, we can't choose just one! We created our own blends, so our juices taste just like the fruit, and we even have dried fruit snacks. The Nectars contain over 25% of actual fruit, so they are like a 'smoothie' - very filling - whereas the juices are lighter and more refreshing.

We strongly support all things local, especially the growers, and are convinced that's what really makes our all-natural 'Summer Juices' a great product line. Don't take our word for it though, ask Garvin, one of our growers since we started...

**So Garvin, tell us about working with the Summer Team and how you grow your fruits?**

"It's great that we now have a commercial juicing company on island. I mainly grow fruits, which I mostly supply to 'Summer', and I also grow spices. Because of the rich volcanic soil, fruits grow without too much toil in Grenada however, I do use compost and natural manure to give an extra boost!

The moon? No it's not a myth. I plant three days before the full moon in order to catch the rain that helps the seeds grow".

**So what's next for 'Summer'?**

We are super excited about what direction to take next. At the moment we are working on a ready-mixed alcoholic drink, for those who like a little extra 'kick'. We certainly anticipate increasing demand in Grenada and we're working on plans to export to other islands, expanding our product line to include sorbets and iced teas. No, we're not telling what the flavours will be just yet, you'll have to wait and see.

Don't worry your wait won't be too agonising... just kick back and enjoy the fact that:

**It's always 'Summer' in Grenada!**



## 'Summer' Mango Mojitos

### INGREDIENTS

(1 serving)

1tsp	Sugar
5	Mint Leaves
½	Lime, Juiced
2oz	White Rum
2oz	Summer Mango Nectar
	Soda Water (to taste)

### METHOD

- Place sugar & mint leaves in a tall cocktail glass
- Muddle mixture together until the mint leaves are bruised and the sugar starts to dissolve.
- Mix in lime juice and white rum
- Fill the glass with ice, add mango nectar and stir to combine.
- Top with soda water
- Serve with lime wedge and sprig of mint if desired

This Mango Mojito is a delicious blend of Summer Mango Nectar, rum, mint and the zing of lime juice.

Grenada offers some delicious local rums, ideal for blending. Watch out for the over-proof rums, unless you are accustomed to the extra kick!

Perfect for sipping by the pool, hanging out at one of our beautiful beaches, or watching the sunset from your cockpit. Enjoy!

We make them by the pitcher, feel free to call us if you need help consuming!

Also tastes great substituting Summer's Mango Nectar with some of our other fantastic flavours. Have fun blending our Soursop, Guava or Golden Apple, to impress your guests with a taste of the Caribbean.

Mixology courtesy of Umbrellas Beach Bar

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