

Lime & Dine

Grenada
Carriacou & Petite Martinique



The map led us to an incredible sight.
But it was another guide that led us
to this dazzling discovery.



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Welcome

to **PURE GRENADA,**
SPICE OF THE CARIBBEAN



Beyond the beaches and seascapes, the Spice Isles hide a history all their own. Traverse our islands, dig beneath the surface and discover some of our treasures and relics of yesteryear.

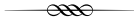
ENDORSED BY


PURE GRENADA
The Spice of the Caribbean


GRENADA
HOTEL AND TOURISM ASSOCIATION



A Feast for the Senses
Galby Bay, St. David



Even with a lifetime of island living, the opportunity to find new and unique hidden treasures on the Spice Isles, still abounds.

Galby Bay, the surprising Galby Window, and the combination of a rocky, 'pink' sand beach, and magnificent Atlantic Ocean, is an unexpected sensory treat. Approached by driving along a typical Grenadian village road, which later turns into uninhabited countryside and an uneven, rocky path; It's so worth the effort, rewarded by the sweeping vista of a magnificent, multi-coloured and textured beach.

Here the ocean is mercurial; sometimes fierce and tempestuous, and other times a little more genteel. All according to nature's bidding. This ruggedly beautiful spot will compel you to stay for a while.

And yes, we added our very own beach banquet, which we promise tasted as good as it looks! What wouldn't in this beautiful setting?

We promise you won't regret making this journey... our only request is that you leave this beautiful bay as pure as you found it.



Lime & Dine Grenada

Carriacou & Petite Martinique

2016 – 2017

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



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AllyDay Creative Projects Ltd.

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eZine available:

www.limeanddine.net



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Minister's Welcome

Feel free to Lime and Dine, in pure fashion on your visit to Pure Grenada, the Spice of the Caribbean. We are happy to welcome all our visitors, to share in the spicy experience that is Grenada.



Whatever your passion, there is something for you to do here. Quench your thirst for adventure, as you drive through the villages and “make a lime”, with a stop at the local “rum shop” to cool down and feel the vibes. There is rum of all types and flavours, to match the rhythmic flow of life on this island. Wash it down with a wide variety of local juices, made fresh from the trees.

Visit our chocolate factories and immerse yourself in the smell and taste of the food of love, for romance is what we are about.

Whatever your preference in cuisine, our mouth-watering recipes, infused with the plethora of spices we produce, will certainly tingle your taste buds.

All of this, combined with the warmth and friendliness of our people, and the flora and fauna; the smells and sounds, the beat of the island, will evoke a dizzying pleasure.

Tell your experiences to your friends and family, for we look forward to sharing a ‘lime’ with them too, and doing it all over, another time, with you.

Enjoy Grenada. This is the life!

A handwritten signature in black ink, which appears to read "Clarice Modeste-Curwen".

Hon. Clarice Modeste-Curwen

MINISTER FOR TOURISM & CIVIL AVIATION



Features

- 06 **Limin' Is**
You need to know; so you understand how to 'lime'.
- 08 **You May Need to Know?**
Helpful information and important telephone numbers.
- 10 **Limers & Diners**
AllyDay talk!
- 11 **Limin' Talk**
Saying it our way; a bit of local colour.
- 12 **Limin' Time**
So you know where to be and when, on each day of the week.
- 14 **Our Hidden Gems ...Beaches**
Share some of our magic.
- 16 **Our Island ...The Way It Was!**
A look back at things we all used to do.



- 18 **Boyz Lime** 
...King Coconut.
- 26 **Girlz Lime** 
...Queen Coconut.
- 34 **Look Who's Cooking** 
...Grenadian Delicacies.
- 36 **Wheels & Meals**
An extra incentive to come & shop!
- 38 **Recipe**
Coconut Bake & Saltfish Souse.
- 40 **House of Chocolate ...A Sweet Story**
The home of heavenly cocoa and chocolate experiences!
- 44 **Recipe**
Cocoa Tea with Grenada Nutmeg Ice Cream.
- 48 **Island Maps**



52 **Sister Isles Lime**
Carriacou & Petite Martinique.



56 **Tombstone Festival**
...A Living Tradition of Petite Martinique.

60 **Pure Lime**
...Pure Grenada.



72 **Livin' the Lime Lifestyle, Business & Investments**



To help you decide to stay much longer on the Spice Isles.

82 **Lime Inn ...Shining**
Choices for changing scenery.



88 **Shaken & Stirred***
Beverage Nirvana.



90 **Prickly Bay Marina**
Today & Everyday.

92 **Recipe**
Prickly Bay Mudslide.

*The publishers do not profess to endorse, neither can they affirm, the claims made as to the medical and other benefits attributed to herbal/natural products. In addition they cannot point to empirical, clinical or medical evidence to substantiate benefits, such as aphrodisiacal capabilities of items discussed. There is however, an impressively large volume of anecdotal testimony, spanning many generations, which provides compelling reasons to share them with you, our readers. We invite you to carry out your own independent research and investigations.

Grenada, Carriacou & Petite Martinique

Limin'

In 'your zone' time. Mind wandering time. Awestruck at beauty time... lying on your back lost in the blue of the sky above.

Your time, Our time. Any way we choose to spend it!

Walk on the beach time, run up the hills time.

Lime & Dine

CALMING, SOOTHING, RELAXING...

Reflection time, laughter time, alone time, soul searching time.

Full of conversation, or none at all.

Our way of saying 'take a chill pill'

Down time for your
soul.

Up time for your
heart.

www.limeanddine.net

7

You May Need to Know...

WHAT LANGUAGE IS SPOKEN IN GRENADA?

See 'Limin' Talk' – on page 11

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.

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you're in the
right hands



TELEPHONE: **1 (473) 440-6173**
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www.smsgrenada.com



INSURANCES ACCEPTED WITH VERIFICATION AND APPROVAL



Limers & Diners

AOG (Ally)

Dayl, drawing is a form of communication a.k.a 'visual arts'. Everyone has their own style of shootin the breeze, ole talkin, limin... You of all people, should know that! It's called taking a 'time out', and all I need is; paper, pencil and/or pen! Kinda makes me a 'cheap date', sorry meant to be politically correct and say; 'cost effective!'

So we both have ways we prefer to communicate, but you realize that after almost a decade of Lime & Dine and AllyDay, sometimes you open your mouth and say exactly what I was thinking! It's a bit scary, we could end up looking like each other. They say that happens when you spend a lot of time together. **Maybe I'll get 'the streak!'** Or even a prim and proper accent?

Dayl (Day)

Hey, don't dis' the streak, I can't help it. And, I'm working on the accent; 'watch, ent yuh see dat in 'limin talk?'' (Page 11)

Anyhow, thanks for explaining about the drawing, now I realize you're sending me messages with your pictures. That's why everywhere you go, your sketch pad appears, because you've got so much to say to me! And that's why you have so many sketches of super heroes!! I should be flattered, I think?!

So, let's make a deal, if you get the streak, I get the sketch pad? Bet I could sell it!

Hang on, I'll tell you in 'Ally' speak, here goes; AOG can I get a print ready pdf, jpeg or tiff file, with a minimum resolution of 300dpi? Ensure its CMYK and not RGB so I can easily send to the FTP site for digitals. Ha! See I have learned something.

AOG

Fine, back at you; Dayl, you can have my sketches via rsvp, they can be my contribution to AllyDay GDP and hopefully we'll get a good ROI and a preferential APR on any borrowing, so that the P & L reflects the austerity measures we have taken to traverse the 2016 fiscal period." Serious 'Day' speak!

We better use some AllyDay speak together, so that someone out there has half a chance of understanding us:

'Welcome back friends old and new, thnx for reading and feel free to rsvp, asap with your suggestions and comments'.

As for us we'll BRB, next year for our 10th Anniversary!





Proper

Prim & Proper

	Greenz	Affectionate term for our beautiful island home.
Yuh have goat mouth', oui.		Anytime you say something negative is going to happen, it does!
I live all muh life an' I 'ain' dead yet.		Yup, that's real Grenadian logic!
	Tea...	Don't be fooled - This can refer to any hot beverage. Cocoa tea. Milk tea etc. and then Tea! (Don't even start on herbals and bush tea).
He full ah money, oui.		It seems that he is a man of some means.
All tub have to sit on dey own bottom.		Every person is eventually answerable for themselves.
She have ah man head.		Her hair is cut extremely short, in a somewhat masculine fashion.
Betta belly buss' than good food waste!		It's infinitely preferable to eat until you're uncomfortably full, than to leave any food behind.
She wearin' she darkers.		She is sporting a pair of sunglasses.
Ah set ah ole' talk.		A series of endless stories and rhetoric.
Yuh askin' answers?		I am assuming that was a rhetorical question?
Yuh trowin' words?		Are you trying to provoke a reaction from me with your scathing comments?
Eggs ain' have no right in rock-stone dance.		You ought to avoid potentially harmful situations.

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

Limin' Time

SUNDAY

Dodgy Dock - Family Brunch - 7:00am - 3:00pm

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

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

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

Beach Club - Chill-out Lime 12noon - 6:00pm

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

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

Bananas - Daily Happy Hour 5:00pm - 7:00pm

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

Arawakabana - Live Band & Dinner 8:00pm - 10:00pm

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

MONDAY

Westerhall Estate - Rum Estate Tours from 8:30am - 11:00am & 1:00pm - 3:00pm

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

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

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

Prickly Bay - Daily Happy Hour 5:00pm - 6:00pm
½ Price Pizza 6:00pm - 10:00pm

Dodgy Dock - Sunset Yoga 5:45pm - 6:45pm . Pizza & Beer Special from 6:00pm - 10:00pm

Venus - Throw-back Classics 6:00pm - Midnight

Bananas - Daily Group Special; a FREE Pizza with purchase of 5 mixed drinks or 8 beers 7:00pm - 9:00pm

Coyaba - Daily Private Cabana & Beach Dinner Specials: Available by Reservation Only

TUESDAY

Conservation Kayak - Eco-Kayak Tour 9:00am - midday. Call to Book

Coconut Beach - Daily Lunch Special 12noon - 4:00pm

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

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

Prickly Bay - Daily Happy Hour 5:00pm - 6:00pm. Trivia Night 7:45pm.

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

Dodgy Dock - Grenadian Night - Live Music 7:30pm

Venus - Moods & Melodies; Mix of Live Jazz, Blues & Soul, Music, Poetry & Drama 8:00pm - 9:30pm

Arawakabana - Live Band & Dinner 8:00pm - 10:00pm

Bananas - Twofer Tuesdays; 2 Drinks for the Price of 1 10:00pm - 2:00am

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

WEDNESDAY

Dodgy Dock - Hata Yoga
8:30am to 9:30am

Coconut Beach - Daily
Lunch Special from
12noon - 4:00pm

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

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

Sangria - 2 for 1 Daiquiris
5:00pm - 6:00pm

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

Carib Sushi - Pad Thai
Noodles Special 6:00pm
- 9:00pm. Teppanyaki
Tables Available by
Reservation

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

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

Prickly Bay - Big Bingo
& Drink Specials from
7:45pm

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

THURSDAY

Bananas - Daily Lunch
Special for \$20

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

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

Sangria - \$12 For
All Cocktails 5:00pm -
6:00pm

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

Bananas - Daily Happy
Hour 5:00pm - 7:00pm

Prickly Bay - Happy Hour
5:00pm - 6:00pm. Tacos
& Grill Night 6:00pm -
9:00pm

Dodgy Dock - Chocolate
Inspired Dinner Specials
from 7:00pm & Salsa &
Tango Class 7:00pm -
8:00pm

Arawakabana - Live
Band & Dinner 8:00pm -
10:00pm

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

FRIDAY

Rumboat Retreat - Pre
- Fish Friday Happy Hour
4:00pm - 7:00pm

Fish Friday, Gouyave St.
John from 6:00pm

Prickly Bay - Happy
Hour 5:00pm - 7:00pm.
Party Night - Live Steel
Pan & Band Music from
6:30pm

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

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

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

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

Dodgy Dock - Mexi-
Caribbean Night. Live
Music & Dance from
7:00pm

Bananas - Train Bar:
1900's Locomotive Trolley
8:00pm - 11:00pm. Club
Night 10:00pm - 4:00am

SATURDAY

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

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

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

Prickly Bay - Daily
Happy Hour 5:00pm -
6:00pm. ½ Price Pizza
6:00pm - 10:00pm.

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

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

Sangria - Ceviche Night
Music, Citrus & Spice
7:00pm - 9:00pm

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

Bananas - Train Bar:
1900's Locomotive Trolley
8:00pm - 11:00pm. Club
Night 10:00pm - 4:00am

Victory Bar - Live Band
from 8:30pm

All information is accurate as at time of publishing. Please note this information is provided as a guide and that some activities listed may take place in high season only. It is recommended that you call your chosen venue and confirm, to avoid any disappointment. Please see index on page 96 for contact numbers.



Our Hidden Gems ...Beaches

All island and beach connoisseurs are going to love this journey of discovery!

Glistening, glittering, stones and pebbles polished by the ebb and flow of the tide over countless eons. Rock facia, roughly hewn by turbulent water and air, rugged and unpolished; even a natural window etched into a stony peninsular, with an ocean view. Buffeted by gale like winds, which mute all sound but the oceans rhythm, and force you to adopt a bracing stance. In stark contrast to; tendrils of light cool breezes brushing your skin like a lover's tender kisses, the gentle rushing sound of wind caressed palm branches and sugary sand, sparkling as though interlaced with flecks of diamonds.

The contrast in experiences is accounted for by the dual nature of the water surrounding our

islands: The rambunctious, dramatic Atlantic ocean; all heavy percussion, sexy wailing saxophone and full orchestral symphony. And the sedate Caribbean sea; soft melodic wood-wind tones and light xylophonic tinkles. Between these two, equally awe-inspiring bodies of water, you will find beaches and bays providing scenic, sensory feasts for the eyes, ears and skin.

A number of these sandy, postcard-worthy spots, owe their continued existence to the fierce protection of the amazing mangrove. Many mysteries lie within the exposed roots of this intricate macramé-like structure, with the fortitude to have confronted hurricane winds and remained unbowed! A critical component of the island's eco-infrastructure.



 **DID YOU KNOW**

that Grenada has black, white and even pink sand beaches? The pink sand can come from tiny marine creatures with red and pink shells that live in coral reefs and are crushed by the Atlantic Ocean.

Some of these hidden gems are also home to gently bobbing small fishing vessels, resting from their toil in the dark early hours of pre-dawn travail, or even yet, in the process of having fisher-folk throw seine* from their decks.

We are additionally blessed to have Giant Leatherback Turtles choose our shores as their nesting grounds. Walk carefully! They bury their eggs in the soft sands. Maybe they chose this nesting place because of the stunning views across the tumultuous, white crested, crashing waves, looking towards pretty Sugar Loaf island and our Sister Isles. They display impeccable taste, when it comes to their choice of location and view! (The nesting area is controlled and protected, especially at night, during the egg laying season, April to June)

It would be amiss not to advise you that **“there is no such thing as a private beach in the Spice Isles.”** So, whether you are planning a secret tryst, or accidentally stumble upon one, neither party can claim ownership, or should be vexed if company arrives unexpectedly!

Most importantly, remember you’re on island time and a lime of discovery. With each gem you find, take the time to ponder over it. Breathe in and out deeply to the rhythm of the beat that the ocean, or sea, are playing. What is the sound of how it makes you feel?

That’s for you to say. It’s how they affect you, each and every one of these natural wonders, these hidden gems. The oceans largeness and largesse in gifting to us... our beaches.

*To throw seine - this is a local expression meaning; to cast one’s net.



Our Island

...The Way It Was!

Let us take you back to a time before cable TV, smartphones, tablets, video games and the plethora of electronic gadgets, dominated our lives. A time when the line between participant and spectator was fluid, ever-changing.

The English play bowls, the French play 'boule', in Grenada we play marbles. Even though it may be an import, migrated from England, we have infused this game with our own unique Caribbean flavour and style.

Picture this; the air is still, tensions run high, breaths are collectively held. The shot is lined up, the angle is formed and the 'pitch' is made. A flat, dry, dirt surface, a huddle of children, dirt circles a-ready, marbles within, pitching fingers and thumbs itching... ready for action. (The precise calculations required for success,

taught more about angles than any maths class!) Dejection, elation, admiration, play across faces simultaneously; loser, winner and spectators... A classic playground scene of fierce competition between boys, with a few ambitious, equally talented girls, in the mix.

And what about 'Brown Girl in the Ring'? How many generations has that spanned?

"There's a brown girl in the ring. Tra la la la lah... She looks like a sugar in a plum... PLUM PLUM!"

Little girls standing, arms akimbo, energetically 'winding'; left to right, right to left, when the song beckoned. A girls game? No sireeee! Some smart adventurer, possibly in short pants, would interrupt and put his own jaunty spin on 'showing his motion', to intentionally annoy the girls!



DID YOU KNOW

that Grenada boasts the oldest functioning water-propelled distillery in the Caribbean? Located at the River Antoine Rum Distillery in St. Patrick?

School vacation could mean hours, days, even weeks, spent crafting wooden go-carts, for racing. No one person had all the materials. The entire neighbourhood had to be canvassed, visits to uncles, aunts, neighbours and classmates, were essential. When the 'vehicle' was finished, it was almost community property, everyone taking turns; driving and pushing, pushing and driving; and plans galore were made for future sets of wheels, when adulthood was reached!

Truth is, that now our little Spice Islanders could definitely spend more time in the front yard, and less in front of a screen! However, our culture still demands that weekends and holidays are family time, very often spent on the beach.

Games, like the all time favourite Tug-of-War,

become twice the fun as damp sandy surfaces level the playing field for either team, resulting in a riotously amusing occasion for spectators and participants, of all ages. Cricket, lovely cricket, has to be on the agenda of course; with bats fashioned from dried coconut branches and wickets from dried tree stems. Fielding the ball, often means a mandatory swim, because 'sixes' have to go out to sea. And it's Grenada, so everyone is an umpire once the game starts rolling.

Oh boy, what games we played when we were young... 'The Way it Was', can still be seen and enjoyed throughout our island. If you would like to join in, then please do! There is always room for another player or observer.

Happiness shared is a joy multiplied!

Boyz Lime ...King Coconut

You really can't think of the Caribbean without thinking coconut palms, right? However, we cannot claim ownership of their origins, as coconuts in the Caribbean are said to originate from the East Indies. Their history being totally enmeshed in trade, colonization and migration, but we are very glad that they are now totally settled and at home on our side of the globe.

Arguably, It's a fruit, a nut and a seed! And it is our honour to introduce you to; the multi-faceted, multi-dextrous, multi-dimensional, plethorically-useful... wait for the drum roll... COCONUT! (Yes we did make up those words – don't bother to check ;)

Fittingly, let's start with our stomachs. Here,

in Grenada, coconuts are an integral part of local cooking. For instance, there are bakes and there are coconut bakes – like, there's sparkling wine and there's champagne! A no brainer, right?

Your choices: Water or coconut water, curry goat with milk or cream? :(or with coconut milk & coconut cream :), a pina-colada without coconut is nada. And oil-down (our national dish), without coconut milk is just plain - 'down!'

By the way, do you know what a dried coconut looks like, before it arrives on the supermarket shelf? Well we didn't, not all of us anyway. Take a peek! Extracting it from its woody looking, internally fibrous large outer



Coconut Oil

Ingredients

Approx. 5 Coconuts; Water to cover

Method

Grate coconut flesh, or chip into small pieces and place in food processor with water.

Once coconut is grated/processed, place in mixing bowl, fill with water and wash to get coconut milk.

Strain the milk to remove coconut flesh.

Place milk in pan and bring to boil stirring occasionally. The fat will separate from other liquid content. Continue the boiling process until the residue of coconut flesh, which was in the milk, turns golden to dark brown and the remaining liquid has become oil.

Strain the oil with a sieve to remove the coconut residue.

Use a clean piece of muslin to re-strain the oil.

Pour into clean bottle/container and use as required.

coating, is the initial step in commencing a whole bunch of processes, for a multitude of end results.

How do we get to the eating & cooking stages? With hard work, hand-me-down wisdom and some memorable 'ole talk', to help the process. The chipping, grating, squeezing, blending and more, of the coconut flesh, is the genesis of any number of mouthwatering concoctions. And that outer husk and the palm leaves are also not disposable items. We kid you not! From scouring burnt pots, to fashioning cricket bats and little coconut hulled vessels, this multi-faceted fruit & nut marches to the beat of any number of creative minds.

Let's talk about coconut oil & making it. The production of it is yet another special product of our very own Caribbean fruit/nut diamond. See the recipe right here.

To talk about Coconut Oil? Turn to page 26, Girlz Lime. See how King Coconut abdicates, and in this instance, becomes Queen!

DID YOU KNOW

that Grenada has two International Drag Racing events each year, held at the old Pearls Airport strip, which attract in excess of 4,000 spectators to each event?



The Aquarium RESTAURANT

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Located in the heart of the elegant Camper & Nicholsons Port Louis Marina. Victory Bar & Restaurant is open every day for breakfast, lunch, snacks and dinner. Fresh fish, certified Angus steak and probably the best thin crust pizza on the island. Happy hour daily from 5-6pm. Slow Smoked Texas BBQ every Friday night. Live music on Saturday night. **Open from 7.30am until late 7 days a week.**



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at
CALABASH
GRENADA

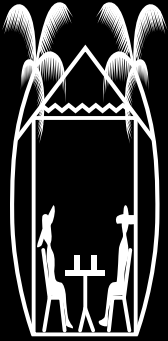
Lunch is served between 12 noon and 4pm. Tapas bites and cocktails available from 11.30am to 6.00pm everyday.



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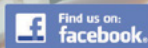
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Girls Lime ...Queen Coconut

Allegedly, Cleopatra bathed in milk & honey and Mary Queen of Scots in red wine. Greek mythology has it that the goddess Aphrodite consumed seaweed, resulting in her flawless skin, luxurious hair, and sparkling eyes.

Fact: Women through the ages have always taken beauty 'seeeriously'. And that status quo remains in tact. So keeping our promise from *page 19*, let's talk about coconut oil; now hailed as the last word in beautifying skin, hair and even assisting with oral hygiene! If 'coconut' is king, should we say 'coconut oil' is queen? We'll let you decide.

It's like a nut fell off a coconut palm and BAM!

We won't be bad sports and recall the times when we were told that it was the worst thing

you could possibly contemplate forcing on your body – bygones are bygones :) We are just so happy that the coconut's halo is rightfully back in place, and shining ever so brightly.

Here in the Spice Isles, not too too long ago, some households wouldn't dream of buying oil for cooking. TGIF was about grating coconuts – apparently this process was the fun part, and resulted in innovative home made graters, so that all grater owners could participate! The result of this Friday evening task? Enough oil for use in the week ahead! Making the oil? Apparently a skill handed down to each generation.

Uses were varied; coconut oil and Vaseline to calm unruly hair, coconut oil and cocoa butter to lubricate your skin, warmed or freshly boiled



DID YOU KNOW

it takes approx. 7 years from the planting of a coconut palm sapling to a fruit bearing tree? Why you shouldn't park under a coconut palm? Because the tree bears fruit all the year round and so both young and mature coconuts can be growing on the palm simultaneously – which means one may be ready to drop at any time!

coconut oil with a camphor ball and rosemary, applied to relieve asthmatic wheezing! You can just imagine, little ones went to school shining from head to toe, and smelling good enough to eat! So in truth, the step from the pot on the fire, to any number of cosmetic applications and skin care products, is not the quantum leap it may currently seem.

Here are a few accepted uses for coconut oil. Don't worry, we have tried a number of these using our locally produced organic coconut oil. Make sure to take a bottle or two home with you.

- **You can use it to:**
- **Shave your legs & elsewhere!** (Be careful not to slip on it in the shower).
- **Remove eye makeup** (Including 'long wear'

products).

- **Add shine;** by smoothing a small amount on ends of hair or fly-aways.
- **Make a body scrub;** add sugar or salt to half a cup of coconut oil (add your favourite essential oil) and mix.
- **Whiten teeth;** oil pulling - swishing coconut oil around in your mouth for several minutes, has been found to whiten teeth.
- **Make deodorant;** mix 1tbsp of cornstarch, 1tbsp of baking soda, and your favorite essential oil with 1tbsp of coconut oil and rub into your armpits.

Why not try making your own coconut oil? See page 19. By the way you don't have to make it on the beach. We were just showing off c'os everything is better outdoors, when it's sunny, in the shade of a coconut palm.



Grenada, Carriacou & Petite Martinique



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Look Who's Cooking

...Grenadian Delicacies

We 'season' (marinate) everything here in the Spice Isles! Inhale deeply, the smell of the seasoning alone makes your mouth water... seasoning peppers, garlic, chive & thyme, onions, shado beni... chopped and crushed, peppercorns and spices.

The history of Caribbean cooking and seasoning, is a subject of never-ending fascination. It speaks to the resilient and resourceful nature of our people, and the innate human ability to adapt and survive. Some of this culinary dexterity has been attributed to having to find innovative ways to make what used to be called, '**poor mans food**', edible. It is said, that scraps from the tables of plantation owners, were transformed into meals fit for kings, mostly with the aid of copious amounts of seasoning and a good helping of imagination! Some of

these have now been catapulted into the realm of much sought after delicacies, internationally, as well as right here in Grenada.

You'll be surprised at how many of these you have your own culinary equivalent for.

Take a look with us:

Sea Egg (Sea Urchin): We would have to call this our islands equivalent of caviar. The golden roe is not as expensive, but just as much a luxury item in terms of actually getting your hands on it. Skilled local divers harvest these and may sell them along the beach. If they are roasted, you can eat them as you buy them or, you can take them home – scoop them out of the shell and add your desired **seasonings**. You won't easily find these on any restaurant menu.



DID YOU KNOW

that a conch (lambie) can live up to 40 years? They mate approximately 9 times per year and the female conch lays an egg mass of 500,000 eggs! Only one out of the 500,000 usually reaches maturity at 5 – 7 years.

Land Crab: You will see crab for sale, along the Grand Anse to St George's Town, main route. Before we cook our local crabs we feed them with various plants and fruits, like mangoes, to make sure the meat is good for consumption. We even scrub them and shave their legs (not with coconut oil)! Crab and dumpling, our favourite, is serious limin' food and may not appear on many main-stream restaurant tables. You are more likely to find stuffed crab back, we guess you would call this our version of dressed crab or lobster, with a bit more panache, and a lot more... yes, **seasoning...**

Tania Log: Complete misnomer! It's actually made from the root vegetable tania and it's not a cake, a bake, or anything at all to do with the oven. The closest international equivalent would be porridge! Take note though, this is

not necessarily a breakfast food. They say it's an integral part of any weekend 'boyz lime', at which time it is credited with attributes important to all elements masculine!

Lambie: You will find this on the majority of island menus, it's the meat from sea conch. The conch's home is the pretty, large size pink shell, you may see along the beach, or for sale. You may think of snails, but it's not the same type of texture at all and doesn't require quite as much garlic! Naturally, we **season it too** – it's best enjoyed when tenderised before cooking.

No, it's not that we forgot, but we want to leave the fun of explaining callaloo, oildown, roti, pelau, saltfish souse, titerie and more... to the many new friends you are going to make on this visit.

Look Who's Cooking

THE FOOD FAIR



Wheels & Meals



Yup that's us, the wheels that help make things turn after 51 years and counting, at the Food Fair Supermarket on the Carenage, St. George's. We hope you've visited the Carenage by now; it's beautiful and it's eye-candy for us every day.

If you haven't stepped inside our supermarket yet, then please do. Whether you're doing some serious food shopping, or just want to stock up on a few choice locals snacks or confectionery, some locally produced honey, coconut oil or rum, as a reminder of your visit to Grenada? We're the place!

Are you coming? Don't worry I'm not one of those obstinate, cantankerous sorts, whose wheels always turn in the opposite direction to the way you want to go. I'm very pliable, as long as you don't touch my ticklish spots – c'os then, I go weak at the nuts and bolts.

We both have a lot of regular visitors; it seems **Once a Food Fair Shopper, Always a Food Fair Shopper!** They say it's a combination of the variety of products we offer, the attention we pay to providing great, fresh, local produce, and our prices. Can't be bad? We're guessing that when you've been around for over half a century, like we have, one of the rewards is having loyal farmers, producers and manufacturers who, after decades around us,

want to make sure that we get the best, so that you get the best! Hey, I'm a bona fide walking - no, driving - advertisement.

Well, it's not false advertising, so I'm backing you up on that one. No pun intended. Even the farmers who supply us shop with us, probably not for their own produce! But they like that we have such a large variety of brands and products, so they send their



wives to do the Saturday 'drive' through with me, trolley-belly at the ready. Apparently, our 'in house' brand Shurfine, is very popular and cost effective. It has its own brand of things like; cornflakes, ketchup, oil, pasta's... well, basically everything from detergent to ice-cream!

Neither of us can get up the stairs to the **New Nutmeg Restaurant** above the supermarket, but trust us, they come down to us all the time to make sure they have whatever they need for the menu. You should take a peek, we hear the rum punch is the bomb! Not that we drink and drive!! After all, we're here to serve, so someone has to make the sacrifice and we don't want it to be you!



People love me, they say I'm a breath of fresh air, literally! Plus, they have to carry all the stuff they loaded you up with, to catch the bus back to their holiday apartment or home. I love taking them to and from the bus station, makes life easier all round and that's what I'm here for. Plus, the view of Town, from the crest of Market Hill is the best! But if the store we have in the Grand Anse Shopping Centre is closer for anyone, we won't take it personally.

I gotta go boyo! My service is every half hour. Wheels a-rolling!!

I'll bring you some company to push you around, when I get back! They say at least a third of our customers use me, a good 'raison d'etre', from my viewpoint. I'm sure even more use you!

Don't they say 'one hand can't clap?' We're a team, you, me and



Wheels & Meals!

Catch you in the fast lane!!





Coconut Bake & Saltfish Souse

COCONUT BAKE INGREDIENTS

- 2 cups Purity Flour
- 3/4tsp Salt
- 2tsp Baking Powder
- 1oz Shurfine Margarine/Butter
- 3/4 cup Grated Coconut
- 2tbsp Sugar
- 2/3 cup Water (or substitute half/half with Coconut Milk)

METHOD

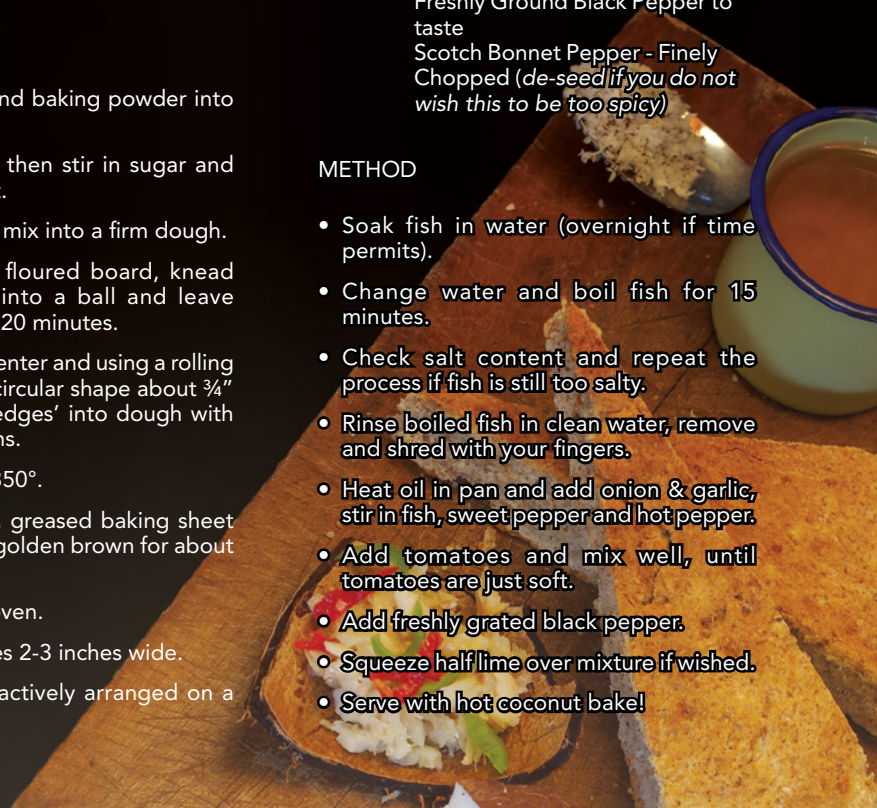
- Sift flour, salt and baking powder into a bowl.
- Rub in the fat, then stir in sugar and grated coconut.
- Add water and mix into a firm dough.
- Turn out onto floured board, knead lightly, shape into a ball and leave covered for 15-20 minutes.
- Press into the center and using a rolling pin, roll into a circular shape about 3/4" thick. Mark 'wedges' into dough with fork perforations.
- Heat oven to 350°.
- Put onto a flat, greased baking sheet and bake until golden brown for about 20-30 minutes.
- Remove from oven.
- Cut into wedges 2-3 inches wide.
- Serve hot, attractively arranged on a flat dish.

SALTFISH SOUSE INGREDIENTS

- 1/2lb Salted Cod Fish
- 1/2 cup Tomatoes - Chopped
- 1/2 Onion - Chopped
- 1 clove Garlic - Finely Crushed
- 1/2 Sweet Pepper - Chopped
- 2tbsp Shurfine Virgin Coconut Oil or Olive Oil
- 1/2 Lime (Optional)
- Freshly Ground Black Pepper to taste
- Scotch Bonnet Pepper - Finely Chopped (*de-seed if you do not wish this to be too spicy*)

METHOD

- Soak fish in water (overnight if time permits).
- Change water and boil fish for 15 minutes.
- Check salt content and repeat the process if fish is still too salty.
- Rinse boiled fish in clean water, remove and shred with your fingers.
- Heat oil in pan and add onion & garlic, stir in fish, sweet pepper and hot pepper.
- Add tomatoes and mix well, until tomatoes are just soft.
- Add freshly ground black pepper.
- Squeeze half lime over mixture if wished.
- Serve with hot coconut bake!





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



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Look Who's Cooking



...A Sweet Story!

Ok let's face it, we all love chocolate. It's our best friend on our worst days, and a great companion on good ones. Affectionately known in the scientific community as the *Theobroma Cacao*, and even more fondly known to the rest of us as 'Delicious'.

Cocoa is famous for its long history in trade and its health benefits as a 'superfood' that's good for everything! Ever a prized treat, we still enjoy all of these properties today, albeit that cocoa has gone through numerous refining processes, which have produced many of the chocolate delicacies we hanker after today.

You can find a sample of Cacao's history, in the Americas and

Grenada, on a number of cocoa inspired products, which are packaged and waiting for your enjoyment in the House of Chocolate on Young Street; nestled in the historic town of St. George. Unlike the Ginger Bread House in the Hansel & Gretel story, everything here is not edible. However, we can guarantee you a similar 'kid in the candy store' feeling, whilst you explore the deliciously 'dark side' of Grenada in **The House of Chocolate.**

"When anyone walks into the store you hear 'mmmmm aaahhhh', and see automatic smiles. It's that mouthwatering cocoa smell that just makes you instantly happy," says Magdalena Fielden, the visionary behind House of Chocolate, with a huge smile of her own.

"As the coordinator and founder of the Grenada Chocolate Festival, it's obvious that I have to love chocolate, but more importantly I looove **Grenada's chocolate.** Combining this love with my passion for history and art, and a long time desire to have a museum, I thought "wouldn't it be great to have a 'cocoa museum?' A place to eat, drink and buy chocolate to take away?" Just like





that, the House of Chocolate was born.

The tours in particular are fun and very informative. After one, our guests can't wait to try the chocolates and take some home with them. It's no longer a worry wondering how we will keep the museum going, it pretty much sustains itself; on chocolate money!

We have a wide variety of ethical cocoa products here in Grenada, made from our local cocoa beans, obtained in fair trade agreements with our local farmers. We are also passionate about getting the young people interested in cocoa and production, as we don't want it to become a dying art. When you visit us, you will see lots of chocolate confectionery and other baked chocolate treats. As well as cocoa balls, cocoa butter, chocolate hot sauce, cocoa skin creams, cocoa liqueurs and even jewellery. It's a whole cottage industry, which has further developed as a result of the House of Chocolate and the Chocolate Festival.

My favourites? Hmm let's see... this all started with the Chocolate Festival, where I fell in love with Grenada Chocolate Company's 82% chocolate bar. I also love the cocoa nibs from Jouvay Chocolate, as well as the Organic Drinking Cocoa from Crayfish Bay. Belmont Estate makes a chocolate goat cheese; that's incredible, you just have to try it. Ok ok, I admit I love almost everything and anything that's chocolate! And **once you go dark, you can't go back!** Especially when you experience Grenadian dark chocolate, you seriously can't go back to the milk chocolates.

Well, maybe diehards can!!!

We also make a delicious cocoa tea here, with a scoop of ice cream instead of milk! It's one of our best sellers, would you like to try some?" Would we!

"The House of Chocolate is for everyone. Both residents and visitors can come and learn more about Grenada's cocoa and its production; understanding more makes us really proud of our local treasure.

Tree to Bar or Bean to Bar is the craze now, especially because the process of producing chocolate all in one place is so rare. Here in Grenada, you can experience the entire process, from picking the beans to making your own chocolate. The biggest joy is hearing the international chocolatiers say **'Wow, Grenada's chocolate is so amazing!'**

I am very pleased with the way the House of Chocolate has turned out; so colourful and rich in content. There are still a lot of ideas we have to put in place, but until then we are looking forward to welcoming you to our slice of **Chocolate Heaven!**"



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House of Chocolate's Cocoa Tea with Grenada Nutmeg Ice Cream

INGREDIENTS

2-3 Servings

- 2 small Cocoa Balls
- 3 Cups Water
- 1 Cinnamon Stick
- 1 tsp Ground Grenada Nutmeg
- Coconut Milk (optional)
- Choice of Evaporated, Condensed or Almond Milk
- Sweeten to Taste

METHOD

- Bring the 3 cups of water to the boil rapidly.
- Add spices to the boiling water.
- Drop the 2 cocoa balls into the spiced water, stir until melted.
- Leave mixture to simmer for 7 – 10 minutes.
- Strain liquid directly into mugs.
- Add choice of milk and sweetener to taste.
- Add scoop of ice-cream to each mug and serve immediately.



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- Airport
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- Hospital
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- Police Station



12 07' N, 61 40' W, 3 44 sq. km



Grenada, Carriacou & Petite Martinique

St. George's Town

Grand Anse to Point Salines

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FOOD FAIR (PAGE 77) | **Guardian Group** (PAGE 39) | **VICTORY** (PAGE 76) | **YOLO** (PAGE 21) | **FIRST IMPRESSIONS LTD.** (PAGE 61) | **COYABA** (PAGE 29) | **VENUS** (PAGE 28) | **GRAND ANSE BEACH ESCORT RESTAURANT** (PAGE 33)

Carls SUSHI | **REAL VALUE SUPERMARKET** | **umbrellas** | **Sangria Restaurant Bar & Lounge** (PAGE 46) | **WAVECREST** | **Dubs** (PAGE 31) | **The Beach House RESTAURANT** (PAGE 24) | **The Aquarium RESTAURANT** | **Maca & Bana** (PAGE 20) | **COLOMBIAN EMERALDS INTERNATIONAL** | **DUTY FREE** (PAGE 84) | **EXCEL PLAZA** | **Century 21** (PAGE 74) | **CK Super Valu** (PAGE 45) | **INSIDE COVER** (PAGE 66) | **INSIDE COVER** (PAGE 74) | **MAURICE BISHOP INTERNATIONAL AIRPORT** | **UNIVERSITY CAMPUS** | **TRUE BLUE BAY** | **PRICKLY BAY** | **L'Anse aux Epines**

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Page Numbers on Map: PAGE 69, PAGE 78, PAGE 81, PAGE 43, PAGE 68, PAGE 76, PAGE 21, PAGE 61, PAGE 46, PAGE 32, PAGE 70, PAGE 25, PAGE 29, PAGE 28, PAGE 33, PAGE 31, PAGE 87, PAGE 59, PAGE 47, PAGE 24, PAGE 20, PAGE 84, PAGE 66, PAGE 74, PAGE 45, PAGE 22, PAGE 30, PAGE 42, PAGE 23, PAGE 93



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Sister Isles Lime

It's carnival season in Grenada however, the weekend culminating with the first Monday in August also sees our Sister Isle host her own culturally colourful event; The Carriacou Regatta.

Having started as a local workboat race back in 1965, in 2015 the Regatta celebrated its 50th anniversary. This event, and others held across the Grenadines and Windward Isles, reflect the importance and devotion of our people to seamanship and boat building. These specialist skills are attributed to the Scottish and Irish ancestry of the Sister Isles, where boat-building still occurs using the traditional methods. When you visit Carriacou, do try to visit Windward, you may be fortunate enough to actually see a vessel in the making. It is a source of great pride that many locally built boats, from small fishing sloops to large trading schooners, can still be seen in Carriacou waters.

Workboats, the erstwhile race boats of the Regatta, are exactly what you would surmise. Boats which work for a living, beautiful in their own right, but not 'trophy' or 'show boats', although great pride is taken in their appearance. They are most often working fishing boats, powered by sails and a knowledge of the wind and ocean currents; contributors to the livelihoods of individuals and families, sometimes spanning several generations. The importance of passing on such seafaring skills and traditions to the younger generation, is acknowledged by the inclusion of junior class racing during the Regatta, featuring Lasers and Optimists.

The week leading up to, and the weekend of the Regatta, see an influx of visitors from Grenada's mainland and much further afield. Sailing in, to compete in the series of events,



DID YOU KNOW

that the Carriacou Regatta Committee was established in 1965 by the late Linton. J. Riggs, a Jamaican born yachtsman, who settled here in the early 50's?

are skilled mariners from Grenada, Petite Martinique, Antigua, Bequia, Canouan, Mayreau, Martinique and St. Vincent. The competition is fierce, and each island's pride, equally so. Colourful tapestry indeed! The event also attracts competitors from around the world, with racing boats, sailing boats and yachts. Sea-faring skills are appreciated on their own merit, and it is refreshing to see that they do not include the boundaries and prejudices that can be apparent in other aspects of life and human co-existence.

If you're a landlubber, although the spotlight remains on the boats and racing, shore-side activities abound throughout the Regatta weekend.

Traditional inclusions are: The Miss Aquaval Pageant, the Greasy Pole, Maypole Dancing,

Donkey Racing and Tug of War... and of course evening entertainment, including great local dishes, and drinks galore. Take the opportunity to get acquainted with 'Carriacou Jack!'

In recent times, the additional parties and shows by local and visiting artistes, have attracted scores of young people, and brought a welcome extra element to the Regatta. However, the heartfelt wish of our tri-island nation is that, whatever changes progress brings, they do not eclipse or replace our historic culture and traditions. We want these to remain highly valued, playing an integral part in our future development, and never becoming a distant memory of the past.

We wish our Sister Isles future success and growth with their Annual Regatta Celebrations. All in all, an unforgettable limin' experience!



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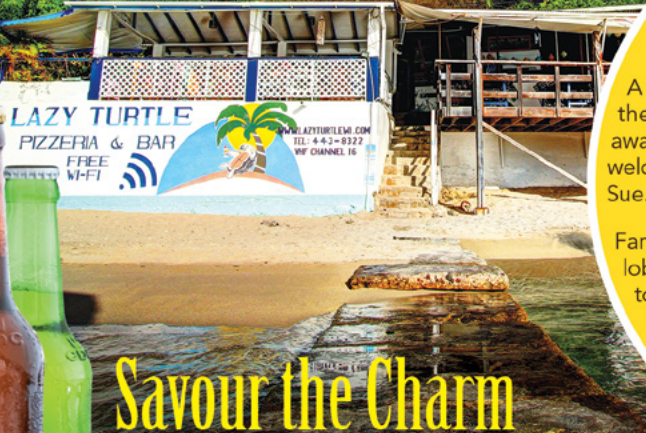
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Tombstone Festival

...A Living Tradition of Petite Martinique

They loved each other most of their lives.

He was five when she was christened; she was months old. His sister was her Godmother, and he wanted to hold the baby, so they sat him down and put her in his arms.

When she was twelve, he promised to marry her; he did, when she turned eighteen.

Sixty-eight years, ten children, thirty three grandchildren and eighteen great-grandchildren later, she left this plane. He was devastated; two years, two weeks and two days later, he joined her. They were the perfect example of a happily married couple. Our parents, Conrad Cyrus Roberts and Cora Ollivierre Roberts.

After their deaths, we decided to follow the custom of our homeland, Petite Martinique, by performing all the rites of a traditional

Tombstone Festival. The chosen day arrived, the culmination of one year of planning. Family and friends from all over the world came together, to celebrate their memories with us.

Three days prior to the festival the bedroom is prepared for them; white sheets are used to make the bed. It is adorned with colourful bougainvillea and the headstone rests in its place, in the middle of the bed. To the left of the stone; a replica of one of Daddy's ships is placed, to the right, lies his faithful violin.

On the day before the event, preparation of the Saraca and the 'Parents Plate' begins. A pig, two goats, and ten chickens are killed, they must come from Petite Martinique. No garlic will be used to season the meat; it is considered bad luck.



Before six o'clock on the morning of the fest, members of the family gather to perform 'libation'. Armed with Jack Iron rum and water, first they wet the tombstone, then the North, South, East and West of the house, and then the area where the cooking will take place. Of course, some has to be drunk!

The first thing to be cooked is a huge pot of rice porridge. After a cupful is taken out to put on the table prepared for the 'Parents Plate', it is eaten by all and given to everyone visiting the home, during the preparation of food. The rest of the menu is: stewed pork, chicken and goat; rolled rice, rolled coo-coo, sweet potatoes, green bananas and yam. Whilst the cooking is in progress, 'The Barrel' is being prepared.

Our father was a renowned Sea Captain, who taught navigation to many of the sailors in the

region. This reputation and skill qualified him for the ritual of 'The Barrel'. A barrel is rigged like a ship, with a mast, riggings and a flag. During the ceremony, members of the family (four at a time), take turns banging the barrel, whilst sea shanties are sung. This goes on throughout the night, until the barrel is broken.

All night long, food and drink are served, whilst the traditional Petite Martinique String Band plays music.

At six the following morning, the headstone is removed from the bed and taken to the cemetery.

The Tombstone Festival is over. Our parents final resting place together is marked.

Dedicated by Sherron Roberts.



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Pure Lime

...Pure Grenada

'Pure' is the Greenz buzz word.

We hope you will have grasped this from the authentic island experiences we have for you to enjoy.

Pure Grenada, Pure Adventure, Pure Sailing, Pure Romance, Pure Grenada Music Festival... should we go on? Before all of these were coined, the Spice Isles were always a 'Pure Lime', in all senses of the word.

Refreshing and uniquely unadulterated; that encapsulates our whole island experience. What you see is what you get! What you get is the 'real deal'. We really want to keep it that way, for your enjoyment and ours.

If you're taking a good look around, you will see how much unspoilt natural beauty we are

blessed with. It's up to us to remember that we are the keepers and preservers of this treasure, especially if we want it to stay 'Pure'.

Having gained a better understanding of the repercussions of disturbing the equilibrium of our eco-systems, we realize the smart thing for us to do is to embrace education and initiatives, which are teaching us about the consequences of our actions in 'real terms'. 'Eco' is big on the global agenda. Naturally, it is also of primary concern on our small island home. The Spice Isles have been the recipients of welcomed interest and practical programmes, from organisations dedicated to conservation and climate change initiatives.

Our little ones are included in the learning process, for them we are determined to establish an eco-legacy, that will be sustained,



Pure unadulterated fun; in the water and on land. The biggest worry being; who has the best pretzel like contortion as they leap off the jetty into the cool, clean, aquamarine ocean, with healthy reefs, fish, and shorelines – a totally Pure Lime, Grenadian style.

we hope, into the long-distant future.

Our rainforest, mangroves, marine parks, estuaries & rivers, sulfur springs, lionfish, giant leatherback turtles, Grenadian doves and much more, depend on our basic awareness of the intricacies and interdependence of eco-systems. We don't pretend to be eco-experts yet, so we don't have loads of rules and regulations to impose upon you. But we are willing to learn, just like you are, and none of us have to be experts to know where not to throw our rubbish, how to keep water sources clean, what not to kill or hunt and what we may need to...

Please try to tear yourself away from your favourite beach for a day or two. Explore some of the purely natural wonders which Grenada has to offer, on land and water.

Both agriculture and fishing are a large part of our islands culture, and the main source of livelihood for a significant part of our population. Changes in our eco-systems have affected decisions on how and where to work and plant, for both our fisher-folk and the growers of Grenada Nutmeg and spices, which we are so proud of. We certainly hope that you will take some of our world-class nutmeg and spices home with you. Do also avail yourself of some of the delectable fresh fish dishes on our restaurant menus.

We hope the lessons we are learning and sharing, will ensure that current and future generations of island dwellers and visitors, will be able to enjoy an authentic and pure, Grenada lime.



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decor and live music, or a soft breeze and a brilliant sunset on Grand Anse Beach, it's your decision.

Grenadians have a strong connection with nature, and the art of growing things seems to come naturally. On a shopping trip by taxi, the driver stops suddenly, hops out of the vehicle, picks a fruit and breaks it open. As we continue along the road he passes it around, suggests we taste the pulp around the nut, and asks us to identify it. When



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our ignorance is obvious, he treats us to a delightful lesson on the cocoa plant and persuades us to try the delicious locally produced chocolate.

Whether battling with tropical sun burn, dealing with mosquitoes, jump-starting a sluggish metabolism, or nursing aching joints, there is always someone willing to offer advice on effective homegrown solutions; papaya leaf, honey, ginger or turmeric teas and nutmeg based medications.

Rum, beer, punch, fruit wine and juices are all produced locally and make a great accompaniment to the island cuisine; a full pig roast on the spit at Hog Island, a delectable array of seafood dishes in Gouyave on Fish Friday, or rich "oil down" and filling corn soup after hashing over forested hills to a refreshing river. Make sure to add these open air experiences to your limin' and dining, for a truly memorable time in Grenada!

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Real life in Greenz?

Well maybe not quite, but that's definitely one way we like to lime and, if you choose ever so wisely, to make our island your home, you can also enjoy all of this at your leisure... However, if you are coming to stay a bit

longer, there's also all that other stuff... the somewhat mundane matters which make up the routines of everyday life...yes, even here in paradise!

You may be coming here for your dream destination wedding, vowing to return in the future, or relocating to follow your career path. Or maybe returning 'home', or even an adventurous soul who wants a change of lifestyle and pace... Whichever it may be, the biggest challenge is making up your mind that this is the place for you. You have? Fantastic! Welcome! Now the rest is... mmm, well let's just call it the 'mechanics' and for this, you might need a little help and direction?



DID YOU KNOW

Nutmeg trees are not indigenous to Grenada? They came from the Moluccas, a group of islands in Indonesia, and were first planted on Grenada during the Napoleonic wars by the British.

Who can you go to and what can you expect as you plan, prepare, and take those important steps; getting into gear to make your dream a reality?

“We work to live and don’t live to work”, is one of our favourite Spice Isle expressions. However, the good news for you, is that your island hosts, have challenges with that philosophy. Their single minded mission is to facilitate your attainment of whatever your reason might be, for being our mid or long term guests. It may be as diverse as; having the great pleasure of finding you that dream spot - land for a property of your own design, your ready built dream house itself, or a rental property to suit your needs. And continuing by advising you of access to international

banking services, utilities, furniture, fixtures & fittings, WiFis, cable TV, transportation, the gym, yoga... and anything else you can think of, or may need to know.

We can promise some interesting, edifying and quite possibly, colourful experiences along the way. That’s when you make use of those palms trees and refreshing multi coloured drinks; take the time to exhale and breathe to the smooth continuous rhythm of the waves breaking at the sea shore, recharging your batteries in readiness to continue...

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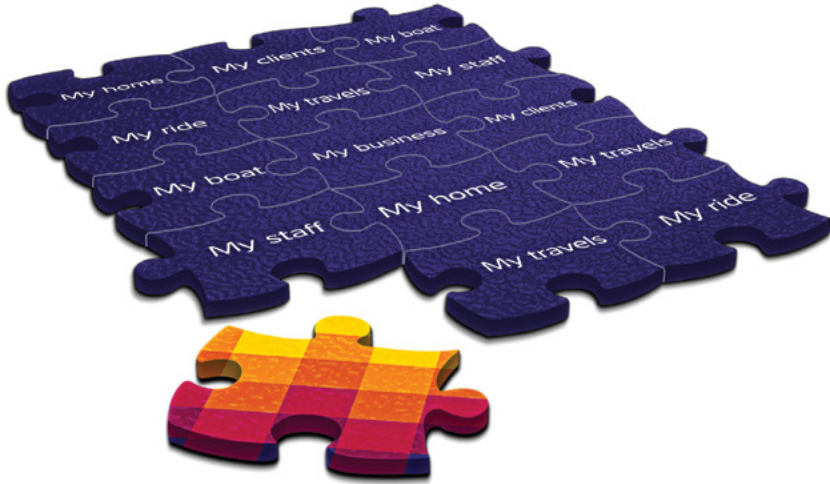
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Lime Gunn ...Shining

Are you one of those people who can't sit still at home, or who just can't sit still, period? There's always something that has to be done, and if there isn't, you can find something to do? To be comfortable doing nothing at all, you have to get away? It's probably a global phenomenon, which is why in most countries there are these constant temporary migrations. A weekend get-away, a mini break... The country cousins come to town and vice versa. We are absolutely the same here in the Spice Isles.

The truth is, many of us are guilty of not having ever enjoyed the most scenic locations in our home towns and countries. When we think of a taking a break, it's; buy a plane ticket, off to the airport and several thousand miles later, you're

here with us in the tropics? Right? We're overjoyed that you are here, and now that you are, we want to persuade you not to stop in one island location for your entire visit.

Grenada has such an interesting culture of 'haves' and 'have nots', as you explore you will see evidence of this all around you. Close to beautifully laid out structures and manicured gardens, you'll see a modest wooden dwelling, with an unpainted corrugated iron roof. No challenge is seen in this diametrically opposed, juxtaposition of lifestyles. The side-by-side co-existence is harmonious and unquestioning. It's an accepted part of our culture, and tangible proof that we understand the strata and layers which make up life in general, and life in the Caribbean in particular. We are proud to say



DID YOU KNOW

Westerhall Estate, St. David, has a small museum comprising the eclectic collection of the Grenadian journalist Dr. Alistair Hughes (1919–2005)? This includes old rum bottles & labels, Carib artifacts, a World War I Maxim machine gun and a 1915 Willys Overland Automobile.

that some of the greatest minds and talents of the Spice Isles have come from such humble origins. It's a truism that the real litmus test of greatness is what comes from inside, and not the physical or material accoutrements.

You keep hearing us talk about our special people, their friendliness, hospitality etc. and it's true. But what makes the people of Grenada even more astounding, is their ability to overcome and survive adversity, and not let it mar them and their approach to life and others.

How will you discover and savour these nuances? The thought-provoking and awe-inspiring parts of our island and its people? Plan a temporary migration of your own, whilst

here. We're only 23 x 12 miles square, and the road system is easy to navigate.

If you wish to take your time and explore, away from your 'home base', there are accommodation options available, for short or long stays, and there will be something to suit your pocket. What do you need? Hot tubs overlooking our stunning southern coastline, pretty wooden chalets with brisk Atlantic breezes? Fully equipped self catering, minutes away from Grand Anse beach, or even a Rum Connoisseurs Dream, hidden in the the cool interior of St John and a few minutes away from the home of Fish Friday? We can do that!

And that's before you touch the Sister Isles, which you should also seriously consider.



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Shaken & Stirred

...Beverage Nirvana

When do you find the bark of a tree in a glass, 'bush' in the kitchen, leaves in a cooking pot, roots in a blender, grass cut with a knife and seaweed in fresh water?

When they are; dried, shaken, peeled, steeped, soaked, boiled, crushed, blended and mixed, to produce beverages worthy of waxing lyrical over, and the main lubricant for many hours of limin' talk!

In childhood days, this 'art form' was revered as "bush medicine" and inflicted upon unsuspecting innocents, in advance of any mishap that might take place. Basically, a form of pre-medication. However, in vivid childish memories, the tastes of such pre-remedial beverages were tantamount to the premeditated use of torture apparatus, dispensed with parental, or grand-parental

glee, on unsuspecting victims!

The measure of a good bush medicine, or euphemistically named "bush tea"? **'The bitterer the better!'** That's good Grenadian logic right there. Nothing so bitter could possibly be unhealthy.

On that note, please allow us the liberty of introducing you to these less ornamental, but totally equal, counterparts of our pretty island cocktails. Grass, bush, tree bark and, what may look like old straw; categorized as aphrodisiacs, cleansers, medicines, stimulants, relaxants and more; the land and seas natural gifts to **Beverage Nirvana**.

Mauby Bark. Sea Moss. Cinnamon. Mint. Bois Bande. Ginger. Aniseed. Fever Grass...

"Bois Bande"; or "Hard Wood". No, don't



DID YOU KNOW

that Lemon Grass is also known as 'Fever Grass' and is commonly used to reduce fevers and for the treatment of the common cold and coughs? Research has even shown that it contains components which can aid in the fight against cancer. It flourishes in Grenada's climate.

ask! There are so many tall tales and claims of special prowess and powers surrounding this insignificant looking tree bark – all somehow having to do with the additional element of it being soaked in rum! No surprise there!

Mauby; this refreshing and popular drink - for many an acquired taste - is made by boiling a specific buckthorn bark with sugar and a variety of spices, cinnamon, cloves and anise are usually included. It has been credited with 'cooling the blood' and lowering high blood pressure... Other special properties apply, as always!

Sea Moss; a marine vegetable, sourced from the ocean, harvested and sun-dried. This innocuous looking dried sea moss/algae is a veritable elixir of vitamins and minerals, most notably potassium, calcium and magnesium. You're not going to believe this, but boiling

cleaned sea moss in water, milk and spices etc. (rum added, of course), also comes with stories of aphrodisiacal properties, with momentous results! We can't swear to it, but what better place to prove whether it's true or not than our paradisaic Isle of Spice? That's one way to take home a little piece of Grenada!

No, we are not for one minute saying don't drink the the scrumptious cocktails of rainbow like appearance, or crystal clear liquidity; just letting you know that in Greenz, there is more in some 'mixes' than meets the naked eye.

Oh, you don't drink any bushes or leaves? What's that floating around in your cocktail then?

Aha, that's when a bush is not a bush and a leaf is not a leaf? We get you!!

*Please see publisher's note on page 5

Shaken & Stirred



**PRICKLY BAY
MARINA**

*“Today &
Everyday”*

You'll only ever have to call Prickly Bay Marina by its full name once; that will be because YOU haven't made its acquaintance yet. Once you do, it'll be plain 'Prickly', and everyone will know exactly the happening island spot you're talking about.

If you call it **'The Old Boatyard'**, everyone will still know what you're talking about. In fact, it is a working marina, with a chandlery, water, fuel and moorings. Even an on-site customs office, being an official port of entry for yachts on the south-side of Grenada.

During the day-time, you can be forgiven for thinking that the pace is somewhat sedate. And you'd be right if you concluded that it's something of a **cruiser's 'home away from home!'** Some do stay from sun up to sun down. We're glad they feel so welcome!

Bright sunshine, blue waters dappled by sun beams,

boats gently bobbing, the absence of heavy vehicular traffic, all provide a serene calm atmosphere. A great spot for morning coffee, breakfast or lunch, Prickly, plays host to business breakfast meetings, cruisers catching up on email, surfing the net and calling home, and even acts as a mobile office of sorts for entrepreneurial beings of all kinds. Morning Yoga and Tai Chi classes also attract their own followers. It's a bona fide **melting pot**.

The aroma of freshly baked baguettes and the presence of a real French charcuterie and butchers' shop, fittingly called Le Boucher, along with a provisioning store, compels cruisers in particular, not to wander too far. Everything they need is right here.

Restaurant and bar staff may seem to amble slowly in bright





sunshine, but behind the scenes is another matter. Non-stop activity! However, the Prickly day-time magic, is that calm Caribbean, 'soon come' ambiance, and everything is done to maintain that.

As the sun begins to set, this chameleon-like spot sheds its daytime veneer and prepares for the evenings activities. There is no paying of lip service to its catch phrase, '**Today & Every Day**'.

Happy hour(s); could be just one, two, or an entire night, depending on the day of the week. Almost imperceptibly at first, the Tiki bar area fills up and then its just buzzing. The regulars, cruisers, after work limers, stay-at-home mums or dads, expats, visitors and island residents, assemble for a beastly cold beer. Old friends catch up, new friends are made. There is no certain 'type' of clientele, no certain age group,

no certain race or colour or profession! It's a **veritable cultural callaloo!** Early drinks often end up rolling smoothly into trivia night, half price pizza, taco night...

BIG Bingo Night on Wednesdays, has all its own character, and a serious array of personalities, who come to play. Dressed to the nines, or not, it doesn't matter, it never does at Prickly. What does matter, is that it will be fun and outrageous.

Some 'lucky soul' may go home with an additional member of the family, normally one with 4 legs! Come see for yourself. It's **Wednesday night live and direct!**

Friday Night is Party Night. It creeps up slowly, wooing you through the end of happy hour, with the melodic tones of a live steel band, moving seamlessly on to a live band performance and a late night DJ and suddenly, it's way past the midnight hour.

As the evening progresses, it seems as though everyone is here! Foot tappers on the edge of the dance floor, dancers of all ages, shapes and sizes. No one is competing, two steps, intricate footwork, Latin dancers showing off tricks and spins; it's a lime, nobody's worrying what you're doing, so you don't need to either. The bar aficionados, drinks in hand, holding up the bar and making space, when necessary, for the intermittent interjection of a drinks order coming from deeper in the crowd behind them.

In the midst of this flurry of activity, once the music is deemed worthy, the dancing will also be happening behind the bar! Both it, and the dance floor are the focal point of Prickly tonight. Lights sparkle on both, fitting whatever your occasion may be; pre-party & dinner, the **party** and dinner, the **after party**, coming from dinner. Whatever time you arrive, TGIF has Prickly in it somewhere. Trust us!

It really is; **Today & Everyday at Prickly Bay!**





Prickly Bay Mudslide

INGREDIENTS

(1 serving)

1½oz	Vodka
½oz	Kahlua
½oz	Baileys Irish Cream
1scoop	Vanilla Ice-cream
	Chocolate Syrup

METHOD

- Chocolate syrup to decorate.
- Once decorated, place glass in freezer for one minute to fix chocolate sauce.
- Pour all liqueurs and vodka in blender with ice cream.
- Fill with ice and blend.

• Mixology by Mahalia & Saskia



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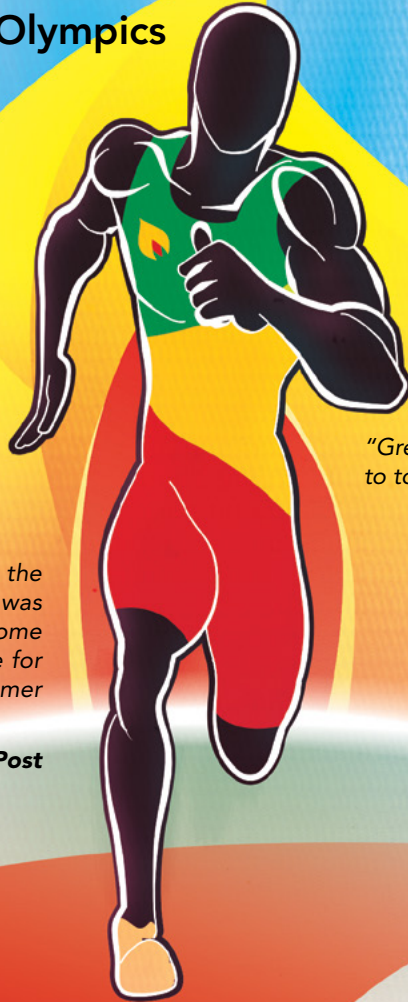
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Pure Grenada

in 2016 Rio Olympics

#1



"Kirani James's silver in the men's 400-meter dash... was good enough to take home the per-capita medal title for the second straight Summer Olympics..."

- Washington Post

"Grenada is top when it comes to total medals per capita."

- Telegraph.co.uk

"We dedicate this page to the Grenada National Olympics Team 2016."

***- AllyDay Creative Projects Ltd.
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Lime & Dine






Grenada, Carriacou & Petite Martinique



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