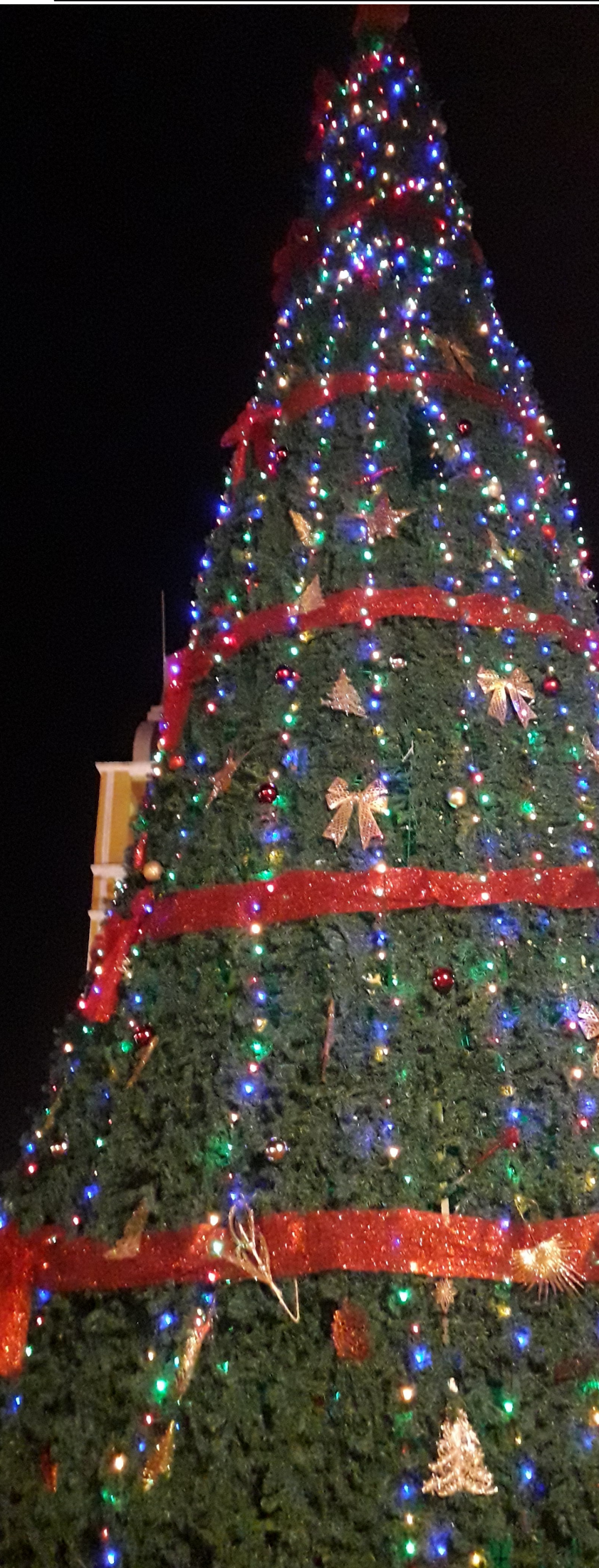




Christmas edition 2019





EDITORS

Sharella Riedel Patrick Scannell

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We introduce to you our 'Made in Curacao' gift certificate. With the gift certificate you will be able to buy authentic Made in Curacao products. With a purchase you are stimulating our economy, talents and investing in our Dushi Korsou. The 'Made in Curacao' gift certificate can be used in over 30 local companies.

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## **T'is the season to be jolly, and to drink sorrel!**



Sorrel, also known as Hibiscus or Roselle in English, is a popular drink around Christmas and New Years. It makes a very festive spicy beverage when combined with herbs. The recipe can change from region to region and even from family to family, with added spices as diverse as cinnamon, orange peel, cloves, all-spice, star anise, bay leaves, and rum. But did you know that sorrel as a traditional drink has its roots all the way in Africa? And that it has a plethora of medicinal uses around the

world today? Sorrel drink is made of the flower buds of *Hibiscus sabdariffa*. There are many names around the world in local languages. In Gabon it is called 'Bissap'. In Ghana 'Sobolo', and in Nigeria 'Zolo', among others. 'Karkade' is a common German name. (In Spanish-speaking countries 'Flor de Jamaica' is usually said, a misnomer, since it does not originate in Jamaica.)

Medicinal uses of sorrel are vast and include lowering fever, cooling of the body (something very much appreciated in the hot tropics), for calming the stomach. With all the eating to be done over the holidays, the stomachic effects would be very welcome to island residents. But take care: sorrel is known to reduce blood sugar, but this effect is quickly canceled with profuse sugar is added to the drink. For best health results, it is best to avoid straight sugar in your sorrel drink. Consider adding stevia. Even Agave nectar will spike the blood sugar less! Disclaimer: herbs have side effects and interact with other medications. Do not attempt to treat disease with herbs without consulting a professional.

## Charzain Jewellery



Try your own piece by ordering at:

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**Artist: Ten Holt**

Try your own piece by ordering at:

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Contact Miss Ten Holt:

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## **A LOOK BACK: CURAÇAO REFORESTATION 2019**

*Hahai no ka ua i ka ululā`au.*

“The rain follows the forest.”

-Hawaiian proverb

Most of us have learned that rain is created by water in the air. In fact, a major driver of rainfall is forest cover: Trees directly allow clouds to build up and rain to fall. The Hawaiians expertly captured this truth, now scientifically proven, in the proverb above. They obviously knew something we didn't.



Left: food forest at planting stage. Right: other food forest at second stage growth. Trees may grow up to full height with careful pruning.

In ancient Hawaii, forestry and agriculture were very much practiced together. In this age of climate change and increasing drought, it is ever more important to increase our forest to bring the rain.

And Curaçao is not standing still: The island has seen a major upsurge in tree-planting in 2019. Several community projects were launched by neighbors, volunteers, and governmental organizations. A small list includes:

- Kunukito di Kas di Bario
- Tiny forest planting in Saliña with Carmabi
- Greening the Desert forest planting
- Trokomata plant exchange at Bloemhof
- Facebook event Local Fruit Tree Planting day in November
- Free plants at the Museum of Natural History Curaçao
- Government-sponsored courses on food forestry from visiting experts
- Mangrove plantings by Stichting Uniek Curaçao



This remarkable increase in tree-planting is well set to continue into the future. Carmabi experts and Greening The Desert are in talks about reconstructing a native forest ecosystem. This will form an important part of global rewilding, one method of trying to mitigate climate change.



*Free trees available at Museum of Natural History Curaçao*

But there are still some questions to be answered about the reforestation. On Curaçao, it is thought that local forests were cut down for ship-building and trade after the arrival of Europeans. Without good records, most experts disagree on what the original forest cover looked like.

There are clues here and there however. With the creation of Christoffel park, human intervention was removed. This has allowed native plants to grow undisturbed. In several years the park may once again be a fully matured native forest if the area remains protected.

Researchers may even find clues hiding within the earth beneath us:

“We can reconstruct past vegetation with pollen samples from the sediments,” says Yoshi Mazumi of UvA, specialist in pre-Columbian land use. “By examining this ancient pollen, we can see what plants grew here for thousands of years!”

It's an exciting time for reforestation on Curaçao indeed. And more is yet to come. The year 2020 is set to kick off with a planting of 100 trees. Greening The Desert and collaborating organizations are now crowdfunding and looking for volunteers.

Interested in donating or volunteering? Go to <https://crowdfundingvoornatuur.nl/nl/projects/greening> to make a monetary donation. To donate a tree, drop them off at the Museum of Natural History of Curacao, on the Santa Rosaweg. For more information and /or to volunteer, like and contact Greening The Desert page on facebook: <https://www.facebook.com/Greening-The-Desert-Curacao-298743104412254/>

Online pages:

<https://www.facebook.com/HofiChiki>

<https://www.facebook.com/groups/1415448252026690/>

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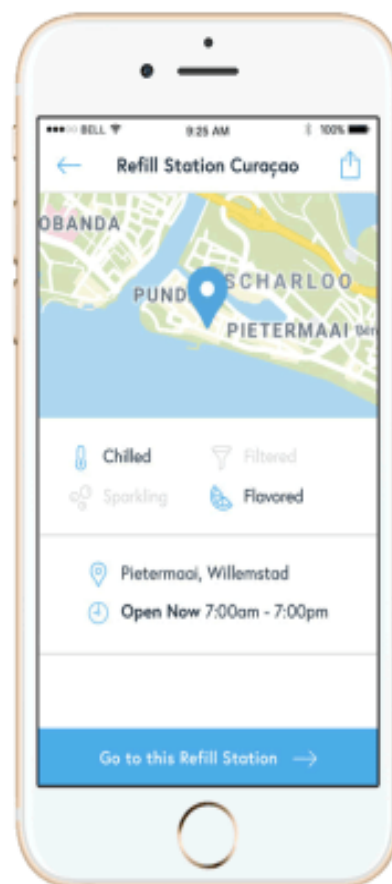
## Easy ways to go plastic free!

Plastic is literally everywhere, and it is not only threatening our wildlife, but it also pollutes our soil and waters by spreading toxic chemicals –yikes, time to go plastic free , It's seems almost impossible to go plastic free entirely, but there are some simple, yet effective hacks to make saying goodbye to plastics easy peasy!

### 1. Never drink plastic bottled water.

Buying bottled water in Curaçao is absurd! We have one of the cleanest tap waters in the world, and remember that bottled water is **less regulated** than tap water; it's usually just filtered tap water for a ridiculous price. The process results in a huge waste of resources to collect water, bottle, and ship it. Worse of all, it results in unnecessary plastic waste that's usually not recycled.

**Instead**, go about your day with your favorite plastic-free isolated refillable water bottle. We recommend **D-bottle** (available at **MomCo** at Renaissance Mall). Having a D-bottle allows you to refill your bottle at many refill locations around the island for free or small fee. Check out their website or download their mobile app to find your nearest refill location.



### 2. Reusable produce bags

People usually buy products on impulse and visual appeal, or pricing comparisons. Most don't even think of plastic before they decide to purchase an item.

Bread, vegetables, fruit often come pre-packaged in plastic and foam in supermarkets, or even worse, supermarkets lure you into using their plastic bags to put your groceries in. By investing in some reusable produce bags, you can upgrade your plastic-free shopping in style!

Always keep a few in your car to make sure you never have to give in to plastic during unplanned shopping trips!

There are many type of bags to choose from.

Choose products which use recycled plastic. Start noticing. Start thinking.

That's all that is required to make better decisions and move towards a reduction in plastic around your home and, by extension, your environment.

## Mesh bags

Mesh bags are great for fruit and vegetables, loose salad leaves (the produce can be washed in the bag) and loose bread rolls. But also non-food items like storing beach toys, toiletries, makeup and washing small laundry items.



## Cotton bags

Cotton bags are great for all the things that mesh bags aren't: powders, grains, big and heavy fruits and vegetables, and even flours. You can even make some yourself out of old bed sheet if you are handy. The advantage of these is that they can be repaired easily, and composted at the end of their life.

## Tote grocery bags

Tote bags are great for all the things that mesh bags aren't: powders and flours. You can even make some yourself out of old bed sheet if you are handy. The advantage of these is that they can be repaired easily, and composted at the end of their life.



To be continued...

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## Introducing The Ripple

Or rather, maybe meet the Ripples? Because there are two of them! The Ripple is the fun-tastic, dynamic duo of Babette and Richard, two vloggers documenting their wonderful journey into building a sustainable home, right here on Curaçao!



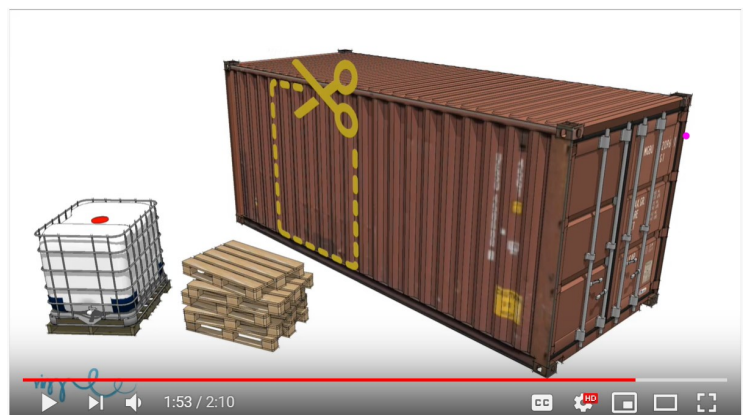
*The Ripple's members: Babette and Richard.*

Check out their youtube channel: they share some awesome tips on how you can create a sustainable living space for *your* holistic lifestyle.

Tips include:

- How to reduce the stress of DIY home building
- How to save money on material
- Creative uses for pallets

... and many more!



The Ripple are currently on their tenth episode. Watch the first episode here:

<https://www.youtube.com/watch?v=6zYJCbyF9to>

To subscribe and see their whole vlog, go to “The Ripple TV” on Youtube:

<https://www.youtube.com/channel/UCHVm6Ubsc01RBQpoUtGgWA>

We can't wait to see what they have in store for us next!

## Accommodation in Curacao



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Show off Otrobanda where ever you are.

The Kucho project took years to materialize. Now it is here for all of us to enjoy.

Visit: <https://kuchodiotrobanda.com>

Use the lower balk to navigate the site. Click on the screen to listen to the Otrobanda stories of Kucho.

Title of the digital book is: Kucho den hanchinan di Otrobanda

It is a project by: Stichting Monumentenzorg.

Storyline by: Laura Quast and Ariadne Faries

Text by: Laura Quast

Illustration: Ariadne Faries.

Manual development by: Rianne Hellings.

Information on history of Otrobanda by: Eddy Baetens.

Digital design: Ace Soares.

Coordination: FMS, Aishel Statie

This project is available for free for everyone and best enjoyed on a pc or tablet.

The main goal of the project is to make children acquainted to Otrobanda, as Willemstad is part of a part of the World Heritage.