

August 2021



ENTREPRENEUR:  
ANGELICA PARRIS

# NOPAL

## THE PLANT OF LIFE

GROWING KÒMKÒMBER  
CHÍKÍ IN HUNGARY



## GROWTH

... is the keyword. Growing our local businesses, growing our own foods for consumption, while diversifying our agriculture and local produce in Curacao.

The past month has brought to the forefront that people love a taste of home, no matter where they go. Therefore, our spotlight this august is on a local crop, kònkòmber chikí (West-Indian gherkin), grown in Hungary.

On this adventure we will meet YDK's living in Slovenia (We are everywhere!) and how kònkòmber chikí

is shipped from Hungary to the Netherlands and Slovenia. We will also look at the potential of a crop well-suited to our climate: the nopal, long a staple food of man and his animal foraging friends alike.

Like the kònkòmber chikí, the worldwide market for nopal is seeing growth as the world switches to sustainable agriculture. Let us seize this opportunity to grow along with it!

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30,261  
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Danki!



## Kònkòmber Chikí (West Indian Gherkin) in Hungary



We, the people of Curaçao, are a collection of nations because of our history. Anno 2021, we are interviewing two local people of Curaçao (YDK) living in Hungary: Irving & Carl. They have adapted nicely to the Hungarian way of life. These guys have been living in Hungary for years now. They do understand and speak Hungarian. It is so great to see and hear them communicating in this language. Interestingly Irving informed us that Hungarian has some words with the same pronunciation and meaning as Papiamentu. (More about that in our upcoming Vlog.)



More fascinating is how Irving arranged to eat his favorite meals in Hungary. The first option was buying some goodies that are found in Holland and take these to Hungary.

However, the buyers became the producers. Irving experimented with planting our local seed of KònkòMBER chikí, in Hungary, and after 1 failed try-out, he hit the jackpot.

Not only did a few seeds sprout, but most did and grew wild as per Irving's design. Up to the end of July 2021, Irving & Carl have harvested over 400 kg of KònkòMBER chikí.

Having more KònkòMBER chikí than they can eat, they have shipped KònkòMBER chikí (West Indian Gherkin) to The Netherlands and Slovenia. (Yes, we have YDK living in Slovenia too!)

Neither Irving nor Carl are primarily farmers (but both did grow up on farms), but they do love to farm (& eat!).

With the action of creating the food they want to eat, Irving and Carl have spread our local produce to the far corners of Europe.

Is Curaçao conquering the world?







**Hongarije** is een land in Centraal-Europa, van noord naar zuid doorsneden door de Donau en grenzend aan Oostenrijk, Slowakije, Oekraïne, Roemenië, Servië, Kroatië en Slovenië. Hongarije is lid van de Verenigde Naties, de Europese Unie, de NAVO en de Visegrád-groep.

Hoofdstad: Boedapest

Inwonersaantal: 9,773 miljoen (2019)

Afstand tussen Hongarije en Nederland: 1.402,2 km

Bron: Wikipedia





## Kònkòmber chikí recipe



Kònkòmber chikí is a typical cucumber variety from the Caribbean. It grows on the ground is round, short and has spines and a tail. This vegetable is great in any stew.

To use: clean the kònkòmber chikí of the spines and tails and diced.

Here are the needed **INGREDIENTS:**

1 kilo kònkòmber chikí	150 grams of pork tail
150 grams of salted meat	1 large potato, diced
1 yellow onion	a little cumin powder
1 tomato, diced	1 bell pepper, diced
a sprig of celery	3 cloves of garlic
1 stock cube	2 tablespoon butter
a small can of tomato paste (70gr)	1 tablespoon ketchup

Melt butter and lightly fry the onion, tomato, Celery, bell pepper, garlic first then include rest of the ingredient and stew.





Potrèt: Tico Vos

**Ced Ride**, outor, kantante, poeta i pintor sumamente konosí i apresiá di Kòrsou laga sosegá.

Cedric Ridderplaat manera su nòmber ofisial ta a laga un kantidat grandi di obranan fabuloso atras ku ta hasi nos kultura mas riku. Ced Ride semper a kanta na papiamentu i esaki a hasié popular riba islanan di Aruba i Boneiru tambe.





## Rèspèt meresí

Ora di nos gran personanan laga nos. Ta na su lugá pa dun'e su rèspèt.  
Kòrsou a hasi esaki pa Ced Ride.

Ku orguyo pa su pais semper Ced Ride a papia e bon papiamentu i tabata sa pone su amor pa su pais den su obranan. Bo por sinti e kaliber di kalidat ora ku Ced Ride a krea.

Sosegá na pas Ced Ride nos ta orguyoso di bo. Danki pa tur loke bo a hasi pa nos.

*Bida: 14 yüli 1944 - 14 yüli 2021*

*Añanan komo artista: 1960 – 2021*

*Kantikanan mas konosí: Navidad sin Padre, Mi Pais, Doktor, Buchi Fil, Cupido, Mi'n Ke Bo Mas, Mama e flor di mas bunita.*



## MANZANILLA Y MIEL

Unos niños de primaria, recorrían el jardín fantaseando; cuando llega una gran mariposa, invitando a ir de paseo por el lugar. A ellos los atrae algún contraste mágico tanto como la suavidad aterciopelada de sus alas. Entonces, ella reposando, con un ala que casi toca el suelo libre campo perfumado; así, ambos niños pueden subir por ese plano inclinado de su dorso, acomodándose cada cual en el ala derecha e izquierda, balanceo sin cesar.

Enseguida la mariposa despega con dicha carga equilibrio infantil, les va contando del país de las abejas y grandioso manjar de la naturaleza. Vivian allá, porque afuera se apestaban, y los niños que no habían vuelto a ver ni una sola abeja, preguntaron en medio del vibrante alateo, si el lugar quedaría muy lejos, a lo que la mariposa respondió, ya estamos llegando.

Era el paraíso, de belleza sin igual, rico en flores de mil colores y olores por doquier, que llenaban de luz el campo con zumbidos de alelí. Acompasaba el coro melódico del enjambre y las abejas todas reunidas allí, de cada cáliz succionando y en cada pétalo estacionando. Apenas sobraban algunas flores libres de ser visitadas. De hecho, para recolectar el néctar, ahora no tenían que viajar mucho. Desde luego, cubren todo el territorio nacional, en su labor polinizadora y procreadora de vida y color.

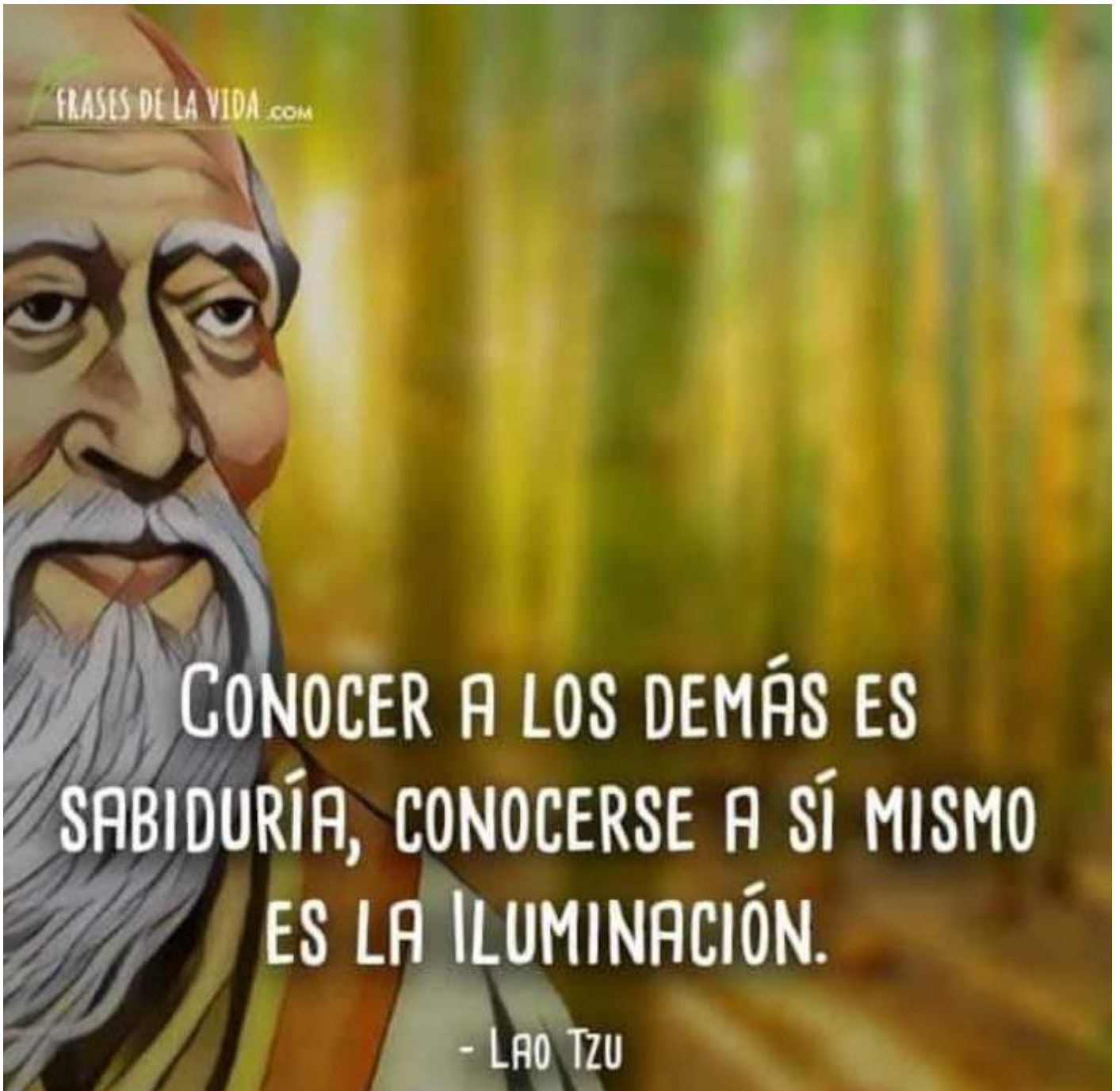




Luego lleva a los niños de regreso al colegio, donde ellos ilusionados, cuentan a sus demás compañeros, la impresión de esta experiencia sinigual, por lo que la clase de quinto grado, decide crear el Colectivo Manzanilla y Miel, para ayudar a salvar a las abejas por permanecer allí.

Autor: Leonardo Rodríguez - Colombia

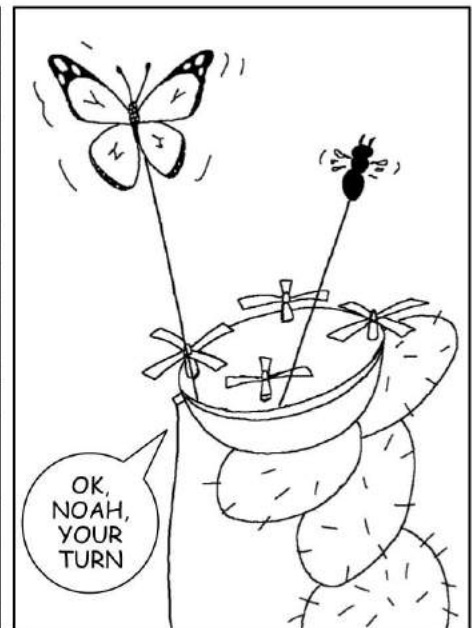
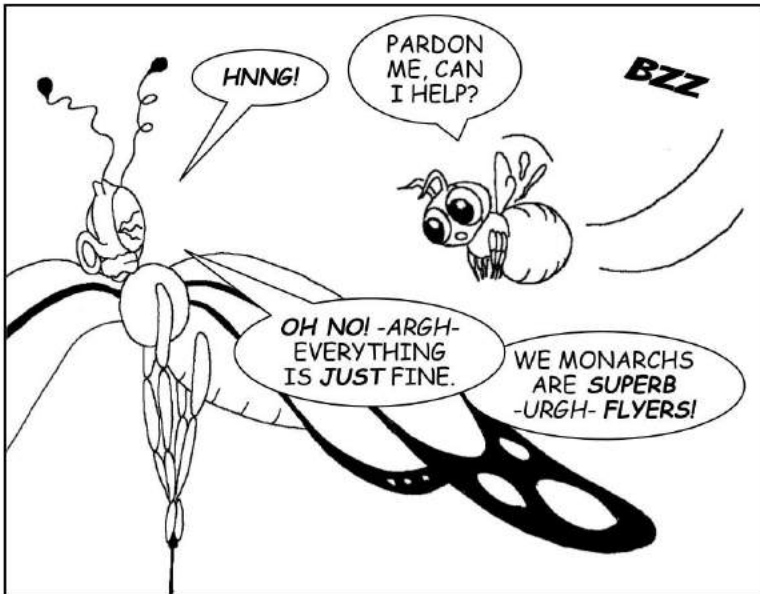
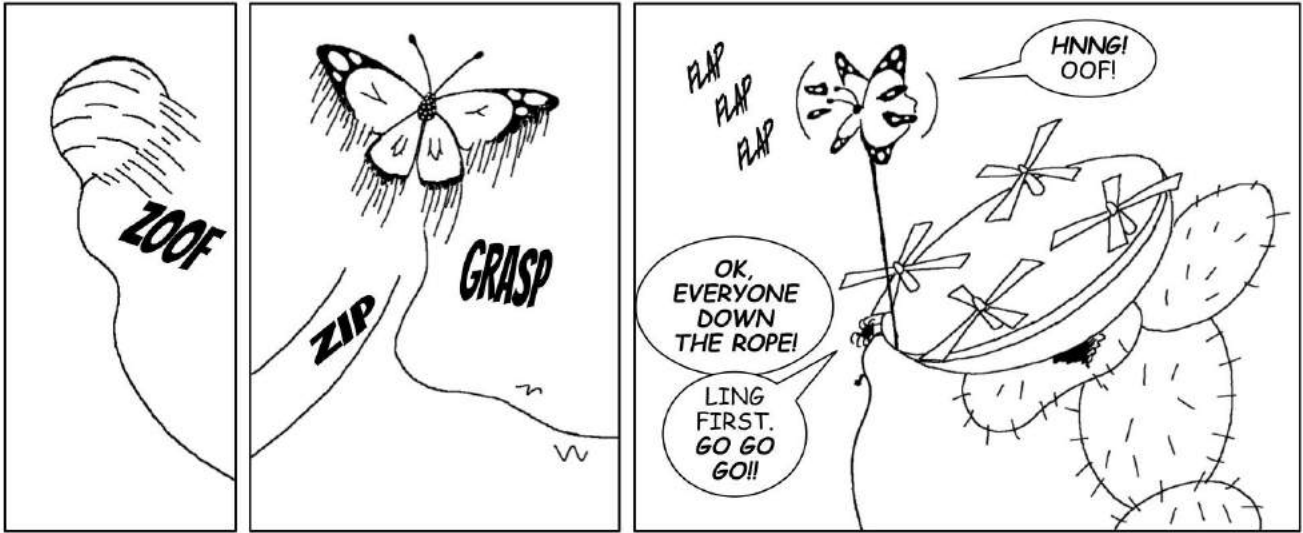




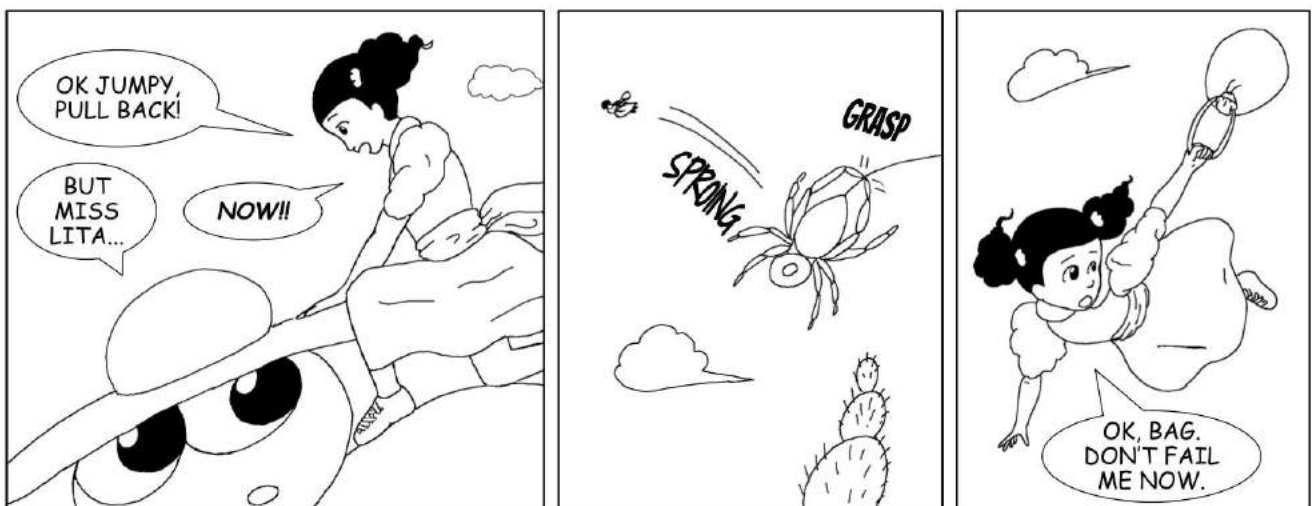
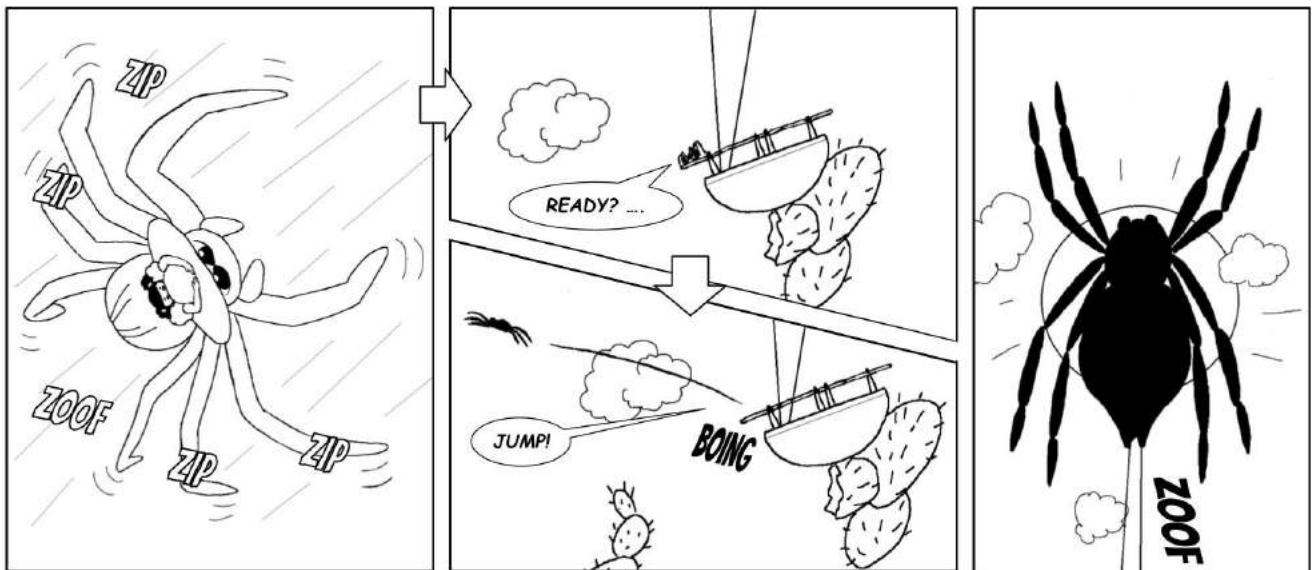
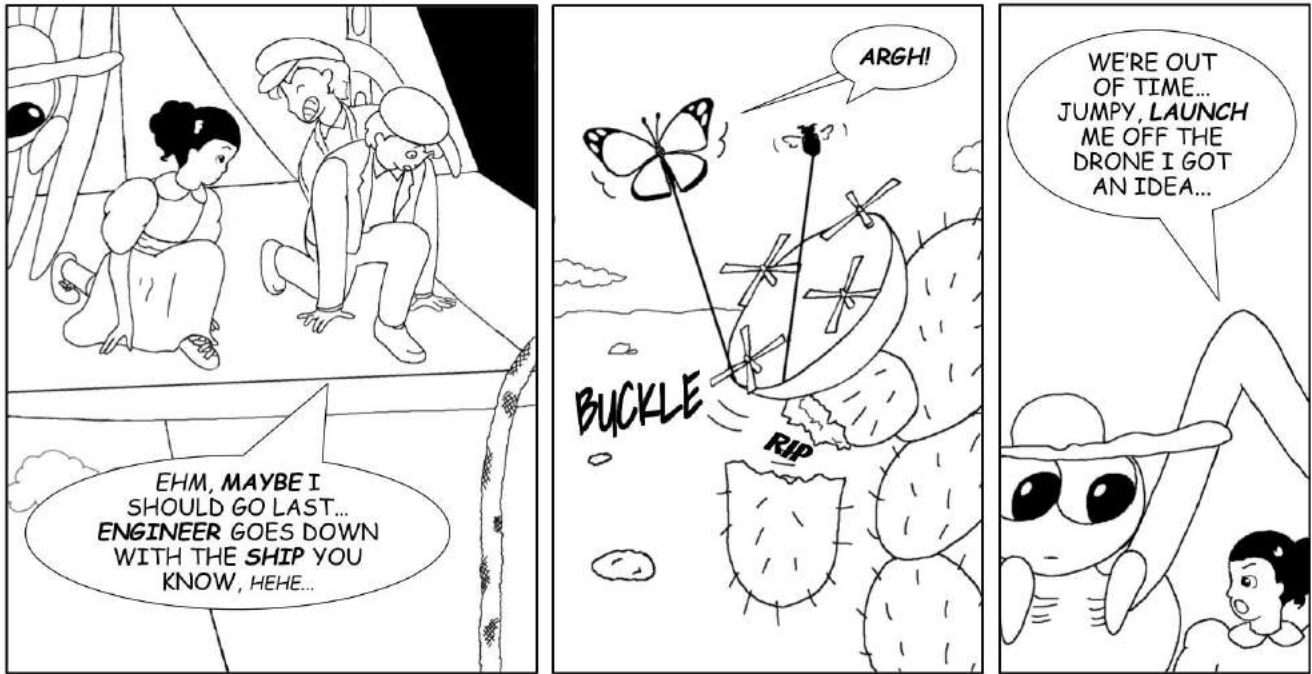


# LITA'S ADVENTURES part ix

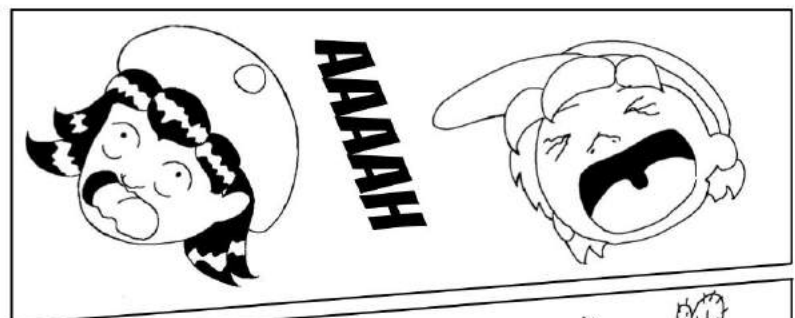
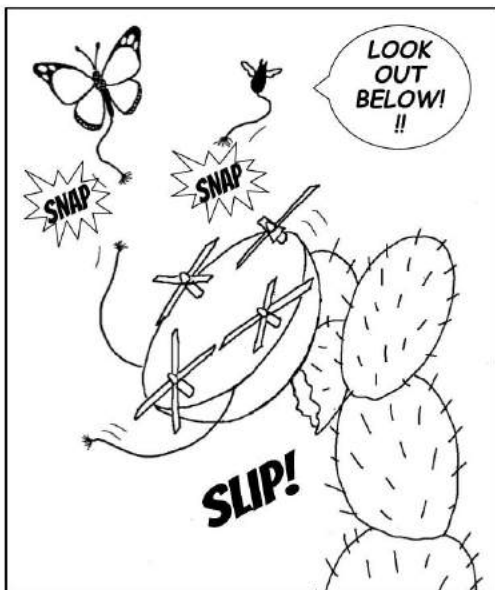
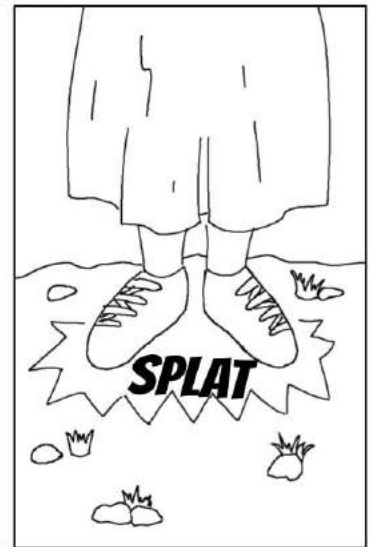
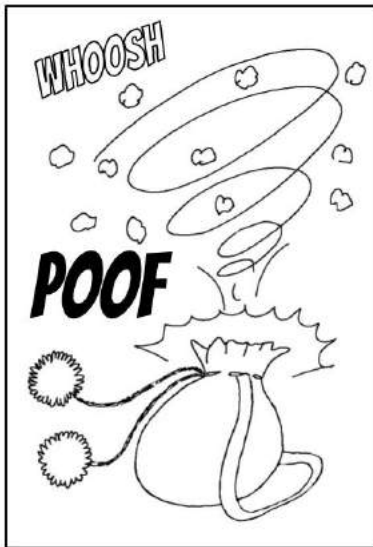
by Pat S. Cann



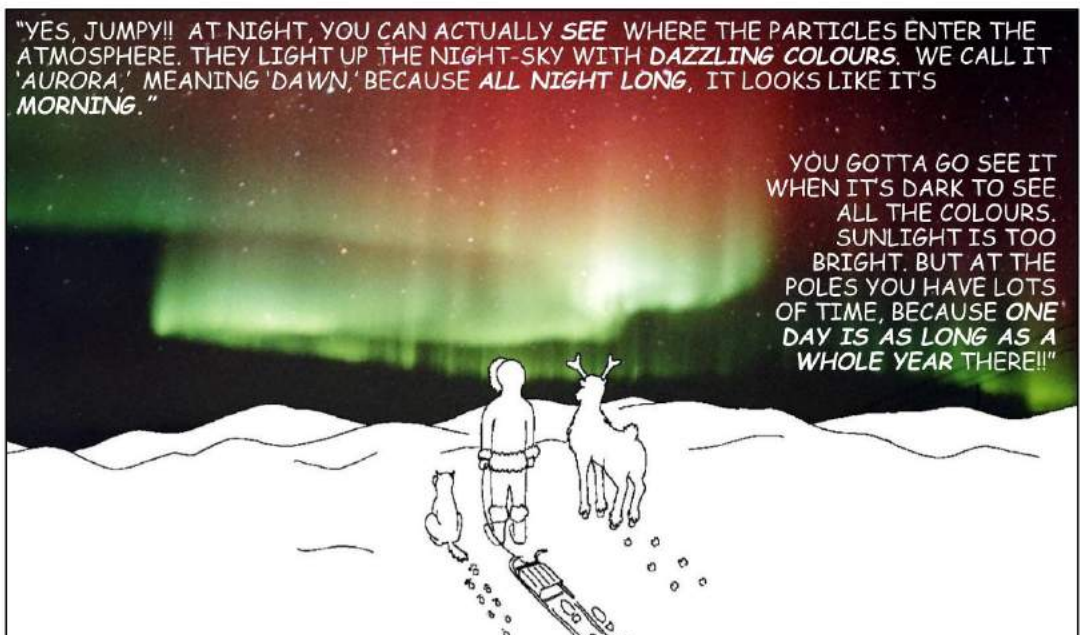
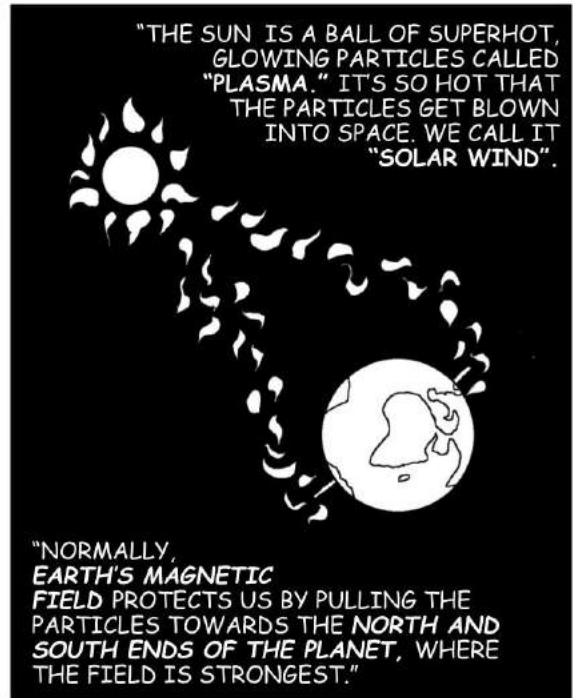
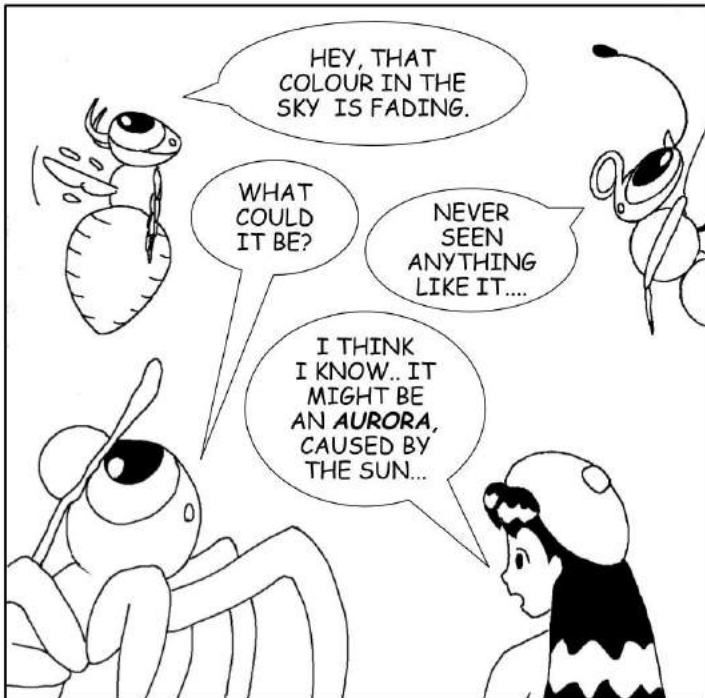
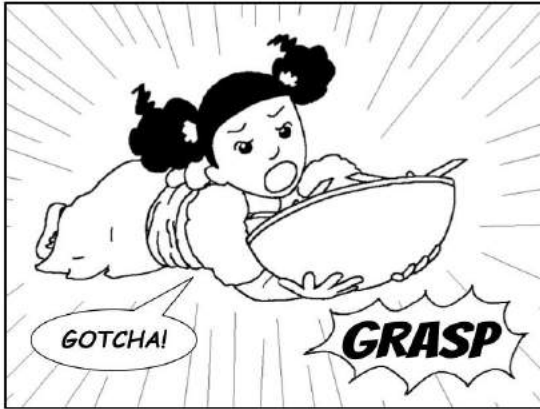


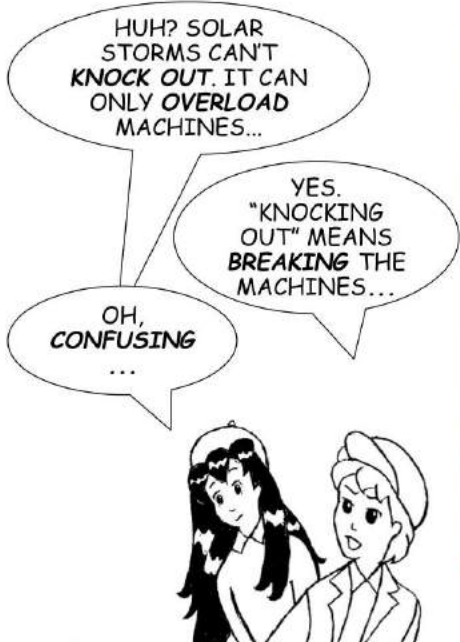
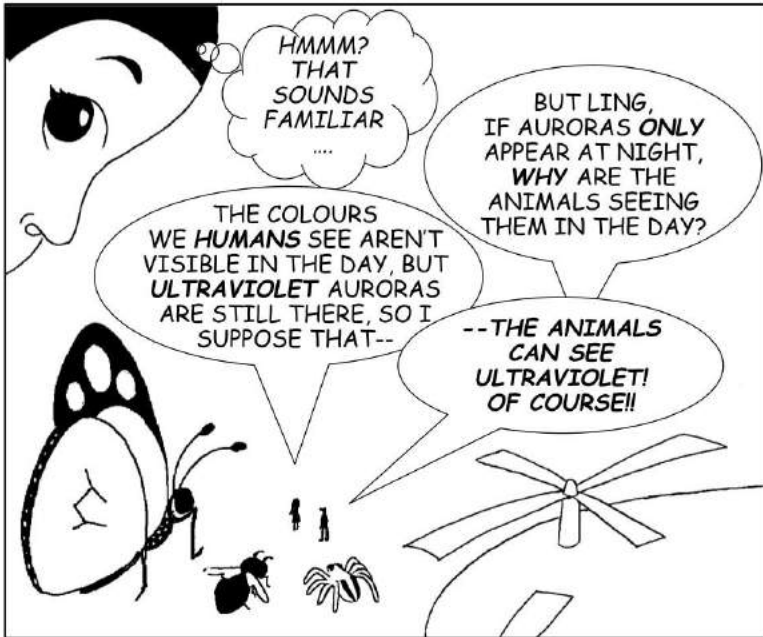




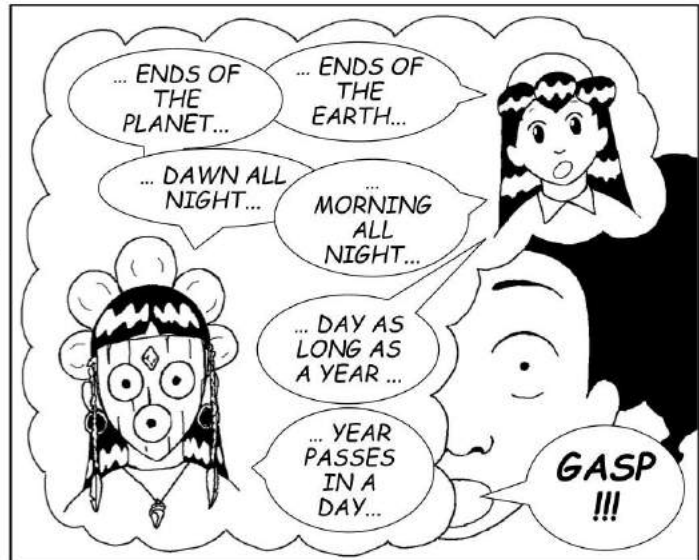




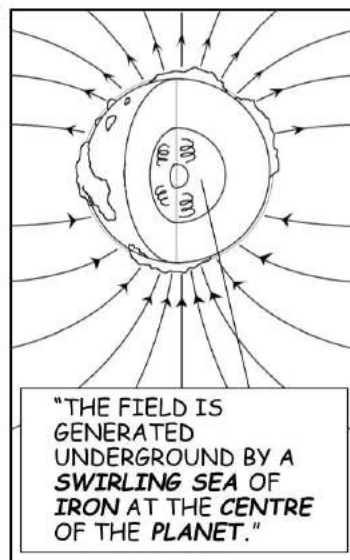
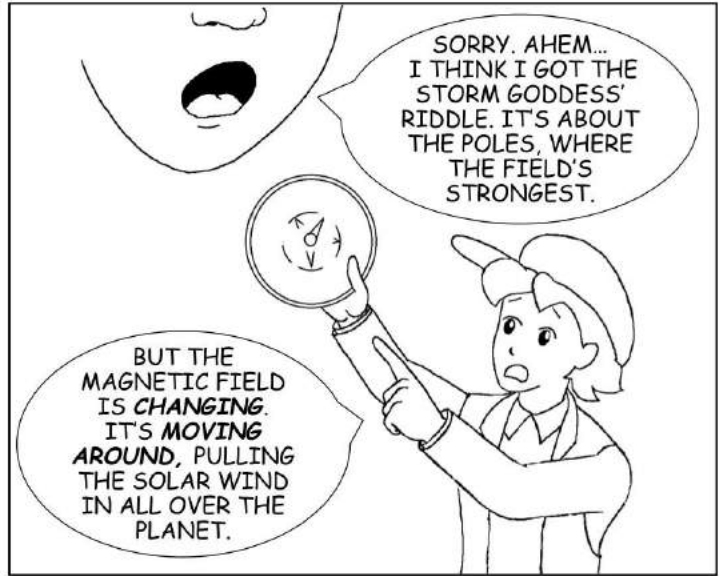
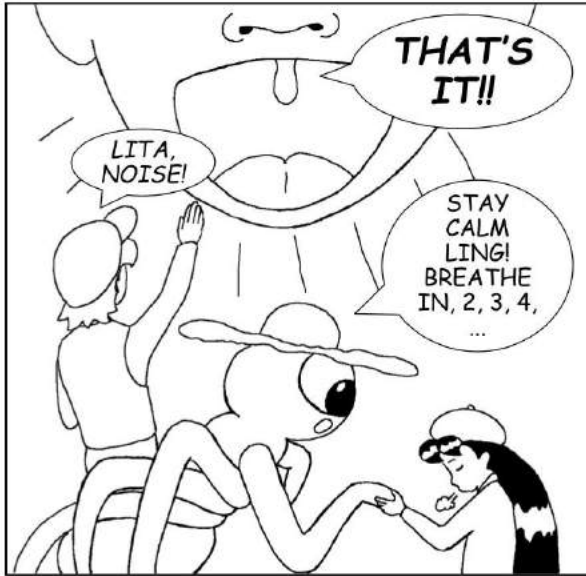


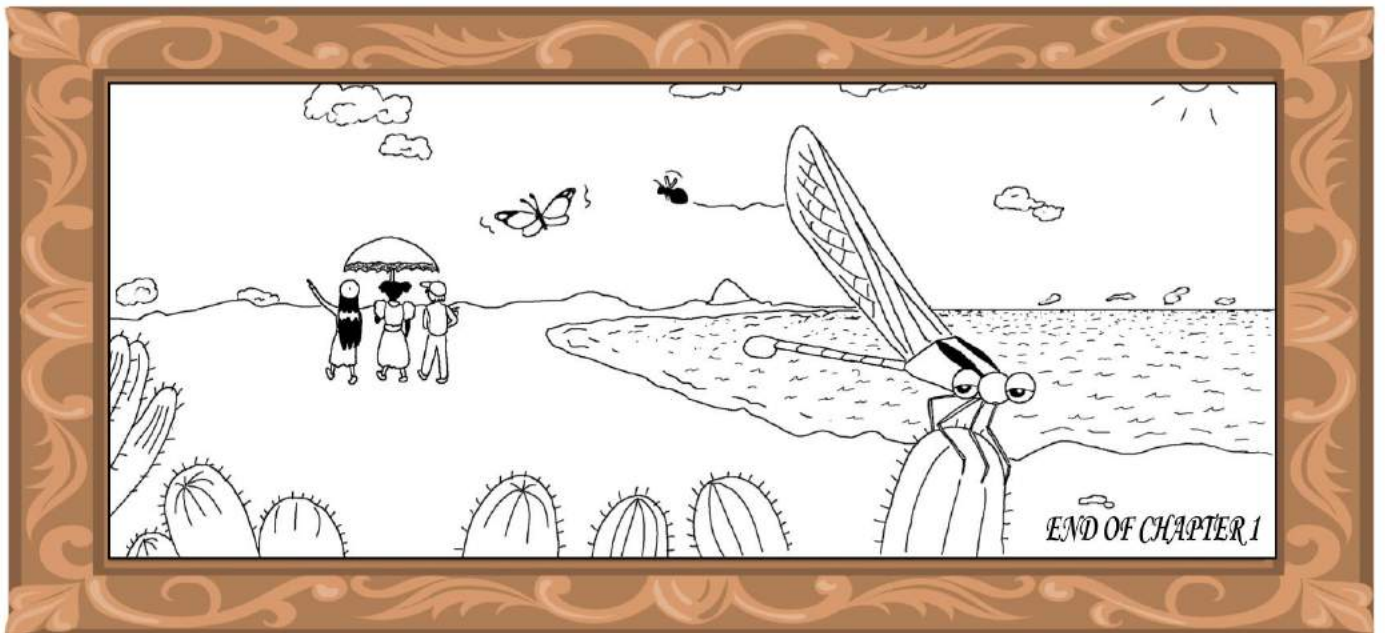
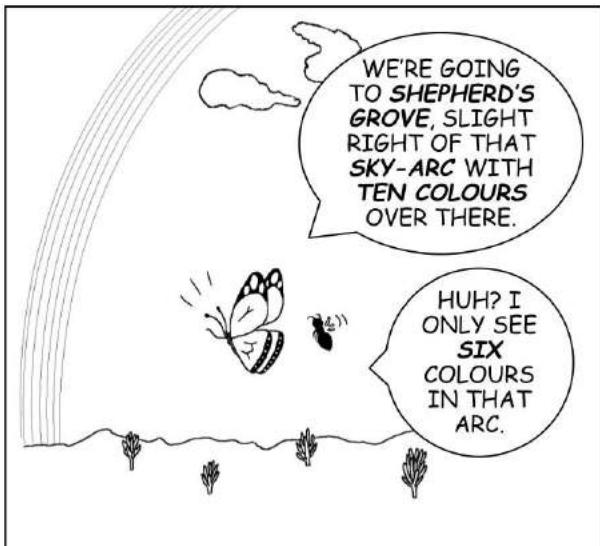
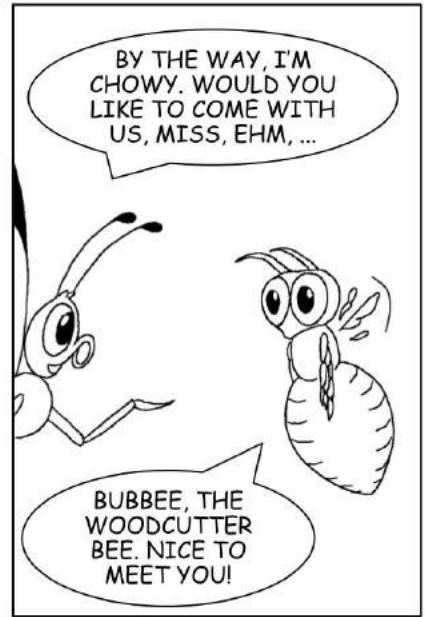
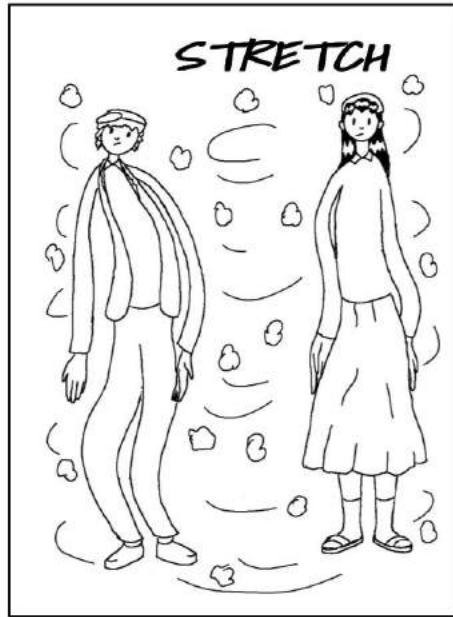


"T'was the Great Solar Storm of 1859, people saw aurora's so bright they could read newspapers by the light. the storm fried telegraphs all over the world... even started fires!"







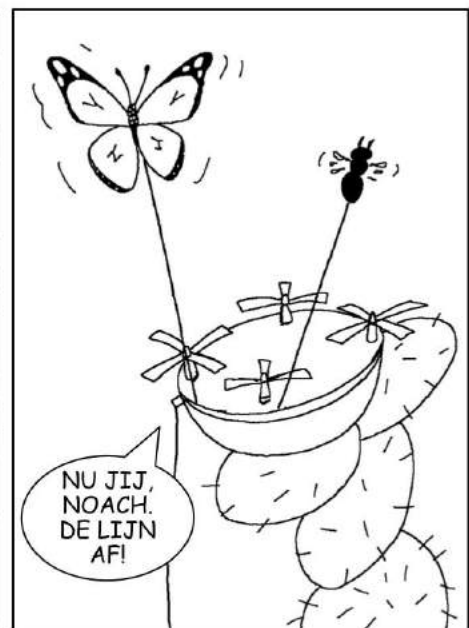


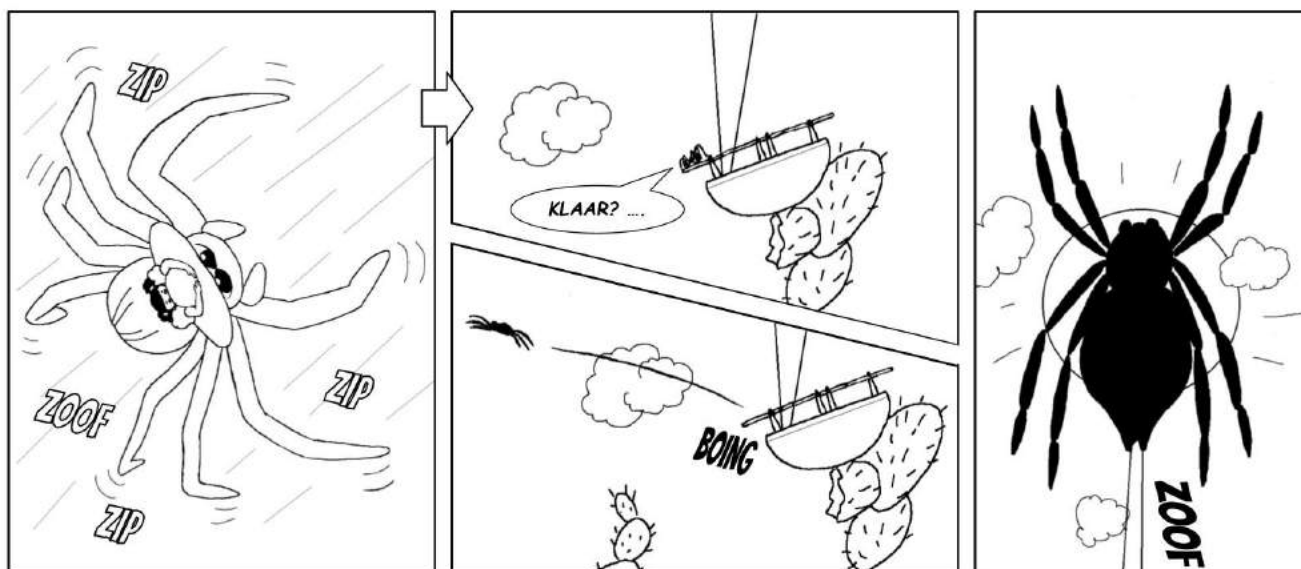
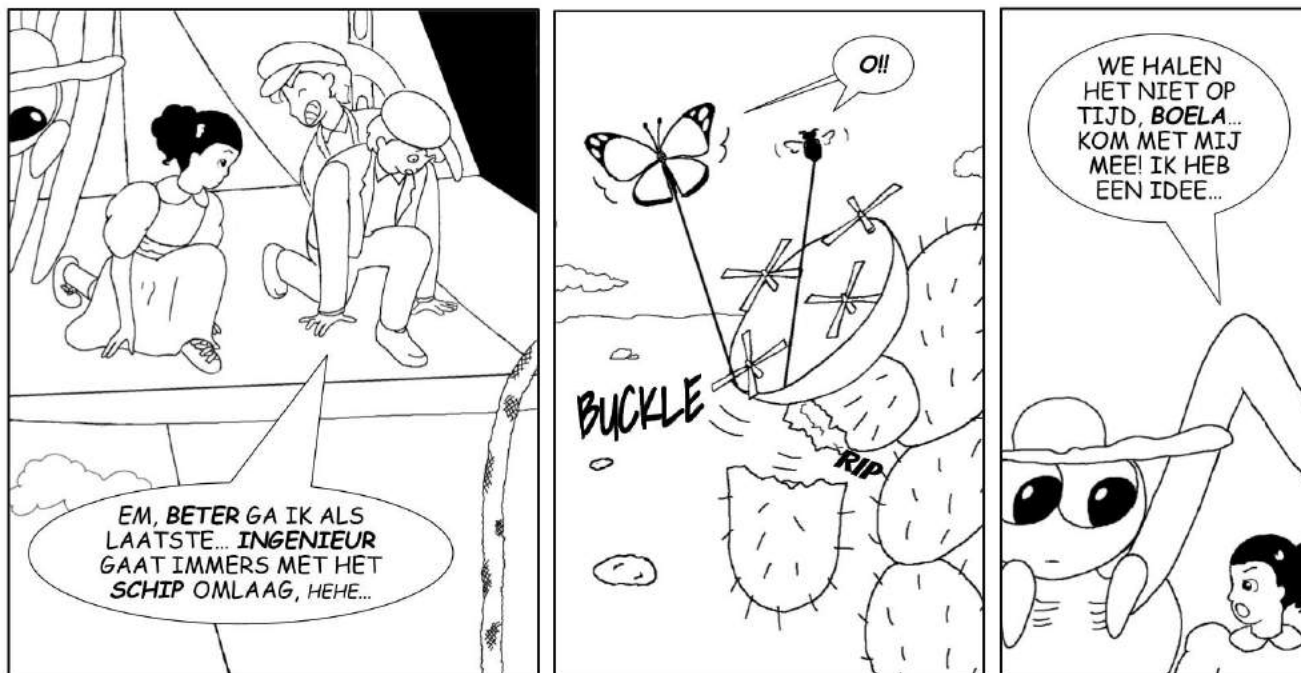


# AVONTUREN VAN LITA

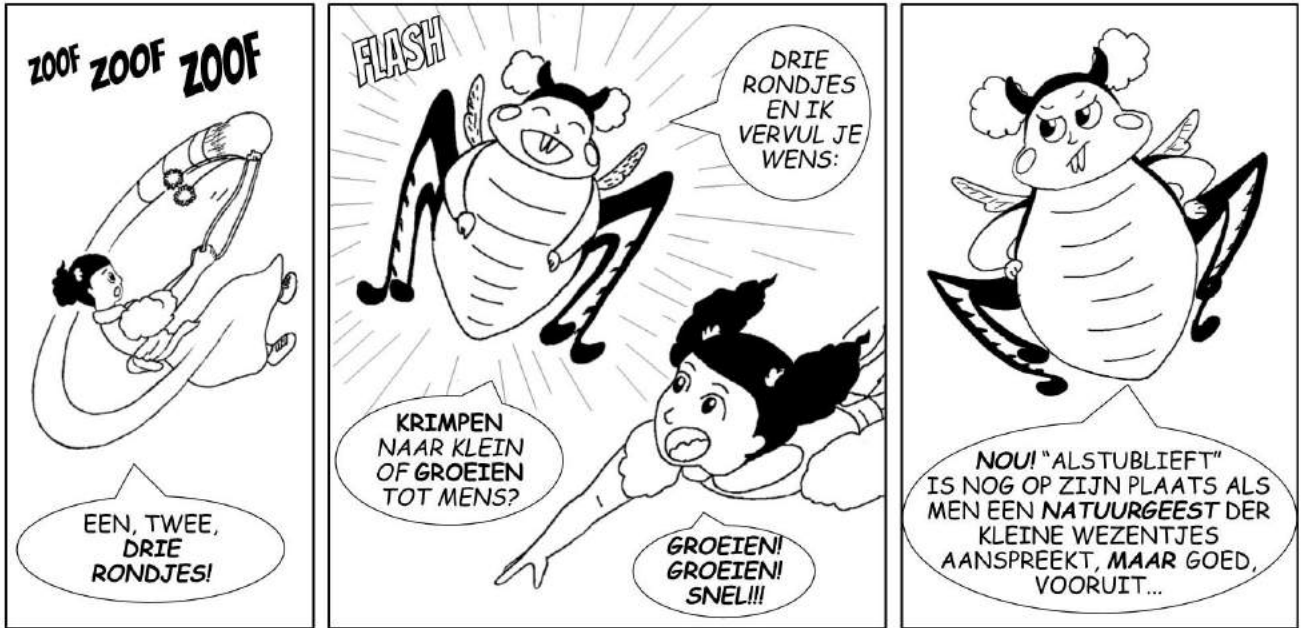
part ix

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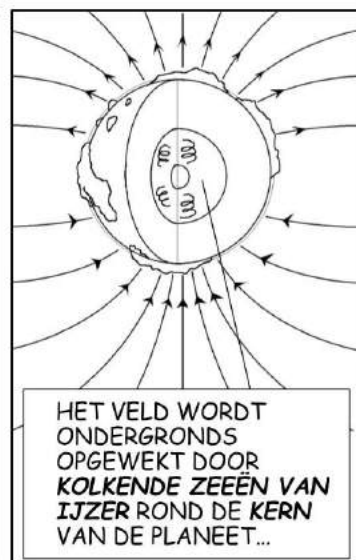




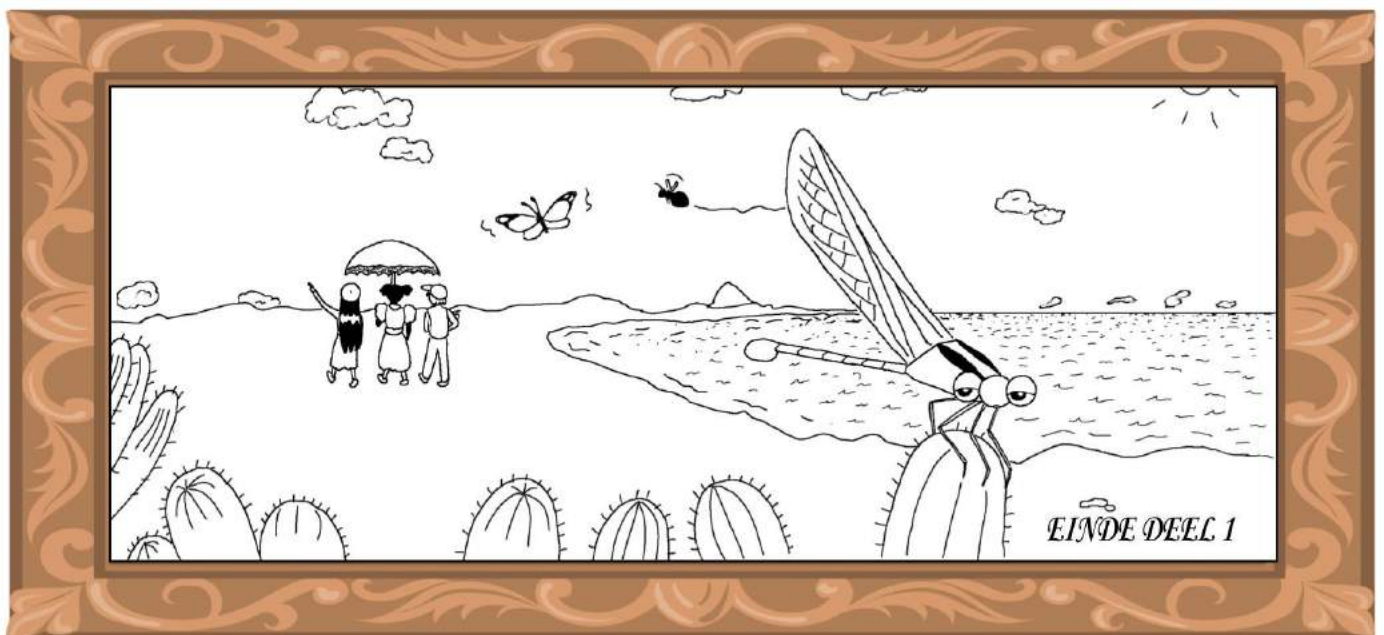
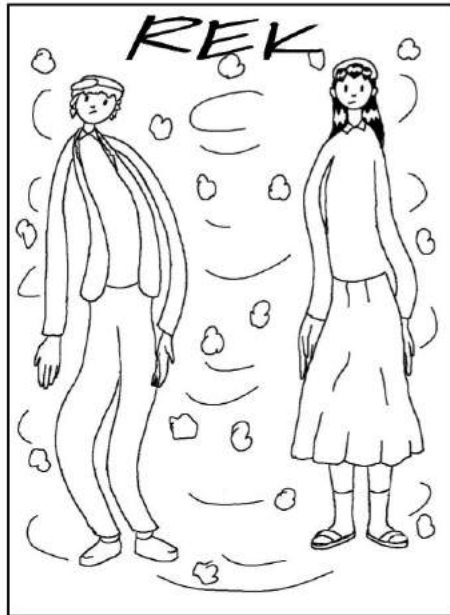


T'was tijdens de Grote Zonnestorm van 1859. Het poollicht was tot in de tropen zichtbaar en zo fel dat men s'nachts de krant kon lezen. Over de hele wereld raakten telegrafien doorgebrand...











## Turmeric and curcumin



This Indian spice grows nicely on Curaçao. It contains bioactive compounds thought to have medicinal properties. The curcumin content is around 3%, by weight.

To get more benefit it is thought one must consume turmeric with black pepper, which contains piperine. Piperine is a natural substance that enhances the absorption of curcumin by 2,000%. Curcumin is also fat soluble, which means it breaks down and dissolves in fat or oil. That's why it may be a good idea to take curcumin supplements when consuming foods that contain oils and fats, such as milk.





# NOPAL

## *The Plant of Life*



Cactuses, or cacti, are a family of flowering plants that are specially adapted to growing and surviving in dry, arid regions. One of these adaptations is a thick outer layer and pores that close during the day so the plant stops losing water through evaporation.

(Compare with non-arid plants which can lose up to 97% of the water they absorb!) Another is the ability to hold water in its stems with the help of a special gel-like substance or *mucilage*, which, in cacti, can absorb up to five times its own weight in water!

The nopal fruit, called *tuna*, is a delicious treat used for



*Opuntia ficus-indica* is the most common cultivated nopal., with very small spines. All nopales need to have their spines removed to be fit for human handling and consumption



*Infrou (Opuntia caracasana)* is the most common nopal in the ABC-islands

The special properties of cactus mucilage gives it many uses in many industries. One of the most common cacti used in the world are Opuntias, also known as *nopales* (from Nahuatl “nopalli.”) They have a great variety of uses, from food to medicine to animal fodder.

As Opuntias are so commonly cultivated, the mucilage in these cactuses have been traditionally also used for a variety of purposes. Farmers throughout the Americas have employed nopal gel to purify water, as it can absorb pollutants. It is historically used as a adhesive, added to mortar for constructing houses. In the food industry, it has often been used as an additive and emulsifier.

A recent study has suggested that the mucilage can also be used to improve soil. In 1999, researchers showed a nopal mucilage extract increased infiltration of water in the soil up to fourfold. Research is still ongoing to Opuntia’s many and constantly developing uses, such as vegan leather, biofuel, and treatment of wastewater. Moving forward, dry regions with wild cactuses and nopales, such as the *infrou* of the ABC islands, could consider cactuses and their mucilage a viable product towards growing a sustainable and diversified economy in our community.



MADE IN CURAÇAO

# SUSTAINABLE TRADE EXPO

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FOR SUSTAINABLE BUSINESS CONNECTION

NOVEMBER 2021  
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During  
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**Saturday**  
**Aug 07,**  
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*Dahlia's Art  
& Creations*

**Exhibition**

**Artist: Marina Kirindongo**

At Penstraat 478  
(Ocean view)  
Start at 12pm to 17pm  
Free entry



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Dahlias\_art\_creations



Dahlia's Art & Creations





**Sta Cruz beach @ Banda Bou, Curaçao**





### From the cover

Entrepreneur:  
Angelica Parris

She is a news reporter &  
mom.

Angelica started her  
career in 1989 at Tele  
Curaçao. Today she is a  
self employed reporter  
working from home.

Her passion & dedication kept her in the business through many  
changes in the branch locally and internationally.







## Beach Santu Pretu

Curaçao

This beach is mostly visited while hiking to the Blue Room (cave) from Lagun Beach. It is a quiet beach which has a lot of pebbles, a nice walk into the water and little shade.

The sand is dark and filled with 'river stones' of different colors.

The dark color sand give the beach its name: **black sand**.