

March 2022



TOP
25

CURAÇAO
TRAVEL

*Red
Snapper*

CURAÇAO'S
FAVOURITE
FISH



OUR LOCALS
SHARE THEIR
FAVOURITES!

FOOD &
DRINK

BEACHES
& NATURE

GUIDED
CITY TOURS

Introduction

As a small island in the Caribbean, Curaçao can feel like paradise: sea, sun and fun. But what are the best ways to enjoy your stay in a new country? We consulted the natives and residents of the island for their favourite things to do, sights to see, and foods to eat. For the island's preferred beaches, check out page 6, while island activities, tours, and locations start on page 12. Food and drink is also covered, with a nice recipe for our favourite seafood on page 38.

As the good health of our planet is important for us all, we also cover sustainable actions on the island. See local recycled products on page 10. Check out Mondri Lodge's sustainable vacation option on page 15. Follow the latest in social climate actions with the 'International Climate Action Challenge 2021' on page 17.

Finally, for visitors with kids, or those who love to revisit that sense of childlike wonder we had as kids on vacation, we invite you to relish in Lita's comic adventures on page 30, available in both English and Dutch for the young ones.

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*L = language, P = papiamentu, E = english, N = nederlands, S = español

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

Contact: info@iammadein.com; Whatsapp # +5999 6637989

Cover photo: Naina Zanolino with red snapper by Danita de Haseth



Want to experience Curaçao and haven't booked your ticket yet?

Let 'Nos Kòrsou' entertain you with our **pre-vacation event!** We invite you to a **virtual tour** of Curaçao.

This **virtual holiday** is ideal for persons that cannot travel for whatever reason. In addition, for those whom are preparing to visit Curaçao.

We transport you to *Our Dushi Island* by stimulating your senses with Curaçao visuals, music, knowledge and taste. Take a tour of the best known locations of Curaçao. As your host is local, you will also learn about some lesser known places and traditions.



The magic is transmitted via visual program. A big television screen would be perfect, but you can also use your IPAD or even telephone. The package from Curaçao delicacies will be delivered at your door so you can **feel and taste our culture** during this experience. We stream every day so you can **pick the best day and time** for you.

Let us know when we can book the virtual trip email: info@iammadein.com. Or contact: dream.virtualvacay@gmail.com or vv.virtualvacation@gmail.com for your Curaçao experience wherever you are. When you are on our island, we will take you to experience our island as the locals do. It is our pleasure to have you as our guest. We hope to see you soon!

Min. quantity of virtual travelers is 10 pers. Available in Dutch
<https://iammadein.com/curacao/13786/nos-korsou>



Mystic workshop

Learn tips and tricks to create more magic in your home.
Follow the 45 minutes webinar and do your homework.

Feel the difference small changes can make.

Register for webinar in:

English - Dutch - Spanish or Papiamentu.

Visit <https://www.facebook.com/WelzijnSpa>

for more information



Magical experience workshop



Curaçao will *'cure us all!'* In this workshop you will be guided to learn basic esoteric knowledge that will empower you to improve your life. Many wisdoms can expand your well-being, from ancient to New Age. Choose three of the following options:

- Reiki
- Regression
- Pendulum
- Angel cards
- Interval vibration
- Your personal vibration calendar

To join, contact vv.virtualvacation@gmail.com or dream.virtualvacay@gmail.com

Top 5 Beaches of Curacao

Imagine you've just arrived at the always sunny and tropical Curaçao; you are settled and unpacked. Now you are totally ready for your lovely holiday. You have been informed about the many beaches on Curaçao, but every beach is as beautiful as the others.

Let us give you some indication on suitability of my Top 5 beaches. And believe me out of 42 beaches in total this is the tip of the iceberg (or hotberg in the tropics?)!

5. CAS ABOU

At number 5 I have Cas Aboa Beach. A pretty, big beach where you have to pay entrance fee beforehand. Clear blue waters and a white sandy beach are what you see when stepping on the beach. There are many palm trees and parasols where you can find some shadow during the day, something that definitely gives you the ultimate holiday feeling. Some people advised me to snorkel around here. As a fan of underwater life, it is definitely recommended.



<https://www.facebook.com/casabao.beach/photos/a.1529054707386494/1529054714053160/>

4. PORTOMARI

Number 4 Port Mari, in general a quiet beach where you can take your kids with you. There are also enough facilities on this beach. What I liked about Port Mari was the vibe around there. The beach was pleasant, suitable for sunbathing, and the people there were super relaxed. I am not tired of mentioning its super clear water and white beach. It is a must-see during your stay at Curaçao!



<https://www.facebook.com/PortoMariBeach/photos/3083386605033922>

3. PLAYA LAGUN

For me, in the third place I put Playa Lagun (Lagoon beach). A very small beach, where a lot of locals like to come. I had a great experience at Playa Lagun. I was told about three sea turtles that always swim around in the early mornings. Suddenly, around 5 pm on a Saturday, there was a sea turtle swimming below me. This was a very unique experience, seeing nature so close. I will talk about sea turtles swimming in groups later on. I am almost a professional turtle spotter now! But first number 2:



<https://www.facebook.com/pages/Playa-Lagun/247744335256688>

2. GROTE KNIP

Grote Knip or “Great Guinep.” Antilleans also call this beach ‘Kenepa’ which is the Papiamentu word for the guinep tree, aka Spanish lime (though the tree is South American, not Spanish). ‘Kleine Knip’ (Lesser Guinep) also exists and is similar to Playa Lagun, small and intimate. Until now Grote Knip still is a public beach and it is the most popular beach. Maybe because the color of the sea is, remarkably, turquoise and you can see this while standing on top of the rocks. When I swam in the water some sort of pressure fell off my shoulders. A special, but nice feeling, something you must experience yourself.



<https://www.facebook.com/pages/Grote-Knip/1527694820891269>

1. KLEIN CURACAO

And my number 1 beach: Klein Curaçao.



There is a fee to get there, but you must have seen this island at least once in your life. The pearly white soft beach is unbelievable. The water, oh the water! You need to try it yourself. But the best part is yet to come. The sea turtle of Playa Lagun was not the only one I saw. The sea turtles at Klein Curaçao all swim together just near the island. This is the beach I highly recommend to visit when you come to Curaçao, or if you have never been on Klein Curaçao before. Please put it on your bucket list!





**SUNSET PICKNICK TOUR
@ fisherman quarter St. Michiel**



Contact: dream.virtualvacay@gmail.com or
vv.virtualvacation@gmail.com

Darick Rosinda Ta Gana

Sustainable Shark Tank 2021



Danick Rosinda ta e ganadó di nos ‘Shark Tank’ ku tabata parti di Made in Curaçao Sustainable Trade Expo 2021.

Komo un isla importadó, tin hopi palèt ku ta bai landfill despues di a wòrdu usa pa transportá nos produktonan for di diferente pais pa Kòrsou. Danick ta traha ku palèt nan aki. Un di su produktonan mas konosi ta e kura di kas. Banda di esaki tin hopi mas produkto traha ku e palu di palèt. Te ku awor aki Danick ta yega na su material di trabou dor di para trùknan ku ta pasa dilanti su kas pa bai landfill i baha e palèt i re-usa esakinan.



Asina aki Danick ta yuda redusí sushi ku ta bai landfill i produsí mas produkto lokal.

Otro bentaha ta ku e a sòru pa su mes empleo i por kuida su famia.



Otronan ta tin man, pa sòru ku awe Danick ta nos ganadó.

Su mama a partisipá na e Waste Matrix webinar ku tambe tabata parti di Sustainable Trade Expo 2021. E Waste Matrix webinar a wòrdu organisá hunto ku Business Platform for Sustainability.

Su partner a inskribié den e kompetensia. It takes a village! I Danick a triumfa.

Awor e kompania aki por wordu formalisá i fortaleza danki na e premio ku ta sponsorship di Vida Nova Bank. Ban sostené e talento lokal aki.

Pa mas informashon:

<https://iammadein.com/curacao/13793/arte-di-palu>



Top 25 things to do - Curaçao

Nothing broadens the mind quite like travel. Visiting a new country and taking in new smells, sounds, and sights, gazing on new landscapes and tasting new foods all add to the experience. One of the things we might like less, however, is travelling and seeing only the tourist-oriented sights of the country, giving you an artificial image of a place, not unlike an Instagram filter. So how to avoid the pitfalls of tourist traps when travelling?

We at Made In Curaçao think the best way to know the must-see's and must-do's of a place is to ask the local residents. That's why we consulted the internet's hive mind and asked our local facebook groups: **“What are *your* favourite things to do on Curaçao when friends and family visit for the first time?”** The answers we received did not disappoint! Internauts identified a total of 25 locations and activities split between *cultural* experiences and the *natural* outdoors. We present to you here the full list.

Starting with the top recommendations, the internet's favourite nature-based activity is **touring Christopher national park and climbing Mt Christopher**. This is the largest national park with the highest peak of the island and is located towards the greener, more spacious western side of the island. Formerly covered in plantations, one can see the ruins of old buildings reclaimed by nature.



For experiencing culture, the number one recommendation is **strolling through Punda and Otrobanda in downtown Willemstad**. World-famous for its colourful Dutch colonial architecture and a UNESCO world heritage site, this city hosts a plethora of museums and old buildings that span history from its inception as a European walled maritime city to its current from revamped with modern street art. Plot your own course through the



city or take advantage of the recommended guided walking tours, two of which locals recommended: **Free Walking Tours Curaçao**, and **Dushi Walks**. The former is, as per the description, free of charge. The latter is very affordably priced, however, and the proceeds benefit the local citizens of the town.



For the next local cultural favourites, leave downtown to visit **Serena's Art Factory** and **Chobolobo Plantation House**. Both are located on the eastern side of the island, within the territory of Willemstad. At Serena's, you can paint your own iconic 'Chichi' sculpture, while at Chobolobo you can learn about and taste the world's first orange liqueur, made famous around the world with 'blue Curaçao.'



Images: facebook.com, wikipedia.org

Talking about liqueur, local internauts recommended a number of options for food and drink, among them: trying the green rum at the oldest bar of Otrabanda neighborhood, **Netto Bar**, or tasting the many kinds of traditional foods at **Marshe Nobo** and/or **Plasa Bieuw** in Punda side. When leaving the city, try the Friday night coconut-cooked meal at **Shelterrock Paradise** (reservations only) or take advantage of **Restaurant X's** proximity to the **Flamingo Habitat**, one of the many recommended nature sites and a must-see for exotic birders.



Further nature sites mentioned were **Grote Knip**, the **Blue Room**, **Klein Curaçao** and the **Tugboat** for swimming or snorkeling, **Spaanse Water** and **St Michiel** for cruising, and **Hato Caves** and **Tafelberg** for touring and hiking. To really get the best out of what Curaçao's nature has to offer, many guided tours were recommended, including **Breeze Adventures**, **Relaxed Guided Dives**, and **Grit Underwater Adventures Curaçao** for sea-based tours. To adventure across the island on wheels, choices include **Back2Nature**, **Lucy Diamant**, and **ONE Curaçao** private jeep tours.

Have a climate-friendly stay inside a tropical food forest



In a changing world where the weather and climate are known to depend greatly on our choices and lifestyles, the challenge is always to find ways to improve upon our relationship with nature. On Curaçao, one of the forerunners in this area is Mondri Lodge (roughly translates as “wilderness lodge”) where guests are given the opportunity to engage proactively in sustainable vacationing through an array of on-site amenities. The Lodge works directly with local communities, they use furniture made locally from recycled material, and the menu is a la carte based on availability, with leftovers fed to the lodge’s animals. Always looking for ways to improve, Mondri Lodge has now implemented the next innovation in Curacao’s sustainability movement: on-site syntropic **food gardening!**



Originally developed in Brazil to emulate the natural cycles of the Amazon forest systems, **syntropic gardening** combines principles of ancient and indigenous food forestry with modern science. Two months ago, three small plots totaling 500 square meters were planted with a smorgasbord of fruits and vegetables, grown without the use of artificial fertilisers or pesticides. When you enter this garden, you are greeted by a diversity of plants, from ground cover to canopy, emerging from dark soil that fills the air with the earthy scent of deep green wilderness. The different plants provide fruit at different times of the year, allowing a constant harvest and never requiring the forest to be chopped back down for replanting. This keeps the earth fertile and catches rainwater like a natural forest, reducing the need for irrigation and providing a home for soil organisms that absorb carbon from the air, thus potentially creating a negative carbon footprint.

These ‘paradise gardens’ promise to be a potent tool to adapt food production to be healthier and better for the environment, while providing us with a lush and beautiful view for Curacao’s visitor. Since Mondri Lodge’s gardens were planted only two months ago, up to five different fruits and vegetables have already been harvested, from bananas and pumpkins to cassava and taro leaf. Guests who stay at the Lodge can enjoy the fresh, pesticide-free produce with their healthy meals served on-site. Should you book a stay at Mondri Lodge, definitely take a walk in their man-made tropical Eden. Ask the staff and you may get the opportunity to harvest your own tropical fruits. See you there!



**YOUR
AD
HERE!**
curacao@iammadein.com



Taking on the Climate with Green Team Academy

In 2020, Joan Gregerson, founder of Green Team Academy had an idea. She'd been frustrated that so little was being done to reduce pollution and care for the climate. She thought that there must be a way to empower regular people from around the world to take action to protect the planet. In July 2020, she released the book: *Climate Action Challenge: How to Launch Your Eco-Initiative in 90 Days*.



She hosted the first International Climate Action Challenge in 2020 to demonstrate the strategies in the book. A total of 86 teams from 22 countries registered for the challenge. Challengers received the book and workbook, weekly assignments, and access to weekly meetings and a community portal.

When the 90-day challenge ended on November 30, 2020, a total of 43,000 trees had been planted, 55 gardens and two urban farms were started, and the teams were becoming established groups in countries from Bangladesh to Zambia, Nigeria, Switzerland, and beyond.



Green Team Academy was spun off as a nonprofit in May 2021. The second challenge ran from September 1 to November 30, 2021. This time, a total of 275 challengers on 75 teams from 28 countries participated. By the end of the challenge, the teams had planted 150,000 trees, started over 130 gardens and three urban farms, removed 48 tons of debris from waterways, and done so much more.



In addition to the immediate impact, the biggest result is that everyday people become leaders. They come forward with a murky idea and within a few short months they are able to make an impact. Their actions transform themselves and their communities. When they complete the challenge, they begin setting larger goals and pushing themselves even further out of their comfort zones.



At the end of 2021, Joan stepped down and handed over the reins to the new director, Gin DeMaio.

Under the new leadership the organization is setting a goal to triple their impact by bringing on international representatives who will be trained in coordinating challenges in areas that may not be well connected to the internet. This is to allow groups that aren't able to join the meetings that Green Team Academy holds throughout the challenge to still participate and create their impact, all while having a spokesperson who is able to share their teams' successes and images with everybody.

We hope that this will increase outreach and allow more people who are interested in being the change the ability to do so. At Green Team Academy, we want to offer the opportunity for anybody, and everybody, to be part of the larger impact that we're all working together to make!



Team Curaçao

Tim Kòrsou

Nos ekipo di Kòrsou resientemente a gana un Eco-Challenge Award despues di a partisipá den International Climate Action Challenge, ICAC2021, un desafío di 90 dia, ku partisipashon di 75 ekipo di 28 pais.

Tamira La Cruz di MarkStra Caribbean i Sharella Riedel di Made in Curaçao a forma e ekipo ganadó di Kòrsou. E ekipo su aspekto úniko tabata ku ela enfoká riba akshon pa klima dor di empresanan, en bes di individuo, i kolaborashon ku hopi partner, aspektonan di e miembronan su trabou diario. Dies organisashon lokal i diverso a kontribuí na e éksito, sin sa mes. Bishitá e blog di e team na <https://blog.climateactionchallenge.net/21-55-curacao-business/>, of e paginan di media sosial di e partisipantenan. Un nota interesante ta ku dos YDK den diaspora a mustra e ekipo e oportunitat: Karen Gartner, awor na Kenya, ku tambe a gana un premio ku Sani-Loo, i Nanelia Walfenzao, awor residensia na Mayorka.

2021 ECO-CHAMPION AWARD WINNER



2021 INTERNATIONAL
CLIMATE ACTION CHALLENGE



Tamira La Cruz



Sharella Riedel



Our team from Curaçao recently won an Eco-Challenge Award after participating in the second 90-day International Climate Action Challenge, ICAC2021, which featured 75 teams from 28 countries. The team was formed by Tamira La Cruz of MarkStra Caribbean and Sharella Riedel of Made in Curaçao. Its unique feature was that it focused on climate action by businesses rather than individuals, and extensive collaborations, which are part of the team members' ongoing efforts. Ten local diverse organizations unknowingly contributed to the success. Please visit the team's blog entry at <https://blog.climateactionchallenge.net/21-55-curacao-business/> or the social media pages of the team members. An interesting note is that two Curacaoans

in the diaspora shared the opportunity with the team: Karen Gartner, now based in Kenya, also an award winner with Sani-loos, and Nanelia Walfenzao, now based in Mallorca.

Een team uit Curaçao heeft onlangs een Eco-Challenge Award gewonnen na deelname aan de tweede 90-daagse International Climate Action Challenge, ICAC2021, met 75 teams uit 28 landen. Het team is gevormd door Tamira La Cruz van MarkStra Caribbean en Sharella Riedel van Made in Curacao. Het unieke **van dit team** was dat het zich richtte op klimaatactie door bedrijven in plaats van individuen, en uitgebreide samenwerkingen, die deel uitmaken van de voortdurende inspanningen van de teamleden. Tien lokale diverse organisaties hebben onbewust bijgedragen aan het succes. Bezoek a.u.b. de blog van het team op <https://blog.climateactionchallenge.net/21-55-curacao-business/> of de social media pagina's van de teamleden. Een interessante opmerking is dat twee Curaçaoënaars in de diaspora het team aanmoedigden om deel te nemen: Karen Gartner, nu gevestigd in Kenia, ook een prijswinnaar bij Sani-loos, en Nanelia Walfenzao, nu gevestigd in Mallorca.



Team Mexico

Project V is an initiative focused on promoting plant-based nutrition and thus reducing the ecological footprint, proving that vegan and vegetarian food does not have to be boring or complicated.

Why is it important to look at the Ecological Footprint of the different types of diet?

The Ecological Footprint (EF) is the relationship between the Water Footprint (WF) and the Carbon Footprint (CF). The main factors that intervene in the WF of a country include agricultural practices and eating habits of its inhabitants. Beef has the highest WF of all foods, it can take about 5 thousand liters to produce a 220 g steak, also, this meat requires 6 times the water than lentils to produce the same amount of protein.



The problem is not the water the animals drink, but the fact that crops need to be planted to feed them. Beef and dairy cattle use more than 50% of the water required for world livestock production and 98% of that water is used used to grow their food. The enormous amounts of water that big companies extract in Mexico and the rest of Latin America are a reality as well as the poor regulation regarding the protection and monitoring of water bodies, however, we must not ignore what the Footprint represents. EF of the different types of diet, in terms of WF and CF have a high impact in demand by the agricultural sector (76.04% according to water statistics in Mexico: Comisión Nacional del Agua, 2018).



It is very important to make visible the great demand for water resources that livestock represents, since only 2% of water consumption within the cattle industry is destined for the production processes, cleaning and feeding, being 98% the corresponding percentage to the demand destined to the cultivation of their food, this drastically increases the WF of the livestock industry destined to meat and milk.

Objective: Disseminate the importance and the actions that are carried out in the world to promote responsible and intelligent consumption to active citizens.

Our planet suffers from the overexploitation of natural resources to satisfy our basic needs. The world population is growing at a rapid pace: from the current 7.675 million people it will rise to 9.1 billion in 2050 and we know that in the last 100 years the population worldwide has tripled, according to FAO data.

Undoubtedly, the advance of economic progress in emerging countries is considerably increasing the world demand for food and for diversified unsustainable diets. Food production is projected to increase by 70% in the world and 100% in developing countries.

Changes in our diet can not only improve health and prevent diseases, they can also help reduce the environmental footprint and, therefore, reduce the use of natural resources and contribute to caring for the environment.



Team 1, Uganda

Climate change is no longer under the curtains! It is evident because the severity of its impacts are now on the dining table and we feast on them every day everywhere in the world. It has killed a good number of our loved ones, we keep losing our biodiversity and still puts the planet at stake.

Global leaders mostly the politicians have played their games of “polite tricks” of un fulfilled promises of climate action. Our trust for such leaders is lost because they’re buried under cognitive dissonance as they don’t practice what they preach. It is therefore upon us as residents of this planet to individually or collectively take action to save the mess where we stay.





We either chose to take climate action or pay the price for our inactions. At Rakai Youths for Action and Development-RYAD we chose to take action in many forms which are easy to implement while focusing on saving the environment. Ranging from tree planting, community clean-ups, climate change education, backyard garden establishments and using sports as a tool for climate action as well as participating in the International Climate Action Challenge. During ICAC 2021 we coordinated 20 clean-ups, held 30 climate change sensitization workshops, 10 sporting events touching over 6,000 people and planted 500 trees!

Bigger Al-Islam Kabanda Y.S

Founder/C.E.O

Rakai Youths for Action and Development-RYAD

Uganda



Team 2, Uganda

Right now SFU is on strike to push a more sustainable way of collecting water in the shops to raise awareness about plastic pollution in the local areas.

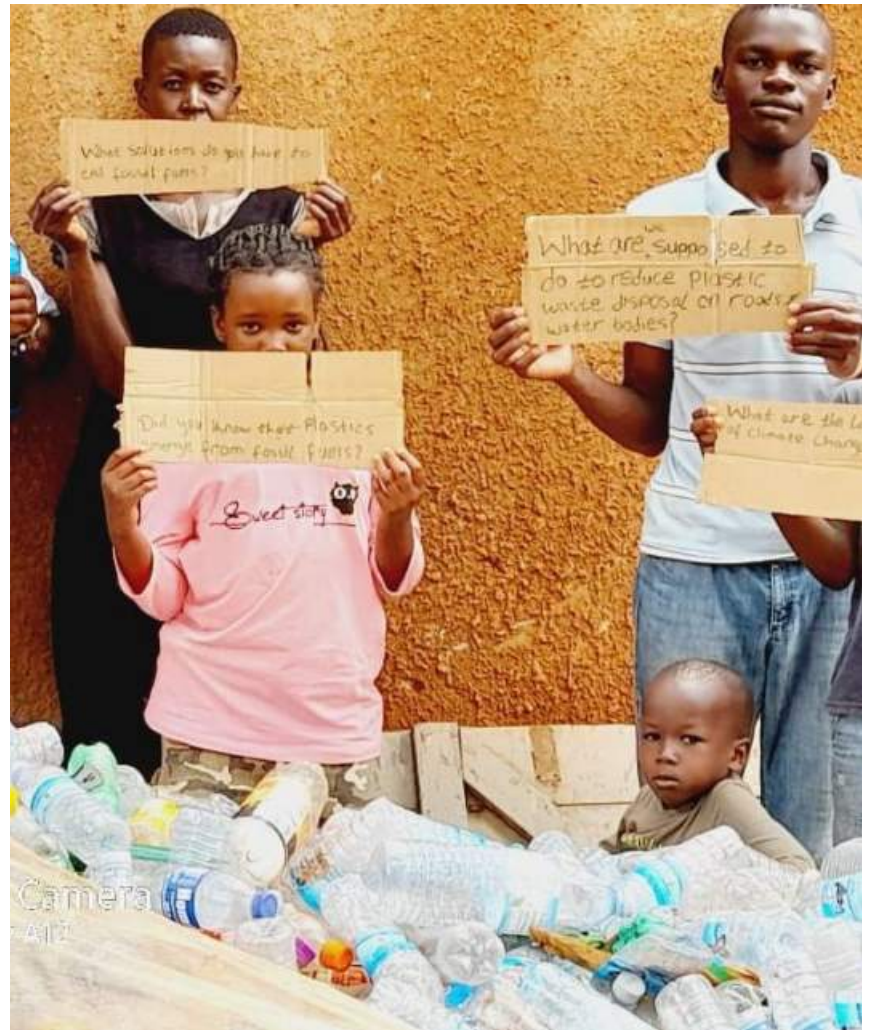


Pollution in general, products of degradation such as PBS and microplastic (particles that are so small they get into the ground, water and become part of the food chain ultimately getting to us) are as much as a threat to biodiversity (soil and water poisoning) as they are to us, so much so that finding an alternative solution is not just a choice anymore but a real necessity.

Refillable bottles and containers mean not only less waste from the use of such materials but also less petroleum and chemical agents needed as the demand for plastics decreases, resulting in an all around impact.



We train vulnerable households to run Urban and rural gardens to help fend off the household hunger. We give out seeds and also train them on reusing of plastic bottles by setting up plastic bottle garden fences to help reduce plastic bottle pollution in the environment. We also give out fruit tree seedlings to the people in Rural areas to run forest gardens as well as training them to run high raised gardens. The schools have been closed since the outbreak of covid 19 and right now they are open and we have 15 children of the ladies who help with collecting of plastic bottles in need of going back to school but unfortunately their caregivers are not willing because of lacking scholastic materials, and uniform, medical requirement and food fee as required by the school management.



Sponsor a child with 60\$ per term at elementary level 80\$ per term middle level and 120\$ per term high School level.

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

<https://www.facebook.com/prossy.namande>

www.seedsforugandadevelopment.org

<https://youtube.com/shorts/UwWdPgL--Ig>

<https://ugandabiodiversityfund.org/why-uganda-should-ban-plastic-bags/>

Team USA

Starting September 1, 2021, Think Greener joined 75 teams from 28 countries to participate in the 90—day International Climate Action Challenge facilitated by the US based Green Team Academy (GTA).



Team #49, Think Greener from USA, is a proud Eco-Champion Awardee announced by the Green Team Academy on December 16, 2021, in the ICAC21 Summit.

[Think Greener, LLC](#) is a New Jersey, United States based start-up. We are an Educational Documentary Video Production Limited Liability company created in October 2020. **Think Greener, LLC** focuses on keeping a neutral carbon footprint while **Spotlighting Scalable Sustainable Solutions**, helping to **Reverse Climate Change** around the world!



We post educational and personal experience videos both to our [Think Greener, LLC YouTube channel](#) and our [Blog](#) by collaborating with film experts creating documentaries to educate people worldwide about [Sustainable Solutions focused on reversing the Climate Crisis](#). We have seen these solutions up close and in person, and we know they can educate and motivate you to act now and join our fight to become an agent of change in your own community!



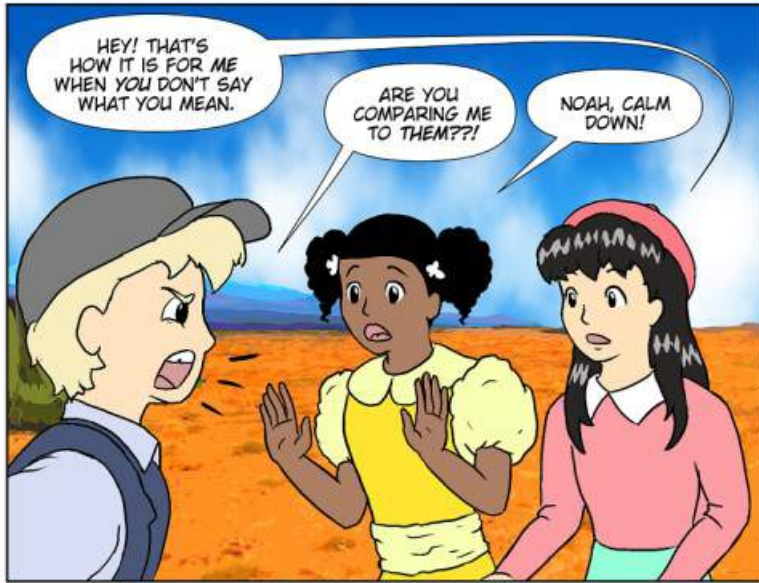
Think Greener's Challenge Goal

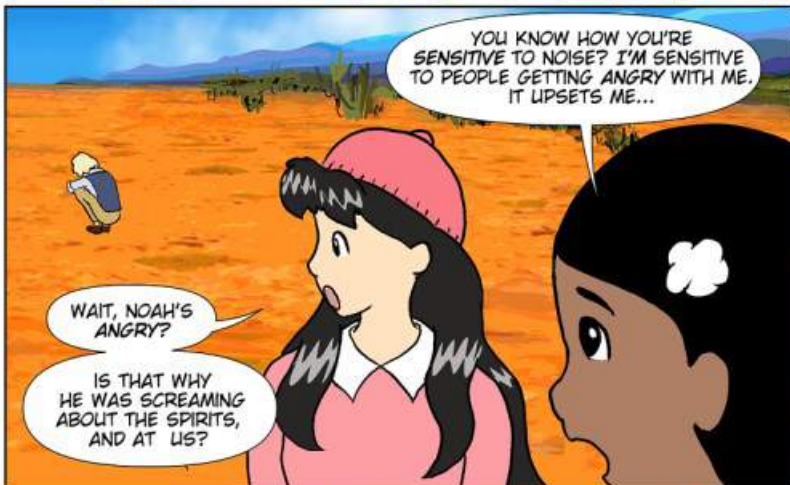
Spotlight sustainable solutions helping to reverse the effects of climate change while creating three short films. The objectives of our films are to increase awareness of the climate crisis, provide solutions, engage, motivate and inspire people all over the world into action.

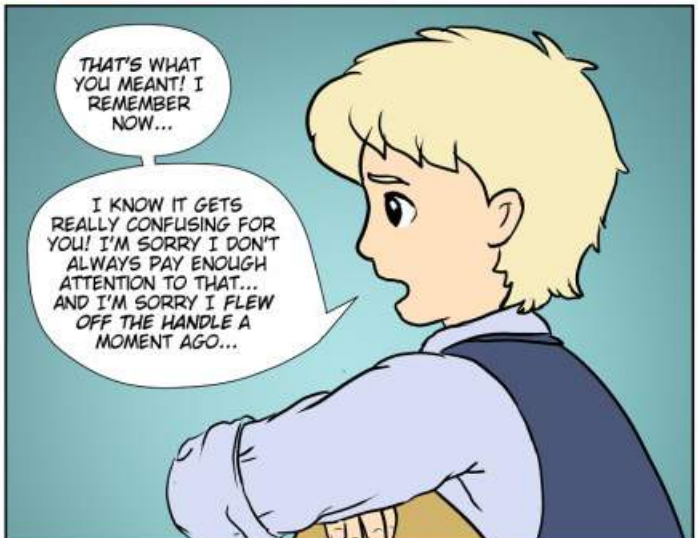
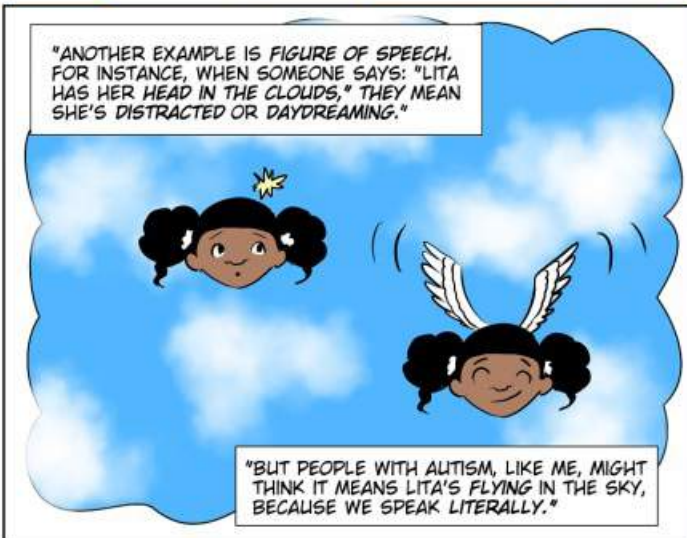
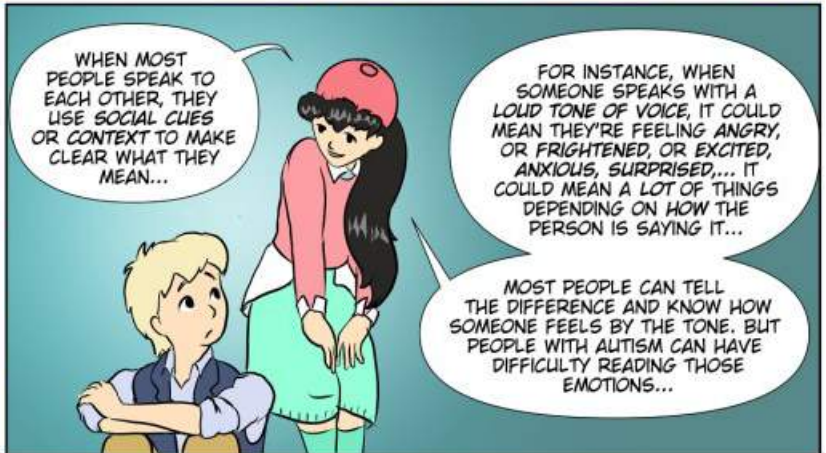
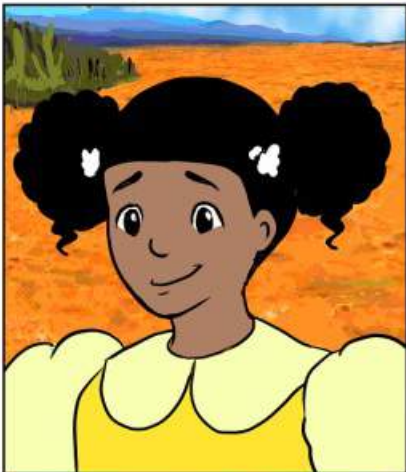
LITA'S ADVENTURES CHAPTER 2, PART II

BY PAT S. CANN









LITA'S ADVENTURES CHAPTER 2, PART II

BY PAT S. CANN







"NOACH GAAT NIET ECHT GOED OM MET ZIJN GEVOELENS, LAAT STAAN EROVER PRATEN!..."

"... JE CONFRONTEERDE HEM WAARSCHIJNLIJK MET ZIJN GEVOELENS TOEN JE ZEI DAT HIJ NIET DIRECT ZEGT WAT HIJ BEDOELT ..."

MAAR DAT BEDOELDE IK HELEMAAL NIET! IK GA MET HEM PRATEN...

EN LITA, HET IS NIET JOUW SCHULD DAT DE GEESTEN ZICH ZO GEDRAGEN. NOACH HEEFT GEEN GOEDE REDEN OM BOOS OP JE TE ZIJN. JE HOEFT JE DUS NIET SLECHT TE VOELEN. ONTHOU DAT!

NOACH! IK WIL ME VERONTSCULDIGEN. IK WAS JE NIET AAN HET BESCHULDIGEN TOEN IK ZEI DAT JE NIET ALTIJD 'ZEGT WAT JE BEDOELT...'

VOOR MIJ DOET NIEMAND DAT, WEEET JE NOG?

HEH? WAT BEDOEL JE DAARMEE?...

IK LEG HET UIT...

DE MEESTE MENSEN BEGRIPPEN ELKAAR DOOR SOCIALE SIGNALLEN OF DINGEN LIT DE CONTEXT AF TE LEIDEN...

BIJVOORBEELD, ALS IEMAND MET EEN LUIDE STEM PRAAT, KAN HET BETEKENEN DAT ZE BOOS ZIJN, OF OPGEWONDEN, OF BLIJ, OF NERVEUS, GESCHOKT OF VERRAST,... HET KAN VAN ALLES BETEKENEN EN MENSEN LEZEN HET AF VAN DE SIGNALLEN...

MAAR VOOR MENSEN MET AUTISME KAN HET MOEILIK ZIJN OM DIE SIGNALLEN AF TE LEZEN. DAAROM BEGRIPPEN WIJ HET NIET ALTIJD ALS MENSEN NIET ALLES DIREKT ZEGGEN...

"ER IS OOK HET GEBRUIK VAN SPREEKWOORDEN. BIJVOORBEELD, ALS IEMAND ZEGT DAT LITA 'MET HAAR HOOFD IN DE WOLKEN' ZIT, BEDOELEN ZE DAT ZE AFGELEID IS OF DAGDROOMT..."

"... MAAR MENSEN MET AUTISME, ZOALS IK, NEMEN HET LETTERLIJK. DAN DENKEN WIJ DAT LITA AAN HET VLIEGEN IS!"

DAT BEDOELDE JE! IK BEGRIP HET...

IK SNAP OOK DAT DAT VERWARREND VOOR JE KAN ZIJN. SORRY DAT IK DAAR NIET ALTIJD GOED OP LET... EN HET SPIJT ME DAT IK DAARNET ZO OP MIJN TEENTJES GETRAPPT RAAKTE...

Wordt vervolgd...

Curacao's Favourite Fish: Red Snapper



Most foodies will agree that the best way to tantalise your taste buds is to eat locally sourced. And of all the flavourful offerings to be found, the best are gathered or caught in the wild. When it comes to wild-caught fish, the Caribbean is blessed with a number of popular seafood delicacies from mahi-mahi to conch.



On Curaçao, the most popular seafood to fill up our plates and satisfy our taste buds is most likely the southern or Caribbean red snapper. Locally known as the *piska korá*, meaning “red fish,” this species, a different one from the Atlantic red snapper eaten in Europe, has a full taste that evokes the sea and a texture that provides a pleasing mouthfeel. It is easy to consume, as there are not too many bones one need pick out of the flesh, and it pairs

excellently with the region's most popular condiment: the tomato-based creole sauce or *sous krioyo*. Throw in a bit of *funchi* (a traditional polenta or maize dish) or *aros moro* (rice with beans), and you have yourself a classic Curaçao creole folk dish enjoyed both in casual home-style dining and as swanky fare at an elegant dinner when you happen to feel indulgent.

You can find red snapper all across the island and in all major restaurants. *Seaside Terrace* is famous among locals and a great place to try the casual home style, but the dish can be enjoyed at every location as long as the catch is fresh. For those travelers who like to try cooking, why not stop by one of the many local fishermen and purchase fresh fish to prepare at home? Grill it, cook it, fry it, or try our special recipe, provided by our guest contributor Naina Zanolino, starting on the next page. *Bon appétit!*



Red snapper amandine with haricots verts and roasted smashed potatoes

by Naina Zanolino

Ingredients red snapper amandine

- 2x Red snapper fillets (skin on optional) 180gr per fillet
- White flour to dust fish
- 6 Tbsp butter
- 85 Grams sliced blanched almonds
- 1 Whole lemon
- 1 Bunch of Italian flatleaf parsley
- 2 Tsp Kosher salt
- ½ Tsp black pepper



Sides:

Haricot Vert

- 200 Grams Haricot Verts (Fine French green beans, regular green beans work as well)
- 1 Large garlic clove
- Salt/Pepper
- Tbsp butter

Smashed roasted potatoes

- 300 grams Baby potatoes
- 6 Whole garlic cloves (Skin on)
- 2 Sprigs of rosemary
- Olive oil
- Pepper/Salt

Let's get everything to start:

Get the baby potatoes with the skin on in a pot of salted water and bring up to a boil (potatoes don't need to be cooked completely as they will be finished in the oven). +/- 15 min when water is boiling.

Clean and cut the tops of your haricot verts and set aside to blanch.

Take the fish out of the fridge and put aside on kitchen paper so they can get to room temperature (don't skip this step!!)

Remove the stems and chop your flat-leaf parsley and set aside.

Zest your lemon (with a fine grater (microplane) rasp the peel of your lemon, try not to rasp too much of the white peel as that is bitter). Set zest aside and keep the lemon for later.

Slice one garlic thinly and set aside.



Take the potatoes out of the water with tongs or a spatula. Bring the water back to a boil and make sure to add some more salt to the water. Put the potatoes on a baking sheet and spread them out, now smash them (you can use a mug, or potato masher) until broken but keep them whole (about a cm thick), lay the flat side of your knife on the whole garlic clove with peel and give them a quick whack. This should crack the garlic, but they will still be protected by the peel. Now drizzle the potatoes with olive oil, pepper, salt and the cracked garlic cloves. Give it all a toss so everything is nice and coated, spread it all out again and top with the two rosemary sprigs and transfer to the pre-heated oven for +/- 210 c for about 20 minutes.



The water should be boiling again, blanch the haricot verts for 3 min (regular green beans need longer) and while they are blanching prepare a bowl of ice water. Take the haricot verts out and put them directly in the ice bath to stop the cooking process. Now sieve all the water from the haricot verts.

Small sauté pan add 1 tbsp of butter and gently add the thinly sliced garlic, when the garlic colors slightly brown turn up the heat and add the haricot verts to the sauté pan. Give them a good toss for 2 minutes and turn the heat off. Season with a pinch of salt and pepper.

Pat your fish as dry as possible with kitchen paper. And get a heavy skillet or nonstick pan on medium heat. Season the fillets with some salt and pepper and then dust the fish with a very light coating of flour, shake to remove all the excess flour. Now add butter and a bit of olive oil to the pan and when the pan is nice and hot gently place the fish (skin down) in the pan. Do not touch the fish for a couple of minutes (depending on the thickness of it but usually about 4 min on the first side, if it curls up in the beginning then gently flatten with your spatula for 20 sec, that should stop the curling) Now flip the fish with a thin spatula and add some new butter to the pan. With a spoon baste the fish with the melted butter continuously for two minutes. Take the fish out of the pan and sprinkle with salt.



Add rest of the butter to the pan and add almonds, when the almonds are golden brown (watch out this can go quick), add zest and squeeze the rest of the lemon juice in the pan, add parsley and give a good shake/stir. Now add some salt and pepper to taste and your sauce is done.

Plating:

Take the roasted potatoes out of the oven and make a nice bedding of 4/5 potatoes, on top of the potatoes add your haricot vert the gently place your fish (skin side up) on top. Lastly spoon some of the almond butter sauce around and on top of your fish. Garnish with a slice of lemon and enjoy!!

Welzijn Talk



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Zich kunnen, mogen en vrij zijn om te uiten is belangrijk. Daarom heeft Welzijn Spa vanaf vandaag hun dienst: **Welzijn Talk**.

Welzijn Talk creëert een moment om jezelf te uiten en daarmee het verwerkingsproces te stimuleren.

voor een **Welzijn Talk**.
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