

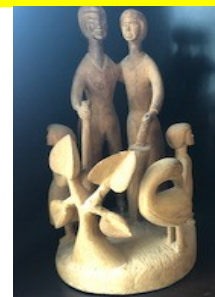
**Surprise gift from customer comes with a delicious memory...**

We got an awesome surprise gift from one of regulars, also named Tara. She stopped in with her family and unveiled a box with beautiful carvings and told us her story about her life in Jamaica. Here is what Tara had to say:

"At the base of Soursop Hill, on the tip of Don Christopher's Point, lays a beach in Jamaica, a little crescent of heaven on earth, called "Strawberry Fields." This tiny coral cove on the North Shore, was always rumored in my family to be the namesake of the famous Beatles song of the same name. During the... '80s I was very fortunate, on several occasions, to be able to visit my aunt and uncle who had carved out a niche from the "Bush" for themselves and their newborn son. The other-worldly sights, sounds, smells and tastes of my visits with my family to Soursop Hill [have stayed] with me for a lifetime. There could be nothing more special than to be accepted into the loving community around Robin's Bay, unless you consider the earth-given view of the ocean at daybreak from the volcanic cliffs, and hear the symphony of insects that accompany each nightfall in the Bush. If you [have the good fortune] to taste ackee, straight from the tree after it's released its ominous black seeds, roast breadfruit over coals, curry goat, or eat freshly steamed parrot fish and lobster off the leaf of a nearby banana tree, *then you are eating some of the world's most amazing food.*



Since my family and I carry so many memories in our hearts of those special years in Jamaica, I wanted to share a few of my physical mementos with my 'new family', Milton and his staff, at the Jamaican Kitchen here in Vernon. Carving is a special art form [throughout] Jamaica. Many...carvings...reflected an African influence, or celebrated Rastafarianism and family life, and came to me either directly from the artist in Jamaica, such as Paul Waters, or from a family member who'd met the artist."

**The Jamaican Easter Bun and Cheese Tradition**

In Jamaica, the Easter season is the time of year when "bun and cheese" are an absolute must and are eaten in abundance. Although no one seems to be able to figure out when the Jamaican cheddar cheese was added, bun eating has been around for centuries. Greeks and Egyptians ate small buns in honor of their goddess and Christians followed the practice by giving out buns with a small white crucifix at mass, hence the name, Hot Cross Buns.

When the British captured Jamaica, they brought the custom to the island. Over time, the Jamaican people have made their own version. The English buns were made with honey, while Jamaica's version is made with molasses. Jamaicans added fruits and spices of their own. In Jamaica, you eat the bun with cheese.

Today the custom is more Jamaican than British and the stores shelves in Jamaica are piled high with the sweet loaves containing cinnamon, cloves, nutmeg and bursting with raisins, currants and other dried fruit. The period from Ash Wednesday to Easter Monday are all national holidays in Jamaica. In the past, it was typical for Jamaicans to buy buns and tins of cheese to take to family overseas. **Now Jamaicans away from home, and people from all backgrounds who have fallen in love with bun and cheese, can easily order it from Jamaican Kitchen. BUT ORDER EARLY!!! Our suppliers understand the demand, but despite their best efforts, even they run out every year!**

## Let's Travel to Jamaica!

Maybe your visits to JK have inspired you to want to visit, maybe you have visited and can't wait to go back, or maybe you have family there that you miss. There are many reasons to travel to Jamaica! We wanted to share with you a few ways that might make your trip more affordable. Our first stop in flight-finding is to check the app, **Hopper**, it finds low-priced fares and predicts if prices will increase/decrease before you travel. You can't book here, but you should start here! Also, if you have not used **Airbnb** (website or app) you should start. It saves you money and immediately puts money back into the local economy instead of company owned resorts. Airbnb is great IF you READ ALL the reviews and read the owner's manual's to avoid surprises. Enjoy!



## When you visit Jamaica...



At most busy stoplights or intersections in Jamaica, people will appear and begin washing your windshield without asking. Please consider providing a dollar or two for this service despite its unsolicited manner. Those who wipe windshields do it because they have no other options. One such young man was highlighted in the Jamaican Observer. "AFTER years of wiping

windshields Anthony Scotland saved enough money to start a small business selling 'bag juice', air fresheners, and other small items...[but], said he was never comfortable wiping windshields. However, he was forced to return to the wiping windshields after his father died...he had to use his savings for the funeral expenses. Clutching his two-year-old son...while standing next to a zinc fence in his community ... the father of two told the reporter that he's not proud of his means of earning a living, but it provides for his family.

The 30-year-old noted that every dollar he receives from motorists adds up, especially on the weekends. "On Friday and Saturday, you will make good money...[\$15 USD] ... " He says the money can buy a "couple [diapers], little oil, little flour..." so the children can have something for the next day.

He has tried to obtain construction work but the jobs were not being offered to Jamaicans. The former Cumberland High School student said he's trying his best to ensure that his sons will never have to walk in his shoes..."emphasizing that he wants to learn a trade or start a business to sustain his family and keep his five-year-old in school." He will continue to be at the stoplight so that he can feed his children and save for a better future for his family.

\*\*An updated article reported that since this story, Scotland was offered a construction job. On his lunch breaks, he still wipes windshields to earn the money to further his career. \*\*

See this unbelievable man here: <https://youtu.be/iMJfykS9T04>

My daughter came to work with me a few weeks ago. She was really nice to me, ready to help whenever I needed her to even asking me if I needed any help. So when she asked if a friend could stop by I gladly said yes. After about an hour or so I looked into the dining room, there sat my daughter at the table with a boy. I went over, confused, "This does not look like Amy, Maya or Susan," I said. She started laughing and so did I. Her friend was very polite and nervous. Looking back to when my daughter was only a few years old I use to wonder how I would handle situations like these but I have grown to realize that as long as we provide our children with the right tools they will make great decisions.

## Easter Egg Fortunetelling

In Jamaica, it is said that if you place an egg white in a glass of water on the Thursday night before Good Friday, you will see your future in the pattern that is formed by the egg white in the morning.



While we predict that all of our customers will have an AMAZING SPRING, here are some predictions based on the form your egg white takes:

- ⇒ airplane = travel
- ⇒ Ship=a future where one would migrate
- ⇒ dress= a wedding coming soon
- ⇒ Curry Goat = a visit to Jamaican Kitchen coming soon!

Check out this man's directions:

<https://youtu.be/5kCRg2A4Edc>



## Coconut Facts!



- 1.Coconut water was positively tested as emergency intravenous fluid as far back as the '50s.
- 2.Rich source of minerals, vitamins, sugar and bioactive enzymes and electrolytes!
- 3.In World War II, coconut water was used as an IV drip when blood plasma wasn't available.
- 4.They are used as a mosquito repellent (burning the husk).
6. They have a high fiber content, which makes you feel full longer.



**1 FREE LARGE RICE WITH ANY LARGE MAIN COURSE PURCHASE**

Offer ends 1-1-2019

**CATERING MENU****MAIN COURSES****SMALL FEEDS 12-14 LARGE FEEDS 20-25**

CURRY GOAT-----LARGE \$165-----SMALL \$90 ORDER -----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

OXTAIL-----LARGE \$165-----SMALL \$90 -----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

PEPPER STEAK--LARGE \$165-----SMALL \$90 -----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

**SMALL FEEDS 12-14 LARGE FEEDS 20-25**

JERK CHICKEN-----LARGE \$150-----SMALL \$80 -----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

JERK PORK -----LARGE \$150 -----SMALL \$80-----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

**SMALL FEEDS 12-16 LARGE FEEDS 25-30**

BROWN STEW CHICKEN----LARGE \$130-----SMALL \$70-----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

CURRY CHICKEN-----LARGE \$130-----SMALL \$70 -----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

FRY CHICKEN -----LARGE \$130-----SMALL \$70-----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

**SMALL FEEDS 12 LARGE FEEDS 20**

SHRIMP SMALL\$62 -----LARGE\$120 LARGE \_\_\_\_\_ SMALL \_\_\_\_\_ \$\_\_\_\_\_

ESCOVITCH WHITING FISH-----LARGE \$70-----SMALL \$45-----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

**Side Dishes****SMALL FEEDS 4-6 LARGE FEEDS 8-10**

PLANTAINS - HALF PAN \$20 FULL PAN \$38 L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

MAC-N-CHEESE-----LARGE \$60-----SMALL \$35-----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

POTATO SALAD -----LARGE 32 -----SMALL 18-----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

CARROT DUMPLINGS-S---30 = \$12.99 L 30= \$25----S\_\_\_\_\_L\_\_\_\_\_ \$\_\_\_\_\_

COCTAIL PATTY, 12 = \$15.59---24= \$32.59---36= \$44.59--VEGGIE\_\_\_\_\_SPICY BEEF\_\_\_\_\_ \$\_\_\_\_\_

**SMALL FEEDS 15 LARGE FEEDS 25**

STEAMED VEGETABLES----LARGE \$52.59----SMALL \$28.59-----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

FRESH GARDEN SALAD -----LARGE 35-----SMALL 25-----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

**SMALL FEEDS 15 LARGE FEEDS 25**

RICE AND BEANS-----LG \$65-----SM \$35-----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

SPANISH YELLOW RICE-----LG \$65-----SM \$35-----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

WHITE RICE-----LG \$40-----SM\$25-----L\_\_\_\_\_S\_\_\_\_\_ \$\_\_\_\_\_

WINGS (JAMAICAN/KOREAN/BBQ/HOT-N-SPICY) 3 DOZEN ---- \$29.99 \_\_\_\_\_ \$\_\_\_\_\_

HOUSE RUM CAKE-----WHOLE \$49 (16-SLICES) \_\_\_\_\_ \$\_\_\_\_\_

HOUSE CARROT CAKE -----WHOLE \$39 (16-SLICES) \_\_\_\_\_

**Total**----- \$\_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_ Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ zip \_\_\_\_\_ Order date \_\_\_\_\_ Pickup or Delivery date \_\_\_\_\_ Time \_\_\_\_\_

Total Paid \_\_\_\_\_ Amount Owed \_\_\_\_\_ Instructions \_\_\_\_\_

Sign \_\_\_\_\_