

Fruits, Vegetables and Spices

Banana trees
near Paradise,
St. John's

Cooked green
banana is
a popular
food item in
Grenada



A casual
assembly of
Grenadian
fruit





Julie mangoes, also called **mango Julies**, are well known for their delightful taste.



Julie mangoes hang from a branch



...and there are other types of mangoes, as we find in this fruit basket.



Squash

Sorrel, the plant (flower) that produces Grenada's most popular Christmas beverage (also, see page 136).

