



Slow Food®  
Barbados

# BUYERS GUIDE

## 2023-24

slowfoodbarbados



[www.slowfoodbarbados.org](http://www.slowfoodbarbados.org) \*SF BARBADOS CHARITY\* | Reg. Charity No. 1184

# WHO ARE WE?

Slow Food® is a global grassroots organisation present in over 160 countries that bring together over 1 million individuals working together in their local communities to defend their local culinary culture.

## THINK GLOBAL, ACT LOCAL

Slow Food® was founded in Italy in 1989 to counteract the rise in fast-food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes; and how our food choices affect the world around us.

**“SLOW FOOD UNITES THE PLEASURE OF FOOD WITH RESPONSIBILITY, SUSTAINABILITY AND HARMONY OF NATURE.”**

~ Carlo Petrini,  
Slow Food® Founder & President

Our approach to food is based on three interconnected principles:



A FRESH AND FLAVORSOME SEASONAL DIET THAT SATISFIES SENSES AND IS PART OF LOCAL CULTURE



PRODUCE IN HARMONY WITH ENVIRONMENT AND HUMAN HEALTH



ACCESIBLE PRICES FOR CONSUMERS AND FAIR CONDITIONS AND PAY FOR SMALL-SCALE PRODUCERS

## OUR OVERALL AIM IS SIMPLE.

We believe in the fundamental right to the basic pleasures of quality local food and consequently the responsibility to protect the heritage of food, tradition and culture that make such pleasure possible.

We aim to acknowledge and celebrate local farmers, chefs, eateries and artisans who contribute to good, clean, fair food; and to spread awareness of the importance of building a local food economy while increasing our island's food security.

# FARMS



FARM NAME	CONTACT NAME	EMAIL	TEL	ADDRESS	WHAT'S FOR SALE	OGCA MEMBER*
Adams Aqualife	Kristina	adamsaqualife@gmail.com	230-1042	St. George	Leafy greens	N
ANNU FARM	Quasen	annuinstitute@hotmail.com	420-4788 243-0125	Christ Church	Local fruits	Y
BlueBird Acres	Sheria	bluebirdacres246@gmail.com	269-3883 238-7170	St. John	Vegetables and salad	N
Boams Farm	Zachary	boams.bb@gmail.com	284-2263	Christ Church	Vegetables and fruits	N
Chi Organics	Christy	bajanchicentre@gmail.com	571-4275 820-8066	St. Michael	Organic seeds, plants, fruits vegetables and medicinal tonics	Y
DI Farms	Dave	daveinniss@gmail.com	232-1202 2431202	St. John	Herbs and vegetables	N
Farmacy	Emmanuel	thefarmacy.fruit.veg@gmail.com	244-6637	St. James	Local fruits and root crops	N
Groen Leaf	Terrell	thegroenleaf@gmail.com	230-7250	St. Phillip	Fresh herbs & peppers, dried herbs by order	N
Harrow's Organic Produce	Yosia	harrowsorganicproduce@gmail.com	822-9972	St. Michael	Leafy greens, fruits and vegetables	Y
Ingro Inc	Rishi	rishi@inogroinc.com	230-1744	Christ Church	Salad greens and herbs	N
J&P Farms	Bernice	bernicechase@ymail.com	286-8216	St. Michael	Vegetables and fruits	Y
Kamp Deed	Leah Sky	thesojournerfoundation@gmail.com	231-3185 237-0502	St. Andrew	Local fruits	Y

\* Member of the Organic Growers and Consumers Association (OGCA)

# FARMS



FARM NAME	CONTACT NAME	EMAIL	TEL	ADDRESS	WHAT'S FOR SALE	OGCA MEMBER*
Mr. Green XP Inc.	George or Keshia	keshia@mcdesign-studio.com	288-0713 824-7963	St. Michael	Herbs, vegetables and leafy greens	Y
OGCS	John Hunte	ogcsbarbados@gmail.com	251-1746	St. Michael	Leafy greens, root crops and fruits	Y
PEG Farm & Nature Reserve	Paul	pegbarbados@gmail.com	230-9349	St. Joseph	Vegetables and herbs	Y
PL Farm	Ryan		230-9425	St. Joseph	Herbs, local fruits and leafy greens	Y
Redland Farm	Sue	redlandstates@gmail.com	433-5541	St. George	Local fruits and vegetables	N
SimplyVegan	Charlene	simplyveganproducts@gmail.com	234-8820	Christ Church	Local fruits and vegetables	Y
U Eco Farm	Uleesia	uecofoods@gmail.com	282-6586	Christ Church	Leafy greens and edible flowers	Y
Ubuntu Village Barbados	Lisa	consciousspiritfarm@gmail.com	571-6757 238-7293	St. Philip	Herbs, leafy greens and micro-greens, vegetables	Y
Upton Hill Food Forest Garden	Andrew	care@caribsurf.com	437-8188	Christ Church	Seasonal fruits	N
VegCo	Tanya	matanyaholder@foursquareestates.com	622-4063	St. Philip	Fruits, vegetables and herbs	N
Walkers Reserve	Charlotte or Georgie	info@wirred.org	422-9308	St. Andrew	Seasonal fruits and fruit trees	Y
Zantarea Farms	Christina	zantareafarms@gmail.com	261-6277	St. Philip	Vegetables and local fruits	N

\* Member of the Organic Growers and Consumers Association (OGCA)

THINGS TO ASK YOUR  
**LOCAL FARMER?**

## **DO YOU USE ORGANIC PRACTICES?**

- How do you deal with pest management?
- How does that relate to your harvest schedule and process?
  - How do you control weeds?
- How do you nourish the soil and feed your plants?
- What's your post harvest process and selection?

## **DO YOU USE AGRICULTURAL CHEMICALS?**

- If so which ones? How often? How long do you wait to harvest?

## **WHAT METHODS DO YOU USE TO MANAGE CROPS?**

- Composting, intercropping, biocides, companion planting?

A person wearing blue overalls and white gloves is using a shovel to mix dark brown compost in a large orange bin. The background is a field of brown mulch.

THINGS TO ASK YOUR  
**LOCAL FARMER?**

## WHAT METHODS DO YOU USE TO MANAGE CROPS?

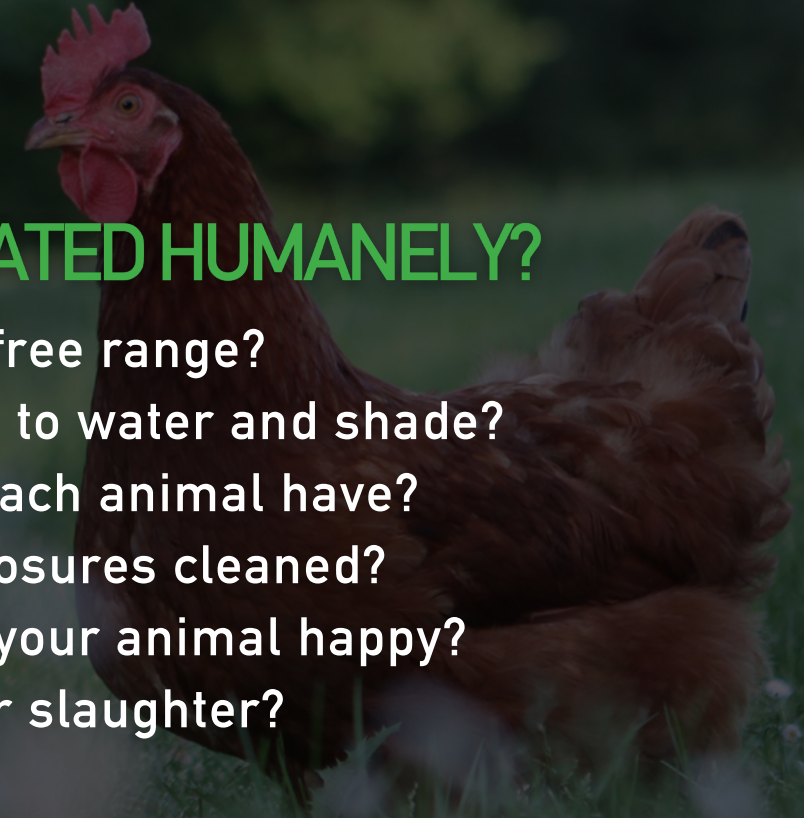
- Composting, intercropping, biocides, companion planting?

## WHAT TYPE OF ANIMAL FEED DO YOU USE?

- Does the feed contain GMOs/antibiotics/artificial additives?
  - Where do you source your feed?
  - How do you prevent and manage illness?

THINGS TO ASK YOUR  
**LOCAL FARMER?**

## ARE YOUR ANIMALS TREATED HUMANELY?

- Are the chickens free range?
  - Do the animals have access to water and shade?
    - How much space does each animal have?
    - How often are the enclosures cleaned?
  - What do you think makes your animal happy?
    - Who manages your slaughter?
- 
- A brown chicken with a red comb and wattle is standing in a grassy field. The background is a blurred green field with trees in the distance. The chicken is facing left and looking slightly towards the camera.

# GARDEN PRODUCTS

PRODUCER NAME	CONTACT NAME	EMAIL	TEL	ADDRESS	WHAT'S FOR SALE
Adams Aqualife	Kristina	adamsaqualife@gmail.com	230-1042	St. George	Organic green water fertilizer and mini aquaponics systems
Green Clean Environmental Solutions Inc.	Justin	info@gcesinc.com	231-5857	St. Michael	Organic soil treatments
Grow It!	Amanda	growitbarbados@gmail.com	230-1333	Various Locations	A variety of sprouts, microgreens and wheat grass
GrowOps		growopps246@gmail.com	840-4100	St. Michael	Seedlings
I.Cann Grow Organics	Anthony	i.canngro@gmail.com	841-2656	St. John	Organic locally made soil inputs
Kooyman		info.bb@kooyman.bb	434-3333	Christ Church	Garden supplies, seeds and plants
Natty Ted	Ted	nattytedplants@gmail.com	419-0639	St. James	Organic seedlings and plants
Nature Care Garden Centre		orders@naturecarewi.com	428-9420	Christ Church	Garden supplies and plants
Project Live Earth	George	info@projectliveearth.org george.gill@projectliveearth.org	549-5448 288-0713	Christ Church	Compost, compost tea, worms and live compost
Seedburst Nurseries Ltd.	Malaica	seedburstnurseries@gmail.com	428-1938 266-1938	Christ Church	Seedlings, fertilizers and growing media, farm produce and ferns
SlowFood Barbados	Jenn	jenn@slowfoodbarbados.org	622-4097 253-7485	St. Peter	Organic seeds
Soil Conservation Unit		scu@agriculture.gov.bb	535-2100	St. Andrew	Grafted fruit trees, seedlings and seasonal fruits
Sustainable Barbados Recycling Centre (SBRC)	Kyla	kgweatherhead@sbrinc.com	425-2255	St. Thomas	Soil, mulch and other soil ammendments
Walkers Reserve	Ray	nursery@walkersreserve.com	622-4097 422-9308	St. Andrew	Grafted fruit trees and seedlings



# PRODUCERS



PRODUCER NAME	CONTACT NAME	EMAIL	TEL	ADDRESS	WHAT'S FOR SALE
Aunty Amy's Jams, Jellies and Preserves	Amy		269-4271	St. Andrew	Preserves
Barbados Youth Action Programme	Lumumba Glendine	byap.info@gmail.com	264-9782 248-0735 828-2498	Christ Church	Preserves, sauces, flours, and cereals
Bibi Snacks	Winslow	bibis.snacks@gmail.com	425-6008 233-1890	St. Michael	Cassava, breadfruit, sweet potato and plantain chip snacks
Brand Fea Valencia Ltd.	Paulina	brand.fea@gmail.com	421-7272 837-3512	St. Michael	Samosas, spring roll, yogurt, simple syrup and white vinegar
Carmeta's	Trevor	trevor.roberts@badmc.org	535-6879 535-6923	St. Michael	Finest selection of local gluten free flours
Coconut Baby	Allison	coconutbaby246@gmail.com	260-2224	St. James	Vegan and vegetarian cakes and desserts
Green Monkey Chocolatier	Kuanna	info@thegreenmonkeychocolatier.com	435-5567	Christ Church	Assortment of chocolates, popsicles, macarons and preserves
J&P Farms	Bernice	bernicechase@ymail.com	286-8216	St. Michael	Chutney, wines, sour and hot sauces
Ligon's Mixes & Vedge-Out Food Products	Nadine	vedge-out@live.com	821-1771	Christ Church	Cassava based gluten-free baking mixes, and goods
Lionel Sauces and Dips	Lionel	mottlionel@gmail.com	263-2577 425-7045	St. Thomas	Local sauces dips and seasoning
Liquid Desires	Zachary	liquiddesires246@gmail.com	284-2263	St. Michael	Flavoured pepper sauces

# PRODUCERS



PRODUCER NAME	CONTACT NAME	EMAIL	TEL	ADDRESS	WHAT'S FOR SALE
Local & Co.	Sophie	info@thelocalbarbados.com	421-3276	St. Peter	Freshly baked pies, pastries, salads, curries and honey
Montes Plant Based Foods	Adrian	montespbfgmail.com	254-4078	St. Michael	Plant based spreads in flavours original, garlic & herb, spinach, beet & coconut, ginger & pepper
Moon-Seed	Akeym-i Nyzinga	art.animal@yahoo.com	252-0185 248-5168	Christ Church	Vegan alkaline food, artisan bread, cashew cheese and hummus
Old Duppy Foods	Nick	info@oldduppy.com		Various Locations	Pepper sauces
Shalana's Natural Wines	Kenrick	snaturalwines@live.com	257-3456 834-5180	St. George	Natural fruit wines
SheMars Organic Products	Sheila	shemarsorganicproducts@gmail.com	261-8280 825-4499	St. James	Preserves, condiments, hot sauces, pickles, chutneys, and sauces
Splurge Cake Studio	Summer	splurgetcakestudio@gmail.com	424-1240 240-8353	St. Michael	Gluten-free cakes and desserts
That's My Jam	Megan	thatsmyjam246@gmail.com	230-6880	St. George	Homemade specialty jam, jelly, chutney
Tiki Pies	Megan	tikipies@hotmail.com	836-7437	St. Michael	Savoury New Zealand style locally made pies
ULU Foods	Courtney	hello@ulufoods.com	271-5956	St. Philip	Breadfruit pizza base, chips, fries, crackers
Wentworx	Derek	derekwent@hotmail.com	433-9419 240-1048	St. Michael	Aeromatic spices, healthy eats, hand made local flours and other products
Wyndhams Coffee	Amanda	info@wyndhams.bb	538-1000	Christ Church	Locally manufactured specialty coffee products

WHAT TO ASK YOUR  
**LOCAL PRODUCER?**

**DO YOUR PRODUCTS CONTAIN ANY...?**

- GMOs; trans-fats or hydrogenated oils, additives, artificial colors, flavors or preservatives?
  - Do the farms you source from use organic practices?
    - What are the organic practices used?

**IF THEY USE ANIMAL PRODUCTS -  
WHAT TYPE OF ANIMAL FEED DO YOU USE?**

- Does the feed contain GMOs/antibiotics/artificial additives?
  - Where do you source your feed?
  - How do you prevent and manage illness?

WHAT TO ASK YOUR  
**LOCAL PRODUCER?**

## **ARE YOUR ANIMALS TREATED HUMANELY?**

- Are the chickens free range?
- Do the animals have access to water and shade?
  - How much space does each animal have?
  - How often are the enclosures cleaned?
- What do you think makes your animal happy?
  - Who manages your slaughter?

# EGGS & MEATS



PRODUCER NAME	CONTACT NAME	EMAIL	TEL	ADDRESS	WHAT'S FOR SALE
<b>Carmeta's</b>	<b>Trevor</b>	trevor.roberts@badmc.org	<b>535-6879</b>	<b>St. Michael</b>	<b>Variety of meats, hamburgers, sausages and hams</b>
<b>Clifton Meats</b>		info@cliftonmeats.com	<b>622-1661</b>	<b>St. Thomas</b>	<b>Premium quality, farm-fresh meats, burgers and sausages</b>
<b>Conscious Spirit Farms</b>		consciousspiritfarm@gmail.com	<b>571-6757 253-1906</b>	<b>St. Phillip</b>	<b>Free range chickens and eggs</b>
<b>DI Farms</b>	<b>Dave</b>	daveeinniss@gmail.com	<b>232-1202 243-1202</b>	<b>St. John</b>	<b>Chicken and black belly sheep</b>
<b>Earth Goddess Farm</b>	<b>Gloria</b>	starchildlight@gmail.com	<b>256-1968 624-2141</b>	<b>St. George</b>	<b>Organic eggs</b>
<b>Flint Hall Farms</b>	<b>Ian</b>	flinthallfarms@gmail.com	<b>244-8458</b>	<b>St. John</b>	<b>Free range eggs, pork and chickens</b>
<b>J&amp;P Farms</b>	<b>Bernice</b>	bernicechase@ymail.com	<b>286-8216</b>	<b>St. Michael</b>	<b>Whole chickens and black belly sheep</b>
<b>Lobster Alive</b>	<b>Sam</b>	sam@lobsteralive.net	<b>435-0305</b>	<b>St. Michael</b>	<b>Regional live lobster</b>
<b>PEG Farm &amp; Nature Reserve (Oink &amp; Moo)</b>	<b>Paul</b>	pegbarbados@gmail.com	<b>230-9349</b>	<b>St. Joseph</b>	<b>Free range meat and eggs</b>
<b>Willoughby's Meat Shop</b>	<b>Julius</b>		<b>263-0254</b>	<b>St. Michael</b>	<b>Farm-fresh pork, goat, lamb, chicken and turkey</b>
<b>Zantarea Farms</b>	<b>Christina</b>	zantareafarms@gmail.com	<b>261-6277</b>	<b>St. Philip</b>	<b>Free range eggs and chicken</b>

# DAIRY & CHEESES



PRODUCER NAME	CONTACT NAME	EMAIL	TEL	ADDRESS	WHAT'S FOR SALE
Dooflicky Farm	Laura/Matthew	dooflickyfarm@gmail.com	230-9263 235-7482	St. Philip	Goat milk, goat cheese, goat milk soap and goat milk ice cream
Green Meadows Creamery	John	jmsdairyfarm@gmail.com	253-0368	St. John	Fresh raw and pasteurized milk
Hatchman's Premium Cheeses	Andrea	hatchmanscheeses@gmail.com	266-0902	St. Michael	Premium cheeses
Hillside Farms	Ray /Rico	rayz81@ymail.com comricoyarde@gmail.com	241-6256	St. Andrew	Goats milk
Hoads Dairy Farm	Richard	porkhoad@gmail.com	422-9083	Christ Church	Goat milk and cheese
Khafra's Gourmet Enterprises	Sheba	livepurewithkhafra@gmail.com	283-7914	St. Andrew	Fresh goat milk cheeses, kefir and yogurts
Valencia Limited	Paulina	vaylenbarbadossales@gmail.com	837-3512	St. Michael	Yogurts

# FARMERS MARKET

NAME	LOCATION	MON	TUES	WED	THUR	FRI	SAT	SUN	HOURS
Barven Outdoor Market	St. Michael					X	X		5:30AM
Brighton farmers Market	St. George						X		6:30AM-10AM
Cheapside Market	St. Michael	X	X	X	X	X	X		7AM-5PM
Hastings Farmers Market	Christ Church			X			X	X	9AM-2PM
Holders Farmers Market	St James							X	9AM-2PM
Ministry of Agriculture Market	Christ Church						X		8AM-2PM
Walkers Eco Market	St. Andrew								See social media for dates & times
Barbados Agricultural Society	St. Michael	X	X	X	X	X	X		MON-FRI 9AM-3PM SAT 9AM-2PM



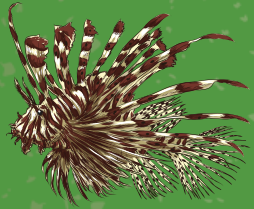
# FISHERFOLK & FISH MARKETS



FISH MARKET/LANDING SITE	BE SURE TOASK FOR...	MarketTel#	OPENING HOURS
Bridgetown Fisheries Complex	<b>Market PBX</b> <b>Gemma</b> <b>Judy</b> <b>Muscles</b>	<b>431-0202</b> <b>258-9880</b> <b>233-1702</b> <b>258-2417</b>	<b>7am - 7pm</b> <b>(Monday - Sunday)</b>
Millie Ifill (Weston)	<b>Market PBX</b> <b>Natalie</b> <b>Catherine</b>	<b>432-0492</b> <b>263-1478</b> <b>230-7346</b>	<b>7am - 7pm</b> <b>(Monday - Sunday)</b>
Oistins (Berinda Cox)	<b>Market PBX</b> <b>Natasha</b> <b>Wilma</b> <b>Gracelyn</b>	<b>428-7180</b> <b>233-3481</b> <b>263-0125</b> <b>268-4330</b>	<b>7am - 9pm</b> <b>(Monday - Sunday)</b>
Payne's Bay	<b>Market PBX</b> <b>Eulene</b> <b>Mellisa</b> <b>Jason</b>	<b>432-6804</b> <b>244-4811</b> <b>831-2012</b> <b>840-9150</b>	<b>8am - 7pm</b> <b>(Monday - Saturday)</b>
Tent Bay	<b>Market PBX</b> <b>Diann</b> <b>Melvin</b>	<b>433-9964</b> <b>820-8678/571-</b> <b>8358</b> <b>256-6271</b>	<b>7am - 3pm</b> <b>(Monday - Friday)</b>



# BEST CHOICES



Lion Fish

**\*Most Sustainable Choice\***



Flying Fish



Dolphin  
(Mahi-Mahi)

Buy these species first as they are often fast growing and reproduce quickly (e.g. flying fish & dolphin fish); current stock levels are relatively abundant and can withstand fishing pressure. They are usually well managed and caught responsibly.

# ALTERNATIVES



Wahoo



Barracuda



Atlantic Triple-Tail  
(Congalie)



Amber Jack



North Atlantic  
Yellow Fin Tuna  
(Albacore)



Skipjack Tuna  
(Bonito)



King Mackerel  
(King Fish)



Ocean Tiggerfish  
(Turpit)

Species under this list are good alternatives, but be aware of current population levels and how they are caught.

# AVOID!



Sharks



Marlin



Parrot Fish  
(Chubs)



Atlantic Bigeye  
Tuna



Rays

Species in this list are overfished, or caught in ways that harm the environment and other marine life; and some species may have high mercury content (e.g. sharks). Take a pass on these species.

WHAT TO ASK YOUR  
**LOCAL FISHERFOLK?**

**SUSTAINABILITY IS BASED ON CURRENT POPULATION AND STOCK LEVELS, SEASONALITY, METHODS CAUGHT AND MANAGEMENT.**

**BE SURE TO ASK...**

- Where is your fish coming from - is it locally caught?
  - Is it in season?
  - What methods were used to catch it?

**DO YOU SELL SUSTAINABLE FISH SUCH AS:**

- Lionfish, flyingfish, dolphin fish > 7 lbs or > 65 cm in individual length (~2 rulers) [best choices]
- Wahoo, barracuda, king mackerel (kingfish), amber jack, atlantic triple tail (congalie), ocean triggerfish (turpit), skipjack tuna (bonito), north atlantic yellow fin tuna (albacore). (alternatives)

WHAT TO ASK YOUR  
**LOCAL FISHERFOLK?**

**DO YOU AVOID SELLING SPECIES THAT ARE:**

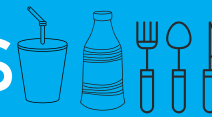
- Overfished and important to marine ecosystems such as parrotfish (chubs) and sharks
- Caught using fishing methods that harm the environment and other marine life (such as seine nets with a specific mesh size)
- Potentially have high levels of mercury such as sharks, billfish (marlin, swordfish, sailfish) which can impact human health
  - Juveniles and not reproductively mature

WHAT TO ASK YOUR  
**LOCAL FISHERFOLK?**

**DID YOU KNOW THAT?**

- It is illegal to catch, buy, sell and consume black sea urchin (sea eggs) during the closed season
- It is prohibited to sell or have in possession female lobsters carrying eggs
- No person shall land any yellowfin tuna or bigeye tuna of less than 3.2kg

# PLASTIC ALTERNATIVES



PRODUCER NAME	CONTACT NAME	EMAIL	TEL	WEBSITE/FACEBOOK	WHAT THEY OFFER
BICO Loves Vegware	Cozette	admin@bicold.com	256-1418	@bicoicecream	Food containers, boxes, cups, utensils, plates and cake accessories
BW Hotel and Restaurant Supplies			426-2850	@bwhotelrestaurantsupplies	Food containers, drink ware, cutlery and paper products
Direct Packing Inc.		vmitchell@directpackaginginc.com	435-5616 420-5771	directpackaginginc.com	Food containers, drinkware, fry boxes, plates, straws and cutlery
Dyna Pak		dynapakco@gmail.com	437-3525	@dynapakcoltd	Food containers, bowls, plates, boxes and straws
Firgos	Neil Kirton	info@firgosbarbados.com	425-3958	firgosbarbados.com	Food containers, cups, utensils and bags
Keep In Touch		customerservice@keepintouch.bb	228-3671	@keepintouchbarbados	Food containers, drinkware, cutlery, boxes and paper products
Packaging Centre Ltd	Robin Cho	packaging.centre@gmail.com	417-5474	@packagingcentreltd	Food containers, cutlery, drinkware, lids, boxes, pouches and bags
R.L Seale Ltd.	Karen or Ian	karen_price@rlseale.com.bb	629-4545 629-4518	@rlsealeltd	Eco-friendly food packaging and dry goods
Simplex Trading	Hilary Hunt	hilary@simplextrading.net sales@simplextrading.net	426-1110	simplextrading.net	Food containers, cups, lids, jackets, cutlery, straws and trays



WHAT STEPS DO YOU TAKE TO  
REDUCE YOUR PLASTIC USE and WASTE?

PLASTIC IN THE PLANET'S ECOSYSTEM IS A THREAT  
TO OUR FOOD AND HEALTH.

- Do you use compostable packaging?
- Do you encourage consumers to bring their own reusable containers?
- Would you consider packaging your products with sustainable material instead of plastic?

WHAT TO ASK YOUR  
**LOCAL CHEFS?**

- How much of your menu do you source locally?
- How do you support local farmers and producers?
- What items on the menu are grown or raised using organic practices?

**DO YOU USE INGREDIENTS THAT CONTAIN - ...**

- GMOs; trans-fats or hydrogenated oils;
- Additives; artificial colours, flavors or preservatives?

# CHEFS/RESTAURANTS?

- How much of your menu do you source locally?
- How do you support local farmers and producers?
- What items on the menu are grown or raised using organic practices?

## DO YOU USE INGREDIENTS THAT CONTAIN - ...

- GMOs; trans-fats or hydrogenated oils;
- Additives; artificial colours, flavors or preservatives?





AND HELP US TO  
*grow* THE **FUTURE**

[www.slowfood.com/joinus/membership/barbados](http://www.slowfood.com/joinus/membership/barbados)

TEL: +246.622.4097  
 WALKERS RESERVE  
 ST. ANDREW, BARBADOS



Slow Food® Barbados

\*SF BARBADOS CHARITY\* | Reg. Charity No. 1184

[www.slowfoodbarbados.org](http://www.slowfoodbarbados.org)



[slowfoodbarbados](https://www.facebook.com/slowfoodbarbados)