

National Symbols

National Anthem

**O Land of Beauty!
Our country where peace abounds,
Thy children stand free
On the strength of will and love.
With God in all our struggles
St. Kitts and Nevis be
A nation bound together
with a common destiny.**

**As stalwarts we stand
For justice and liberty.
With wisdom and truth
We will serve and honour thee.
No sword nor spear can conquer
For God will sure defend.
His blessings shall forever
To posterity extend.**

National Bird



The national bird is the brown pelican, ***Pelecanus Occidentalis***. In its youth, it is brown on the head, neck and upper parts of the body, and mostly white below. As it matures, the majority of the body becomes dark brown while the upper part of the head turns white. During the post-nuptial molt the adult's neck turns white. The neck and head are not extended during flight. Brown pelicans are sometimes solitary feeders but may also be found in small flocks as they feed on schools fish near the surface of the sea. They can be found throughout the West Indies and in the sub-regions of the Americas. They nest in colonies along the coast in low trees and in bushes.

National Flag



The national flag of St. Kitts and Nevis

features green for our fertile lands, yellow for our year- round sunshine, black for our African heritage, red from our struggle from slavery through colonialism to independence. It also displays two white stars on a black diagonal symbols of hope and liberty.

Coat Of Arms



The center of the coat of arms is dominated by a shield at the base of which is a lighter in full sail. A red chevron is highlighted by two Poinciana flowers. At the top of the shield is the head of a Carib, supported by the fleur-de-lis and a rose. These symbols represent the early inhabitants of the islands, and the influences of the French and English.

NATIONAL FLOWER



The national flower is the **Poinciana or flamboyant**, Named after Monsieur de Poincy, the first French Governor of St. Kitts, who is said to have introduced It to the region. Its scientific name is *Delonix Regia* And it is said to have originated in Madagascar. The Flamboyant is one of the most striking trees of the Tropics, with its umbrella-shaped crown and its Compound deciduous leaves, and red and yellow scalloped flowers followed by long, black seedpods. It blooms from May to August.

The National Dish

Stewed Salt-fish with Spicy Plantains, Coconut Dumplings & Seasoned Breadfruit



Stewed Saltfish

1 lb Saltfish
1 green pepper diced
1 lb tomatoes chopped
5 cloves chopped garlic
4 tbsp vegetable oil
2 tbsp margarine
6 scallions finely chopped
2 tbsp parsley chopped
1 small onion chopped
Salt and pepper to taste

Method:

1. Soak Saltfish overnight then boil in fresh water until tender.
2. Drain saltfish, remove the bones and scales and flake.
3. Heat oil in large heavy saucepan. Add pepper, scallions, onion and garlic. Cover and cook over low heat for 5 minutes, stirring occasionally. Add the tomatoes and simmer over moderate heat until heated through for about 2 to 3 minutes. Add flaked Saltfish along with margarine, salt and pepper. Cover the stew and simmer over low heat until heated through for about five minutes.
4. Arrange the saltfish on a plate. Sprinkle with parsley and serve with dumplings, breadfruit and spicy plantains

Seasoned Breadfruit

3 cups full breadfruit chopped into 1" pieces
2 tbsp oil
1 tbsp unsalted butter or margarine
½ cup red pepper dried
1 medium onion chopped
4 garlic cloves crushed
2 tbsp fresh parsley chopped
1 tbsp fresh thyme leaves
½ cup chicken broth or 1 cube dissolved in ½ cup of water
¼ tsp salt
¼ tsp freshly ground pepper

Method:

Melt butter or margarine in a heavy saucepan over medium heat then add oil. Add onions and cook until golden about 5 to 8 minutes, stirring often. Add garlic, thyme, red pepper and parsley and sauté for 30 seconds. Remove from heat and add breadfruit with chicken broth or other prepared liquid. Toss gently to blend and heat through. Season to taste with salt and pepper. Serve with dumpling, saltfish and spicy plantain.

Spicy Plantains

3 medium sized plantains peeled and chopped into ½" pieces
2 tsp fresh ginger peeled and grated
1 small onion grated
¼ tsp of salt
¼ tsp of hot sace of finely chopped pepper
Oil for frying

Method:

Combine all the ingredients in a bowl. Toss until mixed. Fry in batches until golden brown and cooked. Remove and drain on paper towels. Serve along side Saltfish, dumplings and breadfruit.

Coconut Dumplings

½ cup of grated coconut
1 ½ cups flour
¼ tsp salt
1 tbsp oil
1 tbsp

Method:

Place flour, coconut, salt, margarine and oil in a bowl. Gradually stir in the water to make a stiff dough. Turn onto a lightly floured board and knead for about two minutes. Make dumplings in desired shape. Slide dumplings into a boiling salted water. Cover and cook for about 10 to 15 minutes.

ENJOY TO YOUR HEARTS DESIRE

St. Kitts & Nevis

National WEAR

St. Kitts and Nevis National Wear

St. Kitts and Nevis' Official National Wear reflects the true "Caribbeaness" of its people. A combination of African and European influences which have shaped the history of St. Kitts and Nevis is evident in both the male and female outfits.

★ *Women's Wear*

It is customary for African women to wrap their heads for protection. The main dress is off-white cotton, with a corset top and an ankle length, wide flare petticoat bottom. The beige cotton sleeves are short and puffed by using the drawstring. A short lap skirt made from crocus is worn over the main dress to protect it from dirt. The madras "Cane Soda Wrap", which was used to carry soda while fertilizing sugar cane, is draped around the waist. The crocus drawstring bag was a safe way for women to secure their money.

★ *Men's Wear*

A straw hat trimmed with madras offered protection from the hot day's sun. The short sleeved, v-neck jack shirt trimmed with madras is made from off-white cotton. The design is similar to traditional shirts worn by Africans. The beige cotton, ankle length pant is a reflection of the local fabrics that were commonly used during the colonial period.