

Vincen-tian family to feature on BBC cooking show

A FAMILY WITH Vincen-tian roots will be featured in a cooking show which will air next week on BBC2.

Jacqueline Codougan, 45, her daughter Chantal, 24 and son Dom, 23, live together in Kettering, Northamptonshire, England. They will compete in heat six of 'The Big Family Cooking Showdown', a major new food show that celebrates favourite family recipes.

Jacqueline, one of seven children, was born in St Vincent. Originally from

Rose Place, Jackie, as she is known, lived most of her life at Campden Park. She attended the Lowmans Leeward Anglican School and the Intermediate High School in St Vincent.

Although she left St Vincent in 1997, she visits every year, as her mother, Yvonne Biddy, still lives here. Her father, Winston Buster Biddy, of Campden Park, died last year.

Jacqueline is very close to her mother and spent a lot of her time in the kitchen. Many her recipes



Codougan family: (from left) Dom, Jacqueline and Chantal Codougan

and ingredients are influenced by recipes handed down from generation to generation.

Chantal has worked as a portrait artist and Dom is a mobile barber. He describes his family as "a pack of lions" – each being strong-minded and fierce, but having their own roles. Jacqueline is the chief cook; Chantal is in charge of seasoning; and Dom is the practical one. They love nothing more than dancing around the kitchen together.

"For us, it's always a party in the kitchen. We like to make it as fun and Caribbean as we can. Hopefully, they're ready for us!" the Codougans say, referring to their competitors, the Kings, who are a couple who have been married over 40 years and are regular visitors to the home of their daughter Jackie, 38

in Lincolnshire. Jackie will compete with them on the programme.

The Big Family Cooking Showdown is a 12-part competition involving 16 families of home cooks from across Britain.

Presented by Zoe Ball and Nadiya Hussain, the series will delve into kitchens up and down the country, showcasing family food that creates the heart within the home and brings generations together.

In search of Britain's best family of cooks, judging their efforts are renowned cookery teacher Rosemary Shrager and top Michelin-starred chef Giorgio Locatelli. The two judges will set challenges in both the studio kitchen and

home kitchens, whittling down the 16 teams of cooks over eight heats, three semi-finals and one grand final.

In each episode, two families, represented by three family members, will go head to head, tested by these three challenging rounds: The £10 Challenge – Showcasing the very best the teams can do to feed 4 with a budget of £10, in 1hr 15 minutes; Home Visits Challenge – Both families must cook a main course and a dessert for Rosemary and Giorgio in their own homes in 90 minutes; Impress The Neighbours Challenge – both families return to the studio for the deciding round, creating a starter and a main course in 2hrs 15 minutes.

Caesar to give feature address at Richmond Vale Academy

MINISTER OF AGRICULTURE, Fisheries, Forestry, and Rural Transformation Saboto Caesar will be among three guest speakers to deliver 20-minute speeches at the open day at the Richmond Vale Academy, tomorrow August 12.

Caesar will address issues related to the next steps for sustainable farming and the national soursop drive in St Vincent and the Grenadines (SVG).

Conservationist Louise Mitchell will speak about the importance of eco-tourism for SVG, while Ideisha Jackson will speak about her work for a more sustainable SVG.

A discussion and deliberation session will follow the presentations. The event, which is free, is open to the public and will run from 10 a.m. to 4 p.m. The open day will also include a tour of Pat's Farm in Richmond, about 10 minutes' walk from Richmond Vale Academy, where one of the first new biogas digesters is installed.

Among other things, exhibits at the open day will feature the importance of local honey production, "The Angry Sun" book, recycling and waste management, and St Vincent's first ever permaculture design course, which will be conducted at RVA, Feb-



SABOTO CAESAR, Minister of Agriculture, Fisheries, Forestry and Rural Transformation

ruary 12 - 21, 2018. Guests will be able to learn about and sign up for the Permaculture Design Certificate Course.

The Permaculture Design Certificate requires a minimum of 72 hours of coursework/assignments and is designed to address this pedagogical sequence: Principles – Techniques – Application – Reflection. The course will be led by Leon-C Malan, professor of environmental studies, M Roy London, endowed chair, and Vincen-tian and organic farmer, Luke Punnett of Chatoyer Gardens in Vermont will be a facilitator.

The morning sessions will be devoted to princi-

ples and techniques and the afternoon sessions are mostly devoted to application (field trips, practical exercises and working on their own design).

Each participant will work on an individual design project that will include goals articulation, complete sector analysis, and detailed design. The course concludes with each person presenting his or her design to the group. Ideally, these designs would be of sites around RVA or its immediate vicinity. To qualify for the Permaculture Design Certificate, participants must attend all sessions, complete a design and present it.

At the open day, guests will also be able to see the plans and design for the new SVG Preservation Fund/RVA permaculture home gardens being implemented at Yverne Roberts' and other homes in Chateaubelair, Fitz-Hughes and Petit Bordel.

At the August 12 open day, lunch will be served to all guests and local vendors will sell and promote local products. There will also be activities for children and a tour of the RVA Sustainable Farm with solar energy, biogas, grey water recycling system, rain water harvesting, forest garden and intensive vegetable garden.



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