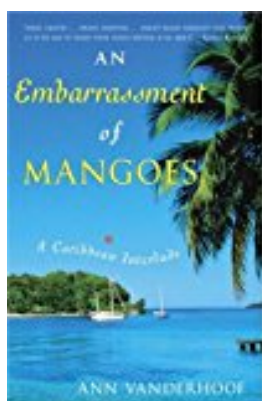


# [PDF] An Embarrassment Of Mangoes: A Caribbean Interlude

**Ann Vanderhoof - pdf download free book**

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**Books Details:**

Title: An Embarrassment of Mangoes:  
Author: Ann Vanderhoof  
Released: 2004-01-13  
Language:  
Pages: 320  
ISBN: 0767914023  
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**Description:**

**From Publishers Weekly** With wit and candor, Vanderhoof, who's worked as a magazine and book editor, recounts her sometimes complicated but always enlightening two-year voyage from Toronto to the West Indies and beyond with her husband in their 42-foot sailboat, Receta. As they escape the restraints that have bound them to their desks for years, the pair undergo not just a change in physical appearance (the noticeable weight loss is an unexpected bonus) but also a change in

attitude. And although their trip may sound terrific, it's no three-hour tour. Along with sunset cruises and afternoons spent on untouched beaches (where "you can sit and stare at the ocean for hours scarcely seeing another soul"), they encounter "blinding forks of lightning" during a big squall, hailstones during an unpredicted hurricane and other tumultuous events. The book's strength undoubtedly lies in the way local cuisine and agriculture seep into Vanderhoof's tiny galley. While island hopping, she hunts for the freshest mangoes, conch and papayas even if it involves trekking miles through uncharted territory. These long trips are always worth it, as the author befriends Grenadian and Bequian natives, learning how to reproduce scrumptious local fare. Vanderhoof excels in painting a perfect picture of every island as well as filling in the gaps with historic explanations and authentic recipes, saving the book from becoming merely a flashback and steering it in the direction of a potential reference for those wishing to exchange their Bud Lights for a case of Presidentes. Map not seen by PW.

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**From** What could be better than dropping all of life's mundane day-to-day activities and setting course for the adventure of a lifetime? In the mid-1990s, Steve and Ann Vanderhoof did just that when they packed up their belongings, put their careers on hold, rented out their home, and set sail for a two-year tour of the Caribbean. At the helm of a 42-foot sailboat, Ann and Steve travel more than 7,000 nautical miles and visit 16 countries, taking readers on a lively tour of the flavors, sights, and sounds of the Caribbean. Whether it's enjoying a meal with the locals, participating in festivities, or discovering the secrets of the islands, Ann writes of the rewards of living an uncharted life under the stars. Beautifully written passages transport readers to pristine beaches under azure skies. A detailed travelogue and an intimate portrait of self-discovery, this is a refreshing, soulful journey about rediscovering the things that really matter. *Elsa Gaztambide*  
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