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MUSIC

Thundering Drums of
Arambol

WATER SPORTS

10 Must-Do watersports
activities in Goa

IN GOA

The Jungle Juice Trail -
A unique Urak Bar crawl



**SUMMER-Y
GOA**

The Things That Happen

Hi all our lovely readers



The next issue of the Planet Goa magazine in print is finally out! To us, we can say we made it again!

Reason I say that, is in these days of uncertainty where we see so many Print publications going belly up every other day with readers vanishing or shifting to Digital, because of that Mobile gadget reminds me of the tailor who disappeared, that fax machine which arrived and went, the Pager which died soon after birth and the near extinction of the camera roll, are we going to the same way? To be honest, possibly yes....though I prefer to believe it's not.

Will also tell you why I think so. Technology is ever changing and people and businesses do have to keep up with it. It's a non-stop process and embracing it is something which is necessary. However, again on a dipstick survey which we did amongst readers and advertisers, the joy of reading a magazine and the touch and feel factor to it, gives both of them such pleasure that is hard to match. Digital can't do that. The information in the magazine is well-consumed by the reader and digested with such glee that he is left wanting more. That's just not the case with Digital. There by the time you read something, while the reader knows, and in different versions the entire world also probably knows but with so much more disbelief that the concept of 'fake'news takes over. So, this plus some other factors that have been taken into account, does leave us with a lot of confidence still. Digital is something which we also do via our portal, www.planetgoaonline.com and our extensive Social Media platform, we can feel the difference. There is the price vs free factor but the Indian and overseas reader has evolved and he knows what he wants. But they have to complement with each other.

What it means, is that businesses have to make changes in their Business Models, and rapidly so, and with innovation playing a major role, they just have to be innovative in their strategy and decision making, on what to do when. All in all, exciting times ahead and we certainly hope to keep pace.

On the Planet Goa front, the writing is on the wall, and in the post pandemic era, what we are undergoing is sharply rising costs, reduced frequency and we in all our wisdom, have taken a relook at the Print product and will be going quarterly rather than being a monthly like earlier, and cover prices will also see a rise. What we can assure you that our content is going to be collated with the same passion as earlier and the quality of the product will remain unchanged. At the same time, the content will remain sharply focused and we would provide readers and advertisers, value for their buck!

Cheers and enjoy the read so much as we have in putting the issue together.

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The things that happen

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A Very Feni STORY

BY NIDHI LALL



IN one of his interviews, Mario Miranda was asked to describe Goa, and he said – “It is a land of Feni and harmony.” These words describe the soul of Goa. Today, with a history belonging to the Portuguese

era, Feni - adorning the crown as the ‘Heritage Spirit’ of Goa, is reviving and paving its way back.

With the onset of the pandemic, three days after the first batch of cashew apples arrived, the big distilleries in

the state were shut. It halted, among other things, the production of alcohol. Feni, a heritage liquor of Goa, could not be distilled. Discussions with the state happened, divided on whether Feni and Urak, the liquid after the

first distillation, were to be promoted as food products or alcohol.

This year, deeply missed by Goans, Feni made a befitting come back through Festivals and Wine & Cocktail events.

Let's take a rendezvous along with the soulful drink of Goa – Feni.

A BRIEF HISTORY OF FENI

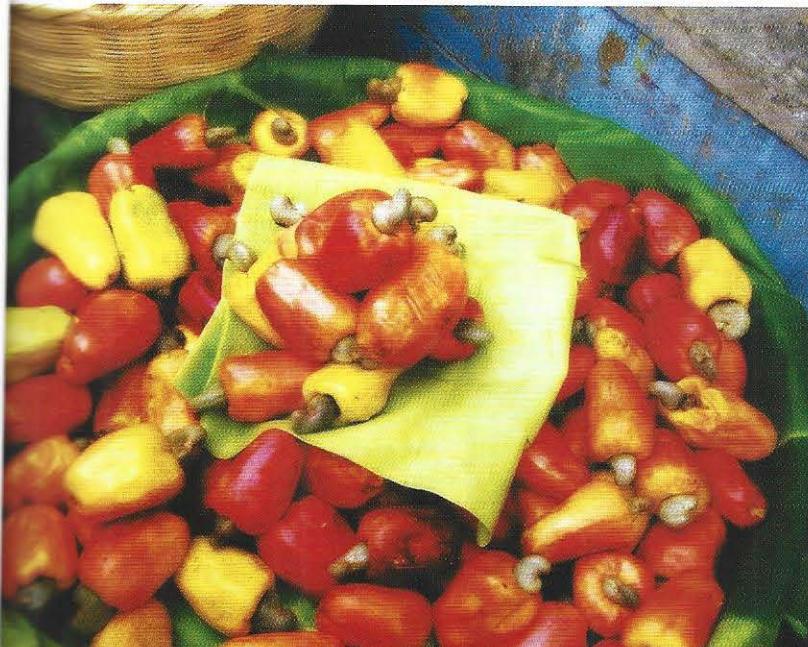
Goa's state drink Feni is made from cashew nuts. Feni derives its name from the Konkani

of the drink go back to the voyages the Portuguese took between their colonies, Goa and Brazil. In these long 16th century expeditions, the first cashew apple crossed choppy oceans to reach Goa from Brazil. The false fruit, which holds the cashew nut, was pulped into wine in South American and African countries. The village folk of North Goa went a step further by triple distilling the ferment, making it into a new version.

Feni somehow had been

THE CONNOISSEURS OF FENI

For two generations, Cazulo has been taking great care in preserving the invaluable heritage by bottling only the finest Feni from Goa's tiny yet beautiful state. In South Goa, this family-run enterprise Dona Maria is owned by Wilson and Melanie Vaz in Cuncolim. Today their three young sons, Clinton, Hansel and Donovan, continue the family heirloom forward, upholding the founder's high standards.

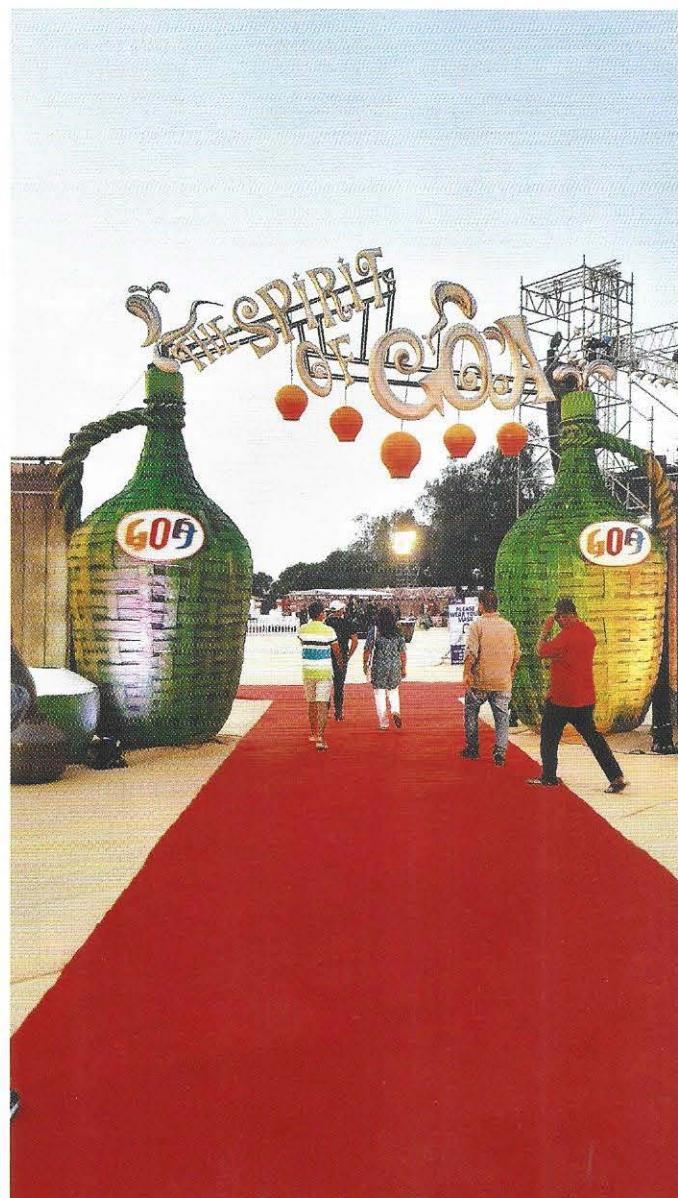


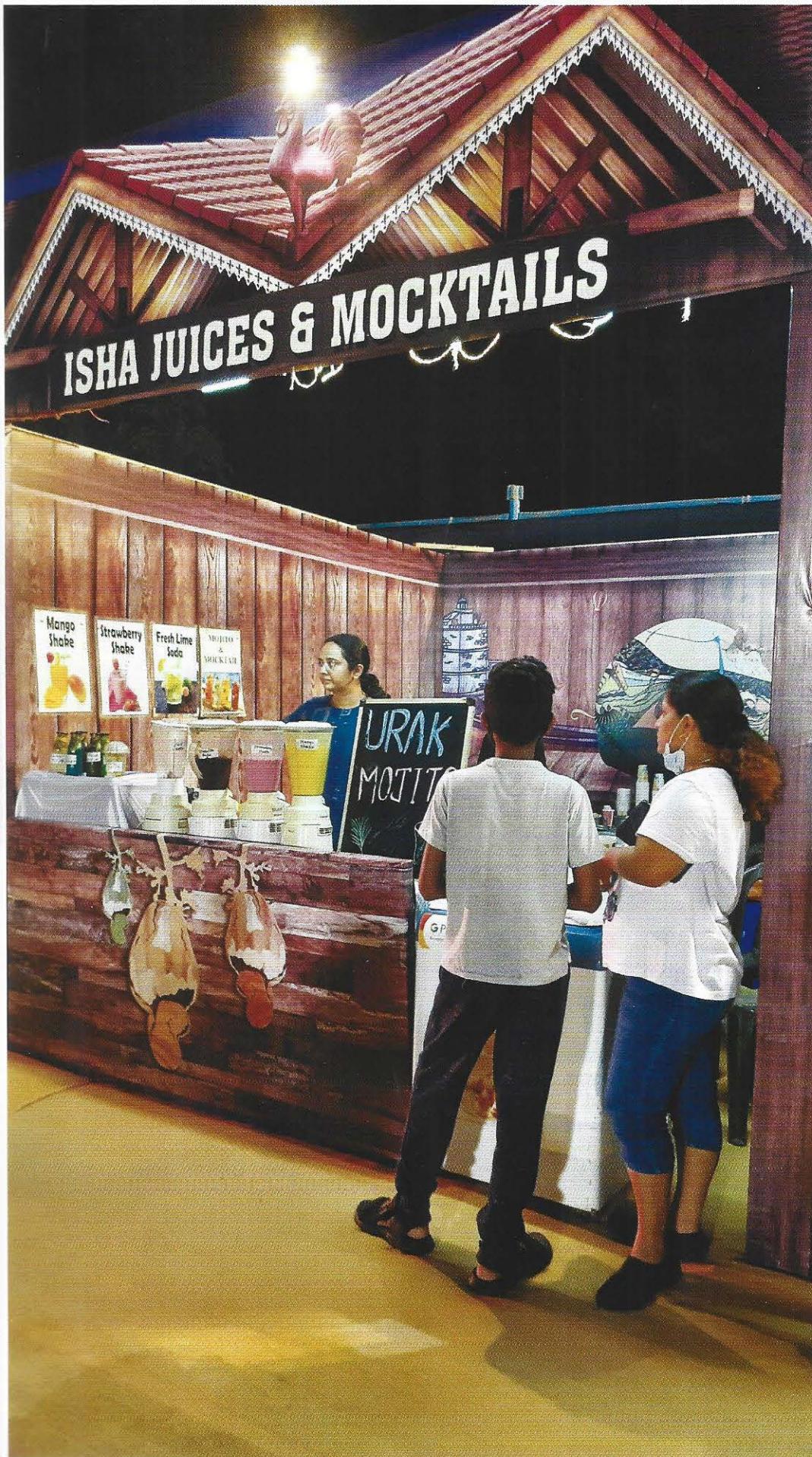
word "froth". It used to be consumed as a shot by the Goan working class. They juggled the foam between two coconut shells, mixing it well enough to get the desired kick. Later Feni made a comeback at Goan weddings as a more refined drink in a new avatar. The fermented fruit is put through three stages of distilling in earthen or copper pots, yielding three different drinks at each stage.

The history and the romance

limited to Goan villagers' late-night gatherings, friends gossiping at the village square, or a family brought together by music and food. Yet, it was and still remains an integral part of any feast or merriment that happens amidst the village folks.

Goa, at present, has an estimated 30,000 small distillers and six significant players in the Feni industry. Manufacturers produce over 100,000 litres in a season.





Feni distillation is an intrinsic part of Goan culture. In the hilly villages, Christmas celebrations end with the frenetic activity of setting up the distilling facilities. Building makeshift huts for the process of distilling starts around the new year. The heavy stone crushers for pressing the fruit are set, and copper and terracotta pots for fermentation are arranged carefully.

Feni has a GI (geographical indication) tag, like champagne in France, awarded in 2009. With the onset of exotic liquors entering the Goa market and available in abundance, young Goans are taking charge as connoisseurs of Feni over other drinks. In allied culinary fields such as mixology, practitioners are also opening up to experimenting with Feni. For instance, the Firefly Goan Bistro Bar in Benaulim, South Goa, has over 30 feni-based cocktails that you can choose from their menu.

THE 'HERITAGE SPIRIT' BOUNCES BACK WITH THE 'SPIRIT' OF GOA FESTIVAL

The 'Spirit' of Goa was back and rocked the grounds of D.B. Bandodkar Ground in Campal Panjim from April 29th to May 1st 2022. Goa Tourism has a record of putting up a fabulous three-day cultural show every time. The festival showcases the finest spirits crafted by Goa's home-grown distilleries.

Apart from the sea and beaches, Goa has loads to offer, and this is a platform that demonstrates the various cultural aspects of the state. The prime reason for organising this fine fest is to bring out the true 'Spirit' of Goa through music, art and

food, which is engraved in the hearts of Goans.

THE EXPLORATION OF FLAVOURS AND SOUND

The festival revolves around Goa's coconut and cashew crops used in various products, cuisine, beverages and handicrafts. People enjoyed tasting some delectable cuisines with coconut and cashew as the key ingredient used in multiple ways. Experts showcased the live distilling process of cashew and coconut juice, also known as Urak. This festival also brought the art of brewing Feni from two of Goa's favourite food ingredients: coconuts and cashew.

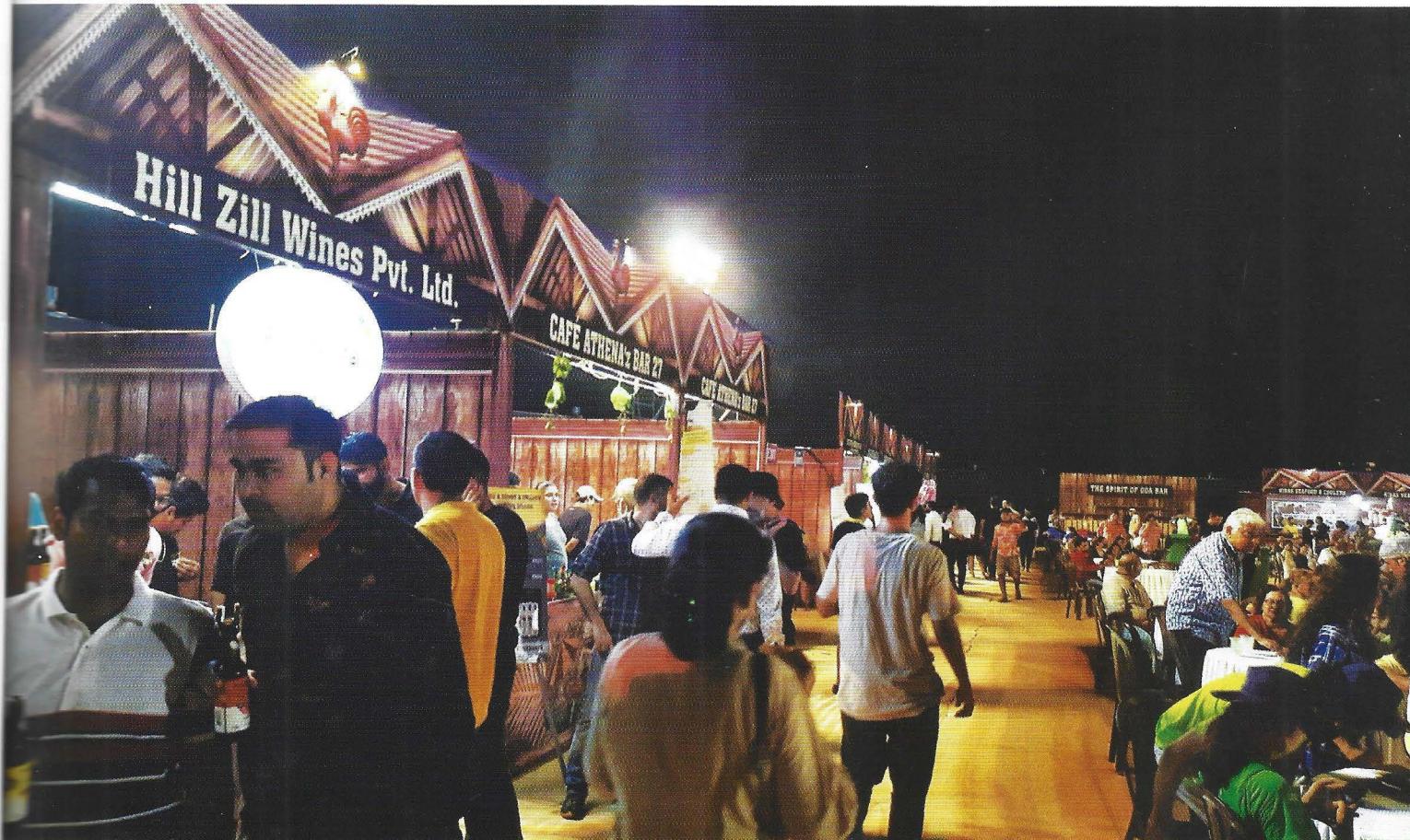
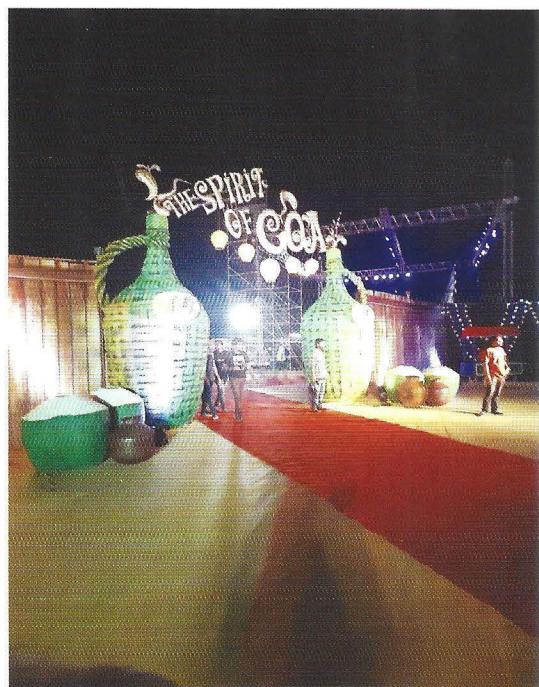
Apart from tasting the flavours of Goa, there were

music and dance programs, another aspect that remains in the heart of Goans. The Audience heard some amazing everlasting Konkani and Portuguese classics and some contemporary English Latin mix styles and funky tunes.

THE FINAL WORD

The common thread cojoining this timeless country liquor for ages – Feni – has come a long way and now moving into the new century parallelly with other exotic and international liquor brands. With its definitive and organic flavour, mixologist and bartenders are experimenting and inventing unique and flavoursome cocktails. One can visit the well-known bars and pubs around to experience

Goa's exceptional and surreal 'spirit'.



'Mango among 'mango people'

- The king of fruits in the sunshine state of Goa

BY: NIDHI LALL

THIS year, Amche Goa is experiencing a burst of mangos all around the state. With the season's early arrival, thanks to the tremendous heat generated by the effects of climate change, we see mango trees loaded with 'amboli' (raw mangoes) everywhere. The Goans called it the toranchye season, and one can see a variety of green mangoes (tora)

and bright, juicy mangoes in the Goan market all over. Goans love mangos in every form in local Goan cuisines. Best way to enjoy this juicy, delicious fruit is in all its natural glory. Nothing beats the flavour of an Alphonso or Mancurad of Goa.

Salcette, Sanguem and Canacona are the top-three mango cultivating talukas. The Alphonso and Badami varieties originate from Siolim in Goa.

Mangoes tend to ripen

naturally in the summer heat of April and May. First to come are the Khalmi, Pyari, and Kayri. These are the raw mangoes variety available for about Rs 200 per kilogram. The other variety is the Badami which is costing Rs 500 per dozen. The most expensive mango, however, is the Mancurad, priced at Rs. 5000 a dozen, followed by Alphonso at Rs.1500 for twelve pieces. Finally, the cheapest is the Totapuri at Rs 150 per kilogram.

Because our love for mango is so deep-rooted, let's go back a little and take a glimpse into the past of the arrival of mangoes in Goa.

GOA AND MANGOES: A GLIMPSE INTO THE PAST

History of mangoes in India goes back to 4000 years. That time the king of fruits wasn't very popular in Goa until the arrival of the Portuguese. The sea route to India discovered by Vasco Da Gama in 1498 was followed by the conquest of Goa by Afonso de Albuquerque. They turned Goa into the centre for all Portuguese colonial activities. Meanwhile, there was a surge in demand for mangoes in the



European countries, resulting in a profitable import of mango saplings to Goa. It was because the weather and soil conditions of Goa was perfect for the production of mangoes. And that was the beginning of the love story between the Goans and mangoes.

TYPES OF MANGOES IN GOA

The variety of mangoes grown in the sunshine state is over 100. It is called the “King of fruits” for a reason. One can experience different tastes, textures, sizes and names that many haven’t even heard of, let alone the taste.

The most famous and widely available types of mangoes are the following:

Mankurad Mango

Also known as Goa Mankur, Kurad, Malcorado, Corado etc., Mankurad is the most popular variety available throughout Goa. The connect goes long back into history. The Portuguese named it Malcorado, meaning ‘poor coloured’. As time passed, the locals started calling it the

‘Mankurad’.

Malgesh

This version, also known as Malgesta, Malgessa, Malgueso and Malgess is popular in North Goa with wide variations in fruit colour, size and quality. The name means ‘difficult to digest’ in Portuguese. The two types recognised are Khand Malgesh - a thick-skinned inferior quality and Akno Malgesh - a superior quality.

Culas

This variety is famous throughout Goa. Many people like its peculiar flavour which is tangy and not too sweet. A lot of variation exists in this variety.

Afons

This variety of mango is also known as Goa Appus or Goa Alfonso. However, it is fast disappearing as the Ratnagiri Alfonso is preferred by many mango lovers. The Ratnagiri Alfonso is of better quality as far as the shelf life is concerned and is gaining popularity.



Hilario

The Hilario mango, also known as Mang Hilario, Mangilar, Mangilal etc., enjoys the same position as Mankurad and is hugely popular in North Goa. It fetches a reasonable price in the market as it tastes delicious. The tree that fruits Hilario is said to have originated in the garden of one Hilario Fernandes of Siolim in the Bardez taluka, henceforth the name. It is a variety that arrives late, with fruits maturing even up to July. Hence, it is a variety that arrives when no other good mango varieties are available.





Mussarat

Popularly cultivated in North Goa, Mussarat or Monserrate de Bardez is named after the Bardez taluka, where it originated. The immature fruits of this variety exhibit an intense red colour. This variety of mango is used to prepare jams, sweet pickles and processed products.

Fernandin

The Fernandin mango, also known as Fernandina, is very popular because of its taste. Best part about this variety is that it doesn't get spoiled because of moisture during rains or even fruit flies.

Xavier

This variety of mango is known for its sweetness and juicy flavour. It is planted throughout the state and is marketed both in North and South Goa. Both fibrous and non-fibrous forms exist.

LOCAL MARKETS IN GOA TO BUY THE BEST MANGOES

So, the question is; where do we find the tastiest mangoes in Goa? Here are our top picks for some of Goa's best places to buy mangoes.

The Goan Farmers Market, Margao

The Goan Farmers Market organised in Margao in South Goa aims to promote the local Goan produce. If you want to buy some good quality mangoes, visit this market for fresh local produce right from the farm, homemade products and more. The Goan Farmers market is a great place to shop for mangoes grown by fellow Goans in their backyard.

Panjim Market in Goa

The Panjim Market, run by the Panjim Municipality, is one of the largest local markets in

Goa. So, if you're all prepped to buy fresh mangoes from Goa, this is the place to be. The sweet-scented aroma of Goan mangoes fills the market. You could even get to try something you've never seen before. The friendly vendors will be more than happy to give you a sample. The massive mural of the Mario Miranda painting in Panjim Market adds to the galore of buying the best mangoes in Goa.

MMC New Market in Margao, Goa

The Margao New Market is one of Goa's most recommended street markets. It is an excellent place to buy locally produced vegetables and fruits, especially mangoes. The market buzzes with loud vendors and the fragrance of the fresh vibrant fruits and veggies. Bargaining is the added perk when you visit the MMC market. But it is wise to be on the lookout for reasonable pricing and quality fruit if you are a tourist. The best option is to shop with a local friend.

JR Farm, South Goa

The farm produces various organic, fresh harvest in South Goa and supply to the state and customers on request. They will bring to your home the loveliest, tastiest, and pulpiest mangoes that are organically grown with lot of love on their farm.

TOP 5 MANGO-BASED GOAN CUISINES

1. *Amlechi Uddamethi*: a delicious raw mango curry cooked in a coconut base that has a smooth and rich consistency. The name reveals its ingredients- Amle is raw

mango, Udda is the split black gram or urad dal, and methi is fenugreek seeds. It is a traditional preparation of the Goan GSB (Gowda Saraswat Brahmin) Community. It ropes in sourness from the raw mango, tanginess from tamarind, sweetness from jaggery, and slight bitterness from the fenugreek seeds.

2. Ambeche Saasav: The name means Mango (ambo) and Mustard (saasav). Mango is, of course, the star of this recipe, and mustard is the key ingredient used in tempering this curry. The best part about the dish is that it uses the ghonta, a variety of mango that is the smaller and a fibrous relative of the Alphonso or Mankurad. There are two variations to the dish: the cooked one and the other is the uncooked version. The dish is best relished cold from the refrigerator, especially in these summer months, and can be eaten with chapati or even

as it is.

3. Bhariyo Amlyo: A Goan jevone is incomplete without a zesty, spicy pickle that at once livens up the taste buds. And one can't speak of pickles without mentioning the absolute favourite pickling ingredient- amlí or kairí, that is the raw mango! Its natural sourness makes it a perfect ingredient for this recipe which is nothing but a Stuffed Mango Pickle. A particular smaller variety called the 'Miskut' is used for making this pickle. A spicy masol or masala with a tempering of chilli powder, turmeric, crushed fenugreek seeds, and mustard seeds is stuffed into the mangoes. The key ingredient here is sesame oil, which best complements the Miskut. The mangoes are then preserved in a jar and last for months.

4. God (Sweet) Lonche: It is a very popular and beloved pickle made with raw mangoes and jaggery, hence called 'god

lonche', which translates to 'sweet pickle'. It tastes great with chapatis or even as an accompaniment with rice. When refrigerated, it can last for up to a year.

5. Mangaad: It is a name given to mango jam which is primarily cooked by families of a traditional Christian household in Goa. The Monserrate or Musrad variety is commonly used for this preparation. Mangaad is relished as a breakfast dish or even topping for ice-creams and pancakes!

GOA'S FOREVER AFFAIRE DE COEUR WITH MANGOS

Mango season in Goa is serious business. The mango-mania that starts with the arrival of spring (actually March) begins with a series of farmer's markets, food festivals that focuses on mango-based delicacies, chilled mango drinks and mango pickles. The 'Tora', to start with, reigns the first month of the harvest. Then followed by Goa's favourite Mankurad and Alfonso. According to the Directorate of Agriculture, Tonca - the mango crops this year looks promising. The crop looks very good as profuse flowering is observed on trees.

Mango is truly a treasured fruit of the Goan food culture. The secret recipes passed down generations are a celebration of 'King of Fruits' in all its different forms. These make the top picks from the Goan summer kitchen.

So, go on and enjoy the king of fruit in Amche Goa while it lasts.





Beach Wear for the GOAN SUMMER

RESEARCHED & WRITTEN BY NIDHI LALL

GOA is synonymous to beaches, just like how Biselri is to water. Isn't it? There are no second thoughts when thinking of a beach holiday. It has to be Goa. Goa is the queen of beaches and has the most exotic ones in India.

If you are planning a summer vacay in Goa, you know what you need to pack first and foremost - stylish, trendy swimwear.

There are striking monokinis, retro bikinis, easy-breezy capes and dresses, to name a few. We share with you some fun

swimwear trends to try while you visit the sunshine state of Goa.

SWIM WEAR FOR THE HOT-BODS

As the temperatures soar, the water looks even more compelling. It is, indeed,

the right time to take a dip and cool off while looking jazzy and trendy in the new swimwear. Here are a few stylish swimwear you can shop for your beach vacay: -

A BIKINI/ MONOKINI OR A BODYSUIT

A Bikini is an all-time favourite beachwear for every girl. It is a two-piece swimsuit fashioned in various styles for every body shape.

ONE PIECE SWIMSUIT

One piece will never go out of style. It is a forever fashion swimsuit that has a vintage look.

TANKINI SET

Tankini set is a melange of a tank top with a bikini bottom. It brings a flattering look and

hides the tummy fat flawlessly.

SWIM DRESS

If you are looking for an elegant swimsuit for a lady, a Swim Dress is just what you need. The melange of a swimsuit with a dress makes it unique and flirty at the same time.

SKIRTINI

Skirtini gives a kittenish and coy look, perfect for pool parties. Show your flashy and girly side with this modish looking short and sexy looking swimsuit that would cover up your hip and thighs.

LEG SUIT

A leg suit is a figure-hugging swimsuit that would suit all the hot-bods with long legs. This comfortable and sassy

fashionable suit is perfect for aqua aerobics and swimming. Add a dash of style to this leg suit and show your charismatic side.

SLING SWIMSUIT

A sling swimsuit is also a sling bikini, a suspender thong with an alluring and bold look. The Y shape style slingshot swimsuit will grab attention and make you stand out in the crowd.

RUFFLE SWIMSUIT

A ruffle swimsuit brings a flirtatious vibe and would even look fashion-forward. Ruffles add a busty look and so would look amazing on women with small busts.

BANDEAU SWIMSUIT

Bandeau swimsuit reflects a



tropical look and would be an ideal pick for Goan beaches. And colour block bandeau would show a vibrant and zesty side of yours.

TOP-BOTTOM SET

Top-Bottom Set is another demure swimsuit for women who want to experiment but are shy to show skin. But there are even more flashy, and sassy top-bottom beach wears that are trendy and a favourite of every beach babe.

THREE-PIECE SWIMSUIT

Cool, fabulous and swanky looking three-piece swimsuit is sure to catch the interest of all beautiful girls. A three-piece swimsuit is innovative and versatile wear for all those who

don't want to bare it all.

COVER-UPS, SARONGS, MAXI DRESSES

The best part of a place like Goa is that you can party in your beachwear. Just carry a sassy and vibrant cover-up dress or a sarong, and you are all set for a nightclub.

SHORTS AND TEE GO HANDY

Keep it casual with a short and simple tee over your swimwear. The best part about shorts is that they are comfortable and most of the restaurants, clubs and pubs in Goa allow the customers in shorts.

NEW TRENDS IN BEACH WEAR

1. New Swimwear Fashion of 2022

Sequined: A white, sequined monokini can add the required amount of oomph and glamour to your look.

Neon: Orange is the new black. Colour coordinate with a burst of pop colour and follow the neon trend.

Print: Try the boho or floral print contrast with the deep blue ocean.

Yellow: Dress up in the resort wear. Tank tops are trending this season. Choose a stylish tank top in satin and pair it with pair of printed pants.





Then, hit the beach in style.

Retro: High-waisted bikini bottoms are in style. Pair it with crop tops and a bucket hat. Impressive!

Sleeved: The butterfly sleeves with high-waisted bikini bottom showcase an old Hollywood glamour.

2. Sustainable swimwear

Goa is waking up with eco-friendly beachwear fashion. So say hello to eco-friendly swimsuits.

A good swimsuit is functional, fashionable, and should dry out quickly. For this reason, the swimwear is traditionally made with

stretch-happy fabrics like nylon and spandex that have high plastic content. However, with this awakening, the Indian fashion industry is innovating and stepping into sustainable fashion to overturn the trend.

Here is the list of sustainable swimwear brands you can shop for even in Goa:

Verandah was one of the first Indian labels to look at making swimwear sustainable. Founder Anjali Patel Mehta founded Verandah, which uses ECONYL, a favoured fabric with many conscious swim brands.

Swimwear designer Esha Lal, who launched The Beach Company, created an eco-conscious resort label.

Another sustainable swimwear brand making the rounds is OOKIOH, started by an Odisha-born Vivek Agarwal, who uses upcycled fabrics.

Shivan and Narresh is India's OG luxe holiday brand and are working on a line of swimsuits made of sustainable fabrics.

A sustainable approach to fashion includes ASOS. The black One Piece never goes out of style. The speciality of the mesh insert swimsuit is that it is made with ECONYL, a fabric that uses fisher nets and nylon waste fabric.

You can also shop for sustainable swimwear at Verandah in Calangute - Arpora Road, Anjuna, Goa; Angel Crochet in Arpora - Bardez, Goa; and at Curves Goa in Calangute.

(Images courtesy – Flickr and Angel Crochet)

