

Download Footprint Caribbean Islands Handbook 2003 : The Travel Guide

On the road... sounds pretty cool. Well this is the essence of travel. If you have done it before, all this will sound pretty boring and obvious, like someone telling you how to get up and go to college or work. During the Nicaraguan Revolution in the 1980s, Nicaragua was not regarded as a place to travel, which caused a decrease in tourism. However, rapid expansion of the tourist industry over the last decade has made it the nation's second largest industry. Over the last 7 years tourism has grown about 70% nationwide with rates of 10%-16% annually. Panamanian cuisine is a mix of African, Spanish, and Native American techniques, dishes, and ingredients, reflecting its diverse population. Since Panama is a land bridge between two continents, it has a large variety of tropical fruits, vegetables and herbs that are used in native cooking. JSTOR is a digital library of academic journals, books, and primary sources.