

# CARIBBEAN AMERICAN HERITAGE MONTH

Caribbean History and Culture

## WHY CARIBBEAN AMERICAN HERITAGE MONTH?



Caribbean American Heritage Month was established to create and disseminate knowledge about the contributions of Caribbean people to the United States.

## HISTORY OF CARIBBEAN AMERICAN HERITAGE MONTH



In the 19th century, the U.S. attracted many Caribbean's who excelled in various professions such as craftsmen, scholars, teachers, preachers, doctors, inventors, comedians, politicians, poets, songwriters, and activists. Some of the most notable Caribbean Americans are Alexander Hamilton, first Secretary of the Treasury, Colin Powell, the first person of color appointed as the Secretary of the State, James Weldon Johnson, the writer of the Black National Anthem, Celia Cruz, the world-renowned "Queen of Salsa" music, and Shirley Chisholm, the first African American Congresswoman and first African American woman candidate for President, are among many.

## PROCLAMATION TIMELINE

### 2004

Ms. Claire A. Nelson, Ph.D. launched the official campaign for June as National Caribbean American Heritage Month in 2004.

### 2005

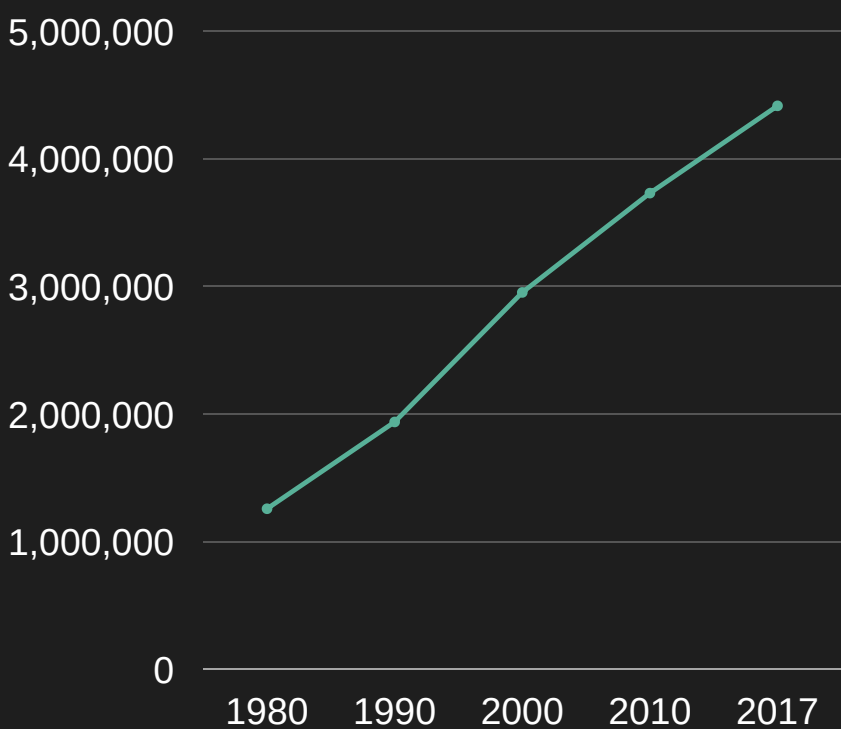
The House passed the Bill for recognizing the significance of Caribbean Americans in 2005.

### 2006

A Proclamation making the Resolution official was signed by the President in June 2006.

## DEMOGRAPHY

Caribbean Population in the United States  
1980-2017



### Countries

Ninety percent of Caribbean people came from five countries: Cuba, Dominican Republic, Jamaica, Haiti, Trinidad, and Tobago.



### Population by States

The largest Caribbean communities are located in New York, Florida, Georgia, Maryland, Washington, D.C., Pennsylvania, Massachusetts, Texas, and California.



### Employment

Caribbeans excel in a variety of professions, and now occupy positions as politicians, teachers, doctors, and scholars, etc.



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## CARIBBEAN FOODS & BEVERAGES

Caribbean Cuisine is a fusion of African, Creole, European, Latin American, Middle Eastern, and Asian influences. Popular dishes reflect the cultures that have influenced the region. The most common ingredients are rice, plantains, beans, coconut, sweet potatoes, cassava, and tomatoes. They are prepared with various local meats and spices.



Conch Ceviche is made with conch meat as the key ingredient. It typically consists of conch meat, tomatoes, red onion, scotch bonnet peppers for heat, and diced mango for a small touch of sweetness.



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Mannish water is a famous Jamaican soup made from goat offal (legs, head, intestines, testicles) combined with yam, coconut, green bananas, dumplings, and hot peppers. There are variations of the dish where white rum added into the soup to enhance its flavors further.



Planter's Punch is a famous cocktail made with dark Caribbean rum, grenadine, sugar syrup, and fresh juice from oranges, pineapples, and lemons. All ingredients are shaken with ice, then poured into a large glass. The cocktail is topped with Angostura bitters and garnished with a pineapple wedge and a cocktail cherry.



Callaloo is a super-popular Caribbean side dish of West African descent, made from green, leafy veggies (amaranth, taro, xanthosoma), steamed and seasoned with salt and other spices.

## MUSIC



The music of the Caribbean reflects the multi-cultural influences that have shaped the Caribbean and African people. The Caribbean people brought music, such as bachata, cadence rampa, calypso, chutney, compas (kompa), cumbia, dancehall, filmi, Latin trap, méringue, merengue, parang, ragga, rapso, reggae, salsa, and zouk, which has a profound impact on U.S. popular culture.

## CULTURE OF THE CARIBBEAN

### Sport



Football (Soccer) is the most popular sport in almost all Caribbean countries.

### Literature



Caribbean literature is divided into Spanish, French, and English-language literature, which are rooted in the literary traditions of Spain, France, and Britain.

### Carnival



The annual celebration of the Carnival is an integral part of Caribbean culture.

## CULTURE

Caribbean Americans come together to celebrate their heritage through many activities such as dancing, sharing traditional meals, festivals, parades, concerts, and observing and appreciating their rich history.

## **DATA SOURCES**

H.Res.425 - Recognizing the significance of National Caribbean American Heritage Month - <https://www.congress.gov/bill/116th-congress/house-resolution/425/text>

American Community Survey (ACS) - <https://www.census.gov/acs/www/data/data-tables-and-tools/subject-tables/>

Caribbean Immigrants in the United States - <https://www.migrationpolicy.org/>

West Indian Americans - [https://en.wikipedia.org/wiki/West\\_Indian\\_Americans](https://en.wikipedia.org/wiki/West_Indian_Americans)

Caribbean American Heritage Month - <https://caribbeanmonth.org/>

Most Popular Caribbean Foods and Beverages <https://www.tasteatlas.com/100-most-popular-foods-in-caribbean>