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*Quararibea turbinata*

[Synonyms : *Myrodia turbinata*, *Quararibea turbinata* var. *angustifolia*]

**SWIZZLESTICK TREE** is a tree. It is native to tropical South America and the Caribbean. It is also known as *Mahoe* (St. Kitts & Nevis), and Swizzlestick.

*Turbinata* is derived from Latin *turbineus* meaning ‘shaped like a spinning top’.

Twigs or small branches snapped or cut from the tree serve as nature’s very own hand mixer eg. the West Indian swizzlestick fashionable in some of the more exotic bars in New York in the early 21<sup>st</sup> Century. The stick is usually about 6 inches long with small spokes sticking out of its end. Placed in the liquid, it is twisted fast between the palms to mix the drink’s ingredients. In Dominica however these are used locally not only for mixing drinks, particularly chocolate, but also for making tamale sauce and calalou soap.

Then on St. Kitts & Nevis stems have served as goad sticks and the bark has been stripped for making rope.