



Antigua is Spanish for "ancient" and barbuda is Spanish for "bearded". The island of Antigua was originally called Wadadli by Arawaks and is locally known by that name today; Caribs possibly called Barbuda Wa'omoni. Christopher Columbus, while sailing by in 1493 may have named it Santa Maria la Antigua, after an icon in the Spanish Seville Cathedral. The "bearded" of Barbuda is thought to refer either to the male inhabitants of the island, or the bearded fig trees present there.

Antigua has a population of 96,286, mostly made up of people of West African, British, and Madeiran descent. The ethnic distribution consists of 91% Black & Mulatto, 4.4% mixed race, 1.7% White, and 2.9% other (primarily East Indian and other Asian). Most Whites are of Irish or British descent. Christian Levantine Arabs, and a small number of Asians and Sephardic Jews make up the remainder of the population.



Their national dish is fungie (pronounced "foon-jee") and pepper.[1] Fungie is a dish similar to Italian Polenta, made mostly with cornmeal.[1] Other local dishes include ducana, seasoned rice, saltfish and lobster (from Barbuda). There are also local confectionaries which include: sugarcake, fudge, raspberry and tamarind stew and peanut brittle.

Although these foods are indigenous to Antigua and Barbuda and to some other Caribbean countries, the local diet has diversified and now include local dishes of Jamaica, such as jerk meats, or Trinidad, such as Roti, and other Caribbean countries.