“Receding forests, expanding deserts, changing rainfall patterns, and rising sea levels will trap people in hardship... millions of farmers and nomads will not be able to cope with the additional burden of a changing climate.”--United Nations Development Program head and former New Zealand prime minister Helen Clark at Copenhagen’s climate summit

United Nations Millennium Development Goals: The Millennium Development Goals (MDGs) are eight objectives designed by the UN to improve social and economic conditions in developing countries by the end of 2015.

Goal 3: Promote Gender Equality and Empower Women: This goal seeks to narrow the gender gap primarily through education. The UN has identified several ways in which a gender disparity in education has hindered women’s success. In 2008, there were 96 girls for every 100 boys enrolled in primary school, and 95 girls for every 100 boys enrolled in secondary school in developing regions.1

Goal 8: Ensure Environmental Sustainability: The UN intends to address this goal by 1) Integrating the principles of sustainable development into country policies and programs and reversing the loss of environmental resources; 2) reducing biodiversity loss; 3) halving by 2010 the proportion of the population without sustainable access to safe drinking water and basic sanitation; 4) and having achieved by 2020 a significant improvement in the lives of at least 100 million slum dwellers.

Why Gender Inequality is Important to Africa’s Economic Growth: UN Secretary-General Kofi Annan stated in 2006, "It is impossible to realize our goals while discriminating against half the human race. As study after study has taught us, there is no tool for development more effective than the empowerment of women."

New York Times columnist Nicolas Kristof\(^2\) and WuDunn’s book *Half the Sky*\(^3\) investigates gender dynamics in Africa. Their research concludes that *African women make more responsible heads of household than their male counterparts*, as they are likely to spend income on food, clothing, and other familial necessities rather than alcohol. They have a higher savings rate and tend to delay consumption for durable goods. Women have also demonstrated more attentiveness to poverty-related issues as leaders at a local level, and 9.8% of seats in national parliaments are held by women.\(^4\)

**Climate Change**\(^4\): Throughout many parts of the world and especially in Africa, formerly fertile land is turning to desert because of drought, deforestation, inappropriate agriculture, carbon emission, and other reasons. *This process of desertification particularly affects those who once depended on the land for food and income. Women, unlike men, usually cannot escape this problem by leaving their households and children*. Not only are women more susceptible to disease, but they are also likely to become caught up in civil conflicts over scarce resources.

* A good source for more information on this topic: *Newsweek* magazine’s 11/26/10 article, “*Mothering the Earth*: grassroots leaders from Africa to South Asia are now teaching women to take the lead in protecting the water, fields, and trees upon which they depend.”


3 Information found in excerpt at \[http://www.oprah.com/world/Microcredit-The-Financial-Revolution/10\]

4 \[http://www.wamip.org/\]
Pastoralism: One of the groups most affected by the climate change is the pastoral nomads, who follow herds of animals from pasture to pasture in lands that are now turning to desert. If the climate continues to change and a solution is not discovered, an entire culture will be eliminated. Organizations such as WISP (World Initiative for Sustainable Pastoralism) are helping pastoralists to gain a political voice so that they can sustainably manage their environment.

Searching for Solutions: Lydia DePillis’s article “Ladies First, Please” argues that campaigns seeking to empower women should not separate themselves from climate policy. One factor linking women’s rights to environmental sustainability is reproductive healthcare. According to DePillis, the UNFPA cites that population growth has been responsible for between 40 and 60 percent of the rise in climate-affecting emissions. Unplanned children not only consume monetary resources, but they also contribute to the climate change. Education and birth control, however, have not proven able to fix the problem: in countries such as Brazil and Ghana, women have an average of one more child than they originally planned to have. DePillis also comments on the sensitivity of this topic, remarking that although population growth is inextricably linked to climate change, Obama’s administration have yet to discuss methods of combating the issue.

While the problem of population growth still persists, women have found other ways of dealing with climate change. According to DePillis’ research, women produce 60 to 80 percent of the food in developing countries. They have discovered agricultural techniques that both sequester carbon and keep their fields in a better condition. Women are also more likely to develop sustainable businesses and to pay back their initial loans at a higher rate.

Facts about Kenya
- Life expectancy: 54 (2008)
- 3.8 million Kenyans face extreme hunger
- life expectancy: 58 years
- HIV/AIDS prevalence (adults): 6.7%
- Infant Mortality rate: 54.7 deaths/1000 live births
- Internet users: 8.7%
- Fixed line and mobile phone subscribers: 42.8%
- Literacy rate, ages 15 and older: 73.6%
- Protestant: 45%
- Roman Catholic: 33%
- Muslim: 10%
- Indigenous Beliefs: 10%

6 WISP website: http://www.iucn.org/wisp/whatwisp/
Microsavings: One Way to Help\textsuperscript{8}: New York Times writer Nicholas Kristof proposes a sustainable way to help those affected by climate change. “There’s an old saying about poverty: Give me a fish, and I’ll eat for a day. Give me a fishing rod, and I’ll eat for a lifetime. There are many variations in that theme. In Somalia, I heard a darker version: If I buy food, I’ll eat for a day. If I buy a gun, I’ll eat every day. But these days, there’s evidence that one of the most effective tools to fight global poverty may be neither a fishing rod nor a gun, but a savings account,” Kristof writes.

In underdeveloped countries, people don’t have a safe place to store their money. So it sits around in their homes, vulnerable to theft and burning holes in their pockets. In some poor areas, men tend to spend an estimated one third of their income on alcohol and women, rather bringing it home to the family. Kristof writes that two economists conducted an experiment in Kenya in which they payed the fees to open up bank accounts for small peddlers. Within six months, the peddlers, particularly women, had made great strides, investing 40 percent more in their businesses.

NGOs such as CARE, Oxfam, and the Bill and Melinda Gates Foundation are now offering micro-savings programs of some kind. **Micro-savings is an alternative to micro-loans, which have the potential to not be paid back.** Although both methods have a high success rate, micro-savings is an alternative, less common way of helping others help themselves.

**Discussion Questions:**

1. How has climate change impacted the people in North Kenya, whom Kathleen Colson refers to as "climate change refugees"?

2. In 2004, this person became the first African woman—and the first environmentalist—to win the Nobel Peace Prize. Do you know her name? (Hint: she founded the Green Belt Movement for rural Kenyan woman in the 1970’s.) Answer on the last page of Food for Thought!

3. How are micro-saving & micro-lending sustainable tools to help victims of climate change?

Voices: In Her Own Words

Nkutosian Lenaitukisho is the record keeper of the Lesapii Women’s Group in the village of Mount Kulal near Loiyangalani.

“I am saying thank you. I did not sell any cow to deserve this money! I thank God and all the people who are working with BOMA ... did you hear me? We received the grant in our villages; we did not go far to look for help from BOMA, and I say thank you for all of this. From the day we received the grant, we did not sleep hungry even once. We get money for food from our business and we pay back the money to the group. We pay medical fees for our children, we pay school fees for our children. The drought came and finished all the livestock we had. Thank you Kura, Boma business mentors and the people helping us through BOMA.” To hear Nkutosian in her own voice, click on the following link: http://www.youtube.com/watch?v=5qy1zgriJqc&feature=channel

Reading Recommendations

Fiction: Green City in the Sun, Barbara Wood - An engrossing saga, set in Kenya from the early 1900s to the present day about the intertwined destinies of two families over three generations. The customs and taboos of the Kikuyu are appropriately integrated into the narrative, as is the inevitable conflict of cultures, sweeping to a maelstrom of violence during the Mau Mau terrorist uprising of the 1950s.

Fiction: Petals of Blood by Ngugi wa Thiong’o - First published in 1977, this puzzling murder of three African directors of a foreign-owned brewery sets the scene for this fervent, hard-hitting novel about disillusionment in independent Kenya. ~Barnesandnoble.com

NonFiction: The Challenge for Africa by Wangari Maathai
Maathai (Unbowed), a Kenyan biologist and winner of the Nobel Peace Prize for organizing the tree-planting Green Belt Movement, surveys Africa’s struggle with poverty and disease, political violence, climate change, the legacy of colonialism and a global economy that’s stacked against it.--Publishers Weekly
Children’s Literature: Planting the Trees of Kenya by Claire A Nivola - Text, pictures, subject and pacing all contribute to the success of Nivola's picture book biography of Wangari Maathai, the 2004 winner of the Nobel Peace Prize. The idea of restoring ruined land to its original beauty will fill readers of all ages with hope. An author's note provides additional biographical and political details. Ages 5-8. ~ Publisher’s Weekly

Fair Trade Shopping

Napkins in vibrant East African fabrics, made by a women’s cooperative - inexpensive perfect for holiday dinners! Also place-mats, aprons, lots of goodies!

Pretty soapstone hearts, candle holders, hippos! Great stocking stuffers! Tell Debbie you heard about these from Carolyn Mayers.

And from our friends at Baskets of Africa, purchase a basket from Kenya, or anywhere on the site, and DFW will get 10%, you will get 1/2 price shipping!

Very pretty natural fiber bags:
http://www.basketsfromafrica.com/items/kenya-natural-fiber/list.htm

Beaded wire bowls:
http://www.basketsfromafrica.com/items/kenya-beaded-wire/list.htm
Recipes: Kenyan Cuisine

For all you ever wanted to know about Kenya and its food traditions, go to: http://www.foodbycountry.com/Kazakhstan-to-South-Africa/Kenya.html

History of Kenyan Cooking: “The only place where a distinct cuisine has developed is on the eastern coast, where Swahili dishes reflect the history of contact with the Arabs and other Indian Ocean traders. They sailed in with dried fruits, rice, and spices, which expanded the Swahili diet. Here, coconut and spices are used heavily.”

About Kenyan Cuisine: Although there is not a specific national cuisine, there are two national dishes: ugali (recipe given below) and nyama choma (recipe given below). Maize (corn) is a Kenyan staple and the main ingredient of ugali, which is thick and similar to porridge. Many Kenyans eat this on a daily basis. It takes a lot of practice to boil the porridge without burning it. Ugali is usually eaten with meat, stews, or sukuma wiki (recipe given below), which literally translates to "stretch the week." This means that the food is used to stretch meals to last for the week. Sukuma wiki is a combination of chopped spinach or kale (a leafy green vegetable) that is fried with onions, tomatoes, maybe a green pepper, and any leftover meat, if available. It is seasoned with salt and some pepper. The traditional way of eating ugali is to pinch off a piece of the dough with the right hand, and shape it into a scoop by pressing and indentation into the dough with the thumb. The ugali is used to scoop sauces or stew.”

Christmas in Kenya: “Christmas in Kenya is a time for social gatherings and food. Visitors will stop at the homes of friends and family, and food is served to everyone. Christmas dinner is likely to be fish or nyama choma. Goat or beef is used for nyama choma, although goat is considered a greater delicacy. Vegetables, fruit, and chapattis are often served with chutney.”

For additional recipes from East Africa, visit http://www.diningforwomen.org/sites/default/files/documents/mc7-08-growth-through-learning-uganda.pdf

The Recipes:

Ugali (Corn Meal Thick Porridge)
From website listed above
No Kenyan meal would be complete without ugali. This is a very bland dish – it is merely a vehicle with which you consume your food. Forks don’t taste good, do they? All kidding aside, this dish, or some reasonable facsimile is essential if you want your Kenyan meal to be authentic. I suggest adding salt, though the recipe doesn’t call for it. Alternately, you could just make grits and serve as a side dish.
(Serves 4)
1c milk  
1¼c fine cornmeal  
1c water  
salt to taste

Pour milk into a mixing bowl. Slowly add ¾ cup of cornmeal and whisk constantly into paste. Heat the water in medium saucepan to boiling. Using wooden spoon, stir cornmeal and milk paste mixture into boiling water. Reduce heat to low. Slowly add remaining ½ cup of cornmeal, stirring constantly (I use a whisk at first to prevent lumps). The mixture should be smooth with no lumps. Cook, stirring, for about 8 – 12 minutes. When mixture begins to stick together and pull away from sides of pan, remove from heat. Pour mixture into greased serving bowl and allow to cool. It will solidify somewhat. At this point it may be inverted onto a plate for serving, or left in the bowl. Serve at room temperature as a side dish to meat and vegetables, preferably eaten with your fingers, scooping the food with a piece of ugali as instructed above.

Dry Pea and Potato Sak (Sak means spiced vegetable dish)  
Adapted from http://allthingskenyan.com/food-potatopeasak.html  
Delicious, easy and very pretty. Any vegetables could be used in this recipe, really.  
(Serves 4)

3 – 4t vegetable oil  
1½ t cumin seeds  
½ t turmeric  
1 large onion, diced  
1 jalapeno, seeded and minced  
3 cloves garlic, minced  
3T diced fresh ginger  
¾ c diced carrots  
½ c (or more) canned chopped tomatoes  
¾ c frozen peas, slightly thawed  
1/8 t cayenne pepper  
2 large new potatoes, cooked until nearly tender and cut into ½ inch pieces  
¼ t salt  
Ground black pepper to taste

Heat oil in a large skillet over medium heat. Add cumin seeds and turmeric and cook, stirring, 2 minutes. Add onions and cook, stirring occasionally, for about 8 minutes. Add garlic, jalapeno, ginger and carrots and cook for 3 minutes more. Stir in tomatoes, cayenne and peas, cover and cook 4 – 5 minutes. Add potatoes, salt and pepper and stir well. Reduce heat to medium-low and cook, covered, another 5 minutes or until everything is tender. You may need to add a little water or additional tomatoes to prevent sticking, but this is “dry” sak so don’t add too much. Serve hot.
Plaintains in Coconut Milk
Adapted from http://www.kenyatrails.com/kenya-recipes.html
Lots of good recipes on this site, including a different one for ugali, and a lovely looking vegetable curry. This recipe is clearly meant to be a foil for spicy dishes, as it is very creamy and fairly mild. Unripe plantains cook a lot like potatoes, but they take longer. Here is an excerpt on the use of plantains from this site:

“Note: The wonderful thing about plantains is that they truly are a versatile food. As a plantain ripens, its high starch content changes to sugar. Plantains are good at any stage; it just depends on what you want to make. Plantains are a relative of the banana, but are bigger, less sweet and need to be cooked before they are eaten. Plantains also keep their shape when cooked, unlike bananas, which get mushy. Green or "unripe" plantains contain a lot of starch and very little sweetness. Their starchy flesh is used more as a vegetable than a fruit. They can be used in soups, stews, boiled and mashed. A ripe plantain can be used in savory or sweet dishes. You can pan-fry them with some butter, rum, and brown sugar and serve over ice cream. When buying ripe plantains, they should be firm and not mushy or cracked.

When peeling plantains or green bananas, moisten hands and rub with salt to prevent the juices from sticking to your hands. Cut off about 1 inch from both ends of the plantain. Using a sharp knife, make 2 lengthwise cuts at opposite ends of the plantain. While holding the plantain steady with your left hand, use your right hand to slide the tip of the knife under the skin and begin to pull it away, going from top to bottom. Soak the peeled plantains or bananas in salted water. Drain on a paper towel to use in your recipe.”

Carolyn’s note: I used plantains that had turned from green to nearly all yellow, but with no black spots yet. They are still starchy at this point.
(Serves 4 - 6)

3 large or 4 smaller plantains, sliced into ¼ - inch rounds
¼ t salt
water
1½ t curry powder
½ t cinnamon
1/8 t ground cloves
½ t sugar
¼ t salt
2 ½ or more cups of coconut milk (I used light)

Combine about 2 cups of water and the salt in a medium bowl. Stir well to dissolve salt. Place the plantain slices in salted water and soak for an hour. Drain and let dry on paper towels. In medium saucepan with a heavy bottom, whisk together ½ cup of the coconut milk and all of the
spices, curry powder through salt. Turn heat on to medium. Add sliced plantains and 1½ cups more of coconut milk. Stir well. Bring mixture to a bubble, stir and reduce heat to low. Simmer, covered, over low heat for about 30 minutes, possibly longer depending on the plantains you use – they all seem to cook a bit differently. Stir regularly to prevent sticking and add more coconut milk as needed to give the plantains enough liquid to cook in. When it is ready the plantains will be fairly tender and the coconut milk will be very thick. Serve warm as a side with any of the main courses given below.

**Sukuma Wiki (Greens – Kenyan-style)**
Adapted from [http://www.food.com/recipe/sukuma-wiki-2-207540](http://www.food.com/recipe/sukuma-wiki-2-207540)
This is a standard Kenyan recipe and has a million versions. This is a good one, really good. How convenient for us that greens are in season in most of the U.S. right now! If you like, you may add leftover cooked meat to it and use it as a main course, which explains why it translates to, roughly, “stretch the week”. You could just make this with meat in it, and serve it with ugali or over rice and have a simple Kenyan meal.
*(Serves 6)*

2lbs. kale or collard greens, chopped (I used fresh collards from my garden – YUM!)
4T vegetable oil
1 medium to large onion, chopped
2 cloves garlic, minced
1T flour
juice of 1 lemon
½ - 14oz. can chopped tomatoes
1 jalapeno, seeded and minced OR 1/8 t cayenne pepper or both (I used both)
¼ t or more salt
Water

Bring a several quarts of water to boil in a large pot. Add greens, return to a boil and cook 5 minutes. Carefully drain greens and plunge them into ice water to stop the cooking. Drain again. Set aside. Heat oil in large skillet over medium heat and add onions. Saute onions 6 minutes. Add garlic and flour and cook 1 minute, stirring. Add lemon juice, tomatoes, jalapeno and/or cayenne and stir well. Cook 1 minute. Add greens, salt and 1 tablespoon of water, stir well, and cover. Reduce heat to low and simmer, stirring occasionally, until greens are tender and sauce is thick, about 8 -10 minutes. Add a little more water if the greens are dry. Serve hot.

**Nyama Choma (Roasted Short Ribs – Kenyan Style)**

Incredibly good!!! The wonderful folks at [http://www.grasslandbeef.com/StoreFront.bok](http://www.grasslandbeef.com/StoreFront.bok) supplied the short ribs for this preparation, since I live in nowheresville with no good meat sources.
Check out their blog for a mention of DFW!!! This is a great winter main course, and practically cooks itself! This could also be cooked over indirect heat on a gas grill but be very careful of flare-ups! A traditional Kenyan Christmas dish not to be missed.

**NOTE: Allow time in advance to marinate the meat.**

*(Serves 6)*

3lbs. beef short ribs  
3 cloves garlic, minced  
3 - 4T olive oil  
juice of 1 or 2 lemons, at room temperature (to facilitate the dissolving of the salt)  
¾ t salt  
1T curry powder  
1t ground coriander  
½ t paprika  
1/8 t cinnamon  
½ t sugar or agave nectar (not authentic but much easier to mix in)  
½ t ground pepper

Place garlic, olive oil, salt and lemon juice together in a large freezer bag. Seal and shake it around until the salt is mostly dissolved. Add the rest of the marinade ingredients, seal bag again and shake until well mixed. Add short ribs and smoosh (technical cooking term!) them around in the marinade so they are well coated, taking care not to puncture the bag. Seal and place the bag on a plate in the refrigerator and allow to marinate for at least 4 hours. Remove the bag of meat one half hour before cooking to allow to come up to room temperature. Preheat oven to 400. Remove meat from bag. Wipe excess marinade from top of short ribs so as to facilitate browning, and place meat in baking pan, bone side down. Discard remaining marinade. Place meat in center of oven (not too close to the top or it will burn and possibly flare up) and cook 20 minutes at 400. Reduce heat to 325 and cook for an additional (approximately) 1 hour and 15 minutes, or until the meat is well cooked and most of the fat is rendered. The actual cooking time will depend on the accuracy of your oven and the size of your ribs – could be more – could be less. Remove from oven and allow to rest 10 minutes before serving with rice or ugali, dry potato sak and sukuma wiki.

**Kuku Paka or Kuku Na Nazi (Kenyan Chicken in Coconut Curry Sauce)**

Adapted from [http://www.whats4eats.com/poultry/kuku-paka-recipe](http://www.whats4eats.com/poultry/kuku-paka-recipe)

I shared this dish with my co-leader, Shannon Gordon, and she said “The Kenyan chicken was so delicious- a very tasty curry but a little different from the usual Indian taste.” This curry is more red (tomatoey) than the typical Indian curry and is very pretty alongside the yellow of either the
Plantain or the Potato and Pea Sak recipe, and with the Sukuma Wiki. Use whatever cut of chicken you like – I suggest skinless, boneless chicken thighs. If you wish to use whole chicken thighs with skin, I suggest you either broil or grill them first to render some of the fat from the skin. Delicious!

(Serves 6)

3 lbs. boneless, skinless chicken thighs, cut into bite size pieces
1 large onion, coarsely chopped
3 jalapenos, seeded and coarsely chopped
3 – 4T chopped fresh ginger
5 large cloves of garlic
4T vegetable oil or ghee
1T curry powder
2t cumin seeds
1t flour
1-14oz. can chopped tomatoes
2T tomato paste
1c (or more) coconut milk (I use light)
Salt and pepper to taste (1/2 t of each or so)
Cooked potatoes, cut into bite size pieces (optional)

Place the onion, jalapenos, ginger, and garlic in food processor and process until smooth. Heat the oil or ghee in a heavy, large pot over medium heat. Add the vegetable puree, curry powder and cumin seeds and cook for 6 – 8 minutes, stirring regularly. Add flour. Stir and cook 1 minute. Stir in tomatoes and paste, increase heat to medium-high and cook 3 – 4 minutes. Add chicken, coconut milk salt and pepper. Bring to a simmer. Reduce heat to medium-low and simmer, partially covered stirring occasionally, until the chicken is cooked and tender, about half an hour. If sauce looks thin, remove the cover during the last 15 minutes of cooking. If using potatoes, add during the last 5 minutes of cooking. Serve hot over rice or with chapatti.

Kima Curry (Ground Beef Curry)
Adapted from Extending the Table by Joetta Handrich Schlabach, Herald Press, Scottdale, PA, 1991

This is a wonderful Swahili version of what reminds me a little of Sloppy Joes could also be prepared with ground lamb or turkey if you like. Very quick and great comfort food.
(Serves 4 - 6)
3T vegetable oil
1lb. lean ground beef (or lamb or turkey)
1c chopped onion
2 jalapenos, seeded and minced
1T minced ginger
5 cloves garlic, minced
1 ½ t curry powder
⅛ t ground cinnamon
½ - 14oz. can chopped tomatoes
1T tomato paste
½ c (or more) water
¼ t or more salt to taste
Ground black pepper

Heat 1T oil in medium skillet over medium-high heat. Add ground beef and cook until the pink is gone. Remove meat from pan. Add remaining oil to pan and heat over medium heat. Add onion and cook 6 minutes. Add jalapenos, ginger and garlic and cook 2 minutes more. Add curry powder and cinnamon and cook 1 minute more. Stir in tomatoes and tomato paste, water, salt and pepper. Reduce heat to medium-low and cook, partially covered, stirring occasionally, for about 15 minutes. You may need to add water if it gets too dry. Serve hot over rice or with chapattis, a la Sloppy Joe-style. Or scoop it up with pieces of ugali.

**Mombasa Pumpkin Dessert**
Oh, yum. This is an extraordinary and yet so simple dessert. Try it – you won’t be disappointed! *(Serves 6 – 8)*

1 small, about 2lbs. pumpkin, deseeded and cut into 8 pieces
pinch salt
⅓ c sugar
1c (or more) coconut milk (I recommend using full-fat for this one!)
¼ - ½ t ground cardamom

Heat oven to 325. Place pumpkin pieces, cut-side down, on non-stick baking sheet. Cook pumpkin approximately 1 hour, or until somewhat soft to the touch (be careful!). Remove from oven and allow to cool enough to handle. Scrape flesh out of skin and place flesh in food processor, removing any burned parts. Puree until smooth. Place pumpkin puree in a medium saucepan and add the sugar. Heat over medium heat and cook, stirring, until sugar dissolves. Add coconut milk and cardamom. Continue cooking, stirring regularly, until mixture becomes thick and almost custardy. Reduce heat as it thickens so it doesn’t stick to the bottom. When pumpkin has reached desired consistency, remove from heat and allow to cool. Refrigerate until ready to serve. Serve cool with either heavy cream or whipped cream.
FINALLY, HERE IS A RECIPE I FOUND AND DID NOT HAVE THE COURAGE TO ATTEMPT – READ IT AND SEE IF YOU ARE WILLING TO TRY!! READ CAREFULLY!

Mkate wa Mayai (Kenyan Sponge Cake)

by Zeina Mohamed
(Mombasa, Kenya)

Ingredients:
8 OR 6 eggs
1/4 kg of sugar
1/2 cup of milk
1/4 kg of flour
Vanilla essence
Strawberries (not strictly necessary)

Mix eggs and sugar with a cake mixer, add the milk and the essence and mix well. Add the flour but mix with a wooden spoon. You can crash the berries and add them. Pour the mixer in a baking pan. You can bake in an oven or use a jiko, but use little charcoal. Let it bake for some minutes until it’s brown. Use a sharp object to test if it is ready. Serve when it has cooled down with a fresh juice or tea.

Thanks to Carolyn Mayers for Recipes and Fair Trade Shopping.

ANSWER to Discussion Question: Wangari Maathai is a Nobel Peace Prize winner and Africa’s most prominent female green activist.