

## *Foods Of Sierra Leone And Other West African Countries A Cookbook*

The Food System Profile provides a summary of the main food system issues in Sierra Leone and highlights potential solutions for their sustainable and inclusive transformation. The result of a systemic analysis and stakeholders consultation, it is part of a large-scale assessment supported by the European Union, FAO and CIRAD in 50 countries.

In a heart-wrenching, candid autobiography, a human rights activist offers a firsthand account of war from the perspective of a former child soldier, detailing the violent civil war that wracked his native Sierra Leone and the government forces that transformed a gentle young boy into a killer as a member of the army. 75,000 first printing.

Sierra Leone came to world attention in the 1990s when a catastrophic civil war linked to the diamond trade was reported globally. This fleeting and particular interest, however, obscured two crucial processes in this small West African state. On the one hand, while the civil war was momentous, brutal and affected all Sierra Leoneans, it was also just one element in the long and faltering attempt to build a nation and state given the country's immensely problematic pre-colonial and British colonial legacies. On the other, the aftermath of the war precipitated a huge international effort to construct a 'liberal peace', with mixed results, and thus made Sierra Leone a laboratory for post-Cold War interventions. Sierra Leone examines 225 years of its history and fifty years of independence, placing state- society relations at the centre of an original and revealing investigation of those who have tried to rule or change Sierra Leone and its inhabitants and the responses engendered. It interweaves the historical narrative with sketches of politicians, anecdotes, the landscape and environment and key turning-points, alongside theoretical and other comparisons with the rest of Africa. It is a new contribution to the debate for those who already know Sierra Leone and a solid point of entry for those who wish to know.

Sierra Leone National Nutrition Survey

Sierra Leone Ecology & Nature Protection Handbook Volume 1 Strategic Information and Programs

A Dirty War in West Africa

Escape from Sierra Leone

A Cultural Encyclopedia

Food Flows and Simulations

*This report shares the analysis on the effects of the coronavirus disease 2019 (COVID-19) in the agri-food system in Sierra Leone based on the assessment conducted during July–August 2020. The Food and Agriculture Organization of the United Nations (FAO) is implementing a project to contribute to data collection and analysis linked to COVID-19 to inform evidence-based programming in selected countries. The objective is to assess the effects of COVID-19 in the agri-food system, which includes livestock and fishing, food supply, livelihoods and food security of the rural population at national level. Information is collected from primary sources of the production process: producer households, traders or marketers, inputs suppliers, extension officers and key informants. The first round of data collection has been completed, with rounds II and III foreseen in 2021. This report is made possible by the support of the American People through the United States Agency for International Development (USAID). The contents of this report are the sole responsibility of FAO and do not necessarily reflect the views of USAID or the United States Government.*

*The Groundnut Cookbook is an African cookbook by friends Duval Timothy, Jacob Fodio Todd and Fodayemi Brown. They are three energetic, imaginative Londoners set to change the face of African food with their cookbook packed full of gorgeous full-colour photography and easy-to-follow, fresh and healthy recipes. Learn how to prepare classics like their namesake Groundnut Stew, and Jollof Rice, alongside innovative offerings like their Avocado Ice Cream or Puna Yam Cake. The Groundnut Cookbook will make you wonder why it's taken you this long to explore Africa's culinary gems*

*This book is a historical narrative covering various periods in Sierra Leone's history from the fifteenth century to the end of its civil war in 2002. It entails the history of Sierra Leone from its days as a slave harbor through to its founding as a home for free slaves, and toward its political independence and civil war. In 1462, the country was discovered by a Portuguese explorer, Pedro de Sintra, who named it Serra Lyoa (Lion Mountains). Sierra Leone later became a lucrative hub for the Transatlantic Slave Trade. At the end of slavery in England, Freetown was selected as a home for the Black Poor, free slaves in England after the Somerset ruling. The Black Poor were joined by the Nova Scotians, American slaves who supported or fought with the British during the American Revolution. The Maroons, rebellious slaves from Jamaica, arrived in 1800. The Recaptives, freed in enforcement of British antislavery laws, were also taken to Freetown. Freetown became a British colony in 1808 and Sierra Leone obtained political independence from Britain in 1961. The development of the country was derailed by the death of its first Prime Minister, Sir Milton Margai, and thirty years after independence the country collapsed into a brutal civil war.*

*Monitoring report – May 2021*

*Gourmet's Guide to Authentic African Cooking*

*Sierra Leone*

*Evaluation of FAO's country programme in Sierra Leone 2012–2019*

*Food Systems Profile – Sierra Leone*

*The RUF and the Destruction of Sierra Leone*

***Cooking with Mai is your go-to cookbook for easy-to-prepare authentic West African food. In this book, Mai shares some of her family's traditional Sierra Leonean dishes which she grew up enjoying, as well as other well-known West African favorites. She not only offers 16 recipes, but also the history of the dishes and any slight variations in preparation depending on country or background. This is a book rich in culture, history, and flavors, that will gratify those seeking an authentic West African dining experience.***

***The small, underdeveloped countries of Africa, seem to harbour all the flammable elements necessary to ignite civil wars and revolutions. Since 1991, the small West African country of Sierra Leone has been besieged by the Revolutionary United Front (RUF), a guerrilla group-cum-political party, that implored a radical-populist political agenda. The cause of this conflict was the growth of systemic government corruption in the decades following the 1961 independence, which ultimately led to a severe deterioration of the state governing capacity. The contention over the control of the country's vast mineral wealth, which includes diamonds, as well as foreign interference -- notably from the Liberian government, with which the RUF reportedly traded diamonds for arms -- further fuelled the struggle. The 1999 Lomé Peace Accord brought about an end to the conflict. RUF leadership changes and a cease-fire agreement in 2000 followed by conflict resolution meetings between government, RUF and UN officials also contributed to a more peaceful situation in Sierra Leone. This book explores the struggle facing the people of Sierra Leone in adopting to these new changes as well as the UN's sponsored disarmament efforts and electoral support for the new government. The hand that the United States has had in delivering humanitarian assistance to this country will be examined as well as the efforts made to try those guilty of crimes against humanity.***

***These volumes offer a one-stop resource for researching the lives, customs, and cultures of Africa's nations and peoples. • Supplies entries that are more extensive than in most comparable encyclopedic works • Arranges content alphabetically by country, then by topic, with suggestions for further reading following each • Includes contributions from numerous eminent scholars of African history • Provides a clear African voice via entries from scholars from the African continent***

***Lost Crops of Africa***

***Cooking with Mai***

***Quality of Processed Cassava Foods in Sierra Leone***

***Memoirs of a Boy Soldier***

### ***In Sierra Leone***

First Published in 1970. Routledge is an imprint of Taylor & Francis, an informa company.

Based on ethnographic research among militias in Sierra Leone and Liberia, Danny Hoffman considers how young men are made available for violent labor on battlefields and in dangerous unregulated industries.

The agriculture sector in Sierra Leone accounts for 60 percent of GDP and 58 percent of total employment. More than 58 percent of the country's population live in rural areas and 86.1 percent of this population are engaged in smallholder subsistence agricultural production. Ten years of civil conflict and the Ebola epidemic in 2014 negatively affected food security and the country's overall socio-economic situation. The country is particularly vulnerable to extreme events such as food chain crises and natural hazards which have a direct impact on food security and livelihoods. This evaluation aims to identify lessons learned and provide strategic recommendations on how FAO programmes can be better oriented in Sierra Leone. FAO's overall contribution to developmental challenges was assessed in the priority areas defined in the CPFs covering 2012–16 and 2017–19. The evaluation comprised an examination of associated outcome areas related to support to smallholder commercialization, natural resources management, and effective response to disasters and increasing social productivity and resilience. The review also evaluated crosscutting issues, including gender equality and women's empowerment, climate resilience, nutrition, capacity development and youth employment. The evaluation used different methods to collect the views of the beneficiaries and other stakeholders, such as structured focus group discussions, structured key informant interviews, direct observation, and workshops. The fieldwork took place with actors from projects across five districts: Bo, Bombali, Kenema, Kono, and Port Loko. The evaluation found evidence of significant and sustainable results in a range of areas of FAO's activities, including policy-related work, from adoption of legislation to policy influence, piloting of approaches, and standards and regulatory frameworks. Likewise, results leading to livelihoods improvements, empowerment and adoption of more sustainable organizational practices, technologies and skills were found. Nevertheless, the programme failed to aggregate activities and interventions in a programmatic and coherent portfolio. FAO's capacity to deliver sustainable and consistent results, with strong partnerships and complementary action, was often undermined by lack of, or weak systems and functions. FAO should use the development of the new CPF as a way to re-design its strategic footprint in the country and reach its full potential, despite the limiting factors. To do this, FAO could consider adopting an area-based approach, implementing a programmatic, multi-stakeholder and cross sectoral adaptive approach based on regions/districts.

A Long Way Gone

How de Body?

HIV Exceptionalism

## Free Slaves, Freetown, and the Sierra Leonean Civil War

### Food Cultures of the World Encyclopedia

#### Young Men and Violence in Sierra Leone and Liberia

This book provides comprehensive information on the geography, history, governmental structure, economy, cultural diversity, peoples, religion, and culture of Sierra Leone. All books of the critically-acclaimed Cultures of the World(R) series ensure an immersive experience by offering vibrant photographs with descriptive nonfiction narratives, and interactive activities such as creating an authentic traditional dish from an easy-to-follow recipe. Copious maps and detailed timelines present the past and present of the country, while exploration of the art and architecture help your readers to understand why diversity is the spice of Life.

#### Foods of Sierra Leone and Other West African Countries

In West Africa's War-Ravaged Sierra Leone No One Was Getting Out Alive. It Took the Courage of One Man to Change the Odds. By 1990, Sierra Leone, once hailed as the 'Athens of West Africa', had degenerated into a savage battlefield, overtaken by rebel forces in a devastating civil war. Assigned to spearhead the mission as UN peacekeeper was Major Phil Ashby. But by 2000, the rebel occupation he had worked so diligently to disarm rose again to control an astounding two-thirds of the country. The enemy's mission: get rid of the outside opposition first. A number of Ashby's colleagues were tortured and finally butchered, and more than 500 were taken as hostages. Among the hostages was Phil Ashby. Miles from civilization, with no rescue in sight, Ashby and three of his men knew that their fate was up to them alone. Lost deep inside the rebels' heartland, unarmed, and outnumbered 20-to-1, Ashby devised a plan to escape from the hostile jungles that would test fate and challenge all reason. They should have been doomed. Against All Odds is the incredible true story of that escape-and of the heart-pounding courage of Major Phil Ashby who defeated the rebel forces of Sierra Leone and became a living testament to the power of the human spirit and the sheer determination to survive.

#### Easy-To-Prepare West African Food

#### Marketing Staple Food Crops in Sierra Leone

#### Determinants of Food Consumption in Rural Sierra Leone

#### The Groundnut Cookbook

#### One Man's Terrifying Journey through an African War

#### Rural Sierra Leone

Foods of Sierra Leone and other West African countries is a unique cookbook focusing on West African foods many of which have a global appeal. It is loaded with overwhelming details about these foods as well as interesting personal food stories that will delight children and adults alike. In addition, the book exposes the reader to many delectably tasty recipes for dishes like jollof rice, various soups and stews, the fascinating groundnut soups and stews, the delicious cassava leaf sauce, okra sauces, beans sauces, other mixed sauces and many more including vegetarian variations of some of the sauces. Food lovers will learn how traditionally Western vegetables like spinach, collard green, swiss chard and many others can be cooked using West African recipes. All these are lavishly presented by a West African national who was born and brought up in the region, and has lived in the region cooking and eating these foods for more than 50 years.

Since 1991, this West African nation has been brought to its knees by a series of coups, violent conflicts, and finally, outright war. The war has ended today, but it is clear that things are hardly settled. Focusing on the group spearheading the violence, the Revolutionary United Front (RUF), journalist Lansana Gberie exposes the corruption and appalling use of rape and mutilation as tactics to overthrow the former government. Gberie looks closely at the rise of the RUF and its ruthless leader, Foday Sankoh, as he seeks to understand the personalities and parties involved in the war.

The USAID-funded Sierra Leone Feed the Future (FtF) Agriculture Project implemented by WorldFish has completed its initial pilot phase (July 2015 to September 2016). During this phase, the project identified and tested interventions to develop integrated agriculture-aquaculture (IAA) farming systems and associated value chains to enhance food, nutrition and livelihood outcomes for rural households in Tonkolili District. This project emphasizes rehabilitation and improvement of fish and rice farming systems combined with nutritious vegetable crops. The assessment of existing fish and rice value chains in Sierra Leone was a key component of this initial phase to improve understanding of current farming systems and identify opportunities for interventions to increase productivity and income and improve nutrition among rural households in Tonkolili District. This report presents the key findings of the fish value chain assessment, with an emphasis on the development of the aquaculture sector and recommendations for potential value chain interventions in marine and freshwater fisheries and aquaculture sectors.

#### Grains

#### Report

#### A Political History

#### Africa: An Encyclopedia of Culture and Society [3 volumes]

#### Fishing, Food, and Change Along the Sherbro Coast of Sierra Leone

#### Black Food

Scenes of starvation have drawn the world's attention to Africa's agricultural and environmental crisis. Some observers question whether this continent can ever hope to feed its growing popula

food resource in sub-Saharan Africa that has vast potential: native food plants. Africa has more than 2,000 native grains and fruits--"lost" species due for rediscovery and exploitation. This volume presenting information on where and how they are grown, harvested, and processed, their benefits and limitations as a food source, and the the futures of each grain.

Ethnic American Food Today is the first encyclopedia to illuminate the variety and complexity of ethnic food cultures in this country and to address their place within the larger American culture. The purpose of this cookbook 'Gourmet's Guide to Authentic African Cooking' is to introduce the art of Sierra Leone cooking to those interested in preparing and eating cuisine around the world. used by Non-Sierra Leoneans as a source and guide for preparing foods which are common to Sierra Leoneans but also different and interesting to those seeking to learn the art of Sierra Leone. book fascinating while others will use this cookbook as a guide to traditional, Sierra Leone, African cooking. Great pains were taken to collect and prepare this cookbook with more than four hundred Sierra Leone, recipes. It is one of the largest in the world and the only true authentic, traditional, Sierra Leone, African cookbook. Most of these recipes have never been written or published. My them down solely by word-of-mouth. At age eight, I learned to prepare real, authentic, traditional Sierra Leone meals by watching, helping and observing as my grandmother and mother felt the t pinch of this' and 'a pinch of that' and slow-cooked their meals at low temperature to achieve palatable, lip-smacking and nutritious meals. My passion for preparing authentic, traditional Sierra Leone age while watching and assisting my grandmother and mother preparing meals from fresh, organic ingredients. Later, I decided to prepare these authentic, traditional Sierra Leone meals from quantities modified and transcribed these dishes committed to my memory in well-written and organized format to preserve, promote and share Sierra Leone's rich Cultural Heritage. Adults utilizing these meals cooking skills. In addition, they will be inspired to prepare delicious and healthy authentic, traditional Sierra Leone meals and will be able to pass on their lifelong cooking skills to future generations this cookbook. Now take your time to read through it and prepare your favorite and healthy traditional meals for your family and friends. Remember, once you have actually mastered this cookbook flavored, palatable, delicious and nutritious authentic, traditional Sierra Leone meals will become yours. I wish you and your loved ones a good and hearty appetite!

Catalysing the sustainable and inclusive transformation of food systems

Technology and Development Perspectives of the Food Processing Sector in Sierra Leone

Socio-economic Determinants of Food Consumption and Production in Rural Sierra Leone

World Food Aid Needs and Availabilities

Technology Policy and Practice in Africa

Estimation of a Household-firm Model with Application of the Quadratic Expenditure System

**In 2002, as Sierra Leone prepared to announce the end of its brutal civil war, the distinguished anthropologist, poet, and novelist Michael Jackson returned to the country where he had intermittently lived and worked as an ethnographer since 1969. While his initial concern was to help his old friend Sewa Bockarie (S. B.) Marah—a prominent figure in Sierra Leonean politics—write his autobiography, Jackson’s experiences during his stay led him to create a more complex work: In Sierra Leone, a beautifully rendered mosaic integrating S. B.’s moving stories with personal reflections, ethnographic digressions, and meditations on history and violence. Though the Revolutionary United Front (R.U.F.) ostensibly fought its war (1991–2002) against corrupt government, the people of Sierra Leone were its victims. By the time the war was over, more than fifty thousand were dead, thousands more had been maimed, and over one million were displaced. Jackson relates the stories of political leaders and ordinary people trying to salvage their lives and livelihoods in the aftermath of cataclysmic violence. Combining these with his own knowledge of African folklore, history, and politics and with S. B.’s bittersweet memories—of his family’s rich heritage, his imprisonment as a political detainee, and his position in several of Sierra Leone’s post-independence governments—Jackson has created a work of elegiac, literary, and philosophical power.**

**WINNER, 2017 RACHEL CARSON PRIZE, SOCIETY FOR THE SOCIAL STUDIES OF SCIENCE** In 2002, Sierra Leone emerged from a decadelong civil war. Seeking international attention and development aid, its government faced a dilemma. Though devastated by conflict, Sierra Leone had a low prevalence of HIV. However, like most African countries, it stood to benefit from a large influx of foreign funds specifically targeted at HIV/AIDS prevention and care. What Adia Benton chronicles in this ethnographically rich and often moving book is how one war-ravaged nation reoriented itself as a country suffering from HIV at the expense of other, more pressing health concerns. During her fieldwork in the capital, Freetown, a city of one million people, at least thirty NGOs administered internationally funded programs that included HIV/AIDS prevention and care. Benton probes why HIV exceptionalism—the idea that HIV is an exceptional disease requiring an exceptional response—continues to guide approaches to the epidemic worldwide and especially in Africa, even in low-prevalence settings. In the fourth decade since the emergence of HIV/AIDS, many today are questioning whether the effort and money spent on this health crisis has in fact helped or exacerbated the problem. HIV Exceptionalism does this and more, asking, what are the unanticipated consequences that HIV/AIDS development programs engender?

**In 1998, acclaimed photojournalist Teun Voeten headed to Sierra Leone for what he thought would be a standard assignment on the child soldiers there. But the cease-fire ended just as he arrived, and the clash between the military junta and the West African peace-keeping troops forced him to hide in the bush from rebels who were intent on killing him. How de Body? ("how are you?" in Sierra Leone's Creole English) is a dramatic account of the conflict that has been raging in the country for nearly a decade-and how Voeten nearly became a casualty of it. Accessible and conversational, it's a look into the dangerous diamond trade that fuels the conflict, the legacy of war practices such as forced amputations, the tragic use of child soldiers, and more. The book is also a tribute to the people who never make the headlines: Eddy Smith, a BBC correspondent who eventually helps Voeten escape; Alfred Kanu, a school principal who risks his life to keep his students and teachers going amidst the bullets and raids; and Padre Victor, who runs a safe haven for ex-child soldiers; among others. Featuring Voeten's stunning black-and-white photos from his multiple trips to the conflict area, How de Body? is a crucial testament to a relatively unknown tragedy.**

**Current Issues and Background**

**Application of an Agricultural Household Model with Several Commodities**

## **Ethnic American Food Today**

### **Catalogue of Research Literature for Development: Food production and nutrition**

#### **An Encyclopedia of Culture and Society**

##### **Sierra Leone fish value chain with special emphasis on Tonkolili District**

*A beautiful, rich, and groundbreaking book exploring Black foodways within America and around the world, curated by food activist and author of Vegetable Kingdom Bryant Terry. ONE OF THE TEN BEST COOKBOOKS OF THE YEAR: The New Yorker, San Francisco Chronicle, Boston Globe • ONE OF THE BEST COOKBOOKS OF THE YEAR: The Washington Post, Time Out, NPR, Los Angeles Times, Food52, Glamour, New York Post, Minneapolis Star Tribune, Vice, Epicurious, Shelf Awareness, Publishers Weekly, Library Journal "Mouthwatering, visually stunning, and intoxicating, Black Food tells a global story of creativity, endurance, and imagination that was sustained in the face of dispersal, displacement, and oppression."—Imani Perry, Professor of African American Studies at Princeton University In this stunning and deeply heartfelt tribute to Black culinary ingenuity, Bryant Terry captures the broad and divergent voices of the African Diaspora through the prism of food. With contributions from more than 100 Black cultural luminaires from around the globe, the book moves through chapters exploring parts of the Black experience, from Homeland to Migration, Spirituality to Black Future, offering delicious recipes, moving essays, and arresting artwork. As much a joyful celebration of Black culture as a cookbook, Black Food explores the interweaving of food, experience, and community through original poetry and essays, including "Jollofing with Toni Morrison" by Sarah Ladipo Manyika, "Queer Intelligence" by Zoe Adjonyoh, "The Spiritual Ecology of Black Food" by Leah Penniman, and "Foodsteps in Motion" by Michael W. Twitty. The recipes are similarly expansive and generous, including sentimental favorites and fresh takes such as Crispy Cassava Skillet Cakes from Yewande Komolafe, Okra & Shrimp Purloo from BJ Dennis, Jerk Chicken Ramen from Suzanne Barr, Avocado and Mango Salad with Spicy Pickled Carrot and Rof Dressing from Pierre Thiam, and Sweet Potato Pie from Jenné Claiborne. Visually stunning artwork from such notables as Black Panther Party creative director Emory Douglas and artist Sarina Mantle are woven throughout, and the book includes a signature musical playlist curated by Bryant. With arresting artwork and innovative design, Black Food is a visual and spiritual feast that will satisfy any soul.*

*This is the only guide, in any language, devoted solely to Sierra Leone. Armed conflict ended here in 2002; while still poor, the country is safe and offers tremendous opportunities for English-speaking travellers. This guide gives details and maps of its miles of palm-fringed beaches that are among the best in West Africa. It covers deep-sea fishing and wreck diving, snorkelling, canoeing and white-water rafting. It tells travellers how to island hop between Plantain Island, Banana Islands and Turtle Islands, and provides maps of hiking trails into the Nimini Hills, Bora Mountains and Gola Forest. Wildlife enthusiasts will learn where to see rare pygmy hippos, dwarf crocodiles, whales, lions and elephants; while cultural tourists are led to slaving landmarks including Bunce Island, site of the former slave fortress, and the funky city of Freetown.*

*This comprehensive reference work introduces food culture from more than 150 countries and cultures around the world—including some from remote and unexpected peoples and places. \* Entries covering over 150 countries and cultures from around the world \* More than 100 expert contributors \* Vignettes \* An index that facilitates cross-cultural comparison*

*Development through Disease in Sierra Leone*

*The History of Sierra Leone*

*Area Handbook for Sierra Leone*

*Against All Odds*

*National Nutrition Survey : Final Report*

*Final Report, October 1978*

**Technology Policy and Practice in Africa**

**The War Machines**

**Sierra Leone | Agricultural livelihoods and food security in the context of COVID-19**

**Foods of Sierra Leone and Other West African Countries**

**Stories, Art, and Recipes from Across the African Diaspora [A Cookbook]**