



Issue 49

November 2016

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This year National Farmer's Day celebrations occurred on Friday November 4th. The National Farmer's Day event in the Sawla-Tuna-Kalba District was held with the support of the African Cashew Alliance. The celebration was scheduled to start at 9 am and the venue was fully packed to capacity for the ceremony.

Participants included chiefs, representatives from five different press houses, school children, public servants, traders, members of civil society organizations, representatives from five political parties, and both farmers and fishermen. There truly was a diverse turnout for the event.

The celebration included an exhibition of farm and agro based products as well as an award ceremony during which forty awards were given to farmers. The awards included tricycles, motorcycles, bicycles, mist blowers, roofing sheets, wellington boots, jute sacks, cutlasses, and mosquito nets as well as other items. The awards were split into twenty minor and twenty major. Women won seven of the major awards and three of these were given by ACA. The awards given by ACA included one mist blower, three pairs of wellington boots, three cutlasses, four pruning saws, one carton of weedicide, and two knapsack sprayers.

Both the honorable District Chief Executive and the District Director of Agriculture thanked ACA in their speeches for partnering with them to make the occasion successful. The DCE mentioned the importance of the ACA's awards being targeted at women and at an industry that is fast becoming the most reliable cash income source for farm families in the district. Each woman received a standing ovation from the crowd as they came to receive their award.



The chair of the function appealed to the men of the district, asking that women are included as a part of the development process, particularly when it comes to agricultural business. He also asked women of the district to look to the female awardees as role models from whom they can learn.

The celebration was a great success and ACA looks forward to the next year's ceremony.



ACA Attends Golden Cashew Rendezvous and Proposes Bilateral Cooperation with Vietnam Cashew Association

The Vietnam Cashew Association (VINACAS) officially invited African Cashew Alliance to participate at the 8th Golden Cashew Rendezvous 2016 in Vietnam from the 10th to 13th of November 2016 in Da Nang City, the third biggest commercial city in Vietnam. Therefore, last week ACA Managing Director Dr. Babafemi Oyewole together with Chief Business Officer Mr. Sunil Dahiya travelled to Vietnam to represent the African Cashew Alliance at this important industry event. African participants comprised of delegations from Cote D'Ivoire, Benin, and Nigeria, including AEC , CCA – Cote D'Ivoire, CONEC members – Benin, and NCAN – Nigeria participated with good representation. VINACAS and the Vietnamese Authorities warmly received the African Cashew Alliance as well as the African delegates. Dr. Oyewole delivered a speech on a panel focused on the Global Cashew Industry's potential business opportunities for Vietnamese Investors and bilateral cooperation with VINACAS at "Vietnam – Africa Cashew Forum". Meanwhile, Dahiya shared ACA's recent efforts and results through prompt engagement with GCC and INC and proposed potential cooperation on for Global Cashew Industry sustainability. Over 260 participants attended the event from across Asia, Africa, America, Australia, UAE and Europe.



On November 12th, 2016, VINACAS showcased cashew machinery and by-products, both Vietnamese and foreign, through an Exhibition themed "Vietnam Cashew Industry toward Cleaner and Green production". The exhibition was first started in 2015. Dr. Oyewole, Mr. Dahiya, and the African delegates participated in this event, visiting various equipment manufacturers' and versatile cashew by-product manufacturer's booths to learn about new machineries, innovations, and by-products to replicate in Africa.

On November 15th, 2016 Dahiya paid a field visit to an ACA member processor established in Nigeria from from new Vietnamese investments. The contributions included technical advice with African experience and appealed to their facility managers to remain engaged with ACA for balanced industrial development across the board.



INC: Five Benefits of Eating Nuts and Dried Fruits

The World Health Organization (WHO) promotes eating more fruit, vegetables, legumes, nuts and grains as specific recommendations for a healthy diet . Nuts have been consumed for thousands of years, providing a concentrated source of energy and nutrients, including unsaturated fats, fiber, vitamins and minerals. Because of their interesting nutritional profile some studies have evaluated the impact that nuts have on health and have observed an inverse association between the frequency of nuts consumption and cardiovascular disease, type 2 diabetes and body weight, among others health issues.

In line, traditional dried fruits also provide essential nutrients, such as fiber and potassium, and a wide range of phytochemicals that have been related to health promotion and antioxidant capacity.

Nuts and dried fruits can be consumed as a snack, on top of cereal, in yogurt, salads, pasta, not to mention their many other uses, and, can provide us with some important health benefits.

Cardiovascular Disease

The benefits of nuts in relation to cardiovascular disease (CVD) have been widely supported by both epidemiological and clinical trials.

Scientific studies have clearly demonstrated that consumption of nuts has a cholesterol-lowering effect, even in the context of a healthy diet. Cardiovascular diseases are the number one cause of death globally . According to International Society of Hypertension (ISH), high blood pressure (hypertension) is the major risk factor for cardiovascular disease and its prevalence is expected to increase considerably in the coming years. In fact, hypertension is expected to increase to 1.56 billion people worldwide by 2025 . Nuts are low in sodium, which has been related to a lower risk of hypertension in some studies . A 2009 study observed that nut consumption was associated with a lower risk of hypertension .

A study published in 2015 observed that tree nut intake was associated with a decrease in total cholesterol, LDL "bad" cholesterol and triglycerides. It also asserted that nut consumption in general, rather than just a specific type, was the major reason for the decrease . According to another study, walnuts may improve endothelial function, decrease both oxidative stress and some markers of inflammation, and increase cholesterol efflux .

There have been some scientific studies on dried fruits and cardiometabolic risk factors suggesting that they can lower the postprandial insulin response, modulate sugar absorption (Glycemic Index), promote satiety and have a beneficial effect on blood pressure , . A 2009 study observed that simply replacing one unhealthy snack per day with fruits, dried fruits or unsalted nuts is associated to a lower cardiovascular risk and is estimated that may prevent approximately 6,000 cases of CVD per year in the UK .

Weight Control

Nuts not only offer nutritional benefits, but may promote satiety. This is especially important as obesity rates continue to rise across developed nations. Nuts have a high energy content, but a 2003 study found that nut

consumption is not associated with higher body mass index compared with non-nut consumers .

Several lines of evidence show that nuts have high satiety properties. In fact, long-term nut consumption is associated with lower weight gain and overweight/obesity .

Type 2 Diabetes

The number of people with diabetes has risen from 108 million in 1980 to 422 million in 2014 , becoming a serious public health problem. Some studies have investigated the effect of nut consumption and the relation with diabetes. In particular, a 2011 PREDIMED study observed a reduction on the diabetes incidence of 52%, when two groups supplemented, one with olive oil and the other one with 30 g of nuts (1 oz) per day (a mix of walnuts, almonds and hazelnuts) were compared with the control group .

Some studies suggest that dried fruit consumption is good for people who have diabetes. A study by Louisville Metabolic and Atherosclerotic Research Center observed that consuming raisins as an alternative to processed snacks had a significant 23% reduction in postprandial glucose levels .

Gastrointestinal Function

Dried fruits are well-known sources of dietary fiber, which has a direct effect on gastrointestinal function. In fact, in 2013, prunes were granted a specific EU health claim for their contribution to digestive health. The permitted health claim reads: "Dried plums/prunes contribute to normal bowel function". Eating 100 g of prunes (3.5 oz, 8-12 pieces) daily gives the effect of favourable digestive health and provides more than 19% of the daily recommended intake of fibre.

There is also scientific evidence that suggests that prunes may improve stool frequency and consistency in cases of constipation .

Osteoporosis

Osteoporosis is a debilitating disorder that affects both men and women. Aside from existing drug therapies, certain lifestyle and nutritional factors are known to reduce the risk of osteoporosis. Among nutritional factors, recent observations suggest that prunes might be effective in both preventing and reversing bone loss .

In addition, a 2011 study suggests that prunes may improve the bone mineral density in postmenopausal women .

About the International Nut & Dried Fruit Council

The International Nut & Dried Fruit Council (INC) members include more than 700 nut and dried fruit-sector companies from over 70 countries. INC is the international organization of reference regarding health, nutrition, statistics, food safety, international standards and regulations relating to nuts and dried fruits.



The Recipe Room: Brown Sugar Cashew Cookies



INSTRUCTIONS:

1. Heat oven to 350°F.
2. Combine brown sugar and 1/2 cup butter in bowl. Beat at medium speed, scraping bowl often, until creamy. Add egg and vanilla; continue beating until well mixed. Add flour, baking powder and baking soda alternately with sour cream, beating at low speed until well mixed. Stir in cashews.
3. Drop dough by level tablespoonfuls, 2 inches apart, onto ungreased cookie sheets. Bake 10-12 minutes or until golden brown. Cool completely.
4. Melt 1/2 cup butter in heavy 1-quart saucepan over medium heat. Continue cooking, stirring occasionally, 4-6 minutes or until butter foams and just starts to turn golden. (Watch closely.) Immediately remove from heat. Pour into medium bowl; cool 5 minutes.
5. Add powdered sugar, milk and vanilla; beat until smooth. Frost cooled cookies. Top with cashew half, if desired.

Source: <https://www.landolakes.com/recipe/16627/brown-sugar-cashew-cookies/>

INGREDIENTS

- 1/2 cup butter, softened
- 1 cup packed brown sugar
- 1 egg
- 1/2 teaspoon vanilla extract
- 2 cups all-purpose flour
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/3 cup sour cream
- 1 3/4 cups chopped cashews

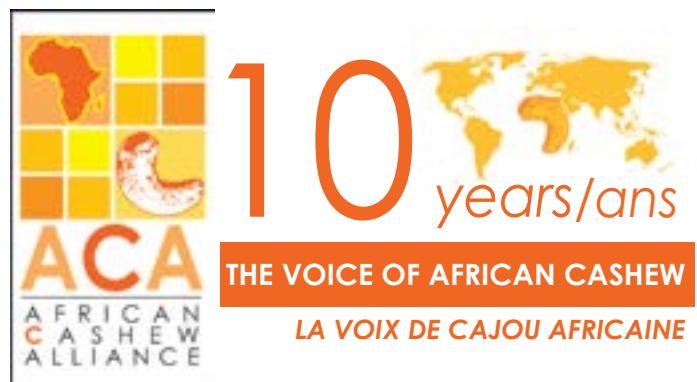
For the Frosting:

- 1/2 cup butter, cubed
- 3 tablespoons milk
- 1 teaspoon vanilla
- 2 cups confectioners' sugar
- cashew halves, optional

Upcoming ACA Activities

November

- 16-17 ACA MIS Workshop in Kilifi, Kenya under Walmart Project



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