I would like to share with you a story about my journey with cassava also known as manioca or manioc. For those of you who do not know much about cassava, it is better you listen carefully because this crop is the world’s sleeping giant, just about to rock the world.

Cassava is a fantastic crop. I was travelling with Mr Robin Howard, my college friend from Reading University. We were going to join my mother for a Christmas Day in London. We were going to visit my mother for Christmas in London, Paris, Washington, New York and Chicago? If cassava was a poor man’s crop it wouldn’t be grown and consumed to that large extent. I told him that cassava foods do not have to be poisonous and that foods from sweet varieties pose no health problem. But they are.

Mr Howard then gazed at me and nodded in appreciation. He then asked me how cassava can contribute to industrial transformation. I told him that cassava can be eaten raw. However, bitter varieties must be processed to remove the bitter compound and when done properly the food from it is as safe as potato, rice, or maize. Traditional methods are very good at these, otherwise the quarter a billion people who have relied

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I crossed my hands over my head and shook my head vigorously in disbelief. Surely!! surely!! Cassava is not a poor man’s food. It is food and cash for everybody – rich or poor. You can find the rich in Brazil, Thailand, Nigeria, Ghana, and Uganda, growing and consuming extensive amounts of cassava.

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Howard then asked me whether that is why they call it a poor man’s food. He continued that “Even The American Time Magazine (Dan Fletcher, Monday, Feb 22, 2010) listed cassava among the Top 10 Most Dangerous Foods which one can “Eat at Your Own Risk”.

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