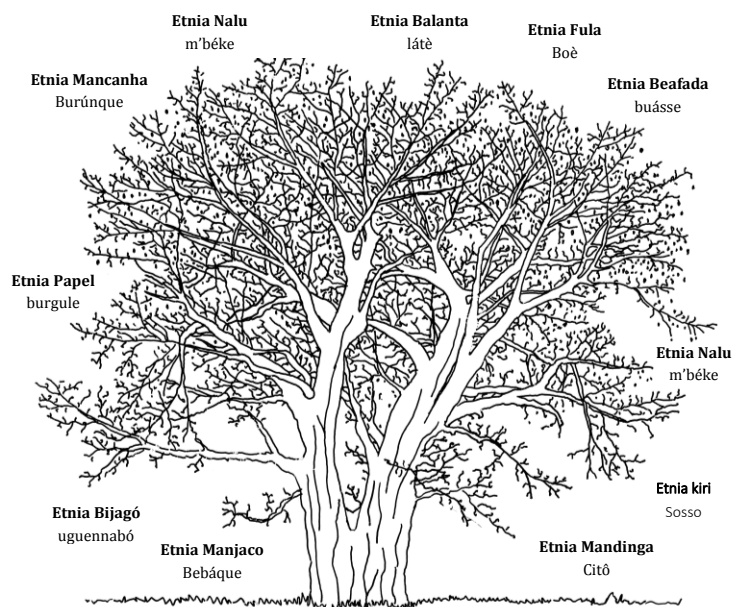




Cartolina 04 - flavors of Guinea Bissau



Cabacera is the creole name of the holiest tree in West Africa. This majestic tree, which produces the fruits seen in the image, grows up to 25 meters high and can live for over a thousand years. Its name (scientific *Andansonia digitata* - *Baobab* in English) varies in the different languages spoken by the more than 25 ethnic groups in Guinea Bissau. But everyone knows the juice you get from its pulp, which has twice the calcium of milk and six times more vitamin C than an orange.

Guinea Bissau from the farm to the table

This publication presents, among other traditional recipes from Guinea Bissau, *cabacera* juice. It was published by the Slow Food Foundation. It is available for consultation and download at this internet address:

https://www.fondazione Slow Food.com/wp-content/uploads/2015/04/ricette_guinea_bissau_POR.pdf



We are holding a second-hand market in Merano. We look forward to seeing you in Piazza del Grano on Thursday 30th March 2023. It will also be an opportunity to see the school project. Come and visit us!

The money raised will help to support the construction of a new school in the village of Sincha Alfa. You can also donate to this project by making a transfer to the dedicated bank account of the

Centro di Ricerca e Formazione sull'Intercultura

www.centrocultura.net.

Cassa Raiffeisen della Valle Isarco
Conto Sostegno Guinea Bissau

IBAN: IT19Y0830758221000300235911

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Thank you for your support!

To learn more about this initiative and their progress, you can visit the following webpage:

<https://sostegno guinea bissau.weebly.com/>