

## Wholesomeness of Vegetables at Baifikrom and Kotokuraba Market

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Geographic Focus: Cape Coast, Ghana

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**Project Description:** The project was to investigate causes of unwholesomeness of vegetables at Baifikrom and Kotokuraba market in Cape Coast. The main question was how wholesome are our vegetables in the markets? Farmers and market women were interviewed.

**Results:**

- Pest control is done by spraying pesticides thrice in a planting season.
- Produce are not stored but harvested on the eve of market days for sale.
- Vegetables partially rotten due to long distances of transportation, and hence reduced wholesomeness.
- People buy the partially rotten ones due to their cheaper prices leading to health complications.

**SOLUTIONS**

- Vegetables should be harvested early to reduce decay and pest attacks.
- Be preserved in large cold stores at markets to stifle microscopic activities.
- Personal and environmental hygiene should be observed in markets.
- Good road network between markets and farms for early delivery of vegetables.
- Vegetables should be processed into canned foods to increase their lifespan.

Main Project Theme: Food Security

Map



Map Description: Map of Cape Coast showing Kotokuraba market

Photo



Photograph Description: Students interviewing a vegetable farmer in his farm at Baifikrom and a vegetable seller at Kotokoraba market respectively in Cape Coast