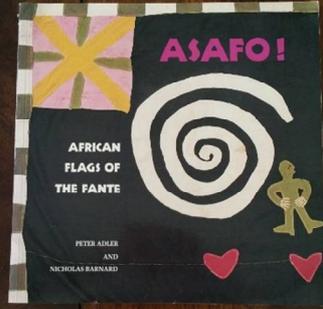


Asafo-
African Flags of the Fanti

-so quirky, might be inspiration for a little hand stitched piece made on the trip.

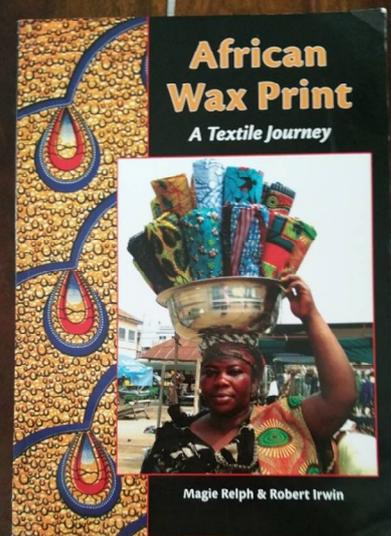


African Wax Print

-Magie Relph and Robert Irwin.

Good insight into a remarkable vibrant fabric design genre

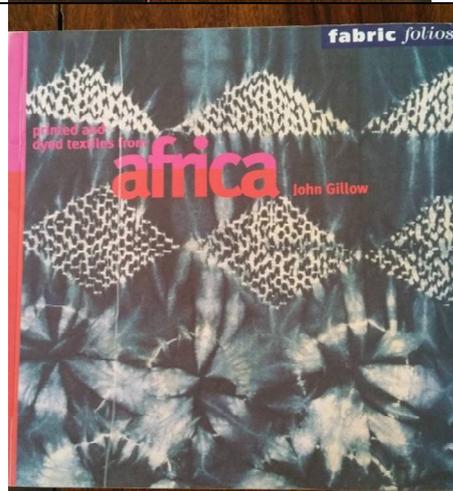
-lovingly researched, each detail discovered a precious morsel.

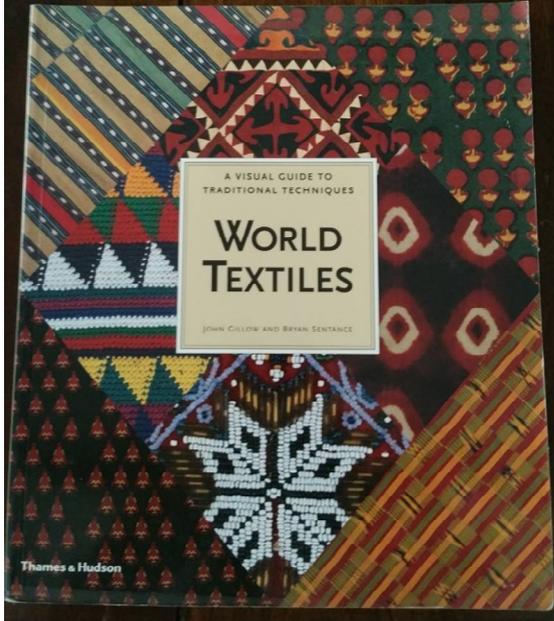
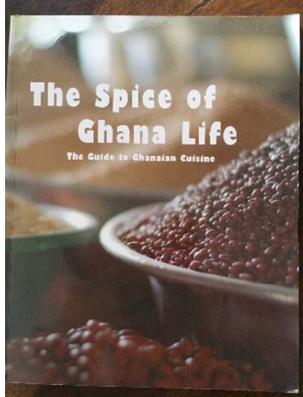


Africa

John Gillow

Nice pictures



<p>World Textiles</p> <p>John Gillows</p> <p><i>-excellent reference and inspiration</i></p>		
<p>Global Mamas- an excellent women's self-help project had this little gem on their shelf.</p> <p>Tasty bold food. YUM</p>		

Web links I have found interesting

<p>I like this foodie blog</p>	<p>Taste Ghana: My Quick Take on Jollof- Simple and Easy steps http://tastegh.blogspot.in/2015/08/my-quick-take-on-jollof-simple-and-easy.html?m=1</p>
<p>African Beads</p>	<p>http://www.newsghana.com.gh/history-of-african-beads https://en.m.wikipedia.org/wiki/Powder_glass_beads</p>
<p>Accra is famous for its remarkable coffins.</p>	<p>http://www.atlasobscura.com/articles/ghana-novelty-coffins https://en.wikipedia.org/wiki/Fantasy_coffin</p>
<p>Links to novels</p>	<p>Category:Novels set in Africa - Wikipedia, the free encyclopedia https://en.m.wikipedia.org/wiki/Category:Novels_set_in_Africa 10 best novels about Africa - Telegraph http://www.telegraph.co.uk/culture/books/10631274/10-best-novels-about-Africa.html Our Top 25 Books about Africa http://blog.rhinoafrica.com/2012/02/07/our-top-25-books-about-africa/</p>
<p>Bolgatanga is in the extreme north....dusty hot</p>	<p>https://en.m.wikipedia.org/wiki/Bolgatanga home to the Bolga grass basket</p>

and somehow the place you want to return to	
Fair Trade Cocoa	2 biggest export of Ghana, much is produced fair trade
Shea Butter	Shea grows in the north produced on small farms which are increasingly organizing into Fair Trade Co-ops. Freshly made shea butter is available in the markets.