

BLACK AGRICULTURE 101



Sakomufo Akosua Tanisha Boduaa Seshat Aaebo-Akhan

www.sakomufo.com

DISCLAIMER: The researched content of this publication exists as Divine message Sakomufo Akosua Tanisha Boduaa Seshat Aaebo Akhan received as Okofohemma (Warriorress Queen) of thirty five thousand year old Asanteman Amaruka Atifi Mu (Asante Nation in North America), Akwamuman Amaruka Atifi Mu (Akwamu Nation In North America), and Kansa Asante Ahemman (Kansa Asante Empire), both originally founded by Asante Abibibrifo Fie Deε Amarukafo (Asante Black Indigenous Americans) in Kansa (Kansas) while engaged in akom (spirit possession) and nkom (spirit communication) with Nyamewaa-Nyame (The Supreme Being), the Abosom (Deities/Gods/Goddesses/Forces In Nature), and Nananom Nsamanfo (Honorable Ancestors & Ancestresses).

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INTRODUCTION

Let's think hypothetically, logically, and metaphorically. If all the white farmers held a press conference and told the Black community "We believe all human beings should have access to food. In order to combat food scarcity in underserved Black communities, we are going to begin splitting our crops into two categories; poisonous (conventional) and natural (organic). This new farming practice will ensure everyone gets to eat. The poor will suffer poisoning but the rich will remain healthy. Who's with us?" The response would be overwhelming outrage. Moreover. Many of us come from blood circles in which our Nsamanfo (Ancestors & Ancestresses) would have eradicated white farmers just for having the audacity to suggest growing poisonous (conventional) food and selling it to Black people? Yet isn't that exactly what white farmers did?

The only time we should ever settle for non organic food is instances when we know the organic food in question is GMO, GE, or seedless. Keep in mind that the term seedless just means GE (genetically engineered) via a process called grafting. The PLU code labeling system is strictly voluntary, but typically conventionally grown foods are labeled with a four digit PLU (price look-up) code starting with a 3 or 4, organically grown foods are labeled with a five digit PLU (price look-up) code starting with a 9, and GMO (genetically modified organism) foods are labeled with a five digit PLU (price look-up) code starting with an 8. And even in those instances we must commit to thoroughly wash the fresh produce in question before consuming it in order to remove poisons it may contain or have come in contact with. The most common wash method is the use of a water based solution of lemon juice and/or vinegar (balsamic, apple cider, or white).

The fact that the United States allows the United States Department of Agriculture (USDA) to impose its notion of the "five major food groups" upon said Black descendants, thus forcing them to adopt the European diets and consume foods that the Food & Drug Administration (FDA) allows food manufacturers to omit the names of ingredients contained therein, is condoning the destruction of the sacred dietary practices of said Black descendants and violation of their 1st Amendment and Title VII of the Civil Rights Act of 1964 right to view food as medicine and discriminates against Black farmers seeking to produce crops the unique crops considered sacred in Black culture by preventing a large percentage of Black customers who receive government assistance from being able to legally use EBT to purchase them.¹ Nearly all of these foods have their origin in Europe, and due to the differences in gut flora between Black people and *akyiwadefo* (white people), are far less beneficial and in many cases detrimental to the health of Black people.

¹ Id. at 105–08. See also PETE DANIEL, *DISPOSSESSION: DISCRIMINATION AGAINST AFRICAN AMERICAN FARMERS IN THE AGE OF CIVIL RIGHTS* (U. of N.C. Press 2013).

We also have a new threat to our food supply thanks to COVID. Now we have both white and Black farmers illegally mandating their employees become COVID vaccinated, instead of informing them that they have the legal right to exercise their religious exemption from vaccinations and immunizations in accordance with Title VII of the Civil Rights Act of 1964. And although this may seem harmless on the surface, recently published findings by medical researchers and professionals employed in the service industry confirm that COVID vaccinated individuals are prone to viral shedding, which includes contaminating and transmitting to other individuals, materials, and surfaces the harmful chemicals and side effects associated with the COVID vaccine they come in contact with directly and indirectly, through touching and contact with bodily secretions (saliva, sweat, etc.).

This includes the foods grown and processed in farms and in manufacturing facilities. And while we have no control over the business practices of white farmers and white manufacturers, we must demand Black farmers and Black manufacturers avoid employing those who have been COVID vaccinated but have not been reverse vaccinated using herbal remedies such as VIR (Vaccinated In Reverse) Regimen and others, created by Black holistic health practitioners. And whenever possible and practical. We should avoid doing business with farmers and manufacturers who refuse to comply because the most common side effects of viral shedding regarding those COVID vaccinated pertain to the reproductive system. Hear me. The global Black nation cannot exist if we cannot reproduce so this issue of protecting our food supply as Black people must become a priority on every continent.

Eating just one meal of akyiwade (taboo) foods can trigger drowsiness, forgetfulness, depression, drowsiness, fatigue, anger, rage, aggression, irritability, anxiety, fear, discouragement, confusion, addictive cravings, and malfunctions in the eleven major body systems; endocrine, reproductive, immune, lymphatic, renal, nervous, cardiovascular, digestive, respiratory, exocrine, and skeletal systems for up to a week. Moreover. I have been observing this correlation between food control, mind control, artificial light, and sleep deprivation for so long that I can practically tell you what a person is going to say or do in any given situation based solely upon knowledge of what foods they have most recently eaten.

A lot of Black adults and Black parents are out here erroneously denouncing this Black generation of children for being rebellious and out of hand when in most cases they just can't hear us over the Doritos and nacho cheese dip they just ate. And because you too like extra poisonous Doritos with a side of extra poisonous nacho cheese dip, you never make the correlation. When we as Black people pay close attention, we can

literally feel the pressure of our heads filling up with mucus and nano transmitters in such instances. None of this is rocket science. Food control plus mind control equals a remote control. From there it's just about identifying which buttons trigger which outcomes. Thus our beautiful Black babies are now being born with all manner of sicknesses, illnesses, diseases, and learning disabilities as a direct result of us consuming poisonous white culture foods we have been conditioned to crave and eat despite knowing full well better. When you know better, you have a responsibility to do better.

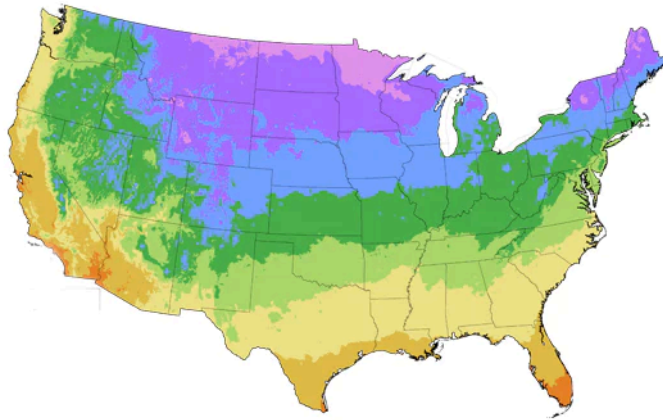
EASY AS 1-2-3

The average Black community depends on poor quality food and foodstuffs transported from over 1700 miles away to feed its residents. Not only is this the primary contributing factor to escalating reports of sickness, illness, and disease in the Black community, it is a recipe for disaster in times of crisis that frequently results in unnecessary food shortages.

The time has come for every Black household to participate in the process of food production and preservation in an eco-friendly manner to ensure the needs of all are consistently met by planting organic seeds which produce edible grasses, flowers, plants, fruits, vegetables, and harvest naturally occurring sea moss to consume, sell, or barter.

It is imperative we return to our indigenous cultural burning practices, which includes setting small, intentional, and controlled fires to promote the health of vegetation and animals that provide food, clothing, ceremonial items while simultaneously clearing stubble, weeds, and waste before sowing seeds. Moreover. All non-edible grasses must be replaced with edible grass varieties that do not require mowing. And we must exclusively use electric and solar powered yard maintenance equipment to heal the environment.

HARDINESS ZONES



Temp (F)	Zone	Temp (C)
-60 to -50	1	-51.1 to -45.6
-50 to -40	2	-45.6 to -40
-40 to -30	3	-40 to -34.4
-30 to -20	4	-34.4 to -28.9
-20 to -10	5	-28.9 to -23.3
-10 to 0	6	-23.3 to -17.8
0 to 10	7	-17.8 to -12.2
10 to 20	8	-12.2 to -6.7
20 to 30	9	-6.7 to -1.1
30 to 40	10	-1.1 to 4.4
40 to 50	11	4.4 to 10
50 to 60	12	10 to 15.6
60 to 70	13	15.6 to 21.1

Zones 1-2

Growing season: April – September

Best plants to grow: Arugula, sorghum, turnip greens, garlic, black soybeans, wild rice, and burdock root.

Zones 3-4

Growing season: April – October

Best plants to grow: Sorghum, garlic, fava beans, black soybeans, parsley, mullein, chickweed, poke root, pumpkin, sorrel, elderberry, dandelion, turnip greens, callaloo, red onions, garlic, myrrh, burdock root, wild rice, and indian rice grass (sand rice grass).

Zones 5-6

Growing season: March – October

Best plants to grow: Dates, sorghum, fava beans, black soybeans, black eyed peas, bitter leaves, dandelion, turnip greens, callaloo, red onions, thyme, parsley, mullein, poke root, elderberry, saffron, ashwagandha, astragalus, echinacea, rosemary, mint, garlic, cilantro, chicory, sage, purslane, red hot pepper, mustard, green onion, red onion, seeded grapes, grape leaves, roses, lotus, frankincense, myrrh, black tea, green tea, burdock root, Black rice, hill rice (Maruga Hill), and wild rice.

Zones 7-8

Growing season: March-November

Best plants to grow: Sorghum, white yams (not potatoes), dates, turnip greens, dandelion, mullein, poke root, saffron, maqui berries, elderberry, fava beans, black soybeans, black eyed peas, green onions, red onions, parsley, red hot pepper, mustard, purslane, astragalus, frankincense, myrrh, cotton, lotus, chicory, leafy greens, black tea, green tea, burdock root, Black rice, hill rice (Maruga Hill), and wild rice.

Zones 9-10

Growing season: February-November

Best plants to grow: Sorghum, lobelia, amaranth, peppers, white yams (not potatoes), cinnamon, astragalus, dandelion, turnip greens, bitter leaf, nutmeg, cardamom, mullein, graviola (soursop), purslane, baobab, guava, vanilla, mung beans, fava beans, black soybeans, black eyed peas, green onion, red onion, red hot pepper, jalapenos, piquante, habanero, poblano, serrano, black tea, green tea, carob beans, coffee beans, aloe vera, neem, henna (dye), cotton, lotus, frankincense, burdock root, and bitter leaf.

Zones 11-13

Growing season: Year-round

Best plants to grow: Sorghum, amaranth, pumpkin, mango, cinnamon, nutmeg, cardamom, lobelia, black peppercorn, mung beans, carob beans, coffee beans, chili peppers, moringa, astragalus, ginger, graviola (soursop), baobab, guava, jalapenos, piquante, habanero, poblano, serrano, black pepper, aloe vera, neem, cotton, henna (dye), bitter leaf, African rice (*Oryza glaberrima*), and Moruga Rice/Hill Rice (red bearded upland rice).

Exceptions To The Rule:

Acai berries can be grown in a Zone 12+ greenhouse.

Growing Tips

1. Use almanac.com to see which plants grow seasonally in what areas. Choose plants that grow well in your Hardiness Zone for best results.
2. Get the right tools. Large: hoe, pick, shovel, rake. Small: shovel, rake, shears.
3. Find organic seeds or plants (local urban farms, health food stores, online vendors, hardware stores).
4. Get organic soil and compost.
5. Find a space that gets at least 6 hours of direct sun for a garden bed.
6. Be mindful of trees blooming, making sure not to plant in their shade.
7. Make your garden bed a size you can manage. Start small if you don't have a lot of time to tend to weeding. (Example: 4' X 5')
8. Top off your organic soil with a layer of compost.
9. Water when done planting. If possible, plant seeds just before it rains.
10. You may want to consider growing plants that are edible and can be used for crafting or manufacturing clean your soil if your lawn has previously been sprayed with weed killers, pesticides, and/or insecticides, such as:
 - Alfalfa, sunflower, date palms, barley, Brassica juncea mustards (also known as Chinese mustard, brown mustard, leaf mustard, Indian mustard, Oriental mustards, Alpine pennycress flowering plants (also called Thlaspi caerulescens), Festuca Arundinacea grass, and Mirabilis Jalapa perennial herbs.
 - Pteris vittata ferns, Paulownia, Willow, Poplar, and Salix Viminalis (often grown for basket weaving material) trees can be used to reclaim contaminated soil but be mindful of where you plant trees to ensure their roots will not damage existing property once fully matured.

12. Avoid using old tires, cardboard, and plastic liners because they are often treated with toxic chemicals that will leak into your garden.

13. Consider growing dandelions on purpose. Despite dandelions being labeled as weeds by many, they are also known to promote stronger bones, liver health, better skin and improve diabetes, urinary health, cancer, jaundice, gallbladder issues, diabetes, and digestive issues. Many use dandelion crowns, leaves, flowers, and roots to make teas, soups, salads, tinctures, juice, etc. (This is not medical advice. Always consult a licensed medical professional before modifying your diet and/or discontinuing prescribed medications.)

14. Consider avoiding or limiting the use of mulch because most often it has been treated with chemicals that will leak into your garden and to decrease the demand to cut down trees that produce the oxygen we need to breathe.

15. Make a plan to store excess food from your garden. Will you dehydrate or ferment leftovers for storage?

16. Saving seeds from the plants you grow and learning how to properly dry, clean, separate, and store seeds can save thousands of dollars over time. Plus, seeds make great gifts!

Add patio bucket growing, window seal growing. Upside down water bottle in planter. Water bottle with hole in it in the middle of the planter.

10 Steps To Save Seeds

1. Buy a seed collecting kit.
2. Know when to harvest the seeds of each plant.
3. Locate the seeds on the plant.
4. Snip the mature seeds or plants.
5. Remember to individually remove any seeds that grow in pods, such as green beans.
6. Only collect healthy seeds.
7. Wash and damp dry seeds.
8. Transfer seeds into labeled seed pocket envelopes or storage containers. (Tweezers may be helpful for small seeds).
9. Consider creating a seed bank using jars to store different seed categories.
10. Store seeds in a cool, dry place.

*DIY (Do It Yourself) - Making your own seed pocket envelopes using chemical free paper is easy and only requires a few paper folds.

Ethical Beekeeping

I highly recommend you consider beekeeping because there can be no agriculture without bees. Bees not only pollinate the plants by carrying pollen between plants of different sexes or different parts of the same plant to fertilize them, allowing them to reproduce. This also helps plants survive by preventing inbreeding. Understand. All beekeeping is the not the same. I only do not condone any manner of beekeeping that causes unnecessary harm to the bees, which is usually rooted in greed, i.e. and unwillingness to wait until the honey is in excess. Here are a few easy steps to get started as an ethical beekeeper.

1. Begin your beekeeping education.
 - a. Free online beekeeping courses.
 - b. Free YouTube video tutorials.
 - c. Paid online and in-person courses.
2. Find a suitable beehive location.
3. Determine your budget. Please budget for start-up, monthly maintenance costs.
4. Purchase your honey bees.
5. Purchase the correct type of bee hive.
6. Purchase basic beekeeping tools.
7. Purchase protective clothing.
8. Set up your bee hive(s).
9. Install your honey bees.
10. Continue your beekeeping education. Do not hesitate to ask for help, if necessary to prevent honey bee casualties.
11. Actively maintain and care for your bee hive.
 - a. Repair or replace damaged parts.
 - b. Install entrance blocks.
 - c. Install excluders and supers.
 - d. Replace any lost beeswax.
 - e. Install a rain cover and shade structure.
 - f. Provide adequate ventilation.
 - g. Provide a windbreak.
 - h. Control woodlice and termites.
 - i. Protect it from bears, raccoons, skunks, and mice.

*The entire human food supply is dependent upon the survival of bees. Thus always consider having at least one bee feeder. Only use organic unrefined sugar or raw honey water in bee feeders. And be sure to purchase or create bee feeders that do not drown bees.

DIY Pest Repellants

Cayenne Pepper Insect Repellent

Mix 1 gallon of water and 3 tablespoons organic cayenne pepper. Simmer ingredients in a saucepan for 15 minutes. Let stand for 24 hours. Strain. Add a few drops of peppermint, clove, thyme, tea tree or eucalyptus essential oil and a few drops of natural dish soap.

Neem Oil Insect Repellent

Mix one cup neem oil and one tablespoon of natural dish soap. (This is the concentrated base you will use to make several spray bottles.) Cover and shake thoroughly. Combine two teaspoons neem oil spray mix and a few drops of peppermint, clove, thyme, tea tree or eucalyptus essential oil to one quart water. Shake thoroughly. Spray directly on the surfaces of the affected plants.

Peanut Oil Insect Repellent

Mix one cup peanut oil and one tablespoon of natural dish soap. (This is the concentrated base you will use to make several spray bottles.) Cover and shake thoroughly. Combine two teaspoons neem oil spray mix and a few drops of peppermint, clove, thyme, tea tree or eucalyptus essential oil to one quart water. Shake thoroughly. Spray directly on the surfaces of the affected plants.

Basic Garden Insect Repellent

1 tablespoon baking soda

1 tablespoon neem oil

1 tablespoon of natural dish soap

1 gallon water

Coffee Grounds Ant Repellent

Pour recycled coffee grounds around home or garden.

*Use natural insect and animal repellents, and do not trap and/or kill animals, insects, etc. unnecessarily.

Peppermint oil soaked cotton balls, scarecrows, spicy mixtures, fencing, netting, etc. have worked for centuries and still work as excellent repellents to this day.

BONUS SECTION

In Akan culture, we use both our Nduru (Hoodoo) religion and our nduru (medicine) to heal ourselves and defeat our enemies. For those of you or perhaps your loved ones who may be experiencing physical ailments or desire to achieve and maintain vibrant health, below is a brief list that highlights which Abosom (Deities/Gods/Goddesses/Forces In Nature) govern various shrines within our physical body, 30 Black ancient healing practices, and the restored Asante Ancestral Diet in North America. Consider using the instructions on Page 33 to establish a nkommere (shrine) and utter mpaebo (prayers) to the specific Abosom (Deities/Gods/Goddesses/Forces In Nature) Who govern the part(s) of the body that are injured and/or malfunctioning.

PHYSICAL BODY SHRINES:

Hair – shrine of Nu

Face – shrine of Ra

Eyes - shrine of Het Heru

Pharynx and nasal cavity – shrine of Hat Mehit

Canals leading to the vestibular system – shrines of Maa & Maat

Fallopian tubes, vulva (female) – shrine of Het Heru

Epididymis (male) – shrine of Het Heru

Ears – shrine of Ap-uat

Nose – shrine of Khent-sheps

Lips – shrine of Anpu

Tongue – Tehuti

Teeth – shrine of Khepera

Neck, Pituitary gland – shrine of Auset

Adrenal glands – Mentu Ra

Uterus and vagina (female) – shrine of Auset

Prostate and penis (male) – shrine of Auset

Hands – shrine of Khunemu, the lord of Tattu

Forearms – the shrine of Neith, the Lady of Saut

Backbone – shrine of Sut

Breasts – shrine of Typhon

Belly and backbone – shrine of Sekhet

Liver – shrine of Musut

Blood – shrine of Mu Hapi

Cardiovascular system, buttocks – shrine of Heru

Hips and thighs – shrine of Nut

Brain (thought forms, images, ideas) and feet – shrine of Ptah

Fingers and leg bones – shrine of Auraut

Kidneys, region of the kidneys, loins – shrine of Kher-aba.

Endocrine system and pituitary gland – shrine of Ausar

Penis (male) – shrine of Ausar

Immune system – shrine of Heru Behudet

Lymphatic system – shrine of Sekhmet

Nervous system (peripheral) – shrine of Set

Renal system – shrine of Nebt Het

Pericardium – Bast

Heart – shrine of Heru

Bronchial tree within the heart/lung complex – shrines of Uatchet & Nekhbet

Axis/central nervous system (brain and spine/spinal column) – shrine of Amen Men

House of the chakra chambers – shrine of Hapi

Chakra 1 Root or Base (Perineum) – shrine of Auset

Chakra 2 Sacral (Tailbone) – shrine of Het Heru

Chakra 3 Solar Plexus (Opposite navel) – shrine of Heru Behudet & Sekhmet

Chakra 4 Heart (Opposite heart) – shrine of Heru, Uatchet, and Nekhbet

Chakra 5 Throat (Opposite throat) – shrine of Set and Nebt Het

Chakra 6 Brow or Third Eye – shrine of Ausar

Chakra 7 Crown of the head – shrine of Amen Men

ASANTE ANCESTRAL DIET IN NORTH AMERICA

Fruits: Mangoes (excludes yellow mangoes, champagne mangoes, Keitt mangoes), Dates, Raisins, Grapes, Graviola (Soursop), Elderberries, Blackberries, Cranberries, Acai Berries, Pumpkin, Baobab, Black Olives, Ackee, Plums, Butternut Squash

Vegetables: Chicory, Endive, Arugula, Callaloo, Dandelion, Turnip Greens, Sorghum Leaves, Grape Leaves, Bitter Leaf, Purslane, Jalapenos, Serrano, Poblano, Habanero, Chili, Piquante, Red Hot Peppers, Celery, Cucumbers, Red Onions, Green Onions, Bell peppers, Turnips, Fennel, White Yam, Teosinte (indigenous corn), Lettuce (Canada Lettuce - *Lactuca canadensis*, Coast Lettuce - *Dudleya farinosa*, Louisiana Lettuce – *Lactuca ludoviciana*, Miner’s Lettuce - *Claytonia perfoliata*, Prickly Lettuce - *Lactuca serriola*, Wild Lettuce - *Lactuca virosa*), etc.

Beans/Legumes: Carob Beans, Fava Beans, Mung Beans, Black Beans, Black Soybeans, Black Eyed Peas, Tepary Beans, Guar Beans

Grains: Indian ricegrass (sand rice grass), Wild rice, Black rice, Moruga Hill rice (Upland Red Bearded rice), African rice (Carolina rice), Amaranth, Sorghum, Popping sorghum (Sorghum seeds), Fonio

Woods (for grilling/smoking): White oak, Northern red oak, Eastern white pine, American sycamore, Bur oak, Eastern black walnut, American mahogany, Maple trees (Red maple, Sugar Maple, Hard maple, Black maple, Norway maple, Silver maple)

Flowers: Lotus, Rose, Hibiscus, Sorrel, Daisies, Honeysuckle, Violets

Conifers: Pine tree cones from native North American pine trees; Sugar Pine - *Pinus Lambertiana*, Bull Pine - *Pinus Ponderosa*, Red Pine - *Pinus Resinosa*, Two Needle Pinyon Pine - *Pinus Edulis*, Limber Pine - *Pinus Flexilis*

Oils: Soybean oil, Palm oil - not Palm kernel oil. *We never use oil as a recipe ingredient. We only use plant oils as fuel and to coat our cooking pots, pans, and grills without leaving excess oil behind.*

Always Fresh Ingredients: Ginger root, Garlic bulbs

Other Ingredients: Palm wine vinegar, Black Vinegar (Rice Vinegar), Gluten Free Grain Vinegar, Colloids (Gold, Silver, Diamond), Crystal Elixirs

Wines: Palm wine for libation, banana wine for medicinal anesthesia

Sweeteners: Dates, Pine Sap (Sugar Pine - Pinus Lambertiana, Bull Pine - Pinus Ponderosa, Red Pine - Pinus Resinosa, Two Needle Pinyon Pine - Pinus Edulis, Limber Pine - Pinus Flexilis), Raw Unfiltered Honey.

Extracts: Pure Vanilla extract

Dry Spices: Arrowroot, Black pepper, Cayenne pepper, Cinnamon, Carob, Cumin, Nigella (Black cumin), Coriander, Thyme, Bay leaves, Sage, Onion, Garlic, Ginger, Mustard, Paprika, Smoked Paprika, Allspice, Nutmeg, Oregano, Cardamom, Vanilla, Parsley

Pure Food Grade Essential Oils: Allspice, Amyris, Aniseed, Bay Leaf, Black Pepper, Cardamom, Citronella, Clary Sage, Frankincense, Galbanum, Geranium, Ginger, Labdanum (aka cistus), Lemongrass, Jasmine (absolute), Juniper berry, Marjoram, Manuka, Myrrh, Myrtle, Neroli, Niaouli, Nutmeg, Patchouli, Ravensara, Rose (absolute), Rosemary, Rosewood, Sage, Saffron, Sandalwood, Spearmint, Spikenard, Tagetes, Thyme, Vetiver, Wintergreen, Yarrow

Herbs: African clove basil (*Ocimum gratissimum*), Dill, Lobelia, Mullein, Yellow dock, Dandelion, Echinacea, Goldenseal, Rosehips, Eucalyptus, St. John's Wort, Arrowroot, Yarrow, Sarsaparilla, Chicory root, Chaparral, Camu Camu, Ashwagandha, Astragalus, Elderberry, Mint, Cilantro, Fennel, Annatto, Lemongrass, Nettle, Savory, Tarragon, Lemon balm, American Ginseng, Anise, Fenugreek, Licorice, Primrose, Rosemary, Hyssop, Geraniums, Evening primrose, Ashwagandha, Horsetail, Poke root, Burdock root, Marshmallow root, Damiana, American angelica (*Angelica atropurpurea*), False Unicorn root, Slippery elm, Uva Ursi, American pokeweed, Neem

***Consider avoiding foods from China and consuming at least nine glasses of spring or filtered water per day.**

FDA Approved essential oils for cooking:

Allspice – Flashpoint: 199°F

Amyris – Flashpoint: 287°F

Aniseed – Flashpoint: 194°F

Bay Leaf – Flashpoint: 140°F

Black Pepper – Flashpoint: 129°F

Cardamom – Flashpoint: 134°F

Citronella – Flashpoint: 135°F

Clary Sage – Flashpoint: 174°F

Frankincense – Flashpoint: 124°F

Galbanum – Flashpoint: 140°F

Geranium – Flashpoint: 176°F

Ginger – Flashpoint: 135°F

Labdanum (aka cistus) – Flashpoint: 188°F

Lemongrass – Flashpoint: 169°F

Jasmine (absolute) – Flashpoint: 200°F

Juniper berry – Flashpoint: 106°F

Marjoram – Flashpoint: 125°F

Manuka – Flashpoint: 138°F

Myrrh – Flashpoint: 199°F

Myrtle – Flashpoint: 113°F

Neroli – Flashpoint: 153°F

Niaouli – Flashpoint: 127°F

Nutmeg – Flashpoint: 100°F

Patchouli – Flashpoint: 212°F

Pine – Flashpoint: 149°F

Ravensara – Flashpoint: 134°F

Rose (absolute) – Flashpoint: 150°F

Rosemary – Flashpoint: 105°F

Rosewood – Flashpoint: 183°F

Sage – Flashpoint: 129°F

Sandalwood – Flashpoint: 199°F

Spearmint – Flashpoint: 151°F

Spikenard – Flashpoint: 160°F

Tagetes – Flashpoint: 77°F

Thyme – Flashpoint: 129°F

Vetiver – Flashpoint: 212°F

Wintergreen – Flashpoint: 200°F

Yarrow – Flashpoint: 121°F

Essential oils to consider avoiding during pregnancy and lactation

Dill

Cinnamon

Fennel

Oregano

Sage

Tarragon

Yarrow

Essential oils to consider avoiding altogether

Fig Leaf *Ficus carica*

Mustard *Brassica nigra*, *Brassica juncea*

Pine (Huon) *Dacrydium franklinii*, *Lagarostrobos franklinii*

Cinnamomum rigidissimum/Cinnamon

*Tea Tree (Black) “*Melaleuca bracteata*” is not the same as the commonly used Tea Tree “*Melaleuca alternifolia*” which is safely used. If you are unsure which you have, check the Latin name.

**Camphor (Brown), Camphor (White), and Camphor (Yellow) all have the same Latin name of “*Cinnamomum camphora*.” So how do you tell the difference? If you have a GC/MS report available, check the constituents. Camphor (Brown) contains up to 60% safrole; Camphor (White) contains 40% or more limonene; Camphor (Yellow) contains 20% safrole.

Common Akyiwade (Taboo) Foods & Beverages

Meat, dairy, eggs, nuts, seeds (including hemp seeds, flaxseeds, chia seeds), salt of any kind (use liquid aminos), cane sugar, brown sugar, corn syrup, rice syrup, agave, stevia, oats (oatmeal), burro, peaches, strawberries, prunes, raspberries, goji berries, yellow/champagne mangoes (all others are fine), coconut, blueberries, pineapples, citrus fruits (lemons, limes, oranges, grapefruits, tangerines, mandarins), kiwi, pears, papaya, currants, cherries, quince, plantains, wheat, teff (injera), corn (except teosinte - ancient corn), squash, beets, chives, carrots, cucumbers, potatoes (white, red, sweet), split peas, celery, okra, sprouts, kale, lettuce, broccoli, cauliflower, cabbage, watercress, microgreens, milk thistle, basil, jackfruit, dragonfruit, mushrooms, zucchini, artichokes, cassava, probiotics, kombuchas, storebought/restaurant yeast, nutritional yeast, alcoholic drinks, foods containing alcohol, hearts of palm, GMO (genetically modified organisms), GE (genetically engineered), storebought/restaurant beverages (except for water), green, black, and oolong teas (use herb infused water instead), coffee (use cacao infused water instead), frozen foods (including ice cream), sea moss, canned foods, freeze dried foods, deep fried foods, carbonated drinks (calcium depleters), baking soda and baking powder (use for cleaning and mummification only), food chemicals, natural flavors, bleached “white” foods, processed foods, fast food, storebought/restaurant vegan meats, storebought/restaurant vegan cheeses, vegan “meatballs” of any kind (including falafel), drugs (including CBD and marijuana), seedless fruits and vegetables, storebought/restaurant pizza, coleslaw, produce sold standing in water, food prepared by akyiwadefo (white people).

SAMPLE ASANTE FAMILY MENU

All Asante (Akan) people in Amaruka Atifi Mu (North America) are born into a long blood-line of traditional veganism, dating back millenia. Thus below is a sample Asante family vegan menu taken from cafe and bakery known as Nduru Cuisine. The point in sharing this Asante family vegan menu is to clarify that consuming your Ancestral diet is not rocket science, nor does it require you to eliminate your favorite foods unless you Nananom Nsamanfo instruct you to. Your focus should be to eliminate toxic, akyiwade (taboo), and allergen foods and beverages that are physically, spiritually, and energetically harmful to you.

One of the best ways to monitor your exposure to toxins, including those often found in contaminated water, is by running your thumb and middle finger on the same hand starting underneath the bottom of your earlobes and across the lymph nodes under your chin, until the two fingers meet in the middle of your throat above your adam's apple before and after each meal. Swollen lymph glands are often a tail tale sign of exposure to toxic, akyiwade (taboo), and allergen foods and beverages. Note that the consumption of pork has been prohibited in Black culture for thousands of years, and is documented in our sacred religious texts. The Pert em Hru (misnomered Book of the Dead) Coffin Text 157 from Kamit:

“...O Batit of the evening, you swamp-dwellers, you of Djedet, you of Per Wadjet, you of the shade of Ra which knows not praise, you who brew stoppered beer—do you know why Rekhyt [Lower Egypt] was given to Heru? It was Ra who gave it to him in recompense for the injury in his eye. It was Ra—he said to Heru: “Pray, let me see your eye since this has happened to it” [injured in the fight with Set]. Then Ra saw it. Ra said: “Pray, look at that injury in your eye, while your hand is a covering over the good eye which is there.” Then Heru looked at that injury. It assumed the form of a black pig. Thereupon Heru shrieked because of the state of his eye, which was stormy [inflamed]. Heru said: “Behold, my eye is as at that first blow which Set made against my eye!” Thereupon Heru swallowed his heart before him [lost consciousness]. Then Ra said: “Put him upon his bed until he has recovered.” It was Set—he has assumed form against him as a black pig; thereupon he shot a blow into his eye. Then Ra said: “The pig is an abomination to Heru.” “Would that he might recover,” said the gods. That is how the pig became an abomination to the gods, as well as men, for Herus’ sake...”

NDURU CUISINE - VEGAN MENU

Featured Dishes: Hwanyandote (Wyandotte) Platter, White Yams & Scrambled Eggs Platter, Khaniti (Nubian) Kisra Platter, Crawdad Chowder Roll Sandwich, Loaded Grilled Cheese, Chicken Salad Wrap, Biscuits & Gravy, Stuffed Acaraje, Stuffed Peppers, Loaded Nachos.

All Day Breakfast Entrees: Amaranth Porridge, Cereal & Milk, Pancake Bowls, Toasted Sweet Bread, Breakfast Sandwiches, Biscuits & Gravy, Breakfast Burritos, Breakfast Parfaits, Biscuit Sandwiches, Breakfast Skillets, Egg Muffins, Empanadas, Omelettes, Waffles, Quiche.

All Day Lunch & Dinner Entrees: Stuffed Roll Sandwiches, Traditional Sandwiches, Quesadillas, Empanadas, Cottage Pies, Noodle Bowls, Bread Bowls, Rice Bowls, Meat Loaf, Tlayudas, Enchiladas, Lasagna, Burritos, Acaraje, Salads, Nachos, Kabobs, Wraps, Soups, Chicken Nuggets, Crawdad Nuggets, Chicken Filets, Stuffed Chicken, Stuffed Sausage, Corn Dogs.

Proteins: African Gravy Steak, Savory Ground Beef, Black Pepper Chicken, Black Pepper Beef, Air Fried Tofu, Teriyaki Chicken, Barbecue Ribs, Adobo Sausage, Crawdad Chowder, Smoked Brisket, Chicken Salad, Hearty Meatloaf, Egg Scramble, Fajita Chicken, Fajita Beef, Falafel.

Side Items: Barbecue Fava Beans, Fried White Yams & Turnips, Soul Slaw, Stuffed Grape Leaves, Fried Wild Rice, Spicy Mung Beans, Black Eyed Peas, Before Cabbage, No Potato Salad, Hoppin John, Jollof Rice, Jambalaya, Refried Beans, Hummus (Black Eyed Pea, Mung Bean, Soybean), White Yam/Turnip Mash, Marinated Greens, Candied Pumpkin, Green Leaf Salad, Sautéed Greens, Rangoon, Spring Rolls, Cheese Croquettes, Fried Pickles, Onion Rings, Teosinte (corn), Fritters, Fufu.

Toppings: Grape Leaves, Bell Peppers, Tortilla Strips, Flower Medley, Wild Celery, Wild Celery Root, Eggplant, Gravy, Greens, Onions, Arugula, Spinach, Halloumi (Cheese) Slices, Shredded Cheese, Whipped Cream, Sour Cream, Green Onions, Red Onions, Seeded Raisins, Seeded Grapes, Diced Figs, Diced Dates, Mangoes, Dill Crisps, Relish, Fajitas, Queso.

Soups: White Yam & Sausage, Hearty Cream of Onion, Hearty Greens & Grains, Chicken & Wild Rice, Bell Pepper Bisque, Loaded Nacho, Black Eyed Pea, Asparagus Cheese, Guacamole Chili, Greens & Beans, Bitterleaf, Spicy Pumpkin, African Gumbo, Creamy Turnip Bean.

Salad Dressings: Chocolate Balsamic, Ginger Balsamic, Mango Balsamic, Fig Balsamic, Smoky Chipotle, Honey Mustard, Soy Ginger.

Sauces: Homemade Hot Sauce, Traditional Barbecue, Smoky Chipotle Mayo, Spicy Barbecue, Honey Mustard, Sweet & Sour, Mole Negro, Ginger Soy.

Gluten-Free Desserts: Stuffed Cinnamon Rolls, Stuffed Pumpkin Cakes, Ancient Charcoal Cakes, Ancient Charcoal Akyeneboa Sweetbread, Ancient Charcoal Adinkra Sweetbreads, Charcoal Rice Balls, Adinkra Cakes, Grilled Fruit, Chocolate, Cheesecake, Cupcakes, Brownies, Empanadas, Turnovers, Parfaits, Cobblers, Mousse, Puddings, Croissants, Baklava, Cookies, Kunafa, Brulees, Squares, Donuts, and more. Free Adinkra Cookie with every Entree.

Breads: Thick Toasted, Cornbread, Tortillas, Bread Bowls, Biscuits, Loaves, Rolls, Kisra, Buns.

Beverages: Herbal Smoothies, Herbal Carob Smoothies, Fruit & Vegetable Smoothies, Hot Chocolate, Herbal Juices, Herbal Teas, Potlikker, Coffee, Mango Soursop Tonic, Cayenne Ginger Tonic, Herbal Milk Lattes, Virgin Herbal Toddies, and Pine Sap, Maple & Honey Waters - Cinnamon, Mango, Ginger, Rose, Hibiscus, Sorrel, Carob.

Extras: Sorghum Popcorn, Hot Pickles, Chutneys, Jerky, Chips, Dips.

*Most Asante families tend to be more inclined to ritually prepare their food outdoors using wood or charcoal fire year round, this includes the ritual preparation of their baked goods and desserts. In Kansa (Kansas), and particularly in Kwa Nduru (Quindaro), it is not uncommon to see outdoor barbeque grills literally attached to the window seals of Asante family homes so that family members can access their barbeque grills to ritually prepare food by simply opening their window during the winter months... and most of them don't even know they are direct descendants of Asante (Akan) people.

Granted. Not everyone enjoys cooking. Some people just want to know which foods their Akan Nsamanfo (Ancestors & Ancestresses) tended to avoid using until they have consulted with their Nananom Nsamanfo (Honorable Ancestors & Ancestresses) to clarify whether such foods are beneficial or detrimental to their specific blood circle. For those who fall into this category, please see the below list of most common

akyiwade (taboo) foods to the direct descendants of the Akan people who voluntarily migrated from the Ghana, Ivory Coast region in West Africa thousands of years ago and the Akan people who were forced to migrate from the Ghana, Ivory Coast region in West Africa during the Mmusuo Kese (Great Perversity/Enslavement Era) centuries ago.

Once again. No one but your Nananom Nsamanfo (Honorable Ancestors & Ancestresses) and members of your blood circle create a diet for you because there is no such thing as a “recommended” diet from a societal perspective. What you should eat is based solely upon your blood circle. You must consult with your Nananom Nsamanfo (Honorable Ancestors & Ancestresses) to determine what foods, beverages, and herbal remedies have been used effectively and successfully in your family for centuries to maintain vibrant physical, spiritual, and energetic health. And even then, you will still need to inquire about exceptions to your dietary blood circle rules that may apply to you specifically. For example. You alone may be allergic to a particular food that everyone else in your blood circle, i.e. immediate family, thrives on.

SAKOMUFO



Sakomufo Akosua Tanisha Boduaa Seshat Aaebo-Akhan, who carries the Asante indigenous asuman (talisman) name - Mama Owo Kokoo Nduru (Mama Red Snake Medicine), is an indigenous Akan (Asante) American descendantess of royal Akan (Asante & Akwamu) Americans who voluntarily migrated to North America before the enslavement era, including the "Lansing Man", whose 35,000 year old indigenous Akan (Asante) American skeletal remains were discovered in Lansing, Kansas in 1902.

Sakomufo is Komfoah (Priestess/Healeress/Conductress) of The Indigenous Underground Railroad & Okofohemma (Warriress Queen) of the 35,000 year old Asante Nation In North America, Akwamu Nation In North America, and Kansa Asante Empire In North America originally founded and established in Kansa (Kansas). Sakomufo is the first to produce irrefutable evidence that clarifies the genetic, cultural, and religious distinctions between identifying as Black indigenous versus Black "indian".

Sakomufo also openly shares thought provoking testimony regarding her experiences being human trafficked at birth, her countless failed attempts to escape human trafficking, and being forced to leave her Children behind in order to garner legal and financial support to free herself and her Children from over a century of intergenerational Black human trafficking. Sakomufo works to accomplish this goal while spearheading The Indigenous Underground Railroad originally founded and established in Kansa (Kansas) over 150 years ago.

Sakomufo launched Black Sovereignty Nationism as the first bloodless revolution blueprint that exclusively exists to globally inspire, empower, and educate Black people to reclaim their individual, familial, and communal sovereignty. Her greatest objective is to expose the reality that indigenous Akan American descendants/descendantesses remain the sole owners/owneresses of Kansa (Kansas) and Hwanyan (Hawaii), and to restore them as exclusively sovereign and segregated territories governed by Kansa Asante Empire.