

squash, jewsmallow, radishes and green onions.² Once again, tea and sugar are usually served after the meal.

Supper (9isha) 8:00 p.m. - 9:00 p.m. (7:00 p.m. on the farm)

In most cases, the main supper meal will consist of leftovers from lunch. Occasionally guraasa will be prepared. However, for many families, a cup of tea with milk and sugar is all that is consumed for the evening meal.

Foods and Drinks Consumed Between Meals

Coffee and tea are beverages often consumed between meals. In addition to these, lemon juice and other sugar based drinks like karkadee may be provided to visting guests. Watermelon is often eaten as a between meal snack as well as groundnuts and watermelon seeds. During certain times of the year, wild fruits like gaddeem, nabag, aradeeb, tabaldi, and laloob are consumed as snack food.

Differences in Consumption Among Household Members

Relatively few differences exist between family members in the types of food that are eaten. Children eat the same foods as adults, and no special meals are prepared for the sick or old persons. However, pregnant and lactating women tend to consume more milk and 9atron madiida.

The woman of the house is usually responsible for the preparation of all meals. Sometimes daughters and other relatives may participate in the cooking. All the male members of the household and their guests are served first, usually in a separate room. The female household members and their guests eat later somewhere else.

Seasonal Differences in Consumption

The period of time just following the harvesting of crops is locally referred to as the darat (mid September to mid December). It is considered a time of plenty when food and money are available. It is during this time that many important social occasions take place, like weddings and circumcisions. During the darat too, most families are consuming millet harvested from their fields. Very little purchased sorghum is consumed. Also meat consumption is at its highest level during this time because of the availability of money.

Following the darat is the winter (shita). This is a cool dry period which lasts from mid December to the end of February. Millet is still consumed in greater quantities than sorghum at this time, in the form of 9asiida. People prefer hot millet porridge on cold winter days. Less meat is consumed during this season than during the darat.

²Most villages in our sample don't have all of these vegetables available in their markets. Also, most poor families cannot afford to buy very many of these vegetables.