

Summer (seef) follows the winter. This is the hot, dry period lasting from March until June. More sorghum is consumed during this period than millet because the millet tends to sit heavily in peoples' stomachs in the hot weather. Also people are saving their millet to consume it during the rainy season. Even less meat is consumed during the summer than during the winter.

The rainy season comes sometime in June and lasts till October. During this season, people start consuming more millet than sorghum if it is available. The reason given for this pattern is that they believe that the millet is more nutritious and gives more strength to work the long days that are necessary during the cropping season. If not enough millet is available to last through the rainy season, they sometimes will mix sorghum with millet and consume it this way. Aside from millet, more milk products are consumed which are obtained from migrating nomads. Near the end of the rainy season, just prior to harvest, many farmers start consuming their millet from their fields before it is fully mature (fariik stage). This millet is eaten up to the time of harvest. Very little meat is consumed during the rainy season because families cannot afford it.

Foods Consumed During Special Occasions

In addition to the foods eaten on a daily basis, some special types of foods are prepared during religious holidays and other important events. Some of these foods and the events they are associated with are presented below.

Ramadan (month of fasting)

Aside from eating 9asiida and various kinds of mulaah during Ramadan, dates, madiida, lemon juice, and tea and coffee are consumed. In addition, two other types of food are prepared. One is called balil which consists of boiled immature sorghum. The second is a bitter-sweet drink called 9abree. To prepare this drink, they allow sorghum or millet seeds to germinate for a couple of days, and are then cleaned and ground (these seeds are called zurraa9). This is then mixed with sorghum or millet flour, spices and karkaddee. They allow this mixture to ferment for one day, then it is placed in a container and cooked for some time. It is usually served cold.

karaama (a thanksgiving)

They usually slaughter a sheep or a goat for the occasion, and serve the meat after it is fried. In addition, the intestines and entrails of the animal are served in an uncooked dish called maraara or in a cooked dish called kammuuniya. Millet 9asiida and mulaah roob are commonly eaten during this occasion as well.

Id (Islamic feast)

On this day, many families in the village prepare millet 9asiida and mulaah roob and send it to the mosque to feed the poor. The significance of these dishes is that they are white in color which represents purity. In addition to this practice, families will receive guests in their home and serve them sweets, dates and sometimes tea.