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Starchy foods			
Abolo	Ghanian steamed dumpling made of either sweet potato, corn, rice		
Breadfruit	Large with green bobbly skin and white flesh. It can be cooked in the same way as potato		<i>Artocarpus altilis</i>
Dasheen/taro/colocasia	Large brown skinned vegetable with white flesh		<i>Colocasia sp.</i>
Kenkey	Corn based sourdough dumpling		
Ogi/pap	Corn, sorghum or millet based fermented cereal		
Semovita	Semolina based flour which can be used to make fufu		
Tuwo Masa	Nigerian Corn based fufu		
Tuwo Shinkafa	Nigerian rice balls		
Ugali	Maize, millet or sorghum based dough		

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Vegetables			
Amaranth leaves	Green and purple leaves which can be added to West African stews		<i>Amaranthus</i>
Bitter leaf	African leafy veg		<i>Vernonia Amygdalia</i>
Cassava leaves	African green leafy vegetable		
Cho-cho/christophene	Gourd popular in the caribbean		
Cocoyam leaves	African green leafy vegetable		
Jute leaves	African green leafy vegetable		
Pumpkin leaves	African green leafy vegetable		
Taro leaves	African green leafy vegetable		

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Snacks			
Bulla	Jamaican cake made with molasses and ginger		
Chin chin	Fried sweet or savoury biscuit type snack from West Africa		
Kelewele	Ghanian fried plantain with spices		
Kuli Kuli	West African peanut based snack		
Shuku shuku	Nigerian coconut candy	