Do your health a favour, drink Cocoa everyday

‘It’s nature’s miracle food’

UP-COMING EVENTS


IN THIS ISSUE

- ICCO DAILY COCOA PRICES
- LONDON (LIFFE) FUTURES MARKET UPDATE
- NEW YORK (ICE) FUTURES MARKET UPDATE
- FROM THE NEWS MEDIA
- TIT BITS
In the News (from Newspapers worldwide)

**Health and Nutrition**
- The Claim: Cocoa Butter Can Remove Stretch Marks
- Cocoa May be beneficial for Migraines
- Why eating chocolate is good for you!
- Chocolate Goes a Long Way for Heart Health
- Chocolate is Great Food for the Brain

**Production and Quality**
- Jamaica to increase cocoa production, meet demand
- Senate Ratifies US$800M UN Protocol for Coffee,
- Cocoa Farmers
- Ivory Coast Ports receive 8,060 tons of Cocoa in Week (Table)
- UPDATE 2-France sees Ivorian 09/10 cocoa crop down 100,000T
- Indonesia cocoa growers gear up for replanting
- Ivory Coast can reach 3.5 pct growth target: IMF
- Ghana may increase cocoa crop on Good Rain, Fertilizer Use
- Licensed Buying Company advised to purchase good quality cocoa
- Cocoa pod pest threatens thousands of Papua New Guinea jobs.

**The Market**
- Cameroon Cocoa prices extend early Season Rise
- Cocoa Futures Ease in Correction

**Processing & Manufacturing**
- Cocoa Processing Firms Get Incentives
- Brazil 12-mth Cocoa Grind Lags Previous Year

**Business & Economy**
- EXCLUSIVE-ICCO cuts cocoa surplus forecast
- Cadbury celebrates Fairtrade with music single

**Labour Issue**
- NGO to withdraw 240 children from child labour
- Blood and Chocolate
- Government report uncovers child labor trail in food

**Environmental Issues**
- Ctrl Cameroon Cocoa Farmers Fight Blackpod Disease Official.

**Research & Development**
- In One Study, a Heart Benefit for Chocolate
- New research goes straight to the heart of chocolate lovers

**Promotion & Consumption**
- Beijing To Launch Chocolate Theme Park
- Giant tribal head stars in new Cadbury chocolate advertisement

**Others**
- Introduce legislative instruments for cocoa sector - Expert
- A.C. STUDENTS LEARN ALL ABOUT CHOCOLATE
- Chocolate Snobs Avoiding American Products
- Aztecs and cacao: the bittersweet past of chocolate

---

**ICCO Daily Cocoa Prices**

<table>
<thead>
<tr>
<th>Date</th>
<th>ICCO daily price (SDR/tonne)</th>
<th>ICCO daily price ($US/tonne)</th>
<th>London futures (£/tonne)</th>
<th>New York futures ($US/tonne)</th>
</tr>
</thead>
<tbody>
<tr>
<td>14th Sept</td>
<td>1990.71</td>
<td>3146.25</td>
<td>1941.33</td>
<td>3073.00</td>
</tr>
<tr>
<td>15th Sept</td>
<td>2018.78</td>
<td>3193.10</td>
<td>1989.33</td>
<td>3116.33</td>
</tr>
<tr>
<td>16th Sept</td>
<td>2013.17</td>
<td>3193.90</td>
<td>1994.00</td>
<td>3095.00</td>
</tr>
<tr>
<td>17th Sept</td>
<td>2012.65</td>
<td>3195.21</td>
<td>1992.33</td>
<td>3098.00</td>
</tr>
<tr>
<td>18th Sept</td>
<td>2032.88</td>
<td>3221.03</td>
<td>2038.33</td>
<td>3126.00</td>
</tr>
<tr>
<td>Average</td>
<td><strong>2014.00</strong></td>
<td><strong>3190.00</strong></td>
<td><strong>1991.00</strong></td>
<td><strong>3102.00</strong></td>
</tr>
</tbody>
</table>
# International Financial Futures and Options Exchange (LIFFE)

## London Futures Market – Summary of Trading Activities

(£ per tone)

<table>
<thead>
<tr>
<th>Month</th>
<th>Opening Trans</th>
<th>Settle</th>
<th>Change</th>
<th>Daily High</th>
<th>Daily Low</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 09</td>
<td>1910</td>
<td>1927</td>
<td>9</td>
<td>1930</td>
<td>1895</td>
<td>7,558</td>
</tr>
<tr>
<td>Dec 09</td>
<td>1935</td>
<td>1937</td>
<td>-9</td>
<td>1952S</td>
<td>1928</td>
<td>7,980</td>
</tr>
<tr>
<td>Mar 10</td>
<td>1940</td>
<td>1941</td>
<td>-6</td>
<td>1952</td>
<td>1931S</td>
<td>544</td>
</tr>
<tr>
<td>May 10</td>
<td>1940</td>
<td>1946</td>
<td>-6</td>
<td>1955</td>
<td>1936</td>
<td>2,603</td>
</tr>
<tr>
<td>Jul 10</td>
<td>1939</td>
<td>1929</td>
<td>-6</td>
<td>1939S</td>
<td>1928S</td>
<td>92</td>
</tr>
<tr>
<td>Sep 10</td>
<td>1930</td>
<td>1922</td>
<td>-6</td>
<td>1930</td>
<td>1930</td>
<td>10</td>
</tr>
<tr>
<td>Dec 10</td>
<td>1930</td>
<td>1917</td>
<td>-6</td>
<td>1930</td>
<td>1930</td>
<td>10</td>
</tr>
<tr>
<td>Mar 11</td>
<td>1912</td>
<td>-6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 11</td>
<td>1906</td>
<td>-6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jul 11</td>
<td>1906</td>
<td>-6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Average/Total</td>
<td></td>
<td>1924</td>
<td></td>
<td></td>
<td></td>
<td>18,697</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Month</th>
<th>Opening Trans</th>
<th>Settle</th>
<th>Change</th>
<th>Daily High</th>
<th>Daily Low</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 10</td>
<td>1949</td>
<td>1964</td>
<td>42</td>
<td>1975S</td>
<td>1949</td>
<td>9</td>
</tr>
<tr>
<td>Dec 10</td>
<td>1963</td>
<td>46</td>
<td></td>
<td></td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>Mar 11</td>
<td>1959</td>
<td>47</td>
<td></td>
<td></td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>May 11</td>
<td>1959</td>
<td>53</td>
<td></td>
<td></td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>Jul 11</td>
<td>1959</td>
<td>53</td>
<td></td>
<td></td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>Average/Total</td>
<td></td>
<td>1954</td>
<td></td>
<td></td>
<td></td>
<td>38,981</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Month</th>
<th>Opening Trans</th>
<th>Settle</th>
<th>Change</th>
<th>Daily High</th>
<th>Daily Low</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 09</td>
<td>1998</td>
<td>1982</td>
<td>-1</td>
<td>2011</td>
<td>1887</td>
<td>18,078</td>
</tr>
<tr>
<td>Mar 10</td>
<td>2006</td>
<td>1993</td>
<td>4</td>
<td>2015</td>
<td>1900</td>
<td>5,361</td>
</tr>
<tr>
<td>May 10</td>
<td>2009</td>
<td>2007</td>
<td>11</td>
<td>2020</td>
<td>1925</td>
<td>4,489</td>
</tr>
<tr>
<td>Jul 10</td>
<td>1982</td>
<td>1974</td>
<td>1</td>
<td>1990</td>
<td>1890</td>
<td>298</td>
</tr>
<tr>
<td>Sep 10</td>
<td>1969</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>Dec 10</td>
<td>1962</td>
<td>-1</td>
<td></td>
<td></td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>May 11</td>
<td>1958</td>
<td>-1</td>
<td></td>
<td></td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>Jul 11</td>
<td>1958</td>
<td>-1</td>
<td></td>
<td></td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>Sep 11</td>
<td>1958</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>Average/Total</td>
<td></td>
<td>1958</td>
<td></td>
<td></td>
<td></td>
<td>28,626</td>
</tr>
<tr>
<td>Month</td>
<td>Opening Trans</td>
<td>Settle</td>
<td>Change</td>
<td>High</td>
<td>Low</td>
<td>Volume</td>
</tr>
<tr>
<td>-----------</td>
<td>---------------</td>
<td>--------</td>
<td>--------</td>
<td>--------</td>
<td>-------</td>
<td>--------</td>
</tr>
<tr>
<td>May 2010</td>
<td>2007</td>
<td>2009</td>
<td>2</td>
<td>2022S</td>
<td>2002S</td>
<td>1,468</td>
</tr>
<tr>
<td>May 2011</td>
<td>1953</td>
<td>1953</td>
<td>-5</td>
<td>1953</td>
<td>1953</td>
<td>0</td>
</tr>
<tr>
<td>Jul 2011</td>
<td>1953</td>
<td>1953</td>
<td>-5</td>
<td>1953</td>
<td>1953</td>
<td>0</td>
</tr>
<tr>
<td>Sep 2011</td>
<td>1953</td>
<td>1953</td>
<td>-5</td>
<td>1953</td>
<td>1953</td>
<td>0</td>
</tr>
<tr>
<td>Average/Totals</td>
<td></td>
<td>1969</td>
<td></td>
<td></td>
<td></td>
<td>10,537</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Month</th>
<th>Opening Trans</th>
<th>Settle</th>
<th>Change</th>
<th>High</th>
<th>Low</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 2009</td>
<td>1977</td>
<td>2018</td>
<td>41</td>
<td>2025</td>
<td>1967</td>
<td>8,995</td>
</tr>
<tr>
<td>Mar 2010</td>
<td>1990</td>
<td>2038</td>
<td>47</td>
<td>2044</td>
<td>1985</td>
<td>3,808</td>
</tr>
<tr>
<td>May 2010</td>
<td>2005</td>
<td>2059</td>
<td>50</td>
<td>2066</td>
<td>2005</td>
<td>3,540</td>
</tr>
<tr>
<td>Jul 2010</td>
<td>1964</td>
<td>2010</td>
<td>38</td>
<td>2010</td>
<td>1961</td>
<td>1,059</td>
</tr>
<tr>
<td>Dec 2010</td>
<td>1943</td>
<td>1971</td>
<td>11</td>
<td>1973S</td>
<td>1924S</td>
<td>0</td>
</tr>
<tr>
<td>Average/Totals</td>
<td></td>
<td>1997</td>
<td></td>
<td></td>
<td></td>
<td>18,588</td>
</tr>
</tbody>
</table>

Average for the week 1997 23086 115,429
### New York Board of Trade

**New York Futures Market – Summary of Trading Activities**

**(US$ per tonne)**

<table>
<thead>
<tr>
<th>Month</th>
<th>Open Price</th>
<th>Change</th>
<th>High</th>
<th>Low</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 2009</td>
<td>2957</td>
<td>-44</td>
<td>3052</td>
<td>2957</td>
<td>20</td>
</tr>
<tr>
<td>Dec 2009</td>
<td>3050</td>
<td>-21</td>
<td>3069</td>
<td>3017</td>
<td>5,542</td>
</tr>
<tr>
<td>Mar 2010</td>
<td>3068</td>
<td>-21</td>
<td>3090</td>
<td>3057</td>
<td>1,322</td>
</tr>
<tr>
<td>May 2010</td>
<td>3077</td>
<td>-21</td>
<td>3104</td>
<td>3075</td>
<td>108</td>
</tr>
<tr>
<td>Jul 2010</td>
<td>3087</td>
<td>-23</td>
<td>3093</td>
<td>3076</td>
<td>204</td>
</tr>
<tr>
<td>Sep 2010</td>
<td>3089</td>
<td>-22</td>
<td>3090</td>
<td>3080</td>
<td>93</td>
</tr>
<tr>
<td>Dec 2010</td>
<td>3085</td>
<td>-22</td>
<td>3110</td>
<td>3085</td>
<td>172</td>
</tr>
<tr>
<td>Mar 2011</td>
<td>0</td>
<td>-22</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>May 2011</td>
<td>0</td>
<td>-23</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Jul 2009</td>
<td>0</td>
<td>-25</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Average/Total</td>
<td>3081</td>
<td></td>
<td></td>
<td></td>
<td>7461</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Month</th>
<th>Open Price</th>
<th>Change</th>
<th>High</th>
<th>Low</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 2009</td>
<td>3015</td>
<td>37</td>
<td>3015</td>
<td>3015</td>
<td>3</td>
</tr>
<tr>
<td>Dec 2009</td>
<td>3064</td>
<td>40</td>
<td>3117</td>
<td>3055</td>
<td>7,089</td>
</tr>
<tr>
<td>Mar 2010</td>
<td>3097</td>
<td>41</td>
<td>3135</td>
<td>3080</td>
<td>1,833</td>
</tr>
<tr>
<td>May 2010</td>
<td>3106</td>
<td>42</td>
<td>3150</td>
<td>3097</td>
<td>365</td>
</tr>
<tr>
<td>Jul 2010</td>
<td>3096</td>
<td>41</td>
<td>3150</td>
<td>3096</td>
<td>346</td>
</tr>
<tr>
<td>Sep 2010</td>
<td>3105</td>
<td>41</td>
<td>3146</td>
<td>3104</td>
<td>64</td>
</tr>
<tr>
<td>Dec 2010</td>
<td>0</td>
<td>41</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Mar 2011</td>
<td>3112</td>
<td>44</td>
<td>3137</td>
<td>3105</td>
<td>245</td>
</tr>
<tr>
<td>May 2011</td>
<td>0</td>
<td>41</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Jul 2009</td>
<td>0</td>
<td>41</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Average/Total</td>
<td>3047</td>
<td></td>
<td></td>
<td></td>
<td>9945</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Month</th>
<th>Open Price</th>
<th>Change</th>
<th>High</th>
<th>Low</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 2009</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Dec 2009</td>
<td>3134</td>
<td>-20</td>
<td>3150</td>
<td>2920</td>
<td>23,163</td>
</tr>
<tr>
<td>Mar 2010</td>
<td>3147</td>
<td>-20</td>
<td>3163</td>
<td>2950</td>
<td>2,209</td>
</tr>
<tr>
<td>May 2010</td>
<td>3150</td>
<td>-21</td>
<td>3150</td>
<td>2981</td>
<td>622</td>
</tr>
<tr>
<td>Jul 2010</td>
<td>3008</td>
<td>-20</td>
<td>3108</td>
<td>3008</td>
<td>16</td>
</tr>
<tr>
<td>Sep 2010</td>
<td>3151</td>
<td>-20</td>
<td>3151</td>
<td>3151</td>
<td>42</td>
</tr>
<tr>
<td>Dec 2010</td>
<td>3111</td>
<td>-19</td>
<td>3111</td>
<td>3031</td>
<td>4</td>
</tr>
<tr>
<td>Mar 2011</td>
<td>0</td>
<td>-22</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>May 2011</td>
<td>0</td>
<td>-19</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Jul 2009</td>
<td>0</td>
<td>-20</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Average/Total</td>
<td>2799</td>
<td></td>
<td></td>
<td></td>
<td>26056</td>
</tr>
</tbody>
</table>

---

COCOA PRODUCERS’ ALLIANCE, NATIONAL ASSEMBLY COMPLEX TAFAWA BALEWA SQUARE,
P.O. BOX 1718, LAGOS, NIGERIA. TEL: +234(0)1-263-5574 FAX: +234(0)1-263-5684
Email: econs@copal-cpa.org Website: www.copal-cpa.org
<table>
<thead>
<tr>
<th>Month</th>
<th>Open</th>
<th>Price</th>
<th>Change</th>
<th>High</th>
<th>Low</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 2009</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Dec 2009</td>
<td>3075</td>
<td>3074</td>
<td>0</td>
<td>3110</td>
<td>3062</td>
<td>4,619</td>
</tr>
<tr>
<td>Mar 2010</td>
<td>3100</td>
<td>3099</td>
<td>1</td>
<td>3128</td>
<td>3090</td>
<td>1,151</td>
</tr>
<tr>
<td>May 2010</td>
<td>3121</td>
<td>3108</td>
<td>0</td>
<td>3132</td>
<td>3108</td>
<td>384</td>
</tr>
<tr>
<td>Jul 2010</td>
<td>3109</td>
<td>3109</td>
<td>0</td>
<td>3109</td>
<td>3109</td>
<td>3</td>
</tr>
<tr>
<td>Sep 2010</td>
<td>3112</td>
<td>3111</td>
<td>1</td>
<td>3112</td>
<td>3112</td>
<td>1</td>
</tr>
<tr>
<td>Dec 2010</td>
<td>0</td>
<td>3121</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>May 2011</td>
<td>0</td>
<td>3132</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Jul 2009</td>
<td>0</td>
<td>3127</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Average/Totals</td>
<td>2800</td>
<td></td>
<td></td>
<td>6158</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Month</th>
<th>Open</th>
<th>Price</th>
<th>Change</th>
<th>High</th>
<th>Low</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 2009</td>
<td>3047</td>
<td>3112</td>
<td>38</td>
<td>3130</td>
<td>3025</td>
<td>7,671</td>
</tr>
<tr>
<td>Mar 2010</td>
<td>3076</td>
<td>3133</td>
<td>34</td>
<td>3151</td>
<td>3050</td>
<td>1,308</td>
</tr>
<tr>
<td>May 2010</td>
<td>3115</td>
<td>3145</td>
<td>37</td>
<td>3160</td>
<td>3103</td>
<td>1,334</td>
</tr>
<tr>
<td>Jul 2010</td>
<td>3150</td>
<td>3143</td>
<td>34</td>
<td>3153</td>
<td>3135</td>
<td>89</td>
</tr>
<tr>
<td>Sep 2010</td>
<td>3075</td>
<td>3143</td>
<td>32</td>
<td>3157</td>
<td>3075</td>
<td>108</td>
</tr>
<tr>
<td>Dec 2010</td>
<td>3155</td>
<td>3150</td>
<td>29</td>
<td>3155</td>
<td>3148</td>
<td>16</td>
</tr>
<tr>
<td>Mar 2011</td>
<td>3145</td>
<td>3141</td>
<td>25</td>
<td>3145</td>
<td>3097</td>
<td>15</td>
</tr>
<tr>
<td>May 2011</td>
<td>0</td>
<td>3157</td>
<td>25</td>
<td>0</td>
<td>0</td>
<td>500</td>
</tr>
<tr>
<td>Jul 2011</td>
<td>0</td>
<td>3152</td>
<td>25</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Average/Totals</td>
<td>3142</td>
<td></td>
<td></td>
<td>11041</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Average for the week 3142 2208 2208

**Sport Prices (US $ per tone)**

<table>
<thead>
<tr>
<th></th>
<th>31st August</th>
<th>1st Sept.</th>
<th>2nd Sept.</th>
<th>3rd Sept.</th>
<th>4th Sept.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main Crop Ghana, Grade 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Main Crop Ivory Coast, Grade 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Main Crop Nigeria, Grade 1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ecuador ASE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sanchez F.A.Q.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Indonesian F.A.Q. 115/100</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P.P.P. African Type Carton Cocoa Butter</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: Cocoa Merchant Association
The Claim: Cocoa Butter Can Remove Stretch Marks

New York Times
By ANAHAD O’CONNOR
September 14, 2009

THE FACTS Cocoa butter has many uses, but one of the most common is combating the linear marks that result from rapid growth, especially in pregnancy, and weight gain.

The problem affects most pregnant women, not to mention many body builders, teenagers going through puberty and people who are overweight. Cocoa butter is a popular solution, but studies have found that it produces rather unimpressive results.

The largest study on the subject was published in 2008 by a team of dermatologists and obstetricians. It followed 175 women in their first pregnancies, some randomly assigned to apply a cocoa butter lotion each day and others assigned to use a placebo. Neither the subjects nor the researchers knew who was using which treatment. After many months, the researchers found no difference in the development or severity of marks, known medically as striae, over the abdomen, breasts or thighs.

For those looking for an alternative, scientists have found that vitamin E creams are more effective. In a similarly double-blinded study of 100 pregnant women in The Cochrane Database of Systematic Reviews in 2000, for example, researchers found that those who were assigned to use a cream containing alpha tocopherol, a form of vitamin E, developed fewer marks than those given a placebo.

Surgical and radiofrequency treatments are available, too, but they carry a higher price. THE BOTTOM LINE According to research, regular application of cocoa butter does not reduce stretch marks.

Cocoa May be beneficial for Migraines

eMaxHealth
By Denise Reynolds RD on Sep 16th, 2009

A new animal study presented at the International Headache Society’s 14th International Congress provided evidence that Theobroma cacao may be an appropriate dietary supplement for those suffering with migraine headaches. The ingredient is thought to repress inflammatory responses in the brain that are associated with pain.

Approximately 30 million Americans suffer with migraine headaches. A migraine is a severe, painful headache that can last for hours or even days. During the headache, the temporal artery enlarges, producing a release of chemicals that cause inflammation and pain.

Theobroma cacao is the botanical name for the cocoa plant, and it has long been used in folk medicine as an anti-inflammatory and diuretic. The seeds are used to make chocolate – which is often indicted as a trigger food for migraine headaches because of its caffeine and tyramine content, ingredients thought to restrict blood flow.

Pure cocoa alone has been shown in some studies to have other positive effects on health, including improving hypertension and glucose metabolism. Cocoa also contains phenylethylamine, which has anti-depressant properties and can cause the brain to release chemicals that fight pain.

Dietary intervention is one of the methods of treatment for migraine headaches, as some foods are thought to be trigger foods for attacks. The foods thought to exacerbate symptoms are cheese, chocolate, citrus fruits, meats with high nitrate content (ie: hot dogs), MSG, aspartame, and alcoholic beverages. Unfortunately, avoiding these trigger foods does not always prevent migraine headaches from occurring.
According to WebMD, food triggers often act in combination with other factors such as stress and hormonal changes. The amount of food eaten that can trigger an attack is also a consideration. Small amounts may not cause a migraine, but eating large quantities can induce symptoms.

Another natural treatment for migraine headaches is exercise. A study published in Headache: The Journal of Head and Face Pain, researchers found that the frequency of headaches decreased with a regular aerobic exercise program. Headache intensity and amount of medications taken also decreased. Exercise reduces stress, which is often a factor in migraine headaches.

Medical experts will not likely soon promote eating chocolate as a method to reduce the pain of headaches, as most chocolate products are low in actual cocoa and the processing of cocoa into chocolate reduces its beneficial phytochemical properties. However, there are currently manufacturers of cocoa extract dietary supplements, which are often not regulated and may not be as beneficial to health.

Why eating chocolate is good for you!
Times of India - Sep 18, 2009
How many times have most of us reprimanded ourselves for indulging a bit too much in chocolates? While gorging on chocolates is certainly not what we recommend, eating it in moderation can do you a whole lot of good.

The cocoa in chocolates is an excellent source of catechins, which are polyphenols of the flavanol group. These are known to defend us against heart disease and cancer, among several other ailments. Eating chocolate reduces the risk of cancer and heart disease and also helps prevent migraine headaches. Endorphins are released in the brain once we consume chocolates, which not only give you a ‘happy high’, but also act as pain-relievers and reduce stress.

The serotonin present in chocolates acts as an anti-depressant, which cheers you up. If you’re trying to put on weight, chocolates are known to boost your appetite.

Having a small quantity of dark chocolate daily is good for your heart — it reduces blood pressure in people who suffer from high blood pressure and also lowers cholesterol by up to 10 per cent. Dark chocolate is known to have more antioxidants than white or milk chocolate since it has 65 per cent or more cocoa content.

Avoid chocolates that have nougat, caramel or other similar fillings since they just contain extra sugar and fat. Instead, go in for chocolate that has nuts.

Chocolate Goes a Long Way for Heart Health
Meryl Lin McKean
FOX 4 News
Dark chocolate is loaded with stuff that's good for you, but it also has calories that most of us don't need. New research shows for the first time that it just takes a little to help your health. Dark, bitter chocolate is better because that's the taste of good chemicals, polyphenols, found in cocoa.

"What a polyphenol is, it's pretty much like putting paint on a tricycle to keep it from rusting. It kinda does the same thing in your blood vessels," registered dietitian Dawn Prewitt said.

That can lower blood pressure. New research compared people who ate dark chocolate every day to those who ate white chocolate. Only the dark chocolate eaters lowered their blood pressure.

So how much did people eat per day to get the heart benefit? A quarter of an ounce, or about as much as a chocolate heart and that's just 30 calories. Prewitt said that's good news considering some previous studies had people eating 500 calories of dark chocolate a day. Calories most of us don't need. But can you eat just "one" little piece a day?

Chocolate is Great Food for the Brain
Ethiopian Review - Sep 14, 2009
Chocolate is a fantastic food for your brain! In a study funded by the Mars, Inc., the American Association for the Advancement of Science in San Francisco found that the flavonoids found in chocolate and cocoa increase blood flow to the brain. The anandamide in chocolate alter the mental state of the one consuming it.
Anandamide comes from the Sanskrit word meaning “bliss”. Quite simply, chocolate makes you feel good. Another compound found in very small amounts in chocolate is phenethylamine (PEA). PEA stimulates the nervous system and triggers the release of endorphins. This is the same kind of “high” you get when you exercise. The PEA also works on the neurochemical associated with sexual arousal and pleasure which backs up our idea that chocolate maybe an aphrodisiac. A neurochemical is an organic molecule participating in neural activity. During an orgasm or when we are in love, our body releases PEA to the brain causing that extreme feeling of bliss.

Chocolate also gives you a boost of serotonin into your brain when it is consumed. It helps to relax you which can stave off depression and help you to sleep well. Women have constantly reached for chocolate during their menstrual cycle when serotonin levels are lower due to normal hormonal fluctuations. Something we knew all along, chocolate lifts our spirits!

Chocolate also contains Theobromine which is a naturally occurring substance similar to caffeine. Theobromine affects the brain by increasing alertness, the ability to concentrate and cognitive functioning. Chocolate also contains a blend of over 500 different flavors which is more than two and a half times more flavors present in any other food ever studied. When you want chocolate, you have to have chocolate. There is no substitute! Further research was conducted by Britain’s University of Nottingham Medical School in a study led by Professor Ian Macdonald. The study was conducted on young healthy women to see if a beverage made from high amounts of cocoa aided in their cognitive function during exceptionally challenging mental tasks. Although the cocoa did not increase their performance on the tests, it did significantly increase the blood flow to their brains for two to three hours after the consumption of the cocoa. Macdonald believes these finding could lead to further studies showing relief for older adults who suffer or are at risk for a variety of cognitive impairments including strokes, sleep deprivation, fatigue, and possibly the aging process.

Dr. Adam Drewnowski, of the University of Michigan’s Human Nutrition Program, found through his research that chocolate may possess analgesic properties triggering the brain’s natural opiates. In Drewnowski’s study, he used a drug to block the opiate receptors in the chocolate eater’s brain. The desire for the chocolate plummeted. What does this mean? Chocolate releases natural opiates in the brain. Chocolate gives you a feeling of bliss. In research conducted by Daniele Piomelli, his group found that there are three compounds of chocolate that enhance a person’s feeling of pleasure or well-being. All of which confirm what people have know for centuries, chocolate makes you feel better when you are down and depressed. Piomelli advises, when self-medicating with chocolate, to be sure that your choice is either dark chocolate or cocoa as they contain two to three times as many compounds as those found in milk chocolate. Never substitute chocolate or cocoa for any medication or treatment for any mental illness. Discuss options with your health care professional. A break-up or a few weeks of rain is different that a mental illness, so only medicate with chocolate accordingly.

Another element present in cocoa, and therefore chocolate, is tryptophan. Tryptophan is a natural chemical that we usually associate with turkey and Thanksgiving. This is another mood enhancer similar to serotonin. The presence of tryptophan in the brain is necessary for serotonin to be released in the brain. Your body’s tryptophan reacts with both vitamins B3 and B6 with magnesium to create serotonin. More serotonin in your body allows you to be more relaxed and less stressed. So have your hot cocoa before you go to sleep. It will help you become more relaxed and ready for a good night’s sleep!

Chocolate also possesses aphrodisiac properties. The reason for this is the naturally occurring compound Arginine found in chocolate. Chocolate has one of the highest levels of Arginine found in any other natural source. Arginine works similarly to the drug Viagra, prescribed for erectile dysfunction. Arginine increases blood flow to the genitals and stimulates sexual desire, thus correlating the relationship between chocolate and the pursuit of sexual pleasure. Chocolate also contains Theobromine and PEA which stimulate the production of dopamine in the body. Dopamine activates the females’ desire for sex. More reasons to both give and eat some chocolate everyday!

Although throughout the ages, cocoa has been blended with other brain altering chemicals such as magic mushrooms, tree barks flowers, Ayahuasca, some cactus species, Quararibea flowers, Cannabis, magnolia blossoms, Salvia divinorum, the Datura flower, Piper auritum, and psychoactive marigolds. These combinations can be extremely dangerous and result in death. These are psychoactive drugs. Don’t let anyone at a health food store or anywhere else tells you that these compounds make your chocolate or cocoa more healthful by adding them. It may very well be the last chocolate you ever eat. Eat your chocolate and cocoa as pure as possible.
Production & Quality

Jamaica to increase cocoa production, meet demand
Associated Press, 09.17.09

KINGSTON, Jamaica -- Jamaica plans to more than double its cocoa production to meet demand. Agriculture Minister Christopher Tufton says 11,000 farmers produce 650 tons (590 metric tons) of cocoa when demand calls for much more of the fruit used to make chocolate.

Tufton says he hopes to restructure the sector and attract private investors to produce 3,000 tons (2,721 metric tons) a year.

The government said Thursday in a statement that Tufton made the comments while in Washington D.C. seeking support from a nonprofit economic development organization.

Senate Ratifies US$800M UN Protocol for Coffee, Cocoa Farmers
Liberian Daily Observer - Stephen Binda - Sep 17, 2009

MONROVIA -- African cocoa and coffee growing farmers, who have long gotten the short end of the stick in terms of the fair trade value for their products on the international market, will now get more money for their commodities upon export.

This is due to a UN protocol, ratified by the Liberian Senate Wednesday, which has given Liberian cocoa and coffee farmers overseas subsidies.

The Senate did not say how much of the US$800 million package, pushed by the UN to help build the agricultural capacities of African countries, will come to Liberia. But with the ratification of the UN Protocol on Coffee and Cocoa, Gbarpolu County Senator, Daniel Nathan, is convinced that the measure will create a major opportunity for the growth and development of cocoa and coffee production in the country.

Nathan, who is also Acting Pro Tempore of the Senate, told legislative reporters Wednesday that the UN protocol came as a result of the high level of dependency many African countries on cereal imports to meet their consumption needs, particularly in the last two decades.

The Gbarpolu Senator argued that if Liberia is to succeed in such a venture, it must implement a variety of measures that will ensure that the full impact of higher international prices for cereals does not affect the prices of basic food commodities at home.

He also disclosed that the 2008 United Nations Economic Development in Africa Report has put Liberia on the list of African countries that need to diversify their production structure and exports to help reduce their vulnerability to fluctuations in commodity prices and worsening terms of trade.

According to the report, the lack of agricultural subsidies in those counties has led to cheap imports of food, which has undermined domestic production.

The Report proposed that African countries, with the exception of Algeria, Gabon, Libya, Namibia and South Africa, must be given support.

According to the report, African agriculture is so severely undercapitalized, with many farmers trapped by low productivity and the subsistence farming cycle of poverty, that the injection of external resources is a sine qua non for increasing agricultural productivity and growth.

The United Nations report also disclosed that only a quarter of sub-Saharan Africa's arable land is planted with the modern crop varieties adopted by Asia in the 1960s. The use of chemical fertilizer has expanded in all regions of the developing world except sub-Saharan Africa, the report said.

Asia's productivity in the cultivation of cocoa and coffee, two of Africa's main traditional commodity exports, was much higher than that of Africa from 1961 to 2005.

Cote d'Ivoire is named the world's largest producer and exporter of cocoa beans and a significant producer and exporter of coffee and palm oil in Africa.
Consequently, the Ivorian economy is highly sensitive to fluctuations in international prices for these products, and to a lesser extent, in climatic conditions. Despite government attempts to diversify the country’s economy, the Ivory Coast is still heavily dependent on agriculture and related activities, engaging roughly 68 percent of the population.

Since 2006, oil and gas production have become more important engines of economic activity than cocoa. According to IMF statistics, earnings from oil and refined products were recorded at $1.3 billion in 2006, while cocoa-related revenues were recorded at $1 billion during the same period. Cote d'Ivoire’s offshore oil and gas production has resulted in substantial crude oil exports, and the country provides enough natural gas to fuel electricity exports to Ghana, Togo, Benin, Mali and Burkina Faso.

Oil exploration by a consortium of private companies continues offshore, and President Laurent Gbagbo has expressed hope that daily crude output will reach 200,000 barrels per day (b/d) by the end of the decade (2010).

Since the end of the civil war in 2003, however, political turmoil has continued to damage the economy, resulting in the loss of foreign investment and slow economic growth. GDP grew by 1.8 percent in 2006 and 1.7 percent in 2007. Per capita income has declined by 15 percent since 1999.

The economic and political parallels between the Ivory Coast and Liberia are many; and with increased efforts at food self-sufficiency in Liberia and new found oil off the Liberia-Sierra Leone border, the lessons to be learned from the Ivorian experience are also many.

Ivory Coast Ports receive 8,060 tons of Cocoa in Week (Table)
Bloomberg
By Monica Mark
September 15, 2009

(Bloomberg) -- Cocoa deliveries to Ivory Coast’s ports of Abidjan and San Pedro from farms in the interior doubled to 8,060 metric tons in the week to Sept. 6 from 4,067 tons a week earlier, according to an industry official with access to the information. Arrivals since the start of the season on Oct. 1 were 1.126 million tons, said the official, who declined to be named because the data are confidential. The official based the figures on data provided by the state-run Bourse du Café et du Cacao.

Ivory Coast is the world’s largest cocoa producer. The following is a table of the amount of cocoa beans, in metric tons, as registered by exporters and exporting cooperatives in the week from Aug. 31 to Sept. 6.

<table>
<thead>
<tr>
<th>Exporter</th>
<th>Tons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Armajaro CI</td>
<td>383</td>
</tr>
<tr>
<td>Cargill West Africa</td>
<td>2,002</td>
</tr>
<tr>
<td>CNEK</td>
<td>1,967</td>
</tr>
<tr>
<td>Cipexi</td>
<td>22</td>
</tr>
<tr>
<td>Coex CI</td>
<td>177</td>
</tr>
<tr>
<td>Coopai</td>
<td>163</td>
</tr>
<tr>
<td>CPCM</td>
<td>53</td>
</tr>
<tr>
<td>Saco</td>
<td>1,235</td>
</tr>
<tr>
<td>Saf Cacao</td>
<td>531</td>
</tr>
<tr>
<td>Susco</td>
<td>259</td>
</tr>
<tr>
<td>TNCI</td>
<td>775</td>
</tr>
<tr>
<td>Union des Cooperatives</td>
<td>99</td>
</tr>
<tr>
<td>Unicao (ADM Cocoa, US)</td>
<td>394</td>
</tr>
</tbody>
</table>

UPDATE 2-France sees Ivorian 09/10 cocoa crop down 100,000T
By Ange Aboa
ABIDJAN, Sept 16 (Reuters) - Ivory Coast's 2009/10 cocoa crop may be at least 100,000 tonnes below this year's volume due to poor management and long-term lack of reform, according to a French government document seen by Reuters on Wednesday.

Exporters said arrivals at ports in the world's top grower reached around 1,144,000 tonnes by Sept. 13 for the season that started last October, some 14 percent below last year's levels.

The 2008/09 crop has been hit by poor weather and disease.
Exporters agreed with France's gloomy long-term outlook, saying volumes and quality would continue to fall until elections were held and the political stability needed to reform the sector returned. "Production is in structural decline due to poor governance and the suspension of reforms," said the report, which was prepared by the former colonial power's embassy in Ivory Coast. "It could fall by more than 100,000 tonnes in 2010 after a fall of about 200,000 tonnes in the 2008/09 crop, which is coming to an end, bringing production to around 1 million tonnes," the report added.

Ivory Coast, which produces roughly 40 percent of the world's cocoa, has largely been able to maintain its annual output despite a 2002-2003 war which left most of the country's north in rebel hands and foreign investment on hold.

Still, analysts have warned that high taxes, lack of investment in farms and failure to replace ageing trees during years of permanent political semi-crisis, have turned some growers away from the sector and would result in a sharp fall in output. [ID:nLG151018]

Presidential elections, seen as a prerequisite for reforms of the economically vital cocoa sector, are due on Nov. 29. However, the Ivorian election commission has delayed publication of voter lists, meaning another delay to polls first due in 2005 is likely. "That also means that the new reforms that were supposed to be launched this season will also be late," the manager of an Abdijan-based cocoa exporter told Reuters. "There will be reforms after the polls but we don't know when they will be." "The political instability is a problem ... because we need stability to restructure the the entire sector ... and this will take at least two years," he added, saying falling volumes and poor quality were to be expected as a result.

LACK OF VISION
London cocoa futures for delivery in December hit a contract high of 2,011 pounds per tonne on Wednesday before dropping to 1,950 pounds per tonne at 1517 GMT.
Some analysts say Ivory Coast has been able to rely on strong world cocoa prices to raise farmgate prices to compensate for the high levels of domestic taxation.

But they warn this is a short-term measure that will soon discourage farmers from growing the crop. The World Bank has spearheaded the drive for reform by calling for taxation to be reduced so farmers can earn more.

Ivory Coast subsequently cut some taxes, including the main export tax, but exporters say the problem is more deep-rooted. "The country lacks vision. We do not know what is going to happen over the next five years ... We need political stability before we can talk seriously about reforms," the manager of a multinational exporter said. (Writing by David Lewis; editing by Peter Blackburn)

Indonesia cocoa growers gear up for replanting
Alibaba News Channel
Source: Reuters
Jakarta Sept 17 - Cocoa farmers across Indonesia's main growing island of Sulawesi have started cutting down their ageing cocoa trees in preparation to replant their land with more productive, diseases-resistant baby trees, officials said.

"Farmers are very keen to start the replanting programme. In fact, many more farmers have requested their lands to be covered by the programme," said Lutfi Mukti, head of North Luwu district, one of the key growing districts in South Sulawesi province. "In our district, farmers have cleared about 300 hectares of lands or about a third of the target for this year."

The replanting is part of a 3-year government-sponsored cocoa programme worth $350 million to boost output to above the 2006 peak of 600,000 tonnes within 4-5 years.

The world's No.3 grower has been suffering low harvests since 2007 due to the spread of a deadly fungal disease, Vascular Streak Dieback (VSD), which attacked trees across Sulawesi.

The government has targeted to replant 20,000 hectares of cocoa land nationwide this year, which will require 20 million baby trees.
The baby trees, a key element of the replanting, are sourced solely from the government-run Indonesian Coffee and Cocoa Research Institute (ICCRI) based in East Java's town of Jember.

Teguh Wahyudi, a director of ICCRI, told Reuters that at least 2 million baby trees had been shipped to Sulawesi since late August. "Shipment is behind schedule because we had to wait until local government completed the tender to select breeding firms," Wahyudi told Reuters. He said the delay will, however, cut the time needed by breeding firms to grow them before planting from 3-4 months to just one month.

Burhanuddin, an official at the provincial office of the agriculture ministry in Makassar, the capital of South Sulawesi province, confirmed that the province have received about 1 million baby trees so far. It will need 4.3 million baby trees this year.

Ghana may increase cocoa crop on Good Rain, Fertilizer Use
By Emily Bowers
September 18, 2009
(Bloomberg) -- Ghana, the world’s second-biggest cocoa producer, may produce a bumper cocoa harvest in the 2009-10 season because of good rains and increased use of fertilizer, farmers and an industry official said. “We have all the ingredients for a bumper crop this year,” Ali Basma, Managing Director of Akuafo Adamfo Marketing Co., said in an interview in Kumasi yesterday.

No official forecast has yet been given for the harvest, which will most probably begin in the second week of October. On Sept. 8, Tony Fofie, chief executive officer of the state-run Ghana Cocoa Board, said production may be similar to the 2008-09 harvest of about 680,000 metric tons.

Ghana, and neighboring Ivory Coast, the world’s top cocoa grower, account for 55 percent of global output.

Cocoa for December delivery slipped 5 pounds to 1,977 pounds ($3,262) a ton on the Liffe exchange in London at 8:44 a.m. Concern that supply may continue to lag behind demand has helped cocoa to advance 34 percent in 12 months.

In Ghana, a combination of good rainfall in May and June and better farming practices are raising hopes of a good harvest, Basma said. “The government’s efforts to increase the use of fertilizer is finally yielding results,” said Basma, whose company buys about 14 percent of the country’s cocoa. He declined to forecast the size of the crop.

Increased Yields
Ebeneezer Osei, a 34-year-old farmer at Kwanfifi in the central Ashanti region, expects production to increase on his four-acre (1.6-hectare) farm after he applied fertilizer to his trees for the first time. “I hope maybe if I apply fertilizer now it will give me more pods,” he said in an interview on his farm yesterday.

In the region’s villages, trays of beans were laid out to dry in the intermittent sun while farmers await the decision by the board on how much it will pay them in the new season. “As soon as the government announces the new price, a lot of cocoa will be brought for sale,” Basma said.

Ghana fixes the price farmers get paid for cocoa at the start of each harvest. Last week, Fofie said the price is likely to be higher than the 2008-09 rate of 1,632 cedis ($1,119) a metric ton.

Black Pod
Kwabena Appiah, a 56-year-old farmer in Krachikrom, said lighter rainfall helped prevent the spread of black pod rot fungus on his farm. “We have black pod, but not too much,” he said. The disease, which thrives in wet, cloudy conditions, can cut yields. The cocoa board has been providing chemicals to farmers to spray against black pod and insects that attack the plants as part of its bid to boost cocoa production to 1 million tons by 2013.

On Sept. 25, Ghana will sign an agreement with a group of international lenders for a loan of $1.2 billion to purchase cocoa from its farmers, the highest in the country’s history.
Licensed Buying Company advised to purchase good quality cocoa
Ghana News Agency
GNA
September 15, 2009
Bunso (E/R), Sept. 14, GNA - The Acting Managing Director of the Quality Control Company (QCT), Mr Gokeh Sekyim has advised Licenses Buying Company (LBC) of the Ghana Cocoa Board to purchase good quality cocoa from the farmers for the country to maintain its high premium on the world market. He urged the LBC to educate cocoa farmers to use recommended pesticides and fertilizers to eliminate pesticide residue facing the cocoa industry.

Mr Sekyim was addressing a three-day training conference on the theme, "Creating Value for Ghana Cocoa", for over 90 Managers of Olam Ghana Limited, a license cocoa buying company at Bunso. He called on all stakeholders in the cocoa industry including farmers, researchers, agriculture inputs dealers, cocoa haulers, Quality Control Company and the LBC to contribute their quota for the country to achieve it's target of one million metric tons of cocoa by the year 2012.

The Acting Managing Director said quality had been the hallmark of the country's cocoa on the international market, and this should be managed and preserved for the success of the cocoa industry. He advised the LBC to provide the requisite logistic such as society sheds of adequate capacity, weighing scales, tarpaulins and sufficient gratings to marketing clerks, to avoid negative consequences on the management of cocoa quality.

The Managing Director of OLAM, Ghana, Mr Amit Agrawal said the company had purchase 4,310 million metric tons of cocoa at the cost of 4.3 billion dollars since it started operating in the country 15 years ago. He said apart from cocoa, OLAM also undertook the marketing and cultivation of cashew, sheanuts, cotton, rice, sugar and palm oil, and had also employed 350 people directly, and many more indirectly throughout the country.

The Managing Director said over 100,000 cocoa farmers sell their produce to the company. The Member of Parliament (MP) for Lower West Akyem, Mrs Gifty Celenam advised the LBC to establish processing factories to enable the country to process 50 per cent of its cocoa production for export.

The Chief of Akyem Tafo, Osabarima Adusei Peasah, IV, urged the LBC to educate and assist the youth to go into cocoa cultivation to increase the country's production. He said the Bunso Cocoa College will be turn into an Agriculture and Environmental University in October this year to train more people in agriculture and the environmental sector.

Cocoa pod pest threatens thousands of Papua New Guinea jobs.
BBC International Reports (Asia), (APSJ), 13 September 2009.
(By Eric Tapakau) Up to 300m kina (approx 113m US dollars) in annual revenue will be lost by the state, 60,000 jobs across the country will be lost and one million cocoa growers will be affected if the cocoa pod borer (CPB) is not managed properly across the country.

The real situation may be worse because indications from recent surveys in the cocoa pod borer infested areas show that the rate of crop loss is at the high end of the scale. Without a major turnaround in the current situation, the outlook is gloomy.

The economic and social dislocation being experienced by cocoa farmers in CPB-infested areas is likely to spread to other communities and sectors of the economy as income and consumption decline. Vice Minister for Agriculture and Livestock Jim Simatab said if the cocoa industry in the two leading producing provinces of East New Britain and Bougainville were to collapse, the infrastructure to sustain a cocoa industry would become run down.

"This would make it very difficult to revive the industry even when CPB tolerant planting material becomes available from the Cocoa Coconut Institute, ” he said. He was speaking yesterday at a press conference which was organized by the department to call all stakeholders including donor agencies to work together to contain the fast spread of the cocoa pest in the Autonomous Region of Bougainville, a new reported case of the CPB pest. He sad while there were sound prospects for growth over the medium term, the cocoa industry was facing serious constraints including the CPB that could hamper its development in the long term.
"It is therefore critical that the industry, the government, as well as the cocoa business sector, give due consideration to these prevailing and emerging issues and determine measures to reduce their effects as important factors besetting the industry," Mr Simatab said.

CPB is a major cocoa pest of Asian origin which was first detected near Keravat, East New Britain Province, in March 2006. Since then the pest has been found in Poro, Sandaun (West Sepik) Province in 2006, at Bogia, Madang Province last year and by July this year it had further spread to the Pomio District in East New Britain Province.

Last week the cocoa pod borer was confirmed as being around in the Kieta district of the Autonomous Region of Bougainville.

"Today marks another sad occasion for the cocoa industry in Papua New Guinea with the cocoa pod borer which has now reached the Bougainville area."

---

**The Market**

**Cameroon Cocoa prices extend early Season Rise**

Source: Reuters
16/09/2009

Yaounde, Sept 15 - Farm gate cocoa prices in world number five grower Cameroon extended their early season ascent to hit fresh peaks in September, farmers said on Tuesday. Prices in some regions hit 1,100 CFA francs ($2.46) per kg, up from a maximum of 1,050 francs in August, the first month of the 2009/10 season, as domestic and international demand remained strong.

Farmers who are members of growing and selling collectives were able to command higher prices than farmers acting alone, growers said. "Our cooperative sold beans at 1,100 CFA francs while middlemen were buying from desperate individual farmers at 800-900 francs," said Emmanuel Nguile, vice president of the National Organisation of Coffee and Cocoa Producers of Cameroon.

Benchmark cocoa futures contracts for delivery in December <LCCZ9> traded at 1,952 pounds per tonne in London on Tuesday, after setting a contract high of 1,963 pounds on Friday.

Exports from Cameroon in the full 2008/09 season were 178,592 tonnes, according to statistics released by the National Cocoa and Coffee Board, up 10 percent from the previous season. As well as exporting to international markets, Cameroon's domestic domestic processing industry is expanding, with purchases for local grinding up around 25 percent on last year.

Cameroon's cocoa production is expected to have risen to around 210,000 tonnes in the 2008/09 season, up from 187,355 tonnes in 2007/08. About 50 percent of this comes from the South-West, 30 percent from the Centre, 10 percent from the East and 5 percent from the South. The season runs from Aug. 1 to July 31.

**Cocoa Futures Ease in Correction**

Source: Reuters
London, Sept 14 - Cocoa futures fell in a slight correction to last week's contract high in London and 14-month peaks in New York, easing along with other commodity markets.

Sugar futures rose, however, buoyed by bullish fundamentals while arabica coffee prices advanced on fund buying.

Barclays Capital analyst Nicholas Snowdon said the outlook for cocoa remained strong despite the slight setback.

"We expect cocoa (New York's December contract) to have an increasing number of forays above $3,000 a tonne," Snowdon said, noting that the market may start pricing in improved grindings ahead of the fourth quarter, or 2010 when they are expected.
"There's an increasing level of confidence in the recovery of the global economy out of recession and the pace of the recovery is a key supportive factor in cocoa prices," Snowdon said.

Another contributing factor is concern over the quality and size of the crop from top-grower Ivory Coast. New York's December contract touched an intraday high of $3,110 per tonne on Friday and one trader said he could see it pulling back to $2,600 per tonne in the short term.

London's December cocoa futures hit a contract high of 1,963 pounds a tonne on Friday and the trader said he could envisage that falling to 1,750 pounds a tonne.

"In the medium to longer term I think we'll probably go higher," he said.

ICE December cocoa was down $29 to $3,046 per tonne at 1513 GMT, while Liffe December cocoa was down 18 pounds to 1,931 pounds per tonne.

RESILIENT SWEETENER
Sugar futures edged higher after falling in earlier trade and Snowdon said that the sweetener is particularly resilient to macro-economic moves.

"The specific dynamics of sugar are powerful enough to offset any top-down macro-economic influence," Snowdon said.

He said that demand from top-consumer India continues to grow and that the country will have to import as much as 7-8 million tonnes over the next year.

At the same time, he said there continues to be concern about Brazil's harvest, particularly in the centre south area of the country.

"Both stories offer further evidence to support prices higher," Snowdon said. "I think it's going to run the run for at least the next six months."

Many traders agree that the bullish news of demand from No. 1 consumer India and poor supply from topgrowers

India and Brazil continue to keep the market resilient.

"Fundamentally there's still reason for the market to stay strong and perhaps move higher," a sugar trader said. ICE October raw sugar futures were up 0.47 cent to 21.68 cents a lb, while Liffe October white sugar rose $6.60 to $545.10 per tonne.

India's drought has spread to nearly half its more than 600 districts, particularly in sugar-producing areas, but the government said its grain stocks were bigger than last year and sugarcane output would not fall.

Arabica coffee also rose sharply on fund buying which triggered buy-stops above $1.30 on the December contract although origin selling capped gains, dealers said.

December arabicas rose 4.40 cent to $1.3095 per lb, while November robustas stood $14 higher at $1,502 a tonne.

Cocoa Processing Firms Get Incentives
Peace fm Online
14-Sep-2009

Vice President, John Dramani Mahama has affirmed government’s policy of providing incentives to companies engaged in the tertiary processing of cocoa. According to him, the inducement package would facilitate the
processing of about 60 percent of cocoa beans in the country as announced by President John Evans Atta Mills in his first sessional address. He made these known at the launch of cocoa products at Cargill Ghana Limited (CGL) in Tema.

Cargill is one of the world’s leading brands in the processing of cocoa. The launch of the company’s products was christened ‘Good Taste of Ghana,’ and was aimed at reinforcing the country’s position in the world. Cocoa can be processed as dairy, bakery, ice creams, compound coatings, desserts and fillings in food preparations.

Leo Winters, Managing Director of CGL, confirmed the company’s commitment in supporting government to expand the cocoa industry through the provision of initiatives for farmers and local businesses in order to create jobs and increase export revenue. He said: “Our partnership is already bearing fruits in the Ashanti Region, we have teamed up with CARE, a child related organization to increase school attendance by 17.5 percent.”

The huge investment of Cargill in the economy, Mr. Winter noted, would pave way for other leading manufacturing giants.

Piet van Amelrooij, the Director of Cocoa Powder Sales at Cargill International, explained that the effective marketing of cocoa products in the country would significantly improve the global food chain supply.

**Brazil 12-mth Cocoa Grind Lags Previous Year**

Source: Reuters

Sao Paulo, Sept 14 - Brazil's cumulative cocoa grind totaled 218,286 tonnes from September 2008 to August 2009, a fall of 5.7 percent from the previous twelve month period, cocoa analyst Thomas Hartmann said, citing Brazilian Cocoa Industry Association (AIPC) data.

The grind totaled 18,816 tonnes in the month of August, up from the 15,311 tonnes in July this year, Hartmann said late on Sunday.

Brazil is the world's sixth largest cocoa producer with six cocoa processing plants, four of which are in the northeastern state of Bahia. The other two are in Sao Paulo state.

**EXCLUSIVE-ICCO cuts cocoa surplus forecast**

Forbes

By Angeline Ong and David Brough

LONDON, Sept 17 (Reuters) - The International Cocoa Organization (ICCO) has cut its global 2009/10 cocoa surplus forecast due to an improving economic outlook, its chief Jan Vingerhoets told Reuters financial television on Thursday.

The London-based ICCO has cut its 2009/10 global cocoa surplus forecast to between 25,000 and 50,000 tonnes if weather conditions are normal, Vingerhoets said. In April, Vingerhoets had forecast a global cocoa surplus of more than 100,000 tonnes. But he said an improving global demand outlook led the ICCO to scale back the forecast surplus. "We can be more optimistic about economic recovery in the coming crop year, starting in October," Vingerhoets told Reuters financial television in an interview. "The demand outlook is better than in April." He also referred to concerns over the impact of the El Nino weather pattern on cocoa production in countries such as Ecuador and Indonesia, and worries over output in top grower Ivory Coast, including the effects of pest and disease.

Vingerhoets said that if production was lower than expected, due to the impact of El Nino or slowing output in Ivory Coast, then the world could slip back into a deficit of cocoa of around 50,000 tonnes in crop year 2009/10.

Vingerhoets said he expected global cocoa demand or grindings to rise by 1.5-2.0 percent in the 2009/10 crop year starting on October 1, compared with the previous year, aided by the improving economic outlook. He forecast that benchmark ICE cocoa futures would move in a $2,500-3,500 range during the coming crop year. "The (cocoa) market is nervous because of the uncertainty over the outlook," Vingerhoets said, adding that the level of stocks was adequate. "The stock situation is okay, but there are not too much (many) stocks," he said.
ICE futures were up $27 at $3,125 per tonne on Thursday morning.

Speaking on the sidelines of ICCO meetings in London, Vingerhoets said he expected Vietnam and Sierra Leone to join the organisation soon.

He also said plans to move the ICCO to Abidjan in Ivory Coast had been shelved, and the body would continue to be based in London for the time being. "For the coming 2-3 years for sure, the ICCO will stay in London," Vingerhoets told Reuters financial television. (Reporting by Angeline Ong and David Brough; editing by Keiron Henderson)

**Cadbury celebrates Fairtrade with music single**

mad.co.uk
17 September 2009 13:30

Cadbury - TinnyCadbury has produced a music single and video to promote Dairy Milk’s Fairtrade certification and its relationship with cocoa farmers in Ghana.

A 60 second television preview of the track and video featuring Ghanaian music star Tinny will break on 19 September during ITV Saturday night entertainment show The X-Factor.

The track is produced by Glass and a Half Records and follows the advertising developed by the confectionary manufacturer’s Glass and a Half Full Productions. The latest adverts, Eyebrows and Gorilla and Truck were created by Fallon. The full single is available on iTunes tomorrow (18 September).

Cadbury has worked with Ghanaian cocoa farmers for 101 years and wanted to celebrate its Fairtrade links and support local communities. All profits will go to CARE International to fund education in the region.

Phil Rumbol, marketing director for Cadbury says: ‘We wanted to celebrate Cadbury Dairy Milk’s Fairtrade certification and Ghana, the heart of our Fairtrade cocoa, in a unique way. Music has always been a big part of Glass and a Half Full Productions and we were inspired by Ghana’s love of music so it seemed the perfect way to capture the spirit of the country was through a track. We hope we’ll bring a smile to people’s faces’

Cadbury Dairy milk is now Fairtrade in the UK and Ireland and will extend this to Canada Australia and New Zealand in 2010. Cadbury recently rejected a bid from Kraft to buy the confectionary company for £16.7bn (£10.2.)

---

**Labour Issues**

**NGO to withdraw 240 children from child labour**

Peace fm Online
Source: GNA
14-Sep-2009

Challenging Heights, a Non-Governmental Organisation, operating in the Effutu Municipality has targeted to help withdraw 240 children from the worse forms of child labour, in cocoa growing areas and also assist them to go schools or learn a trade.

Mr James Kofi Annan, Executive Director of the NGO, said this in a statement issued in Winneba on Monday, in reaction to an interview he had with the Ghana News agency, last week. He said it not true that the NGO has withdrawn 300 children from cocoa growing areas in two districts of the Central Region but explained that, it would rather rescue 240 children from worse forms of child labour in cocoa growing areas this year. He said this year the NGO has targeted to rescue 50 children from some fishing communities in Yeji this year, adding that, 21 children were rescued last week while 10 others are expected to be saved from Kpando soon.

Mr Annan said the Organisation has established a school, which is collaboration with parents in the community. He said the population of the school, is over 300 and that parents contribute 20 percent of the cost of the children while the NGO provides the remaining 80 percent.
After 10 years of promises, protocols, and initiatives, the children of West Africa remain at the mercy of the cocoa industry. As the rescue of 54 child slaves from cocoa (and palm) plantations in the Ivory Coast earlier this summer made clear—and as a report issued last Thursday by the Department of Labor confirms—the world’s chocolate industry continues to harbor an astonishingly dirty secret. This despite what was meant to be a decade of meaningful change.

In 2001, after reports began to emerge about the grueling conditions in which hundreds of thousands of minors were working on the plantations in West Africa, New York Representative Eliot Engel introduced an amendment to the 2002 Agricultural Appropriations Bill to set aside money for the FDA to develop “slave free” labeling requirements on cocoa products. What resulted instead was an agreement by chocolate companies to adopt certain aspects of the proposed legislation as a “protocol” that set out steps to eliminate the worst forms of child labor (WFCL) and adult forced labor (AFL) from all cocoa farms by 2005.

Based on two International Labor Organization conventions, the Harkin-Engel Protocol includes a commitment by industry to develop and implement voluntary, industry-wide standards of public certification that cocoa beans and their derivative products have been grown and processed without any of the WFCL. (Though chocolate companies like Mars, Hershey, and Nestlé, and cocoa exporters like Cargill and Archer Daniels Midland, don’t directly employ child workers, labor-rights advocates say that given their control over world cocoa markets, the power to change farm conditions ultimately rests with them.) When the 2005 expiration date rolled around, Engel and Iowa Senator Tom Harkin acknowledged that the Protocol’s intentions hadn’t been fulfilled and pushed the deadline to 2008. Last year, based on the findings of a Department of Labor–commissioned report from Tulane University’s Payson Center for International Development, the legislators called the certification and verification system “still evolving” and moved the deadline yet again, to December 2010.

The Ivory Coast provides more than 40 percent of the world’s cocoa—Ghana supplies much of the rest—and this summer’s operation, run by the international police organization Interpol, suggests that child labor in both countries remains widespread. The U.S. State Department has estimated that more than 109,000 children in the Ivory Coast’s cocoa industry work under the WFCL and that some 10,000 more are victims of human trafficking and enslavement. Ranging in age from 11 to 16, the rescued children were discovered “working under extreme conditions, forced to carry massive loads, seriously jeopardizing their health,” according to Interpol. They told interviewers they were unaware that what was happening to them was illegal, and that they regularly worked 12 hours a day and received no salary or education. Many worked with machetes and routinely applied noxious pesticides without safety equipment.

Labor-rights advocates have pointed repeatedly to the toothlessness of the Harkin-Engel Protocol, arguing that its industry-backed approach to “certification” actually does no such thing: Rather than truly certifying anything, the system merely requires that the incidence of the WFCL and AFL in Ghana and the Ivory Coast be reported on, and that progress be made in reducing such incidence. As last year’s deadline approached, the Washington, D.C.–based International Labor Rights Forum, or ILRF, released a statement asserting that the original intent of the Protocol—to assure consumers that chocolate companies were acting ethically and ending forced and trafficked child labor in their cocoa supply—had not been achieved. Consumers today, they wrote, have no more assurance than they did in 2001 that trafficked or exploited child labor was not used in the production of their chocolate. (In a statement he made last Thursday in response to the Department of Labor report, which lists cocoa from the Ivory Coast and Ghana among those products believed to be produced by child or forced labor, Larry Graham, President of the National Confectioners Association, which represents the chocolate industry, said that it has “strongly supported” the effort to improve labor practices on farms in the Ivory Coast and Ghana. Since the industry signed the Protocol in 2001, said Graham, “programs focused on improving labor practices, educational opportunities, and rural household incomes, as well as activities that have assisted in building institutional frameworks, have positively benefited children and their families in these countries.”)

Whether in response to consumer pressure or simply to secure supplies of cocoa moving forward, some corporations have recently begun working outside of the Protocol to pursue other sorts of certification. Cargill, Nestlé, and Mars have made agreements to work with the Dutch outfit Utz Certified, for example, and this past
March, England’s Cadbury announced that for its UK and Irish markets it would convert its number-one selling Dairy Milk to Fair Trade–certified cocoa by the end of September. A month later, Mars vowed to use only “certified” cocoa by 2020, beginning with Rainforest Alliance certification for its Galaxy Bar next year. (Labor-rights advocates note that this movement would seem to contradict long-held claims by the industry that the difficult conditions and sheer number of farmers involved in the sector made it impossible to certify cocoa to its origins.)

While the ILRF and others applaud such measures, calling them an improvement over the Protocol “certification” (which doesn’t include any labor or environmental standards), they say that Rainforest certification in particular doesn’t go far enough. Whereas the Fair Trade label promotes the democratic organization of farmers and ensures that 100 percent of a product’s contents be officially certified, the Rainforest seal neither includes requirements for freedom of association nor guarantees that all the cocoa in a product has been produced without the WFCL. (In order for a coffee product to use the Rainforest Alliance label, for example, it must contain just 30 percent certified content.) The ILRF points to companies like Divine Chocolate, Equal Exchange, and Sweet Earth Organic Chocolates as models of ethical and sustainable sourcing practices. (To see the ILRF’s scorecard assessing chocolate companies and their efforts to stop the incidence of child labor, visit www.laborrights.org.)

Next month, the Payson Center is expected to release its third and final report on the progress of the Harkin-Engel Protocol. Expectations aren’t high. In its second report, released last June, the Center concluded that children “as young as five years of age” continue to work in cocoa production and that “the vast majority of those surveyed (95 percent in Ghana and 98 percent in the Ivory Coast) “do not report exposure to any intervention projects” intended to support them. Interpol has announced plans to carry out another rescue mission later this year, but until consumers make it a point to demand that Big Chocolate fundamentally change its ways, such efforts will likely remain the stuff of fleeting headlines.

Government report uncovers child labor trail in food
By Guy Montague-Jones,
10-Sep-2009
A new US Department of Labor (DOL) report has found that slavery and child labor are still common in the production of popular food ingredients like cocoa and sugar.

Commissioned under legislation passed in 2005, the report sought to uncover the scale of the forced and child labor problem and draft a list of goods produced under conditions that violate international standards. The newly published report has found 122 goods in 58 countries that are produced using child labor, forced labor or both, including cocoa, sugarcane and coffee.

Labor violations in sugarcane production were found in 15 countries and in coffee production 12 countries were identified. Child labor and forced labor practices were also uncovered in the making of cocoa in five countries. Criticisms of food manufacturers

Commenting on the findings, Tim Newman, spokesperson for the International Labor Rights Forum (ILRF) criticized the US food industry for not doing enough to prevent labor abuses.

Newman told Food Navigator USA: “Food manufacturers need to take more initiative to ensure that their supply chains do not involve child labor or forced labor.”

He said some companies like Cadbury are ahead of the pack in making absolutely sure that no labor abuses are committed by any of their suppliers but others like Hershey appear to be making no such commitments. ILRF executive director Bama Athreya was particularly critical of chocolate makers. He said: “By including cocoa on the list of products made by child labor, the US government has acknowledged the lack of progress the chocolate industry has made in eliminating serious labor rights, despite years of promises.”

Chocolate defense
Nobody at the National Confectioners Association was available to comment on these accusations before publication, but yesterday the trade body posted information about responsible labor practices on its website. It said the chocolate and cocoa industry developed an agreement in 2001, known today as the Protocol to ensure that cocoa is grown responsibly.
The Protocol set out steps to address labor issues, including the development of a certification system for cocoa farming, which NCA said is an ongoing program that will drive positive change in cocoa communities.

Labor abuse figures

Despite efforts by a number of companies in different industries to improve their labor rights record, the International Labor Organization estimates that there are 200 million children at work across the world and 12 million persons working in some form of forced labor.

The DOL hopes that the report it published today will improve awareness of these issues and give both consumers and companies more reliable information on the goods produced using forced and child labor. “It is my strong hope that consumers, firms, governments, labor unions and other stakeholders will use this information to translate their economic power into a force for good that ultimately will eliminate exploitative child labor and forced labor,” said US Secretary of Labor Hilda Solis.

Environmental Issues

Ctrl Cameroon Cocoa Farmers Fight Blackpod Disease Official.
Sep 14, 2009
YAOUNDE, Cameroon (Dow Jones)-More than 20,400 cocoa farmers in Cameroon's second-largest cocoa area of Center Region are fighting blackpod disease, which is threatening the main-crop cocoa harvest, a spokesman for a farmers' group told Dow Jones Newswires Monday.

Cocoa trees in numerous farms in central and southern Cameroon are being attacked by blackpod disease, a fungal parasite that generally attacks cocoa pods in persistent wet weather conditions.

Like other parts of the country, central Cameroon is seeing continuous rainfall to coincide with the main-crop cocoa production, which runs from August to February or March.

Some 2,400 farmers are already spraying their farms to stop or prevent blackpod from attacking the trees. We risk losing 5%-10% of our harvests by November if nothing is done now, ” said Alphonse Emmanuel Nguile, vice president of the 53,000-member National Organization of Cocoa and Coffee Producers. Nguile is leading a delegation to cocoa-producing areas in central and southern parts of Cameroon, calling for more farmers to join the fight against blackpod disease.

The country's Center Region accounts for 30%-35% yearly cocoa output of about 187,500 metric tons.

Research & Development

In One Study, a Heart Benefit for Chocolate
New York Times - Nicholas Bakalar – Sep 14, 2009
In a study that will provide comfort to chocoholics everywhere, researchers in Sweden have found evidence that people who eat chocolate have increased survival rates after a heart attack — and it may be that the more they eat, the better.

The scientists followed 1,169 nondiabetic men and women who had been hospitalized for a first heart attack. Each filled out a standardized health questionnaire that included a question about chocolate consumption over the past 12 months. Chocolate contains flavonoid antioxidants that are widely believed to have beneficial cardiovascular effects.

The patients had a health examination three months after their discharge from the hospital, and researchers followed them for the next eight years using Swedish national registries of hospitalizations and deaths. After controlling for age, sex, obesity, physical inactivity, smoking, education and other factors, they found that the more chocolate people consumed, the more likely they were to survive. The results are reported in the September issue of The Journal of Internal Medicine.
But before concluding that a box of Godiva truffles is health food, chocolate lovers may want to consider some of the study’s weaknesses. It is an observational study, not a randomized trial, so cause and effect cannot be definitively established.

Even though the researchers controlled for many variables, chocolate consumption could be associated with factors they did not account for — mental health, for example — that might reduce the risk for death. The scientists did not ask what kind of chocolate the patients ate, and milk chocolate has less available flavonoid than dark chocolate. Finally, chocolate consumption did not reduce the risk for any nonfatal cardiac event.

Still, Dr. David L. Katz, an associate professor of public health at Yale who was not involved in the work, said the study added “an interesting element, following a group of adults who’ve had a heart attack and noting an impressive reduction in cardiac deaths.” While the study is observational, he said, “the broader context is reassuring.”

While the chocolate eaters in the study had a statistically insignificant reduction in the risk of death from any cause over the eight-year span, the reduced risk for dying of heart disease was highly significant. And it was dose-dependent — that is, the more chocolate consumed, the lower the risk for death.

Compared with people who ate none, those who had chocolate less than once a month had a 27 percent reduction in their risk for cardiac death, those who ate it up to once a week had a 44 percent reduction and those who indulged twice or more a week had a 66 percent reduced risk of dying from a subsequent heart event. The beneficial effect remained after controlling for intake of other kinds of sweets.

A co-author of the paper, Dr. Kenneth J. Mukamal, an associate professor of medicine at Harvard, said that there was considerable data from other studies suggesting that chocolate lowered blood pressure and that this might be a cause of the lower cardiac mortality found in the study.

Dr. Katz, of Yale, agreed that “there are many reasonable biological mechanisms” for a protective effect from chocolate.

“I like the study,” he said. “It adds to the general fund of knowledge we already have.”

Dr. Mukamal sounded a note of caution about the findings.

“Although this is interesting and provocative, chocolate does not come without costs,” he said. “For people looking for a small snack to finish a meal, this is a great choice. But it should be supplementing healthy eating and replacing less healthy snacks.”

New research goes straight to the heart of chocolate lovers
KTRE - Holley Nees –
Sep 16, 2009
LUFKIN, TX (KTRE) - If you think chocolate is to die for, a new study shows it may help heart attack survivors live longer.
For many East Texans chocolate is a guilty pleasure.
"Chocolate is one of the main things we go through at the great American Cookie Company," said Assistant Manager at the Lufkin Great American Cookie Company Alex Jones. "On average we use about 38 pounds of chocolate a week."

New research shows it could help increase survival rates after a heart attack.

"Immediately when you talk about chocolate, you think about a lot of sugar, a lot of calories," said Woodland Heights Hospital Clinical Dietician Ran Jani Reddy. "It's bad for you, but then a lot of research showed that especially the dark chocolate has something called antioxidants."

The antioxidants help keep fat from sticking to your arteries.

"In a non- Texas Doctor Vivek Mangla.

However, before you chocoholics go crazy, this dietician said you need to consume in moderation.
"You need to know what is about a serving," said Reddy. "It is about five Hershey Kisses."

Dark chocolate is the better choice because it is richer in antioxidants.

"Antioxidants seem to have stabilizing effect on the plaque and prevention or progression of the plaque," said
Mangla.

The bottom line is for nondiabetics, chocolate in moderation could be beneficial, but Mangla said it's not yet guaranteed to increase survival rates after heart attack. There is still research to be done, but Mangla said, "I think studies would suggest that you should not feel too guilty about it."

Reddy said diabetics could also benefit if they consume sugar free chocolate. However, they need to make sure it's sugar free.

diabetic population, there are indications by that study that suggest very moderate consumption of what appears to be a cocoa beans derivative may have a beneficial effect," said Cardiologist at Memorial Health System of East

**Promotion & Consumption**

**Beijing To Launch Chocolate Theme Park**

Banmoco.co.uk (blog) – Sep 17, 2009

China, a country which is rapidly catching up to its Western counter parts, is planning to open a theme park to cater for the rising number of chocoholics. The Chinese state media has revealed that the sweet attraction is scheduled to open early next year in Beijing.

According to reports printed in the China Daily newspaper, the ‘world chocolate dream park’ will be influenced by ‘Charlie and the Chocolate Factory’ and will feature a life-size chocolate and edible Terracotta Army, a copy of the Great Wall and versions of famous artwork from around the world.

The ‘chocolate wonderland’ will tickle the imagination, said Tina Cheng, general manager of the firm that will manage the park.

The park, scheduled for opening in January 2010, will be built in the Olympic Green, neighbouring the iconic Bird’s Nest Olympic stadium.

The theme park will boast five pavilions and two outdoor areas where chocolate-made objects, such as the Great Wall, will be exhibited.

Chocolate is still not quite as appreciated in China as it is in Western Europe, but the younger Chinese are quickly developing a taste for it, prompting investment in the o-so-yummy stuff.

Ms Cheng said that a number of prestigious European chocolate makers, including makers from Belgium and Switzerland, have demonstrated an interest to participate in the project, but had to promise not reveal their names.

**Giant tribal head stars in new Cadbury chocolate advertisement**

_A giant floating tribal head which brings music to an African village is the latest star in a series of eye-catching Cadbury adverts._

Telegraph.co.uk - Sep 18, 2009

The chocolate firm's drumming gorilla advert was named the best in the world at an annual ceremony last year and has been followed by films featuring airport trucks and dancing eyebrows.

The new film, which sees the head raining cocoa pods as it passes through the village, promotes the company's move to Fairtrade chocolate for Dairy Milk bars.

It also sees the company branching out into the music business. Makers of the advert worked with Ghanaian superstar Tinny to produce the track Zingolo, which is also being released as a single.

A 60-second version of the advert will be aired
Cadbury advert featuring a giant floating tribal head which brings for the first time tomorrow during ITV1’s music to an African village Photo: PA X Factor, and the track will be available on iTunes.

The film was made in Ghana, source of the Fairtrade cocoa which is used in Dairy Milk, and features some of the farmers which grow it.

Cadbury marketing director Phil Rumbol said: "We were inspired by Ghana's love of music so it seemed the perfect way to capture the spirit of the country was through a track. We hope we'll bring a smile to people's faces."

Profits from the sale of the single will go towards funding education projects in cocoa-growing areas of Ghana.

**Introduce legislative instruments for cocoa sector - Expert**

Source: GBC NEWS  
17, September, 2009

The Head of the Anatomy Department of the University of Ghana Medical School, Professor Frederick Addae, says though the number of Cocoa processing companies has increased in the country, a greater number of the finished Cocoa products is imported.

This, he noted will not sustain the Local Cocoa Industry if legislative instruments are not introduced to streamline the sector. Professor Addae therefore suggested to Parliament to enact a law to regulate the importation of Cocoa products to enhance the use of natural Cocoa products in the country.

Professor Addae said this at a Media sensitization meeting on the importance of Cocoa and its by-products in Accra. The meeting is a prelude to the first International Cocoa-Chocolate festival to take place from 2nd to the 15th of next month in the country. Mr. Addae called for people to consume the product since natural Cocoa helps to boost the immune system, control stroke, cardiovascular diseases and other ailments.

Professor Addae mentioned that a local NGO Centuries International is collaborating with the Ministry of Tourism, Ghana Cocoa Board and other stakeholders to introduce the provision of natural Cocoa drink for some selected schools in the country.

The Social Welfare Officer of the Ghana COCOBOD, Mrs. Rita Owusu-Amakuah, called on the youth to go into agriculture, especially Cocoa farming to complement the government’s effort at addressing the unemployment rate in the country.

**A.C. STUDENTS LEARN ALL ABOUT CHOCOLATE**

WMGM - Sep 15, 2009  
Corin Wilson ( news@nbc40.net ) - 9/15/09 04:28 pm  
Last Updated - 9/15/09 06:54 pm

ATLANTIC CITY--Some Atlantic City school kids got a demonstration on the joy of making candy. As part of the Philadelphia National Candy, Gift and Gourmet show, 27 students at the Texas Avenue school who participate in the Big Brothers and Sisters program got to see first hand everything about chocolate.

From seeing how it starts from the tree to the molding chocolate to tasting the finished product, school officials say it's definitely an interesting learning day for the students, "Not only are they enjoying themselves, but I think they'll look at chocolate and the stores and everything else a little differently and I think they didn't realize how much chemistry and other sciences are involved in the making of chocolate," said Richard Prince a guidance counselor at the school.

Aside from learning all about chocolate, the students also learned about starting a business and what it takes to keep it going and successful.
Chocolate Snobs Avoiding American Products
The Consumerist (blog) - Carrie McLaren - Sep 15, 2009
Do you know your imported Cadbury bars from your Hershey's? Lots of chocolate lovers do and, according to the Wall Street Journal, many are bound and determined to seek out imports from the U.K.

In the U.S., Cadbury bars are made my Hershey - and, apparently, taste like it.

Greg Ziegler, a food-science professor at Penn State University, says certain ingredient types - say, condensed milk versus powdered - can radically alter taste and texture... U.S. government regulations ban the use of vegetable fat in chocolate, while European Union rules allow it.

As a result, the American product uses more cocoa butter, which makes the chocolate "harder, melt slower and deliver its flavor over a long period of time," says Mr. Ziegler, who has conducted research for chocolate makers including Cadbury and Hershey.

The funny thing is that the use of vegetable fat is seen by many chocoholics as an act of near heresy. I guess you can't please all the people...

What's in a Name?

Aztecs and cacao: the bittersweet past of chocolate
Telegraph.co.uk - Sep 15, 2009
The substance we enjoy far too often today bears little resemblance to its original form imbibed by the Aztecs, says Bee Wilson.
Chocolate for the Aztecs was a heady, bitter, fiery, spicy drink that was much more than mere dessert. Rich pickings: a larger than life cacao pod carried in this sculpture reflects the value Aztecs placed on the bean. It wasn’t usually sweet; it didn’t melt in the mouth; and it sometimes came mixed with human blood. Aztec chocolate had little in common with the treat to which we are so addicted.

The chocolate industry loves to use cacao’s Mesoamerican origins as shorthand for “sexy” and “exotic”. In the Seventies, Cadbury sold The Aztec Chocolate Bar, with someone climbing an Aztec pyramid, and last year, Magnum launched the Mayan Mystica bar, wrapped in gold like an ingot and flavoured with “authentic” ancient flavourings such as cinnamon, honey and nutmeg, plus a soupçon of Eva Longoria (who fronted the advertising campaign).

None of these delicacies is anything like the chocolate of the Aztecs, which was mostly a drink rather than a food, and as much a drug as a treat. Bernardino de Sahagún, a Spanish missionary and chronicler, compared Aztec chocolate to hallucinogenic mushrooms and wrote: “This cacao when much is drunk, when much is consumed, especially that which is green, which is tender, makes one drunk, takes effect on one, makes one dizzy, confuses one, makes one sick, deranges one.” Just like a KitKat, then. Historians have puzzled over these claims of intoxication. Cacao does contain caffeine and theobromine – both stimulants – but nothing technically inebriating. Some scholars speculate that Aztec chocolate drinks were mixed with alcohol; others note a fermented beverage was sometimes made from green cacao pulp. In any case, chocolate for the Aztecs was a heady, bitter, fiery, spicy drink that was much more than mere dessert.

Our chocolate is available to anyone with 50p and access to a corner shop. In the highly stratified society of Moctezuma’s Mexico, chocolate was only meant to be drunk by nobles, merchants and warriors. If a “common person” had some, it was considered a bad omen. Cacao drinks were served, usually at the end of the meal along with some tobacco, at banquets. The conquistador Bernal Díaz del Castillo described the emperor being served copious quantities of foaming cacao in “some cups of fine gold”. The Aztecs said the drink was for “success with women”.

Chocolate was precious to the Aztecs partly because it was hard to come by at court. It did not grow in the highlands around Tenochtitlán but in the southern Mayan lowlands (even today cacao is harvested in the southern Mexican states of Chiapas and Tabasco). To the Aztecs, cacao was so precious that its seeds were used as money. According to Sophie and Michael Coe in The True History of Chocolate (1996), a single cacao bean would buy one large tomato; three beans, a newly picked avocado; 30 beans, a rabbit; and 200 beans, a turkey cock. As with any valuable coinage, cacao forgery went on. Fraudsters made fake beans from bits of avocado stone and wax.
As well as being a form of money, cacao had religious connotations. It was associated with blood, which was an important offering to the gods. In Aztec ritual, cacao was a metaphor for the heart torn out in sacrifice – the seeds inside the pod were thought to be like blood spilling out of the human body. Chocolate drinks were sometimes dyed blood-red with annatto to underline the point. In one annual ritual, a beautiful male slave was forced to wear the jewels of the gods over a 40-day period, dance, and drink a gourd of chocolate mixed with blood from sacrificial knives, before himself being sacrificed.

It is a world away from a nice square of Green & Blacks of an afternoon. And yet in one crucial respect, the Aztec attitude to chocolate was the same as ours: the extreme things they did with it stemmed from their finding the fruit of the cacao tree unusually delicious. Chocolate drinks were made with great care in earthen jars with special strainers, and served in ornate, painted gourds. Aztecs liked their chocolate cold, whereas the Mayans drank it warm. The fermented bean was ground, toasted and foamed up with ground maize and water. Flavourings were luxurious. The classic addition was Cymbopetalum penduliflorum, spicy petals from a tree of the custard-apple family. Also added were chillies and allspice; vanilla and aniseedy “string flower” leaves. The emperor enjoyed countless variations, according to a Spanish witness: “green cacao-pods, honeyed chocolate, flowered chocolate, [chocolate] flavoured with green vanilla, bright red chocolate…”
London cocoa hits contract high, sugar down
LONDON (September 16, 2009): London December cocoa hit a contract high of 1,991 pounds a tonne on Tuesday, supported by weak sterling and technical buying, while the New York market hit a fresh 14-month peak, traders said. December cocoa ended 46 pounds higher at 1,983 pounds per tonne, having set a contract high of 1,991 pounds per tonne earlier, supported by weak sterling and technical buying.

US MIDDAY: cocoa jumps; coffee and sugar fall
NEW YORK (September 16, 2009): Summaries of the ICE Futures US cocoa, coffee and sugar markets early on Tuesday. December arabica coffee contract dropped 0.85 cent to $1.3225 per lb at 11:12 am EDT (1512 GMT). Wide session range from $1.3160 to $1.3520. Arabica futures reversed lower on long liquidation after rallying to a one-month peak for the second straight day, said brokers.

London cocoa falls; coffee and sugar advance
LONDON (September 17, 2009): cocoa futures fell by more than 4 percent in London and New York on Wednesday on technical trade while investors lightened long positions, following an earlier surge which took cocoa to highs in both markets, traders said. December cocoa ended one pound lower at 1,982 pounds per tonne, having earlier set a contract high of 2,011 pounds. Dealers said there was a technical sell-off with the market seen overbought after its sharp advance.

US MIDDAY: cocoa tumbles, sugar climbs
NEW YORK (September 17, 2009): Summaries of the ICE Futures US cocoa, coffee and sugar markets early on Wednesday. December arabica coffee contract reversed down 0.50 cent to $1.3410 per lb at 11:09 am EDT (1509 GMT). Session range from $1.3335 to $1.3640. Arabica futures climbed to a one-month high for the third straight day but eased as buying interest dried up, said brokers.

London coffee advances, sugar lower
LONDON (September 18, 2009): November robusta coffee closed $12 higher at $1,524 per tonne on Thursday, buoyed by a weak dollar and firmer oil prices. December white sugar ended $5.60 lower at $586.00 per tonne in a technical correction, but dealers said strong demand prospects augured for well-supported prices. While December cocoa ended 5 pounds lower at 1,977 pounds per tonne, pressured by a stronger pound.

US MIDDAY: coffee, cocoa and sugar surge
NEW YORK (September 18, 2009): Summaries of the ICE Futures US cocoa, coffee and sugar markets early on Thursday. December arabica coffee contract climbed 2.45 cents to $1.3665 per lb at 11:04 am EDT (1504 GMT). Session range from $1.3420 to $1.3705, the highest since August 13. Arabica futures hit a five-week peak in heavy volume on technical, investor buying, said brokers.

Indonesian cocoa growers gear up
Jakarta (September 18, 2009): cocoa farmers across Indonesia's main growing island of Sulawesi have started cutting down their ageing cocoa trees in preparation to replant their land with more productive, diseases-resistant baby trees, officials said. "Farmers are very keen to start the replanting programme. In fact, many more farmers have requested their lands to be covered by the programme,“ said Lutfi Mukti, head of North Luwu district, one of the key growing districts in South Sulawesi province.

US MIDDAY: coffee and sugar weak; cocoa up
NEW YORK (September 19, 2009): Summaries of the ICE Futures US cocoa, coffee and sugar markets early on Friday. December arabica coffee contract eased 0.10 cent to $1.3595 per lb at 10:59 am EDT (1459 GMT). Session range from $1.3380 to $1.3710, the highest since August 13.

London cocoa hits contract high
LONDON (September 19, 2009): December cocoa ended 41 pounds higher at 2,018 pounds per tonne on Friday, having earlier touched a contract high of 2,025 pounds per tonne on technical buying, strong fundamentals and the weak pound which makes sterling-denominated futures better value in terms of other currencies.

Gold price charges towards record high in world market
LONDON (September 20, 2009): Gold prices jumped last week to within grasp of record highs above 1,000 dollars per ounce on the back of a weak dollar and mounting economic optimism, while oil prices also edged higher. The euro hit 1.4767 dollars on Thursday, a level last seen on September 25, 2008, as investors opted for riskier assets in the search for better returns amid growing economic recovery hopes, dealers said.