

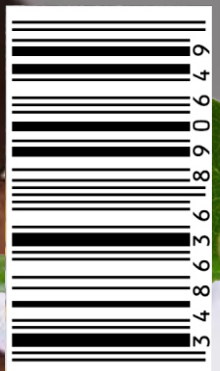
FOFA

FACE OF FLORENCE AFRICA

magazine

MAR.
2022
EDITION

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FOFA is in constant search of the most unique, talented and energetic African women. A platform where Culture, Tourism and True Beauty Colides.

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FOFA *Amore*

In this edition of LOVE it is all about how you FEEL when you see your reflection. At Face of Florence Africa, we are all about beauty inside and out. Career Goals, Life Goals, love Goals and Passion. We want to encourage all African women to get moving towards those dreams all.

This is one of a kind where all African women from other nations can participate. It is a place where we can share our similarities, differences and inspirations.

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REDEEMING LOVE

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Redeeming Love is an upcoming romantic movie that is based on a popular historical novel. This American movie is adapted from the famous novel called Redeeming love which is written in 1991 by Francine River. The movie was filmed in Africa in 2020 and was announced to the fans simultaneously. The movie beautifully portrays the power of love and how love can heal all wounds. So, in case you are planning to watch Redeeming love, here is all you would like to know about this beautiful movie.

Even though Valentine's Day is in February, we know you could use a little romance film to spice up your weekends always. Redeeming Love is nearly here, an adaptation of Francine Rivers' 1997 best-selling novel of the same name. If

you're looking to get caught up in a sweeping historical drama, it's the perfect film to fall in love with this month. But will it be streaming, available to purchase online, or will it just be in theaters? Let's take a look.

The storyline of the movie is about compassion and forgiveness. Angel has had a tough childhood, staying with her mother on practically nothing. Angel is orphaned and devastated without no one to look after her when her mom dies away. A guy tries to help by taking her to Duke, a wealthy aristocrat, but Duke ends up being a criminal and molester who exploits her for months.

Angel is eventually able to run away from him as an adult, but the pattern of violence and suffering for the young lady continues to remain. So when Michael, a quiet, principled man, meets Angel suddenly, he feels from that when that they are destined to be with each other.

Abigail Cowen and Tom Lewis star as the lead couple in the film, a young couple who grapple with relentless perseverance to keep their love alive in the California Gold Rush of 1850. Alongside Cowen and Lewis, Logan Marshall-Green, Nina Dobrev, Eric Dane, and a handful of other stars lead in D.J. Caruso's film.

When will Redeeming Love be on streaming? Redeeming Love is already streaming.

Where can You Watch This Movie?

You can stream and enjoy the movie on Netflix, Amazon Prime Video, and iTunes

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GULLAH

BASKET WEAVING

Students take a Gullah basket weaving class hosted by Andrea Cayetano-Jefferson in the Student Union Tuesday afternoon. The class was organized by UConn Black Students Association President Breanna McFarlane. Photo by Julia Spillane/The Daily Campus.

With strands of sweetgrass and a bent tip weaving tool, Andrea Cayetano-Jefferson spends several hours weaving intricate sweetgrass baskets from the Gullah culture. From Feb. 21-22, the UConn Black Student Association hosted Cayetano-Jefferson and her daughter Chelsea Cayetano to teach students about Gullah culture and the art of sweetgrass basket weaving.

"Sweetgrass basket weaving is one of the

oldest art forms," Cayetano-Jefferson said. "It was instrumental in helping with rice cultivation down in the South on the plantations."

Sweetgrass basket weaving was an art form brought over by enslaved African people from West Africa, according to Cayetano-Jefferson. During enslavement in America, Africans formed the Gullah culture, which spans from the coasts of North Carolina to Florida today. Cayetano-Jefferson's small business on sweetgrass basket weaving is in Mount Pleasant, South Carolina where her family has continued the tradition for generations.

"I believe Gullah history is American history. Our ancestors made something out of nothing but still maintained and held on to

our African roots. Without Gullah history, it isn't really Black history or American history."

Andrea Cayetano-Jefferson, professional sweetgrass basket weaver.

Cayetano-Jefferson and Cayetano not only taught about sweetgrass basket weaving, but about the foods and languages of Gullah culture. Students had the opportunity to weave their own baskets and engage in a conversation about Gullah history. Students were also given a bag of sweetgrass where they could continue their baskets at home.

"At first I was like 'ugh basket weaving,' but when I came here, she [Cayetano-Jefferson] put an interesting twist on it, showing us the history of where this comes from," Toyin Ogunbiyi, an eighth-semester psychology major said. "She was showing us how to weave different patterns and I thought it was pretty amazing because for her to do a full basket, it takes about 12 hours."

Breanna McFarlane, eighth-semester human development and family sciences and urban community double major and president of BSA, said it was difficult to find professional sweetgrass basket weavers of Gullah descent around the region. However, through research she eventually found Cayetano-Jefferson. McFarlane was happy to see students enjoying themselves while learning about Gullah history and its traditional art during the event.

"In my sophomore year, I really wanted to learn how to basket weave. When I proposed the idea during a Black History month

discussion with other student organizers in the AACC, it sort've become a 'if you want this event to happen you need to take the initiative on it'. So that's what I decided to do, because I was really interested in basket weaving but no opportunities presented itself at Uconn."

Breanna McFarlane, eight-semester human development and family sciences and urban community double major and president of BSA.

Students overall expressed enjoyment and appreciation of sweetgrass basket making during the event. Ogunbiyi said he wished there was more time to learn about different patterns, but would use the bowl he made for his jewelry or keys. Shawn Asiahmah, a fourth-semester finance major also said the event was easy and felt comfortable despite how intricate the baskets looked.

"Everybody was helpful and encouraging," Asiahma said. "You know you're not supposed to be a master at this, we're all still learning here, and I just really like that. I just want to encourage BSA to do these kinds of events longer than just Black History month and feel attuned to a community or a side of UConn that you don't really get to see on a daily basis."

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For workers in Africa, the **DIGITAL ECONOMY** isn't all it's made out to be

Today more than half of the world's population is connected to the internet. In Africa, there are over 590 million internet users and over 800 million mobile phone subscribers.

Some observers note that such diffusion of digital tools and connectivity is bringing political, economic, social and cultural transformations on the African continent.

One such change is that workers from Lagos to Johannesburg to Nairobi are carrying out various forms of digital work. These are activities which involve manipulation of digital data using tools such as mobile phones, computers and the internet.

Examples are transcription, article writing, image tagging, search engine optimization, and inbound and outbound customer services, which

can be done for clients anywhere.

As a result, governments, development organizations and civil society look towards digital work as a fix for African countries' development problems, including unemployment, poverty, and inequality.

For our new book, *The Digital Continent*, we conducted a five year study to investigate call centre work and the remote gig work and its implications for workers in five African countries: South Africa, Kenya, Uganda, Nigeria and Ghana. We argue that job quality in digital work remains questionable.

We show that while digital work can bring some forms of freedom and flexibility into the lives of workers in the five countries, it can also contribute towards their precarity and vulnerability.

Employment insecurities

We conducted in-depth interviews with call centre workers and remote gig workers to understand their experiences of digital work, income, working hours, employment relations, and algorithmic management of their labour and body.

A majority of those we interviewed noted new digital jobs as one of their important sources of income. But this should be read with caution.

Call centres are notorious for contingent employment relations – that is, flexible and short-term contracts.

Firms' use of temporary staffing agencies to cut labour costs is also common. Call centre agents can be hired and fired easily. For example, an agent in Nairobi told us that in April 2016 his firm fired 70 workers.

Companies also relocate with relative ease. Though in South Africa call centre operations have grown in recent years, several have closed down in Kenya, Nigeria and Ghana. Some companies moved to destinations with cheaper labour. Unfortunately exact data on this is hard to come by.

Similarly, workers on the continent see the digital gig economy as a new opportunity. While technological barriers may have been reduced, they face various hurdles to earning a living in the global gig economy. A worrying trend is that few actually earn an income on platforms where flexible digital work is made available.

Upwork is the world's largest platform in terms of registered workers and the most popular among workers on the continent. But our estimates

suggest that less than 6% of the Africans registered on it ever earn a single US dollar. In the case of Ghana and Uganda, these figures are as low as 3.1% and 2.7% respectively.

There is an oversupply of labour on the gig economy platforms. Respondents also told us that some clients do not want to give contracts to workers on the continent.

On platforms, work is primarily short-term. Some tasks (like image tagging) take as little as a minute to complete; others can last longer (like virtual assistant work). The short-term contracts mean that workers have to constantly search for work on platforms to earn an income. Yet compensation can be low.

Because some platforms pay as little as \$0.10 per task, workers resort to working on multiple contracts, which means longer and unsociable hours. Some of those in our study spent up to 80 hours a week working.

Platforms also give employers access to a planetary workforce, so workers have become more expendable than ever. Workers we spoke to noted that clients preferred lower-cost labour destinations, such as India and the Philippines.

Managed by algorithms

Increasing use of algorithmic management for surveillance and control of workers and the labour process is making digital workers even more vulnerable.

In call centres, technological tools like customer relationship management and workforce management are used to maximise workers' time on call. Call centres are known as "assembly

lines in the head" for this reason.

In the gig economy, workers face similar pressures with algorithms keeping track on them by taking a screenshot of their laptops.

While some platform workers can schedule the time and place of work the way they want, this flexibility isn't available to everyone. Only experienced gig workers were able to achieve some form of flexible working.

Surveillance and algorithmic control result in loneliness and social isolation. Complaints about mental and physical stress, including sleep deprivation, were common among our respondents.

Some gig economy platforms openly state that clients do not have to pay if workers fail to meet the target or if clients are not satisfied with the work. There were dozens of stories of workers in our sample who never got paid for work done. Wage refusal or withholding pay is considered forced labour by the International Labour

Organisation.

Lack of career opportunities

Call centres are considered flat organisations with very few opportunities for internal progression within a firm. A majority of the agents we interviewed did not consider their work at call centres as a long-term career option. We met workers who had been in the sector for over five years with no real progression in salary or working conditions.

Platform companies and organisations such as the World Bank have built a rhetoric around the gig economy as enabling self-employment or entrepreneurship. Our book shows a less positive reality. Digital work opportunities don't always translate into good quality jobs, and may not be sustainable.

We see a need for research and activism that exposes how digital work is done. We also call for government action to uphold worker rights. And we advocate for building worker solidarity in digital economy networks.

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AFRICAN CUISINE

by Carolyn VandeWiele

Food Fare: Celebrate Black History Month with innovative dishes rooted in African cuisines

As I was reading through food blogs this month, looking for a topic for today's column, one in particular caught my eye. Thirty Black recipe developers were tasked with creating new recipes, in essence serving up a Black History Month Virtual Potluck.

A little research showed that this was actually the sixth such virtual potluck. DINE App editor Aaron Hutcherson is also the creator of a recipe blog, The Hungry Hutch, in which he calls attention to the inherent connections between culture, tradition, identity and, of course, food. In 2017 he teamed up with Dallas-based blogger and other food bloggers, including one from Kenya, for the first potluck, allowing readers to explore a different recipe for each day of "Black History Month".

While food has played a major role in the development of all cultures, Aaron explained that it's been an especially important part of the Black experience.

"Most of my fondest memories took place around the dinner table, and I think many others in my community would agree," he said. "Food is a prime example of Black people coming together and making the most of whatever came our way. During slavery, we only had access to ingredients that were normally discarded — intestines, feet, neck bones, bitter or thick-skinned vegetables — and our cooking reflects the ingenuity and resourcefulness needed to make those things delicious. It also speaks to the way we incorporate bold or spicy flavors into our cooking. I mean, if you're forced to cook chitlins, they better be good."

Dishes from the 2022 Black History Month Virtual Potluck include, center plate: Sweet Potato Biscuits, Caribbean Fish and Chips with Tamarind Sauce, and Collard Green Hand Pies; clockwise from lower left: Easy Crispy Collard Green Chips, Black-Eyed Pea Hummus, Dragon Fruit Pineapple Rum Punch, Warm Brewed Zobo Drink, Coconut-Lime Cornmeal Tres Leches Cake, Brown Butter Brulee Bean Pie and Smothered Okra and Tomatoes.

This year's Black History Month Virtual Potluck invited 30 chefs to explore food through the lens of Afrofuturism: "the intersection of imagination, technology, art, culture, politics, the future and liberation as seen through a Black cultural lens." From appetizers to drinks, more than 30 recipes reflect the cuisines of Africa, the Caribbean, South America, Mexico and the United States. The recipes explore traditional ingredients including yams and sweet potatoes, peanuts, lime, Caribbean spices, okra, cornmeal, chicken, seafood and collard greens, but take them in new directions.

Some chefs took a classic recipe, like fish and chips, and turned it upside down to reflect their own culture, and many took health, environmental and ethical considerations into account as they developed their dishes. As Stefani Renee of Savor and Sage puts it: "my goal was to honor the past, acknowledge that there is still work to be done as far as the liberation of all Black people, and give way for the hope of a better future."

We ate black-eyed pea hummus accompanied by crispy collard green chips as an appetizer.

A main course of Caribbean fish and chips followed, with the fish being topped with a cilantro and lime pesto before being dredged, dipped and fried. It was accompanied by a tangy tamarind sauce lightly sweetened with maple syrup and "fries" made from green bananas baked in the oven. For sides we checked out smothered okra and tomatoes, collard green hand pies and sweet potato biscuits.

On the dessert menu was a brown butter brulee bean pie made with navy beans and topped with a cinnamon honey butter whip and a lime infused "tres leches" cake topped with

traditional whipped cream, toasted coconut and lime zest.

There was a warm Zobo (hibiscus) drink infused with cinnamon, nutmeg and cloves to try as well as an adult beverage featuring champagne, rum, dragon fruit and pineapple.

A weekend of cooking doesn't make me an expert, I've only included four recipes from the 10 that I cooked. So this week I'm inviting my readers to do their own homework.

Me, I've still got my eye on the curry crab stuffed dumplings and the fonio pound cake with hibiscus glaze. Until next time, happy eating.

Easy Crispy Collard Green Chips

Source: Adapted from Nina Clark, The VGN Way, Feb. 12



- 1 bunch collard greens, washed and thoroughly dried
 - 1-2 teaspoons chia or flax seeds
 - 1/2 to 1 teaspoon red pepper
 - 1 tablespoon olive oil
 - Sea salt for sprinkling
1. Preheat the oven to 275 degrees F.
 2. Rinse and dry the collards thoroughly in salad spinner or pat dry with paper towels.
 3. Remove the ribs from the greens and cut into 1

1/2-inch pieces (note chips will shrink as they bake).

4. Mix olive oil, seeds and red pepper in a bowl, toss in the collard greens until coated.

5. Spread the collard greens over two large baking sheets (or more depending on how big the bunch of greens is). Being careful not to crowd the baking sheet (so that the collards get crispy instead of being soggy).

6. Bake for about 20 minutes until crisp, turning the leaves halfway through. Remove from oven and lightly lift from baking sheet so that they do not stick (do not remove). Let chips cool on the pan about 10 minutes and enjoy.

7. Chips are best eaten within a day or two to retain that perfect crispness, but can be stored in an airtight container at room temperature for up to three days.

Collard Green Hand Pies

Source: *A Girl Called Adri via Food 52*



Filling

- 2 tablespoons extra virgin olive oil
- 1/2 medium white onion, diced (½ cup)
- 5 garlic cloves, minced
- 1.5 cup white mushrooms, chopped
- 2 cups collard greens, roughly chopped
- 2 tablespoons lemon juice

- 1 teaspoon black pepper
- 1 teaspoon crushed red pepper
- 1 teaspoon salt
- 2 teaspoons smoked paprika
- 8 ounce cream cheese, softened
- Hand pies
- 1 egg
- 1 tablespoon water
- 12 puff pastry discs (5-inch) or store-bought empanada discs, or cut your own from a sheet of puff pastry

Mixture

1. In a skillet, over medium heat, heat the extra virgin olive oil for 3 minutes.

2. To the skillet add the diced white onion and cook for five minutes, stirring frequently with a silicone spatula, until the onions are translucent and just begin to brown.

3. Next, add the minced garlic and chopped mushrooms. Allow this to cook, stirring frequently, for about 3 minutes. Add the chopped collard greens and lemon juice. Allow to cook an additional 5-7 minutes until the greens are wilted and tender.

4. As the greens cook, season with the black pepper, crushed red peppers, salt and smoked paprika.

5. Taste the greens for tenderness, cooking longer if desired. When the greens have reached your desired level of tenderness, remove the mixture from heat and allow to cool for 3 minutes. The mixture will be warm, not hot.

6. In a medium mixing bowl, combine the softened cream cheese and the collard green mixture, stirring well to ensure the ingredients are well-combined.

Hand Pies



- Preheat oven to 375 degrees F.
- In a small bowl, whisk the egg along with a tablespoon of water to create an egg wash.
- Taking one empanada disc at a time, brush the outer edges with a small bit of the egg wash before filling the center with 2 tablespoons of the collard green and cream cheese mixture.
- Fold the dough over to form a half circle, closing the sides by pressing with a fork. You can also opt for braided edges.
- Use a knife to create 3 small slits in the top of the empanada.
- Brush the tops of each pie with a bit of the egg wash.

Place the empanadas on a lined baking sheet and bake for 20 minutes, until golden brown.

Caribbean Fish and Chips with Tamarind Sauce

Source: Nicole, *Heal Me Delicious*, Jan. 24



"Chips"

- 6 green, unripened bananas
- 2 tablespoons olive oil
- 1/2 teaspoon salt (plus more to taste)
- Tamarind sauce
- 1/4 cup tamarind paste or puree
- 1/4-1/2 cup water (depending on thickness of your tamarind)
- 2-3 tablespoons maple syrup (or more according to taste)
- Pinch of sea salt

Fish

- 1 cup fresh cilantro (leaves and stems)
- 4 cloves garlic
- 1 large yellow onion
- 1/4 cup green onions or chives, chopped
- 2 tablespoons fresh thyme
- 2 tablespoons fresh lime juice
- 1/4 cup water
- 1.5 pounds cod, haddock or pollock fillets, cut into 6 pieces
- 1 teaspoon sea salt

Batter

- 3/4 cup cassava flour

- 3/4 tsp sea salt
- 3/4 teaspoon garlic powder
- 1/4 teaspoon baking soda
- 1 cup carbonated water
- 1/2 cup tapioca starch
- Lard, tallow, or avocado oil (for frying)

Chips

1. Peel green bananas by trimming both ends and scoring the skin vertically in 3-4 areas to help remove the skin. Because the fruit is unripened, the skin will be tough.

2. Slice the bananas into thin fries of even sizes.

3. Place fries in a large bowl and drizzle with olive oil and sea salt. Massage oil and salt into the fries using your hands.

4. If using an air fryer, work in batches, placing fries in an even layer into the basket. Fry at 400 degrees F for 10 minutes, flipping halfway throughout. Repeat with remaining batches. Once cooked, sprinkle with additional sea salt to taste. If baking in the oven, preheat oven to 400 degrees. Line two large baking sheets with parchment paper and spread fries out in an even layer, being careful not to crowd the baking sheets so that the fries get crispy. Bake for 20 minutes, flipping once 10 minutes in. Once cooked, sprinkle with additional sea salt to taste.

Tamarind sauce

1. Place tamarind paste in a small saucepan along with water, maple syrup and pinch of sea salt. Stir to combine and boil on low heat until the mixture reduces and has reached desired thickness.

2. Adjust maple syrup and salt according to taste.

Fish and batter

1. Add cilantro, garlic, onion, chives, thyme, lime juice and water to a food processor and pulse until combined into a relatively smooth paste.

2. Pour green seasoning onto fish fillets and season with salt.

3. In medium-sized skillet, add cooking fat of choice to about an inch high and heat over medium-high heat until 350-375 degrees. You can use a candy thermometer to test the temperature of the oil.

4. In a large bowl combine cassava flour, sea salt, garlic powder, baking soda and carbonated water and whisk together. Do not over beat, as you want the mixture to maintain air bubbles inside. (Mix the batter when you are ready to use it or it will thicken up and be harder to use.

5. In a separate bowl, add the tapioca flour

6. Once the oil/fat is ready, dip each fillet of fish into tapioca starch, then into the liquid batter and place immediately into the pot.

7. Cook for 4-5 minutes, until the batter turns golden brown, flipping halfway through if necessary.

8. Use a slotted spoon to remove the fish from the fat and allow to drain on a wire cooling rack placed over a baking sheet.

9. Serve immediately so the fish doesn't lose its crispiness.

4. As the greens cook, season with the black pepper, crushed red peppers, salt and smoked paprika.

5. Taste the greens for tenderness, cooking longer if desired. When the greens have reached your desired level of tenderness, remove the mixture from heat and allow to cool for 3 minutes. The mixture will be warm, not hot.

6. In a medium mixing bowl, combine the softened cream cheese and the collard green mixture, stirring well to ensure the ingredients are well-combined.

Brown Butter Brulee Bean Pie

Source: by Chef Vicky, The Queen Of Yum.



- For brulee topping
- 2 cups sugar
- For cinnamon honey butter whip
- 1 stick softened butter
- 1/2 cup whipped honey
- 1/2 cup marshmallow fluff or creme
- 1/2 teaspoon cinnamon
- For the filling
- 2 cans or 2 cups cooked navy beans rinsed
- 1 stick butter
- 2 cans evaporated milk
- 4 eggs
- 1 teaspoon nutmeg
- 1/2 teaspoon clove (optional)
- 1 tablespoon cinnamon
- 1 teaspoon salt
- 3 tablespoons flour
- 2 cups sugar
- 2 tablespoons vanilla
- 3 ready-to-bake pie crusts

For brulee topping

1. Spread the sugar evenly on a parchment lined pan. Bake at 350 degrees F until bubbling and amber colored. Observe frequently to prevent burning.
2. Let cool, crack and blend into fine dust in a

food processor. Store until needed in an airtight container.

For cinnamon honey butter whip

1. Combine all ingredients until fully incorporated. Store in fridge until needed.

For the filling

1. Cover rinsed navy beans with water and let cook for two hours.
2. Brown 1 stick of butter and let cool.
3. Once beans are cooked, drain excess water and blend beans and remaining ingredients in a blender or food processor.
4. Pour the blended ingredients into your pie shells.
5. Bake for 50 minutes at 350 degrees.
6. Remove from oven.
7. Sprinkle top with the brulee sugar topping (see above), place back in oven and broil in 1 minute increments until bubbling.
8. Let cool completely, slice and serve immediately topped with the cinnamon honey butter whip (see above).

Recipe notes: If your sugar melts because of the water content in your pie, pre-slice your piece and repeat steps 7-8. You can also bake the pie(s) ahead and do these steps before serving.

Columnist's note: As written this recipe makes three pies. But you can cut the ingredients in half to make one pie and bake the remaining filling in a ramekin to serve as a baked custard.

This article originally appeared on The Herald-Times: Virtual potluck chefs put a modern spin on Black culinary favorites.

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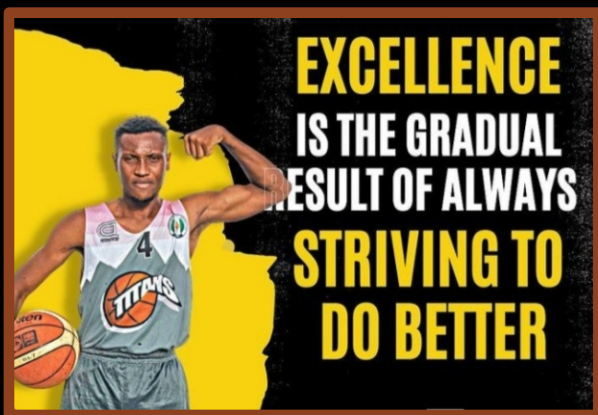
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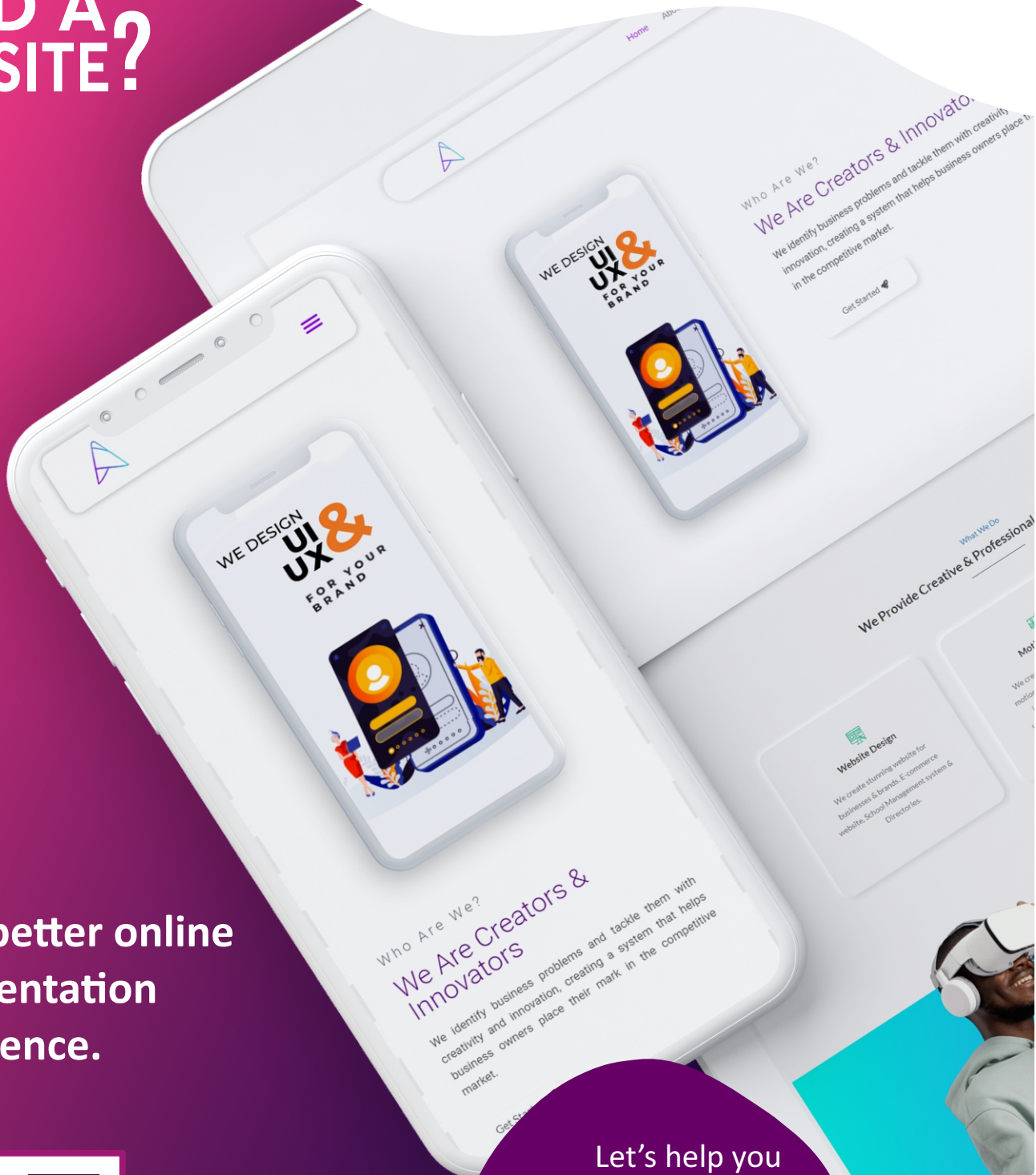
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