



# COPAL COCOA *Info*

A Weekly Newsletter of Cocoa Producers' Alliance

Issue No. 216

29<sup>th</sup> January – 2<sup>nd</sup> February 2007

Cocoa Producers' Alliance

## ICCO Daily Cocoa Prices

	ICCO daily price (US\$/tonne)	London futures (£/tonne)	New York Futures (US\$/tonne)
29 <sup>th</sup> January	1689.10	895.00	1627.00
30 <sup>th</sup> January	1708.45	904.67	1644.33
31 <sup>st</sup> January	1710.90	905.67	1648.00
1 <sup>st</sup> February	1727.38	909.00	1667.67
2 <sup>nd</sup> February	1723.19	908.00	1663.33
<b>Average</b>	<b>1712.00</b>	<b>904.00</b>	<b>1650.00</b>

- ✓ COPIES OF THE 14<sup>TH</sup> INTERNATIONAL COCOA RESEARCH CONFERENCE PROCEEDINGS NOW AVAILABLE AT THE SECRETARIAT IN HARD COPY (2 VOLUMES) AND CD-ROM VERSIONS
- ✓ ORDER FORM ATTACHED

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*Have you had your cocoa today?*

**International Financial Futures and Options Exchange (LIFFE)  
London Futures Market – Summary of Trading Activities  
(£ per tonne)**

**Monday 29th January 2007**

Month	Opening Trans	Settle	Change	Daily High	Daily Low	Volume
Mar 2007	868	879	11	883	864	2,900
May 2007	886	896	11	900S	881	2,038
Jul 2007	903	910	10	914S	896	795
Sep 2007	911	923	11	925S	910	200
Dec 2007	910	919	9	920S	907	206
Mar 2008	918	927	9	928S	915	237
May 2008		935	9			0
Jul 2008		944	9			0
Sep 2008		953	8			0
Dec 2008		960	9			0
<b>Totals</b>		<b>924</b>				<b>6376</b>

**Tuesday 30th January 2007**

Month	Opening Trans	Settle	Change	High	Low	Volume
Mar 2007	878	889	10	890	876	2,897
May 2007	895	906	10	908	893	2,015
Jul 2007	907	919	9	920	907S	355
Sep 2007	920	931	8	928	920	178
Dec 2007	916	928	9	926	916S	72
Mar 2008	929	936	9	929S	928	15
May 2008		944	9			0
Jul 2008	954	953	9	954S	954S	50
Sep 2008		962	9			0
Dec 2008		969	9			0
<b>Totals</b>		<b>934</b>				<b>5,582</b>

**Wednesday 31st January 2007**

Month	Opening Trans	Settle	Change	High	Low	Volume
Mar 2007	890	890	1	895	881	2,736
May 2007	905	907	1	912	899	1,948
Jul 2007	916	920	1	925	915S	477
Sep 2007	928	931	0	934	925S	242
Dec 2007	928	927	-1	931	923	239
Mar 2008	937	936	0	938S	936S	89
May 2008		945	1			0
Jul 2008		954	1			0
Sep 2008		964	2			0
Dec 2008		970	1			0
<b>Totals</b>		<b>934</b>				<b>5,731</b>

**Thursday 1st February 2007**

Month	Opening Trans	Settle	Change	High	Low	Volume
Mar 2007	889	893	3	900	884	3,740
May 2007	906	910	3	917	901	1,877
Jul 2007	921	924	4	930	920	450
Sep 2007	935	934	3	940S	935	59
Dec 2007	925	932	5	938	925	933
Mar 2008	935	940	4	947	933	256
May 2008	948	949	4	952S	948S	14
Jul 2008		958	4			0
Sep 2008		967	3			0
Dec 2008	984	973	3	984	984	5
<b>Totals</b>		<b>938</b>				<b>7,334</b>

**Friday 2nd February 2007**

Month	Opening Trans	Settle	Change	High	Low	Volume
Mar 2007	885	890	2	894	883	1,343
May 2007	893	899	1	903	893	1,446
Jul 2007	907	908	0	911	907	181
Sep 2007	922	917	-1	922	917	71
Dec 2007	929	924	0	929	925	269
Mar 2008		935	-1			0
May 2008		944	0			0
Jul 2008		953	0			0
Sep 2008		963	0			0
Dec 2008		972	0			0
<b>Totals</b>		<b>931</b>				<b>3,310</b>

<b>Average for the week</b>	<b>932</b>					<b>5667</b>
<b>Total for the week</b>						<b>28,333</b>

**New York Board of Trade**  
**(New York Futures Market – Summary of Trading Activities)**  
**(US\$ per tonne)**

**Monday 29th January 2007**

Month	Open	Price	Change	High	Low	Volume
Mar 2007	1566 1576	1602	24	1605	1566	6799
May 2007	1603 1605	1634	24	1637	1602	3393
Jul 2007	1628 0	1656	24	1655	1626	807
Sep 2007	1650 <sup>B</sup> 0	1676	24	1656	1650	470
Dec 2007	1668 0	1696	24	1682	1665	436
Mar 2008	0 1692 <sup>A</sup>	1716	24	0	0	0
May 2008	1708 0	1736	24	1708	1708	2
Jul 2008	1725 <sup>B</sup> 1732 <sup>A</sup>	1757	24	0	0	0
Sep 2008	0 0	1779	24	0	0	0
Dec 2008	0 0	0	0	0	0	0
<b>Totals</b>		<b>1525</b>				<b>11907</b>

**Tuesday 30th January 2007**

Month	Open	Price	Change	High	Low	Volume
Mar 2007	1603 1608	1616	14	1620	1597	6625
May 2007	1637 1640	1650	16	1653	1631	2917
Jul 2007	1660 0	1673	17	1670	1657	167
Sep 2007	1677 <sup>B</sup> 1682 <sup>A</sup>	1693	17	1696	1685	77
Dec 2007	1695 <sup>B</sup> 1705 <sup>A</sup>	1712	16	1708	1697	258
Mar 2008	1716 <sup>B</sup> 1724 <sup>A</sup>	1733	17	1725	1725	5
May 2008	1735 <sup>B</sup> 1742 <sup>A</sup>	1752	16	0	0	0
Jul 2008	1755 <sup>B</sup> 1764 <sup>A</sup>	1774	17	0	0	0
Sep 2008	0 0	1796	17	0	0	0
Dec 2008	0 0	0	0	0	0	0
<b>Totals</b>		<b>1540</b>				<b>10049</b>

**Wednesday 31st January 2007**

Month	Open	Price	Change	High	Low	Volume
Mar 2007	1602 1605	1617	1	1621	1589	10249
May 2007	1634 1635	1652	2	1654	1623	7753
Jul 2007	1658 1660	1676	3	1679	1657	666
Sep 2007	1678 0	1696	3	1680	1678	165
Dec 2007	1700 0	1716	4	1715	1700	543
Mar 2008	1715 <sup>B</sup> 1722 <sup>A</sup>	1736	3	0	0	0
May 2008	0 0	1754	2	0	0	0
Jul 2008	1752 <sup>B</sup> 1762 <sup>A</sup>	1777	3	0	0	0
Sep 2008	0 0	1799	3	0	0	0
Dec 2008	0 0	0	0	0	0	0
<b>Totals</b>		<b>1542</b>				<b>19376</b>

### Thursday 1st February 2007

Month	Open	Price	Change	High	Low	Volume
Mar 2007	1610 1614	1641	24	1650	1610	10841
May 2007	1640 1645	1676	24	1685	1640	7477
Jul 2007	1665 0	1700	24	1708	1665	2129
Sep 2007	1688 0	1720	24	1718	1688	606
Dec 2007	1712 0	1740	24	1745	1712	221
Mar 2008	0 0	1759	23	1759	1748	55
May 2008	0 0	1778	24	0	0	0
Jul 2008	0 0	1801	24	0	0	0
Sep 2008	0 0	1824	25	0	0	0
Dec 2008	0 0	0	0	0	0	0
<b>Totals</b>		<b>1564</b>				<b>21329</b>

### Friday 2nd February 2007

Month	Open	Price	Change	High	Low	Volume
Mar 2007	1645 1648	1631	-10	1658	1626	8722
May 2007	1681 1683	1666	-10	1689	1661	4764
Jul 2007	1702 0	1689	-11	1710	1695	923
Sep 2007	1720 0	1709	-11	1730	1716	442
Dec 2007	1736 <sup>B</sup> 1746 <sup>A</sup>	1729	-11	1748	1744	316
Mar 2008	0 0	1748	-11	0	0	100
May 2008	0 0	1767	-11	1781	1770	48
Jul 2008	0 0	1790	-11	1791	1787	28
Sep 2008	0 0	1813	-11	1811	1810	8
Dec 2008	0 0	1824	1824	1834	1834	5
<b>Totals</b>		<b>1737</b>				<b>15356</b>

<b>Average for the week</b>	<b>1582</b>				<b>19504</b>
<b>Total for the week</b>					<b>78,017</b>

### Spot Prices (US \$ per tonne)

	29 <sup>th</sup> January	30 <sup>th</sup> January	31 <sup>st</sup> January	1 <sup>st</sup> February	2 <sup>nd</sup> February
Main Crop Ghana, Grade 1	1987	2001	2002	1999	2016
Main Crop Ivory Coast, Grade 1	1875	1889	1890	1887	1904
Main Crop Nigerian, 1	1862	1876	1877	1874	1891
Superior Arriba	2395	2409	2410	2407	2424
Sanchez f.a.q.	1859	1873	1874	1871	1888
Malaysian 110	1604	1618	1619	1616	1633
Sulawesi f.a.q.	1642	1656	1657	1654	1671
Ecuador Cocoa Liquor	3129	3157	3159	3153	3186
Pure Prime Press African Type Cocoa Butter	4277	4315	4317	4309	4355
10/12% Natural Cocoa Press Cake	833	840	841	839	848

Source: Cocoa Merchants' Association

# News

## **Column: Chocolate has rich history here**

By CHARLENE PERKINS CUTLER

January 28, 2007

Everywhere there are reminders Valentine's Day is nearing. Marketers target us for significant purchases for our sweethearts: flowers and candy to celebrate the big day. The largest, most flamboyant arrangements of flowers, the obscenely decadent boxes of chocolates. I guess a box of jellybeans just doesn't have the same charm.

The Last Green Valley is not without a history where chocolate is concerned. One may be interested to know as early as 1770 Christopher Leffingwell had established a chocolate mill on the Yantic Flats in Norwich, just below the falls. Two years later, Simon Lathrop began a similar enterprise. These were up and coming, trendy initiatives -- not mere "staples" in the local trade of gristmills and saw mills.

### High-class beginning

Chocolate was first used as a beverage -- not the sweetened, milk based chocolate we are used to, but rather a bitter drink, sometimes flavored with cinnamon or vanilla and served hot. Chocolate candy and bakery specialties would come years later.

Evidently, it was popular in Spain, after being imported from Montezuma's court in Mexico in 1519. But it was not until the mid-1600s that it caught on in England. It was a wealthy man's drink, costing 10 to 15 shillings per pound. The chocolate was sold in a solid form and melted into water to make the elixir so coveted by the upper class. Chocolate houses developed into trendy clubs in most of the major European cities. Chocolate was on a roll as the new taste of the 1700s.

Then some clever Englishman got the idea to incorporate milk into the drink, greatly improving the taste and increasing its popularity. As it gained in favor, high import duties were placed on the raw cocoa bean -- and here we go -- the beginning of unfair, mid-18th century British tax policies on popular commodities.

### Not far off

In America, the first chocolate mill began in Dorchester, Mass., only five years before Leffingwell embarked in the new field. The cocoa beans were brought into New England by the sea captains working the West Indies trade. The mills ground the beans into a powder that could be combined with other ingredients or sold alone as cocoa. Leffingwell was no stranger to trade as a paper merchant and lived in a seaport (yes, Norwich). So he certainly had access to the raw product, as well as an indication of its popularity as an up and coming trend.

### Why we love it

And so The Last Green Valley's love affair with chocolate began those many years ago. Why do we like it so much? According to the food experts, it is rich in carbohydrates and therefore is an excellent source of quick energy. But it has something extra. Is it the taste? The rich color? Actually, it's chemicals. Chocolate contains small amounts of stimulants such as alkaloid theobromine and caffeine.

I prefer to think it's the color and taste. As we indulge our dear ones with confections this Valentine's Day, perhaps we should thank the farsighted Mr. Leffingwell and Mr. Lathrop for their efforts to bring the treat to our region so early in our history.

Charlene Perkins Cutler writes a column about The Last Green Valley that appears Sundays. Reach her at [pcutler@snet.net](mailto:pcutler@snet.net). Also, find her column online at [www.norwichbulletin.com](http://www.norwichbulletin.com)

## **Ondo spends N69m tree seedlings**

• Monday, Jan 29, 2007

The Ondo State Government has spent N69.4 million to raise 3.33 million tree seedlings for the regeneration of the forest in the last three years. The state Commissioner for Agriculture and Forest Resources, Mr. Ayo Ifayefunmi, told newsmen in Akure that the seedlings included 2.9 million teaks, 250,000 indigenous species and

165,000 gmelina. He said anti-encroachment drive had kicked off in the forest reserves and explained that the survey and mapping exercise of 14 forest reserves had been completed.

The commissioner said 6.8 million cocoa seedlings, 356,120 oil-palm seedlings, 23,171 kola seedlings and 142,291 cashew seedlings had been distributed to farmers. According to him, the government maintains 50 hectares of hybrid cocoa seed gardens at Ibule, Owena, Ile-oluji and Oda, to ensure regular supply of foundation stock for seedling production. He said the state also established the Sunshine Fisheries company with a capacity to produce 5.2 million fingerlings annually.

### **1 in 3 British Consumers Want Chocolate With Health Benefits**

WIEZE, Belgium, January 30 /PRNewswire/ --

Tuesday 30 January 2007

- Results of European Consumer Survey (1) by Barry Callebaut Predict Fast-Growing Demand for Healthy Chocolate

- 1 in 3 Europeans (36%) wants chocolate with health benefits; almost 4 in 10 Europeans (38%) want chocolate with naturally reduced sugar content

- Europeans believe that chocolate has a positive influence on psychological and physical wellbeing: it is good for the morale (53%), it provides energy (48%), it is good for the memory (15%), it is good for the heart and the cardiovascular system (13%)

- Barry Callebaut is launching innovations to meet the changing consumer demand: ACTICOA(TM) (2), the richest natural source of health-promoting polyphenols, and chocolate enriched in dietary fibres to reduce sugar content by up to 40%. (3)

- Barry Callebaut also caters to the growing demand for premium chocolate and an exquisite taste experience with the introduction of new origin cocoa and chocolates. To come forward to the growing concerns about the environment as well as ethical issues are growing among consumers, Barry Callebaut now has a chocolate available with two certifications: Bio Fairtrade chocolate.

- Highlights UK:

- 978 people were surveyed (face to face)

- Milk chocolate is with 61% the most popular chocolate - followed by dark chocolate (35%) and chocolate with nuts, nougat or grapes (33%).

- British consumers are keen consumers of origin (22%) and fair-trade chocolate (14%). 83% buy and consumer regular chocolate.

- Most British consumers eat chocolate a few times a week (39%), followed by a few times a month (25%). 15% eat it every day.

- British consumers are more sceptical concerning chocolate and health claims than other Europeans. 23% believe that chocolate boosts the morale and vitalises you (20%). Only 6% of the Brits believe that chocolate enhances the memory and 7% that it is beneficial to the cardio-vascular system.

- 30% would buy chocolate that promises health benefits. 19% hesitate and indicate they might.

- 33% would like to buy chocolate of which the sugar content is naturally reduced - 27% say they might.

- 21% is willing to pay up to 10% more for chocolate that is beneficial to their health - 10% up to 20%.

Europeans are chocolate lovers. According to a recent consumer survey by Barry Callebaut conducted in five European countries with a long-standing chocolate tradition, 1 in 2 (52.8%) eats chocolate at least once a week; 8 in 10 (79.8%) eat it at least a couple of times a month. Belgians and Swiss lead the category: 62% of Belgians and 60% of Swiss enjoy chocolate at least a couple of times a week.

Milk chocolate remains the most popular taste: 58% of European consumers say they eat milk chocolate, closely followed by dark chocolate (43%) and chocolate with nuts, raisins or nougat (41%). France stands out among European preferences: at 57%, dark chocolate is the most popular taste in that country. Even though Germany is traditionally a milk chocolate-eating country, there are already as many as 37% of German consumers that eat dark chocolate. While 'regular' chocolate remains popular (88.8%), there is an increasing popularity of single-origin chocolate (10.8%) and Fairtrade chocolate (8.2%). The UK leads the way: 22% go for single-origin chocolate, 14% for Fairtrade chocolate.

While functional food in general (i.e. food that has been shown to have a positive effect on specific functions or systems in the body) is on the rise worldwide, there is hardly any functional chocolate product available in the market today. Therefore, consumption of functional chocolate is still very low, at a mere 1.6%. This is coupled with Europeans' limited knowledge of the beneficial effects of cocoa: a surprising fact given that thousands of years ago, before cocoa came to Europe, the ancient cultures of the Mayas and the Aztecs already used cocoa as a medicine. The majority of Europeans rightly believe that chocolate is good for morale (53%) and that it gives energy (36.6%). But knowledge of other - proven - effects appears to be low: it improves the memory (15.4%), it is good for the heart and vascular system (13.8%), it contains anti-cancerous substances (7.6%). Especially French and Swiss consumers firmly know and understand the health benefits of chocolate, whereas British consumers are by far the most sceptical in Europe.

Despite this limited knowledge, it appears that when asked, the market potential for functional chocolate is considerable: more than 1 in 3 (36%) wants to buy chocolate that actively benefits health. And there is great enthusiasm for chocolate with naturally reduced sugar levels (as long as the flavor of the chocolate is not altered). Almost 4 Europeans in 10 (38%) are keen to have this type of chocolate, and are prepared to pay up to 10% more for it.

Barry Callebaut: world leader and innovative trendsetter in chocolate

1 in 4 chocolate products in the world are made with chocolate from Barry Callebaut. The world's largest manufacturer of high-quality cocoa and chocolate products for the entire food industry maintains this leading position with the intensive development of new, natural products that always go back to the goodness of the cocoa bean.

"Chocolate is a natural, delicious and healthy product. It has a low glycaemic index and the cocoa bean contains about 230 substances that potentially have a beneficial effect on our health," says Hans Vriens, Chief Innovation Officer at Barry Callebaut. "Nevertheless, a large number of people associate eating chocolate with feelings of guilt. At Barry Callebaut, we are working hard on that - unjustified - 'guilty feeling' with the development of 'guilt free' chocolate. This is chocolate that is every bit as delicious as standard chocolate and that offers, additionally, active health benefits. In this regard, Barry Callebaut has two leading innovations: chocolate in which the sugar content has been reduced by 40% by natural means, and ACTICOA(TM): a revolutionary process for making chocolate with high concentrations of polyphenols. Recent, new research with cocoa polyphenols is adding weight to long-suspected links between cocoa and the prevention of cancer (4), the improvement of heart-health, and that cocoa polyphenols might make you live longer (5). Extremely exciting prospects - both for Barry Callebaut and the consumer."

Barry Callebaut: always one step ahead of the market, thanks to innovations

There are three major consumer trends: health & wellbeing, taste experience & indulgence, and convenience. Barry Callebaut's intense innovative efforts also includes the areas of convenience of use and taste experience or indulgence. The introduction of a wide range of single origin chocolates and new flavors offers the consumer a new chocolate experience: 6 new origin chocolates, 5 new origin powders and The Golden Chocolate Collection - six precious chocolates in line with the taste preferences of Belgian, French, German and Swiss consumers - will be launched at ISM 2007.

(1) European survey conducted in November and December 2006 by independent research bureau IPSOS. Participating countries: Belgium, Germany, France, UK, Switzerland

(2) Barry Callebaut's ACTICOA(TM) chocolate is now the richest natural source of antioxidants, containing a much higher polyphenol concentration than red wine and green tea. In fact, dark ACTICOA(TM) chocolate contains twice as much cocoa polyphenols than standard dark chocolate. ACTICOA(TM) milk chocolate



contains as much cocoa polyphenols as standard dark chocolate and 4 times more than standard milk chocolate. Everything about cocoa polyphenols and their health benefits can now be discovered online at [www.acticoa.com](http://www.acticoa.com). It provides information for consumers as well as for professionals.

(3) Barry Callebaut offers sugar-reduced chocolate by enriching it with dietary fibres and using the natural sweetness of the cocoa bean, to replace up to 40% of the sugar in normal chocolate's sugar. The dietary fibres used in this chocolate offer significant positive health effects such as improved immune system, better gut function, and lasting satiety.

(4) See press release: Discover how healthy pure indulgence can be on [www.acticoa.com](http://www.acticoa.com)

(5) See press release: Exciting new research points to the potentially life-prolonging effects of Barry Callebaut's ACTICOA(TM) chocolate: Chocolate That Makes You Live Longer

Barry Callebaut : With annual sales of more than CHF 4 billion for fiscal year 2005/06, Zurich-based Barry Callebaut is the world's leading manufacturer of high-quality cocoa, chocolate and confectionery products - from the cocoa bean to the finished product on the store shelf. Barry Callebaut is present in 25 countries, operates more than 30 production facilities and employs approximately 8,000 people. The company serves the entire food industry, from food manufacturers to professional users of chocolate (such as chocolatiers, pastry chefs or bakers), to global retailers. It also provides a comprehensive range of services in the fields of product development, processing, training and marketing.

### **HEALTH: Don't cheat yourself out of Valentine's Day treats**

January 30, 2007

Valentines Day is a day marked by love, hearts, and spending time with the person that means the most to you. It is also a time for cheaters. That's right, those people who are about to cheat on their 2007 New Year's diet resolutions.

Before we get too engrossed with thinking about cheating on our self-inflicted diet plan, let's think about the most healthful choices for candy during this love-struck holiday.

As we peruse through the grocery store, we come across the well-known candy hearts. With cute phrases engraved on the front, they are hard to resist when someone you love picks a special one out for you. However, one small box of these temptations contains 110 calories, 28 grams of carbohydrates and no fat or cholesterol. Seems appealing without all the fat, but since this candy also has no fiber or protein and mostly empty calories, we'll keep looking for a better option.

Red Hots (the tiny cinnamon hearts) contain only 60 calories, 15 grams of carbohydrates, and no fat or cholesterol for half an ounce. We are literally getting warmer, but it seems we can still make a more healthful decision with more beneficial nutrients.

Chocolate. It may seem to be a "hands-off" item for our diet regimen, but let's look at the facts. Chocolate can actually be the healthiest choice for Valentines Day, if we pick the right kind. Studies suggest dark chocolate contains a compound called flavonoids, which comes from plants and have anti-oxidant affects. In some studies, these flavonoids have been found to have a favorable impact on heart disease and may reduce LDL (the bad cholesterol) levels. The caveat is that not all chocolate will have this effect. The darker the chocolate and the higher the percentage of cocoa, the more flavonoids it will have. Milk chocolate also tends to be higher in saturated fat and usually sugar. For dark chocolate splurges in small portions, try 3 pieces of Ghiradelli Dark Chocolate 60 percent Cocoa (11 grams fat, 0 cholesterol, 15 grams carbohydrates, 2 grams fiber, and 1.3 grams protein).

Final recommendation? There is no cheating on Valentine's Day. Make several pieces of high cocoa-content dark chocolate a part of your healthy diet, while getting the benefits of flavonoids on a holiday that puts hearts first.

Bundy is a registered dietitian and Acting Director of the Food and Nutrition Department at The William W. Backus Hospital. This column should not replace advice or instruction from your personal physician. E-mail Bundy and all of the Healthy Living columnists at [healthyliving@wwbh.org](mailto:healthyliving@wwbh.org)

## **Ghana to maintain premium quality cocoa**

Source: GNA

31-Jan-2007

The Deputy Central Regional Manager of the Quality Control Division (QCD) of the Ghana Cocoa Board (COCOBOD), Mr Peter Tandoh, has reiterated that Ghana is poised to maintain the premium quality cocoa.

He said COCOBOD was working hard so that Ghana's cocoa will continue to enjoy the best premium in the international consumer market.

Speaking at a farmers rally organized by the Agona District QCD at Agona Nsaba, Mr Tandoh urged cocoa farmers to follow modern methods being offered them by extension officers to enable them produce good quality cocoa bean. He said cocoa is the second largest export earner for the country and advised players in the industry to aim at maintaining increased production and premium quality.

Mr Tandoh said the government instituted a housing scheme for cocoa farmers nationwide as part of an incentive package to promote high production and that the scheme had taken off in the Western Region to be followed by the Central region. He asked the farmers to ferment their cocoa with the stipulated period of six and seven days in order not to compromise on quality.

Mr Samuel Ankomah, Agona District Director of Extension Services of the Ministry of Food and Agriculture (MOFA), said last year, government spent €4 billion on the mass spraying exercise in the district, which helped to increase cocoa production. He urged farmers to use only approved chemicals to spray their farms, saying the exercise was free and urged them not to pay money to anybody. Mr Ankomah said this year the spraying exercise would commence in May, instead of August as it used to be in the past, and appealed to licensed buying companies to show interest in the exercise to ensure its success.

Nana Kofi Agyekum, Agona District Chief Farmer appealed to the COCOBOD to resolve a lingering issue relating to the payment of compensation for a parcel of land belonging to Nana Kweku Apotoryi. He held that an amicable settlement of the issue would promote peace and also boost production of cocoa in the Central Region. The District Chief Farmer warned cocoa farmers in the district to refrain from selling their produce to purchasing clerks outside the district.

## **INTERVIEW-Ivorian cocoa buyers face robbery risks in bush**

31 Jan 2007

By Peter Murphy

ABIDJAN, Jan 31 (Reuters) - Ivory Coast's cocoa merchants risk their money and their lives on the road as highway robbers increasingly target their cars to seize cash destined to buy beans, a senior police officer said on Wednesday.

Millions of CFA francs have been stolen from cocoa buyers so far in this 2006/07 season by thieves who stop buyers' cars either by holding up the drivers with guns or by mounting fake police checkpoints and dressing in military uniforms. "It's a phenomenon which starts as soon as the season begins. That's when cooperatives and the private buyers have to bring money around," Francois Kouasi Kouadio, director of the police's criminal branch, told Reuters. "In 2006 it started to become more widespread. We had two or three similar attacks until the most recent one when a buyer was killed," he said, referring to an attack in early December less than 50 km (30 miles) from the economic capital Abidjan.

Cocoa buyer Seydou Diarra was shot dead at the wheel of his car by a gang who flagged him down at a fake roadblock shortly after he withdrew 30 million CFA francs (\$59,330) from the bank to buy cocoa, local media reported at the time. Kouadio said six of the gang of seven had been arrested while one remained at large. Two of the ringleaders were serving members of the Ivorian military and a third was an ex-soldier on bail after stealing and selling a 35-tonne lorry load of cocoa. "They are all in prison. They got 20 years," Kouadio said. "Out of the 30 million CFA we were able to give 19 million back to his older brother as well as a BMW which one of the thieves bought with the loot," he said.

Around the same period the Fraternite Matin daily said more than 126 million CFA (\$249,200) was stolen in a week in a series of hold-ups which coincided with a seasonal peak in the flow of cocoa arriving at ports from the bush. Ivory Coast, the world's top cocoa grower and once one of West Africa's most stable countries, has been split since a brief 2002/03 civil war into a northern zone held by rebels and a government-controlled south.

U.N. and French troops patrol a ceasefire zone to maintain the peace ahead of elections scheduled to be held by October.

#### MORE BANK BRANCHES NEEDED

In a police report he filed on cocoa-related crime late last year, Kouadio called on Ivory Coast's banks to open more branches in growing regions to lessen the risks for merchants. "We need all the banks to be represented in each region so you can get money transferred rather than having to take it with you," he said, adding buyers had been known to carry as much as 100 million CFA (\$197,800) at a time. "We don't have complete coverage of banks across the whole territory. Buyers don't normally use cheques ... since a farmer doesn't know anything about banks and will never accept (cheques) as payment," he said.

He added farmers were also occasionally victims of robberies mostly taking place shortly after they had sold a load of cocoa. "We have come across cases where farmers are visited by thieves in the evening after selling their cocoa or are attacked on the way home from selling in town," he said.

#### **Surprise: Hot cocoa can be a health drink**

By Dana Carpender

United Features Syndicate

Wed, Jan. 31, 2007

Mmmm. I know what I want: a big mug of hot chocolate. Talk about comfort! "But," you're thinking, "you're a nutrition writer! Furthermore, you're the Great Anti-Sugar Crusader! And you're talking about hot chocolate?"

Hot chocolate is better for you than you might think. You've got your milk, you've got your cocoa powder, you've got your sweetener – which for me will not be sugar, of course. A little vanilla. Let's look a little closer. It has 8 grams of protein per cup and 12 grams of carbohydrate in the form of the milk sugar known as lactose. That's a fair amount of carbohydrate, but lactose is easy on your blood sugar. That cup of milk has a glycemic load just around 3, unless you add a bunch of sugar to it.

Milk also has 30 percent of your daily calcium, 24 percent of your riboflavin, 15 percent of your B-12, 11 percent of your potassium, 6 percent of your thiamin and zinc, 4 percent of your vitamin C and 3 percent of your folacin. You'll get 100 units of vitamin D, a quarter of the daily requirement the government specifies.

Calories will depend on the fat content of the milk you choose. Skim has the fewest calories – just 86. But calcium, like many nutrients, is best absorbed when consumed with some fat. I like my bones and want to keep them strong, so I'd choose at least 2 percent fat, with 121 calories per cup.

How about cocoa powder? One tablespoon has just 12 calories. You'll get three grams of carb, but 2 grams of that is fiber – more than twice the fiber of your average slice of whole-wheat bread.

Cocoa powder doesn't have many vitamins. Where it really shines is in its antioxidant content. Chocolate is a great source of procyanidins, antioxidants believed to reduce your risk of cancer, heart disease and stroke. Science Daily has reported that a cup of hot chocolate may have more antioxidant power than a cup of tea or a glass of red wine.

What about the sugar? I make my hot chocolate with Splenda. The only trick is heating it slowly. Both milk and chocolate scorch easily. If you have a heat diffuser or a double boiler, this would be a good time to use it.

#### Sugar-free Hot Chocolate

3 cups low-fat milk

2- 1/2 tablespoons cocoa powder

2 tablespoons Splenda

1 tablespoon vanilla-whey protein powder or 1/2 teaspoon vanilla extract

Cook's notes: The vanilla-whey protein adds extra creaminess and makes your hot chocolate more filling, but if you don't have it on hand, vanilla extract is fine.

Combine everything in a saucepan over low heat, whisking until the cocoa is dissolved. Heat slowly until quite hot and serve.

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*Dana Carpender is the author of "15-Minute Low-Carb Recipes" and "The Low-Carb Barbecue Book," and the editor of the bi-weekly online newsletter "Lowcarbezine!"*

### **Nigeria: 14 Gobs for Cocoa Day Celebration**

This Day (Lagos)

Yinka Kolawole,

February 3, 2007

Osogbo

No fewer than 14 governors from cocoa producing states will today participate at this year National Cocoa Day in Osogbo, Osun State Capital. Speaking yesterday on the preparation for the third National Cocoa Day, the Deputy Governor of Osun State, Erelu Olusola Obada said the National Cocoa Development Committee (NCDC) would at the Forum canvassed for increased and local consumption of cocoa in Nigeria.

The Deputy Governor stressed that the Federal Government was fully ready to encourage farmers to grow cocoa for the development of cocoa and assist some farmers to nurture the cocoa farms for small-scale industries. Erelu Obada also noted that about 170 metric tonnes of cocoa is been produced presently in the country, adding that government since 2005 had planted about 400 metric tonnes of cocoa varieties for both local and international consumptions. She further remarked that in the next one to two years the nations is expected to produce over 600metric tonnes for the development of our morribund industries.

### **Chocolate taps consumer health concerns**

By Jess Halliday

Foodnavigator.com/europe

31/01/2007 - The results of a consumer survey on healthy chocolate suggests that the substance once considered solely as a sweet confectionery item has made huge strides towards the realm of health foods.

The survey was conducted on behalf of cocoa manufacturer Barry Callebaut through telephone or face-to-face interviews with around 1000 consumers in each of Belgium, France, Germany, Switzerland and the UK. On average 35.6 per cent of people asked signalled that they would buy chocolate that promised health benefits. Although the survey results are, understandably, being used as to boost marketing of Callebaut's products and ingredients (particularly those based on its ActiCocoa polyphenol-preserving process), the findings may hold good news for the healthy chocolate sector at large.

It appears that consumers in major European markets grasp the difference between chocolate with a cocoa content of over 70 per cent has been researched for its preventative role in relation to serious conditions like heart health and dementia, and sugar-laden confections.

The latter, which have lower cocoa levels and therefore less polyphenols, are considered to be junk food of little nutritional value.

What is more, market researchers generally advise that only foods that have a basic healthy profile should be considered as carriers for healthy ingredients, as otherwise they are seen as novelties that contradict the aim of promoting wellbeing.

Some food companies are already using high-cocoa chocolate as a vehicle for functional ingredients. For instance, a chocolate bar called Attune containing DSM's Lafti brand probiotic launched recently in the US.

Mars, which is one of the other leading lights in healthy chocolate innovation besides Callebaut, has also added plant sterols to its CocoaVia healthy chocolate bars.

As for Barry Callebaut, chief innovation officer Hans Vriens said: "A large number of people associate eating chocolate with feelings of guilt. We are working hard on that – unjustified – 'guilty feeling' with the

development of 'guilt free' chocolate." In addition to the ActiCocoa process, the company has also come up with a way to naturally reduce the sugar content in chocolate by as much as 40 per cent.

The highlights of the survey released by Barry Callebaut also contain an insight into the relationship between added health value and consumers' readiness to reach into their pockets.

In all countries some respondents said they would be prepared to pay up more for chocolate that is beneficial for their health. On average, 23.2 per cent said they would be prepared to pay up to 10 per cent more for chocolate that is beneficial to their health, and 11.4 per cent would be prepared to pay up to 20 per cent more.

Other aspects of the survey revealed some interesting differences between the five countries.

For instance, France led the pack in terms of dark chocolate consumption, with 57 per cent of respondents reporting its use compared to 47 per cent in Belgium, 40 per cent of Swiss, 7 per cent of Germans, and 35 per cent of Brits.

The French seem to be firm believers that chocolate is good for you (74 per cent said it boosts morale and revitalises you, 22 per cent that it boosts memory and 13 per cent that it benefits the cardiovascular system.

At the other end of the spectrum, the British came across as most sceptical about the benefits. Just 23 per cent believed in the morale claim, 20 per cent that it revitalises you, six per cent that it boosts memory and seven per cent that it aids the cardiovascular system.

#### **Barry Callebaut investigates Acticoa for ageing, longevity**

By Jess Halliday

[Nutra-ingredients.com/europe](http://Nutra-ingredients.com/europe)

19/01/2007 - Barry Callebaut is venturing down avenues of research that would allow it to market its Acticoa chocolate on an anti-ageing and longevity platform.

Dark chocolate has been much on the news lately thanks to research on the healthy potential of its high antioxidant content. Barry Callebaut has devised a process with which it says it can preserve more of the natural polyphenols than is possible through conventional methods.

So far chocolate produced using this process, called Acticoa, has been marketed mainly on the basis of its high polyphenol content and health benefits associated with polyphenols. But with positive results from a pre-clinical trial in which rats that suffered oxidative stress and were fed the chocolate were seen to live considerably longer than rats that received a placebo, the company is paving the way to market it to the burgeoning anti-ageing market.

The study was conducted on 60 Wistar-Unilever rats, which were randomly divided into four groups of 15. A control group was not subjected to oxidative stress and received a placebo, while the other three groups received either 24mg of Acticoa per kg of body weight or a placebo for two weeks prior to being subjected to oxidative stress, and throughout the course of the experiment.

The groups that received the Acticoa and was subjected to oxidative stress was seen to have 30 per cent increased longevity compared to the group that received the placebo and was subjected to oxidative stress – almost the same as the control group.

The Acticoa oxidative stress groups were also seen to have higher food and water consumption rates, compared to the placebo oxidative stress group.

Herwig Bernaert, innovations manager fundamental research, told [NutraIngredients.com](http://NutraIngredients.com) that the study is currently making its way through the publication approvals process. He was unable to reveal journal details at this time.

He said that the company decided to communicate a brief of the findings prior to publication because the company is "very proud of them".

“To our knowledge, this is the first report proving that cocoa polyphenols produce such benefits in rats,” said research co-ordinator Jean-Francois Bisson, PhD, director of the department of cancerology and human pathologies at ETAP Research Centre in France.

“Given the results of the present study and the findings of others, there is evidence that suggests that the daily consumption of small amounts of cocoa or chocolate rich in cocoa polyphenols may offer some protection against chronic oxidative stress and increase lifespan of humans,” he added.

Bernaert said that the chronic oxidative stress experienced by some animals is comparable to the effect in humans, as in both an increase in free radicals has an impact on longevity. Not only have polyphenols been seen to neutralise this effect, but an impact has also been seen in healthy animals.

While replicating the rat study in humans is not feasible for Barry Callebaut since it would take decades to compete, Bernaert said the next stage for the company is investigations to determine the polyphenols' effect on certain biomarkers that have an impact on ageing.

“Ageing is one of the global issues,” he said. “The point is for people to get older and enjoy that they are living longer.”

The company has previously investigated the effects of Acticoa chocolate on cognition, in both pre-clinical rat trials and human clinicals.

According to Barry Callebaut, dark chocolate produced using the Acticoa method can contain as much as 6 per cent cocoa polyphenols, and milk chocolate 2.1 per cent.

In both cases Bernaert said that this is at least double that found in normal chocolate.

In terms of ORAC value, 40g of normal chocolate is said to be equivalent to a 140ml glass of red wine or one cup of tea. However just 10g Acticoa chocolate is reported to be equivalent to the same servings.

## **TIT BITS**

*(Source: Business Recorder – www.brecorder.com)*

### **cocoa slips 1.5 percent**

NEW YORK (January 28, 2007): US cocoa futures contracts settled down 1.5 percent at a fresh 17-day low on Friday, pressured by fund selling while manufacturer buying prevented deeper losses, traders said.

### **Ivorian cocoa buyers face robbery risks**

ABIDJAN (February 01, 2007): Ivory Coast's cocoa merchants risk their money and their lives on the road as highway robbers increasingly target their cars to seize cash destined to buy beans, a senior police officer said on Wednesday.

### **New York cocoa settles firm**

NEW YORK (February 01, 2007): US cocoa futures contracts settled higher on Tuesday on speculative buying unmatched by light origin selling while continued dry weather in West Africa underpinned the market, traders said.

### **Brazilian cocoa arrivals fall**

SAO PAULO (February 01, 2007): Brazilian 2006/07 (May/April) cocoa arrivals from Bahia and other states totalled 3.14 million 60-kg bags by January 28, down around 4 percent from 3.27 million bags a year ago, Bahia Commercial Association said. In a weekly report, it said Bahia state, Brazil's main cocoa producer, delivered 16,323 bags in the past week, up from 13,801 bags in the same week last year.

### **New York cocoa edges higher**

NEW YORK (February 02, 2007): US cocoa futures contracts settled a shade higher on Wednesday on two-sided fund and speculative trade in a technically-driven session as the market continued to seek direction, traders said. "It's just jockeying for position. I don't see anything fundamental making this market move right now," one trader said.

### **cocoa closes firmer**

NEW YORK (February 03, 2007): US cocoa futures contracts closed firm on Thursday, after technical speculative buying amid support from the strong sterling pushed the benchmark contract to a fresh four-week high, traders said.

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