

Project Green Challenge — Day 19 (GREENER)

Name: AWUNGAFAC CYRIEL ASONGU

Username: GREENVENTI

School: University of Buea

LINK TO MY INSTAGRAM POST

🌐 Greenhouse on Instagram: "🌱 Food unites us more than it divides. From Cameroon's ...

Reflection

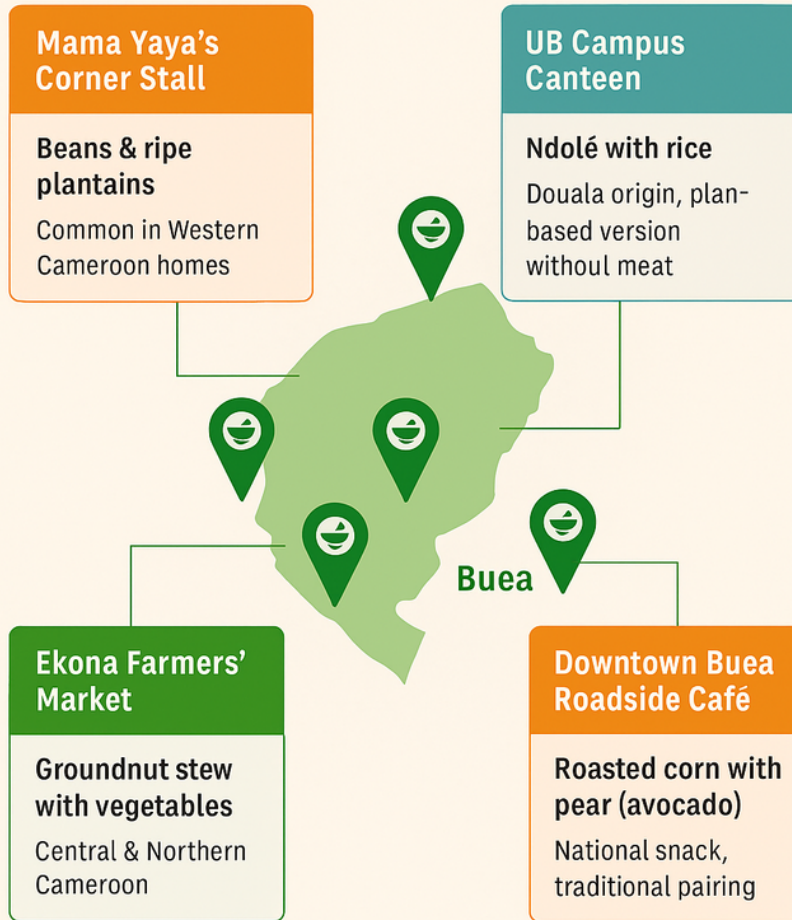
Plant-based eating is one of the oldest and most universal languages of culture. Across continents, people have always found ways to live in balance with nature — from Ethiopia's spiced lentils and India's vegetarian curries to Cameroon's ndolé and koki beans. What unites them isn't only taste, but philosophy: food as community, care, and respect for the earth.

As I explored my local markets and eateries in Buea, I realized that our traditional foods — though often overlooked — are already climate-smart. Meals like fufu corn with vegetables or beans and ripe plantains are naturally plant-based, nutrient-rich, and deeply cultural. These recipes prove that sustainability doesn't require imitation; it begins with appreciation of what our ancestors perfected.

Around the world, people are choosing plant-based meals for health, compassion, and environmental impact. But here at home, we also choose them because they taste like belonging — a delicious reminder that we can honor culture and protect the planet with every bite.

LOCAL PLANT-BASED FOOD MAP

BUEA, CAMEROON



LOCAL PLANT-BASED FOOD MAP (BUEA, CAMEROON)

Spot / Market / Eatery	Plant-Based Dish	Cultural Influence / Origin	Why It Matters
Mama Yaya’s Corner Stall (Molyko Market)	Beans & ripe plantains	Common in Western Cameroon homes	Affordable, vegan, high protein
UB Campus Canteen (Environmental Club corner)	Ndolé with rice	Douala origin, plant-based version without meat	Local leafy greens rich in iron & calcium
Ekona Farmers’ Market	Groundnut stew with vegetables	Central & Northern Cameroon	Promotes local peanuts & green vegetables
Downtown Buea Roadside Café	Roasted corn with pear (avocado)	National snack, traditional pairing	Zero waste, no packaging, seasonal
Bonakanda Village Kitchen	Koki beans (steamed black-eyed peas)	Traditional West & Northwest dish	High in plant protein, cooked in banana leaves

GLOBAL CONNECTION

These dishes echo a global story — lentils in Ethiopia, tempeh in Indonesia, hummus in Lebanon, or tofu in Japan — showing how plants have always been the bridge between nourishment and nature.

Key reason people choose plant-based food:

To reconnect health and heritage with harmony — caring for body, culture, and planet at once.

PGC 2025

NAME: AWUNGA FAC_ASONGU

USER NAME: GREENVENTI