



CRIN Herald

A MONTHLY PUBLICATION OF COCOA RESEARCH INSTITUTE OF NIGERIA (CRIN), IBADAN.

ISSUE: 42 (August, 2024)

Summit University Explores Possible Collaboration with CRIN



The peaceful and enterprising environment created by the Executive Director (ED) of the Cocoa Research Institute of Nigeria (CRIN), Dr. Patrick Adebola, has attracted and engendered several institutions to have partnership with the Institute. Recently, the Chairman of the Governing Council/Pro-Chancellor of Summit University, Offa (SUN, Offa), Kwara State, Alhaji Rafiu Adisa Ebiti, and the General Manager, Summit University Advancement Bureau, Dr. Nurat Akinlabi-Babalola, visited the Institute. The visit aimed at forging collaboration and securing support for Summit University's Cashew project, focusing on research enhancement, joint grant applications, and seedling procurement.

The ED CRIN, Dr. Patrick Adebola, ably represented by the Institute's Director of Research Operations, Dr. S.O. Agbeniyi warmly welcomed the guests to the Institute. Other esteemed members of the CRIN team included the Director, Budget, Monitoring and Evaluation, Dr. A.O. Famaye, Kola Programme Leader, Dr. K.B. Adejobi and

Cashew Programme Leader Dr. O.O. Adeigbe.

An MOU drafted by Summit University was submitted which includes utilising CRIN's patented developed products, establishing a research unit at Summit University, and offering part-time or adjunct lecturing to CRIN Scientists in order to boost their students' educational development. The Institute promised to review and incorporate additional collaborative areas.



Pro-Chancellor, Alhaji Ebiti and Dr. Agbeniyi



Group photograph of SUN and CRIN Team





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Cocoa: Its Social, Economic and Political Contributions to Nigeria - What does the Future Hold?



The Pre-National Trade Dialogue Series (NTDS) Meeting was held on July 16, 2024 at the NEPC Conference Hall, Export House, Maitama, Abuja. This meeting was focused on the theme: "The State of the Nigerian Global Trade Ecosystem – Bridging the Gaps for a Renewed Program (Cocoa as a Case Study)". The CRIN Executive Director, Dr. Patrick Adebola, who was invited as a Keynote Speaker at the meeting was represented by Dr. Sunday Agbeniyi and Dr. Festus Olasupo.

In his presentation titled "Cocoa a Case Study – Its Social, Economic and Political Contribution to Nigeria – What Does the Future Hold?" Dr. Patrick Adebola noted that cocoa cultivation in Nigeria dates back to late 19th century and we became the largest cocoa producer and exporting country in Africa between 1950 and 1970s. Nigeria held this title until the discovery and investment in the oil sector during 1970s and 1980s. Its share contribution to the national GDP decline significantly over the years to 0.3% of

the GDP in 2010, after which it became 12% in 2022.

The ED CRIN opined that Several factors have contributed to the decline in cocoa production in Nigeria, including aging cocoa trees and farmers, low yields, inconsistent production patterns, diseases, pest infestations, inadequate supply of improved cocoa varieties, inadequate investment and funding, as well as insufficient agricultural mechanization. In spite of all these challenges, cocoa remains a significant source of foreign exchange earnings for Nigeria, contributing to about 41.6% of the country's export earnings and serving as the largest non-oil foreign exchange earner.

Furthermore, cocoa provides stable sources of livelihoods for more than 5 million Nigerians which include farmers, workers, agro-dealers, buyers, distributors, and other value chain operators.

Dr. Adebola noted that Nigeria's cocoa earnings spiked by 279% on the back of elevated cocoa prices during the first quarter of 2024. Data from the National Bureau of Statistics (NBS) reveals that in the first 3 months of 2024, N408.65 billion was recorded on cocoa exportation. This represents an increase of 279% from the N107.59 billion recorded in the first three months of 2023. The recent rise in cocoa value is unlike anything recorded in history. The commodity's price rose from a range of \$4,000 - \$4,500 per metric ton in December 2023 to unprecedented high within the first five months of 2024. It surpassed the \$10,000 mark in March and peaked at approximately \$11,500 in April 2024. But, it has since fallen back to hover around the \$8,000 – \$9,000 range in May 2024 which is still an approximate 3.5 times leap from the \$2,600 range it had at the end of Q1 2023.





CRIN Herald

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Reasons for global cocoa price increase includes: (1) The drop in production volume, especially from major suppliers in West and Central Africa, namely Côte d'Ivoire, Ghana, Nigeria, and Cameroon, causing a steep drop in global cocoa supply. These countries collectively account for about 70% of the total global cocoa supply, which is why a drop in their performance has resulted in a relative scarcity of the commodity. This production short fall has been connected to the negative effects of climate change. Due to the decline in production, export volumes from Côte d'Ivoire and Ghana fell by 28% and 35%, respectively. (2) Increased sustainability enforcement activities and the looming implementation of the European Union Deforestation Regulation (EUDR) also contribute to the uptick in global cocoa prices. Several major cocoa distributors are steering clear of sourcing or distributing uncertified or untraceable cocoa – inadvertently reducing the volume they can supply and contributing to the increasing prices.

The new European rule is getting due for enforcement to guarantee that the products EU citizens consume do not contribute to deforestation or forest degradation worldwide. The regulations also cover derived products, which in the case of cocoa means chocolate. When the EUDR comes into force (December, 2024) it will prohibit the sale of commodities, including cocoa, coffee, soy, and palm oil, into the bloc unless strict traceability measures are proven to show such goods have not been farmed in protected areas (reserved forest).

How Prepared is Nigeria Cocoa Industry? According to experts, Nigeria is at risk of losing over \$20bn in cocoa exports within the next three years. The loss is likely to occur if the nation does not align with the sustainability adoption road map which will affect the processing and the trade

acceptance of the product in Europe. Therefore, to remain in business, adequate and urgent attention must be paid to deforestation and farmland management, as the issue of sustainability is very important now.

What Does the Future Hold? Dr. Patrick Adebola stated that the future of Nigeria cocoa is in our hands! We need to revitalize Nigeria cocoa industry through targeted efforts towards addressing challenges such as: (i) Non-availability of processing facilities; (ii) Poor funding of cocoa research and development; (iii) Low investment in cocoa value addition that will enhance the cocoa value chain sustainability; (iv) Low adoption of cocoa intensification and rehabilitation techniques that will reduce forest encroachment.

The ED CRIN, Dr. Adebola, therefore, concluded that if Nigeria is aiming at boosting sustainable cocoa production there is the need for a policy reform that will support and focus on cocoa plantation intensification and rehabilitation rather new plantation opening, cocoa research for development and cocoa processing and value addition.



Dr. Festus Olasupo (standing) presenting the ED's paper with Dr. Agbeniyi (far right)





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New Cacao Introduction from ICQC, Reading for CRIN Germplasm Enhancement



One of the key approaches to achieve breeding goals is the introduction of plant genetic resources. This is always done to broaden the existing narrow genetic base of a crop or to acquire accessions with desired traits of interest for crop breeding program.

In 2017 and 2018 the Plant Breeding Division of CRIN requested a total of 36 cacao accessions from the International Cocoa Quarantine Centre (ICQC) in Reading, UK. These clone introductions were made for cacao germplasm enhancement in Nigeria, for the purpose of breeding programs to solve some production challenges such as *Phytophthora* pod rot (black pod), Cocoa swollen shoot virus (CSSV), mirid pests and drought. However, due to low survival percentage per clone in 2019 they were re-propagated in the nursery and those that survived were planted in 2020 in a new germplasm plot (Lat.7.210982; Long. 3.865107), Zone 3 and 4 CRIN Ibadan.

At the moment, 20 clones of these collections from ICQC, Reading are now well established at the CRIN station in Ibadan and ready to be evaluated and characterized to initiate the proposed breeding research. We aim to request those clones that did not survive and introduce more new accessions from international cocoa gene banks via ICQC, Reading to broaden the cocoa germplasm collections in Nigeria.



Clone MOQ 6/19 in CRIN, Ibadan

CRIN Holds Monthly Seminar

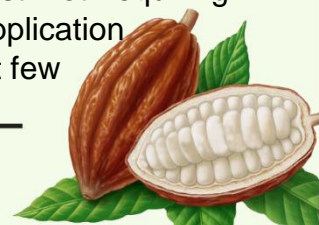
The 7th in the series of the 2024 monthly seminar was held on July 22, 2024 in the expansive Lawrence Opeke Conference Hall of the Institute. It featured research presentations from the Soil Plant Nutrition, Farming Systems Research and the Extension Divisions of the Institute. The trio of Dr. Moses Ogunlade, Mrs Eunice Adeyemi, and Mr. David Awodumila made presentations for their respective Divisions. The seminar was chaired by Dr. A. O. Famaye, Director, Budget, Monitoring, and Evaluation.

Soil Fertility Evaluation for Formulation of Appropriate Cocoa Fertilizer in Nigeria. IDH-OCP-CRIN-IITA Cocoa Fertilizer Project Report

- Moses Ogunlade, PhD



The Cocoa farming in Nigeria was based on the exploitation of native soil fertility, with cocoa established on fertile virgin forest not requiring fertilizer application for the first few





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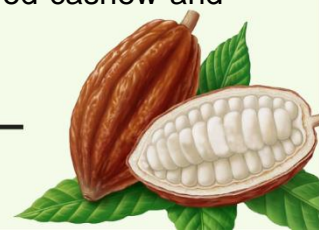
years. Over the years the fertility has been declining from continuous nutrient mining via pod harvest. In Nigeria, there is no cocoa specific fertilizer and more than 85% of cocoa farmers do not use fertilizer; the few that use, apply blanket fertilizer inappropriately thus causing nutrient imbalance and associated problems. There is, therefore, the need to replace lost soil nutrients through appropriate fertilizer application hence the study aimed at obtaining soil information that will serve as a guide to developing cocoa-specific fertilizer for land areas under cultivation. This will have a multiplier effect on environmental conservation and increase production while enhancing the entire value chain. Sampling of soil and cocoa leaves was carried out simultaneously in 1000 farms selected across ten States in three cocoa-growing regions of Nigeria {south west (SW), south south (SS)/south east (SE), and north central (NC)}. The soil was slightly acidic (pH 5.2) in SS/SE and SW (pH 6.23) covering >95% of the study areas. Across the regions, phosphorus (P) and potassium (K) were most limiting while nitrogen (N) was sufficient in 85% of the sampled soils which implies the need for phosphorus and potassium containing fertilizer(s) in the regions. The mean values of total N, available P, and exchangeable K below their critical levels in all the sites were used in computing N, P, and K fertilizer required/ha for each of the regions. The ratios in percentages of the mean values of exchangeable K, Ca, and Mg in each region were compared with the ideal optimum ratio of 8:68:24 to determine the needs for inclusion of Ca and Mg in the fertilizer formulation. Consequently, four formulations (one per region and the national) were derived from the calculated required macronutrients (N, P, K, Ca, and Mg) and Boron. However, three of the formulations were recommended for production and field validations.

Cashew/Oil Palm Cropping System: Its popularity among farmers in Kogi and Oyo States, Nigeria

- Eunice Adeyemi



The popularity of cashew/oil palm cropping system among farmers in two major cashew producing States in Nigeria was investigated. Structured questionnaires (208) were administered to elicit information on socio-economic characteristics of the respondents and other relevant information on the cropping system in two predominant cashew producing Local Government Areas per State namely: Dekinna and Ofu (Kogi State); Surulere and Orire (Oyo State). Socio-economic characteristics revealed that 44.7 % of the respondents had household size of 6-10 as the most common; main occupation showed that 91.3 % were active farmers while 5.3 % were traders and artisans. Majority (79.3 %) of them were educated while 13.9 % had no formal education. Farm size (ha) was in the order of 1-5 (64.9%) > 6-10 (17.8%) > above 10 (13.0%). Ages (years) of plantations were: 1-9 (young), 20.2 %; 10-39 (matured) 65.8% and >39 (old), 11.9%. Cashew/oil palm mixture was prominent (64.4%) in the study areas. The presence of oil palm was for consumption and income generation. Number of oil palm trees per hectare of cashew plantation ranged from 1-20, which were retained as volunteers in a haphazard manner. This study has revealed that cashew/oil palm cropping system is a prominent practice among cashew farmers in the areas. However, further studies need to be conducted on appropriate geometry for the cropping system using improved cashew and oil palm varieties.





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Assessment of Cocoa Research Institute of Nigeria (CRIN) Interventions in Arousing Students' Interest in Agriculture in Nigeria

- David Awodumila



The study examined the Cocoa Research Institute of Nigeria interventions in arousing adopted schools' students interest in agriculture in Nigeria. A multistage random sampling procedure

was used to select one hundred and twenty respondents from the adopted schools. Data for the study were collected through a structured questionnaire and analysed with descriptive statistics such as frequency counts, percentages and mean scores, while Chi square and PPMC was used to test the hypotheses. The result revealed that 58.3% of the respondents were males with mean age of 16years. Majority (91.7%) of the respondents have been to farm before. There was high awareness of CRIN interventions among the respondents. Also, the level of participation of respondents was high (70%). The rank order of benefits derived from CRIN interventions revealed that better knowledge about poultry farming with mean of 1.86, promotion of unity among students with mean of 1.69, and exposure to importance of agriculture with mean of 1.68 ranked 1st, 2nd and 3rd order, respectively, of benefits derived from CRIN interventions in adopted schools. The result also revealed that 85% of the respondents were favourably disposed towards CRIN activities in their various schools. The result of Chi square analysis revealed that there was significant relationship between distance from home to school, ever been to farm before, and respondent's participation in CRIN activities. It was recommended that Government should continue to fund adopted school's projects.

Also, more agricultural related text books and equipment should always be made available in the schools.



Cross section of participants at the seminar

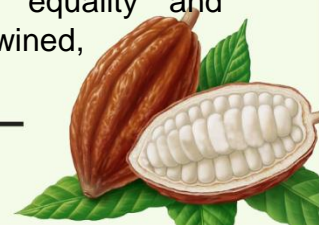
CRIN Gender Unit Holds Maiden Talk Series

The maiden edition of the quarterly talk series of gender mainstreaming programme by the Gender Unit of the Institute was held on the 1st of July, 2024 at Lawrence Opeke Conference Hall. The Executive Director, Dr. Patrick Adebola was ably represented at the event by Director of Budget, Monitoring and Evaluation, Dr. A.O. Famaye. He delivered a goodwill speech and emphasized that gender referred to both male and female, and not just the female folks. He enjoined every member of staff to support the vision of the Gender Unit to promote gender equality and equity in CRIN.



The Director and Head CRIN Gender Mainstreaming Unit, Dr C.O. Jayeola delivered a lecture on Gender Equality and Equity. She discussed the critical

importance of fostering gender equality and equity within the staff, emphasizing the need to create a safe and supportive work environment for everyone. She made the distinction between gender equality and equity and how they are intertwined, working together to provide a





CRIN Herald

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success-driven platform for everyone. The speaker noted that the word “gender” does not refer to females only but encompasses male and female. She also distinguished between “gender” and “sex.” Dr. Jayeola identified the factors contributing to the disorientation of majority about gender and challenged everyone to do away with bias. The speaker concluded that while gender equality is the goal; gender equity is the process of fairness that leads to it.



The second presentation titled ‘Promoting Inclusive Policies at the Workplace’ was delivered by Dr. F.T. Agulanna, Senior Research Officer, Economics and

Extension Division and member CRIN Gender Mainstreaming Unit. The speaker defined keywords such as “Diversity” and “Inclusion.” She asserted that “Diversity” is not “Inclusion”. The aim is to ensure inclusivity at the workplace, where everyone feels wanted and valued. The speaker noted the different ways the workplace can embrace and ensure inclusion. She stressed the importance of implementing inclusive policies that accommodate both male and female employees, as well as those with disabilities, ensuring no one is excluded. She concluded by identifying the various positive contributions diversity and inclusion can bring to a workplace.



There was a Health Talk titled ‘Coping with Stress at the Workplace’. This was taken by Mrs B. A. Famaye (Assistant Director and Head CRIN Health Centre).

The presenter defined the concept of stress, cited examples of stressors at the workplace. She also identified the various signs of stress in a person. Mrs Famaye delivered a comprehensive talk on managing stress in the workplace. She identified some common stressors that employees face and provided practical strategies to cope with them. Her presentation included techniques such as mindfulness, time management, and seeking support from colleagues and supervisors. She also highlighted the importance of maintaining a healthy work-life balance and engaging in regular physical activity to reduce stress levels.



The Director, Budget, Monitoring, and Evaluation, Dr. Famaye (far right) with some of the executives of the Gender Unit



Cross section of the participants





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The SSAUTHRIAI Premier Branch Organizes New Staff Sensitization Summit 2024



The SSAUTHRIAI Pioneer and Premier Branch of the Institute organized the New Staff Sensitization Summit 2024 with the theme, "Join the Moving Train, Secure Your Appointment, and Fight for Your Future." This event took place on July 1, 2024, and brought together all SSAUTHRIAI CRIN Branch executives and staff members of the institute. During the summit, the Chairman of the Union, Prince Abioye Adeyemi, delivered an impressive presentation, emphasizing the importance of union membership. He provided the new staff members with essential information about the union they are expected to join and highlighted the significance of being part of the union. The presentation underscored how union membership can help secure their appointments and protect their future within the institute. Following the Chairman's presentation, the Secretary of the SSAUTHRIAI CRIN Branch, Mr. Adeduntan Dotun, elaborated on the benefits of union membership. He also shared some of the union's significant achievements, which have greatly benefited the staff of the Institute.

CFAN seeks Extension of EUDR Implementation Deadline, appreciates CRIN, NCMC's efforts

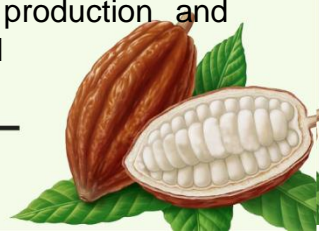
The Cocoa Farmers Association of Nigeria (CFAN) has written to the European Union (EU) requesting an extension of the implementation of the European Union Deforestation Regulation (EUDR) for another year. The EUDR is a regulation which prohibits products from entering the EU market unless they are deforestation-free and legally produced. The Regulation applies to wood, palm oil, soy, coffee, cocoa, rubber and cattle, as well as most of the derivatives. Under cocoa, it applies to beans, products and chocolate. The regulation entered into force on June 29, 2023, with an 18-month preparation period that will expire on December 30, 2024, when it fully enters into application.



However, cocoa farmers in an Open Letter signed by Mr. Adeola Adegoke, National President CFAN and addressed to Janusz Wojciechowski, the EU Commissioner for Agriculture, they want the implementation

deadline postponed to December 2025 to enable better preparations by the smallholder cocoa farmers, whom they said has been hampered by a lack of adequate information on EUDR at their farm gate levels.

"Our appeal is based on the imminent negative impact on the livelihoods of cocoa farmers, if the present date is not shifted by one year", the letter read. In the letter, they noted that Nigeria is one of the cocoa origins countries in the World, contributes about 6.5% to the global cocoa production and accounted for 29% of the total





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agricultural export in 2023, valued at N1.24 trillion with an estimated value estimated to be N 356.16 billion, makes it imperative for the EU Commission to reconsider the need for the postponement of EUDR for one year to enable better preparations. EUDR compliant might be pushing our cocoa farmers into more poverty if the time frame is not re-adjusted”, they emphasized.

They acknowledged that Nigeria’s cocoa could be at risk if we do not take necessary legal steps to stop and remediate deforestation and come up with strategies for gaining forest loss in cocoa communities through our collective action. According to the Cocoa farmers, Nigeria’s cocoa industry worth \$770 million will be at risk if urgent steps are not taken to solve some sustainability issues like deforestation and traceability. They, however, assured the EU that steps are being taken to comply with best practices.

“We have embarked on an advocacy and capacity trainings for our cocoa farmers in the areas of the protection of our ecosystem, based on the production of deforestation-free cocoa and protection of the rights of our labours and children.” CFAN provided Good Agricultural Practices (GAP) book to cocoa farmers free of charge across the major and minor cocoa producing States in Nigeria. The Association collaborated with her partners in the areas of resourcefulness and funding for the publication of the GAP books, in order to make it free for cocoa farmers. The association appreciated the contributions of partners, especially the Cocoa Research Institute of Nigeria (CRIN), EBAFOSA, Harvestfield Industries Ltd, ofi, Ooni of Ife Outreach, Starlinks Global & Ideal Ltd, Gbemtan Ltd, FMAFS, FMITI, amongst others, to this project.

CFAN was also delighted that National Cocoa Management Committee (NCMC) swung into

action by mobilizing stakeholders in the sector to solve some sustainability issues like low production and productivity leading to poor income among cocoa farmers, child labour, deforestation, ecosystems mismanagement, pesticides residue, infrastructural gaps, inadequate traceability system, low value addition, low cocoa processing, lack of access to finance, policy inconsistencies etc.

The issue of Standard Harmonization (SH) which is one of the requirements for Due Diligence Statement (DDS) in each cocoa trading countries has been taken care of by the Standard Organization of Nigeria, Cocoa Research Institute of Nigeria and other stakeholders in collaboration with cocoa origins countries in West Africa under African Organization for Standardization (ARSO).

The farmers commended the EU commission for their effort and cooperation to make the Nigeria and global cocoa industry sustainable, and pledged utmost cooperation to build a collective sustainable global cocoa economy.

ARCN News

World Press Conference organised on GM Technology in Agriculture



The Open Forum on Agriculture Biotechnology (OFAB), Nigeria Chapter an initiative of African Agriculture Technology Foundation (AATF), under the auspices of the National Biotechnology Research and Development Agency (NBRDA) in collaboration with the

Agricultural Research Council of Nigeria (ARCN), National Agricultural Seed Council of Nigeria (NASC), and National Biosafety Management Agency





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(NBMA) on Thursday 4th July, 2024 convened a World Press Conference on genetically modified (GM) technology in agriculture. The meeting which was attended by the Chief Executives of the various stakeholder agencies involved also witnessed the attendance of CEOs of SHETSCO, NASQ as well as President of AFAN. The bottom line is that Genetically Engineered (GE) or Genetically Modified (GM) foods does not pose any health risk or danger to human health.

of Agricultural based research Institutes in Nigeria.



Cross section of the participants at the meeting

(ARCN report by Kayode I. Aiyedogbon, Acting Director, Administration)



ES of ARCN Prof Sharubutu (far right) with other dignitaries

ES and some Management Staff with the Leadership of NADF Meets Genesis Power on Solar Energy Utilisation

The meeting of the ES and some Management Staff with the Leadership of NADF and Genesis Power was held on 18th July, 2024 at the National Agricultural Development Funds Office and was Chaired by its Executive Secretary, Mr. Mohammed Abu Ibrahim along with the Executive Secretary (ES) of ARCN, Prof. G.H. Sharubutu mni. Management staff of both sister organisations were in attendance as well as representatives of Genesis Power, a renewable energy company who is determined to make the utilization of solar energy available to some National Agricultural Research Institutes under the Council's purview. Recall that, the ARCN and NADF had recently gone into an agreement to conduct needs assessments on the state

Health News

Coping with Stress in a Workplace

– Mrs. Bosede Famaye

Stress is an automatic physical, mental and emotional response to a difficult event. It can also be defined as a state of worry or mental tension caused by a difficult situation. Stress in the workplace is a common experience that can affect anyone, regardless of their position or role. It can be caused by a variety of factors, such as work load, deadlines, conflicts with colleagues, or pressure to meet performance targets. There are two main types of stress: acute and chronic stress. Acute stress is a short-term stress that goes away quickly. Some examples include; giving





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a speech, being in an exam situation, etc. Chronic stress is a stress that lasts for a longer period of time. This can have serious physical and mental health consequences, including anxiety, depression, cardiovascular disease, and a weakened immune system. It can also affect our relationships, productivity, and overall well-being. Examples include; managing a terminal illness like cancer, going through marital problem for a long time, victimization from boss for a long period, etc. Types of stressors include Physiological stressors, Lifestyle stressors, Social stressors and Environmental stressors.

Causes of stress in a workplace include Increased workloads, Pressure to perform, Longer work hours, Issues with co-workers or supervisors, Lack of control or autonomy and Fear of job loss or change. The symptoms are categorised into three areas: Physical, cognitive, and behavioural/emotional.

Physical signs of stress include: Difficulty in breathing, Panic attacks, Sleep problems, Fatigue, Muscle pains and high blood pressure, Constipation or diarrhoea, Feeling sick, dizzy or fainting, Developing rashes or itchy skin, Sweating, Changes to your period or menstrual cycle and Existing physical health problems getting worse. Cognitive symptoms include Low concentration, Irritability, Fatigue, Impaired memory and Sexual problems or decrease libido. The behavioural/emotional symptoms include: Emotional outburst, cry or feel tearful, Low mood, Sensitivity to criticism, Low confidence, Anxiety, Nervous or afraid, Anger and Depression.

In order to effectively cope with stress, one need to discover what causes it and why it affects him as this will ultimately lead to transforming stress into success. Some of the ways to manage stress in the workplace are:
- Start each day by making a to-do lists of tasks: a to-do list provides a clear outline of

tasks, helping you prioritize and stay focused on what needs to be accomplished. Writing down tasks clears mental clutter, freeing your mind from worry and anxiety.

- Don't overcommit yourself taking on additional tasks when you don't have time to complete them successfully.
- Identify and challenge negative thoughts.
- Practice relaxation techniques (e.g. deep breathing exercises, meditation): relaxation techniques release endorphins, improving mood and reducing anxiety. Meditation increases self-awareness, helping recognize stress triggers and manage them effectively.
- Engage in regular exercise and physical activity.
- Set boundaries and prioritize self-care: clear boundaries prevent excessive workload and responsibilities, reducing feelings of overwhelm. Prioritizing self-care enhances mental clarity, improving concentration and productivity.
- Stretch your muscles. Do basic head, neck, arm and leg stretches to get the blood flows.
- Recognize your periods of maximum productivity
- Take a quick walk to relax yourself: after a strenuous or busy task, taking a break by going for a walk can help relax your mind and muscles. Sitting throughout your time in the office constitute to stress. You can as well listen to cool music to relax your mind
- Eat healthily and get enough sleep. Take breakfast as the most important meal of the day.
- Seek out activities outside work e.g. sports or fitness activities.
- Drink some tea as this can lower cortisol levels in the body which in





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turn reduces anxiety. If you're a coffee person, try it once a while.

- Listen to your body. Be familiar with your body reaction to stress e.g. headache, stiff neck, stomach upset etc. If getting out of hand seek professional help.
- Maintain a sense of humour.
- Use laughter to bring joy into your day and increase your overall health. Remember that laughter is the best medicine.
- Spend time on hobbies you enjoy. Doing things you love boosts your mental health and makes you better.
- Communicate openly and honestly with colleagues and supervisors.
- Take time off when needed.
- Seek Professional help when needed: if you're struggling to cope with stress, consider reaching out to a mental health Professional.

Remember, managing stress in the workplace is an ongoing process that requires effort, commitment and support. By prioritizing our well-being and proactively addressing stress, we can create a more positive and productive work environment for everyone.

Market Survey

Price Report for July 2024

This report presents the local prices of cocoa in selected states for July 2024. Data were collected from various production areas within these states, and the average prices per state were computed for this report.

In July, there is noticeable increase in cocoa prices in Cross River, Osun, Ondo, Kwara, and Oyo states compared to June. Cross River State experienced the highest rise, with

cocoa prices increasing by about 25% from the price reported in June. Cross River State also recorded the highest average cocoa price at ₦14,100, while Abia State had the lowest average price at ₦11,350.

It is noteworthy to mention that cashew is currently in its off season, hence, there are no price data for the commodity in the month of July.

| COCOA COST PER KG (LOCAL PRICE) JULY, 2024 | | | |
|-----------------------------------------------|------------------|-------------------|-------------------|
| STATE | MINIMUM PRICE(₦) | MAXIMUM PRICE (₦) | AVERAGE PRICE (₦) |
| Abia | 9000 | 13700 | 11350 |
| Osun | 12000 | 12000 | 12000 |
| Ondo | 12000 | 13000 | 12500 |
| Kwara | 11500 | 12000 | 11750 |
| Oyo | 12000 | 12000 | 12000 |
| Cross River | 13700 | 14500 | 14100 |

Source: CRIN Survey, 2024 by Economics and Statistics Sections

Staff of the month: Mr. Qudus Adebayo Ogunwolu



Mr. Qudus Adebayo Ogunwolu was born on May 22, 1993 in Abeokuta, Ogun State. He attended Ad-din International School, Challenge, Ibadan for his primary education. He continued his education at Federal Government College Odogbolu, Ogun State, where he earned his West African School Certificate (WASC) in 2010. He pursued higher education at the University of Ilorin in Kwara State, where he graduated with a Bachelor's degree in Economics in 2015. His dedication to academics





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led him to further his studies at the University of Ibadan, where he earned a Master's degree in the same discipline in 2018. Following his graduation, he worked as a freelance content writer for several online media companies. He was employed by the institute in 2020 as a Research Officer I, working in the Economics and Extension Division. In 2023, he benefitted from capacity-building training on Geographic Information System (GIS) and Remote Sensing, organized by the Economics and Extension Division. He has over 10 journal publications and 8 conference proceedings. His professional interests include agricultural marketing, international trade, and agribusiness. He is happily married and blessed with children.

August Birthday Galore

Hearty birthday celebrations to the members of staff that will be celebrating their birthdays this month. Wishing you all the very best in your life endeavours. Congratulations!



| | |
|------------------------|--------|
| Adio Oluwadare Timothy | 01-Aug |
| Amaize Augustine | 01-Aug |
| Otitolaju Omosalewa | 01-Aug |
| Yahaya Aderonke Taiwo | 01-Aug |
| Adeyemi Yetunde | 02-Aug |

| | |
|---------------------------|--------|
| Ayinde Jelili A. | 02-Aug |
| Bamigbose Adetayo | 02-Aug |
| Lasisi Yinka | 02-Aug |
| Ojone Attah | 02-Aug |
| Oyeniran Sunday Matthew | 02-Aug |
| Ubi Augustine Eteng | 02-Aug |
| Adenubi Busayo David | 03-Aug |
| Idorenyin Okpo | 03-Aug |
| Alufa Funmilayo | 04-Aug |
| Iloyanomoh Cecilia I. | 04-Aug |
| Adeniran Ojo | 05-Aug |
| Olugbesan Adebayo | 05-Aug |
| Adedeji John | 06-Aug |
| Fagbemi Dorcas Oyeyemi | 06-Aug |
| Idowu Babatunde Oluwakemi | 06-Aug |
| Atolagbe Toluwalope | 07-Aug |
| Ojedeji Olusegun | 08-Aug |
| Ismaila Ifeoluwa | 09-Aug |
| Yusuf Tajudeen | 09-Aug |
| Adedoyin Nkanlola Mathew | 10-Aug |
| Askira Hamidu M. | 10-Aug |
| Babalola Joseph Odewale | 10-Aug |
| Omowaire Felicia Ajayi | 10-Aug |
| Ricketts Bunmi Mercy | 10-Aug |
| Williams Olaide Abisola | 10-Aug |
| Adeyemo Adewale Akeem | 11-Aug |
| Lawal Jelili | 11-Aug |
| Adeoye Ibrahim | 13-Aug |
| Obatolu Babalola Olakunle | 13-Aug |



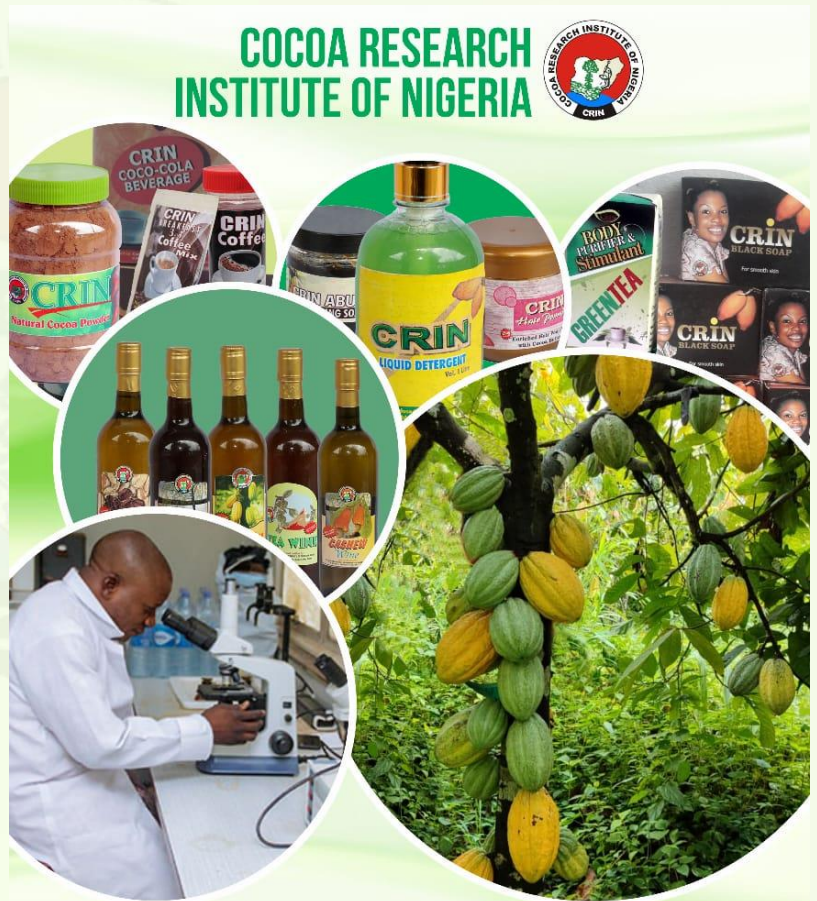


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| Adegboye Azeez Adeoye | 14-Aug |
| Ajiroba Adeniyi Taiwo | 15-Aug |
| Akinola Abiola Ann | 15-Aug |
| Akpgher Michael | 15-Aug |
| Ihueze Chinedu | 15-Aug |
| Nyamkyume Terkula F. | 15-Aug |
| Raji Monsurat | 15-Aug |
| Salako Gbenga Samson | 15-Aug |
| Sunday Oguche Simon | 15-Aug |
| Adeyemo Adekunle Johnson | 16-Aug |
| Akangbe Folorunso | 17-Aug |
| Habibu Aminu | 17-Aug |
| Onwubiko Michael | 17-Aug |
| Dada Keji Emmanuel | 18-Aug |
| Ajayi Olusegun Kelvin | 20-Aug |
| Kareem Surajudeen | 21-Aug |
| Makinde Felicia Adeteju | 21-Aug |
| Salami Oyenike | 22-Aug |
| Osun Michael | 23-Aug |
| Sobowale Mayowa Olutayo | 23-Aug |
| Ubebe Philomena Adunni | 23-Aug |
| Ugi Pauline | 23-Aug |
| Oladokun Yetunde | 24-Aug |
| Yahaya Sulaiman Zulukas | 24-Aug |
| Amusan Latifat Adebola | 25-Aug |
| Ibiremo Olufemi Samuel | 25-Aug |
| Okedion Friday | 25-Aug |
| Adegbindin Abel Olukayode | 26-Aug |
| Bello Babajide | 26-Aug |

| | |
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| Adeosun Seun Adewale | 27-Aug |
| Nwakeze Linus | 27-Aug |
| Oghenegueke Rebecca Janet | 27-Aug |
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