

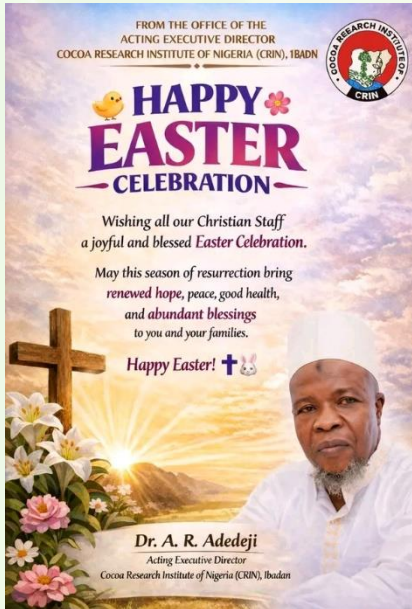


CRIN Herald

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

ISSUE 63 (May 2026)

Easter Message from the Acting Executive Director



The Acting Executive Director of the Cocoa Research Institute of Nigeria (CRIN), Dr. A.R. Adedeji, extended warm and heartfelt Easter greetings to all Christian staff and their families on behalf of the Management and the entire staff of the Institute.

In his message, Dr. Adedeji described Easter as a season of profound significance, a time that reminds us of sacrifice, resilience and the triumph of hope over despair. He expressed the hope that the season would renew the strength, restore the faith and deepen the resolve of all Christian staff to give their very best in service to the Institute and the nation.

He noted that CRIN's shared values of dedication, integrity and excellence are the pillars upon which progress is built and encouraged every member of staff to carry the spirit of the season, one of renewal and purpose into every aspect of their work.

Dr. Adedeji concluded by praying for God's abundant blessings upon the staff, their families and the Institute.



CRIN Muslim Community Holds Successful 2026 Ramadan Get-Together



The CRIN Muslim Community successfully organized its 2026 Ramadan Get-Together Programme which holds on 16th April 2026, bringing together management staff, members and invited guests in a spirit of unity, reflection and fellowship.

The event featured the presence of key officials, including the Director of Research Operations, Director of Research Administration, Director of Human Resource and Administration and the Head of Finance and Accounts.

Activities commenced with the arrival and introduction of guests, followed by an opening prayer led by the Chief Imam of Idi-Ayunre Central Mosque. A Qur'anic recitation by Mr. Olaiya Saheed set a solemn and spiritually uplifting tone for the gathering.

A session on the life and teachings of Prophet Muhammad (S.A.W.) was delivered by Dr. Abdul-Karim Ibrahim, with contributions from Mr. Olayiwola Maroof Adekunle, emphasizing moral values and exemplary conduct.



The welcome address was jointly delivered by the Imam of the CRIN Muslim Community and the Acting Executive Director, Dr. Adedeji Abiodun Rasheed, who highlighted the importance of unity and spiritual growth.

The highlight of the programme was a lecture by Prof. Olaiya Abideen Olaitan, who provided insightful perspectives on the significance of Ramadan, focusing on discipline, self-development and societal impact.





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The event concluded with a vote of thanks by the Chairman of the CRIN Muslim Community, Mr. Shitu A.S. and closing prayers by the Chief Imam of Odonon-la Central Mosque.

The programme was widely regarded as impactful, reinforcing the values of faith, unity and communal harmony among participants.



Prof. Olaiya Abideen Olaitan during his lecture



CRIN Management representatives and invited guests

CRIN In-House Seminar

The Lawrence Opeke Conference Hall welcomed staff of the Cocoa Research Institute of Nigeria (CRIN) once again on April 20, 2026, as the Institute held its in-house seminar for the month of April.



of research.

The session was chaired by Dr. Ayegboyin K.O., Director and Project Leader, Cocoa and ably coordinated by Dr. Rahman Saheed Bayonle as Master of Ceremonies. Staff assembled at 10:00 AM for what proved to be an engaging and intellectually stimulating morning



The sole presentation for the month came from Dr. Olorunmota R.T. of the Entomology Section. Her study, titled "Evaluation of Insect Pests Complex Associated with Cola Germplasm in Ibadan, South West Nigeria," co-authored with

Oyedokun A.V., Buari R.A. and Asogwa E.U., drew attention to a growing but often overlooked challenge in the production of one of Nigeria's economically significant tree crop, the Kola tree.

Dr. Olorunmota opened by highlighting that Kola (*Cola nitida* and *Cola acuminata*) holds very high economic value in Nigeria and across Africa, yet production is on a serious decline due to aging farms, long gestation periods, challenging tree architecture and the persistent problem of insect pest infestation. The study was carried out to monitor and identify insect pests associated with cola seedlings in CRIN's germplasm in Ibadan, where desired traits are conserved for selection purposes. Fifty kola stands were randomly selected and assessed across both wet and dry seasons.

Findings revealed that seven insect taxa were recorded during the dry season, while ten were identified during the wet season. During the dry season, Moths infested between 6–22% of the sampled trees, while Black ant, *Lasius niger*, was found on 2–20% of trees. The wet season recorded a wider diversity of pest pressure: *Zonocerus variegatus* was found on 12–24% of kola trees; *Anomis leona* and *Earias* spp. infested 4–6% and 6–10% of trees respectively; *L. niger* infestation was recorded on 12–22% of trees; stem borer *Phosphorus virescens* attacked 4–10% of trees; *Aphid* spp. infested 2–4%; and wasp, *Vespula vulgaris*, was found on 2–6% of trees. Notably, *Macrotermes* spp. and *L. niger* recorded the highest populations across both seasons.

A particularly significant finding was that seeded materials recorded a considerably higher infestation rate of 63.16%





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compared with clonal materials at 15.79%, underscoring the greater vulnerability of seedling-propagated kola to pest attack.

Dr. Olorunmota concluded that routine monitoring is essential to prevent losses and recommended good farm sanitation as a critical management strategy. Specifically, the evacuation of dead wood logs from the germplasm was recommended to reduce termite populations, which far outnumbered all other insect species recorded in the study.

Advancing Knowledge, Strengthening Practice: AATON CRIN Branch Holds 2026 Seminar Series



The Association of Agricultural Technologists of Nigeria (AATON), CRIN Branch, held its 2026 Seminar Series on April 13, 2026, at the Lawrence Opeke Conference Hall, CRIN, Ibadan. The event brought together members of the association to train and update participants on recent developments across CRIN's mandate crops and allied agricultural concerns. Two presentations were delivered on the day.

The first presentation was delivered by Mr. Odedele Samson Oluseye, titled "Cocoa Farm Maintenance Practices (Pruning and Training): Panacea to Best Agricultural Practices." He established that pruning and training are the twin pillars of effective cocoa plantation management. Pruning involves the removal of unwanted, diseased or excess plant parts to improve growth and yield, while training guides young cocoa plants to develop strong structural frameworks for fruiting and easy harvesting.

Four pruning types were highlighted: formative pruning at two to three years to shape tree architecture; maintenance pruning for regular removal of excess and damaged growth; sanitary pruning to contain disease spread; and rejuvenation pruning to restore unproductive trees. Mr. Odedele advised that pruning is best done before the rainy season and after heavy harvesting. He concluded that consistent pruning and training improve light penetration, reduce pest and disease incidence and ultimately translate to higher yields and better farmer income.

The second presentation by Mr. Oladokun Johnson Okeowo addressed "The Effects of Herdsmen and Farmers' Conflict on Food Security in Nigeria." He defined food security as consistent physical



Snapshots from the CRIN monthly seminar

economic access to sufficient, safe and nutritious food, anchored on four components: availability, access, utilization and stability.

Mr. Oladokun identified climate change, population growth, urbanization and violent conflicts as key drivers of food insecurity in Nigeria, with the herdsmen-farmers conflict emerging as especially destructive. Its effects include reduced farming activity, lower crop output, rising food prices, loss of lives, destruction of property and weakened community bonds. He recommended the establishment of grazing reserves, peaceful dialogue, improved security and stronger government support for farmers. His conclusion was clear: resolving this conflict is a foundational requirement for achieving sustainable food security in Nigeria.

The 2026 AATON CRIN Branch Seminar Series reaffirmed the association's role as a platform for continuous learning, reflecting the breadth of challenges and opportunities defining Nigeria's agricultural landscape.



Picture highlights from the AATON CRIN Branch 2026 seminar series

Health News

Understanding and Preventing Hypertension (High Blood Pressure) - Mrs. Bosede Famaye



Hypertension, commonly known as high blood pressure, is one of the most prevalent non-communicable diseases worldwide. Often described as the "silent killer," many individuals live with it for years without any obvious symptoms until serious and

sometimes irreversible health complications develop. For this reason, awareness and early action are everything.

- **What is Hypertension?**

Blood pressure refers to the force exerted by circulating blood on the walls of the arteries. Hypertension occurs when this pressure remains persistently elevated over time. A simple classification puts normal blood pressure at 120/80 mmHg, elevated pressure between 120–129/less than 80 mmHg and hypertension at 130/80 mmHg and above. Understanding these values is the first step toward early detection and timely intervention.

- **Types, Causes and Risk Factors**

Hypertension exists in two main forms. Primary (essential) hypertension is the most common, developing gradually without a clearly identifiable cause and often influenced by genetics and lifestyle. Secondary hypertension, on the other hand, results from underlying conditions such as kidney diseases, hormonal disorders or certain medications and tends to appear more suddenly and with greater severity.

While non-modifiable factors such as age, genetics and family history increase one's susceptibility, the most significant





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contributors are lifestyle-related and therefore within our control. Key risk factors include excess salt intake, physical inactivity, overweight and obesity, smoking, excessive alcohol consumption, unhealthy diet and chronic stress. Addressing these factors is crucial for both prevention and long-term control.

• Signs, Symptoms and Diagnosis

One of the greatest challenges with hypertension is that it frequently presents no noticeable symptoms. When symptoms do occur, they may include persistent headaches, dizziness, blurred vision, chest pain or shortness of breath. Because these signs are not always present, routine blood pressure checks remain the most reliable means of early detection.

Diagnosis is made through blood pressure measurement using a sphygmomanometer, with multiple readings taken over time to confirm the condition. Additional tests such as blood and urine tests, electrocardiograms (ECG) and kidney function assessments may also be recommended, particularly for individuals considered at risk.

• Complications: Why It Must Not Be Ignored

Left untreated, hypertension silently damages multiple organs. The heart may suffer attacks, failure or muscle thickening. The brain is at risk of stroke or dementia. The kidneys may develop chronic disease or fail entirely. Vision impairment or blindness can result from effects on the eyes, while blood vessels may harden and narrow in a condition known as atherosclerosis. These complications are sobering reminders that hypertension demands attention long before symptoms appear.

• Management, Treatment and Prevention

The good news is that hypertension is both manageable and largely preventable. Healthy living remains the foundation of control. Reducing salt intake, eating a balanced diet rich in fruits and vegetables, engaging in regular physical activity, maintaining a healthy weight, avoiding smoking, limiting alcohol and managing stress effectively are all powerful tools at every individual's disposal.

Where lifestyle changes alone are insufficient, medications such as calcium channel blockers, ACE inhibitors, diuretics and beta-blockers may be prescribed by a healthcare professional and should always be taken as directed. Supportive habits such as consuming potassium-rich foods, drinking adequate water and practicing relaxation techniques, including deep breathing, meditation or prayer further help maintain optimal blood pressure.

• When to Seek Immediate Medical Attention

Do not delay seeking medical care if your blood pressure readings remain consistently high or if you experience severe headache, chest pain, difficulty breathing or sudden vision problems. Prompt medical attention in such instances can be the difference between recovery and a life-altering complication.

• A Word in Closing

Hypertension is common, but it need not be fatal. Through regular screening, deliberate lifestyle choices and proper medical care, every staff member of CRIN can take charge of their blood pressure and their health. Make that check today, your heart, brain and kidneys will thank you for it.

MANAGING & PREVENTING HYPERTENSION
A practical guide for every CRIN staff member
ERALD | HEALTH TALK | 11

Hypertension is preventable and manageable. Healthy living is the FOUNDATION of control.

LIFESTYLE MEASURES

The first line of defence

- Reduce salt intake
- Eat fruits & vegetables daily
- Exercise regularly
- Maintain a healthy weight
- Avoid smoking
- Limit alcohol consumption
- Manage stress effectively

BLOOD PRESSURE LEVELS

NORMAL	120/80 mmHg
ELEVATED	120-129 / <80
HIGH (HTN)	>=130/80 mmHg

SEEK HELP IMMEDIATELY IF YOU NOTICE

- Severe headache
- Chest pain
- Difficulty breathing
- Sudden vision problems
- Persistent dizziness

COMPLICATIONS IF UNTREATED

Heart:	Heart attack, heart failure, muscle thickening
Brain:	Stroke, dementia, transient ischemic attack
Kidneys:	Chronic kidney disease, kidney failure
Eyes:	Vision impairment or blindness
Vessels:	Atherosclerosis (hardened arteries)

MEDICATIONS

Calcium Channel Blockers

ACE Inhibitors

Diuretics

Beta-Blockers

SUPPORTIVE HABITS
"Make that check today - your heart, brain, and kidneys will thank you!"




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Market Survey

Price Report for April 2026

This report presents an overview of cocoa and cashew nut prices across selected Nigerian states for April 2026. Data were obtained from key cocoa-producing areas within the surveyed states and state-level averages were computed accordingly. During the reporting period, cocoa prices recorded a modest increase in Kogi, Kwara and Ondo states. Prices remain unchanged in Oyo and Abia states while a slight decrease was observed in Cross River and Osun states. Across all states, Abia reported the lowest average cocoa price at ₦2,100/kg, whereas Cross River recorded the highest average price at ₦4,600/kg in April.

There was a generally decline in cashew prices across the surveyed states in April, with the exception of Kwara and Oyo States, where prices remained unchanged. The highest average cashew price was recorded in Oyo State at ₦1,550/kg, while the lowest was observed in Enugu State at ₦1,350/kg. These inter-state price variations reflect prevailing market dynamics, including differences in supply conditions, production volumes and localized demand pressures.

COCOA COST PER KG (LOCAL PRICE) APRIL 2026			
STATE	MINIMUM PRICE (₦)	MAXIMUM PRICE (₦)	AVERAGE PRICE (₦)
Abia	2000	2200	2100
Cross River	4400	4800	4600
Kogi	4200	4600	4400
Kwara	3000	4000	3500
Ondo	4000	4400	4200
Osun	4300	4400	4350
Oyo	4000	4200	4100

Source: CRIN Survey, 2026
Economics and Statistics Sections



CASHEW COST PER KG (LOCAL PRICE) APRIL 2026			
STATE	MINIMUM PRICE (₦)	MAXIMUM PRICE (₦)	AVERAGE PRICE (₦)
Abia	1400	1500	1450
Enugu	1200	1500	1350
Kogi	1300	1700	1500
Kwara	1400	1600	1500
Osun	1400	1600	1500
Oyo	1400	1700	1550

Source: CRIN Survey, 2026
Economics and Statistics Sections



May Birthday Celebrants

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!



Komolafe Donald Sunday —	1-May
Fajutu Kayode Samuel —	2-May
Adejoro Maltida Ozemwogie —	3-May
Oludayo Gbolagade —	4-May
Daniel Mezack Andrew —	5-May
Orisasona Taye Matthew —	5-May
Oladimeji Lynda Taye —	5-May
Oladejo Adeleke Omineye —	5-May
Oguntoyinbo Waheed —	5-May
Ayanwole Mary Ayobami —	5-May
Apanisile Olusola —	5-May





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Taiwo Banke Motunrayo —	5-May	Ajayi Aremu John —	16-May
Olaniran Omolara Caroline —	6-May	Adeleke Sunday Akanji —	17-May
Ayidu Temitope —	6-May	Orimoloye Philo Olotie —	17-May
Oluyole Kayode Akanji —	7-May	Yusuf Muhammed Tahir —	17-May
Akintajuwa Temitope Oluwatosin —	7-May	Asogwa Evaretus Uche —	18-May
Ogundeji Adekunle Kayode —	8-May	Nome Peter —	20-May
Buari Rasheed —	9-May	Oshodi Veronica —	20-May
Adekanbi Aderemi Adeniyi —	9-May	Sorinolu Babatunde Joseph —	20-May
Raji Yashirat —	9-May	Husseini Umaru —	20-May
Bobinini Maria O. —	9-May	Onatunde-Onanuga Joseph Olufemi —	21-May
Makinde Bunmi —	10-May	Ayegboyin Kayode Olufemi —	21-May
Alih Mohammed —	10-May	Ganiyu Bolanle Risikat —	21-May
Imumolen Jeffery —	10-May	Bello Jelili Ademola —	21-May
Dada Olayinka Alfred —	12-May	Nduka Beatrice Abanum —	22-May
Olutade Oluwabukola Fadekemi —	12-May	Ogunwolu Qudus A. —	22-May
Ademola Mariam Damilola —	12-May	Rahman Khairat Anjola —	22-May
Ojuekaiye Hellen Moyinoluwa —	12-May	Oyebanjo Temitope Omotayo —	22-May
Adeoye Stella Abosede —	12-May	Onoja Joseph —	23-May
Wada Sunday —	13-May	Ene Amaka Perpetua —	24-May
Owolabi Iyabo Olufunke —	13-May	Yahaya Lateef Eugene —	25-May
Afolarin Tosin Samuel —	13-May	Awe Funke Christiana —	25-May
Oyeniran Adejoke —	13-May	Olabiyi Awawu Iyabode —	25-May
Falana Maria —	13-May	Ogunkunle Gbadebo —	25-May
Sobowale Ibrahim Olalekan —	14-May	Ajoseh Segun —	25-May
Solomon Oluremi —	15-May	Ndah Alfa —	25-May
Boluwade Sunday —	15-May	Oladipupo Olabisi —	25-May
Ehimme Charles —	15-May	Adenuga Omotayo O. —	26-May
Onyemuwa Chineye John —	15-May	Ogunjobi Taiwo Elizabeth —	26-May
Eubodaghe Monday —	15-May	Shittu Abu Sadik —	26-May
Adeyemo Stephen —	16-May	Amodu Ayodele —	26-May
Salami Mufutau —	16-May	Paul Anaticha Miracle —	26-May
Odugbela Oluwasina —	16-May	Olubisaye Dare Joshua —	26-May
Onanuga Odutola —	16-May	Olayiwola Iyabo —	26-May

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Agbor Charles Eyang —	27-May	Okunlola Victoria Adenike —	28-May
Akanji Azeez Abiodun —	27-May	Ademu Rita —	29-May
Oloyede Amos Adegbola —	28-May	Adewale Temilade Olujope —	30-May
Bakare Abibat —	28-May	Bankole Olumide Temitope —	30-May
Ganiyu Olubode —	28-May	Adio Stephen —	30-May
		Maiye Shade Mary —	31-May



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