

# SHEABUTTER COTTAGE

Supporting farmers - supporting fair trade  
Delivering the finest to your door!

Being a native of Ghana, West Africa, I have witnessed first hand the difficulties men and women can experience to have sufficient money to buy food and basic provisions for themselves and their dependents.

Many hours work for very little pay is common and more often the disproportionate share of the profit on the product is shared between the middle men and the end distributor, whether they are in Europe, USA or elsewhere. There is a danger that countries such as Ghana are treated as purely the supplier of natural resources without a due recognition for the workers at the origin of the supply chain.

It may be difficult and perhaps impossible to change things overnight but using fairly traded products is a step in the right direction. Gathering workers together in to co-operatives gives them some safeguards and empowers them to speak with a stronger voice to the buyer of the product. A better price and better terms should ensue.

Although we are not officially 'Fair Trade' registered, Sheabutter Cottage is following this ideal. Purchasing from farmers' co-operatives and other like minded suppliers, I believe that it is the model for the future. By protecting the livelihood of such farmers' co-operatives, we are able to contribute to their society as a whole and at the same time protect naturally regenerating crops. The farmers can hold the upper hand because they are the custodians of the land they sow/tend.

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