

April 2021

## Goodwill Messages



**Mavis Owureku-Asare, PhD**  
[mowureku.asare@gmail.com](mailto:mowureku.asare@gmail.com)

Dr. Mavis Owureku-Asare is a food scientist based in Ghana and a 2020 Aspen New voices fellow.

Congratulations to the management and staff of African Journal of Food, Agriculture, Nutrition and Development (AJFAND) for achieving such a great milestone. AJFAND has been at the forefront of projecting the voice and works of African researchers in the last 20 years.

It's been a pleasure and joy associating with AJFAND. My first encounter with AJFAND was when it published my very first paper from my undergraduate research 17 years ago. This was at a time when it was a struggle for scientists to find authentic and credible journals in Africa to publish our research works. Back in the day online and print publications were not that many on the African continent so AJFAND filled an important gap for scientists.

Also, at the time when I discovered AJFAND, I was particularly excited that it's editor-in-chief was a woman! So back in 2013 when I met Prof Ruth Oniang'o in person at the World Food Prize event in Iowa, USA I knew I had to make my move... I approached Prof and had a lovely conversation with her. As it turns out, she was interested in my personal and career development and She offered selflessly to mentor me on my academic and professional journey. She is a role model to me and I love to hang out with her anytime she's in Ghana or when I happen to be in Nairobi. I always look forward to our chats at any of the events we both attend across the world.

Prof is not only a mentor but a mother figure to me. She helped me through my grief when I lost my mother in 2018. I am always eager to share my success stories with her and I love how She always throws a new challenge to me after congratulating me.

April 2021

One thing I love about Prof Ruth Oniango' is how she is always scouting for scientists to bring on board the AJFAND community. This reflects in the high caliber of publications featured in the journal which also projects scientists in Food Research and Development onto the global stage.

My AJFAND network has helped to project and link scientists from Ghana who write articles, commentaries and opinion pieces creating an opportunity most of my mentees cherish because they get to share their research work with a larger audience. As a reviewer for AJFAND, I can attest to the high quality of publications featured in AJFAND and I am proud to be associated with it.

As we say in Ghana ... AYEKOO! (Congratulations) to AJFAND and a toast to more impactful years to come.

### Mavis's Bio

She is the Head of Radiation Technology Centre, Biotechnology and Nuclear Agricultural Research Institute in Ghana. Mavis is a 2020 Aspen New voices fellow and a Norman E. Borlaug Leadership Enhancement in Agricultural Program (LEAP) Scholar. She is also a fellow of The African Women in Agricultural Research and Development (AWARD) and a 2019 early career fellow of The Organization for Women in Science for the Developing World (OWSD). She is driven by a desire to see a more vibrant food industry that meets the nutritional needs of Ghanaians. Her research focuses on improving the quality and shelf life of indigenous foods. Mavis strives to offer practical solutions to the problems that confront small holder farmers and women food processors. She is providing tomato farmers with low-cost processing technologies to better manage their harvests and improve livelihood. Dr Owureku-Asare is a food scientist and a senior researcher at the Radiation Technology Centre of Ghana Atomic Energy Commission which houses the Gamma Irradiation Facility, the only one of its kind in Ghana for postharvest management of agricultural products. She is an emerging leader in her field.



*With Prof Ruth Oniango' when She received the Distinguished Service Award from IFAMA in Cape Town, South Africa in 2014*

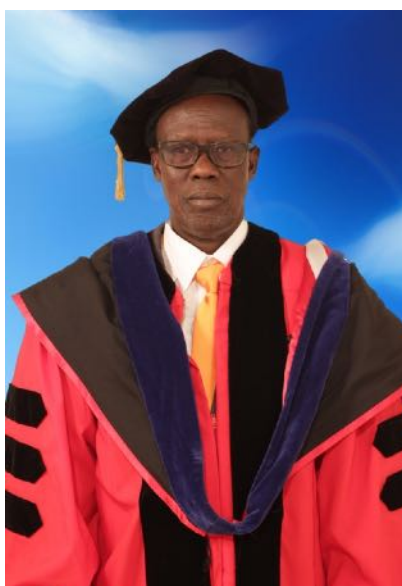
April 2021

*My “daughter” Mavis is very special to me. She must look me up whenever she is in Kenya, and when I am in Ghana, she looks me up and insists on taking me to the airport.*

*I remember as I started to mentor her, she kept telling me that there was a specific award she had to win. And I remember telling her: “Mavis, it will come, maybe not that one. Just be patient and work hard; keep your eye on the ball and the prizes will come”. I know she did not believe me at the time. But she keeps reminding me of that time. She did not win the AWARD she was keen on, but has won other prizes, even more important than the original one she had in mind. She is focused, smart, wise, sociable and just a great human being. You have a great future Mavis and I bless you.*

*Prof. Ruth Oniang’o, Editor-in-Chief, AJFAND*

----- \* -----



**Dr. Michael N.I. Lokuruka, PhD**

[mlokuruka@karu.ac.ke](mailto:mlokuruka@karu.ac.ke) or  
[mlokuruka@gmail.com](mailto:mlokuruka@gmail.com)

Congratulations AJFAND!! the Premier Journal in Africa in the disciplines of Food, Agriculture and Nutrition as they impact Human Development. Your 20 years of service par excellence to the World Academic Community have been unparalleled in our part of the World. The exponential growth trajectory you have experienced in that time is attributable to your adoption of QUALITY as the hall mark of your work. The array of articles in every issue of the Journal, from writers from all over the world, is testimony to the fantastic job by the dedicated team of reviewers and the production team of Ms. Emily Kavesa, Mary Karanu, Michael Okumu and others in the background, under the keen guidance of Hon. Professor Ruth Oniang’o.

I owe the ease of my promotion to the position of Senior Lecturer (2007), Associate Professor (2012) to the acceptance of a lot of my research work in the Journal from 2006, the time I started my long association with AJFAND. The skill in scientific writing was instilled in me by my mentor, friend and the Chair of my Academic Committee at Cornell University, Professor Joe Regenstein. I am honored to work alongside Professor Regenstein as he offers his skills and time to AJFAND. The Journal I believe is better for it. Following his

April 2021

example, I have passed the skill in scientific writing to my students, some of who are already reviewers for AJFAND. I am indebted to the Journal as it went even further and placed me on the Editorial Board of the Journal from 2015! There can be no greater recognition than that! This I cherish dearly. I look forward to evermore dedicating my time to AJFAND as it works towards attaining Tier 1 Status and standing alongside the prestigious Journals of the World. AJFAND needs every researcher's support as it mentors upcoming Africa's scientists who are poised to inspire and contribute to Africa's knowledge-based development. Thank you, Editor-in-Chief; Thank You Team and May God bless You and God bless AJFAND.

*Michael N.I. Lokuruka, Ph.D., EBS  
Associate Professor of Food Science, and, Director, Research, Innovation and Extension,  
Karatina University, Kenya*

### **Michael's Bio**

Michael Lokuruka holds a Ph.D., Food Science (Cornell University), a M.Sc. Food Science (University of Reading, UK), a postgraduate Diploma in Fishing and Fish Processing Technology (University of Trondheim, Norway) and a B.Sc. Food Science and Technology (University of Nairobi). He is an Associate Professor of Food Science at Karatina University and also Director, Research, Innovation and Extension at the University. He worked in the Food Industry for over 10 years with 2 of those in the Canadian Food Industry. He has taught and done research cumulatively at Egerton, Cornell and Karatina Universities for over 32 years. He has published 43 peer-reviewed academic works including 2 books and 2 book chapters in Food Science. He was a Commissioner at the Public Service Commission, a Board Member at the Kenya Industrial Research and Development Institute and the Kenya School of Government among others. He is a dedicated Technical Reviewer for AJFAND since 2011 and an Editorial Board Member of the Journal since 2015.

*Dr Michael Lokuruka is EBS (Elder of the Burning Spear), an honour bestowed on him by the government of Kenya, for his stellar contributions to public service. Doctor Lokuruka has supported us for as long as I remember. He also believed in us even when the journal was still very young; we have carried many of his publications. Doc Lokuruka, you have been a friend indeed, as you have stood with us through thick and thin. Good luck as your steer the ship at your current station.  
Prof Ruth Oniang'o, Editor-in-Chief, AJFAND*

----- \*



April 2021



**Prof. Tendekayi Henry Gadaga**  
 University of Eswatini  
[tgadaga@gmail.com](mailto:tgadaga@gmail.com)

I write this short piece as a tribute to the sterling work being done by the African Journal of Food, Agriculture, Nutrition and Development (AJFAND). Although we are going through a period of uncertainty due to the COVID-19 pandemic, we have great hope that again scientists will come to the fore and provide solutions to mankind. I wish to thank the Editor in Chief of AJFAND, the Hon. Prof Ruth Oniang'o for giving me the opportunity to share my journey with the journal from inception.

It has been almost twenty years since I met her at a conference in Harare, Zimbabwe, where she shared her passion for rural development, nutrition and the development of science in Africa. As a young scientist,

after only obtaining my PhD in 2001, this resonated well with what I perceived as the role of scientists in Africa, where we don't have to play catch-up but be at the fore-front of developments in science. The scientific discoveries also have to be relevant to our needs. To borrow an old adage, "necessity is the mother of all invention", meaning that African scientists better understand the needs of their societies. Indeed, scientists are a community and research should be done in collaboration with our partners from all over the world. I believe that Prof Oniang'o has lived most of her aspirations, especially the establishment of the African Journal of Food, Agriculture, Nutrition and Development.

I was invited to review articles for the journal in 2002/2003, and was later asked to be technical reviewer. It has been an exciting learning experience and an honour to referee many papers that have gone through AJFAND. The journal receives papers for publication from around the world and from a wide cross-section of researchers, for example from postgraduate students, early researchers, and well-established researchers in areas of food science, nutrition, agriculture and rural development. I have noted that the journal never misses an issue, which is an indication of the high number of good quality papers submitted to the journal. I have reviewed on average 10 papers per year and it has been a pleasure doing so. It gives me the satisfaction that this was my small contribution to science, especially in areas of food science, nutrition, and agriculture.

The quality of papers has been top level as shown by the frequency of citation of the published articles. In my area of expertise, i.e. Food Microbiology, there has been rapid

April 2021



development in the use of new technologies for research, especially molecular techniques such as whole genome sequencing, Polymerase Chain Reaction (PCR), and Restricted Fragment Length Polymorphism (RFLP), which require that future reviewers at AJFAND be active in research to keep abreast with the new developments. I am confident that the journal will grow from strength to strength. I am most grateful to the team at AJFAND who have professionally supported us as reviewers and for their courtesy. I look forward to greater involvement with the Journal in the future.

### **Gadaga's Bio**

Tendekayi Henry Gadaga is an Associate Professor in Food Science at the University of Eswatini. Currently, he is the Pro-Vice Chancellor (Academic). He has been in the academic field for the past 20 years. Previously he was Dean of the Faculty of Health Sciences, University of Eswatini; Deputy Dean, Faculty of Health Sciences, National University of Lesotho; and Chairman of the Institute of Food, Nutrition, and Family Sciences at the University of Zimbabwe. He holds a PhD (Food Science) degree from the Norwegian University of Life Sciences; MSc (Food Science) from Reading University, UK; and BSc (Chemistry and Biological Sciences) from the University of Zimbabwe. His main research area is in Food Biotechnology. He has published 27 articles in peer reviewed journals, and 4 book chapters. He is a reviewer for several journals including the African Journal of Food, Agriculture, Nutrition and Development.

*Henry (as I prefer to call him) has been like a baby brother to me. I met him, grabbed him, introduced him to the journal just after it had been born and he has stayed on board since, yet in the 20 years we have known each other, we have not met again face to face. I have walked Henry's professional journey with him. His resilience is amazing. This is a scholar that believes in Africa, and one can see that from his contribution above. With his second and third degrees from Norway and the United Kingdom respectively, he chose to remain working in Africa. Henry never disappoints when it comes to reviewing. Many students have passed through him and I know African science is the better for it. Better things are still ahead of you Henry. We wish you the best.*

*Prof Ruth Oniang'o, Editor-in-Chief, AJFAND*

----- \* -----

April 2021



**Mr. Bernard Odhiambo Oloo**  
[oloo.odhiambo@gmail.com](mailto:oloo.odhiambo@gmail.com)

As AJFAND celebrates 20 years of existence, I am particularly happy to have been associated with this journal. I remember in 2008-2010 when I was conducting my Research on orange-fleshed sweet potato fermentation, I got a publication that was most relevant and most helpful. The paper was published in AJFAND. I never took the time to seek out AJFAND but I found that any time I found a paper there in the agricultural area, or in my field of food science, it would be most relevant and well written. Later on, I met the Editor-in-Chief Prof. Ruth Oniang'o of the journal at a conference presentation in Nairobi. The Journal was sponsoring the Best oral Presenter at the young scientists' category. As fate would have it, I scooped this coveted prize which had a cash award of 200 USD. I did not know then but that was the start of a

fulfilling mentorship relationship that continues to grow to this very day. Later, I applied and was accepted by AJFAND as a junior reviewer and from henceforth, I have reviewed about 10 articles for the journal to date. This review process has opened gates for me to be a reviewer for more than 5 other peer reviewed articles from reputable journals from across the globe. The subtle yet, exigent point is that honing my reviewer skills at AJFAND has made me a better writer and overall a better scientist and academic. I am sure that AJFAND is just gearing toward exploiting its full thrust as an authentic reliable outlet for regional content in the area of food and agriculture and one which commands international attention.

*Bernard Oloo*

### **Bernard's Bio**

Mr. Bernard Oloo is a Lecturer of Food science and Technology at Egerton University focusing on food safety of different commodity value chains in Kenya. He holds an MSc. Food Science and Technology from Egerton and completed his PhD work at the same University awaiting defense. Mr. Oloo has been with AJFAND as a reviewer since 2016. Previously he has worked in the Food Industry as a production supervisor, production manager and quality assurance manager. He is currently in charge of the Guildford Dairy Institute at Egerton University where he is serving as a Food Safety Team Leader implementing ISO 22000:2005, food safety Management System. Oloo's research includes new product development, value addition, quality and safety. Some of the specific commodities he has worked with include fruits and vegetables, milk and milk products,

April 2021

potatoes, sweet potatoes, meat and meat products safety and quality and indigenous chicken quality and safety.

*Bernard Oloo has described how we met. Bernard is smart, outgoing and ready to be sent and is always willing to get challenged. There are times I have asked him to represent me in events and he is never too shy to do so. He is a natural leader, always inquisitive. I am praying he soon gets crowned with a PhD cap he is working towards, for so many years.*

*Good luck Bernard; all will be well.*

*Prof Ruth Oniang'o, Editor-in-Chief, AJFAND*

----- \* -----



**Dr. Nyasha Grace T Mushonga**  
[nyamushonga@gmail.com](mailto:nyamushonga@gmail.com)

I started interacting with AJFAND in 2016 when I submitted a manuscript for publishing. The title was “Parental Knowledge, Attitudes and Practices Regarding Overweight among Preschool Children in Rural Zimbabwe”. Childhood overweight has become an epidemic as it is found in both developing and developed countries. Estimates showed that the number in Africa has doubled to 10.6 million from 5.4 million in 1990. Childhood overweight places a significant challenge on the physical, psychological, social health which includes bullying in schools. This calls for urgent diverse strategies to address this burden. Parents are role models and play a very important part in changing children’s health positively.

When my manuscript was published by AJFAND in 2017, I was confident that I had written a good

paper because of its reputation as a journal with reviewers who are experienced and thorough. The reviewers gave me constructive suggestions and corrections. This proved to me that the journal is of high standards and aspiring to be the best in the continent of Africa and beyond.

When I was invited to be one of the reviewers in the field of Nutrition, I was elated for I knew that this would enhance my academic career since AJFAND is a scholarly reputable



April 2021



African journal. Since 2018, I have reviewed more than 15 manuscripts that are characterized by a diversified range of topics in the area of maternal and child nutrition, also covering topics concerning food security issues. The articles go through extensive review with at least two peer reviewers per manuscript.

The manuscripts come mostly from African countries and some from other parts of the world. I hope that AJFAND will continue to increase its readership base as they publish relevant and practical information through these manuscripts. I always look forward to receiving manuscripts from AJFAND to review. The articles submitted focus on strategies that enhance good health for both mothers and children in Africa and the world at large. Malnutrition is rife in Africa especially among children under 5 years, and it persists essentially as a rural phenomenon. Africa faces a multiple malnutrition burden of underweight, overweight, infections, micronutrient deficiencies and non-communicable diseases. The causes of malnutrition include socioeconomic factors, less education particularly for mothers, ill-equipped health facilities, poor diets, household food insecurity, poor hygiene and sanitation and currently the covid-19 pandemic among others. These lead to functional consequences of mortality, morbidity, lost productivity etc. The manuscripts that are submitted to AJFAND address some of these challenges.

Therefore, I feel honored to be part of this spectacular upcoming journal in the continent of Africa and beyond. I wish it continues to grow and help in the field of nutrition to bring sustainable solutions to malnutrition in all its forms and address food security issues for the continent.

Congratulations AJFAND on attaining 20 years of successful publishing. Well done Editor-in-chief and the entire team. May your territory continue to be enlarged.

*Dr. Nyasha Grace T Mushonga (PhD), Harare, Zimbabwe*

### **Mushonga's Bio**

Dr. Nyasha Grace T Mushonga is a former Senior Lecturer at the University of Zimbabwe in the Department of Food, Nutrition and Family Sciences. She obtained an MSc degree in Food and Nutrition at Fresno State University in California, USA. She later attained a Doctoral degree in Pediatric Nutrition at the University of Zimbabwe.

Dr. Mushonga worked in the Ministry of Health and Child Welfare as a provincial Nutritionist. She was also employed by UNICEF as a Nutrition Consultant. She was one of the team members who participated in the formulation of Food and Nutrition Security Policy of Zimbabwe which is now operational. Dr. Mushonga is a Reviewer of 3 journals including AJFAND.

April 2021



She has published several research articles in nutrition and her main area of interest centered on child nutrition and food security. Currently, she is working on a project “Development of Ready-to-Use Therapeutic Food product for the management of Severe Acute Malnutrition in Zimbabwe using local ingredients”. Dr. Mushonga has started on a project aimed at teaching nutrition to school leavers. She has started writing a nutrition book for children aged 5-12 years.

Dr. Mushonga is a Board Member of the Autism Organization and she is the current Executive Board Chairperson of Ranche House College, Harare, Zimbabwe. She is a member of the Zimbabwe Nutrition Association (ZimNA).

*Dr Mushonga is retired but clearly not tired. She is one of our most reliable reviewers in the area of Maternal and child nutrition. As she proceeded on retirement she promised to stay engaged in reviewing for us, which she has done. As can be seen, normally our new reviewers and selected from those who have published with us. Now she is busy writing a book, based on her vast research and teaching experience. Dr Mushonga, stay blessed. We value you and wish you a rich and successful time during your retirement. You still have a lot to share with humanity and the people of Africa.  
Prof Ruth Oniang’o, Editor-in- Chief, AJFAND*

----- \* -----

April 2021



**Dr Peter George Bille**  
**Retired Senior Lecturer**  
**from UNAM (University of Namibia)**  
[pgbille@gmail.com](mailto:pgbille@gmail.com)

I would like to take this opportunity to thank AJFAND for giving me the opportunity, knowledge and experience in researching and writing papers for publication. When I started with AJFAND, I had just completed my PhD in Food Science and Technology and I was not sure of whether I will be able to acquire the skills I have gained in preparation and writing of papers for publication. Through AJFAND, I learnt a lot, as a reviewer, on how researchers write and present their papers for publications. This gave me a lot of confidence and I started writing my own research papers and managed to publish about 20 papers and about 15 of them are with AJFAND and with my students as can be seen on my CV. All these came about because of reading and reviewing AJFAND papers for a number of years that gave me knowledge, experience and confidence, that if others can do it why not me.

It has been a privilege to be selected to work with AJFAND and I should be grateful for this and I look forward to continue working with AJFAND so that one day I can be a good publisher of research articles and own a company just as like AJFAND and survive on it especially now that I have retired. God bless AJFAND.

#### **Peter's Bio**

Dr Peter Bille is a senior lecturer in the Department of Food Science and Technology of the University of Namibia teaching dairy and food science and technology subjects. He has been teaching and researching in Namibia for the last 12 years. Prior to that, he spent ten good years as a lecturer in dairy science and technology at Egerton University and a part time lecturer at the University of Nairobi, Kabete Campus in Kenya.

His research focuses mostly on technology, nutrition and value addition of traditional food products including milk, meat, fruits and vegetables and he has published a number of papers in the Journal of food technology in Africa (JFTA), African Journal of Food,

April 2021



Agriculture, Nutrition and Development (AJFAND), International Journal of Food Science and Technology (IJFST), Irish Journal of Food Technology (IJFT) and Milchwissenschaft.

Dr Bille has a Diploma (credit) in dairy technology from Egerton University, Kenya, BSc (Hons) in dairy/food science and technology from California State University, USA, MSc degree in dairy/food sci. & tech. from Queens University of Belfast, UK and a PhD in Dairy and Food science and technology from the University of Pretoria, SA.

He is the author of twenty refereed journal articles and he has published one dairy manual for students and industry titled, “Dairy Science and Commodity Processing Handbook: Practical Guide for Students and Industry”. Other booklets are just teaching materials for other aspects of food science and technology including quality and safety of foods for consumers.

Dr Bille has served as a consultant for some agencies, including FAO, Ministry of Agriculture and Forestry in Namibia and Centre for Research Information Action in Africa-South Africa Development Consulting (CRIAA SA-DC). He has worked in Tanzania, his home country, Kenya and now in Namibia. Currently he is serving as a reviewer for AJFAND papers related to food science and technology. Dr Bille is one of AJFAND’s most dedicated reviewers. His support is most appreciated.

*Dr Bille has been great support over the years, one of a handful of reviewers we have from Namibia. At one time he needed proof of his paper on dairy published to convince the government of Namibia to adopt policies on milk safety. It happened. We wish Dr Bille great success in his retirement.*  
*Prof Ruth Oniang’o, Editor-in-Chief, AJFAND*

----- \* -----



April 2021



**Tom Gill**  
**Smith Chair in**  
**International Sustainable Agriculture**  
**University of Tennessee**  
[tomgill@utk.edu](mailto:tomgill@utk.edu)

Dear AJFAND,  
 Many congratulations on marking your 20 years of publishing innovative, important research for the African continent and its many peoples. Thank you for advancing the scientific frontier on all things related to agriculture, food and nutrition as it relates to the development of robust, thriving African societies. Best wishes to you all and I look forward to the next decade of AJFAND's accomplishments!  
*Tom Gill*

#### **Tom's Bio**

Dr. Tom Gill is an international, interdisciplinary development professional who currently serves as the Smith Chair in International Sustainable Agriculture and Director of International Programs at the University of Tennessee's Institute of Agriculture. In this role, he leads strategic vision and global program development across the institute of agriculture, and directs the Smith Center for International Sustainable Agriculture. His experience and research interests include farming systems, smallholder household decision making in sustainable agroecosystems, and participatory approaches to human and institutional capacity development, with a particular focus on sub-Saharan Africa and Southeast Asia. He also co-leads UT's efforts towards the United Nations Sustainable Development Goals (Agenda2030), through involvement in a consortium of SDG-focused universities under the Global Challenges University Alliance.

Tom has served as President (2019-2020) of the Association for International Agriculture and Rural Development (AIARD) and as Chair (2015-16) of the International Agriculture Section for the Association of Public and Land Grant Universities (APLU). He holds a B.A. and M.A. in Geography from the University of Cambridge, U.K., an M.Sc. in Tropical Agricultural Development (Crop Production) from the University of Reading, U.K., and a Ph.D. in Interdisciplinary Ecology (Farming Systems) from the University of Florida, USA.

*Tom has kindly accepted to join our team of extremely dedicated reviewers for AJFAND. Busy as he is, he has so far proved to be timely and thorough. Welcome Tom and know that your support is highly valued. Editor, AJFAND*

----- \* -----

April 2021



**Ms Ipeleng Randome**  
[ipeleng.randome@fabi.up.ac.za](mailto:ipeleng.randome@fabi.up.ac.za)

Ms Ipeleng Randome is currently a PhD (Genetics) student at the University of Pretoria and a Botany lecturer at the University of Botswana. She graduated with a BSc (Biological Sciences) degree from the University of Botswana in 2009. She later joined the Department of Biological Sciences of the same university in 2012 as a Staff Development Fellow. A year later, Ms Randome enrolled for her MSc (Cell and Molecular Biology) at the University of Arkansas, USA and graduated in 2015. Part of her Master's thesis work was published in AJFAND in 2017. In 2018 Ms Randome obtained a fully funded PhD scholarship in the Forest Molecular Genetics

programme at the University of Pretoria. As a lecturer and graduate student, she has presented at various international conferences such as American Society of Plant Biologists; and published several trans-disciplinary research papers with her colleagues in different fields of Biology.

*We are proud when young scholars who are associated with us get recognized and move on to great opportunities as has been the case with Ms Ipeleng. We are proud of her and wish her all the best in her future career. Ms Ipeleng is back with us as a Junior reviewer as she pursues her PhD.*

*Prof. Ruth Oniang'o, Editor-in-Chief, AJFAND*