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African Proverb of the Week

"The left hand learns before the right one is broken."
(Ovambo, Angola)

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Herbs & Plants: Spinach, a rich source of minerals, vitamins and phytonutrients

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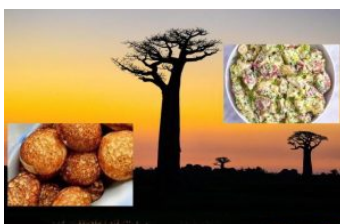
Mission. With a backpack.

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