

# The Consumption of Corn Wine and Palm Wine among the Ùki People - Center Region-Cameroon-within a Context of Globalization

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Article History	Abstract
Original Research Article	<i>This research aims to examine change that has occurred in the consumption of Corn Wine and Palm Wine within a context of Globalization among Uki people. Corn Wine and Palm Wine are traditional beverage among the Uki people as it is among many other Cultures in the world. The Objectives of this Research is to emphasize on the Cultural Practices surrounding the Consumption of Con Wine and Palm Wine, their health benefits, and the effects of globalization on their consumption among Uki peoples of Cameroon. The Research design is explorative using qualitative methods. An ethnography has provided Primary Data, through Interviews, Direct Observations, and Focus Groups Discussions. Secondary Data were provided by written Source and Internet. Indigenous Food Sovereignty theory, Globalization Theory, and other approaches have been exploited to understand facts. The Research results reveal that the natural environment favor existence of palm trees and corn farming; that fact explain why Corn Wine and Palm Wine, are considered traditional beverages and Culture Core that is Cultural elements that are fundamental among Uki people. The research reveals also that those beverages are Cash Crops, used for social and spiritual activities and have enormous health benefits, which could explain the good health and the longevity of Uki's ancestors. Today, Globalization has allowed invasion and competition in local market as far as imported Drinks are concerned, that situation has caused the homogenization and hybridization of indigenous system of Drinks consumption as it is in the rest of the world and as consequence; the loss of nutrients values contended in corn wine and palm wine; the disappearance of indigenous knowledge about Consumption of Corn Wine and Palm Wine: The spay of imported drink has also led to increase of the Diseases of Development or un transmitted diseases; like Diabetes, Cancer, Obesity, etc.. According to Indigenous Food Sovereignty theory; Food sovereignty is the right of peoples to define their own healthy, culturally appropriate food systems using sustainable methods, putting control in the hands of local communities (farmers, fishers, indigenous peoples) rather than corporations, emphasizing local economies, ecological methods, and true access to resources like land, water, and seeds. Indigenous Food Sovereignty theory advocates for autonomy in food consumption, trade, and consumption, contrasting with corporate-controlled models, and promoting resilience against crises; The results reveals that natural Corn Wine and palm wine are full of healthy nutrients; that is why; some strategies should be put in place, for the revalorization of Palm wine and Corn Wine among Uki people and all over the world in other to preserve indigenous knowledge. According to the research, other species of Palm and Corn, like the blue and purple varieties of Corn, need to be introduced and propagated in Cameroon, for Plant pigments or colors contain natural nutrients and chemicals called phytonutrients, which carry much antioxidants than the local varieties yellow and white.</i>
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	<b>Keywords:</b> Consumption, Corn Wine and Palm Wine, Homogenization; Hybridization; Health outcomes; Indigenous Food Sovereignty, Ùki People.

## Introduction

The word Consumption has two meanings: Firstly, it is an individual's "intake", in terms of eating or other ways of using things. Secondly, Consumption is the "output", in terms of spending or using resources in order to obtain goods or resources. In this research, "in take" consists in eating or drinking palm wine or corn wine; it refers also to spending money at the market to buy the beverage, which Consumption is a tradition among the Uki, as it is in many Societies in the World. Corn wine and palm wine are Indigenous Food among uki people; Indigenous Food refers to the traditional food and Food systems that are native to a specific ethnic group or geographical region, produced and consumed by indigenous or local communities using knowledge, practices and resources that have been developed and transmitted across generations within that particular cultural and ecological context (Kuhnlein & Receveur, 1996; Kuhnlein et al., 2009). These foods are typically derived from local available plants, animals, and other natural resources, prepared using traditional techniques, and carry deep cultural, spiritual, nutritional and medicinal significance for the community. These drinks are produced and consumed in various ways, according to culture. Many sources reveal that the consumption of Palm wine and Corn wine is among the factors of longevity among ancient Uki people; But Nowadays, change has occurred in the consumption of Palm Wine and Corn wine. This research is conducted to examine sociocultural significance of the consumption of palm wine and Corn wine among Uki People, to examine change that has occurred in the consumption of palm wine and corn wine in a context of globalization, also to look for strategies to enlighten population on the importance of Consuming Corn wine and Palm Wine.

## 1) Research Methods

Ethnography, using data collection from the field for Primary data, Research Online and written sources for Secondary data.

The field work took place in June, July and August 2024 in Ngoro, Center Region-Cameroon.

### Field Procedures:

Field procedures involve the practical research steps to collect data for the research to be carried out: Ethnography. In each cultural area, the researcher contacted first the authorities like mayors, traditional and administrative authorities, to seek permission to carryout research in their respective communities. For the researcher to prepare and familiarize with the informants and environment, meetings were organized before. Report and rendezvous for interviews and focus groups were taken in advance.

Interviews and Discussion Groups were planned with the consent of informants, and according to their availability.

### Research design and technics

The research design and technics are explorative using qualitative research methods. They allow the researcher to engage directly with informants in their natural milieu. Qualitative Methods include life stories, interviews, Direct Observations, that have ensured triangulation, improving the reliability and validity of the findings. An Interview guide containing open-ended questions has been used.

### Sampling procedure

#### Sampling

A Total 04 Focus Groups Discussion and 48 Informants among Populations were interviewed in 04 Uki villages, in Ngoro Sub- Division, Mbam and Kim Division, Center Region in Cameroon; that were: 12 in Egona II, 14 in Ngoro- town, 11 in Nya Ndjanga and 13 in Massassa. Among respondents were 20 Women and 26 Men. Everybody had the same chance to be selected but the researcher worked with people who were willing and available for Interviews or Focus Group Discussions.

### Data collection

With the permission of local authorities, the researcher went to Ngoro Subdivision in the month of December 2024; Interviews, Direct Observations and Focus Group Discussions had provided Primary Data. The researcher went one time in the field to gather Information. Data collection took 3 weeks. It has consisted in Interviews, Life stories, Focus Groups Discussion, for primary data. As far as life stories are concerned, in Anthropological research, they refer to the comprehensive personal accounts that individuals provide about their lives. The researcher was taking notes and recording while discussing with informants. Secondary Data came from written Sources and Internet.

### Data analysis

It has started with a treatment of information from the field. On the basis of the questions and research Objectives, answers were classified according to ideas, which were differentiated by letters and colors. Each idea was coded with an alphabetic letter and color. Alphabetic letters corresponding to the same ideas were put together, representing a group of the same information. Main ideas have been considered as themes, which constituted paragraphs, headings and sub headings of the text. Explanations from informants have been taken into account as well as comments and interpretation from the researcher.

Analysis of content was done by transcribing the data from field, in order to identified main themes through similar and

frequency or recurrence of answer and quotes used by the informants. Data analysis also consisted in Comment, Description and Comparison of Primary and Secondary information.

A comparison was made to see what are similarities, differences, generalities and specificities within cultural areas. The research Online and written sources permit to compare sociocultural practices and legal realities about cannabis among the Semi-Bantu of Cameroon with other cultures in the World.

## 2) Theoretical framework

### Homogenization Theory

Homogenization theory refers to the idea that cultural practices and identities around the world are becoming increasingly similar due to the influence of globalization, often leading to a loss of local cultural diversity as dominant cultures and practices spread widely, particularly through mass media and global trade; essentially, it suggests that different cultures are merging into a more uniform global culture. According to Hassi & Storti (2012), as societies become interconnected through global markets, media, and migration, traditional cultural practices including food consumption habits are replaced or blended with dominant global influences. In the context of food, homogenization manifests in the widespread adoption of processed foods, Western dietary habits, and fast-food consumption, often at the expense of indigenous and traditional diets. This process is particularly pronounced in urban areas, where access to global food markets and modern supply chains influences local food choices (Bricas, 2008). It's a concept that goes hand-in-hand with other sociological terms like globalization: Global culture is often thought of as the result of the spread of modernity around the world. This theory is based on the idea that when European powers moved overseas, they helped to create new forms of global culture.

As international trade and multinational corporations expand, so too does the spread of global brands and products. Consumer goods, fast food chains (like McDonald's), and technologies (such as smart phones) contribute to the convergence of consumer behaviors, resulting in an increasingly similar consumption patterns across nations (Vorster, 2010).

The movement of people across borders contributes to cultural blending. Immigrants and Diaspora populations bring their cultural practices with them but also assimilate into the dominant culture of the host society (Vorster, 2010). Furthermore, the rise of digital platforms and the internet has made access to global information easier. Social media platforms (like Facebook, Twitter, and Instagram) connect people worldwide and facilitate the

rapid exchange of ideas, fashion, and lifestyle choices, contributing to the spread of common cultural practices.

While cultural homogenization is often critiqued for its tendency to erode cultural diversity, (Robertson, 1995) argues that globalization leads not only to homogenization but also to "glocalization." Blanc, B; and Le Bris Cl., Glocalization refers to the adaptation of global cultural products to fit local tastes and traditions. In this process, local cultures may resist full homogenization and integrate global elements in unique, hybrid forms that reflect local contexts, (Blanc, X. and Le Bris Cl.,2023).

These adaptations reflect how global forces interact with local cultures to produce a hybrid cultural form. The goal of the culture is to spread around the world and take over local cultures, which leads to the homogenization of the whole planet:

This interaction can lead to a hybrid forms or the eventual dominance of the host culture, as seen in various urban areas around the world.

### Cultural Hybridization Theory

Hybridization is defined as "the ways in which forms become separated from existing practices and recombine with new forms in new practices" (Rowe & Schelling, 1991). Cultural hybridization theory emphasizes the blending of cultures due to globalization and creates new and distinctive hybrid cultures that cannot be separated into local or global cultures. This theory reveals a very positive outlook on cultural globalization, which is not tied to homogenization, but rather to global heterogeneity and the emergence of new cultural realignments.

Pieterse (1995) defines hybridization as "the mixing of different cultural elements to create new forms that transcend traditional boundaries." He argues that globalization is not simply a process of Westernization or cultural homogenization but rather a dynamic process where local and global cultures merge to create hybrid identities. He further elaborates that hybridization is evident in language, cuisine, fashion, music, and religious practices, showing that cultures are constantly evolving rather than being erased. For example, urban areas experience food and drink hybridization as traditional diets incorporate international ingredients and cooking techniques, leading to "glocalized" (global + localized) cuisines. Traditionally, the Uki's Drink consists of Corn wine and Palm wine: (Pieterse, 1995).With urbanization, imported and processed drinks (sachet and plastic bottle) have become more available and affordable, leading to their gradual incorporation into daily breverage, instead of completely shifting to a Western diet, Uki people hybridize their Palm, wine and Corn wine consumption by adding modern ingredients (Guinessor beer instead of corn yeast or

imported whisky or conservators in palm wine. Traditional Drinks have become a modified version of Palm wine or corn wine.

### **Indigenous Food Sovereignty theory**

It originated in 1996, at the FAO World Food Summit Coined by La Via Campesina, a global peasant movement, In essence, food sovereignty empowers communities to build food systems that nourish people and the planet, rather than just profit, fostering justice, sustainability and self-reliance, (Swiderska, K. 2021).

Food sovereignty is the right of peoples to define their own healthy, culturally appropriate food systems using sustainable methods, putting control in the hands of local communities (farmers, fishers, indigenous peoples) rather than corporations, emphasizing local economies, ecological methods, and true access to resources like land, water, and seeds; (Swiderska, K. and Ryan Ph. 2020) (Jess Hausti; 2023) It's global movement advocating for autonomy in food consumption, trade, and consumption, contrasting with corporate-controlled models, and promoting resilience against crises like climate change.

Among the Core Principles of Indigenous Food Sovereignty, according to Swiderska, K. (2021); are

- People's right to food: because food is a human right, not just a commodity.
- Local control: natives should decide Commodities and what or on what to grow, trade and eat.
- Ecological production: focus on agro ecology, sustainability, and traditional practices, not mass industrial farming.
- Support for local producers: prioritizes small farmers, peasants, and indigenous food producers, ensuring they have resources like land, water and seeds.
- Cultural appropriateness: foods must align with local cultures and traditions.
- Resilience: build strong, diverse food systems resistant to climate change.

### **4) Socio Cultural practices surrounding Corn Wine and Palm Wine among the Uki people**

Uki people speak Tuki language. In Tuki; Palm wine is called: */màbo mi bira/* and Corn wine is called: */angbaa/*

Below are some cultural practices and values associated with Corn wine and palm wine in Uki's traditions.

#### **Palm wine and corn wine as Cultural and Social Symbol**

Palm Wine and Corn Wine are cultural Core because they are cultural feature that is fundamental in the Uki society's

way of making its living- including food-producing techniques, knowledge of available resources and the work arrangements involved in applying those techniques to the local environment, (Havilland, and al., 2002). Palm Wine and Corn Wine among the Uki can be considered as Cultural Core. Those cultural features are specially promoted

The Food ways approach emphasizes the deep connections between Palm Wine and Corn Wine and identity, culture, and community (Counihan, 2004). Foodways refers to the cultural, social, and economic practices surrounding the production, processing, preparation, consumption, and sharing of Native Drink that are characteristics of a particular society or culture (Mintz, 1996). It encompasses the entire food system, from agriculture to table manners, and includes the traditions, customs, and rituals associated with food. Palm Wine and Corn Wine are beverage that has outstanding values to Uki people and to humanity.

Corn and Palm wine are deeply embedded in Uki's traditions. They are commonly used during ceremonies, festivals, and social gatherings to foster community bonds.

**Rite of Passage and Celebrations:** They play a vital role in rites of passage such as births, marriages, and funerals, symbolizing hospitality and communal unity.

**-Enhancing Celebrations and Festivals:** During festivals, weddings, and other communal celebrations, palm wine is often shared among attendees as a symbol of unity, joy, and celebration. It is used to Fostering Social Bonds and Unity. Sharing palm wine during gatherings promotes camaraderie, dialogue, and the strengthening of social ties among community members. It often accompanies storytelling, singing, and dancing, which are integral to communal bonding, (Focus Groups Discussion among Uki in 2025).

#### **Economic practices surrounding palm wine and corn wine among the Uki**

Palm wine and corn wine are Core element in Uki Community: They are also among source of income or cash Crops; they are categories of personal or household budget used to provide for consumption demand. Among the Uki people, Corn wine and palm wine are at the same time for sale, to consume and for other cultural purposes. Among Uki people, the economic system is changing from non-cash to money based, (Miller, 2006). Today among Uki people, the consumption of palm wine and corn wine is less to provide for domestic needs than for having Cash or some virtual money, linked to globalization.

The production, consumption and sharing of palm wine and corn wine also serve as social activities that reinforce community cooperation and cultural identity. The

production and sharing of palm wine and palm wine also serve as social activities that reinforce community cooperation and cultural identity. Offering palm wine or corn wine to visitors or guests is a sign of respect and hospitality, reinforcing social bonds and demonstrating generosity. Giving these products as gifts during important events helps maintain social relationships and uphold cultural values. Also, in Uki's community, palm and corn wine play vital roles in enriching social gatherings and community events through various meaningful ways, (Focus Groups Discussion among Uki in 2025).

To show Hospitality and "Gift-Giving": Offering palm wine and corn wine to visitors or guests is a sign of respect and hospitality, reinforcing social bonds and demonstrating generosity. Giving these products as gifts during important events helps maintain social relationships and uphold cultural values, (Focus Groups Discussion among Uki in 2025).

### **Spiritual Practices surrounding Palm wine among the Uki**

Palm wine is sometimes used in spiritual rituals to communicate with ancestors or to seek blessings from spirits, reflecting its significance in traditional belief systems. Palm oil and wine may be used in rituals for purification or protection during certain ceremonies, such as rites of passage, marriage ceremonies, and ancestral worship, thus maintaining cultural continuity. Palm Wine is important for Rites of Passage and other Ceremonies. Even for Weddings Ceremonies, Palm wine is commonly used to toast the bride and groom, symbolizing joy, unity, and community support. It is also shared among guests to celebrate the union. Initiation and Traditional Rites: Palm wine plays a role in initiation ceremonies and other traditional rites, serving as a symbol of acceptance and community participation, (Focus Group Discussion, among Uki in 2025).

Palm wine is sometimes used in spiritual rituals to communicate with ancestors or to seek blessings from spirits, reflecting its significance in traditional belief systems. Palm oil may be used in rituals for purification or protection during certain ceremonies. Also, there are some beliefs and taboos associated with this practices in Uki Community, surrounding palm wine and palm products are deeply rooted in local culture and customs, (Focus Group Discussion, among Uki in 2025).

During funeral ceremonies, palm wine is offered as part of libations to honor the deceased, invoke ancestral spirits, and bring comfort to the grieving family, (Focus Group Discussion, among Uki in 2025). Palm wine is integral to various festivals, where it is consumed communally to

foster social bonds and cultural pride. It often features prominently in communal dances, singing, and storytelling.

- Uki people has a Respect for the Palm Tree and Its Products. The palm tree is often regarded as sacred, and its products, especially palm wine, are considered gifts from ancestors or spirits. Customary, people show respect during tapping and consumption to maintain harmony and avoid spiritual repercussions, (Interview among Uki in 2025). Wastefulness or disrespectful behavior towards the palm tree or the wine is believed to offend spirits, leading to misfortune or poor harvests. For example, wasting palm wine or damaging the palm tree unlawfully is taboo. One can be punished for Taboo violation or for Waste and Disrespect (Interview among Uki in 2025).

### **Palm and Corn Wine as source of Income**

Producing, Harvesting and selling Corn and palm wine provide livelihood opportunities for local producers, contributing to household incomes.

Economic Participation and Community Cooperation: The collection, production, and sharing of palm wine encourage cooperation and participation among community members, fostering a collective spirit. Palm and Corn Wine as ingredient for the production of local whisky called //arki// or //haa//, (Interview among Uki in 2025).

### **Palm Wine in traditional Healing system**

Health and Social Benefits: palm wine are usually used in healing some disease among the Uki.

When properly produced, palm wine can have health benefits and serve as a social lubricant that strengthens community bonds. In case of shortage of Breast milk after deliverance a fresh unfermented palm wine is given to the new baby.

### **5) Indigenous Techniques of Palm Wine and Corn Wine production among the Uki and the nutritional value people should know**

#### **Indigenous techniques of production of Palm wine**

The Availability of wild Palm trees and Corn is the first condition for local Wine production among the Uki people.

Uki's mode of production is sustainable. That is why only Old palm trees can be cut for Palm wine and young trees are exploited when the tree is alive, they are not cut for the production of Palm wine". Uki people avoid to cut Young palm trees; their leaves are useful for many activities. The wine from a living palm tree is more expensive in the market than the one from the tree that has been cut down. For many reasons: Firstly, the risks, the taper should climb up tree, remove its leaves and bunch of palm nuts. Secondly, the wine from the living Palm tree is alive, it contains much nutrients, more, quality proprieties even the

taste is different, and it can be kept many days, than the one from the tree that has been cut, (Interview and Direct Observation among the Uki in 2025).

When the Palm tree has been cut down, the Wine taper should wait some days for the liquid to come down and flow easily. After some two or three weeks, the part carrying leaves is removed carefully. The soft area is punched with a twig which served as hope where the liquid flows from into a bucket or a pot. The first days, the wine tastes creamy; it is sweet and can be consumed as beverage or for some medicinal purposes. Children can also consume it well as New born babies when the mother has breast shortage. Some Women cannot produce breast milk immediately after deliverance, for about 03 days. (Interview and Direct Observation). After a week, the taper can change and improve the wine by adding some Bark of *//akaru//* tree (local name), collected from Savana or barks from another particular tree in the forest. The function of the barks of tree is to change the taste of the Wine, activates its fermentation, alcohol and to prevent, indigestion and other stomach Pains, (Interview among the Uki in 2025).

A tree can produce more than 15 liters of Palm Wine shared into about 03 to 05 liters per days during one Month, depending on the size of the Palm tree. To harvest a huge quantity of Palm Wine, requires a lot of palm trees to be cut. A young living palm tree can produce 02 to 03 liters per day. (Interview among the Uki in 2025)

### **Nutritional Values of Palm Wine and Corn Wine people should know**

According to some Research, Palm Wine has fantastic Health Benefits, but abusing its Consumption is unhealthy; Palm Wine contains potassium which has been proven by research to improve heart health and reduce hypertension. It can help fight Cancer: Palm Wine contains Vitamin B2, also known as Riboflavin. Riboflavin helps in the fight against free radicals. Palm Wine is widely believed to induce lactation for poorly lactating mothers in many native medicine. It also contains probiotic bacteria which prevent the growth of harmful bacteria, (Kabi Herbal, Online).

Another source reveals that as a traditional beverage in many tropical regions, palm wine has been consumed for centuries. While it's often associated with social and cultural practices, palm wine also contains nutrients and compounds that may have potential health benefits, among which are:

Palm wine contains Antioxidants, that can help protect against oxidative stress and cell damage. Palm wine contains phenolic compounds, which may have anti-inflammatory and antimicrobial properties. It also a good source of vitamin B and C, as well as minerals like Potassium and Magnesium. Also Palm wine contains

probiotic, which can support gut health and Immune system, (Oluwatoyin oluwole, and al.:2023), (Kabi Herbal, (Online)).

However, it is essential to note that excessive consumption of palm wine can have negative effects due to its high sugar and alcoholic content. Moderation is key.

### **Indigenous techniques of production of Corn wine among Uki People**

Corn is the key ingredients for the preparation of Corn Wine. Corn is the main The quantity of the wine depends on the availability and the amount of Corn Grains.

The production of Corn Wine starts with dipping grains of corn in a large quantity of water for a night; the next day, they are removed from water and display on Banana leaves for a week when they have already germinated. A small quantity of the germinated grain is dried under sun. The large part is smashed with kitchen stones or machine to make dough, that is put in a big pot or an aluminum barrel for cook during a day (to make sure that the dough has done very well). In the evening when the color of the liquid has changed into dark brown, and a nice smelling has come out, the mixture is sifted during the night. The next morning, only the liquid is put again on fire in the same barre or pot till evening when it put in a place to cool down. the same night, when the brown liquid is cooling, the dried germinated corn that has been put a part is grill in another pot, then smash with kitchen stones and dip into water to make corn yeast, that will be used for the fermentation of the corn Wine, causing it to be bitter, alcoholic and to produce moss. It is the local beer. A little quantity, of Corn wine without yeast (looking like modern Malt in taste and color), is kept for non-alcoholic people, in a calabash, to maintain its freshness, (Interview and Interview Direct Observation among the Uki in 2025).

### **Nutritional values of Corn Wine**

Corn wine is also a traditional beverage with some potential health benefits. While corn is healthy, it is important to consume it in moderation as part of a balance diet. For the Preparation, Corn is most nutritious in its unprocessed form, such as kernels on the cob, rather than heavily processed corn products. Individuals with allergies to corn should avoid it, (Cleveland Clinic Health, Online).

Corn is source of Fiber, Vitamins and minerals, including antioxidants like lutein and zeaxanthin which are beneficial for eye health. Corn can aid digestion, support heart health, and help regulate blood sugar levels. It can help control cholesterol. Corn contains Vitamins A, C and various B vitamins (including folate, thiamine, and niacin), as well as potassium, magnesium, and zinc, (Markakis, 21982), (John Hopkins medicine, Online).

Corn is a source of anti-oxidants like zeaxanthin, which are important for eye health and may protect against age-related macular degeneration. It has relatively low glycemic index, which means it can help regulate blood sugar levels and provide sustained energy, (Pu Jung, 2006), (John Hopkins medicine, Online).

Corn contains compounds like potassium and plant sterols that can support heart health. The fiber in corn promote feelings of fullness, which may aid in weight management, (Cleveland Clinic Health, Online).

It can contribute to healthy diet due to the nutritional value of corn and the presence of antioxidants, particularly in purple corn varieties. Corn and, particularly purple corn, is rich in antioxidants like anthocyanin, which can help neutralize harmful free radicals in the body. These antioxidants may contribute to reducing the risk of chronic diseases like heart disease and certain cancers.

Corn wine, especially made from purple corn, has shown potential in reducing the risk of cardiovascular disease. Some studies suggest that corn help regulate blood sugar levels, potentially aiding in diabetes management. Corn is good source of dietary fiber, which promotes healthy digestion. Lutein and Zeaxanthin, found in corn, are beneficial for eye health and may help prevent age-related macular degeneration. Corn contains various vitamins and minerals, including B Vitamins, Potassium, and Magnesium, which are essential for overall health.

Another source reveals that Corn contains Vitamin B6, a nutrient necessary for maintaining healthy levels of pyridoxine. Pyridoxine deficiency can cause anemia and may increase, depression, and premenstrual syndrome. Corn is also rich in Vitamin C, an anti-oxidant that helps protect your Cells, from damage and wards off diseases such as Cancer and heart disease. Corn has smaller amounts of minerals such as potassium, which helps regulate the circulatory (blood) system, maintaining adequate blood flow and strong heartbeat. Low potassium levels may lead to a potentially serious condition called hypokalemia. Eating Corn is a great way to get more: Manganese, phosphorus, Iron, Zinc, Magnesium, (Markakis, 1982), (Nourish by WebMD, Online).

NB: When it comes to nutrients, color matters. Plant pigments are where you'll find natural chemicals called phytonutrients, which carry antioxidants. That is why white or yellow Corn has fewer antioxidants than blue or purple corn.(These darker-colored types of corn come in chips or taco shells), (Nourish by WebMD, Online).

## 6)Comparative study: Corn wine in Peru –South-America

In Peruvia Corn wine is called chichi. There are two kinds of chichia, according to research on line: // *Chicha de Jora*, // and // *Chicha morada*//,

-*Chicha de Jora*, is a mildly alcoholic drink, produced by fermenting germinated yellow corn (*Jora*). It is known for its use in traditional ceremonies and is still enjoyed in traditional chicherias in Peruvia.

- *Chicha morada* is a refreshing, non- alcoholic drink made from purple corn, often boiled with pineapple, cinnamon cloves, and sugar. It is consumed in Peruvian households and restaurants and is known for its vibrant color and fruity flavor.

Corn wine in is known in Peruvian as // *Chicha morada*//, it is made especially with purple corn which is known for its health benefits, primarily due to its high anthocyanin content. These anthocyanins act as potent antioxidants, potentially reducing cancers, heart disease and diabetes. //*Chicha morada*//, is thought to aid digestion, improve circulation, and even contribute to skin health, (Nebeski, EA.and al., (2009).

Antioxidant in purple corn is very healthy. It combats Cell Damage. Anthocyanins, the pigments that give purple corn its color, are powerful antioxidant that help protect cells from damage caused by free radicals. Antioxidant contained in purple corn reduces the risk of Chronic Diseases by neutralizing harmful free radical, anthocyanins may help reduce the risk of developing various chronic Diseases, including certain cancers, heart diseases, Diabetes. Wine with Purple Corn has anti-inflammatory properties. Some research suggests that anthocyanins in purple corn may have anti-inflammatory properties, potentially helping to manage conditions like arthritis. It is also controlling Cardiovascular Health by lowing blood pressure, (Pu Jung, 2006).

The Peruvian chichi made by purple Corn improves circulation contained in Anthocyanins which improve blood vessel function, which can contribute to better overall cardiovascular health. Some research indicate that purple corn may help increase HDL (good cholesterol) level, (Markakis,1982).

Some other potential benefits of the Peruvian //*chicha morada*//, are multiple: it is source of fiber and nutrient that can promote healthy digestion.

The antioxidant contained in the Peruvian //*chicha morada*// from purple corn improve Eye health by reducing the risk of cataracts and macular degeneration. Also improvement of cognitive function. According to some studies Anthocyanins protect brain from inflammation, and may help manage and reduce the risk of Diabetes, and can also protect against kidney damage associated with

diabetes, (Pu Jing:2006). While not a wine in the traditional sense, Peruvian Black corn is also used to make whiskey at Don Michael Distillery, (Online).

## **7)The Challenges surrounding the Consumption of Palm Wine and Corn Wine among the Uki people**

### **Scarcity of Corn Grains and wild Palm Trees**

Demographic pressure related to Urbanization and other anthropogenic factors caused the wild palm trees to extinction. Palm wine tapers prefer cutting down the palm tree, because it is less risky and more productive than the living tree. Corn grains are scarce because of law out-put of maize farming linked to the fact that people are generally farming for domestic subsistence. Some years, the imported corn is expensive in the market, (Interview among in Ngoro in 2025).

### **Ignorance of nutritional Values of palm wine and Corn Wine within the community**

According to Informants; before modernism; Uki people knew only Drinks locally made like Corn wine or Palm wine available in their environment. People could use Palm wine for example for healing or for other traditional purposes. With modernism, Uki also consume imported Drinks. Many people are no more interested in drinking palm wine and Corn wine. Imported Drinks are available and cheap. Snobbism and modernism caused people to dislike locally made brewages. Yong generation don't even know the nutritive value of the brewage. Our Parents were considering corn wine and palm wine as food; one could intake one or both of them in a day and felt satiated. Youths of today consume strong and unhealthy imported Drinks, (Interview in Ngoro, in February, 2025), that affect their Health and wellbeing.

### **Poor hygiene and lack of conservative and packaging techniques**

Traditional technics of Food production and conservation are still prevailing. These native methods are not as efficient as the modern one. Palm wine is produced usually in bush. The taper alone knows how he treated the wine before he carries it at the market,(Interview in Ngoro, in February, 2025).. The level of technology is very poor. the industry of Food has not yet started in the area. That deficiency in food industry aggravate the condition of poor hygiene.

### **Influence of the world Economy System**

The spread of Western Capitalism has massive effects on other mode of production and Consumption that its meets. The intensification of the global Trade has caused local Items to disappeared. The modern World Economy is stratified into Three areas: Core area, made by dominant structural position in the World System, (High tech, Hyper

industrialized, Computerized) countries. They are the strongest Nations playing a dominating role in the affairs of other Societies. There is, Semi periphery areas that are in the strategic position in the World between Core and Peripheral areas. The later are made by weak structural position in the World Systems., under Developed, those that undergo pressure, domination and manipulations from Core Societies Areas. They also under ethnocide and ecocide cause by the Core nations in their quest for interest and domination, (Kotack, 1991).

Snobbery and Invasion of imported Drinks in local Market has caused Disappearance of indigenous Knowledge. Among the Uki people, as in Cameroon and other African Countries, Indigenous Knowledge and its specific Values is increasingly disregarded by the prevalent globalization. That situation has created a knowledge hierarchy favoring western awareness into local development policies, (Interview in Ngoro, in February, 2025).

The major task of Soft power is to sell and to destroy the reputation of native values and practices. Powerful marketing messages shape cultural standards concerning, social norms and values, ideal human body. Through Television, the best foods, medicine, cosmetics, etc., are Sold and influences the ideas and behavior of individuals across the World, (Kotack, 1991).

Various alternative drinks in sachet are sold very cheap, across the world creating competition with traditional indigenous drinks.

## **8) Strategies for the Promotion of Palm and Corn Wine among the Uki**

Promoting and revalorizing palm wine among the Uki and other communities across the Country and Africa is important for several reasons; By sensitizing population on the nutritional values of palm wine and Corn Wine as Super Food. Population need to be aware that Palm Wine and Corn Wine carry a lot of nutritional benefits; and they may be among reasons that explain healthy life and longevity of our Ancestors. Also an Integration into Value Chains and Tourism can contribute a lot to the promotion of Palm wine and Corn wine, (Interview in Ngoro, in February, 2025). Linking palm oil production with agro-processing industries and tourism activities. Showcasing traditional palm oil processing during cultural festivals to boost cultural pride and economic gains.

### **For cultural survival and sustainable practices**

Culture is basic to human survival; it is the medium through which humans handle the problems of existence. Some cultures face a fundamental problem of survival; They cannot survive unless they adapt themselves to some available environment, (Havilland,2000). If a cultural

element is to survive, some practices or behavior are required, that will contribute to the adaptation of that cultural element, to an environment to its advantage, (Havilland,2000). Challenges linked to Modernization and Globalization threaten the consumption of Corn Wine and Palm wine among Uki people, to survive, some practices and behaviors are required.

When two or more cultures come into contact, domination of one culture may occurs, and usually there is a form of resistance. Cultures in the defensive may manage to adapt and survive. In worse cases, the dominated cultures may collapse or be absorbed. That situation is called ethnocide. In case people die off or be exterminated it is a genocide. The resistance can be individual and disguised, or collective and defiant, (Kottack, 2000).

The above situation fit the context of this research where Cultural norms, beliefs and practices surrounding the consumption of Palm wine and Corn wine, is to resist the effects of globalization. The survival of palm wine and corn wine is possible through the tradition of enculturation (transmission of indigenous knowledge) and farming which are respectively a cultural and a biological mechanisms of adaptation, are undertaken.

- By promoting traditional tapping and fermentation techniques through workshops and cultural festivals. By creating local and regional markets for palm wine through festivals, fairs, and collaborations with tourism sectors.

-Promoting sustainable tapping methods to prevent overharvesting of palm trees. Ensuring fair labor and equitable benefits for producers.

#### **Capacity Building and Training of younger generations**

Providing training on improved extraction, processing, and quality control techniques. Supporting entrepreneurship and business skills among local producers.

Promoting sustainable harvesting of palm fruits and responsible land use to prevent deforestation. Ensuring fair trade practices and equitable benefit-sharing among community members. People should stop cutting down of palm trees; and adopt taping wine on living tree/ That way period the tree to live long and to provide wine at any time (Interview in Ngoro, in February, 2025).Educating farmers and community members about the economic and health benefits of processed and quality-controlled palm oil. Promoting sustainable harvesting and processing practices to prevent environmental degradation(Interview in Ngoro, in February, 2025).

- Linking Corn and palm wine production with agro-processing industries and tourism activities. Showcasing traditional palm and corn Wines processing during cultural festivals to boost cultural pride and economic gains.

-Documenting and disseminating knowledge about palm and corn wine practices to ensure they are passed down to younger generations. Educating community members and stakeholders about the cultural importance and economic potential of palm and corn wine. Educating farmers and community members about the economic and health benefits of processed and quality-controlled palm oil. Promoting sustainable harvesting and processing practices to prevent environmental degradation (Interview in Ngoro, in February, 2025)..

#### **Promotion of Indigenous Food Sovereignty and Preservation of indigenous knowledge**

The Democratization that involves community participation in policy-making for food and agriculture. That is why it is important to Challenge Corporate power: it aims to shift power for multinational corporations to local people. In order to get access to resources; for it, an advocacy for land reform, fair access to seeds, water as a public good, and credit for smallholders, is relevant. Informant reveal that the consumption of Palm wine and Corn wine are among factors of good health and longevity of ancestors Palm wine is deeply embedded in African traditions, rituals, and social gatherings. Its valorization helps preserve cultural identity and ancestral practices for future generations. One of the Characteristics of Culture is that it is acquired in a process of learning. The implication of the educational system can contribute to the preservation of that indigenous knowledge.

#### **Creation Economic and Livelihoods strategy**

Promoting palm wine enhances income-generating opportunities for local producers, tapers, and small-scale entrepreneurs, contributing to poverty reduction and community development.

#### **Promotion of Sustainable Practices**

Revalorization encourages sustainable harvesting and production methods, ensuring environmental conservation and the longevity of palm resources. A Sustainable management of Wild Palm tree guarantees the availability of Palm wine through reforestation and dissemination of the Wild species. To limit the importation and the inflation of Corn grains in the Market, is possible if the local production of Corn increases every year.

#### **Market Expansion and Value Addition**

Modernization of the production of corn wine and palm wine can expand the markets and increase the commercial value. Establishing local cooperatives or associations to organize production, marketing, and distribution. Facilitating access to regional and national markets through fairs, exhibitions, and partnerships.

## Conclusion

This research aims to examine change that has occurred in the consumption of Corn Wine and Palm Wine within a context of Globalization among Uki people. According to the results; Corn wine and Palm wine are core element in Uki 's culture. The play Important role in sociocultural activities. Corn wine and Palm wine may be indigenous beverage among Uki people, they face challenges linked to globalization like homogenization and hybridization of Drinks that affect all the culture in the world. Principles of Indigenous food sovereignty need to be taken into account for the revalorization of the organic palm wine and corn wine among the Uki, and that deteriorate healthy nutriments they contend. Lack of industrialization leading to Poor hygiene conditions, poor conservation and packaging technics, are among challenges for a good production of Corn wine and Palm Wine among Uki people. A comparative studies of Palm wine and Corn wine among the Uki with the Peruvian *//chichi Moraga//*, made with purple color variety of corn, required it importation in Cameroon in order to improve the local quality of corn wine and also to alleviate chronic Diseases that has become rampant.

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