

Exploring Possibilities to Enhance Food Sovereignty within the Cowpea Production-Consumption Network in Northern Ghana

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ABSTRACT Over the last years an important focus in the combat of hunger and malnutrition, particularly in Africa has been food security. This article explores possibilities for enhancing food sovereignty, as an alternative concept to food security and an alternative strategy for reversing hunger and malnutrition trends in developing countries. A combination of literature review, participatory appraisal and conventional survey methodologies are used to investigate the relevance of local cowpea (*Vigna unguiculata*) network regarding its importance vis-à-vis other crops, varietal choice, and consumption patterns in Northern Ghana from food sovereignty perspective. Findings reveal how people in poverty-stricken and hunger- hot- spot communities strive to conserve their bio-diversity and production-consumption networks for posterity. Local cowpea varietal preferences are investigated for participatory breeding considerations to improve on seed access for sustainable production. Promotion of origin-based foods in the current fast growing globalised markets is recommended as a possibility to enhance food sovereignty for sustainable development in Africa