

we all eat



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Morocco Spice Market

It is fun to go to the “souk” markets in Morocco. Vendors offer mint, preserved lemons, olives, vegetables, fruit, meat, and aromatic spices. Typical spices include turmeric, saffron, ginger, cinnamon, black pepper, and cayenne. There is a special mixture called *ras l-hamut* which means “top of the shop,” the shop’s own combination created with at least ten spices. The flavors in Moroccan cooking are subtle and delicious.

The conical shape of the piles of spices in this photo are reminiscent of the Moroccan *tagine*, the national dish. The name *tagine* refers to a covered cooking vessel and also to the delicious stew cooked within it.

The atmosphere of the markets and displays as seen in the photo are not just for tourists. Fortunately, UNESCO has designated the Medinas of Fez and Marrakesh as World Heritage sites. --Amy Gottlieb, *Peace Corps/Jamaica, 1995-97*

Morocco (Kingdom of Morocco)

Capital Rabat

Population 34,859,364 (2009 est.)

Life Expectancy 71.8 years

Literacy 52.3% (age 15 and over can read and write)

Languages Arabic (official,) Berber dialects, French (language of business, gov't)

Religions Muslim 98.7%, Christian 1.1%, Jewish 0.2%

Government constitutional monarchy

Source: *The World Factbook, 2009*



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