

Jesse Hammel
Upper Arlington High School
Upper Arlington, Ohio
Factor Number 14: Conflict Resolution

Afghanistan: Conflict Resolution and the Impact on Agriculture

Afghanistan is unstable. There is no denying that. The country has been shaken by decades of conflict and war. Every other day if not every day a bomb goes off, a shooting or some kind of attack in which a terror group claims responsibility. On Feb. 19th Red Cross member had to pull out of the Ghazni District, due to an armed group kidnapping five of their members (New York Times). The consequence to these attacks and destruction is hunger. People are starving, and are reaching the breaking point. In the May of 2008, thieves raided a flour market in Kandahar. This is how desperate some people have become, stealing and killing for food.

The country of Afghanistan can be found in Southern Asia and bordering the countries Iran, Pakistan, China, Tajikistan, Turkmenistan and Uzbekistan. The country has a total land area of 652,230 sq. km. The country mostly consists of mountains but has plains in the north and south west. The climate consists of arid to semiarid, leading to cold winters and hot summers. The average rainfall in Afghanistan is about 3.24 centimeters a year (UNDP). As of the July, 2016 the country's population was 32,564,342, making it 41st in the world. The population currently has a 2.32% growth rate which makes it 34th in the world. The total percentage of people who can read and write in the country is about 38.2%, which is contributed by the 52% of males, but more alarming is the percentage of women who can read and write. 24.2%. This fact is further proven with the number of years most kids receive education. On average kids go to school about 9 years, however, males again take the lead with 11 years while females only get about 7 years. This is holding back potential game changers that could turn around the situation.

All meals are eaten with naan or unleavened bread (CultureGrams) and other dishes (usually meat and rice based) that are influenced by south and central Asian, Chinese and Iranian cuisine (Behavior). Malnutrition is taking an ever increasing toll on the children and women of Afghanistan. For children 55% are stunted while 31% of children are underweight. Women have been hard hit as well with 21% having energy deficiency, 48% having Iron deficiency and 75% have iodine deficiency. (ARTF) There are only 0.27 physicians for every 1,000 people, the population is quite young, with 64.1% being under the age 24. While men have an expected lifespan of 49.52 years women have about 53.29 years. Afghanistan takes first place globally with a total averages of 115.08 deaths for every 1,000 live births. This problem needs immediate attention as of 2015 and average Afghan woman gives birth to about 5.33 children, making it 10th in the world. Afghanistan is currently spending 8.1% GDP on its health system. The sanitation system is currently outweighed by unimproved sanitation currently, with 68.1% of the population has little or no access to sanitation systems compared to the 31.9% that do. Currently the country is affected by multiple waterborne and foodborne disease. These include bacterial diarrhea, hepatitis A and typhoid fever. Education, however, is seeing no expenditures, making education for women a hard goal to achieve.

The population mostly consists of those of Islamic heritage. Therefore, they have Halal foods, which are permitted instead of Haram foods which are not permitted. Halal foods include rice, milk, tofu, seafood. Some Haram foods include cheese, yogurt, pork or any kind of alcohol (Halal). The family structure in Afghanistan is often patriarchal, or lead by men, and polygamy, multiple wives, is accepted but is no longer widely practiced. As mentioned above the typical Afghan family is man-lead, however with age comes respect, male or female. Women respected for motherhood, and follow a strict code not to divorce (Country studies).

Currently over 70% of Afghans rely on agriculture, making fixing agriculture a high priority need of the country (NRCA). Afghans do not co-operate land, but instead run individual farms, currently 58.1% of the land in Afghanistan is used for agriculture, however, only 11.9% of that land is arable (CIA). Most farms and farmers in Afghanistan are poor, with only 29% of farmers owning five or more hectares of irrigated. Five hectares is about 0.0193 square miles of the land. The other 71% of farmers owns less than 5 hectares (Maletta and Favre). Afghanistan has a variety of crops such as wheat, sorghum, corn and rice are grown on irrigated land and cotton on barley grown on rainfed land (GAO). However, Afghanistan's leading crop is the problem, Poppy. Afghanistan has become one of the world's main suppliers of heroin, and any attempts to destroy the poppy fields is useless (USAToday). There is currently 21,760 sq. km of irrigated land in Afghanistan, 553,000 of those acres (2238 sq. km) being used to grow opium (CIA). Opium is harming the country and agriculture on multiple fronts. As of 2009 5% of the population or 1.6 million people or are addicted to heroin and by this time the number has only been rising. It is also eating up the land that could be used to grow crops to feed and provide for the people, instead about 553,000 acres of land are being used to grow the poppy fields. Opium also fuels conflict, according to the Pentagon the Taliban and other insurgent groups are using the drug to fund their operations (USAToday). The Afghan government is currently spending 23.9% of the total GDP to agriculture. Currently 36% of people living in Afghanistan are below the poverty line. Afghanistan has 12,350 km worth of paved roads of the total 42,150 km of road in the country, making paved roads about 29% of the total (CIA). About 1 in every 3 Afghans has access to electricity, with the capital of Kabul which houses (Reuters). This could possibly be a reason for the majority of people, 73.3 % being rural, with a current urbanization rate of 3.96% (CIA)

There is currently 21,760 sq. km of irrigated land in Afghanistan, which loops back to the point that 553,000 of those acres (2238 sq. km) being used to grow opium (CIA). Afghanistan is currently ranked 171st on the Human development index. With conflict raging across the Middle East and south Asia, there is not adequate food to feed the population. Therefore, making sure that conflict ends soon in these countries and Afghanistan is critical. Warfare causes people in a mass exodus and their crops destroyed. 70% of Afghans are economically dependent upon agriculture. Warfare displaces families and creates refugees who, then cannot farm any more. If there is a firefright than property and farms will be destroyed. For families caught in the crossfire, this means loss of property or farming equipment. In order to support their operations insurgents cultivate poppy fields to create heroin and gain profit. These poppy fields replace edible crops and replace it with opium.

Conflict impacts the urban community as well. Attacks happen every day such as the attack on a French restaurant in Kabul killing at least 1 and wounding 15 (NY times). There have been a number of attacks in markets and stores. This makes it difficult for farmers to sell their crops and have consumers able to buy food safely. Due to this the population is extremely malnourished, with 29% of kids are malnourished (site resources).

In Afghanistan there were 1,023 attacks and being third on the top ten countries occurring terrorist attacks in 2012 (annex). War has taken a huge toll in Afghanistan and border countries. The oil for running military transports is polluting the water and weapons fired let toxins into the air. With the Taliban rising to power the restrictions on women and have almost completely blotted out anything women can do. As of 1990 women had jobs such as teacher's lawyers and health care providers and had at least three women the Legislature. However, with the Taliban in charge, women have been discriminated against and have been shut out of education, healthcare and employment. A male relative must be seen with a women when going out in public, putting restraint on widows or women-lead households. Their say in political matters have been reduced to practically nothing, and women are beat if their clothing is considered against Taliban edicts (UN).

Currently warfare has caused about 2,632 Afghan deaths plus an additional 3,715 wounded in 2012 (annex) and has remained steady over the years. The most common trend in this conflict is terrorist

bombings and attacks. While articles say refugees may be returning, they are heading to urban centers, and not back to farms, this creates not only increased poverty, but also less total growth of crops (UNHCR). Conflict has not calmed down, with 4,505 deaths in 2014 (Statista). Resolving conflict would help increase women's access to health care, education and provide them with employment, powering the economy. Eliminating the poppy fields would free up land for food crops. Fewer weapon discharges would mean less air pollution. Restoring peace would allow farmers to let their crops recover and yield a good crop, as well as reducing the amount of attacks in urban areas. This would also allow the Afghan government to stop spending so much of their GDP, 28.09%, on military spending and direct more to agriculture. The refugees would be able to go back to their farms, gain land and possibly be taught to cooperate crops, which would lead to a decrease in poverty. All of this could be solved by resolving Conflict and would help Afghanistan get back onto its feet.

Afghanistan is currently one of the most affected countries due to climate change. Since the 1960s, Afghanistan is having a drop of 2% of rain, or 0.5 millimeters a month per a decade and has been getting hotter and hotter. The average mean annual temperature since 1960 has risen 0.6°C, that's 33.08 degrees Fahrenheit, and is expected to rise to by the end of the century (Think Progress). How will this affect and average Afghan family in the future? With the rise in temperature and the decrease in rainfall, crops will become harder and harder to grow, increasing hunger and poverty. Climate change leads to a much more urgent problem the scarcity of water and how it affects their daily lives. Afghanistan is currently dealing with one of the worst water crises in the world.

Conflict over the decades has destroyed the infrastructure of buildings that supply the people with clean water for drinking and sanitation. Only 27% of the total population has access to improved sanitation water facilities, only 20% of those living in rural areas have improved water stations. Only 5% of the total population is estimated to have access to clean drinking water. Due to the lack of sanitation in Afghanistan about 20% of the population, mostly rural, practice open defecation, often in the rivers they drink out of. Due to the lack of treatment of excrement from water and other needs from the area, disease spread fast and is deadly (Hydrate Life)

Geography does not help the water issue either. With Afghanistan being completely land locked, they can only rely on the rivers from the mountains. Afghanistan has built a few reservoirs to hold water. However, conflict has destroyed some. Only about 30-35% of the water coming out of the mountains actually stays in Afghanistan. With conflict occurring in Afghanistan investors are reluctant to spend money on supplies or workers to build a dam or reservoir, which takes years, in fear that they will be killed and the work destroyed (Hydrate Life).

However, I believe that this is the wrong course of action and will not help with a fight against hunger and will not lead to any assistance for the people. In fact, I believe this will be the necessary first step in order to start a path down to solving hunger. However, since building a dam takes years and can cost millions to billions of dollars we cannot just start building. To start, we must enlist help from the international community, such as countries and international organizations such as the World Food Programme and Heifer international. With international community in check, we can start an agreement with India. This agreement would not just have to be between Afghanistan and India but other nations as well. My proposition is for India, who has the third most number of dams and reservoirs in the world behind China and the U.S. There are multiple reasons on why India would be the most ideal choice for water distribution. 1) It has a large amount of dams and reservoirs. 2) It can be considered safer than other areas in the Middle East/Asia/Africa in terms of conflict. 3) It is reasonably close to Afghanistan making it easier to transport water than other countries with large amounts of dams. This agreement would allow Afghanistan to take XXX amount of water per year for a certain price. However, if Afghanistan was to rely on this alone they would not have gained anything. So, over the next couple of years Afghanistan should start planning where and how to place the dam and how much it will cost.

Dam's price can vary due to the size or height of the dam. The Itaipu Dam which is on the Parana River, which would be considered a major dam which has to stand at least 150 meters, stands at 196 meters tall, cost \$20 billion and 18 years to build. Clearly Afghanistan would not have to build a dam that huge and could build a smaller dam (large dams are 15 meters or higher) (International rivers). Placement of dams in Afghanistan would take thought on not only to put it on a strong river but also the safest location possible to have it away from harm and conflict. According to a map provided from the strategic advisory group the central regions of Ghor and Daykundi, as well as most of the north-eastern regions of Afghanistan are relatively safe compared to the western and southern areas of Afghanistan. The daily number of insurgent attacks in these areas are anywhere from 0.0-0.5 with the most dangerous region Helmand in the south being 10.6 attacks daily. A number of these north-eastern regions have rivers running through them such as the Panji River, the Kunduz River, the darya-e-Bangi river or the darya-ye-band-e-amir river. The other major issue is money and if the government would be able to afford it. One way to find a way for funding this project would be to cut military spending, the GDP of Afghanistan in 2015 was 62.32 billion dollars, the 2016 amount of the GDP spent on the military was 28.09%(CIA). This funding could go towards the savings of the dam as well as other sectors that might need that sort of funding.

The waves of refugees running from the farms are turning to cities, which has led to the 3.96% rate of urbanization (CIA). This has pushed the total urban population to 26.7%. This growth requires space to house these refugees and with this space comes basic living needs such as food, running water and light. Afghanistan currently produces about 884.1 million kWh; however, it consumes a total of 3.893 billion kWh. So, they import the remaining 3 billion kWh, from other countries, this comes to great expense to the government. However, the building of dams in this case will help as well. Dams require daily maintenance in order to be run smoothly and efficiently, thus requiring people to work. Not only could this potentially ease the urbanization, this would also be able to produce electricity, easing the burden of purchasing 3 billion kWh and could also lead to improved living for many.

When looking at a country, one has to compare it to a country that has had or is recovering from a similar experience or challenge. We can look at Afghanistan's neighbor, Pakistan and compare a few things that may help the people of Afghanistan get out of the current challenges.

One problem that has been mentioned before is the opium fields and how it is not only funding the Taliban and other insurgent groups but is ruining the agricultural infrastructure. In 2007 Pakistan, 2,305 hectares of opium were cultivated in Pakistan and of that only 1,698 hectares were harvested, thanks to the government efforts to discourage its production (UNODC). Pakistan has achieved discouraging growing poppy by launching anti-poppy campaigns. These campaigns consist of raids, to eradicate fields, fines as well as arrests for growing the drug (CIA). Not only does this leave room for more crops that will actually feed people, it will put a brake on addiction and Taliban funds. One recommendation is clear, to destroy poppy fields.

World Food Programmed (WFP) has already began to work on this step and is attempting to come up with strategies for how to farm and is supplying the tools needed. WFP has done a survey that says that with improved irrigation, machinery and storage facilities have improved and wheat productivity has risen by 23%. According to the WFP farmers are yielding about 81 kg more per a landholding (WFP). To help replace the opium fields and find a new staple crop former secretary of state Hillary Clinton recommends that we back up wheat as the staple crop, providing food and profit for the country, reports the Council of Foreign nations (Cover).

Pakistan also has used a few things that Afghanistan could take up. First, according to the United Nations office on drugs and crime, Pakistan has a number of agencies that they can rely on and are dedicated to burning and eradicating fields, these include the anti-narcotics force, the frontier corps and the Pakistani

rangers (UNODC). When eradicating the fields the Pakistani government gave the people something to grow instead of poppy. This is the most necessary part of getting Afghanistan out of poppy, finding an alternative to poppy. That is where the company called Rumi Spice comes in. Rumi Spice is a company founded by two vets who served in Afghanistan that saw how unstable the country was and wanted to help find a farming infrastructure. So they decided to introduce saffron, one of the most expensive spices in the world. According to the Chicago Tribune Rumi Spice charges about **\$109 per an ounce** of saffron (Trotter) while 2010 price for **a pound of poppy was \$77**(Constable). While it take at least 3,350 seeds to make a single gram of poppy (Convert To), it takes 200-300 strands to make a single gram in saffron according to CNN Money (Fletcher). Afghanistan, however, still needs to eat and must have food that will be reliable. For this, crops such as sorghum and millet would be necessary. These crops are a good choice since they are drought resistant and are able to grow in arid and semi-arid climates. Hopefully one of these, if not a combination of all of them, can be used in order to replace poppy fields.

We should also support Afghanistan's government to get women involved in farming. Not only does this provide more food and crops this also can help bring down poverty. This can also provide income for women and family who may have lost their father/husband, who would have been the leader of the family. Some families are barely making 250 USD to supply basic needs and need better supplies such as seeds or techniques of pre and post crop management (WFP). The above mentioned Rumi Spice is also trying to improve the lives of female farmers in Afghanistan by purchasing the saffron from them. Not only is assisting these families it all shows that the international community should invest in these sorts of companies that would purchase these sorts of spice or other high end materials.

The overall recommendation for meeting these needs is getting an organization big enough to fund an operation and effective enough to cover an entire country. If WFP could get an organization such as the UN peacekeepers to assist them in Afghanistan the effects would be more noticeable and could also get a lot more international attention. The U.N peacekeepers are proven to be a lot less expensive than any other military related operation and can be considered to be a better and faster alternative than the military.

While these recommendations sound very good and would definitely be able to help end conflict, drug addiction and famine, all of this needs to be approved by the federal government of Afghanistan in order to be able to take place. Along with the federal government of Afghanistan the U.N would need the help of not only the government but would need the backing of rural villages and other companies as well. All aspects and players inside and outside the country will need to help and contribute in order to make this plan work.

The first layer that WFP and the U.N as well as others in the international community need is to reach an agreement with the Afghan government. If these organizations can reach an agreement with the government, then the Afghans can support by passing laws to assist. They can also provide information, which is possibly more accurate, on current food status, employment etc. Having clearance from the government would also make movement much easier around the country because it would lift restrictions blocking certain areas. Another agreement/treaty that the international community could help sign would be the agreement between India and Afghanistan on water distribution. They can also help on the level of assistance funds for building and planning when and where the bridge should be built.

On a community level, rural or urban, the farmers and citizens could cooperate with both of the organizations and also listen to advice from advisors on matters such as co-operated farms, crop rotation and other strategies (irrigation, co-operated farms etc.) that would increase both the quality and quantity of crop every year. Cooperation could also lead to the destruction of poppy fields and the treatment of the heroin addiction. They would also be able to help with assistance of the dam building and treatment. With

these in progress, Afghanistan would be able to produce more food, less heroin and would be able to get and close idea on how bad the country's condition actually is.

Some charities that would be able to fund both the dam and water distribution would be charities such as Outreach International, who work currently in the top 10 most developing countries could expand their help to Afghanistan (Outreach). Another international charity is Heifer International who are active all over the world (Heifer). One last international charity would be World Food Programme, who are currently active in Afghanistan (WFP) and therefore are in the prime most position to assist Afghanistan.

A few points must be pointed out in order for me to wrap up my paper and recommendations. The first is drugs, specifically heroin. These poppy fields are destroying lives. First, they manage to take land that can be used for farming and increasing the production of food. Heroin has also become a massive addiction problem in Afghanistan, threatening the lives and wellbeing of the population. Finally, it supplies money to the Taliban and other insurgent groups for their operations and killings. As I mentioned above the most effective way to do this would be to be able to replace the poppy fields with an alternative such as saffron as well as other crops that would be able to grow well in arid and semi-arid climates.

This leads me to my second main point, ending conflict. If we can halt the heroin production and trade, not only can we save lives but also halt insurgent operations and bring an end to a huge chunk of insurgent funding. Huge gains can be made by knocking out the Taliban, who have a hand in Afghanistan government. First we can bring women back into the political sphere. This would also open up the doors for a freer foreign policy, allowing entry for more relief groups and agencies. This will be the slow but steady path down recovery.

The last point is a product of solving these two but also has to have a few more shoves to get really under way. Agriculture and growing crops. The growing of crops however requires water, and thus we must work on getting water to the farmers and crops. Water is the first and most important step for the road to recovery.

Works Cited

"Afghanistan." *CIA World Factbook*. Central Intelligence Agency, n.d. Web. 26 Feb. 2016. <<https://www.cia.gov/library/publications/the-world-factbook/geos/af.html>>.

"Afghanistan: Average Person." *CultureGrams*. CultureGrams, n.d. Web. 26 Feb. 2016. <http://online.culturegrams.com.ref.ualibrary.org/world/world_popup_infographic.php?scountryname=Afghanistan&Name=Afghanistan>.

"Afghanistan - Reinforcing Smallholder Farmers." *World Food Programme*. World Food Programme, n.d. Web. 3 Mar. 2016. <<https://www.wfp.org/stories/afghanistan-smallholder-farmers>>.

"Annex of Statistical Information." *WWW.state.gov*. Department of Homeland Security Science and Technology Center of Excellence Based at the University of Maryland, May 2013. Web. 3 Mar. 2016. <<http://www.state.gov/documents/organization/210288.pdf>>.

Bruno, Greg. "Nourishing Afghanistan's Agricultural Sector." *Council of Foreign Relations*. Council of Foreign Relations, 26 May 2009. Web. 3 Mar. 2016. <<http://www.cfr.org/afghanistan/nourishing-afghanistans-agricultural-sector/p19478>>.

"Enviromental Costs." *Watson Institute*. Watson Institute, Apr. 2015. Web. 3 Mar. 2016. <<http://watson.brown.edu/costsofwar/costs/social/environment>>.

"FAMILY." *Country Studies*. Countrystudies.us, n.d. Web. 3 Mar. 2016. <<http://countrystudies.us/afghanistan/57.htm>>.

Flak, Agnieszka. "Electricity only reaches one in three Afghans." *Reuters*. Reuters, 9 Jan. 2012. Web. 3 Mar. 2016. <<http://www.reuters.com/article/us-afghanistan-power-idUSTRE8080C920120109>>.

Gall, Carlotta. "Hunger and Food Prices Push Afghanistan to Brink." *The New York Times*. The New York Times Company, 16 May 2008. Web. 25 Feb. 2016. <http://www.nytimes.com/2008/05/16/world/asia/16kandahar.html?_r=1>.

"Illicit Drug Trends in Pakistan." *UNODC.org*. UNITED NATIONS Office on Drugs and Crime, Apr. 2008. Web. 3 Mar. 2016. <https://www.unodc.org/documents/regional/central-asia/Illicit%20Drug%20Trends%20Report_Pakistan_rev1.pdf>.

"Introduction to Halal Foods." *IslamHalal.com*. IslamHalal.com, n.d. Web. 3 Mar. 2016. <<http://www.islamhalal.com/>>.

Johnson Jr., Charles Michael. "Afghanistan Development: Poverty and Major Crop Production." *GAO.gov*. US Government Accountability Office, n.d. Web. 2 Mar. 2016. <<http://www.gao.gov/new.items/d10756sp.pdf>>.

"Malnutrition in Afghanistan." *WorldBank.org*. World Bank, n.d. Web. 3 Mar. 2016. <http://siteresources.worldbank.org/INTAFGHANISTAN/Resources/Afghanistan-Reconstructional-Trust-Fund/Malnutrition_inAfghanistan_for_High_level_audience.pdf>.

McSweeney, C., M. New, and G. Lizcano. "Afghanistan: UNDP Climate Change Country Profiles." *UNDP Country Profiles*. University of Oxford, n.d. Web. 26 Feb. 2016.

<http://www.geog.ox.ac.uk/research/climate/projects/undp-cp/UNDP_reports/Afghanistan/Afghanistan.hires.report.pdf>.

"NRC Ser Promotes Sustainable Farming Practices in Afghanistan." *USDA*. United States Department of Agriculture, n.d. Web. 3 Mar. 2016. <<http://www.nrcs.usda.gov/wps/portal/nrcs/detail/ks/home/?cid=STELPRDB1263974>>.

"Number of Deaths in Afghanistan Due to Terrorism between 2007 and 2014." *statista*. statista, n.d. Web. 3 Mar. 2016. <<http://www.statista.com/statistics/251408/number-of-deaths-in-afghanistan-due-to-terrorism/>>.

"Our Work Around the World." *Heifer Int.* Heifer Int., n.d. Web. 3 Mar. 2016. <<http://www.heifer.org/ending-hunger/our-work/index.html>>.

"Priority Counties." *Outreach Int.* N.p., n.d. Web. 3 Mar. 2016. <<http://outreach-international.org/places/>>.

Qazi, Shereena, and Jim Michaels. "Afghans' Addiction to Opium Ravages Adults, Infants." *USATODAY*: n. pag. *USATODAY*. Web. 3 Mar. 2016. <<http://www.usatoday.com/story/news/world/2015/02/08/afghanistan-opium-addiction-us-withdrawal/22851573/>>.

Sarwary, Bilal. "Food prices rise sharply after fighting disrupts Afghan harvest." *IRIN*. N.p., 24 Nov. 2015. Web. 25 Feb. 2016. <<http://www.irinnews.org/report/102239/food-prices-rise-sharply-after-fighting-disrupts-afghan-harvest>>.

Shakib, Ahmad, and Rod Nordland. "Taliban Attack Kabul Restaurant, Setting Off Shootout." *The New York Times* 1 Jan. 2016: n. pag. *The New York Times*. Web. 3 Mar. 2016. <http://www.nytimes.com/2016/01/02/world/asia/taliban-attack-kabul-restaurant-setting-off-shootout.html?ref=topics&_r=1>.

"The Situation of Women in Afghanistan." *UN.org*. UN, n.d. Web. 3 Mar. 2016. <<http://www.un.org/events/women/2002/sit.htm>>.

"Society and Norms." *Afghanistan*. N.p., n.d. Web. 26 Feb. 2016. <<http://uwf.edu/atcdev/afghanistan/Society/Index.html>>.

"2015 UNHCR Country Operations Profile - Afghanistan." *UNHCR*. UNHCR, n.d. Web. 3 Mar. 2016. <<http://www.unhcr.org/pages/49e486eb6.html>>.

"World Bank's Muti-Sector Nutrition Engagement in Afghanistan." *Nutrition Presentation*. ARTF, n.d. Web. 2 Mar. 2016. <http://www.artf.af/images/uploads/Nutrition_Presentation_for_ARTF_Strategy_Group_Meeting.pdf>.

"CHAPTER 2: CLIMATE AND CROP GROWTH." *CHAPTER 2: CLIMATE AND CROP GROWTH*. FAO, n.d. Web. 16 July 2016. <<http://www.fao.org/docrep/S2022E/s2022e06.htm>>.

"Convert to." *Poppy Seeds Amounts Converter*. ConvertTo, n.d. Web. 16 July 2016. <<http://convert-to.com/680/poppy-seeds-amount-conversion-with-nutritional-facts.html>>.

Fletcher, Stephanie. "The World's Priciest Foods." *CNNMoney*. Cable News Network, 23 July 2008. Web. 16 July 2016. <http://money.cnn.com/galleries/2008/fsb/0807/gallery.most_expensive_foods.fsb/4.html>.

Illicit Drug Trends in Pakistan. Islamabad, Pakistan: Office on Drugs and Crime, United Nations, 2008. *United Nations Office on Drugs and Crimes*. United Nations, Apr. 2008. Web. 16 July 2016. <https://www.unodc.org/documents/regional/central-asia/Illicit%20Drug%20Trends%20Report_Pakistan_rev1.pdf>.

McNamara, Sally. "Providing Security in Afghanistan." *NATO Allies in Europe Must Do More in Afghanistan*. Heritage.org, 3 Dec. 2009. Web. 7 July 2016. <http://www.heritage.org/~media/images/reports/2009/graphics/b2347_map1sm/b2347_map1.ashx>.

Trotter, Greg. "Army Vets' Afghanistan Saffron Business Grows on Chicago's South Side." *Chicago Tribune*. N.p., 26 Apr. 2016. Web. 19 July 2016. <<http://www.chicagotribune.com/business/ct-afghanistan-saffron-rumi-spice-0426-biz-20160425-story.html>>.

