Maize, sorghum, rice, and cowpea are the most important staple foods for Somalis. Maize and sorghum are the preferred staple in agriculture areas, while rice is more popular in pastoral and urban areas. Cowpea is an integral component of all households’ diets. Mogadishu is Somalia’s largest market with links to most markets in the country. Baidoa is a significant sorghum producing and consuming area. Qorioley is a large maize production area. Burao, Galkayo, and Dhusamareb are exclusively pastoral where people depend on purchases of domestically produced sorghum and imported rice. Togwajale is a sorghum producing area with links to Ethiopian markets; most cereal flows from Ethiopia pass through this market. Hargeisa is the capital of Somaliland and an important reference market for livestock trade with Ethiopia. Buale, located in an important maize production area in the southern region supplies most nearby markets. El Dhere and Merka are areas of cowpea production: the principal source of income. Bossasso and Kismayo are both port towns and entry points of imports. Beled Weyn connects the south and central regions of the country, and also has linkages with Ethiopia. Belet Hawa is an important cross-border market with Kenya.
Maize (White): Nominal retail prices in Hargeisa

Maize (White): Nominal retail prices in Jamame

Maize (White): Nominal retail prices in Jilib

Maize (White): Nominal retail prices in Lugh

Maize (White): Nominal retail prices in Mogadishu, Bakara

Maize (White): Nominal retail prices in Qorioley

Rice (Parboiled): Nominal retail prices in Baidao

Rice (Parboiled): Nominal retail prices in Bossaso
Rice (Parboiled): Nominal retail prices in Burao

Rice (Parboiled): Nominal retail prices in Dhusamareb

Rice (Parboiled): Nominal retail prices in Galkayo

Rice (Parboiled): Nominal retail prices in Garowe

Rice (Parboiled): Nominal retail prices in Hargeisa

Rice (Parboiled): Nominal retail prices in Kismayo

Rice (Parboiled): Nominal retail prices in Mogadishu, Bakara

Cowpea (Red): Nominal retail prices in Adanyabal