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Troeder, Annemarie. Ital Food: Eating Rastafarian Style. LMH Publishing, Limited, 2014. Print. Perkins, Anna Kasafi, Donald Chambers, and Jacqueline Porter.

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Ital Food: Eating Rastafarian Style is the second book in the Likkle Jamaican Annemarie Troeder is a German who permanently resides in Jamaica with

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