

we all eat



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Lesotho Grinding Corn into Flour

Early morning. The sun begins to warm the village air. The sound of grinding can be heard next door. Stone against stone. Grain from the recent harvest is turned into flour with one swift stroke. With each continuous stroke the flour multiplies. The mother will soon provide nourishment for her family. This afternoon the flour will be made into bread. The young girl looks on. One day she will do the same for her family.

– *Wade DallaGrana, Peace Corps/Lesotho, 1977-79*

Lesotho (Kingdom of Lesotho)

Capital Maseru

Population 2,130,819 (2009 est.)

Life Expectancy 40.38 years

Literacy 84.8% (age 15 and over can read and write)

Languages Sesotho (southern Sotho), English (official), Zulu, Xhosa

Religions Christian 80%, indigenous beliefs 20%

Government parliamentary constitutional monarchy

Source: The World Factbook, 2009

