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 Dhore 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.