Potentially Important Fruit and Nuts of Uganda

Practical ways of growing local food plants and doing it well
Potentially Important Fruit and Nuts in Uganda

Food Plant Solutions purpose is to enable people to understand the nutritional value of local food plants through our educational materials and support services, because every minute of every day, five children under the age of five die from malnutrition.

In addition to this booklet, other publications have been created for Uganda, which can be downloaded from our website: www.foodplantsolutions.org

For further details about the project please contact us at: info@foodplantsolutions.org

We welcome and encourage your support.
Potentially Important Fruit and Nuts in Uganda

Practical ways of growing local food plants and doing it well.

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Other publications in this series:

Food Plants for a Healthy Diet in Uganda
Potentially Important Leafy Greens and Vegetables in Uganda
Good Gardening and Root Crops in Uganda
Uganda country of fabulous fruit

Pineapple

Fe'i banana

Guava

Sebastian
Fruit tastes good and keeps us healthy

Everybody should eat some fruit every day.

Good gardeners and farmers plant several kinds of fruit trees.

Fruit provide minerals, vitamins and other important nutrients that everybody needs to stay healthy and well.
Fruit for hot humid climates

Fruit to be enjoyed by all. Some grow quickly. Some need to be planted for the future. Many are seasonal.

Pineapple
Governor’s Plum
Guava
Chemedak
Tamarillo
Enjoy fruit to enjoy a good life

- Fruit add flavour to life.
- Fruit are often rich in Vitamins.
- Fruit makes good, quick snacks.
- Fruit are fun.

We are meant to enjoy the exciting flavours and textures of an amazing variety of tropical fruit.
Bananas - a good snack food

Yellow-fleshed bananas are normally rich in carotenoids that help good eyesight.

Many bananas ripen into sweet snack foods.

Bananas are rich in potassium which helps maintain normal blood pressure.

Ask someone who knows bananas well to find out which ones are sweet and which are for cooking.
Pineapple - a popular snack

Planting the lowest suckers gives fruit more quickly.
Guava - Vitamin C for children

Fruit are rich in Vitamin C.

Trees grow easily and should be near houses so children can enjoy the fruit.
Governor’s Plum

Can be eaten raw or cooked, dried and stored.
Tamarillo - produces fruit year round

Eaten raw or cooked.

Grows well from cuttings.
Chemedak - a versatile fruit

Flesh is eaten raw or fried with the seed.

Unripe fruit is eaten as a vegetable.
Buffalo thorn - children love this fruit

Buffalo thorn fruit can be eaten fresh or ripe.

The fruit can be dried and ground for a coffee substitute.
Uganda - nut foods

Coastal Almond

Mobola Plum

Sebastian

Desert date
Nuts - nutritious, storable, tasty and rich in protein, vitamins and minerals

- A seasonal variation in the diet.
- Often a storable reserve food.
- Often loved by children.
- Cheaper and better than bought snack foods.
Awusa nut

The nut is eaten after cooking.
Cashew Nut - zinc supplement, especially good for children

Nuts are rich in zinc and planting of extra trees is encouraged.
Sweet Acacia - seeds are eaten raw raw

Seeds can be eaten raw, roasted or ground up for flour.
Peanut - a bean eaten as a nut

Seeds are nutritious and can be eaten raw or cooked.

Peanuts can improve the soil and provide food.
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Solutions to Malnutrition
and Food Security