POTENTIALLY IMPORTANT FRUIT, NUTS AND SEEDS OF RWANDA

PRACTICAL WAYS OF GROWING LOCAL FOOD PLANTS AND DOING IT WELL

FOOD PLANT SOLUTIONS ROTARIAN ACTION GROUP

Solutions to Malnutrition and Food Security

The Mustard Seed Institute
www.foodplantsolutions.org
A project of the Rotary Club of Devonport North, District 9830 and Food Plants International
The vision of the Mustard Seed Institute is to be a community-based social enterprise providing practical and sustainable solutions for extreme poverty eradication and peace building through research and innovation, training and skills transfer, mediation and dialogues. In the rural community of Rwankuba, Eastern Province, Rwanda.

The Mustard Seed Institute has partnered with Food Plant Solutions to improve the health and well-being of the local community through education and advocacy on agricultural innovations. With a focus on gaining knowledge about which crops to grow in order to lower malnutrition levels amongst the local children.

In addition to this booklet, other publications have been created for the Rwanda, 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 of Rwanda

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 Rwanda
Potentially Important Leafy Greens and Vegetables of Rwanda
Good Gardening and Root Crops in Rwanda
Rwanda - a country of fabulous fruit

- Small wild medlar
- Avocado
- Banana
- White mulberry
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 to be enjoyed by all.
Some grow quickly.
Some need to be planted for the future.
Many are seasonal.

Fruit for hot humid climates

- Wild custard apple
- Governor's plum
- Avocado
- Banana
- White mulberry
Enjoy fruit to enjoy a good life

- Fruit adds flavour to life.
- Fruit is often rich in vitamins.
- Fruit makes good, quick snacks.
- Fruit is 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.
Cantaloupe - good for Vitamin C for children

All parts of the plant and fruit are edible.

*Cucumis melo*
Avocado - a versatile fruit

The fruit store on the trees for a long period of time.

Fruit are high in ProVit A.

*Persea americana*
Fruit can be eaten raw when ripe or cooked, dried and stored.

Flacourtia indica
White mulberry

Fruit are eaten raw or cooked.

*Morus alba*

Fruit ripen over several weeks.
Small wild medlar

The fruit, kernel and leaves are edible.
Wild custard apple

Fruit is eaten fresh when ripe.

The flowers and leaves can be eaten.

*Annona senegalensis*
Rwanda - country of amazing nut and seeds

- Sunflower seed
- Egyptian sesban seed
- Winter squash seed
- Peanut
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.
The nut is a good provider of protein and iron.
Sunflower seed

The seeds make a nutritious snack, providing iron and zinc, making it especially good for children.

*Helianthus annuus*
Winter squash seed - versatile and nutritious

Seeds can be eaten raw, roasted and ground into flour.

Cucurbita maxima
Seeds are nutritious and can be eaten raw or cooked.

Peanuts can improve the soil whilst providing food.

Arachis hypogea
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