

Potentially Important Fruit and Nuts of Uganda

Practical ways of growing local food plants and doing it well



**FOOD PLANT
SOLUTIONS
ROTARIAN ACTION GROUP**

*Solutions to Malnutrition
and Food Security*

A project of the Rotary Club of Devonport North,
District 9830 and Food Plants International



www.foodplantsolutions.org

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.



Food Plant Solutions - A project of the Rotary Club of Devonport North,
Rotary District 9830 & Food Plants International

Food Plant Solutions operates in accordance with Rotary International Policy but is not an agency of, or controlled by Rotary International



Uganda - country of fabulous fruit



Pineapple



Fe'i banana



Guava



Sebastian

Fruit tastes good and keeps us healthy



Pineapple

Everybody should eat some fruit every day.

Good gardeners and farmers plant several kinds of fruit trees.



Tamarillo

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



Buffalo Thorn



Guava



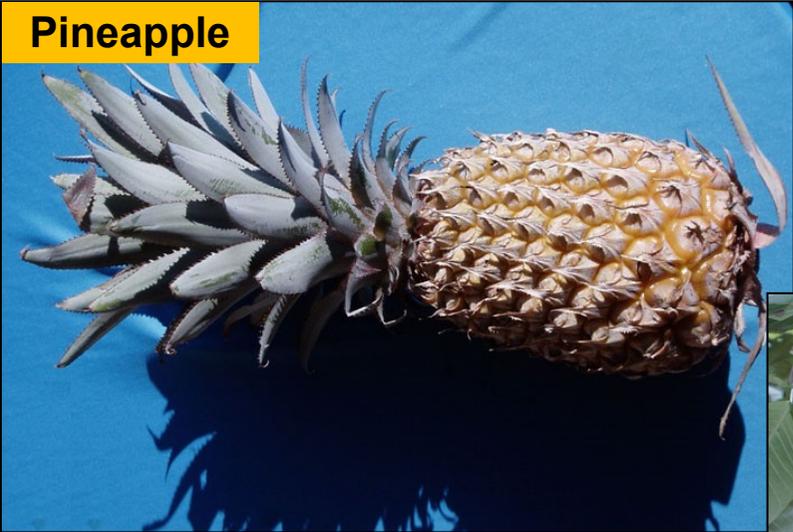
Fe'i Banana



Governor's Plum

Fruit for hot humid climates

Pineapple



Governor's Plum



Guava



Chemedak

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



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.



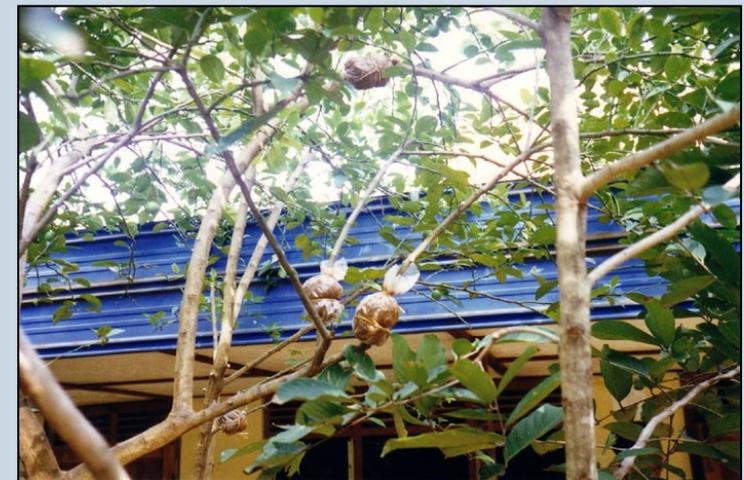
Guava - Vitamin C for children



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.

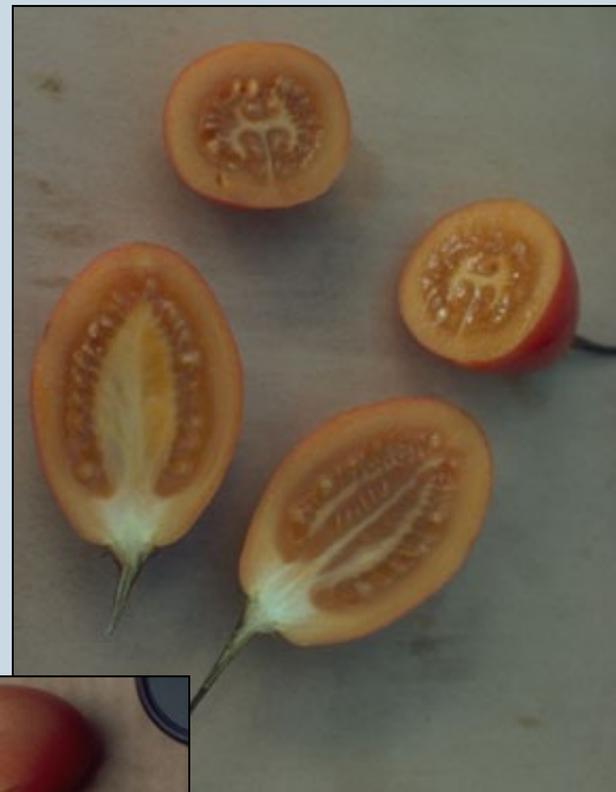


Tamarillo - produces fruit year round



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



Sebastian



Mobola Plum



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.



Boabab

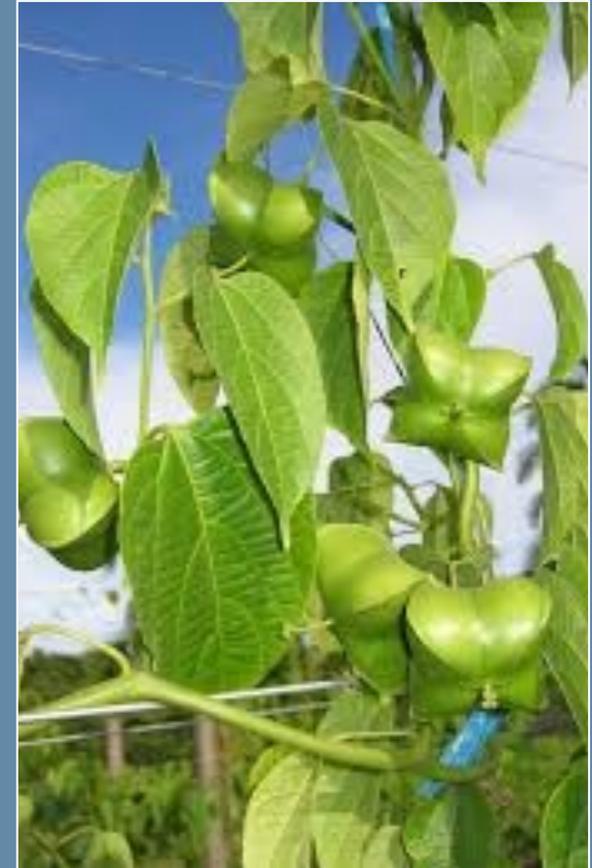


Aprokuma

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



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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