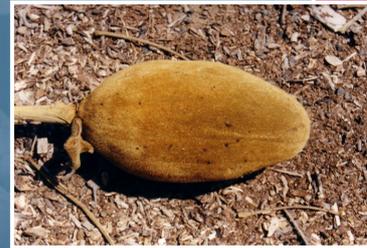


FRUIT AND NUTS OF CAMEROON

*PRACTICAL WAYS OF GROWING LOCAL
FOOD PLANTS AND DOING IT WELL*



Rotary



FOOD PLANT SOLUTIONS
ROTARY ACTION GROUP
Solutions to Malnutrition and Food Security

A project of the Rotary Club of Devonport North
and District 9830
www.foodplantsolutions.org



Fruit and nuts of Cameroon



Hope for a better future (H4BF) cooperative society is a Cameroon youth led non-governmental, apolitical and non-denominational organization formed in 2009. H4BF's mission is to create opportunities for growth and poverty reduction, so as to enhance sustainable development initiatives in the country.

H4BF, in its intervention strategies, seeks key partnership opportunities and networks to shape the evolution of food systems in Cameroon to end poverty and hunger amongst the rural poor, especially vulnerable groups including pregnant women and young children. H4BF adopts verified sustainable innovative agricultural practices with a special focus on climate-smart agriculture and building more inclusive and efficient food value chains. The partnership with Food Plant Solutions boosts the implementation of this key strategy and brings H4BF closer to achieving this goal.

We welcome and encourage your support.

Food Plant Solutions - A project of the Rotary Club of Devonport North & Rotary District 9830.

This booklet is based on information from the Food Plants International (FPI) database, "Edible Plants of the World", developed by Tasmanian agricultural scientist Bruce French.

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Cameroon - a country of fabulous fruit



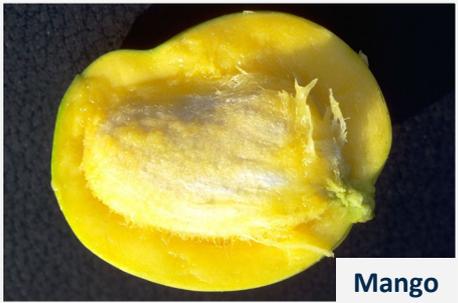
Pawpaw



Bush berry



Mandarin



Mango

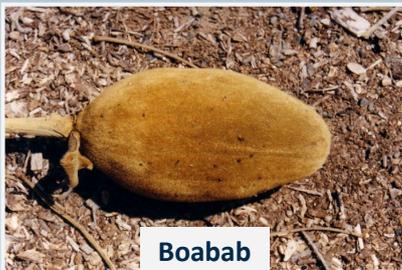
Fruit tastes good and keeps us healthy

Everybody should eat some fruit every day.

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



Good gardeners and farmers plant several kinds of fruit trees.



Fruit for hot humid climates



Golden apple

Fruit to be enjoyed by all.

Some grow quickly.

Some need to be planted for the future .



Pawpaw

Many are seasonal.



Cape gooseberry



Bush berry

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.



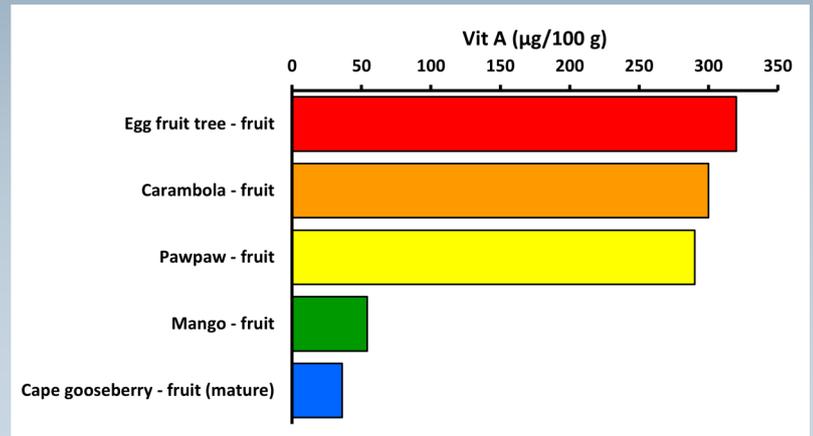
We are meant to enjoy the exciting flavours and textures of an amazing variety of tropical fruit.

Vitamin A in fruit

Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

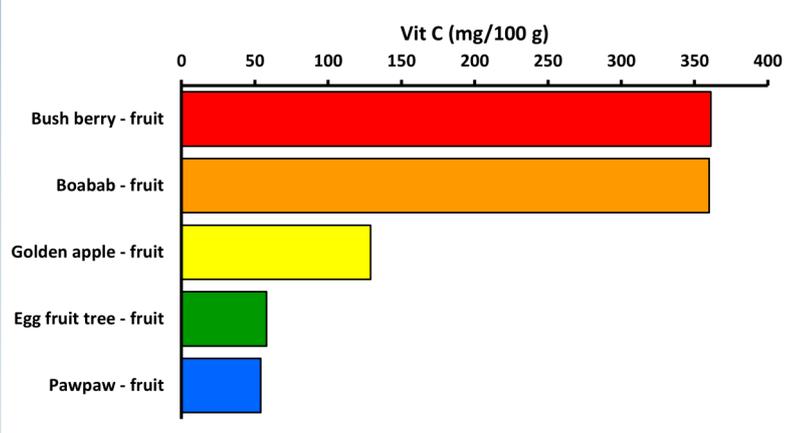
People who are short of Vitamin A have trouble seeing at night.

In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.



Vitamin C in fruit

Vitamin C is important for helping us to avoid sickness



Caramabola



Fruit can be eaten raw or used for drinks.
They are used in curries for souring dishes.



Averrhoa carambola

Boabab



Adansonia digitata

The seeds of the Boabab fruit are high in energy.

They can be eaten fresh, or dried and ground into flour.



Cape gooseberry

The ripe fruit are eaten fresh or cooked.

They can be used dried, preserved, stewed and for jam



Physalis peruviana

Pawpaw

Fruit can be eaten raw when ripe or cooked when green.



Carica papaya



Egg fruit

The fruit are eaten fresh or made into ice-cream.

The skin and seeds are removed.



Pouteria campechiana

Bush berry

The fruit is eaten fresh and used to flavour sauces and other dishes.



Maesobotrya barteri

Golden Apple

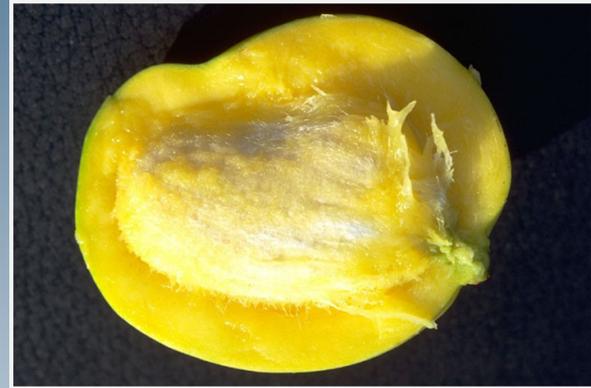
Fruit are eaten raw or pickled after peeling.



Spondias dulcis

Mango

Ripe fruit are eaten raw.



Mangifera indica

Cameroon - nuts and seeds



Peanut



Cashew



Baobab

Nuts and seeds - 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.



Baobab



Sunflower seeds

Coastal almond



Terminalia catappa

The kernel of the fruit is eaten raw.



Peanut

The seed can be dried and stored for later use.

They are nutritious and can be roasted and eaten as snacks.

Peanuts can improve the soil whilst providing food.



Arachis hypogea

Cashew



Nuts are rich in zinc and planting of extra trees is encouraged.



Anacardium occidentale

Sunflower seeds

Seeds can be eaten raw or roasted.

An edible oil can be extracted from the seeds.



Helianthus annuus

Acknowledgements



This publication was made possible through the generous support of the Rotary Club of Devonport North

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Review, layout and formatting - Lyndie Kite and John McPhee

For further details contact us at: info@foodplantsolutions.org, website: www.foodplantsolutions.org

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



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