FRUIT AND NUTS OF ETHIOPIA

PRACTICAL WAYS OF GROWING LOCAL FOOD PLANTS AND DOING IT WELL

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

www.foodplantsolutions.org
Nutrition 4 Education & Development (N4ED) is an Ethiopian nonprofit whose mission is to improve children's nutrition and ensure their full cognitive and physical development. The main activities of the organization focus is on giving parents the knowledge, the desire, the self-confidence, and the financial capacity to provide nutritious and balanced food for their children. That is done through nutrition and health education, saving and loan programs, business, life-skill, and technical training, affordable child care services and gardening.

One of N4ED's program is gardening. This program is key to transforming in practice the nutritional concept that the organization teaches to communities with theoretical and demonstration classes. Food Plant Solutions will support N4ED by providing the most appropriate informative resources regarding plants that are full of nutrients and that are easy to cultivate in Ethiopia's environment. This information is about different plants, and describes which part of the plant is edible, the nutrient value of each plant and well as other important information. N4ED will use these guides to implement its gardening projects and also to disseminate it among other stakeholders, the important information on Ethiopian endemic nutritious plants.

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.

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.
Ethiopia - a country of fabulous fruit
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.

Baobab

Maroolla plum

Small leaved white raisin

Mandarin
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.

Cheese and bread

Pawpaw

Small leaved white raisin

Guava
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 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

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vit C (mg/100 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boabab - fruit</td>
<td>390</td>
</tr>
<tr>
<td>Guava - fruit</td>
<td>200</td>
</tr>
<tr>
<td>Small-leaved white raisin - fruit</td>
<td>150</td>
</tr>
<tr>
<td>Mandarin - fruit</td>
<td>100</td>
</tr>
<tr>
<td>Pawpaw - fruit</td>
<td>50</td>
</tr>
</tbody>
</table>

Small leaved white raisin

Guava
Maroola plum

*Sclerocarya birrea*

The fruit and kernals of the Maroola plum are eaten.
Ripe fruit are eaten fresh and raw.

Fruit can be dried and eaten later.

Grewia tenax
Guava

Fruit are rich in Vitamin C.

Trees grow easily and should be near houses so children can enjoy the fruit.

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

**Pawpaw**

*Carica papaya*
The soft layer around the fruit and the pulp is eaten.

*Paullinia pinnata*

The flowers can be eaten.
Mandarin

Fruit are eaten fresh when ripe.

Citrus reticulata
Ethiopia - nut and seed foods
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.
Yeheb

The seeds are dried, then boiled or roasted, or eaten raw.

*Cordobea edulis*
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*
Nuts are nutritious and can be eaten raw or cooked.

Macadamia integrifolia
The seeds of the baobab are high in energy.

They can be eaten fresh or dried and ground into flour.
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Review, layout and formatting - Lyndie Kite and John McPhee

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