

# FRUIT AND NUTS OF ETHIOPIA

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



FOOD PLANT SOLUTIONS  
ROTARY 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](http://www.foodplantsolutions.org)



# Fruit and nuts of Ethiopia



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](mailto: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



Pawpaw



Guava



Mandarin



Cheese and bread

# Fruit tastes good and keeps us healthy

Everybody should eat some fruit every day.

Good gardeners and farmers plant several kinds of fruit trees.

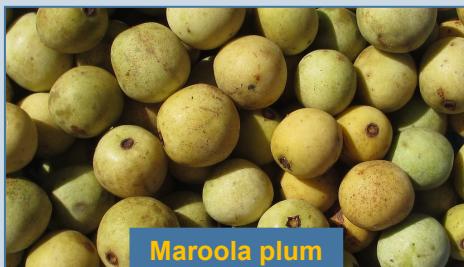
Fruit provide minerals, vitamins and other important nutrients that everybody needs to stay healthy and well.



Small leaved white raisin



Baobab



Maroola plum



Mandarin

# Fruit for hot humid climates



Cheese and bread

Fruit to be enjoyed by all.

Some grow quickly.

Some need to be planted  
for the future .



Pawpaw

Many are seasonal.



Small leaved white raisin

3



Guava

# 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.

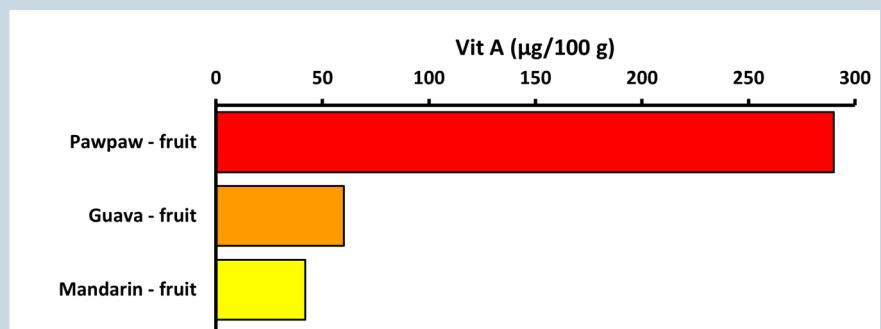
In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.



Mandarin



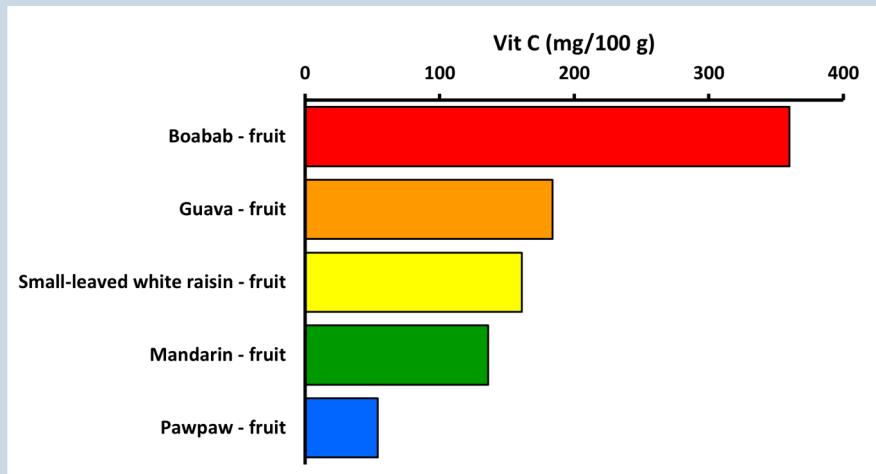
Pawpaw



# Vitamin C in fruit



Vitamin C is important for helping us to avoid sickness



# Maroola plum



*Sclerocarya birrea*

The fruit and kernels of the Maroola plum are eaten.

# Small-leaved white raisin



*Grewia tenax*

Ripe fruit are eaten fresh and raw.

Fruit can be dried and eaten later.

# Guava

Fruit are rich in Vitamin C.

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

*Psidium guajava*



# Pawpaw

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



*Carica papaya*



# Cheese and bread

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



Yeheb nut



Baobab



Macadamia

# 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.



*Coredeauxia 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 hypogaea*



# Macadamia



Nuts are  
nutritious and  
can be eaten  
raw or cooked.



*Macadamia integrifolia*

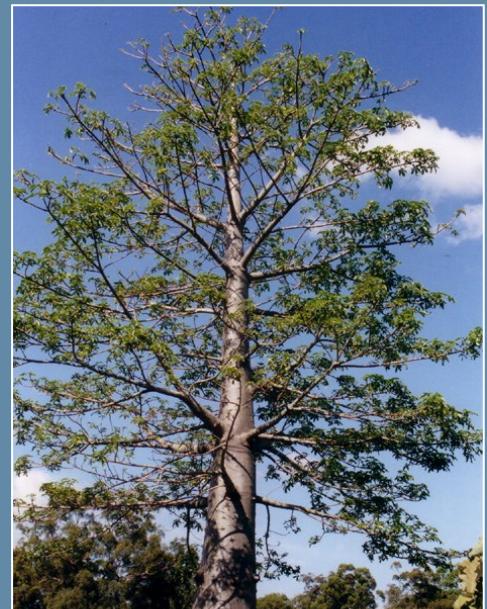
# Baobab



The seeds of the baobab are high in energy.



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



*Adansonia digitata*

# Acknowledgements

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Review, layout and formatting - Lyndie Kite and John McPhee

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# Notes

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