LEAFY GREENS AND VEGETABLES OF ZIMBABWE

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

REGISTERED CHARITY

Leafy greens and vegetables in Zimbabwe

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

Food Plant Solutions produces educational materials to enable people to understand the nutritional value of local food plants and increase awareness of highly nutritious plants that are adapted to the local environment. Some of these plants are under-utilised species and many are superior to imported foods and plants. Food Plant Solutions produces these materials because every minute of every day, five children under the age of five die from malnutrition.

We welcome and encourage your support.

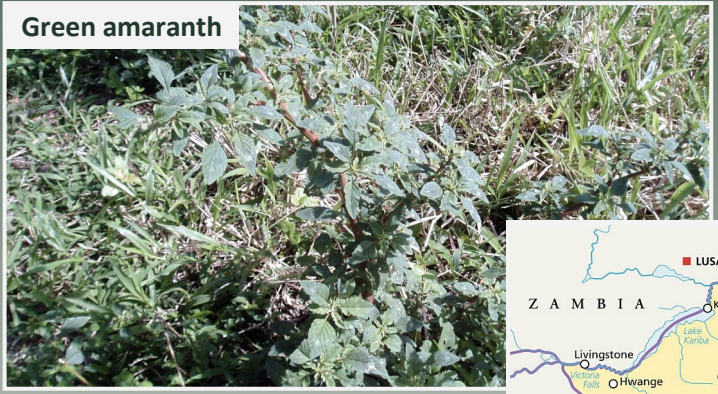
Food Plant Solutions - A project of the Rotary Club of Devonport North, & Rotary District 9830.

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.

Version 1, Sep 2023

Zimbabwe - country of beautiful leafy vegetables

Green amaranth



Flower-of-an-hour

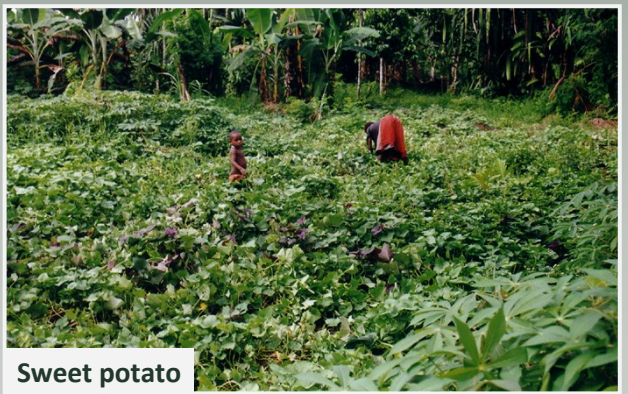
Shepherd's purse

Goat's horns

Leafy greens - the health foods of the nation

Moringa

African cabbage



Sweet potato

Slenderleaf rattlepod

Leafy greens of Zimbabwe


Moringa


Peanut

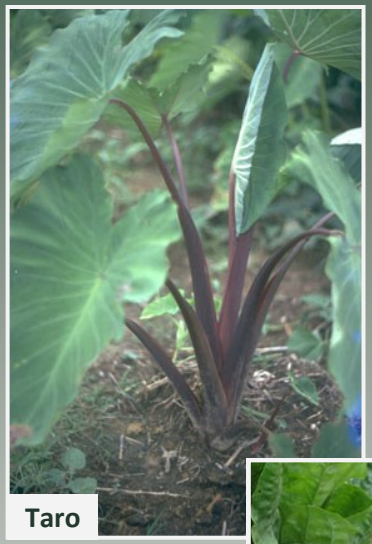

Rose-pink sesame


Goat's horn

Dark green leaves should be eaten daily.

They should be steamed, fried or boiled.

Edible leaves



Taro

African cabbage

Winter squash

Common plantain

Boabab

Using leafy greens - collect and cook a mixture of leaves

Many edible leafy greens grow around houses and along roadsides.

Green leafy vegetables should be cooked.

Healthy people eat leafy greens

- Many plants have edible leaves.
- Edible leaves are nutritious.
- Normally, all leaves should be cooked to kill bacteria.
- Everybody should eat a fish tin full of dark green leaves every day to stay healthy.
- Some leafy greens can be grown as hedges, in swamps, and around houses to provide a regular daily supply of leafy vegetables.

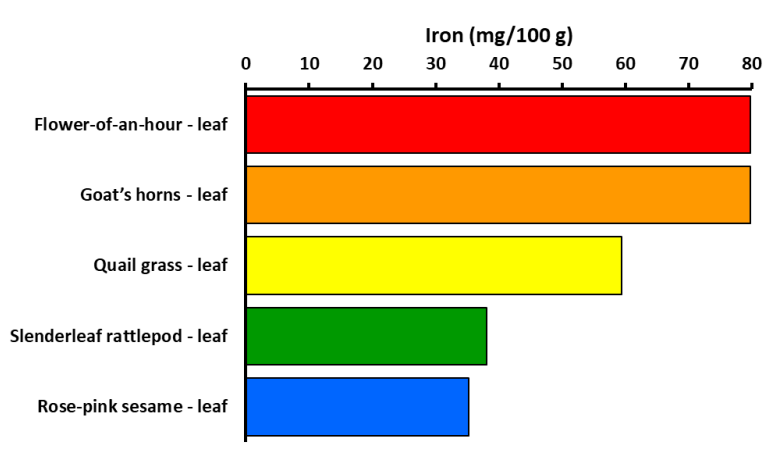
Green leafy vegetables - Iron content

Iron is important, it is what makes our blood red.

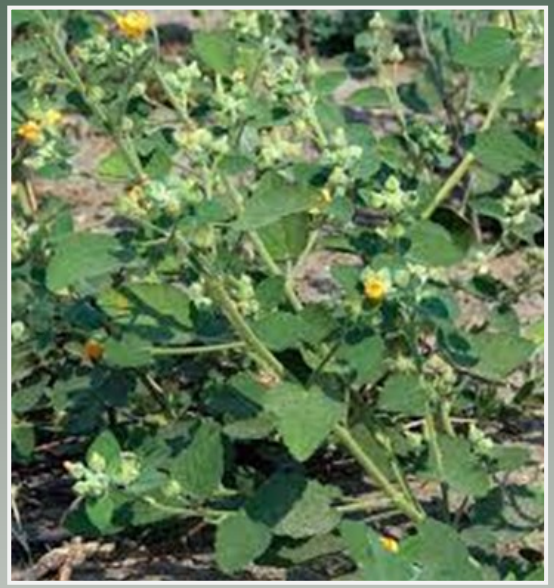
Iron helps oxygen get to our lungs. This helps us to have energy to work.

When we are short of iron we are called anaemic. Iron is more available when Vitamin C is also present.

Goat's horns



Goat’s horns

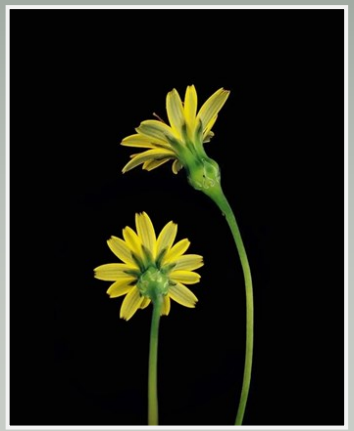


Sida cordifolia

The leaves are edible when cooked.

Spotted cat's ear

Hypochaeris radicata



The young leaves are cooked and eaten.

They can also be used in salads, soups and stews.

Flower-of-an-hour

Hibiscus trionum

The leaves and shoots are eaten cooked.

Seeds can be eaten raw.

Sweet potato leaf

Ground cover or climbing plant.

Ipomoea batatas

Leaves are edible raw or cooked.

Shepherd's purse

Capsella bursa-pastoris

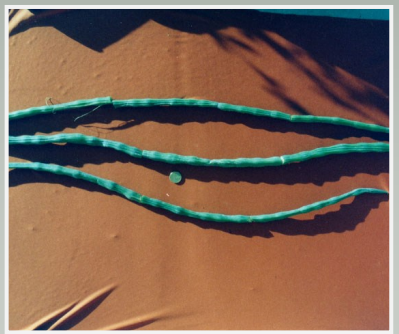
The leaves are a good source of Vitamin A.

Young leaves are eaten raw or cooked.

Moringa

A fast growing small tree

Moringa oleifera



The young tops and leaves are eaten cooked. They can be dried for later use.

Quail grass

Phyllanthus maderaspatensis

The leaves are cooked in curries with pulses.

Taro leaf

A good quality delicacy.

Colocasia esculenta

Green amaranth

Amaranthus viridus

Leaves are eaten cooked as a vegetable.

Vegetable foods of Zimbabwe

African cabbage

Sweet potato

Vegetables for variety and nutrition

Some vegetables and edible leaves should be planted near houses so they are easily available, even on wet days, or when people can't get to distant gardens.

Chinese taro

African cabbage

Common plantain

As some vegetables only grow in certain seasons, you should plant a wide range to provide food all year.

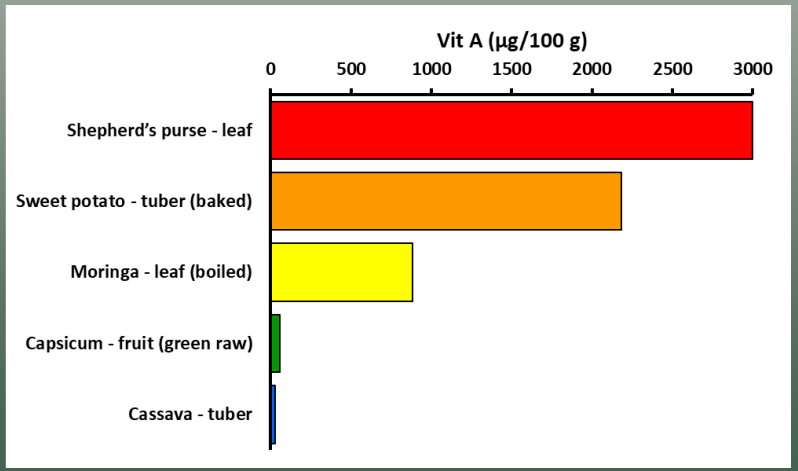
Vitamin A value of vegetables

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.

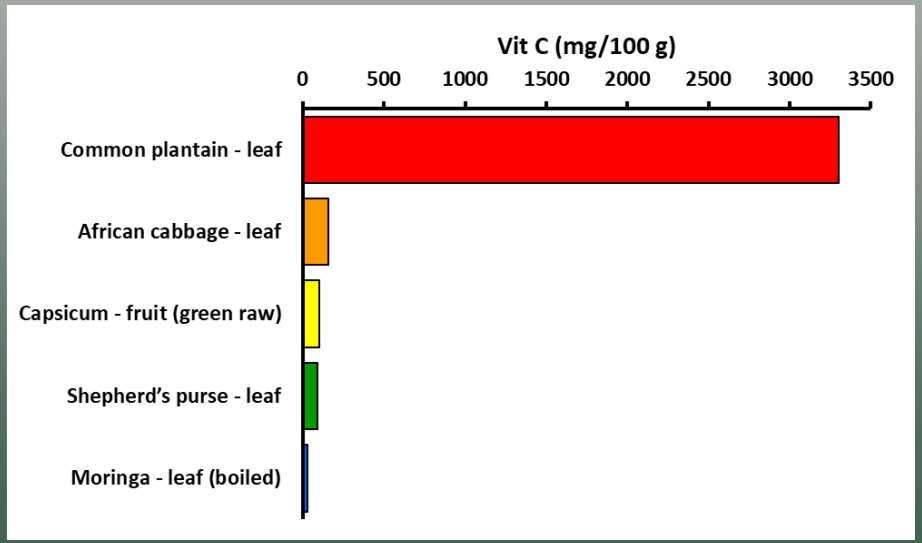
In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.

Shepherd's purse



Vitamin C value of vegetables

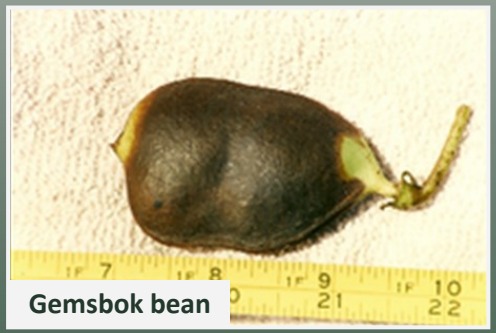
Vitamin C is important for helping us to avoid sickness.



Vegetables - nutritious and tasty

Boabab

African locust bean



Gemsbok bean

African cabbage

Capsicum

The fruit are edible raw or cooked.

They are stuffed, roasted, fried, preserved and used as flavouring.

The leaves are edible when cooked.

Capsicum annum

Common plantain

Plantago major

Young leaves are lightly cooked. Older leaves become more bitter.

The dried leaves are used for tea.

The seeds can be ground into a meal for bread.

Marama bean

The young pods are eaten raw. The seeds are usually roasted before eating.

Tylosema fassoglensis

Cowpea

The young leaves, young pods and ripe seeds are all eaten. The dried seeds are used in soups and stews.

Vigna unguiculata

African cabbage

Brassica carinata

The young leaves are eaten raw or cooked.

Young shoots and flower buds are eaten raw.

Sweet potato

Tubers are boiled or baked. They can be steamed, fried, mashed or dried.

Impomoea batatas

Cassava

Manihot esculenta

The tubers are eaten after thorough cooking.

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 - Tom Goninon, John McPhee

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

Image acknowledgements

Most images used in this publication are drawn from the Food Plants International database. Acknowledgement is given for images of the following plants sourced from the internet.

Scientific name	Common name	Image URL
Amaranthus viridus	Green amaranth	https://upload.wikimedia.org/wikipedia/commons/thumb/2/20/Amaranthus_viridis_25042014_1.jpg/220px-Amaranthus_viridis_25042014_1.jpg https://www.cabidigitallibrary.org/cms/10.1079/cabicompendium.4654/asset/1aa5e854-8e14-40a5-a0d0-96b06e31fc37/assets/graphic/47904.jpg
Brassica carinata	African cabbage	https://commons.wikimedia.org/wiki/File:Habesha_gomen_in_Ethiopian_garden.jpg#/media/File:Habesha_gomen_in_Ethiopian_garden.jpg https://pfaf.org/Admin/PlantImages/Brassica-carinata1b.jpg
Capsella bursa-pastoris	Shepherd's purse	https://fr.wikipedia.org/wiki/Fichier:Capsella_bursa-pastoris_1.JPG https://tse4.mm.bing.net/th?id=OIP.p8tjClWETyeQbpSQVYyXgQHaIO&pid=Api https://tse3.mm.bing.net/th?id=OIP.i52Km8TLwU7aVUi_z0YUjgHaF7&pid=Api
Cucurbita maxima	Winter squash	https://commons.wikimedia.org/wiki/File:Pumpkin_plant_@_Kanjirappally_02.jpg#/media/File:Pumpkin_plant_@_Kanjirappally_02.jpg
Hibiscus trionum	Flower-of-an-hour	https://i.pinimg.com/originals/29/a5/c2/29a5c2c4457308d0fc36439ee5e26310.jpg https://tse2.mm.bing.net/th?id=OIP.9s8ocguL95E0--TsbBf01QHaFV&pid=Api https://tse4.mm.bing.net/th?id=OIP.msGXJ6BEXbj3ThwOg2cnLQHaE7&pid=Api
Hypochaeris radicata	Spotted cat's ear	https://commons.wikimedia.org/wiki/File:Hypochaeris_radicata_two_flowers.jpg#/media/File:Hypochaeris_radicata_two_flowers.jpg https://commons.wikimedia.org/wiki/File:Hypochaeris.radicata.Alan.JPG#/media/File:Hypochaeris.radicata.Alan.JPG https://upload.wikimedia.org/wikipedia/commons/thumb/9/91/Hypochaeris_radicata_3285.JPG/800px-Hypochaeris_radicata_3285.JPG
Manihot esculenta	Cassava	https://upload.wikimedia.org/wikipedia/commons/thumb/8/8f/Manihot_esculenta_dsc07325.jpg/360px-Manihot_esculenta_dsc07325.jpg https://upload.wikimedia.org/wikipedia/commons/thumb/3/3e/Manihot_esculenta_-_cross_section_2.jpg/407px-Manihot_esculenta_-_cross_section_2.jpg
Parkia filicoidea	African locust bean	http://www.westafricanplants.senckenberg.de/images/pictures/fabmimo_parkia_filicoidea_cbch_6118_4049_b8ed36.jpg
Plantago major	Common plantain	https://upload.wikimedia.org/wikipedia/commons/thumb/3/33/Grote_weegbree_bloeiwijze_Plantago_major_subsp._major.jpg/220px-Grote_weegbree_bloeiwijze_Plantago_major_subsp._major.jpg https://upload.wikimedia.org/wikipedia/commons/thumb/6/6a/Broadleaf_Plantain_Spike.jpg/150px-Broadleaf_Plantain_Spike.jpg
Phyllanthus maderaspatensis	Quail grass	https://storage.googleapis.com/powop-assets/PPA/0151_0200/h0163c_thumbnail.jpg https://storage.googleapis.com/powop-assets/PPA/0151_0200/h0163b_thumbnail.jpg
Sesanum calycinum	Rose-pink sesame	https://upload.wikimedia.org/wikipedia/commons/thumb/b/ba/Sesamum_calycinum_var._angustifolium_%2826805852061%29.jpg/640px-Sesamum_calycinum_var._angustifolium_%2826805852061%29.jpg
Sida cordifolia	Goat's horns	https://commons.wikimedia.org/w/index.php?curid=5259423 https://commons.wikimedia.org/wiki/File:Sida_cordifolia_flower.JPG#/media/File:Sida_cordifolia_flower.JPG

Image acknowledgements (continued)

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Tylosema esculentum	Gemsbok bean	https://upload.wikimedia.org/wikipedia/commons/thumb/8/8d/Tylosema_esculenta_pod.PNG/220px-Tylosema_esculenta_pod.PNG
Tylosema fassoglensis	Marama bean	http://palkowitschia.cz/sukulenty/img/travelling/kenya/flora/Tylosema%20fassoglensis%20Ghazi%20Kenya%202014_0192.jpg https://tse3.mm.bing.net/th?id=OIP.-2MVZYynAjpakV_9HLP4PgHaK4&pid=Api https://tse2.mm.bing.net/th?id=OIP.Y2agMU1BVSuyMz-aaR75SwHaGX&pid=Api
Vigna unguiculata	Cowpea	https://commons.wikimedia.org/wiki/File:Lobia.jpg#/media/File:Lobia.jpg https://commons.wikimedia.org/wiki/File:BlackEyedPeas.JPG#/media/File:BlackEyedPeas.JPG
Xanthosoma sagittifolium	Chinese taro	https://commons.wikimedia.org/wiki/File:Xanthosoma_sagittifolium_in_Bukidnon,_Philippines_01.jpg#/media/File:Xanthosoma_sagittifolium_in_Bukidnon,_Philippines_01.jpg

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