

# LEAFY GREENS AND VEGETABLES OF NEPAL

*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 and  
District 9830



# Leafy greens and vegetables in Nepal



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,  
developed by Tasmanian agricultural scientist Bruce French, AO.

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# Nepal - country of beautiful leafy vegetables



Smooth loofah



Jute



Green amaranth



Bean leaves

# Leafy greens - the health foods of the nation

Sunhemp



Goat's horns



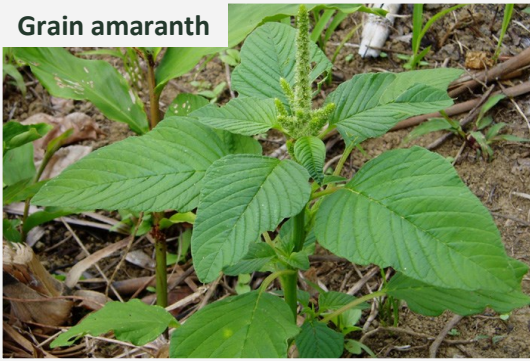
Sweet potato



Jute

# Leafy greens of Nepal

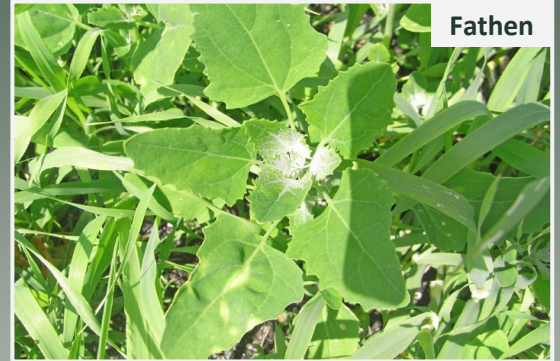
Grain amaranth



Indian sorrel



Fathen



Jute



Dark green leaves should be eaten daily.  
They should be steamed, fried or boiled.

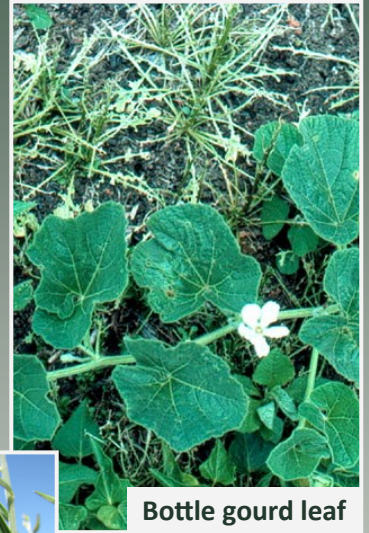
# Edible leaves



Taro



Sweet potato leaves



Bottle gourd leaf



Goat's horns



Sun hemp

# 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.

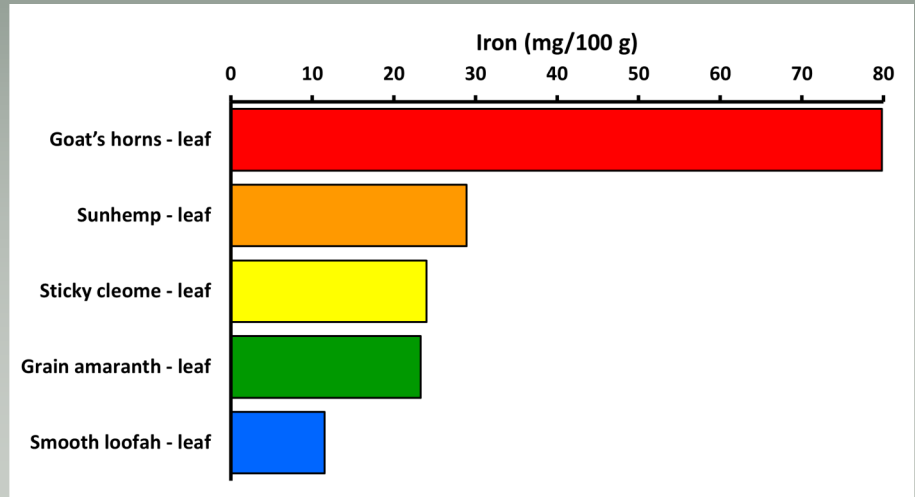


# Green leafy vegetables - Iron content

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.



# Grain amaranth



*Amaranthus caudatus*

**The leaves and young plants are eaten cooked.**

**Seed can be ground for flour.**



# Smooth loofah



*Luffa cylindrica*



**Young leaves are used in  
salads or cooked as a  
vegetable.**

**Seeds can be sprouted and  
eaten.**



# Green amaranth



*Amaranthus  
viridis*



**The leaves and shoots are  
eaten cooked.**

**Seeds can be eaten raw.**



# Sweet potato leaf



*Ipomoea batatas*

**Ground cover or climbing plant.**

**Leaves are edible raw or cooked.**

# Sticky cleome



*Cleome viscosa*

**The leaves are edible cooked.**

**The young fruit are eaten candied.**

**Roasted seeds are used in curries and pickles.**

**Seed oil is used for cooking.**



# Hedge garlic



*Alliaria petiolata*



**The young leaves are eaten raw or cooked.**

**It is finely chopped and used in salads.**

**The flowers and young seeds pods are eaten raw as a flavouring.**



# Taro leaf

A good quality delicacy.



*Colocasia esculenta*





# Indian sorrel

The tender leaves are cooked as a vegetable.



*Rumex dentatus*



# Vegetable foods of Nepal



# 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.



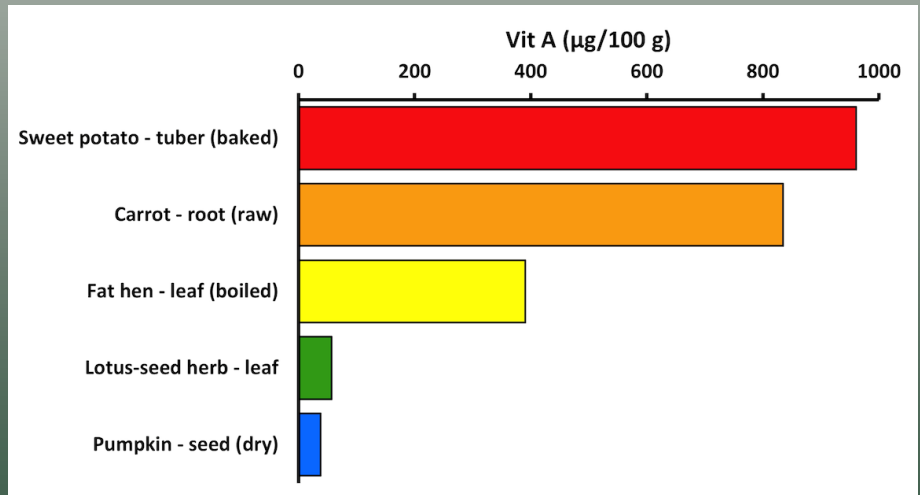
As some vegetables only grow in certain seasons, you should plant a wide range to provide food all year.

# 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.

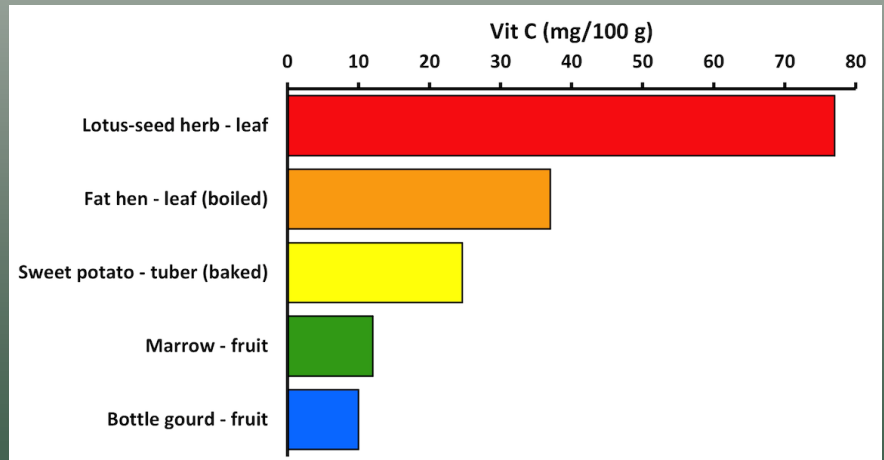
In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.



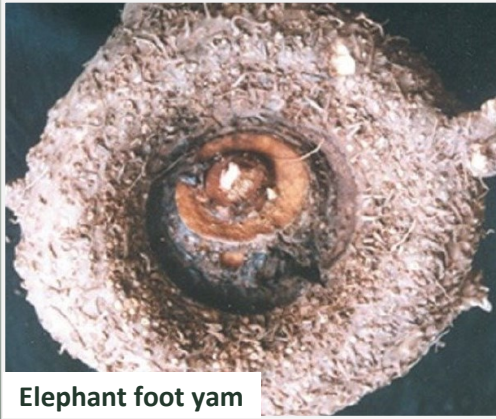
# Vitamin C value of vegetables



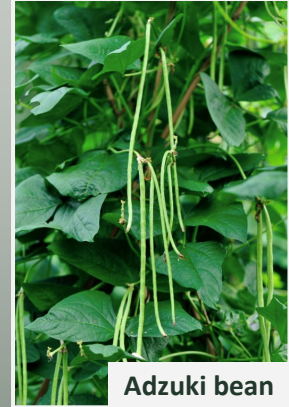
Vitamin C is important for helping us to avoid sickness.



# Vegetables - nutritious and tasty



Elephant foot yam



Adzuki bean



Bottle gourd



Pumpkin

# Goat's horns



The leaves are edible cooked. They are cooked with alkali solution and eaten in curry.



*Sida cordifolia*



# Elephant foot yam



The corm is cooked and eaten.

The young unopened leaves are edible when cooked.

The young petioles or leaf stalks are eaten cooked. They are often eaten with fish. They are also used in soup.

The harvested stalks can be stored for about one week.



*Amorphophallus  
paeoniifolius*





# Chick pea

The ripe seeds are eaten. They can be roasted, boiled or fried.

The young leaves, shoots and pods are sometimes eaten.

Sprouted seeds are eaten.



*Cicer arietinum*



# Lentils

The seed are eaten cooked, sprouted or raw.  
Young seedpods can be cooked and eaten.  
The ground seed can be used with cereals.  
The seeds are often served as dahl.  
Lentil flour can be mixed with cereal flour to  
bake bread.



*Lens culinaris*

# Carrot



The roots and leaves are edible.

Young leaves are used in soups.

Roots can be eaten raw or cooked. They can be steamed, fried, pickled, made into jam, or used in stews.

Carrot seed oil is used as a flavouring.

The juice is used raw or fermented.

*Daucus carota* subsp. *sativus*



# Jute

First leaves can be harvested after 6 weeks.



*Corchorus olitorius*

# Bottle gourd



Young fruit can be boiled, steamed, fried or pickled.

Young tips and leaves can be eaten.



*Lagenaria siceraria*

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**Review, layout and formatting - Tom Goninon, John McPhee**

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# 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
Alliaria petiolata	Hedge garlic	<a href="https://www.florafinder.org/LargePhotos/D2/Alliaria_petiolata-F503FA5C62.jpg">https://www.florafinder.org/LargePhotos/D2/Alliaria_petiolata-F503FA5C62.jpg</a>
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Alliaria petiolata	Hedge garlic	<a href="https://newfs.s3.amazonaws.com/taxon-images-1000s1000/Brassicaceae/alliaria-petiolata-le-abussewitz-b.jpg">https://newfs.s3.amazonaws.com/taxon-images-1000s1000/Brassicaceae/alliaria-petiolata-le-abussewitz-b.jpg</a>
Amaranthus viridus	Green amaranth	<a href="https://08511630493324166816.googlegroups.com/attach/c9e7481bf151d35/Amaranthus%20viridis.JPG?part=0.1&amp;view=1&amp;vt=ANaJvRGo8pSgh3SaSnoFJCrZHFNIjGxfli842Ocu61ndgplODtz9OZepwRevrrRRqD2PHHz_AnF0sG-nbAqfUXX3KRglpTHOIOFvVT-7qa3choMW2KVd5fU">https://08511630493324166816.googlegroups.com/attach/c9e7481bf151d35/Amaranthus%20viridis.JPG?part=0.1&amp;view=1&amp;vt=ANaJvRGo8pSgh3SaSnoFJCrZHFNIjGxfli842Ocu61ndgplODtz9OZepwRevrrRRqD2PHHz_AnF0sG-nbAqfUXX3KRglpTHOIOFvVT-7qa3choMW2KVd5fU</a>
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Amorphophallus paeoniifolius	Elephant foot yam	<a href="https://www.researchgate.net/profile/Yadu-Dey/publication/232226290/figure/fig1/AS:202656292315145@1425328433600/Amorphophallus-paeoniifolius-tuber.png">https://www.researchgate.net/profile/Yadu-Dey/publication/232226290/figure/fig1/AS:202656292315145@1425328433600/Amorphophallus-paeoniifolius-tuber.png</a>
Cicer arietinum	Chickpea	<a href="https://www.kew.org/sites/default/files/2019-06/48035586972_2fe774711b_o.jpg">https://www.kew.org/sites/default/files/2019-06/48035586972_2fe774711b_o.jpg</a>
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Cleome viscosa	Sticky cleome	<a href="https://apps.lucidcentral.org/pppw_v11/images/entities/tickweed_513/cleome_viscosa_l.jpg">https://apps.lucidcentral.org/pppw_v11/images/entities/tickweed_513/cleome_viscosa_l.jpg</a>
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Crotalaria juncea	Sunhemp	<a href="https://www.feedipedia.org/sites/default/files/images/sunn_hemp_pods.jpg">https://www.feedipedia.org/sites/default/files/images/sunn_hemp_pods.jpg</a>
Daucus carota subsp. sativa	Carrot	<a href="http://www.itsnature.org/wp-content/uploads/2010/08/353675_8940.jpg">http://www.itsnature.org/wp-content/uploads/2010/08/353675_8940.jpg</a>
Daucus carota subsp. sativa	Carrot	<a href="https://www.thespruce.com/thmb/BAScwQAFJyYckAdZsyTwd5O50bc=/1500x0/filters:no_upscale():max_bytes(150000):strip_icc()/how-to-grow-carrots-in-the-vegetable-garden-1403472-03-9c8ce7faf37143b6960f7bf8ca79cd1a.jpg">https://www.thespruce.com/thmb/BAScwQAFJyYckAdZsyTwd5O50bc=/1500x0/filters:no_upscale():max_bytes(150000):strip_icc()/how-to-grow-carrots-in-the-vegetable-garden-1403472-03-9c8ce7faf37143b6960f7bf8ca79cd1a.jpg</a>
Lens culinaris	Lentil	<a href="https://2.bp.blogspot.com/-6LtoKl0w_vc/VWRI0hQfX_I/AAAAAAAAAMdM/uV8ibkxnPpo/w1200-h630-p-k-nu/Masur-dal.jpg">https://2.bp.blogspot.com/-6LtoKl0w_vc/VWRI0hQfX_I/AAAAAAAAAMdM/uV8ibkxnPpo/w1200-h630-p-k-nu/Masur-dal.jpg</a>

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Rumex dentatus	Indian sorrel	<a href="https://08511630493324166816.googlegroups.com/attach/10fa5d1aa13b832d/Rumex%20dentatus.JPG?part=0.2&amp;view=1&amp;vt=ANaJvRfj1cF_ZYO5NMocmWXXXTcj6OiuFFVxO0tdsYW2BpQUMiAb_YVp9Njwhuzj6w8pBY60A7Qmy8SiafU5_1uzr1Gpl-QkFhPFLRFg2EZf6a4uENZwYXl">https://08511630493324166816.googlegroups.com/attach/10fa5d1aa13b832d/Rumex%20dentatus.JPG?part=0.2&amp;view=1&amp;vt=ANaJvRfj1cF_ZYO5NMocmWXXXTcj6OiuFFVxO0tdsYW2BpQUMiAb_YVp9Njwhuzj6w8pBY60A7Qmy8SiafU5_1uzr1Gpl-QkFhPFLRFg2EZf6a4uENZwYXl</a>
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