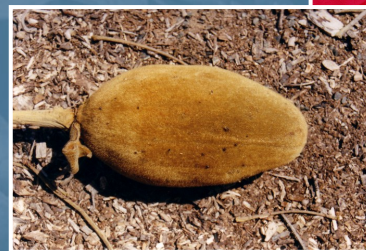


FRUIT AND NUTS OF ZIMBABWE

*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

Fruit and nuts of Zimbabwe



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 - a country of fabulous fruit



Mango



Guava



Tamarillo



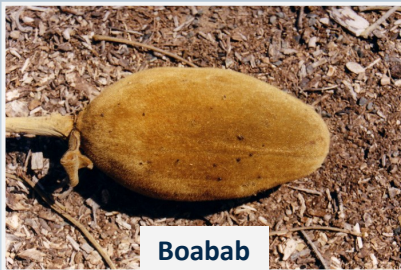
Cape gooseberry

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

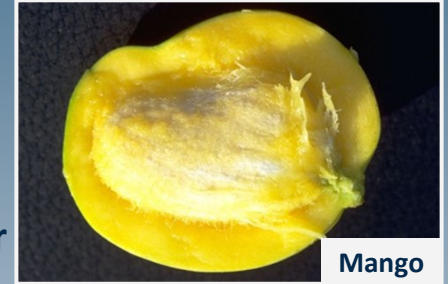


Cape gooseberry

Fruit to be enjoyed by all.

Some grow quickly.

Some need to be planted for the future.



Mango

Many are seasonal.



Small-leaved white raisin



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.



Boabab



Mango



Guava



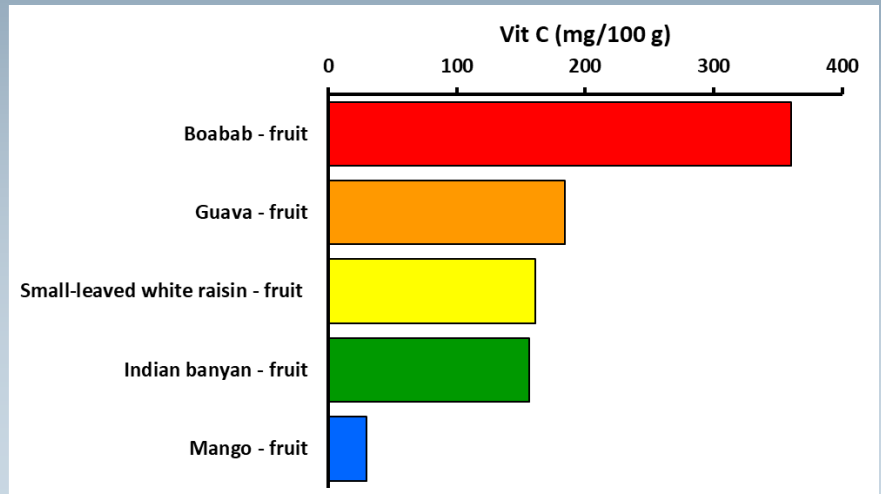
Tamarillo

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

Vitamin C in fruit



Vitamin C is important for helping us to avoid sickness



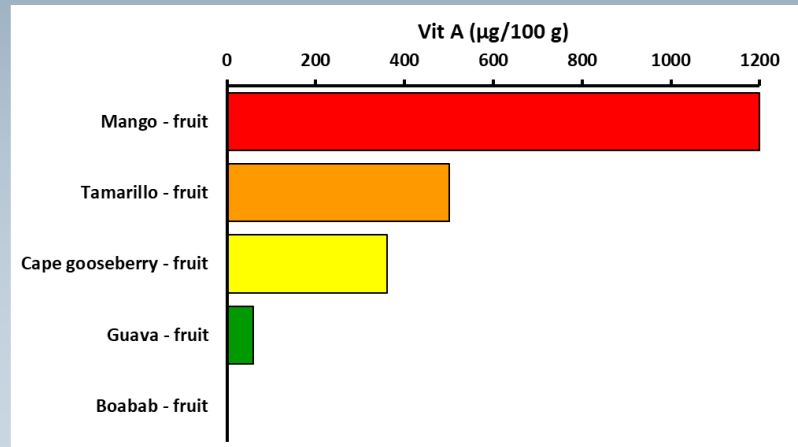
Vitamin A in fruit

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.



Indian banyan



The figs are eaten fresh. They can also be dried.



Ficus benghalensis

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.

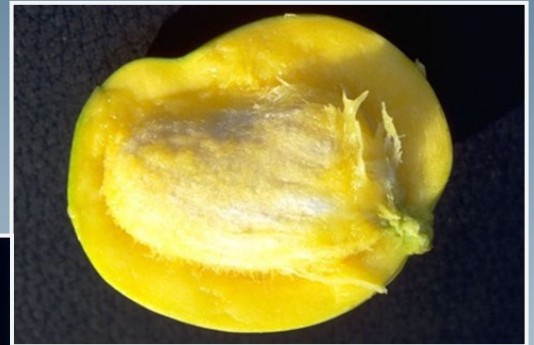
Trees grow easily and should be near houses so children can enjoy the fruit.

Psidium guajava



Mango

Ripe fruit are eaten raw. Unripe fruit is pickled.
Seeds can be eaten cooked.



Mangifera indica

Boabab

Adansonia digitata

The fruit pulp is eaten raw. It is also used for a drink.



The young leaves are eaten as a cooked vegetable. The shoots of germinating seeds are eaten.



Tamarillo

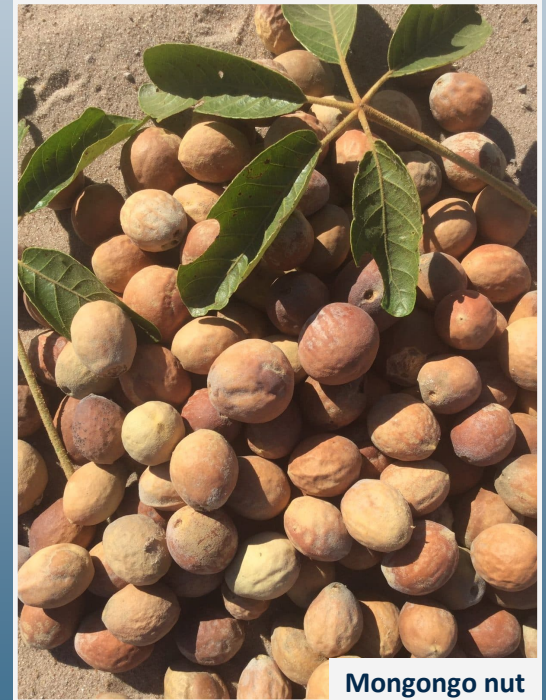
The fruit is eaten raw or cooked. The fruit can be boiled, stewed, grilled, baked or pickled.



Cyphomandra betacea



Zimbabwe - nuts and seeds



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.



Baobab



Mongongo nut

Mongongo nut



Schinziophyton rautanenii

The nuts are eaten raw, dried, cooked, whole or pounded and mixed with other ingredients to make a variety of dishes.



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.



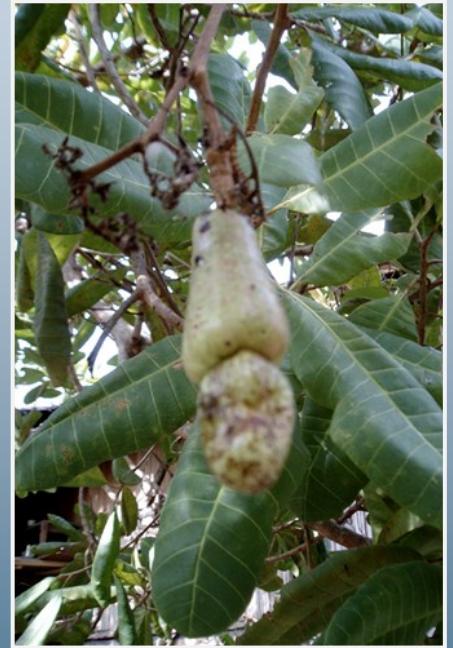
Arachis hypogaea



Cashew



**The nut is eaten
after roasting.**



Anacardium occidentale

Baobab

The seeds of the baobab are high in energy.

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



Adansonia digitata



Acknowledgements



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

It would have not been possible without the commitment and support of the various volunteers who have shared the vision and unselfishly given their time to support this project.

Review, layout and formatting - Tom Goninon, 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.

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
<i>Anacardium occidentale</i>	Cashew nut	https://blogs.extension.iastate.edu/answerline/2021/04/13/cashews-not-really-a-nut/
<i>Schinziophyton rautanenii</i>	Mongongo nut	http://zambiaflora.com/speciesdata/image-display.php?species_id=135650&image_id=2
		https://www.zimbabweflora.co.zw/speciesdata/images/13/135650-5.jpg
		https://www.bio-innovation.org/wp-content/uploads/2022/05/Marula_Species_03.jpg
<i>Adansonia digitata</i>	Baobab	https://www.cosmacon.de/wp-content/uploads/2021/02/Mongongoel-rotated.jpg
		https://tropical.theferns.info/plantimages/sized/a/9/a941320ae66e8c6826d98e38ec6a6f6b60ec2160_960px.jpg https://tropical.theferns.info/plantimages/sized/9/2/9294a2e9c584e1c83505ce9f33372221e33db63b_960px.jpg

Notes



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