

Important Protein Plants of Zimbabwe

COMMON NAME
Common plantain

SCIENTIFIC NAME
Plantago major

USE
Leaves are used in soups, chutneys, fried dishes and dried to make tea. Seeds are ground. Roots are cooked.

KEY NUTRIENTS
energy, protein, vitamin A, vitamin C, iron



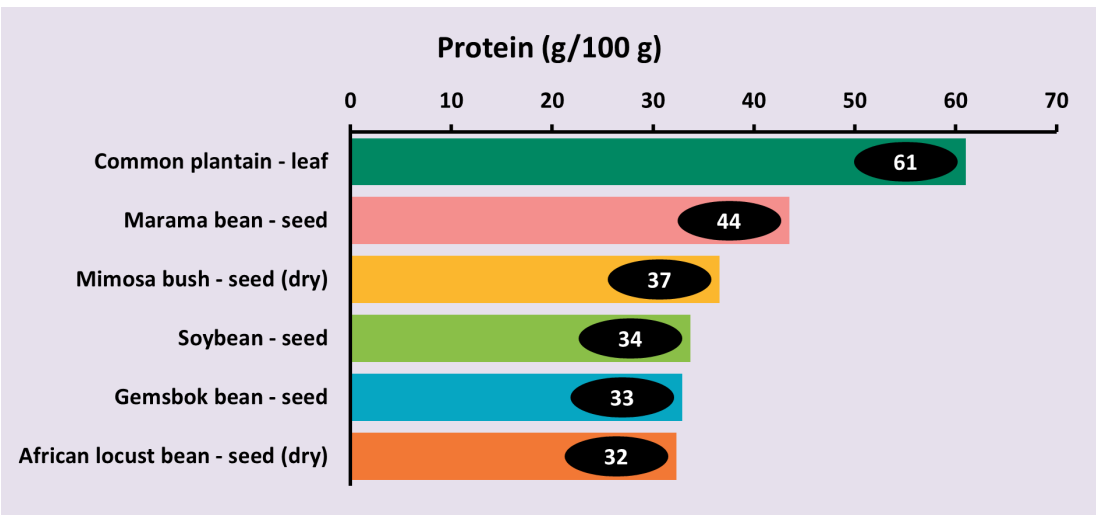
COMMON NAME
Marama bean

SCIENTIFIC NAME
Tylosema fassoglensis

USE
Pods and seeds can be eaten raw, cooked, or roasted. Tubers are eaten raw or roasted.

KEY NUTRIENTS
energy, protein, vitamin C, iron, zinc

Image accessed from: https://live.staticflickr.com/3680/11668753985_8e6df5c180_b.jpg



COMMON NAME
Mimosa bush

SCIENTIFIC NAME
Acacia farnesiana

USE
The pods are cooked and eaten. The gum and germinated seeds are eaten. The ground up seeds are eaten.

KEY NUTRIENTS
energy, protein, iron, zinc



COMMON NAME
Soybean

SCIENTIFIC NAME
Glycine max

USE
The young pods, ripe seeds and young leaves are eaten. The dried seeds are boiled, baked or toasted.

KEY NUTRIENTS
energy, protein, vitamin A, vitamin C, iron, zinc

Protein is important for growth and development; it helps our bodies repair cells and make new ones.

COMMON NAME
Gemsbok bean

SCIENTIFIC NAME
Tylosema esculentum

USE
The root is baked, boiled or roasted. Seeds are roasted or boiled. Young stems and leafy shoots are roasted or eaten fresh.

KEY NUTRIENTS
energy, protein, vitamin C, iron, zinc



COMMON NAME
African locust bean

SCIENTIFIC NAME
Parkia filicoidea

USE
The pods and the pulp are eaten. The seeds are boiled, fermented and powdered. The leaves are cooked.

KEY NUTRIENTS
energy, protein, iron

This poster is based on information from the Food Plants International (FPI) database, developed by Tasmanian agricultural scientist Bruce French, AO.



Image accessed from: http://www.westafricanplants.senckenberg.de/images/pictures/fabmimo_parkia_filicoidea_cbch_6118_4049_b8ed36.jpg