

Potentially Important Leafy Greens and Vegetables of Uganda

*Practical ways of
growing local food
plants and doing it
well*



**FOOD PLANT
SOLUTIONS**
ROTARIAN 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

Potentially Important Leafy Greens and Vegetables in Uganda



The purpose of Food Plant Solutions is to enable people to understand the nutritional value of local food plants through our educational materials and support services, because every minute of every day, five children under the age of five die from malnutrition.

In addition to this booklet, other publications have been produced for Uganda. All can be downloaded from our website - www.foodplantsolutions.org

We encourage and welcome your support.

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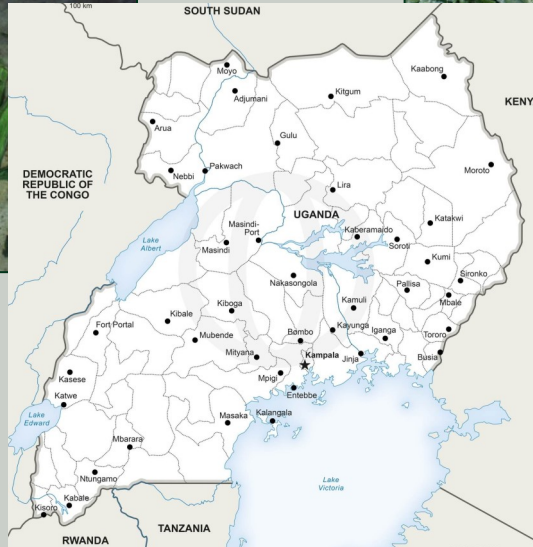
Uganda

country of beautiful leafy vegetables

Okra



Silver beet



Ethiopian kale



Bean leaves

Leafy greens - the health foods of the nation

Edible hibiscus



Indian spinach



Sweet potato



Jute



Using leafy greens

Collect and cook a mixture of leaves



Healthy food



Many edible leafy greens grow around houses and along roadsides.



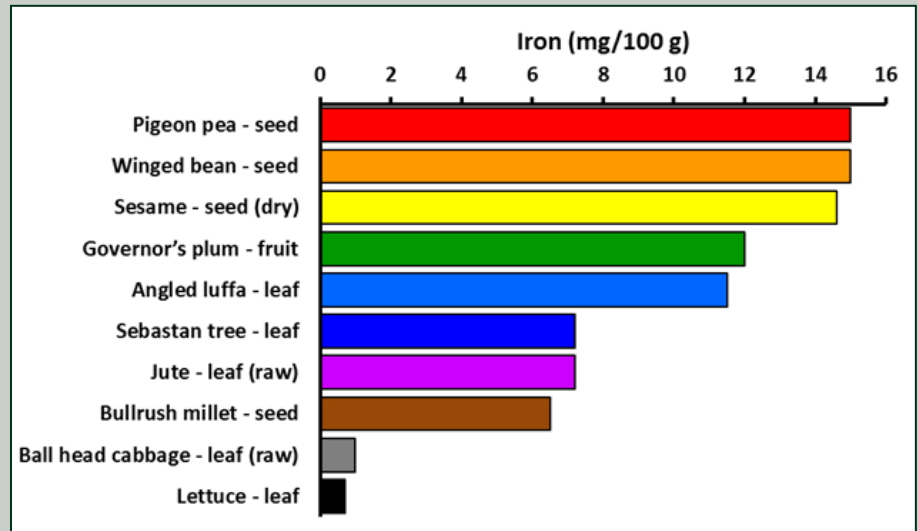
Green leafy vegetables should be cooked.



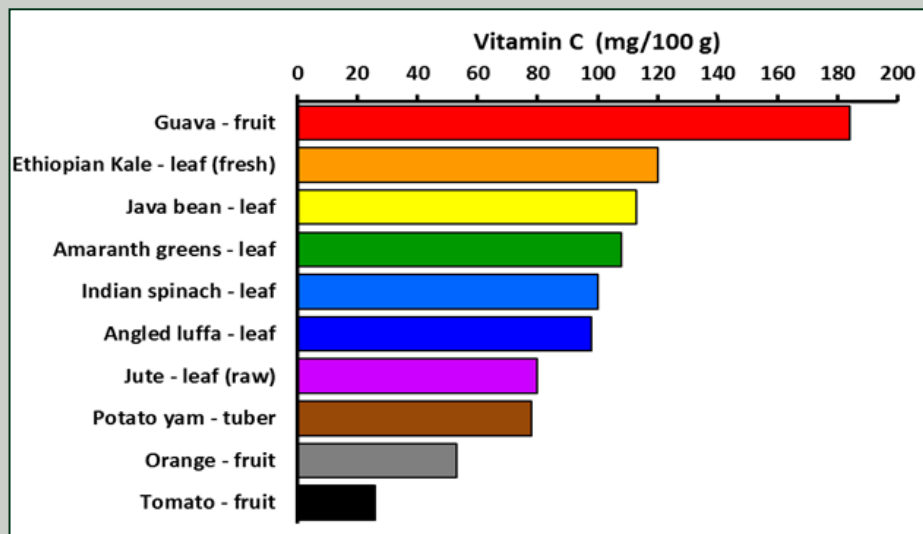
Healthy people eat leafy greens

- 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

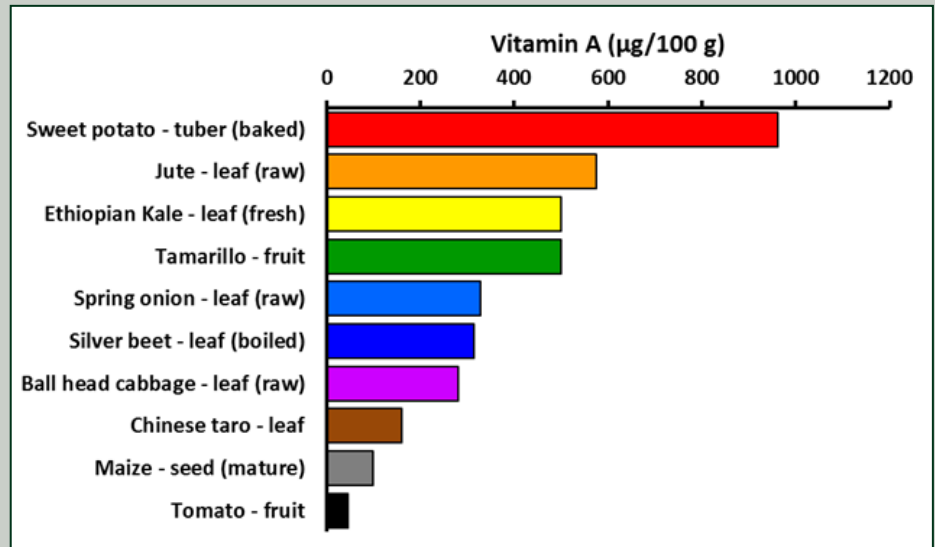


Vitamin C for good health



Vitamin A value of leaves

Ethiopian kale



Jute



Edible hibiscus - a delicious, highly nutritious leaf



Fry or steam it to
avoid it going
slimy.



Abelmoschus manihot



Amaranth - a quick growing green

A home garden favourite



Scattering seeds in
old fire ashes helps
plants grow well.



Amaranthus spp



Chinese taro



**A nutritious leaf that
grows easily.**

*Xanthosoma
sagittifolium*

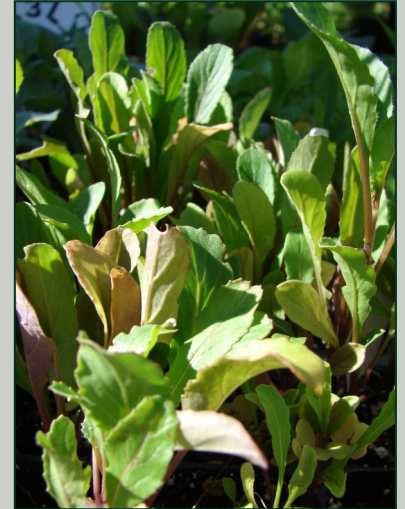


Rocket



Leaves and young flowers can be eaten.

Grows best in soils enriched with compost and organic matter.



***Eruca vesicaria*
subsp. *sativa***

Sweet potato leaf



Leaves are edible raw or cooked.

Ground cover or climbing plant.



Ipomoea batatas

Jute



First leaves can be harvested after 6 weeks.



Corchorus olitorius

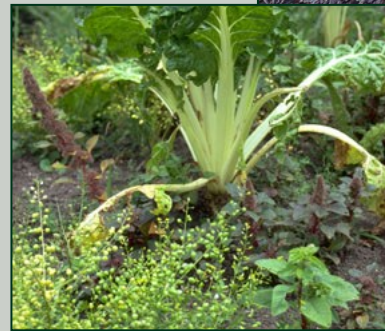
Silver beet



An annual plant.



Leaves and stalks can be eaten. Stalks can be cooked separately. Can produce for up to two years.



Beta vulgaris subsp. cicla

Cassava



Young leaves are edible after cooking.



Manihot esculenta

Indian spinach



The leaves can be fried, steamed and used in soups and stews.

It grows up fences, sticks or over stumps.



Basella alba



Taro leaf

A good quality
delicacy.



Colocasia esculenta



Angled loofah



Luffa acutangula



Leafy greens of Uganda



**Dark green leaves
should be eaten daily.
They should be cooked
and can be steamed,
fried or boiled.**



Edible leaves



Taro



Edible hibiscus



Okra



Ethiopian kale



Chinese taro

Edible leaves



Winged bean leaf



Cashew leaf



Sebastian leaf

Edible leaves

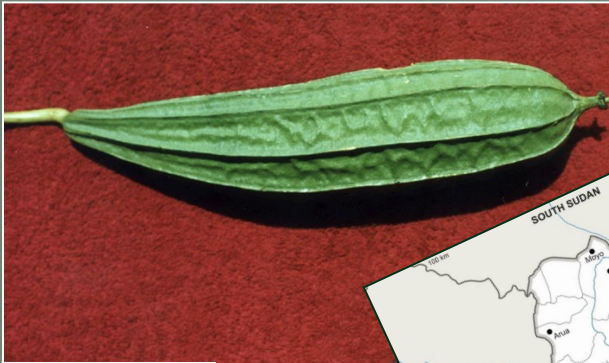


Plant poisons

Some foods contain substances that can cause illness. Check preparation methods before eating. Some examples are:

- **Bacteria on leaves can cause stomach upsets. Food should be cooked to kill bacteria.**
- **Cyanide is a poison commonly found in plants (e.g. cassava). It makes them bitter, but is destroyed when food is well cooked.**
- **Oxalates are common in plants (e.g. taro). They are sour and can burn the throat. Changing the water during cooking can reduce oxalates.**
- **Plants can accumulate nitrates that are poisonous to children. This happens when excess nitrogen fertilisers are added to some leafy vegetables (e.g. amaranth).**

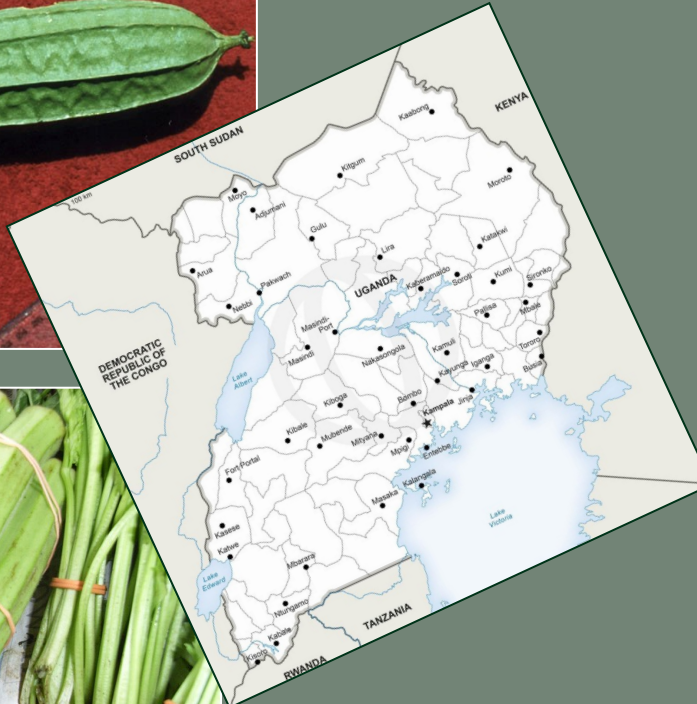
Vegetable foods of Uganda



Angled loofah



Okra



Maize

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.



African eggplant



Chinese taro



Spring onion

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

Vegetables - nutritious and tasty



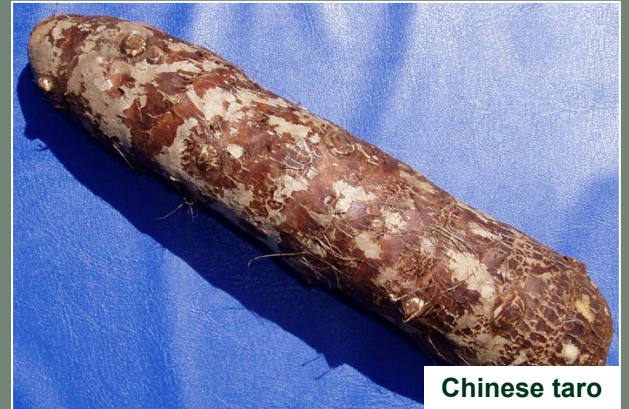
Bambara groundnut



Winged bean



African eggplant



Chinese taro

Bullrush millet - versatile seeds



The young ears can be roasted and eaten like sweet corn.



Pennisetum glaucum

The seeds are eaten like rice.



Okra



Young leaves, pods and seeds can be eaten. Leaves are edible cooked, like slippery cabbage.

The pods can be eaten cooked or used to thicken soups.



*Abelmoschus
esculentus*



Angled loofah



The young fruit are cooked and eaten.



Luffa acutangula



The leaves can be used in salads or cooked.

Seeds are best soaked for 24 hours before planting. Plants need a trellis to climb over.



Lima bean



The seeds, leaves and young pods are all eaten.



Phaseolus lunatus



Winged bean

A popular climbing bean with leaves, pods, seeds and root tubers that can be cooked and eaten.



Psophocarpus tetragonolobus

Bambara groundnut



Seeds can be eaten fresh while immature or dried and made into coffee.

Young pods are cooked as a vegetable.



Vigna subterranea



Peanut

Grows best in dry areas.

Seeds can be eaten raw or cooked.



Arachis hypogea

Pigeon pea - a shrub with edible seeds and leaves



Pigeon pea has deep roots that recycle nutrients and help it to grow in drier places.

Being a legume it puts nitrogen into the soil.



The leaves, pods, seeds and sprouts can all be cooked and eaten.

Cajanus cajan



Banana buds - a special vegetable

Musa spp.



The male flower buds of several kinds of bananas are shredded and cooked and eaten.

They contain some protein and iron.

Acknowledgements

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Review, layout and formatting – Lyndie Kite and John McPhee

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Notes



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