

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



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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.

Version 1, June 2024

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



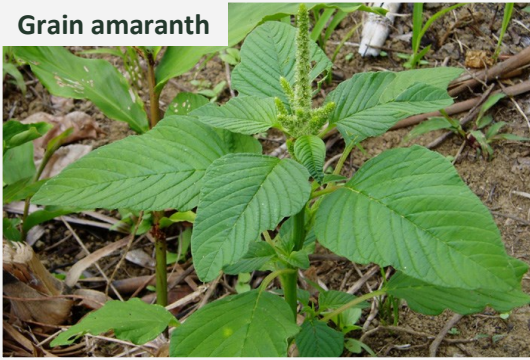
Sweet potato



Jute

Leafy greens of Nepal

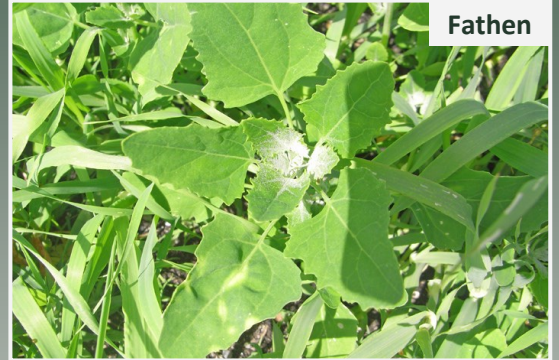
Grain amaranth



Indian sorrel



Fathen



Jute



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

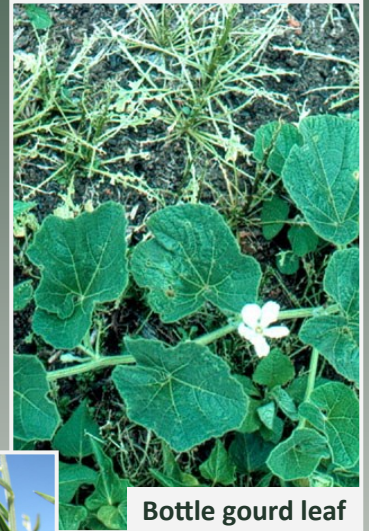
Edible leaves



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

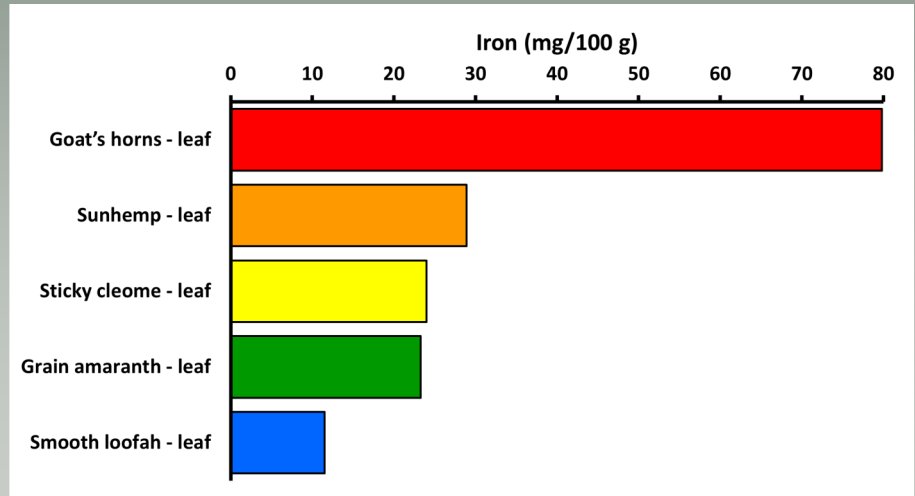
- Many plants have edible leaves.
- Edible leaves are nutritious.
- Normally, all leaves should be cooked to kill bacteria.
- Everybody should eat a fish tin full of dark green leaves every day to stay healthy.
- Some leafy greens can be grown as hedges, in swamps, and around houses to provide a regular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



Pumpkin



Carrot

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.



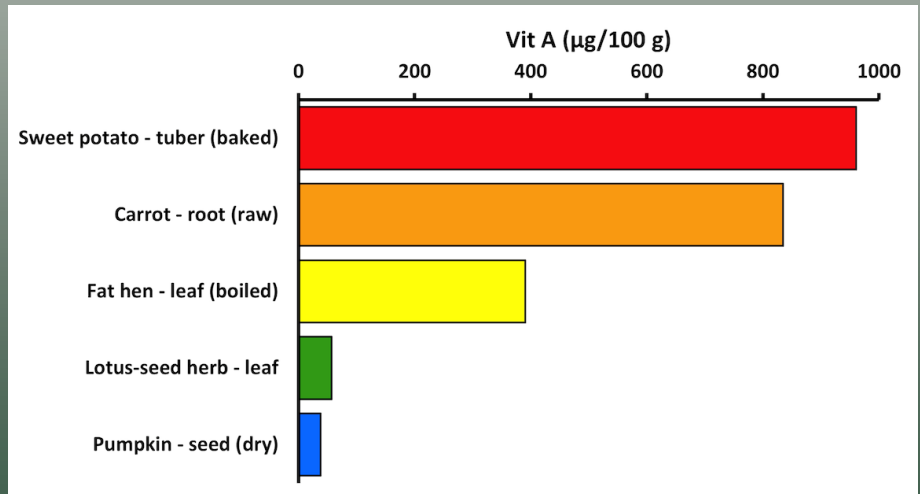
As some vegetables only grow in certain seasons, you should plant a wide range to provide food all year.

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.

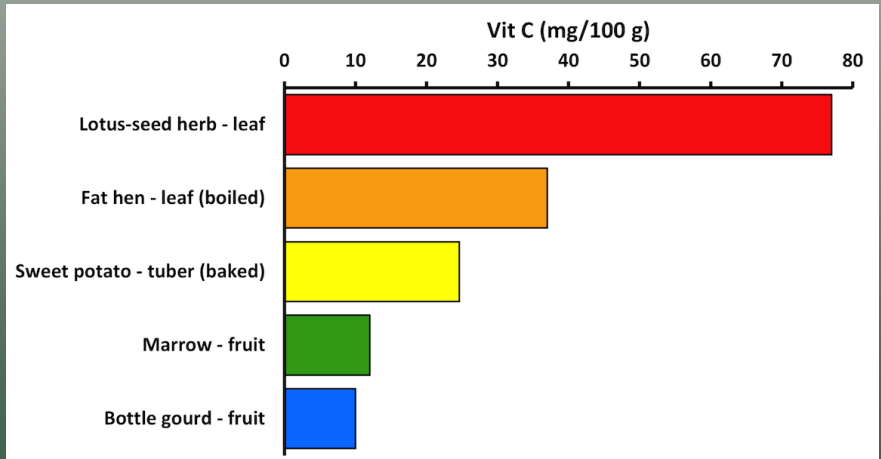
In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.



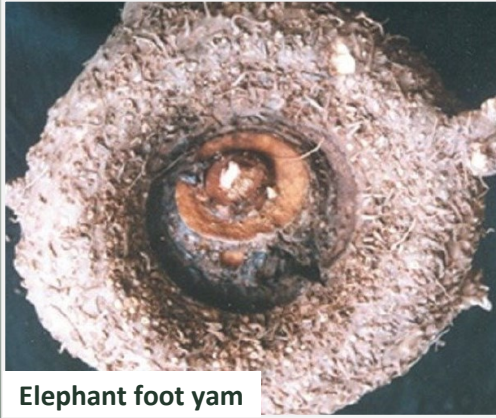
Vitamin C value of vegetables



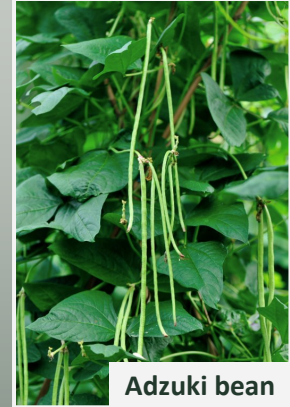
Vitamin C is important for helping us to avoid sickness.



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

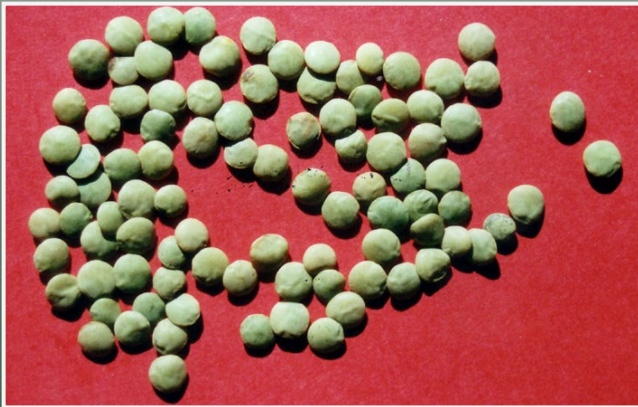
The seed are eaten cooked, sprouted or raw.

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

Acknowledgements



This publication was made possible through the generous support of Rotary Club of Longford and District 9830.

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
Alliaria petiolata	Hedge garlic	https://www.florafinder.org/LargePhotos/D2/Alliaria_petiolata-F503FA5C62.jpg
Alliaria petiolata	Hedge garlic	https://newfs.s3.amazonaws.com/taxon-images-1000s1000/Brassicaceae/alliaria-petiolata-fr-gmittelhauser-b.jpg
Alliaria petiolata	Hedge garlic	https://newfs.s3.amazonaws.com/taxon-images-1000s1000/Brassicaceae/alliaria-petiolata-le-abussewitz-b.jpg
Amaranthus viridus	Green amaranth	https://08511630493324166816.googlegroups.com/attach/c9e7481bf151d35/Amaranthus%20viridis.JPG?part=0.1&view=1&vt=ANaJvRGo8pSgh3SaSnoFJcRZHFNlIjGxfli842Ocu61ndgplODtz9OZepwRevrvRRQd2PHHz_AnF0sG-nbAqfUXX3KRglPTHlQlOFvVT-7qa3choMW2KvD5fU
Amaranthus viridus	Green amaranth	https://08511630493324166816.googlegroups.com/attach/bb00f4821cd79b24/DSC00121.jpg?part=0.3&view=1&vt=ANaJvRfNmYU6BfjzRsiFLHrh-K667FkDggAfUx5xtK-MMIPiGmlr73_6G1UPqHqBsHRgytYkC7W8V_mRJwPKDKn4Ly0f_Fh1gZmsc3WsqXMF1RTvJsicp0
Amorphophallus paeoniifolius	Elephant foot yam	https://www.researchgate.net/profile/Yadu-Dey/publication/232226290/figure/fig1/AS:202656292315145@1425328433600/Amorphophallus-paeoniifolius-tuber.png
Cicer arietinum	Chickpea	https://www.kew.org/sites/default/files/2019-06/48035586972_2fe774711b_o.jpg
Cicer arietinum	Chickpea	https://www.agronomy.org/files/images/news/a-chickpea-crop-in-fruit-at-a-demonstration-field-in-phalombe-district-800x600.jpg
Cleome viscosa	Sticky cleome	https://apps.lucidcentral.org/pppw_v11/images/entities/tickweed_513/cleome_viscosa_l.jpg
Cleome viscosa	Sticky cleome	http://powo.science.kew.org/image/f53fe09253953fab19860ee74c3a055a.jpg
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Cleome viscosa	Sticky cleome	https://i.etsystatic.com/11742042/r/il/9232f0/1074243391/il_1140xN.1074243391_fs5r.jpg
Crotalaria juncea	Sunhemp	https://www.feedipedia.org/sites/default/files/images/sunn_hemp_pods.jpg
Daucus carota subsp. sativa	Carrot	http://www.itsnature.org/wp-content/uploads/2010/08/353675_8940.jpg
Daucus carota subsp. sativa	Carrot	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
Lens culinaris	Lentil	https://2.bp.blogspot.com/-6LtoKl0w_vc/VWRI0hQfX_I/AAAAAAAAAMdM/uV8ibkxnpPp/w1200-h630-p-k-nu/Masur-dal.jpg

Image acknowledgements (cont.)

Scientific name	Common name	Image URL
Rumex dentatus	Indian sorrel	https://08511630493324166816.googlegroups.com/attach/10fa5d1aa13b832d/Rumex%20dentatus.JPG?part=0.2&view=1&vt=ANaJVrFj1cF_ZYO5NMocmWXXXTcj6OiuFFVxO0tdsYW2BpQUMiAb_YVp9Njwhuzj6w8pBY60A7Qmy8SiafU5_1uzr1Gpl-QkFhPFLRFg2EZf6a4uENZwYXl
Rumex dentatus	Indian sorrel	https://08511630493324166816.googlegroups.com/attach/be5b3f9802dcfbd7/Herb%20for%20Id%20I%20IMG_4784.jpg?part=0.3&view=1&vt=ANaJVrFG1MfxVhhxDQUrALIMH4js7iDm-ixfDlqCzpZOMP8y1BkWIH4_GHZBzPv048-fdGA7iTfcNiLEb2UtFP-U_Q2Bh_FU9ynMyi0YUOIVBNrg7LVrszE
Rumex dentatus	Indian sorrel	https://wildflowersearchv11.appspot.com.storage.googleapis.com/img/Rumex_dentatus.jpg
Sida cordifolia	Goat's horns	https://storage.googleapis.com/powop-assets/PPA/Below_3000/h1317g_fullsize.jpg
Sida cordifolia	Goat's horns	https://storage.googleapis.com/powop-assets/PPA/Below_3000/h1317a_fullsize.jp
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Sida cordifolia	Goat's horns	http://keyserver.lucidcentral.org/weeds/data/media/Images/sida_cordifolia/sidacordifolia28.jpg

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