

LEAFY GREENS AND VEGETABLES 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



Leafy greens and vegetables in Zimbabwe



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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.

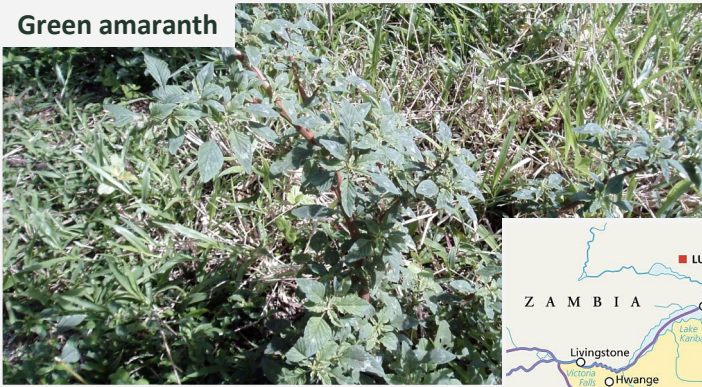
Food Plant Solutions - A project of the Rotary Club of Devonport North, & Rotary District 9830.

This booklet is based on information from the Food Plants International (FPI) database, "Edible Plants of the World", developed by Tasmanian agricultural scientist Bruce French.

Version 1, Sep 2023

Zimbabwe - country of beautiful leafy vegetables

Green amaranth



Flower-of-an-hour



Shepherd's purse



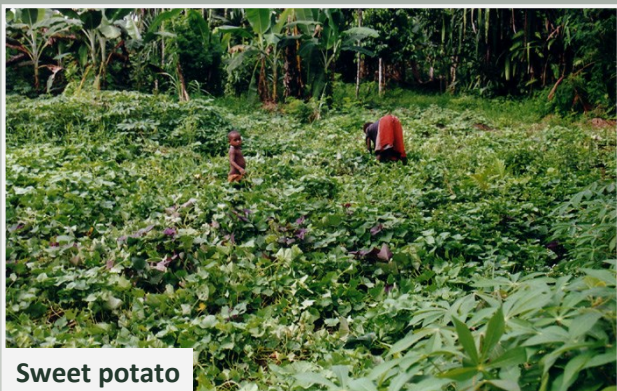
Goat's horns

Leafy greens - the health foods of the nation

Moringa



African cabbage



Sweet potato



Slenderleaf rattlepod

Leafy greens of Zimbabwe



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

Edible leaves



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

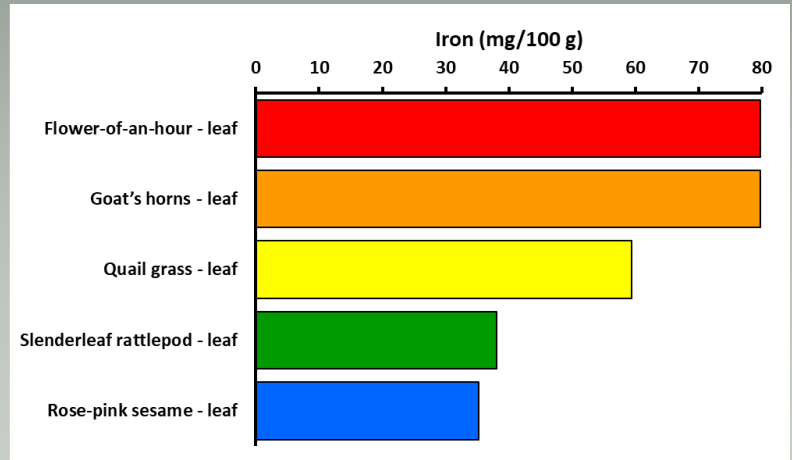
- Many plants have edible leaves.
- Edible leaves are nutritious.
- Normally, all leaves should be cooked to kill bacteria.
- Everybody should eat a fish tin full of dark green leaves every day to stay healthy.
- Some leafy greens can be grown as hedges, in swamps, and around houses to provide a regular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



Goat's horns



Sida cordifolia

The leaves are edible when cooked.



Spotted cat's ear



Hypochaeris radicata



The young leaves are cooked and eaten.

They can also be used in salads, soups and stews.



Flower-of-an-hour



Hibiscus trionum



The leaves and shoots are
eaten cooked.

Seeds can be eaten raw.



Sweet potato leaf



Ground cover or
climbing plant.

Ipomoea batatas

Leaves are edible raw or cooked.

Shepherd's purse

Capsella bursa-pastoris



The leaves are a good source of Vitamin A.

Young leaves are eaten raw or cooked.

Moringa

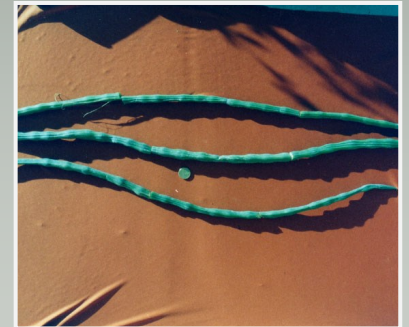


**A fast growing
small tree**

Moringa oleifera



**The young tops and leaves are eaten cooked. They can
be dried for later use.**



Quail grass



Phyllanthus maderaspatensis



The leaves are cooked in curries with pulses.

Taro leaf

A good quality delicacy.



Colocasia esculenta



Green amaranth

Leaves are eaten
cooked as a vegetable.



Amaranthus viridis



Vegetable foods of Zimbabwe



African cabbage



Sweet potato

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.



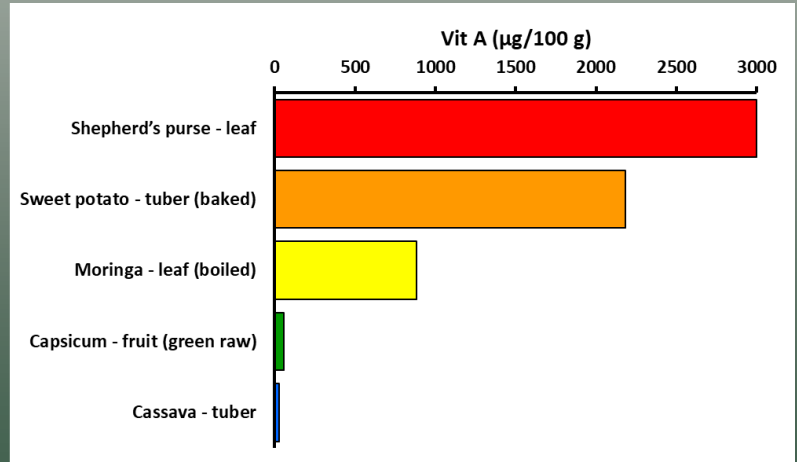
As some vegetables only grow in certain seasons, you should plant a wide range to provide food all year.

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.

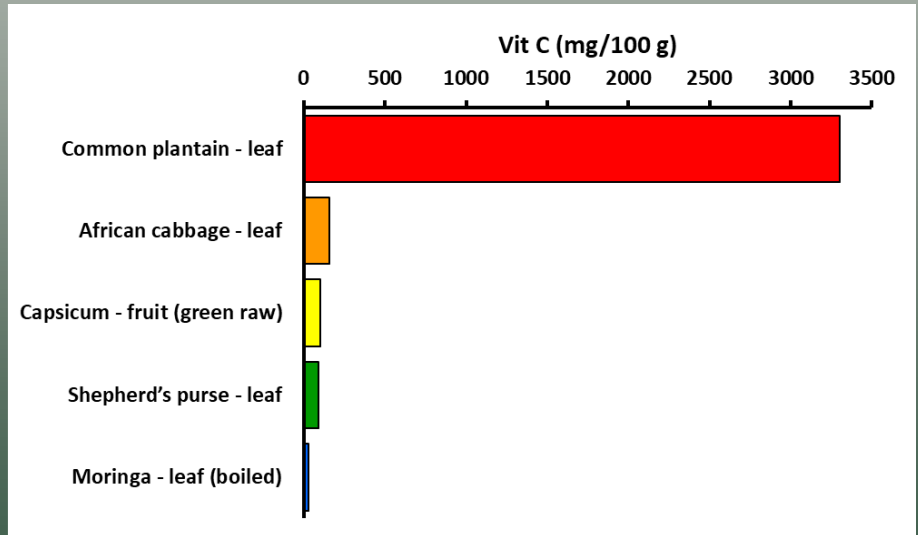
In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.



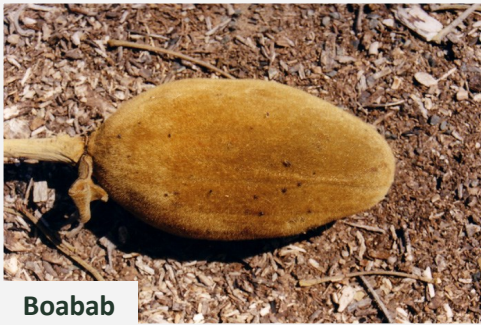
Vitamin C value of vegetables



Vitamin C is important for helping us to avoid sickness.



Vegetables - nutritious and tasty



Capsicum



The fruit are edible raw or cooked.

They are stuffed, roasted, fried, preserved and used as flavouring.

The leaves are edible when cooked.



Capsicum annum



Common plantain



Plantago major

The seeds can be ground
into a meal for bread.

Young leaves are lightly cooked. Older leaves
become more bitter.

The dried leaves are used for tea.



Marama bean



The young pods are eaten raw. The seeds are usually roasted before eating.



*Tylosema
fassoglensis*



Cowpea

The young leaves, young pods and ripe seeds are all eaten. The dried seeds are used in soups and stews.



Vigna unguiculata



African cabbage



Brassica carinata



The young leaves are eaten raw or cooked.

Young shoots and flower buds are eaten raw.

Sweet potato

Tubers are boiled or baked. They can be steamed, fried, mashed or dried.



Impomoea batatas



Cassava



Manihot esculenta

The tubers are eaten after thorough cooking.



Acknowledgements



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Review, layout and formatting - Tom Goninon, John McPhee

For further details contact us at: info@foodplantsolutions.org, website: www.foodplantsolutions.org

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>Amaranthus viridis</i>	Green amaranth	https://upload.wikimedia.org/wikipedia/commons/thumb/2/20/Amaranthus_viridis_25042014_1.jpg/220px-Amaranthus_viridis_25042014_1.jpg https://www.cabdigitalibrary.org/cms/10.1079/cabicompendium.4654/asset/1aa5e854-8e14-40a5-a0d0-96b06e31fc37/assets/graphic/47904.jpg
<i>Brassica carinata</i>	African cabbage	https://commons.wikimedia.org/wiki/File:Habesha_gomen_in_Ethiopian_garden.jpg#/media/File:Habesha_gomen_in_Ethiopian_garden.jpg https://pfaf.org/Admin/PlantImages/Brassica-carinata1b.jpg
<i>Capsella bursa-pastoris</i>	Shepherd's purse	https://fr.wikipedia.org/wiki/Fichier:Capsella_bursa-pastoris_1.JPG https://tse4.mm.bing.net/th?id=OIP.p8tiCIWEtveQbpSQVYyXgQHAI0&pid=Api https://tse3.mm.bing.net/th?id=OIP.i52Km8TLwU7aVUi_z0YUjgHaF7&pid=Api
<i>Cucurbita maxima</i>	Winter squash	https://commons.wikimedia.org/wiki/File:Pumpkin_plant_@_Kanjirappally_02.jpg#/media/File:Pumpkin_plant_@_Kanjirappally_02.jpg
<i>Hibiscus trionum</i>	Flower-of-an-hour	https://i.pinimg.com/originals/29/a5/c2/29a5c2c4457308d0fc36439ee5e26310.jpg https://tse2.mm.bing.net/th?id=OIP.9s8ocguL95E0--TsbBf01QHafV&pid=Api https://tse4.mm.bing.net/th?id=OIP.msGXJ6BEXbj3ThwOg2cnLQHAE7&pid=Api
<i>Hypochaeris radicata</i>	Spotted cat's ear	https://commons.wikimedia.org/wiki/File:Hypochaeris_radicata_two_flowers.jpg#/media/File:Hypochaeris_radicata_two_flowers.jpg https://commons.wikimedia.org/wiki/File:Hypochaeris_radicata.Alan.JPG#/media/File:Hypochaeris_radicata.Alan.JPG https://upload.wikimedia.org/wikipedia/commons/thumb/9/91/Hypochaeris_radicata_3285.JPG/800px-Hypochaeris_radicata_3285.JPG
<i>Manihot esculenta</i>	Cassava	https://upload.wikimedia.org/wikipedia/commons/thumb/8/8f/Manihot_esculenta_dsc07325.jpg/360px-Manihot_esculenta_dsc07325.jpg https://upload.wikimedia.org/wikipedia/commons/thumb/3/3e/Manihot_esculenta_-_cross_section_2.jpg/407px-Manihot_esculenta_-_cross_section_2.jpg
<i>Parkia filicoidea</i>	African locust bean	http://www.westafricanplants.senckenberg.de/images/pictures/fabmimo_parkia_filicoidea_cbch_6118_4049_b8ed36.jpg
<i>Plantago major</i>	Common plantain	https://upload.wikimedia.org/wikipedia/commons/thumb/3/33/Grote_weegbree_bloeiwijze_Plantago_major_subsp._major.jpg/220px-Grote_weegbree_bloeiwijze_Plantago_major_subsp._major.jpg https://upload.wikimedia.org/wikipedia/commons/thumb/6/6a/Broadleaf_Plantain_Spike.jpg/150px-Broadleaf_Plantain_Spike.jpg
<i>Phyllanthus maderaspatensis</i>	Quail grass	https://storage.googleapis.com/powop-assets/PPA/0151_0200/h0163c_thumbnail.jpg https://storage.googleapis.com/powop-assets/PPA/0151_0200/h0163b_thumbnail.jpg
<i>Sesamum calycinum</i>	Rose-pink sesame	https://upload.wikimedia.org/wikipedia/commons/thumb/b/ba/Sesamum_calycinum_var._angustifolium_%2826805852061%29.jpg/640px-Sesamum_calycinum_var._angustifolium_%2826805852061%29.jpg
<i>Sida cordifolia</i>	Goat's horns	https://commons.wikimedia.org/w/index.php?curid=5259423 https://commons.wikimedia.org/wiki/File:Sida_cordifolia_flower.JPG#/media/File:Sida_cordifolia_flower.JPG

Image acknowledgements (continued)

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Scientific name	Common name	Image URL
<i>Tylosema esculentum</i>	Gemsbok bean	https://upload.wikimedia.org/wikipedia/commons/thumb/8/8d/Tylosema_esculenta_pod.PNG/220px-Tylosema_esculenta_pod.PNG
<i>Tylosema fassoglensis</i>	Marama bean	http://palkowitschia.cz/sukulenty/img/travelling/kenya/flora/Tylosema%20fassoglensis%20Ghazi%20Kenya%202014_0192.jpg https://tse3.mm.bing.net/th?id=OIP.-2MVZYnAipakV_9HLP4PgHak4&pid=Api https://tse2.mm.bing.net/th?id=OIP.Y2agMU1BV\$uyMz-aaR75\$SwHaGX&pid=Api
<i>Vigna unguiculata</i>	Cowpea	https://commons.wikimedia.org/wiki/File:Lobia.jpg#/media/File:Lobia.jpg https://commons.wikimedia.org/wiki/File:BlackEyedPeas.JPG#/media/File:BlackEyedPeas.JPG
<i>Xanthosoma sagittifolium</i>	Chinese taro	https://commons.wikimedia.org/wiki/File:Xanthosoma_sagittifolium_in_Bukidnon,_Philippines_01.jpg#/media/File:Xanthosoma_sagittifolium_in_Bukidnon,_Philippines_01.jpg

Notes

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