Important Vitamin C 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
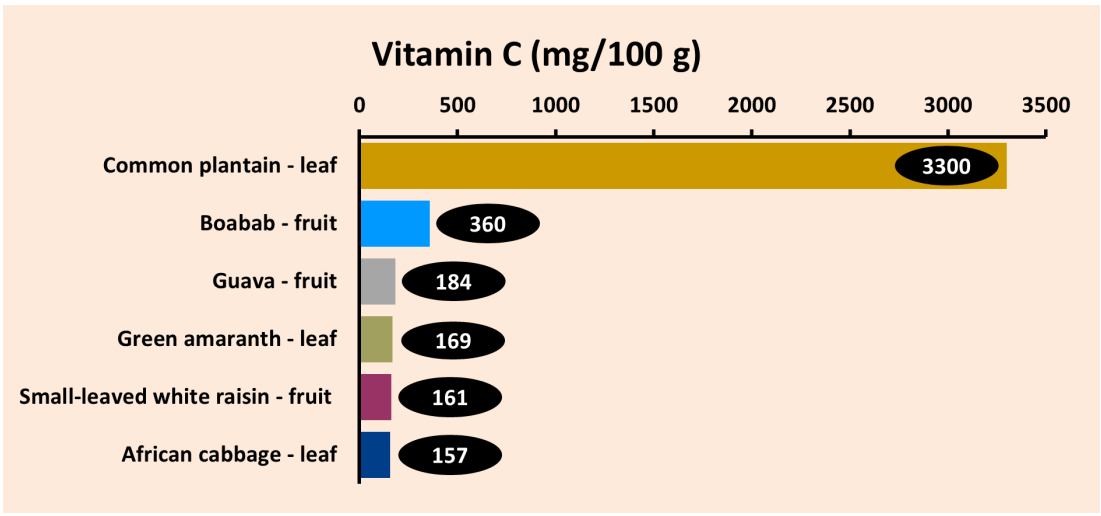**energy, protein, vitamin A, vitamin C, iron**

COMMON NAME
Boabab

SCIENTIFIC NAME
Adansonia digitata

USE
Young leaves, roots, flowers and shoots are eaten raw or cooked. Fruit pulp is eaten raw or in drinks. Seeds are eaten fresh or ground into flour.

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

Vitamin C (mg/100 g)

Plant	Vitamin C (mg/100 g)
Common plantain - leaf	3300
Boabab - fruit	360
Guava - fruit	184
Green amaranth - leaf	169
Small-leaved white raisin - fruit	161
African cabbage - leaf	157

COMMON NAME
Guava

SCIENTIFIC NAME
Psidium guajava

USE
Young leaves and fruit are eaten raw or cooked. Fruit is used for jams and jellies. Liquid from boiled seeds is used to flavour cheese. Seeds provide an edible oil.

KEY NUTRIENTS
energy, vitamin A, vitamin C, iron

COMMON NAME
Green amaranth

SCIENTIFIC NAME
Amaranthus viridis

USE
The young leaves and seeds are cooked and eaten. The harvested leaves can only be stored for 2-3 days.

KEY NUTRIENTS
iron, vitamin A, vitamin C

Vitamin C helps us avoid sickness, heal wounds, prevent infections and absorb iron from food.

COMMON NAME
Small-leaved white raisin

SCIENTIFIC NAME
Grewia tenax

USE
The fruit are eaten fresh, raw, as a juice, and dried. They are added to grains in porridge. The seeds are edible.

KEY NUTRIENTS
energy, protein, vitamin C, iron

COMMON NAME
African cabbage

SCIENTIFIC NAME
Brassica carinata

USE
Seeds are cooked and used to make mustard and oil. Young leaves are cooked. They are used in salads. Flower buds and young shoots are eaten raw.

KEY NUTRIENTS
energy, protein, iron, zinc

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

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