

# Important Leafy Greens of Zimbabwe

COMMON NAME  
**Flower-of-an-hour**

SCIENTIFIC NAME  
*Hibiscus trionum*

USE  
The shoots and leaves are cooked. Pods are used in soups and stews, or sun-dried and powdered. Seeds are eaten raw and the flowers used as a tea.

KEY NUTRIENTS  
**energy, protein, iron, zinc**



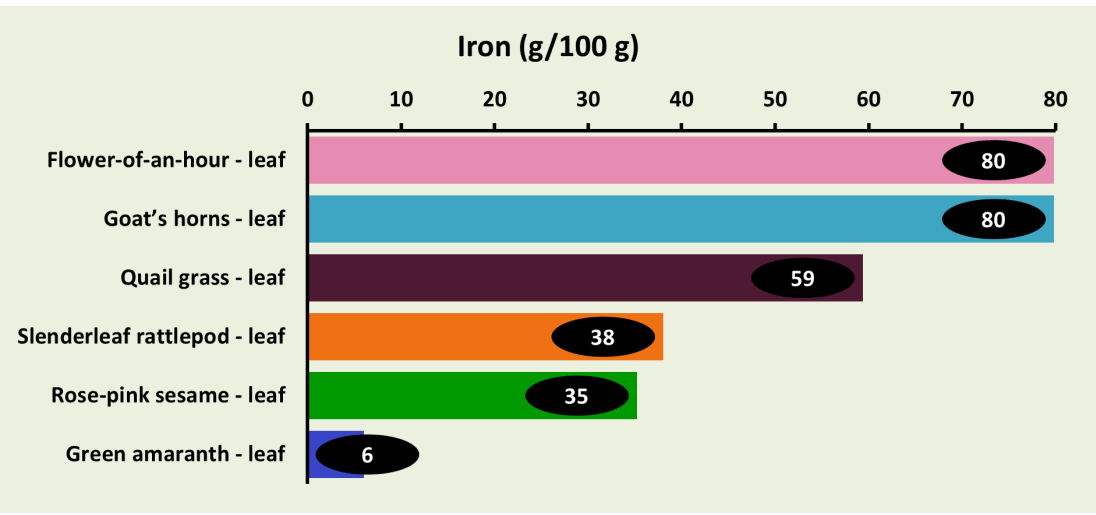
COMMON NAME  
**Goat's horn**

SCIENTIFIC NAME  
*Sida cordifolia*

USE  
The leaves are cooked and eaten.

KEY NUTRIENTS  
**energy, protein, iron, zinc**

Image sourced from: [https://upload.wikimedia.org/wikipedia/commons/f/f4/Sida\\_cordifolia\\_\(Bala\)\\_in\\_Hyderabad,\\_AP\\_W\\_IMG\\_9420.jpg](https://upload.wikimedia.org/wikipedia/commons/f/f4/Sida_cordifolia_(Bala)_in_Hyderabad,_AP_W_IMG_9420.jpg)



COMMON NAME  
**Quail grass**

SCIENTIFIC NAME  
*Phyllanthus maderaspatensis*

USE  
The leaves are cooked in curries with pulses.

KEY NUTRIENTS  
**energy, protein, iron, zinc**



COMMON NAME  
**Slenderleaf rattlepod**

SCIENTIFIC NAME  
*Crotalaria brevidens*

USE  
The tender leaves are cooked and eaten as a vegetable. Leaves can be dried and stored for later use.

KEY NUTRIENTS  
**protein, iron**

Image sourced from: <https://en.wikipedia.org/wiki/Crotalaria#/media/File:Rattlepod.JPG>

Leafy greens are rich in iron, which is necessary for good health.

COMMON NAME  
**Rose-pink sesame**

SCIENTIFIC NAME  
*Sesamum calycinum*

USE  
The young leaves are cooked and eaten. They are often cooked with other leaves such as jute.

KEY NUTRIENTS  
**protein, 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**

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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Image sourced from: <http://www.zimbabweflora.co.zw/speciesdata/images/15/152550-2.jpg>