

# POTENTIALLY IMPORTANT FRUIT, NUTS AND SEEDS OF RWANDA

*PRACTICAL WAYS OF GROWING LOCAL  
FOOD PLANTS AND DOING IT WELL*



**FOOD PLANT  
SOLUTIONS**  
ROTARIAN ACTION GROUP

*Solutions to Malnutrition  
and Food Security*



**The Mustard Seed Institute**

[www.foodplantsolutions.org](http://www.foodplantsolutions.org)

A project of the Rotary Club of Devonport North,  
District 9830 and Food Plants International

# Potentially Important Fruit and Nuts of Rwanda



**The Mustard Seed Institute**

The vision of the Mustard Seed Institute is to be a community-based social enterprise providing practical and sustainable solutions for extreme poverty eradication and peace building through research and innovation, training and skills transfer, mediation and dialogues. In the rural community of Rwankuba, Eastern Province, Rwanda.

The Mustard Seed Institute has partnered with Food Plant Solutions to improve the health and well being of the local community through education and advocacy on agricultural innovations. With a focus on gaining knowledge about which crops to grow in order to lower malnutrition levels amongst the local children.

In addition to this booklet, other publications have been created for the Rwanda, which can be downloaded from our website: [www.foodplantsolutions.org](http://www.foodplantsolutions.org)

For further details about the project please contact us at: [info@foodplantsolutions.org](mailto:info@foodplantsolutions.org)  
We welcome and encourage your support.



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

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# Potentially Important Fruit and Nuts of Rwanda

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

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**Other publications in this series:**

**Food Plants for a Healthy Diet in Rwanda**

**Potentially Important Leafy Greens and Vegetables of Rwanda**

**Good Gardening and Root Crops in Rwanda**

# Rwanda - a country of fabulous fruit





# Fruit tastes good and keeps us healthy

Wild custard apple



Everybody should eat some fruit every day.

Good gardeners and farmers plant several kinds of fruit trees.

Fruit provide minerals, vitamins and other important nutrients that everybody needs to stay healthy and well.

Governor's plum



Cantaloupe



Mobola plum



# Fruit for hot humid climates



**Fruit to be enjoyed by all.  
Some grow quickly.**

**Some need to be planted  
for the future.  
Many are seasonal.**



# Enjoy fruit to enjoy a good life

- Fruit adds flavour to life.
- Fruit is often rich in vitamins.
- Fruit makes good, quick snacks.
- Fruit is fun.

**We are meant to enjoy the exciting flavours and textures of an amazing variety of tropical fruit.**





# Bananas - a good snack food



**Yellow-fleshed bananas are normally rich in carotenoids that help good eyesight.**



**Bananas are rich in potassium which helps maintain normal blood pressure.**

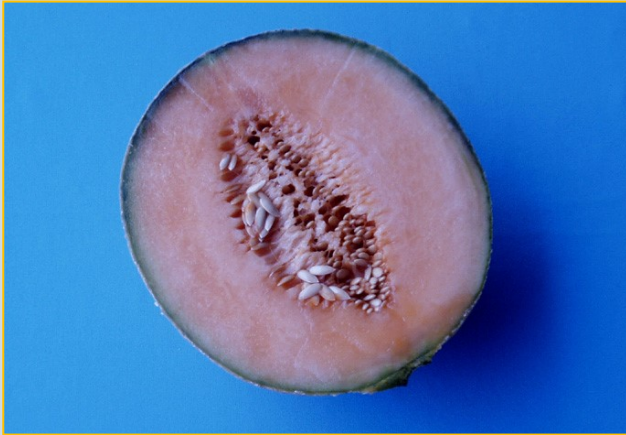


**Ask someone who knows bananas well to find out which ones are sweet and which are for cooking.**





# Cantaloupe - good for Vitamin C for children



*Cucumis melo*

All parts of the plant  
and fruit are edible.



# Avocado - a versatile fruit



Fruit are high in ProVit A.

*Persea americana*

The fruit store on the trees for a long period of time.



# Governor's plum

Fruit can be eaten raw when ripe or cooked, dried and stored.



*Flacourtia indica*



# White mulberry



**Fruit are eaten raw  
or cooked.**



***Morus alba***



**Fruit ripen over several  
weeks.**



# Small wild medlar

*Vangueria parvifolia*



The fruit, kernel and leaves are edible.



# Wild custard apple

Fruit is eaten fresh  
when ripe.



The flowers and leaves can  
be eaten.

*Annona senegalensis*

# Rwanda - country of amazing nut and seeds



Sunflower seed



Egyptian sesban seed



Winter squash seed



Peanut



# Nuts - nutritious, storable, tasty and rich in protein, vitamins and minerals

- A seasonal variation in the diet.
- Often a storable reserve food.
- Often loved by children.
- Cheaper and better than bought snack foods.





# Mobola plum nut



*Parinari curatellifolia*

The nut is a good provider of protein and iron.



# Sunflower seed



The seeds make a nutritious snack, providing iron and zinc, making it especially good for children.

*Helianthus annuus*



# Winter squash seed - versatile and nutritious



*Cucurbita maxima*

Seeds can be eaten raw, roasted and ground into flour.



# Peanut - a bean eaten as a nut

Seeds are nutritious  
and can be eaten  
raw or cooked.



Peanuts can improve the  
soil whilst providing  
food.

*Arachis hypogea*





**Notes:**

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