

FOOD PLANTS FOR HEALTHY DIETS IN TOGO



*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

www.foodplantsolutions.org



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Trees by the Water International Ministries is a nonprofit organization founded in Ohio, USA. Our mission is to plant seeds of change in low literacy/low resource communities in Togo, West Africa. We serve vulnerable children, families and communities by cultivating local partnerships, sowing seeds of new life from God's Word, and meeting physical needs in tangible and sustainable ways. These seeds of health and wholeness will enable children to grow to become like strong trees nourished by the Living Water so their lives will flourish and bear much fruit for future generations.

TBW partners with local organizations such as JESDDI who are working directly inside the communities.

The Community Health Education program we are implementing involves teaching basic health concepts, such as sanitation, disease prevention, best practices in agriculture and proper nutrition to villagers. Brochures and materials, produced in collaboration with Food Plant Solutions, will serve as the basis for our teaching about growing and consuming locally adapted nutritional plants.

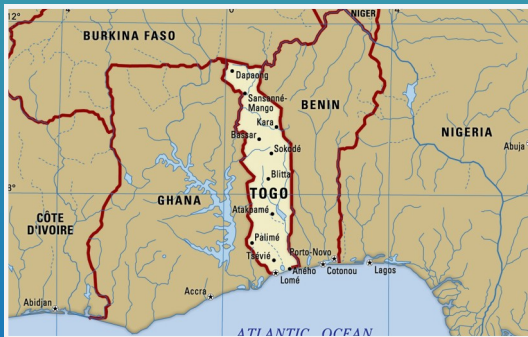
The FPS materials will strengthen each community's ability to care for the wellbeing of its own inhabitants, and the concepts they learn will be passed along to others allowing this knowledge to become widespread.

We welcome and encourage your support.

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

This booklet is based on information from the Food Plants International (FPI) database, "Edible Plants of the World",

Using food plant resources well



The health, well-being and food security of a nation requires making the best use of all available food plant resources.

Food plants for healthy diets in Togo

It is time to discover and explore the amazing range of frequently over-looked nutrient-rich food plants that occur in Togo.



Tiger nut



Wild custard apple

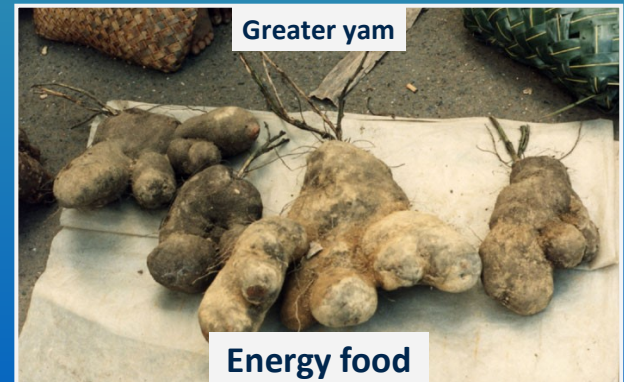


Green amaranth

Healthy diets

To stay healthy all people, and especially children, should eat a wide range of food plants. This should include some plants from each of the food groups:

- Energy foods - e.g. sweet potato
- Growth foods - e.g. bottle gourd
- Health foods - e.g. jute



Food security

Grow a range of different food plants, planted at different times throughout the year, so food doesn't become short in some seasons. This should include fruit and nut trees.



Moringa



Silver spinach



African yam bean



Sweet potato



Edible hibiscus



Taro



African rice

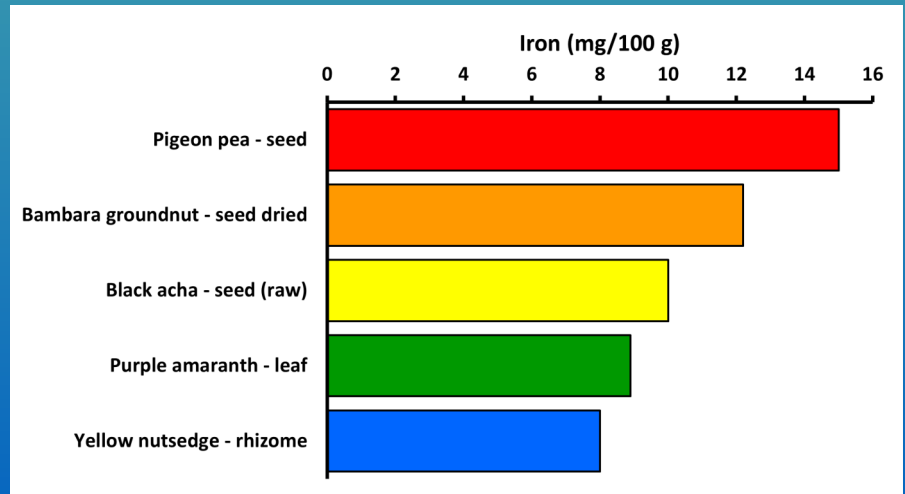
Iron for healthy blood

Iron is important in our blood. 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.

Soaking dried peas overnight before cooking them makes the iron more available.

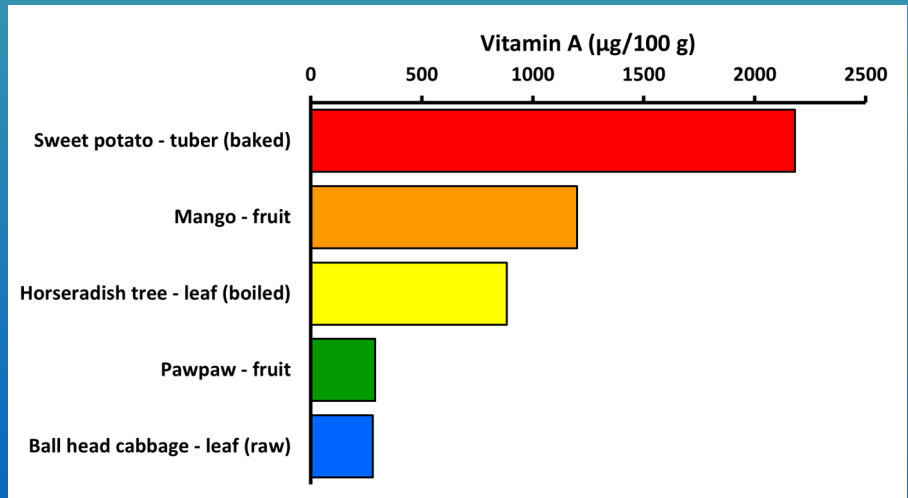
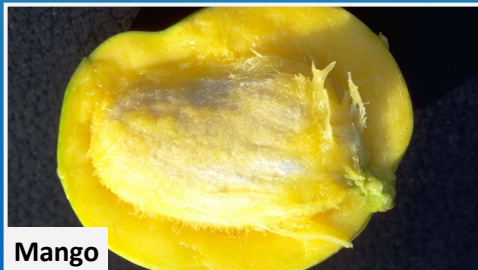
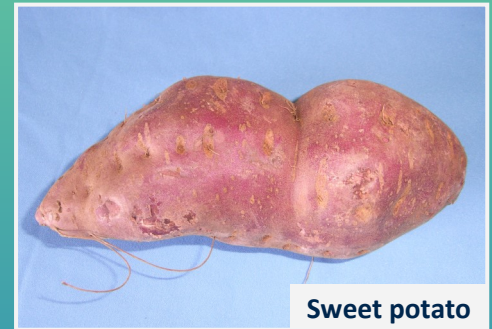


Vitamin A for good eyesight

Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

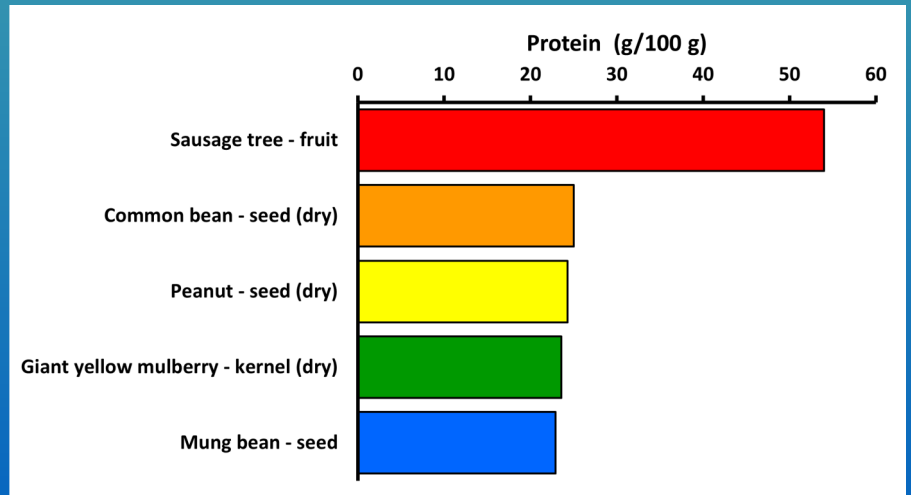
People who are short of Vitamin A have trouble seeing at night.

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



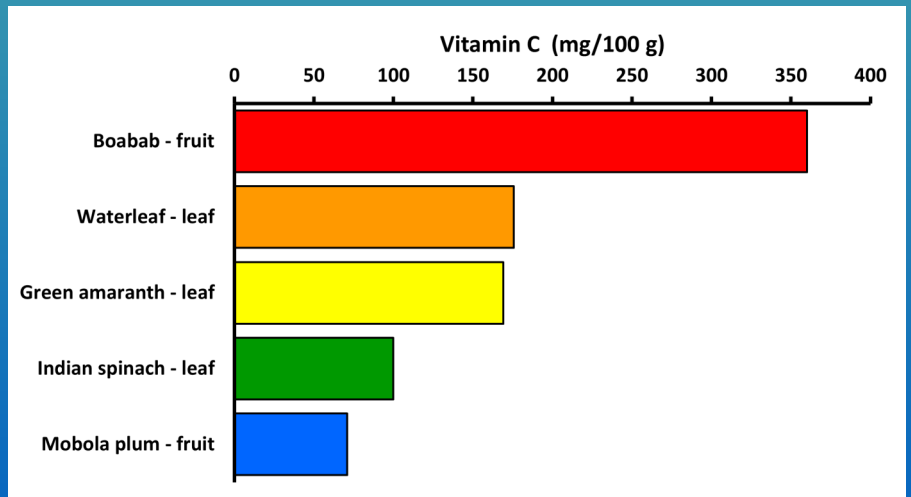
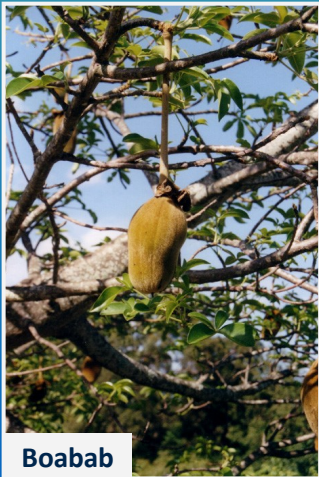
Protein foods

Food plants can be important sources of protein, particularly if fish and meat are not readily available.



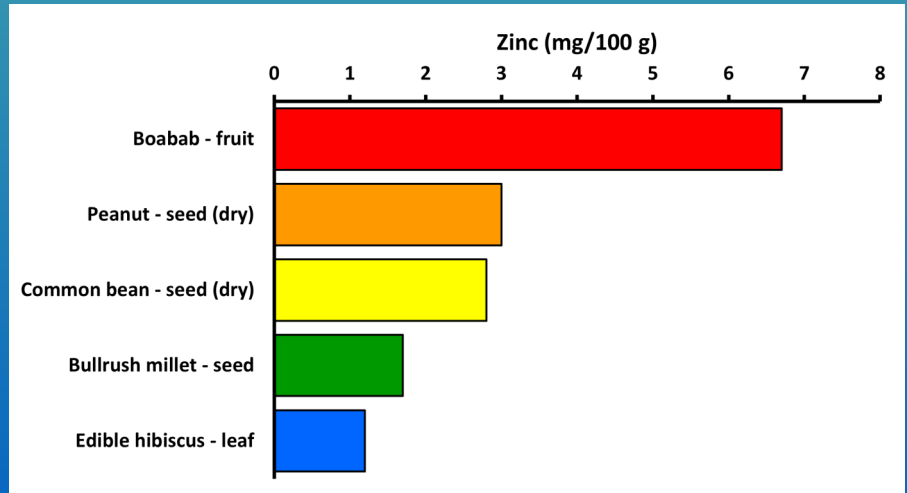
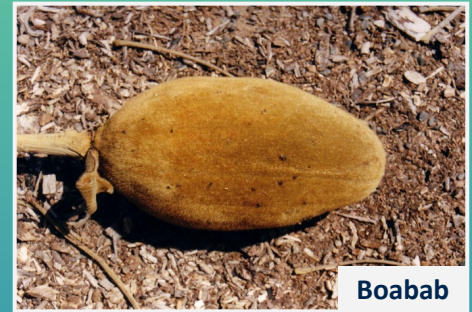
Vitamin C for good health

Vitamin C is important for helping us to avoid sickness.



Zinc for growing bodies

Zinc is particularly important for young children and teenagers to help recover from illness and be healthy.



Leafy green foods are important

Dark green leaves are an important source of iron, protein and other vitamins and minerals essential for healthy diets.

Dark green leaves contain folate, which all women of child-bearing age need. Low levels of folate at conception can lead to serious birth defects.

Everybody, especially women and children, should eat a hand full of leafy greens each day.



Ceylon spinach



Smooth loofah

Root crops are perfect plants for hot humid tropical climates

Starchy staple foods are the lifeblood of Togo.



Beans provide protein and restore soils

Beans have special bacteria
attached to their roots that
allow them to take nitrogen
from the air and put it into the
soil for plants to use.
It is free fertiliser!



Lablab bean



African yam bean



Pigeon pea



Peanut

Everyone should eat some fruit everyday

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

Good farmers plant several kinds of fruit trees.



Fruit and nut trees for around houses

Fruit to be enjoyed by all.

Some need to be planted for the future.

Many fruit are seasonal. Some grow quickly.



Vegetables for variety and nutrition

Some vegetables only grow in certain seasons. Families should plant a wide variety to provide food all year.

Some vegetables and edible leaves should be planted near houses so they are easily available even on wet days, or when people are too tired or busy to go to distant gardens.

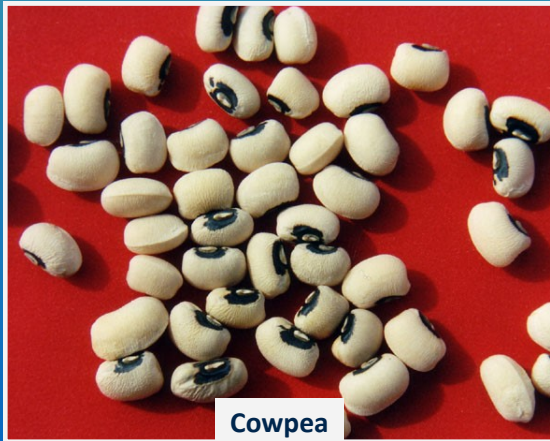


Plants for garden edges

Larger plants can be grown around the edges of gardens.



African peach



Cowpea



Giant yellow mulberry



Gingerbread palm

Plants for garden edges

Edible hibiscus



Agati



Moringa



Soursop



Plants for garden beds

Jute



Common bean



Green gram bean



Sweet potato



Talinum portulacifolium



Plants to climb on fences

Many plants can be grown on fences around houses and gardens.



Lablab bean



African yam bean



Smooth loofah



Winter squash

Acknowledgements



This publication was made possible through the generous support of Trees by the Water.

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 - Lyndie Kite, Pam Scott, 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
<i>Amaranthus viridis</i>	Green amaranth	https://c2.staticflickr.com/8/7032/6410387909_045351f52d_b.jpg
<i>Annona senegalensis</i>	Wild custard apple	https://i.pinimg.com/originals/53/4c/92/534c927f13c6aaf559ea818da08bf153.jpg
<i>Celosia trigyna</i>	Silver spinach	http://www.flickr.com/photos/36517976@N06/5063937939
<i>Irvingia gabonensis</i>	African wild mango	https://www.researchgate.net/profile/Ebimieowei_Etebu/publication/270721748/figure/fig1/AS:295085292965893@1447365224580/Figure-1-Unripe-Irvingia-fruits-on-the-day-of-harvest.png
<i>Myrianthus arboreus</i>	Giant yellow mulberry	http://photos.mongabay.com/i/Myrianthus-arboreus-J-P-Vandeweghe.360.jpg
<i>Oryza glaberrima</i>	Floating rice	https://i.pinimg.com/474x/77/48/1f/77481fb8134243595c851b56ac63ea4c--natural-resources-mali.jpg
<i>Parinari curatellifolia</i>	Mobola plum	http://1.bp.blogspot.com/-4xS96YPShms/VqrsB0ZAqpl/AAAAAAAAAWI/RIYLyPiX3JA/s1600/parinari1.jpg
<i>Sesbania grandiflora</i>	Sesbania	http://academic.uprm.edu/eschroder/Sesbania_gradiflora3.JPG
<i>Sphenostylis stenocarpa</i>	African yam bean	https://upload.wikimedia.org/wikipedia/commons/thumb/4/48/Sphenostylis_angustifolia%2C_veldblomstappie%2C_Faerie_Glen_NR%2C_a.jpg/1200px-Sphenostylis_angustifolia%2C_veldblomstappie%2C_Faerie_Glen_NR%2C_a.jpg
<i>Talinum portulacifolium</i>		https://commons.wikimedia.org/wiki/Category:Talinum_portulacifolium



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