

Important Vitamin A Plants of Zimbabwe

COMMON NAME
Shepherd's purse

SCIENTIFIC NAME
Capsella bursa-pastoris

USE
The young leaves are eaten cooked or raw in salads. Fresh or dried roots serve as a ginger substitute.

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

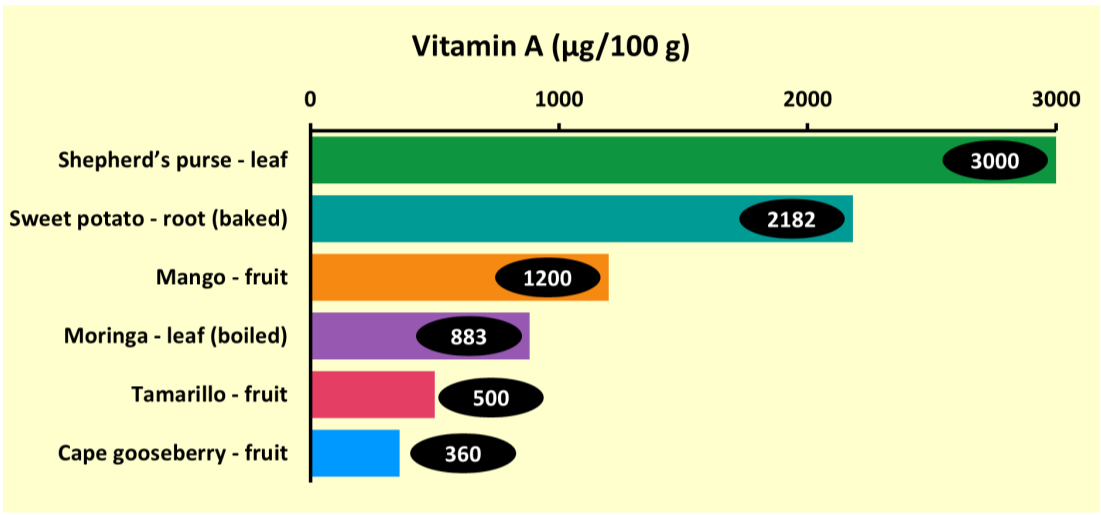


COMMON NAME
Sweet potato

SCIENTIFIC NAME
Ipomoea batatas

USE
Roots can be boiled, baked, steamed, fried, or mashed. They're used in noodles, cakes or bread. Young leaves are edible.

KEY NUTRIENTS
energy, protein, vitamin A (in orange-fleshed varieties), vitamin C, iron, zinc



COMMON NAME
Mango

SCIENTIFIC NAME
Mangifera indica

USE
Ripe fruit is eaten raw; unripe fruit can be pickled. Seeds and young leaves can be eaten cooked, with leaves also edible raw.

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



COMMON NAME
Moringa

SCIENTIFIC NAME
Moringa oleifera

USE
Young seeds are roasted or fried. Gum is used for seasoning and bark for tea. Young pods are cooked or pickled. Young tops and leaves are used as potherbs or dried.

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

Vitamin A is very important for eyesight and fighting disease.

COMMON NAME
Tamarillo

SCIENTIFIC NAME
Cyphomandra betacea

USE
The fruit is eaten raw or boiled, stewed, grilled, baked or pickled. The seeds can be eaten.

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



COMMON NAME
Cape gooseberry

SCIENTIFIC NAME
Physalis peruviana

USE
The ripe fruit are eaten fresh or dried, and can be preserved, stewed or pureed.

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

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

