Important Zinc Plants of Zimbabwe

COMMON NAME
Teff

SCIENTIFIC NAME
Eragrostis tef

USE
The seeds are ground into flour and used in stews or to make bread.

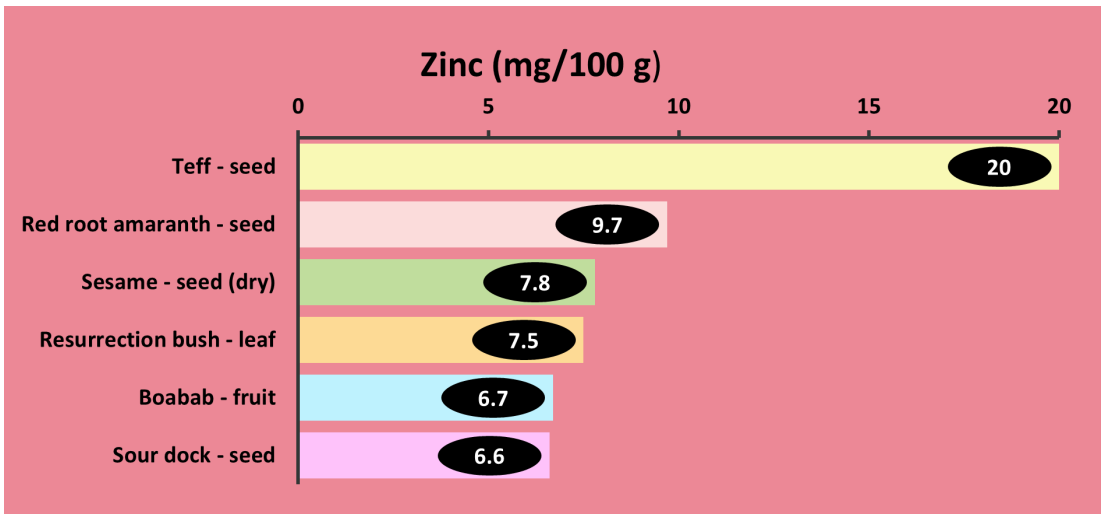
KEY NUTRIENTS
energy, protein, iron, zinc

COMMON NAME
Red root amaranth

SCIENTIFIC NAME
Amaranthus retroflexus

USE
Pods and pulp are eaten. Seeds are boiled, fried, fermented, roasted or powdered. The leaves are used in stews, pies and soup.

KEY NUTRIENTS
energy, protein, iron, zinc



COMMON NAME
Sesame

SCIENTIFIC NAME
Rumex crispus

USE
The seeds can be boiled, fried or roasted, and used in soups, tahini, hummus, pickles or as sweetmeats. Oil from the seeds is used in cooking and on salads.

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

COMMON NAME
Resurrection bush

SCIENTIFIC NAME
Myrothamnus flabellifolius

USE
The leaves are used as tea and as a spice. The twigs are used to flavour tea.

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

Image accessed from: **http://www.zimbabweflora.co.zw/speciesdata/images/12/125310-8.jpg**

Zinc is important for the health of young children and teenagers, and to help recover from illness.

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

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

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COMMON NAME
Sour dock

SCIENTIFIC NAME
Rumex crispus

USE
Young leaves are used in salads and soups; older leaves are boiled for soups. Seeds are cooked and used in pancakes.

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