

Important Energy Plants of Zimbabwe

COMMON NAME
Finger millet

SCIENTIFIC NAME
Eleusine coracana

USE
The seed are eaten either roasted or ground into flour. This is used for porridge and flat bread. The leaves are also edible.

KEY NUTRIENTS
energy, protein, iron, zinc

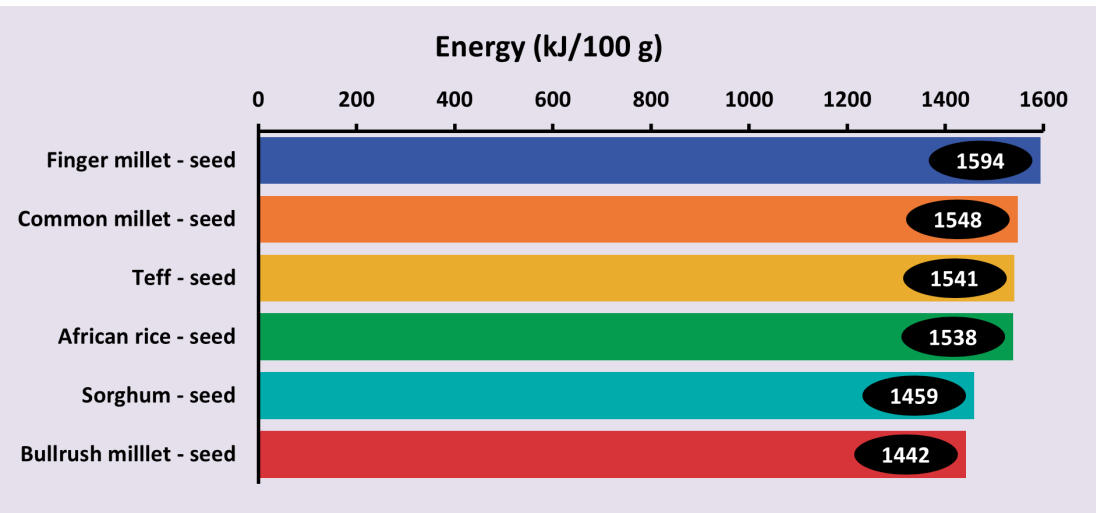


COMMON NAME
Common millet

SCIENTIFIC NAME
Panicum miliaceum

USE
The seeds can be cooked and eaten whole or ground into flour and used in bread, pasta or dumplings. The seed can be sprouted and added to soups and salads .

KEY NUTRIENTS
energy, protein



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
African rice

SCIENTIFIC NAME
Oryza glaberrima

USE
The grain can be cooked and eaten, or ground into flour. This is sweetened with rice flour and honey for bread.

KEY NUTRIENTS
energy, protein, iron

Image sourced from: <https://i.pinimg.com/474x/77/48/1f/77481fb8134243595c851b56ac63ea4c--natural-resources-mali.jpg>

These crops are important as they give us energy, which allows us to work and play.

COMMON NAME
Sorghum

SCIENTIFIC NAME
Sorghum bicolor

USE
Flour can be made from the grain and used for porridge or other dishes. The grains can be popped and eaten. The sprouted seeds can also be eaten.

KEY NUTRIENTS
energy, protein



COMMON NAME
Bullrush millet

SCIENTIFIC NAME
Pennisetum glaucum

USE
The seeds are eaten like rice and are ground into flour and made into bread, cakes, and porridge. The young ears can be roasted.

KEY NUTRIENTS
energy, protein, iron, zinc

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

