

Important Leafy Greens of East Sudan

COMMON NAME

Jute

SCIENTIFIC NAME

Corchorus olitorius

USE

Young leaves and stem tops are eaten cooked (fried) and are also used to make a thick soup. Leaves can be sun dried, pounded to flour, then stored.

KEY NUTRIENTS

energy, protein, vitamin A, vitamin C, iron



COMMON NAME

Moringa

SCIENTIFIC NAME

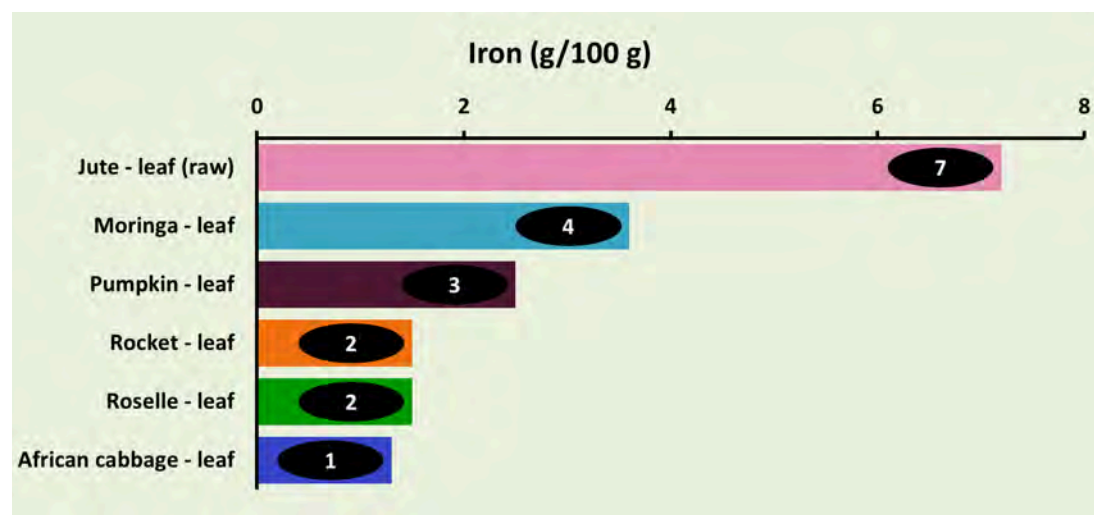
Moringa oleifera

USE

Leaves, flowers and young pods are used in soups and curries. Leaves can be dried and stored. Oil from the seeds is used in salads.

KEY NUTRIENTS

protein, vitamin C, iron, zinc



COMMON NAME

Pumpkin

SCIENTIFIC NAME

Cucurbita maxima

USE

Young leaf tips are eaten cooked or dried and stored. Fruit can be baked, boiled, fried, steamed or mashed. Seeds are eaten raw or roasted, or ground into a meal.

KEY NUTRIENTS

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



COMMON NAME

Rocket

SCIENTIFIC NAME

Cerua vesicaria subsp. sativa

USE

Young leaves are used in salads. Pureed older leaves are used in soups and sauces. Seeds are used in pickle and mustard or can be used for edible oil.

KEY NUTRIENTS

energy, protein, vitamin A, vitamin C, iron

Image sourced from: <https://www.biolib.cz/IMG/GAL/423774.jpg>

Leafy greens are rich in iron, which is necessary for good health.

COMMON NAME

Rosella

SCIENTIFIC NAME

Hibiscus sabdariffa

USE

The swollen bases of flowers are used for jams or drinks. Young leaves can be cooked or dried. Dried seeds can be ground and used for coffee or pressed for oil.

KEY NUTRIENTS

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



COMMON NAME

African cabbage

SCIENTIFIC NAME

Brassica carinata

USE

Seeds are used to make mustard. Young leaves are cooked or used in salads. Flower buds and young shoots are eaten raw. The seed produces a cooking oil.

KEY NUTRIENTS

vitamin C, iron



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

Image sourced from: <https://www.bostonseeds.com/products/ethiopian-mustard-brassica-carinata.html>