

Important Energy Plants of East Sudan

COMMON NAME
Sesame Seed

SCIENTIFIC NAME
Sesamum indicum

USE
The seeds are fried, boiled, and roasted. Oil from the seeds is used in cooking and the refuse is extracted, boiled in water and made into soup.

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



COMMON NAME
Sunflower

SCIENTIFIC NAME
Helianthus annuus

USE
An oil is extracted from the seeds and used for cooking. Seeds are eaten raw, dried, roasted and boiled. Seeds can be ground into a meal for using in bread and cakes.

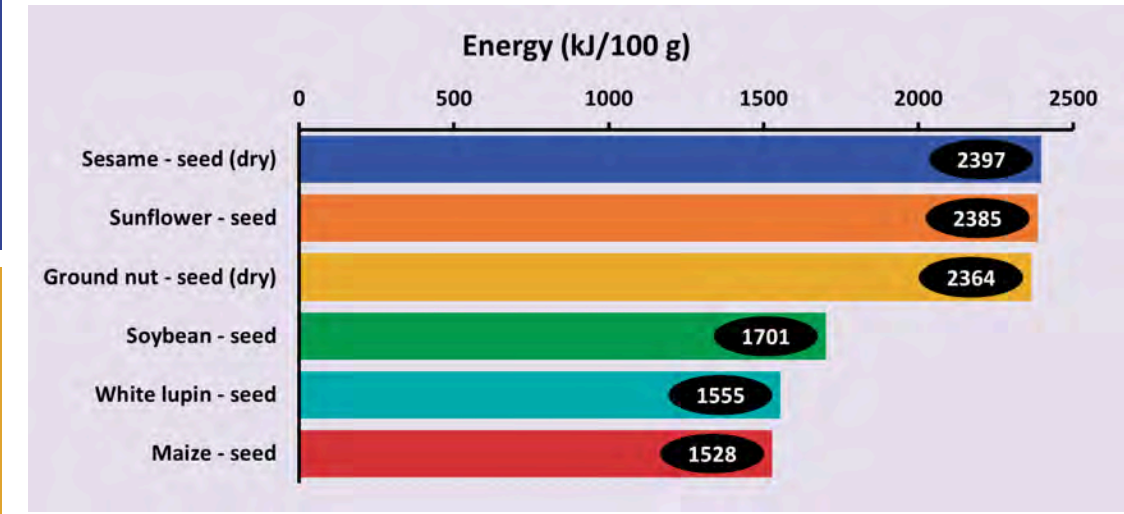
KEY NUTRIENTS
energy, protein, vitamin A, vitamin C, iron, zinc

COMMON NAME
Ground nut

SCIENTIFIC NAME
Arachis hypogaea

USE
Seeds can be eaten raw, cooked, or processed into butter, flour or oil. Young leaves and unripe pods are edible when cooked.

KEY NUTRIENTS
energy, protein, iron



COMMON NAME
Soybean

SCIENTIFIC NAME
Glycine max

USE
The young pods and leaves, and ripe seeds, are eaten. The dried seeds are boiled and baked. Toasted seeds are eaten like a snack.

KEY NUTRIENTS
energy, vitamin A, iron

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

COMMON NAME
White lupin

SCIENTIFIC NAME
Lupinus albus

USE
Seeds **MUST** be soaked or boiled before being eaten. Seed can be used in soups or toasted. The flower stalks are pickled. The ground seeds are mixed with bread flour.

KEY NUTRIENTS
energy, protein



COMMON NAME
Maize

SCIENTIFIC NAME
Zea mays

USE
The cobs be boiled, roasted, dried, and steamed. The cobs are eaten cooked. The dried grains can be crushed. The meal can be used for breads, cake, soups, stews etc.

KEY NUTRIENTS
energy, protein, vitamin A, iron