

# Zinc Plants of Addis Ababa, Ethiopia

COMMON NAME

**Teff**

SCIENTIFIC NAME

*Eragrostis tef*

USE

Seeds are ground into flour and cooked in a variety of ways. It can be used in stews or to make unleavened bread.

KEY NUTRIENTS

energy, protein, iron, zinc



COMMON NAME

**Cumin**

SCIENTIFIC NAME

*Cuminum cyminum*

USE

The fruitlets are used whole or ground as a spice. They are used to flavour curries, cheese, cakes and liqueurs. The oil is used to flavour food.

KEY NUTRIENTS

iron, zinc, protein, energy, provitamin A

COMMON NAME

**Fenugreek**

SCIENTIFIC NAME

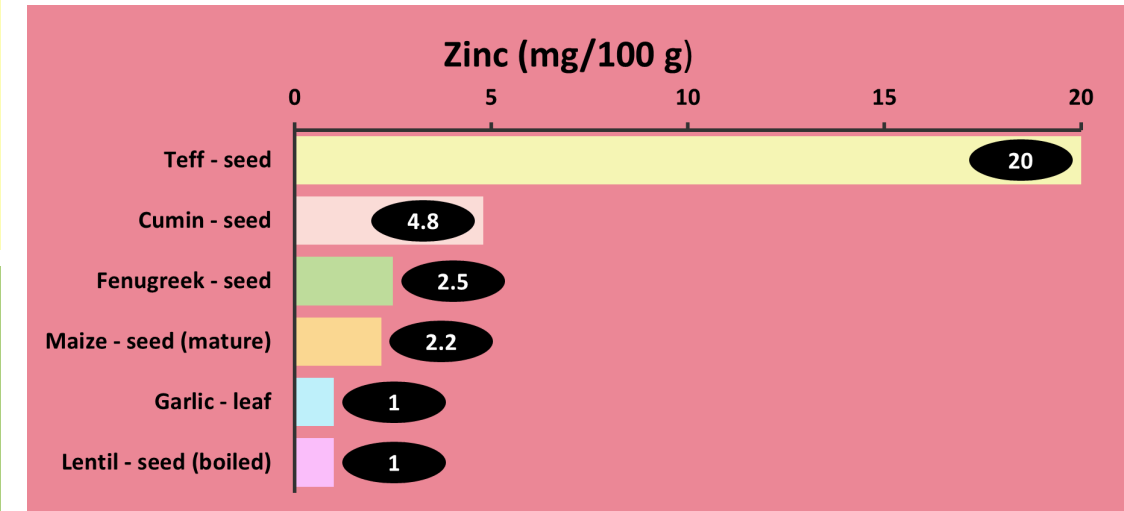
*Trigonella foenum-graecum*

USE

Seeds can be sprouted or soaked and cooked before eating. Seeds are ground to use as spice or oil. Leaves are dried for use in meals or tea. Roasted seeds are a coffee substitute.

KEY NUTRIENTS

energy, protein, iron, zinc, provitamin A



COMMON NAME

**Maize**

SCIENTIFIC NAME

*Zea mays*

USE

The cobs are eaten cooked in many ways such as boiled, roasted, dried and steamed. The dried grains can be crushed and used. The meal can be used for breads, cake, soups, stews.

KEY NUTRIENTS

energy, protein, provitamin A, iron, zinc

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

COMMON NAME

**Garlic**

SCIENTIFIC NAME

*Allium sativum*

USE

The cloves are used in small amounts to flavour food. The leaves can also be used. Leaves should be cut before they are mature.

KEY NUTRIENTS

provitamin A, vitamin C, zinc, protein



COMMON NAME

**Lentil**

SCIENTIFIC NAME

*Lens culinaris*

USE

The seeds are cooked, sprouted or eaten raw. Young seedpods can be cooked and eaten. The ground seed or flour can be mixed with other flours to bake bread.

KEY NUTRIENTS

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

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



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Unless otherwise indicated, images in this publication have been sourced from the Food Plants International database ([www.foodplantsinternational.com](http://www.foodplantsinternational.com)).