

FRUIT AND FLAVOURING PLANTS OF ADDIS ABABA, ETHIOPIA



*PRACTICAL WAYS OF GROWING LOCAL
FOOD PLANTS AND DOING IT WELL*



FOOD PLANT SOLUTIONS
ROTARY ACTION GROUP
Solutions to Malnutrition and Food Security



A project of the Rotary Club of Devonport North and
District 9830 www.foodplantsolutions.org



NUTRITION 4 EDUCATION & DEVELOPMENT

Fruit and flavouring plants of Addis Ababa, Ethiopia



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Food Plant Solutions produces educational materials to enable people to understand the nutritional value of local food plants and increase awareness of highly nutritious plants that are adapted to the local environment. Some of these plants are under-utilised species and many are superior to imported foods and plants. Food Plant Solutions produces these materials because every minute of every day, five children under the age of five die from malnutrition.

This publication has been made possible through funding provided by Rotary Global Grant No. GG2463803: 'Nutrition, Early Childhood Development & Women Empowerment through an Integrated Children's Centre'.

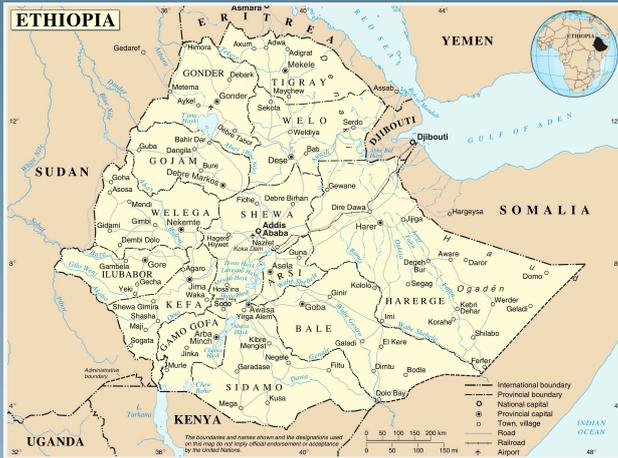
We welcome and encourage your support.

Food Plant Solutions - A project of the Rotary Club of Devonport North & Rotary District 9830.

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

Version 1, Dec 2025 (English)

Addis Ababa, Ethiopia - a country of fabulous fruit



Mandarin



Banana



Papaya



Avocado

Fruit tastes good and keeps us healthy

Everybody should eat some fruit every day. Fruit provides fibre, energy, minerals and vitamins that everybody needs to stay healthy and well. Good gardeners and farmers plant several kinds of fruit trees.



European grape



Lemon



Bird's eye chillies



Cucumber

Many fruit suit the climate of Addis Ababa, Ethiopia



Orange



Banana

**Fruit to be enjoyed by all.
Some grow quickly. Some need
to be planted for the future.**



Papaya

Enjoy fruit to enjoy a good life

- Fruit adds flavour to life.
- Fruit is rich in vitamins.
- Fruit is hydrating.
- Fruit makes good, quick snacks.
- Fruit is fun.



Avocado



Banana



Lemon

We are meant to enjoy the exciting flavours and textures of an amazing variety of fruit.

Vitamin A in fruit

Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

People who are short of Vitamin A have trouble seeing at night.

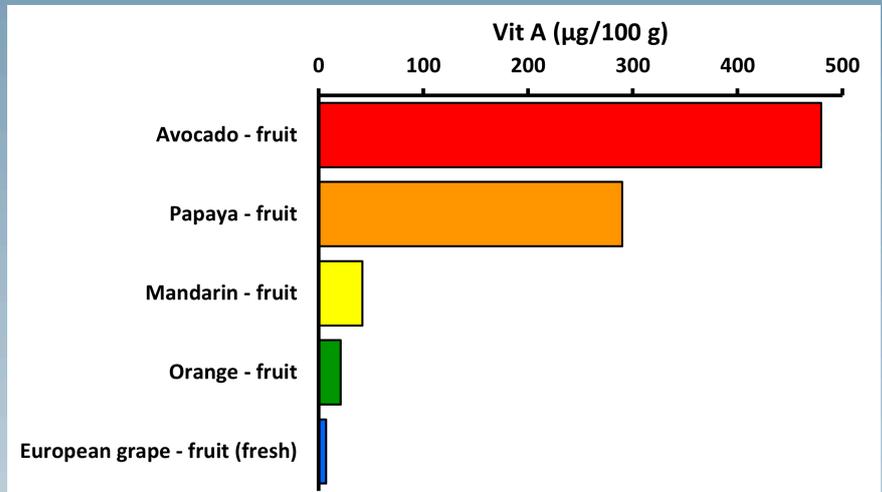
Plants contain a simple form of vitamin A, which our bodies convert to a more useful form.



Avocado



Papaya



Vitamin C in fruit

Vitamin C is important for helping us to avoid sickness and heal wounds.

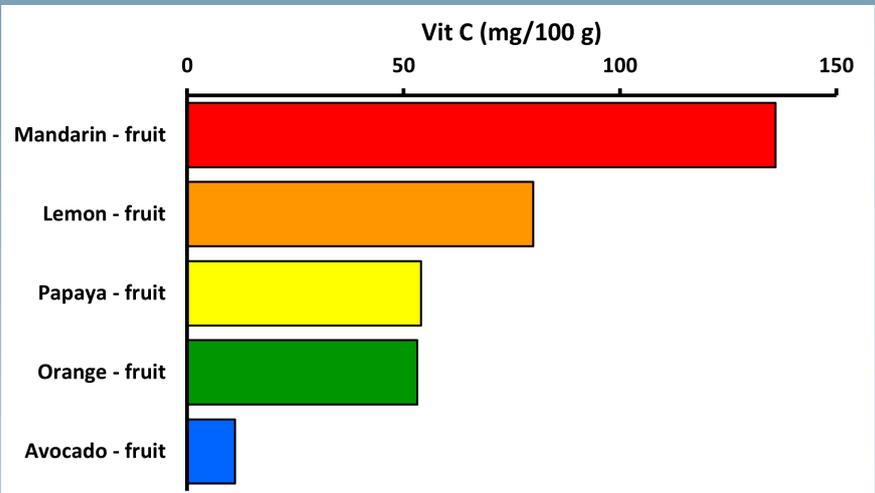
Vitamin C also increases our absorption of iron from food.



Mandarin



Lemon



Mandarin

The fruit are eaten fresh when ripe.

Citrus reticulata



Lemon



Citrus limon

The fruit is mostly too sour to eat fresh. The juice is used to make drinks and can be used in sauces and salad dressings.

The peel can be candied. The dried leaves can be used to add flavour to teas.

Papaya

Fruit can be eaten raw when ripe or cooked when green.

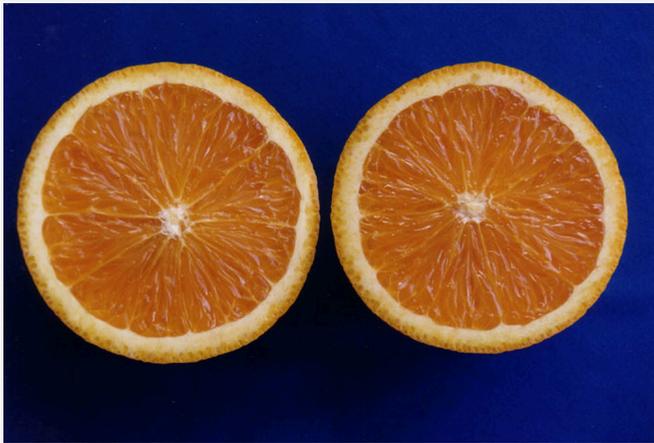


Carica papaya



Orange

The fruit is eaten fresh, and the juice used in drinks.

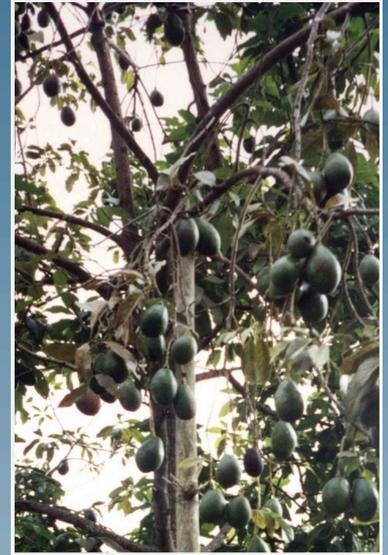


Citrus sinensis

Avocado

The fruit pulp is eaten raw or cooked. It is used in salads, soups, sandwiches, spreads, ice cream, tortillas and wine. Oil is extracted from the flesh and is used in salad dressing.

Persea americana



The leaves can be used for tea. Toasted leaves are used to season stews and bean dishes.



Addis Ababa, Ethiopia - flavouring plants



Cumin



Fenugreek

Flavouring plants - tasty and rich in healthy fats, vitamins and minerals

- A seasonal variation in the diet.
- Used to enhance the taste of meals.



Fenugreek



Garlic

Garlic



Allium sativum

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



Bird's eye chillies



The fruit, which is very hot, can be used in very small quantities to add spice and flavour to other foods.



Cooked leaves can be eaten.



Capsicum frutescens

Fenugreek

The seeds can be sprouted or soaked and cooked before eating. The seeds are ground and used as a spice. They also produce an oil.

Roasted seeds are used as a coffee substitute. The seeds and leaves can be brewed into a tea.

Trigonella foenum-graecum



Cumin

The fruitlets are used as a spice. They are used whole or ground. They are common in curries. They are also used to flavour cheese, cakes and liqueurs.

The oil is used to flavour food.

Cuminum cyminum



Acknowledgements



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Review, layout and formatting - Alexandra Lindsay, John McPhee

For further details contact us at: info@foodplantsolutions.org, website: www.foodplantsolutions.org

Food Plant Solutions operates in accordance with Rotary International Policy but is not an agency of, or controlled by, Rotary International.

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