

# FRUIT AND NUTS OF EAST SUDAN

*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](http://www.foodplantsolutions.org)



# Fruit and nuts of East Sudan



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.

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, Feb 2025 (English)

# East Sudan - a country of fabulous fruit



**Small leaved white raisin**



**Guava**



**Water melon**



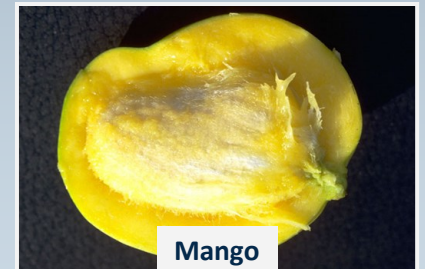
**Desert date**

# Fruit tastes good and keeps us healthy

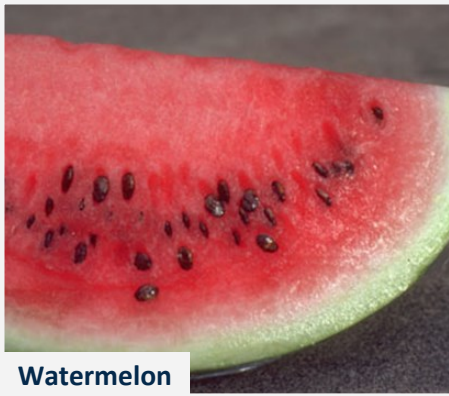
Everybody should eat some fruit every day.

Fruit provides minerals, vitamins and other important nutrients that everybody needs to stay healthy and well.

Good gardeners and farmers plant several kinds of fruit trees.



# Many fruit suit the climate of East Sudan



Watermelon

Fruit to be enjoyed by all.

Some grow quickly.

Some need to be planted for the future.

Many are seasonal.



Desert date



Small-leaved white raisin



Guava



# Enjoy fruit to enjoy a good life

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



Crown of thorns



Mango



Guava



Tamarind

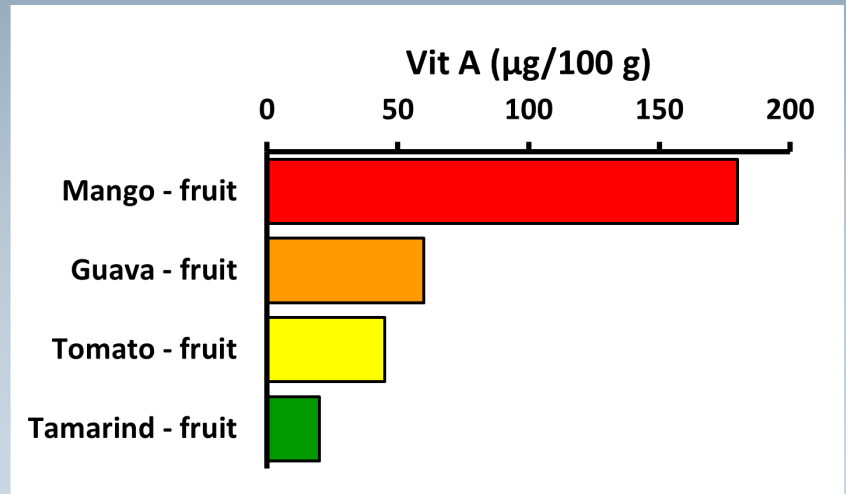
**We are meant to enjoy the exciting flavours and textures of an amazing variety of fruit.**

# 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.

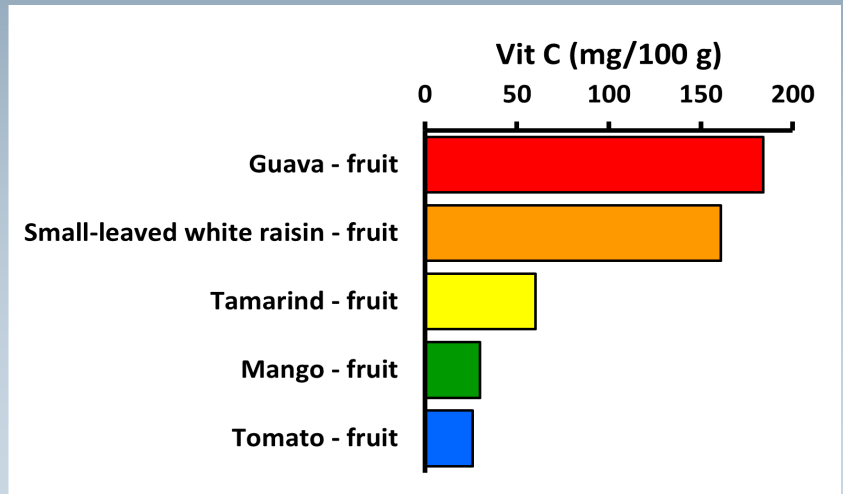
In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.



# Vitamin C in fruit



Vitamin C is important for helping us to avoid sickness



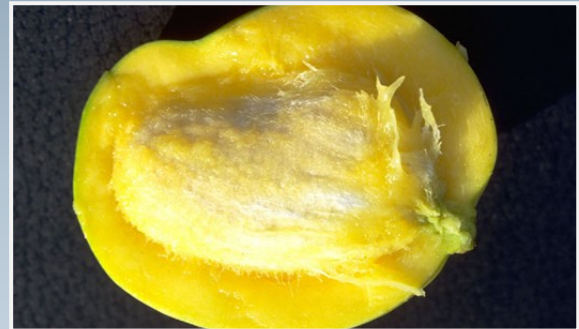


# Mango



Ripe fruit is eaten raw.

Unripe fruit is pickled.



*Mangifera indica*

# Small-leaved white raisin



*Grewia tenax*

**Ripe fruit are eaten fresh and raw.**

**Fruit can be dried and eaten later.**

# Guava

Fruit are rich in Vitamin C.

Trees grow easily and should be near houses so children can enjoy the fruit.

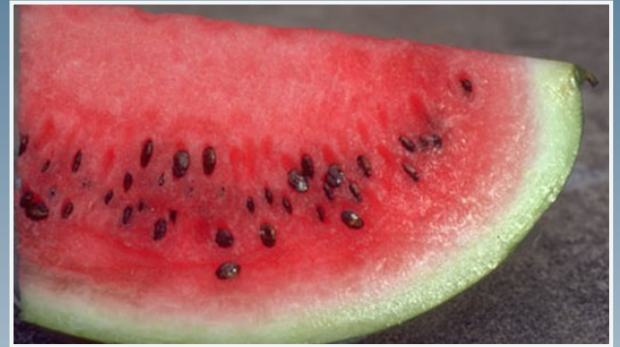


*Psidium guajava*



# Watermelon

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



*Citrullus lanatus*

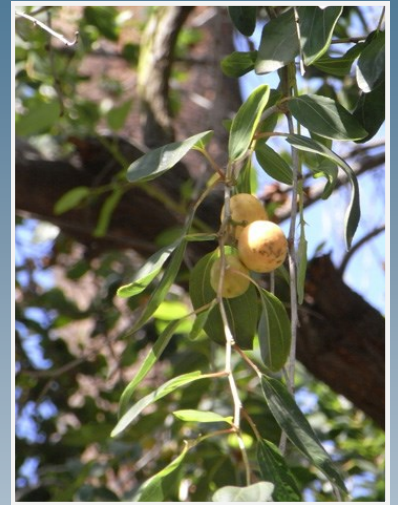


# Crown of thorns

**Pulp of fruit dried and milled for flour.**

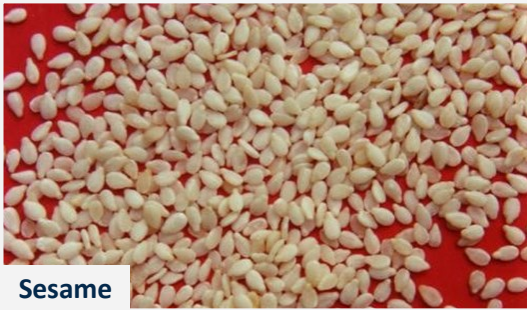
**Fruit can be eaten raw.**

*Ziziphus spina-christi*





# East Sudan - nuts and seeds



# Nuts and Seeds - nutritious, storable, tasty and rich in protein, vitamins and minerals

- A seasonal variation in the diet.
- Often a storable reserve food.
- Often loved by children.
- Cheaper and better than bought snack foods.



Sunflower seeds



Ground nut

# Desert date



The seeds are dried, then boiled or roasted,  
or eaten raw.



*Balanites aegyptiaca*





# Sunflower



**Seeds are eaten raw or roasted.**

**Seeds can be ground into a meal for use in bread and cakes.**

**An edible cooking oil can be extracted from the seeds.**

*Helianthus annuus*



# Ground nut

The seeds can be dried and stored for later use.

They are nutritious and can be roasted and eaten as snacks.

Ground nuts can improve the soil whilst providing food.



*Arachis hypogaea*

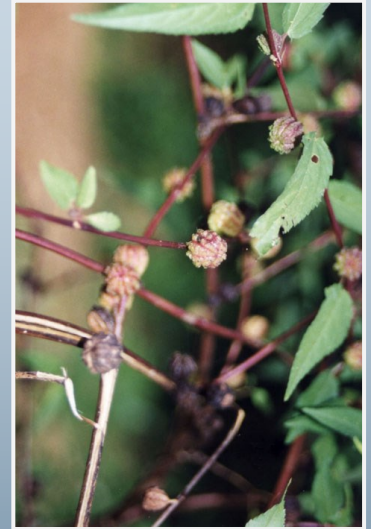




# Sesame



**Seeds are eaten in  
soups, fried or  
roasted.**



*Sesamum indicum*

# Acknowledgements



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**Review, layout and formatting - Lyndie Kite, Tom Goninon, John McPhee**

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

# Image acknowledgements

Most images used in this publication are from the Food Plants International database ([Welcome - Food Plants International](#)). Acknowledgement is given for images of the following plants sourced from the internet.

Scientific name	Common name	Image URL
<i>Citrullus lanatus</i>	Watermelon	<a href="https://img.freepik.com/premium-photo/watermelon-vine-watermelon-growing-garden-closeup_284753-1910.jpg">https://img.freepik.com/premium-photo/watermelon-vine-watermelon-growing-garden-closeup_284753-1910.jpg</a>

# Notes

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