

Leafy Greens of Addis Ababa, Ethiopia

COMMON NAME
Garden cress

SCIENTIFIC NAME
Lepidium sativum

USE
Young leaves are used in salads. Tender leaves are cooked as a vegetable. Seed pods can be used as seasoning. Seeds can be sprouted or yield an edible oil.

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

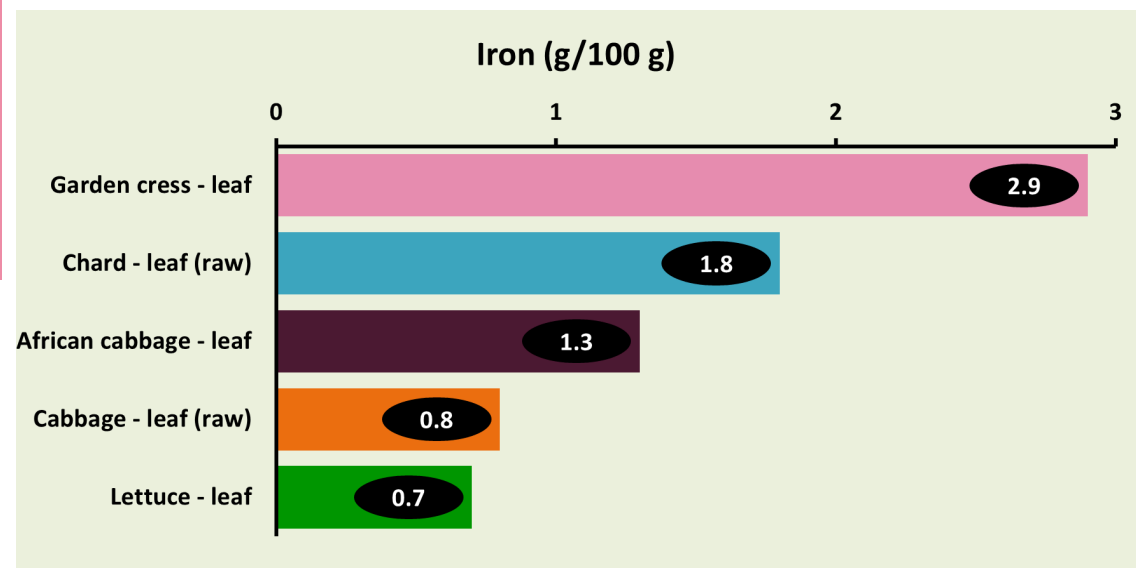
Image sourced from:
<https://i.pinimg.com/originals/5a/4e/3a/5a4e3a1ef0846df605fb7be2781d45bc.jpg>



COMMON NAME
Chard
SCIENTIFIC NAME
Beta vulgaris subsp. cicla

USE
The leaves and stalks are eaten raw or cooked. The leaf stalks can be cut from the leaf and cooked separately as an asparagus substitute.

KEY NUTRIENTS
provitamin A, vitamin C, iron, zinc



COMMON NAME
African cabbage

SCIENTIFIC NAME
Brassica carinata

USE
The seeds are cooked or produce a good cooking oil and mustard. Young leaves are cooked or used in salads. Flower buds and young shoots are eaten raw.

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



COMMON NAME
Cabbage
SCIENTIFIC NAME
Brassica oleracea var. capitata

USE
The leaves can be eaten raw or cooked. Stems can be eaten boiled or pickled. The seeds can be sprouted and eaten.

KEY NUTRIENTS
vitamin A, vitamin C

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

COMMON NAME
Lettuce
SCIENTIFIC NAME
Lactuca sativa

USE
Eaten raw or in soups. The sprouted seeds can be eaten. Leaves can be dried and stored.

KEY NUTRIENTS
provitamin A, vitamin C



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



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

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