

# Important Vitamin C Plants of East Sudan

COMMON NAME  
Guava

SCIENTIFIC NAME  
*Psidium guajava*

USE  
Young leaves are eaten raw or cooked. The fruit are eaten raw or used for jams and jellies. The liquid from boiled seeds is used to flavour cheese. The seeds can make an edible oil.

KEY NUTRIENTS  
energy, vitamin A, vitamin C, iron

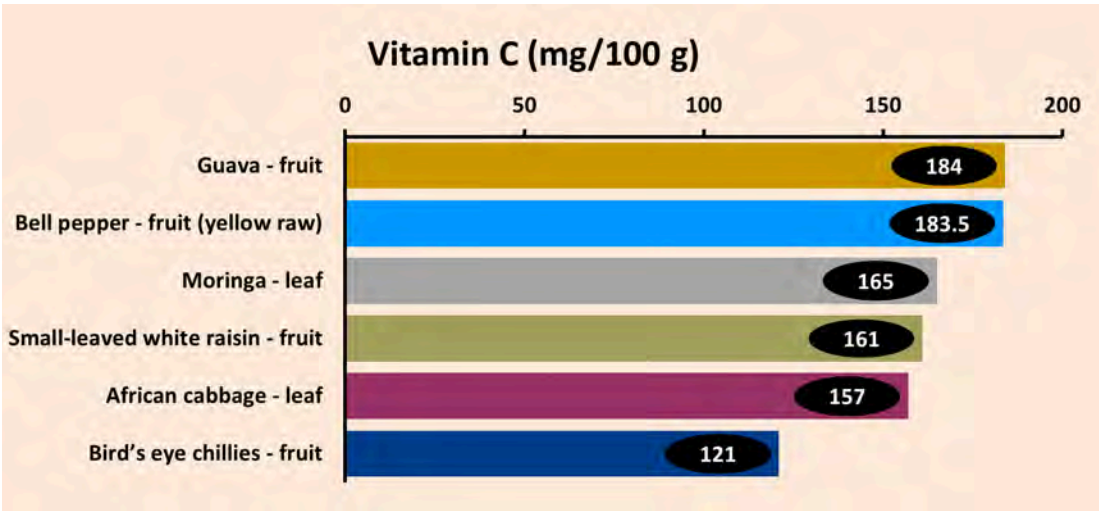


COMMON NAME  
Bell pepper

SCIENTIFIC NAME  
*Capsicum annuum*

USE  
The fruit are edible raw or cooked. They are stuffed, roasted, fried, preserved and used as flavouring. The leaves are edible when cooked.

KEY NUTRIENTS  
vitamin A, vitamin C



COMMON NAME  
Moringa

SCIENTIFIC NAME  
*Moringa oleifera*

USE  
The roots, leaves, flowers, fruits and young pods are eaten cooked. The young seeds are roasted or fried. The bark is used for tea. Oil from the seed is used.

KEY NUTRIENTS  
protein, vitamin A, vitamin C, iron



COMMON NAME  
Small-leaved white raisin

SCIENTIFIC NAME  
*Grewia tenax*

USE  
The fruit are eaten fresh or dried. They are added to grains in porridge. A drink is made from the fruit. The seeds are edible.

KEY NUTRIENTS  
energy, protein, vitamin C, iron

Image sourced from:  
[http://www.southernafricanplants.net/photocollection/batc\\_h005/medium/G/TILLIACEAE\\_Grewia\\_tenax\\_Arandis\\_20090215\\_072\\_\(1\).jpg](http://www.southernafricanplants.net/photocollection/batc_h005/medium/G/TILLIACEAE_Grewia_tenax_Arandis_20090215_072_(1).jpg)

Vitamin C helps us avoid sickness, heal wounds, prevent infections and absorb iron from food.

COMMON NAME  
African cabbage

SCIENTIFIC NAME  
*Brassica carinata*

USE  
The seeds are cooked or used to make mustard. The young leaves are cooked and also used in salads. The flower buds and young shoots are eaten raw. The seed produces cooking oil.

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



COMMON NAME  
Bird's eye chillies

SCIENTIFIC NAME  
*Capsicum frutescens*

USE  
The small, red fruit are very hot to eat. The leaves are eaten for their mild, spicy taste. The leaves are eaten cooked.

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



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