

# FRUIT AND NUTS OF GHANA



*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 Ghana



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.

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# Ghana - a country of fabulous fruit



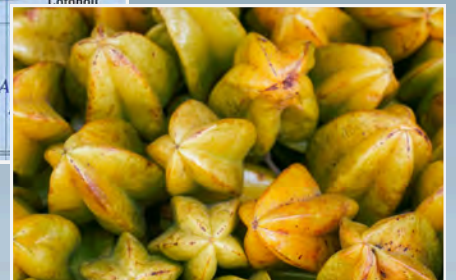
**Boobab**



**Cape gooseberry**



**Tamarillo**



**Carambola**

# 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.



**Pappaw**



**Carambola**



**Gumvine**



**Tamarillo**

# Many fruit suit the climate of Ghana



**Mango**

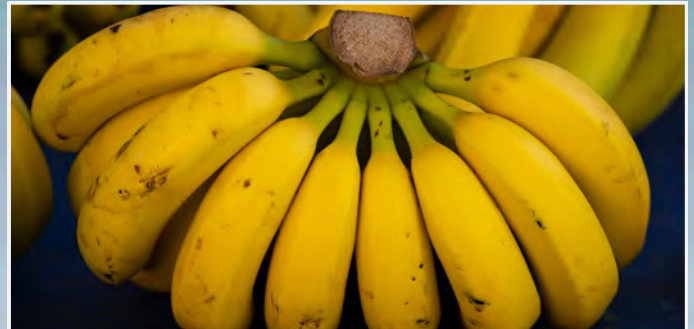
Fruit to be enjoyed by all.  
Some grow quickly. Some  
need to be planted for the  
future.



**Carambola**



**Strangler fig**



**Hybrid plantain**

# 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.



Mango



Tamarillo



Boabab



Cape gooseberry

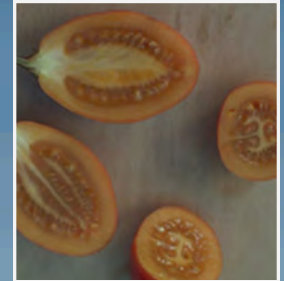
**We are meant to enjoy the exciting flavours and textures of an amazing variety of fruit.**

# 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.

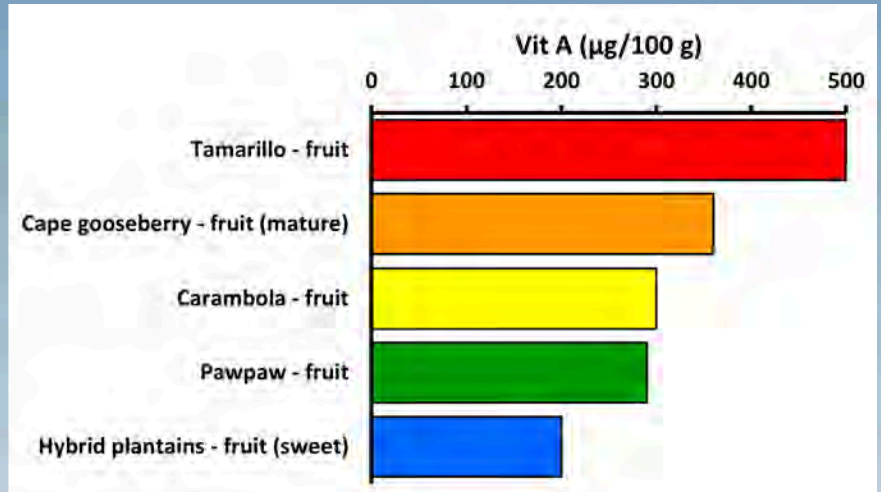
Plants contain a simple form of vitamin A, which our bodies convert to a more useful form.



Tamarillo



Cape gooseberry



# Vitamin C in fruit

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

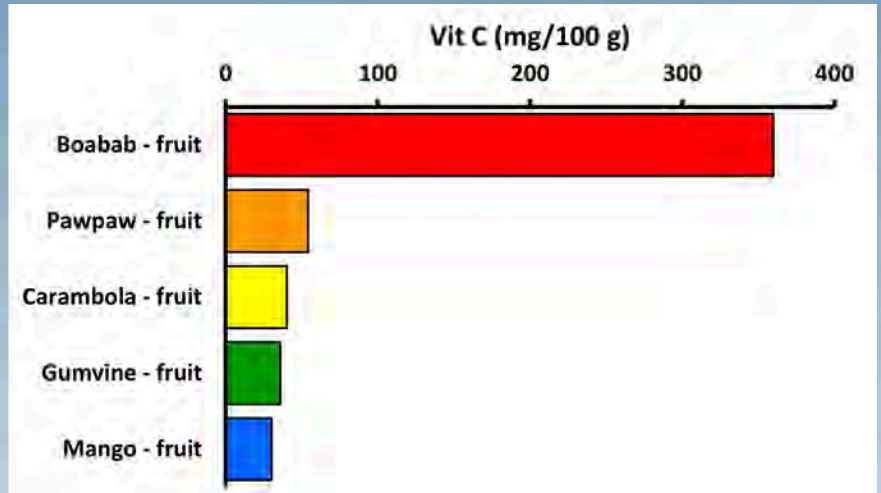
Vitamin C also increases our absorption of iron from food.



Boabab



Pawpaw



# Carambola



Fruit can be eaten raw or used for drinks, curries, jams, jellies, preserves and pickles.



*Averrhoa carambola*



# Gumvine



*Saba senegalensis*

**The fruit are eaten raw and also used for drinks.**

# Mango

Ripe fruit are eaten raw.

Unripe fruit can be pickled and also used in curries and chutneys.

*Mangifera indica*



# Boabab

The fruit pulp is eaten raw and can also be used to make a drink.



*Adansonia digitata*

The flowers can be eaten raw or cooked.



# Pawpaw

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



*Carica papaya*



# Ghana - nuts and seeds



**Coastal almond**



**Sunflower**



**Peanut**

# Nuts and seeds - nutritious, storable, tasty and rich in protein, healthy fats, 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.



Yellow nutsedge



Cashew

# Coastal almond



- The kernel of the fruit is eaten raw.
- An edible oil can also be extracted.
- Seeds can be stored dry for a year or more.

*Coredeauxia edulis*



# Sunflower



An edible oil is extracted from the seeds and used for cooking. Seeds can be eaten raw or roasted.



*Helianthus annuus*

# Peanut

The seed can be dried and stored for later use.

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

Peanuts can improve the soil whilst providing food.



*Arachis hypogaea*



# Yellow nutsedge

The tubers can be eaten raw or baked. They may be ground into flour and used to make porridge.

An edible oil from the tubers can be used for cooking.



*Cyperus esculentus*



# Cashew

The fleshy "apple" is edible when it is very ripe. It is used for jams, drinks, candy, chutney and pickles.

The nut is eaten after roasting.

*Anacardium occidentale*



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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>Mangifera indica</i>	Mango	<a href="https://th.bing.com/th/id/OIP.cLiCvFcmgNvmY7OkE_7JAQHafj?rs=1&amp;pid=ImgDetMain">https://th.bing.com/th/id/OIP.cLiCvFcmgNvmY7OkE_7JAQHafj?rs=1&amp;pid=ImgDetMain</a>
<i>Saba senegalensis</i>	Gumvine	<a href="https://alchetron.com/cdn/saba-senegalensis-9d7ce491-889c-4f6f-9fc8-e25ac494fb6-resize-750.jpeg">https://alchetron.com/cdn/saba-senegalensis-9d7ce491-889c-4f6f-9fc8-e25ac494fb6-resize-750.jpeg</a>
<i>Ficus thonningii</i>	Strangler fig	<a href="https://alchetron.com/cdn/ficus-thonningii-ebe15759-fb1c-4cf4-89e0-fabf7c471ba-resize-750.jpeg">https://alchetron.com/cdn/ficus-thonningii-ebe15759-fb1c-4cf4-89e0-fabf7c471ba-resize-750.jpeg</a>

# Notes



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