

LEAFY GREENS AND VEGETABLES 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



Leafy greens and vegetables in 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.

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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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Addis Ababa, Ethiopia - country of beautiful leafy vegetables

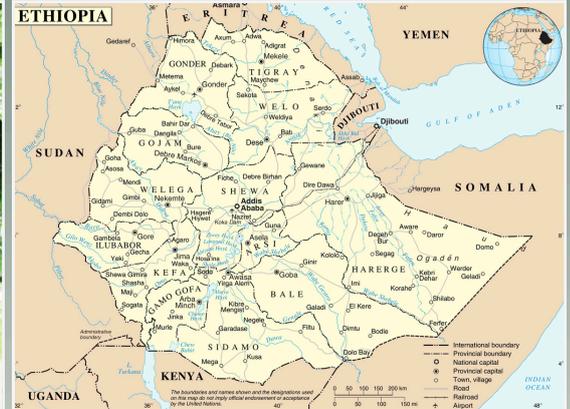
African cabbage



Lettuce



Chard



Leafy greens - the health foods of the nation

Cabbage



Broccoli



Bush okra

Leafy greens of Addis Ababa, Ethiopia



African cabbage



Garden cress



Bush okra

**Dark green leaves should be eaten daily.
They should be steamed, fried or boiled.**

Edible leaves



Broccoli



Chard



Lettuce

Using leafy greens - collect and cook a mixture of leaves



Many edible leafy greens grow around houses and along roadsides.



Green leafy vegetables should be cooked.



Healthy people eat leafy greens

- Many plants have edible leaves. Edible leaves are nutritious.
- Normally, all leaves should be cooked to kill bacteria and help with digestion.
- Everybody should eat a handful of dark green leaves every day to stay healthy.
- Some leafy greens can be grown as hedges, in wetlands, and around houses to provide a regular daily supply of leafy vegetables.

Green leafy vegetables - Iron content

Iron is important for making blood. It is what makes our blood red.

Iron helps oxygen get from our lungs to the rest of our body. This allows our brain, muscles and cells to work.

When we are short of iron we are called anaemic. Iron intake is increased when Vitamin C is also present.



African cabbage



Garden cress



**Young leaves are used in salads
or cooked as a vegetable.**

**Seeds can be sprouted and
eaten.**

Lepidium sativum



Chard



Beta vulgaris subsp. cicla



The leaves and stalks are cooked and eaten.

Can be eaten raw in salads.

African cabbage



Brassica carinata



Young leaves are cooked and used in salads.

The flower buds and young shoots are eaten raw.

Cabbage



Brassica oleracea var. capitata

The leaves can be eaten raw or cooked.

Stems can be eaten boiled or pickled.



Lettuce

Lactuca sativa



Eaten raw or in soups.

The sprouted seeds can be used.

Leaves can be dried and stored.

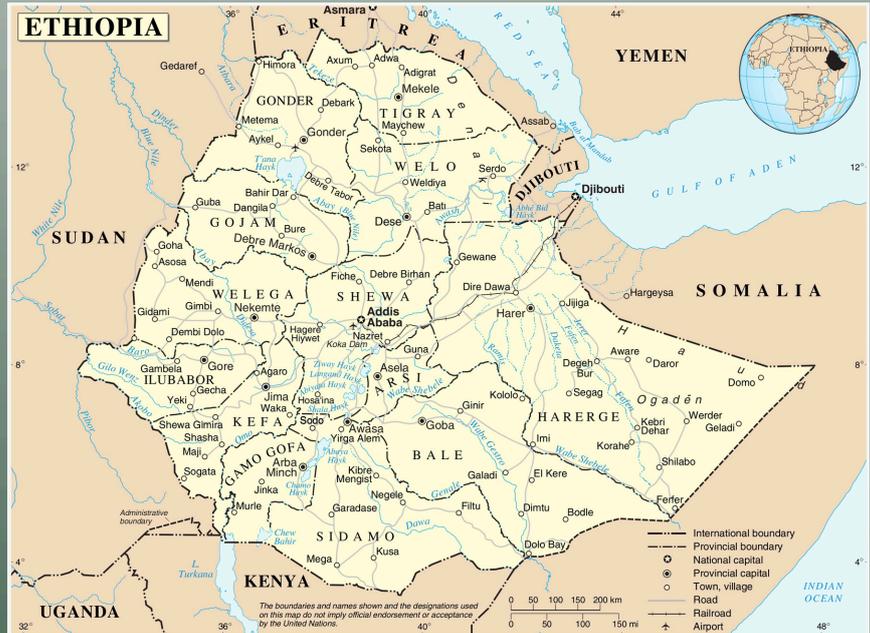
Vegetable foods of Addis Ababa, Ethiopia



Carrot



Tomato



Vegetables for variety and nutrition

Some vegetables and edible leaves should be planted near houses so they are easily available, even on wet days, or when people can't get to distant gardens.



Broccoli



Bush okra

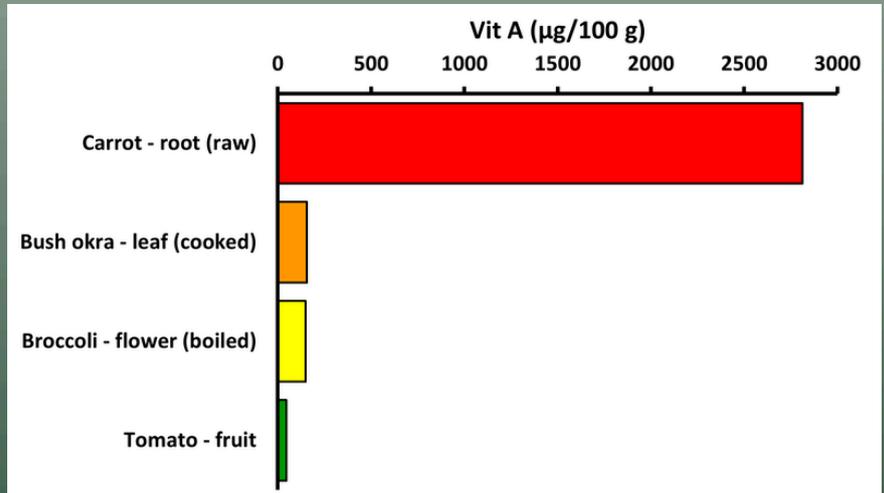
As some vegetables only grow in certain seasons, you should plant a wide range to provide food all year.

Vitamin A value of vegetables

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.



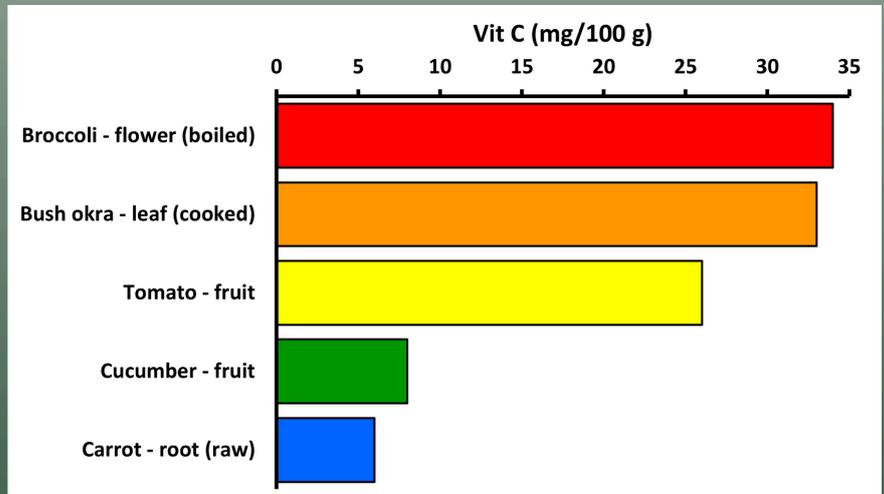
Vitamin C value of vegetables



Tomato

Vitamin C also increases our absorption of iron from food.

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



Vegetables - nutritious and tasty



Cucumber



Bush okra



Carrot

Broccoli



The central flower is cooked and eaten.
The leaves are edible.
The sprouted seeds are eaten.



Brassica oleracea
var. italica



Bush okra



The young leaves and stem tops are eaten cooked.

They are also used to make a thick soup.

Leaves can be sun dried, pounded to flour, then stored for a significant time.



*Corchorus
olitorius*



Tomato



The fruit are eaten raw.

They can be cooked, stewed, pureed and used in soups and stews.

Unripe fruit are pickled, roasted, fried and dried.

Solanum lycopersicum



Carrot

Both the roots and the leaves are edible.

The young leaves are used in soups. The roots can be eaten raw or cooked.

The roots can be dried and the flour used to flavour and thicken soups.



Daucus carota subsp. sativus

Cucumber

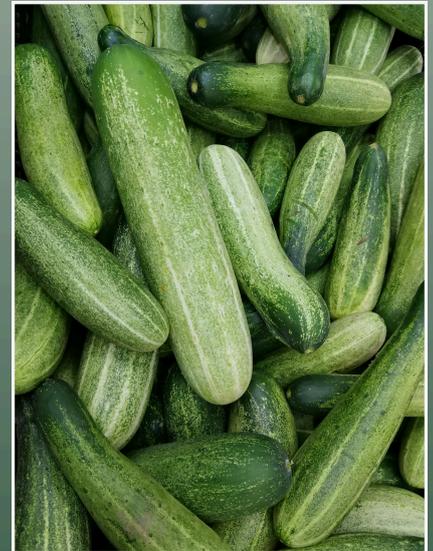


Cucumbers are normally eaten fresh, while gherkins are pickled in vinegar.

It is a popular vegetable.

Unripe fruit are usually eaten raw.

Young stem tops, leaves and the kernels of the seeds are edible.



Cucumis sativus

Acknowledgements



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Review, layout and formatting - Alexandra Lindsay, 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>Lepidium sativum</i>	Garden cress	https://i.pinimg.com/originals/5a/4e/3a/5a4e3a1ef0846df605fb7be2781d45bc.jpg https://www.pflanzen-deutschland.de/bilder/1313x1313/4120_foto_Pfl2_wikipedia_user_corinna_john_by_corinna_john_own_work_cc_by-sa_30_httpscommons.wikimedia.org/w/index.php?curid=33003980_lepidium_sativum_igF12.jpg

Notes



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