

Vitamin A Plants of Addis Ababa, Ethiopia

COMMON NAME

Bird's eye chillies

SCIENTIFIC NAME

Capsicum frutescens

USE

The fruit, which is very hot, can be used in very small quantities to add spice and flavour to other foods. Cooked leaves can be eaten.

KEY NUTRIENTS

provitamin A, vitamin C, energy, protein, iron



COMMON NAME

Carrot

SCIENTIFIC NAME

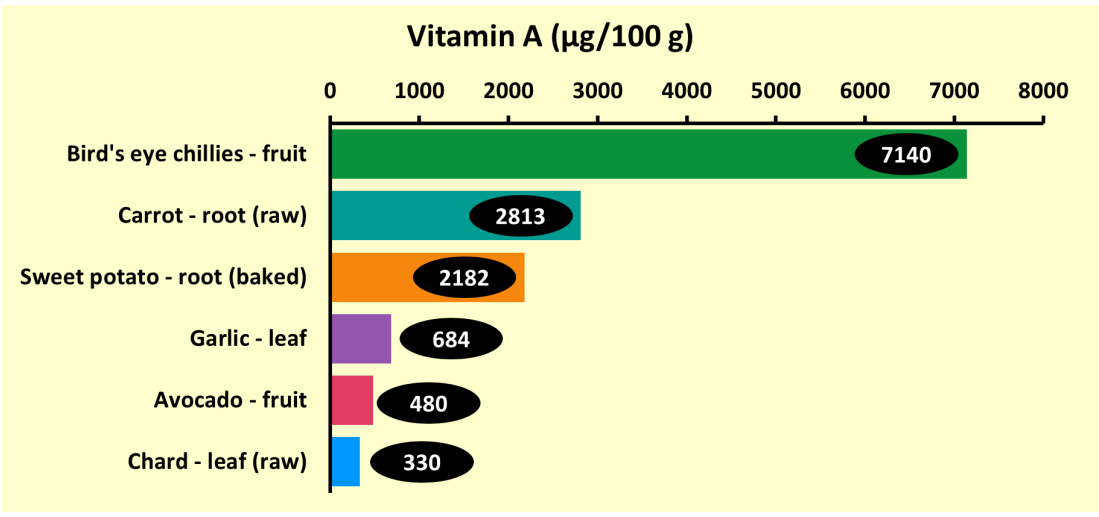
Daucus carota subsp. sativus

USE

The roots and leaves are edible. The roots can be eaten raw or cooked, steamed, fried, pickled or used in stews. Carrot seed oil is used as flavouring. The juice is used raw and fermented.

KEY NUTRIENTS

provitamin A, vitamin C, iron, zinc



COMMON NAME

Sweet potato

SCIENTIFIC NAME

Ipomoea batatas

USE

Roots are boiled, baked, fried steamed, mashed, or dried. The chopped and dried tubers can be ground into flour and mixed with wheat flour for baking. The young leaves are edible.

KEY NUTRIENTS

energy, provitamin A



COMMON NAME

Garlic

SCIENTIFIC NAME

Allium sativum

USE

The cloves are used in small amounts to flavour food. The leaves can also be used. Leaves should be cut before they are mature.

KEY NUTRIENTS

provitamin A, vitamin C, zinc, protein



Vitamin A is very important for eyesight and fighting disease.

COMMON NAME

Avocado

SCIENTIFIC NAME

Persea americana

USE

The fruit pulp is used in salads, soups, sandwiches, spreads and wine. Oil is extracted from the flesh. Leaves are used for tea or to season stews.

KEY NUTRIENTS

provitamin A, energy, protein



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



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



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