

LEAFY GREENS AND VEGETABLES OF EAST SUDAN

*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



Leafy greens and vegetables in East Sudan



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.

Version 1, Feb 2025 (English)

East Sudan - country of beautiful leafy vegetables

Okra



Jute



Rocket



Bean leaves

Leafy greens - the health foods of the nation

Roselle



African cabbage



Sweet potato



Moringa



Leafy greens of East Sudan



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

Edible leaves



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

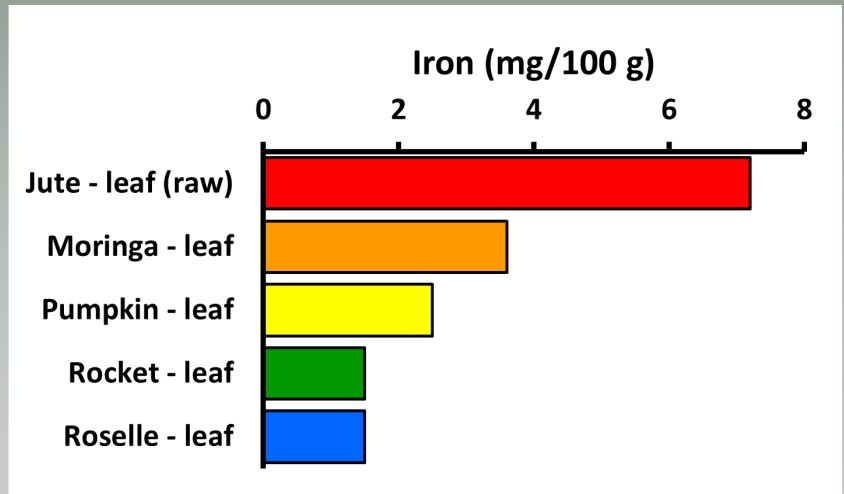
- Many plants have edible leaves.
- Edible leaves are nutritious.
- Normally, all leaves should be cooked to kill bacteria.
- Everybody should eat a handful of dark green leaves every day to stay healthy.
- Some leafy greens can be grown as hedges, in swamps, and around houses to provide a regular daily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

Green leafy vegetables - Iron content

Iron is important, it is what makes our blood red.

Iron helps to carry oxygen in our blood to muscles and the brain. This helps us to have energy to work.

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



Rocket



Eruca vesicaria subsp. sativa

**Young leaves are eaten raw.
Seed can be used for an edible oil.**



Jute



Corchorus olitorius



Young leaves and stem tops are eaten
cooked.



Roselle



Hibiscus sabdariffa



**Young leaves are eaten
cooked.**

**Seeds can be dried and
ground for flour.**



Sweet potato leaf



Ipomoea batatas

Ground cover or climbing plant.

Leaves are edible raw or cooked.

Pumpkin leaf

Cucurbita maxima



Young leaf tips eaten cooked.
Seeds can be eaten raw or roasted.



Moringa

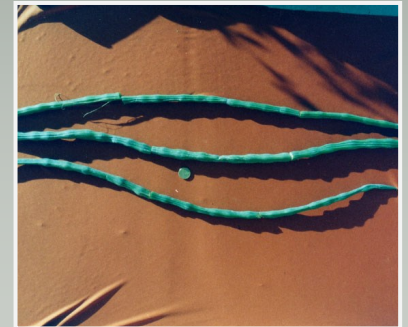


Moringa oleifera



A fast growing
small tree

The young tops and leaves are eaten cooked. They can
be dried for later use.



African cabbage

Young leaves are eaten
raw in salads or cooked.



Brassica carinata



Vegetable foods of East Sudan



Egg plant



Okra

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.



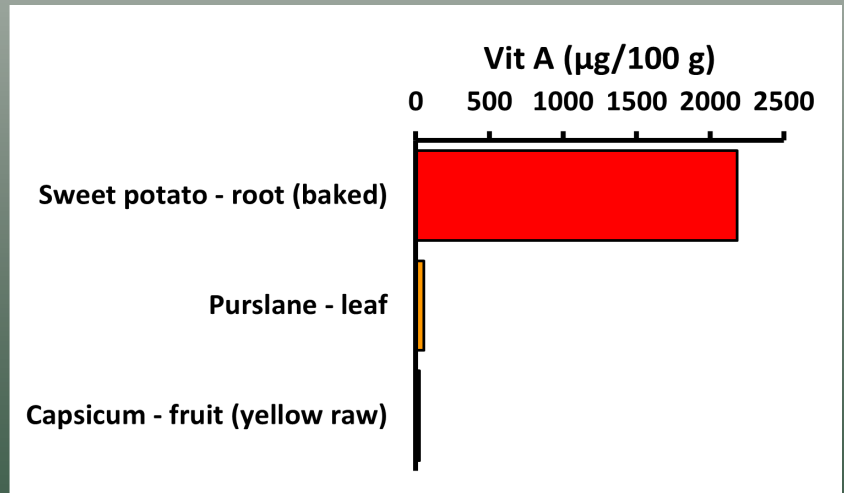
As some vegetables only grow in certain seasons, you should plant a wide range to provide food all year.

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.

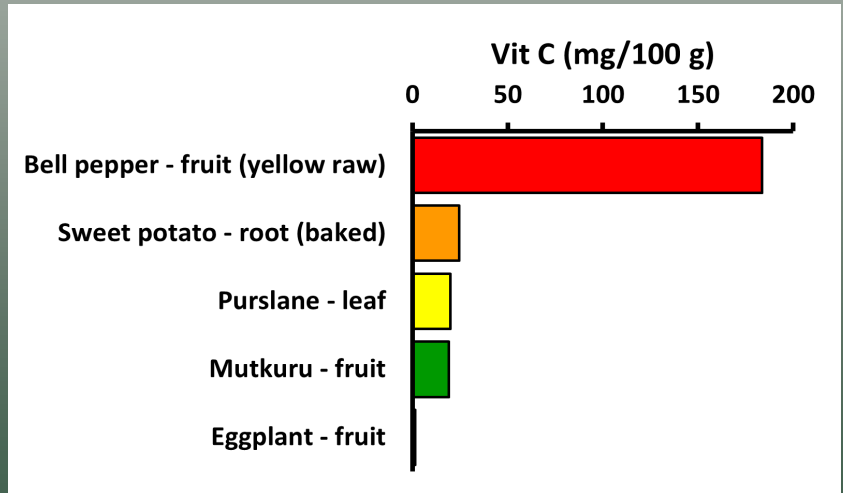
In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.



Vitamin C value of vegetables



Vitamin C is important for helping us to avoid sickness.



Vegetables - nutritious and tasty



Bell pepper



Pigeon pea



Wild cucumber



Mulkuru

Okra



Young leaves, pods and seeds can be eaten.

Leaves are edible when cooked, like slippery cabbage.

The pods can be fried or used to thicken soups.



*Abelmoschus
esculentus*



Wild cucumber



Unripe fruit are pickled.



*Cucumis
prophetarum*



Pigeon pea

Young leaves, pods and shoots are all eaten.



Cajanus cajan



Cowpea

Young leaves, pods and seeds are all eaten,
steamed, boiled or stir fried.



Vigna unguiculata

Purslane

**Stem and leaves are cooked and eaten as a
pot herb.**



Portulaca oleracea



Mutkuru



Fruit are eaten raw when ripe or cooked as a vegetable.



Coccinia adoensis

Acknowledgements



This publication was made possible through the generous support of the German Federal Ministry for Economic Cooperation and Development (BMZ) and Welthungerhilfe (WHH).

It would have not been possible without the commitment and support of the various volunteers, who have shared the vision and unselfishly given their time to support this project.

Review, layout and formatting - Lyndie Kite, Tom Goninon, John McPhee

For further details contact us at: info@foodplantsolutions.org, website: www.foodplantsolutions.org

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>Brassica carinata</i>	African cabbage	https://www.farmseeds.co.uk/media/cache/item_large/item_images/194a6ea28a3d8b3e058956698fb4_tVD1.png
		https://www.foodforestseeds.au/wp-content/uploads/2022/09/IMG_1380.jpg
<i>Coccinia adoensis</i>	Mutkuru	https://storage.googleapis.com/powop-assets/PPA/0151_0200/h0197a_fullsize.jpg https://www.zimbabweflora.co.zw/speciesdata/images/15/157450-7.jpg
<i>Cucumis prophetarum</i>	Wild cucumber	http://www.westafricanplants.senckenberg.de/images/pictures/cucu_cucumis_prophetarum_rvbli8347_12_480_d244b6.jpg https://d2seqvvy3b8p2.cloudfront.net/1f0b2839ebf495a31a6ff4d1c4d21290.jpg
<i>Cucurbita maxima</i>	Pumpkin	https://www.nzpcn.org.nz/site/assets/files/0/46/333/cucurbita-maxima-1.1200x0-u0i1s1q90f1.jpg http://www.consultaplantas.com/images/phocagallery/cucurbita_maxima/thumbs/phoca_thumb_l_cucurbita_maxima_01.jpg https://www.conecte.es/media/com_concibe/images/big/Cucurbita%20maxima.jpg
<i>Eruca vesicaria</i>	Rocket	https://antropocene.it/wp-content/uploads/2017/08/Eruca-vesicaria.jpg
	Sudanese farmers	https://www.wfpusa.org/wp-content/uploads/2021/12/Abuk_Farming_WFPMusa-Mahadi.jpg https://www.wvi.org/sites/default/files/inline-images/4000%20farmers%20%20_%20edits%20.jpg

Notes

Notes



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



www.foodplantsolutions.org