

FOOD PLANTS FOR HEALTHY DIETS IN 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

Food plants for healthy diets 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.

This publication has been made possible through funding provided by Rotary Global Grant No. GG2463803: 'Nutrition, Early Childhood Development & Women Empowerment through an Integrated Children's Centre'.

We welcome and encourage your support.

Food Plant Solutions - A project of the Rotary Club of Devonport North and 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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Using food plant resources well



The health, well-being and food security of a nation requires making the best use of all available food plant resources.

Food plants for healthy diets in Addis Ababa, Ethiopia

It is time to discover and explore the amazing range of frequently overlooked food plants that occur in Addis Ababa.



Lemon



Teff



Lentil

Healthy diets

To stay healthy all people, and especially children, should eat a wide range of food plants. This should include some plants from each of the food groups:

- Energy foods - e.g. True millet
- Growth foods - e.g. Scarlet runner bean
- Health foods - e.g. Papaya

Then each of the nutrients required by our bodies will be met in a balanced manner.

Scarlet runner bean



Growth food

Papaya



Health food

True millet



Energy food

Food security

Grow a range of different food plants, planted at different times throughout the year, so food doesn't become short in some seasons. This should include fruit and nut trees.



Rice



Garden cress



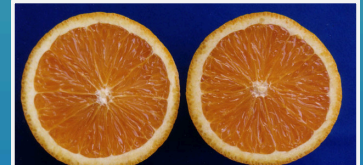
Garlic



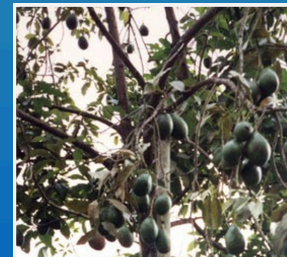
Potato



Bird's-eye chilli



Orange



Avocado

Plant poisons

Some foods contain substances that can cause illness. Check preparation methods before eating. Some examples are:

- Bacteria on leaves can cause stomach upsets. Food should be cooked to kill bacteria.
- Cyanide is a poison commonly found in plants (e.g. cassava). It makes them bitter, but is destroyed when food is well cooked.
- Oxalates are common in plants (e.g. taro). They are sour and can burn the throat. Changing the water during cooking can reduce oxalates.
- Plants can accumulate nitrates that are poisonous to children. This happens when excess nitrogen fertilisers are added to some leafy vegetables (e.g. amaranth).

Starchy staples are energy foods

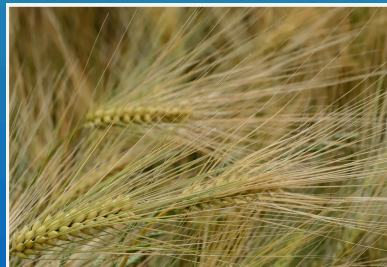
Starchy staple foods are important sources of the energy we need to work and play.



Sweet potato



Potato



Barley



Oats

Beans provide protein and restore soils

Beans have special bacteria attached to their roots that allow them to take nitrogen from the air and put it into the soil for plants to use. It is free fertiliser!



Broad bean



Soybean



Pea



Scarlet runner bean

Vegetables for variety and nutrition

Some vegetables only grow in certain seasons. Families should plant a wide variety to provide food all year.

Some vegetables and edible leaves should be planted near houses so they are easily available even on wet days, or when people are too tired or busy to go to distant gardens.



Carrot



Bush okra



Tomato



Broccoli

Everyone should eat some fruit every day

Fruit provides fibre, energy, minerals and vitamins that everybody needs to stay healthy and well.

Good farmers plant several kinds of fruit trees.



Mandarin



Papaya



Grape



Banana

Leafy green foods are important

Dark green leaves are an important source of fibre, iron and other vitamins and minerals essential for healthy diets. Dark green leaves contain folate, which is important for everyone, particularly women.

Low levels of folate at conception can lead to serious birth defects. Everybody, especially women and children, should eat a hand full of leafy greens each day.



Chard



Lettuce

Seeds are nutritious and tasty

Seeds are rich in protein, healthy fats, vitamins and minerals.

Some need to be planted for the future.

Seeds can be stored for future use.



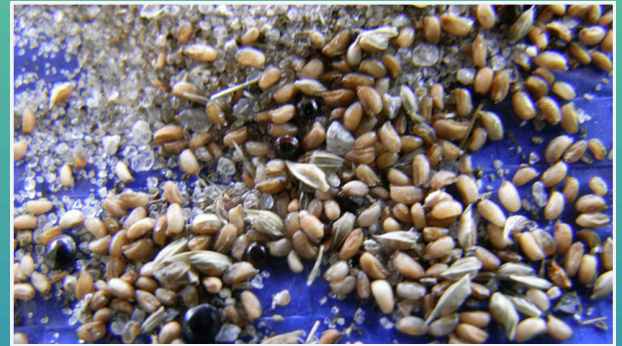
Fenugreek



Cumin

Energy foods

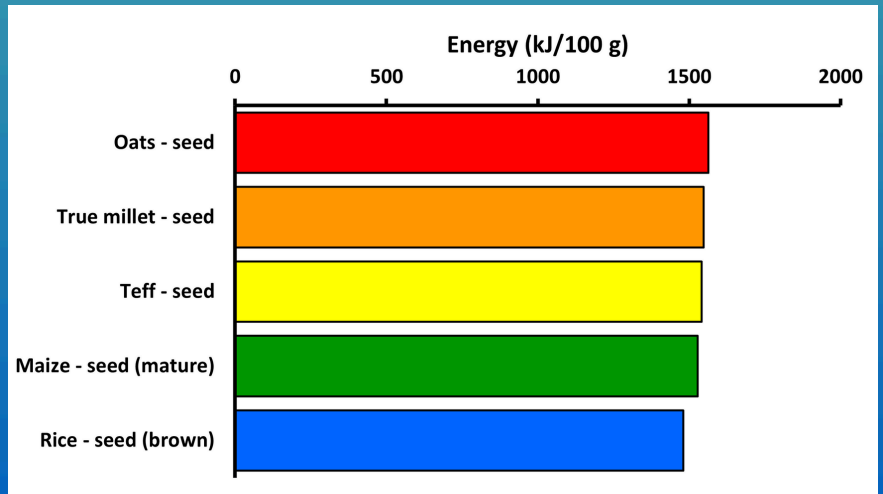
Starchy foods provide energy and are most commonly roots, tubers or cereal grains. Unprocessed starchy foods are important sources of fibre, vitamins and minerals.



Teff



Maize



Protein foods

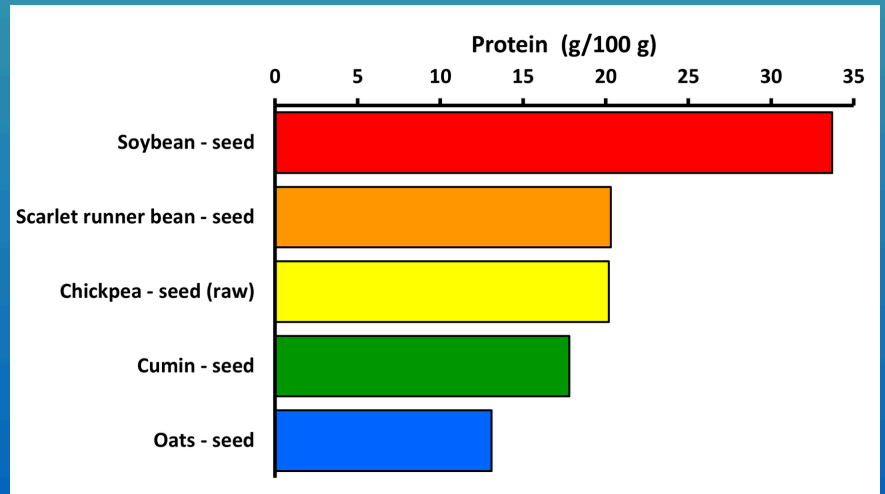
Food plants are important sources of protein, particularly when fish and meat are not readily available or included in the diet.



Soybean



Chickpea

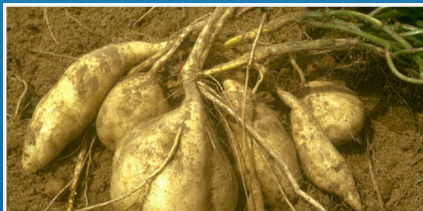


Vitamin A for good eyesight

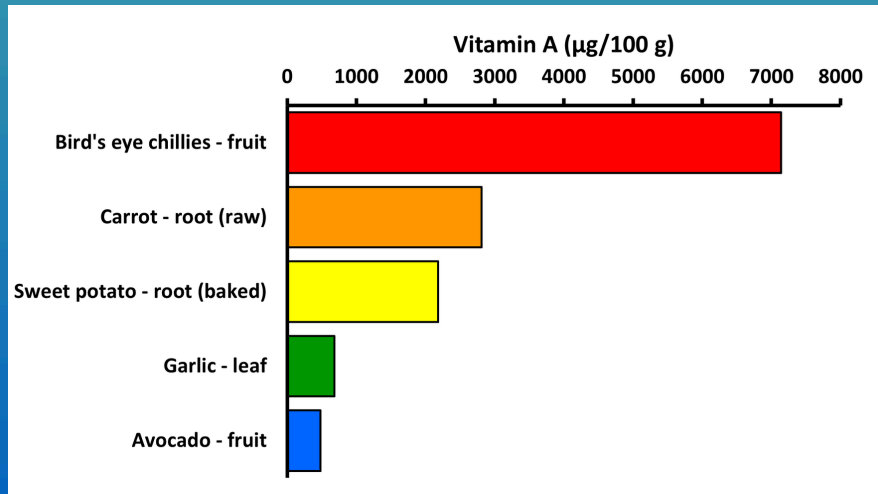
Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

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.



Sweet potato



Vitamin C for good health

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

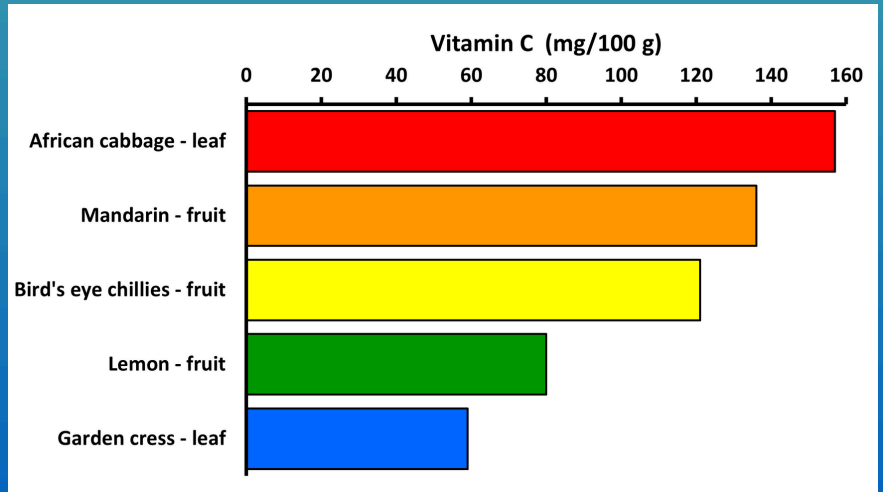
Vitamin C also increases our absorption of iron from food.



African cabbage



Lemon



Iron for healthy blood

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, allowing us to work.

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

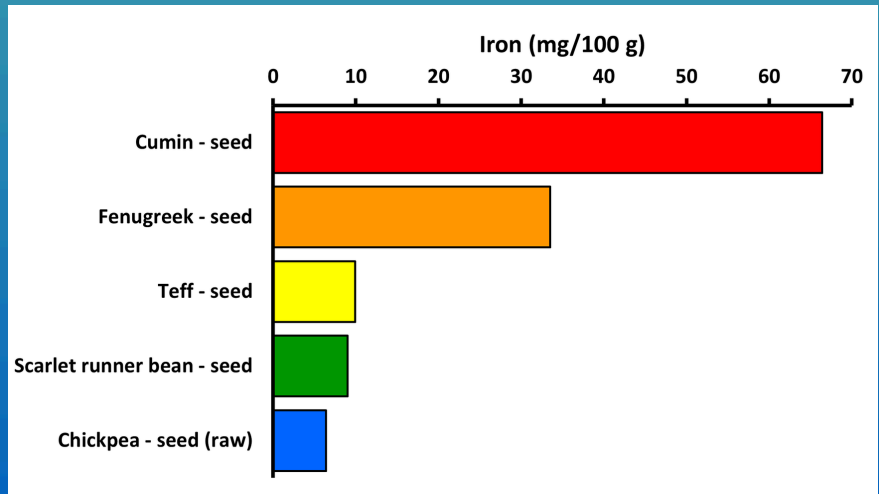
Soaking dried peas overnight before cooking them makes the iron more available.



Cumin



Scarlet runner bean

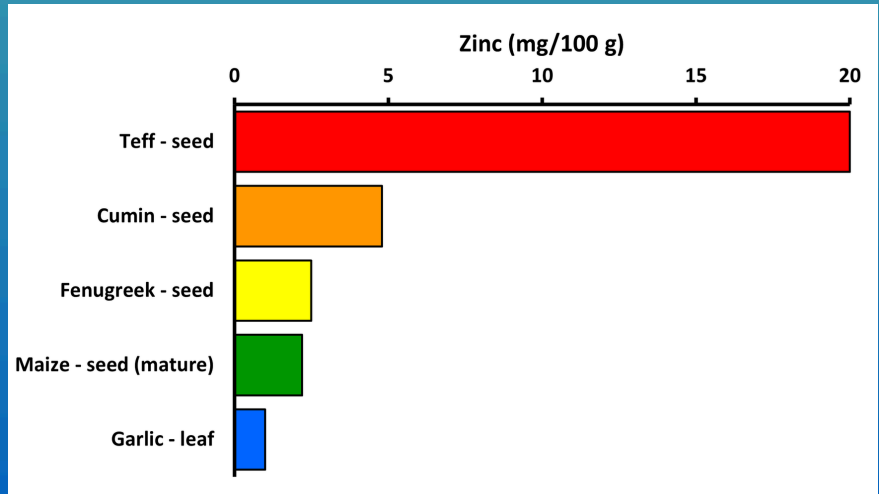


Zinc for growing bodies

Zinc is particularly important for overall health, growth and immunity, especially in children and teenagers.



Teff



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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>Daucus carota subsp. sativa</i>	Carrot	https://images.pexels.com/photos/1306559/pexels-photo-1306559.jpeg?auto=compress&cs=tinysrgb&w=600
<i>Musa spp.</i>	Banana	https://cdn.pixabay.com/photo/2021/10/31/15/03/banana-6757733_1280.jpg
<i>Panicum miliaceum</i>	True millet	https://florafinder.org/LargePhotos/DB/Panicum_miliaceum-D6C651C80B.jpg
<i>Lepidium sativum</i>	Garden cress	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/curid33003980_lepidium_sativum_iqF12.jpg

Notes

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