

Energy Plants of Addis Ababa, Ethiopia

COMMON NAME

Oats

SCIENTIFIC NAME

Avena sativa

USE

The seeds are used as rolled oats, porridge, and in baking after the outer layer is removed. Seedlings are juiced or dried for a food supplement. Sprouted seeds are used in salads.

KEY NUTRIENTS

energy, protein, iron



COMMON NAME

True millet

SCIENTIFIC NAME

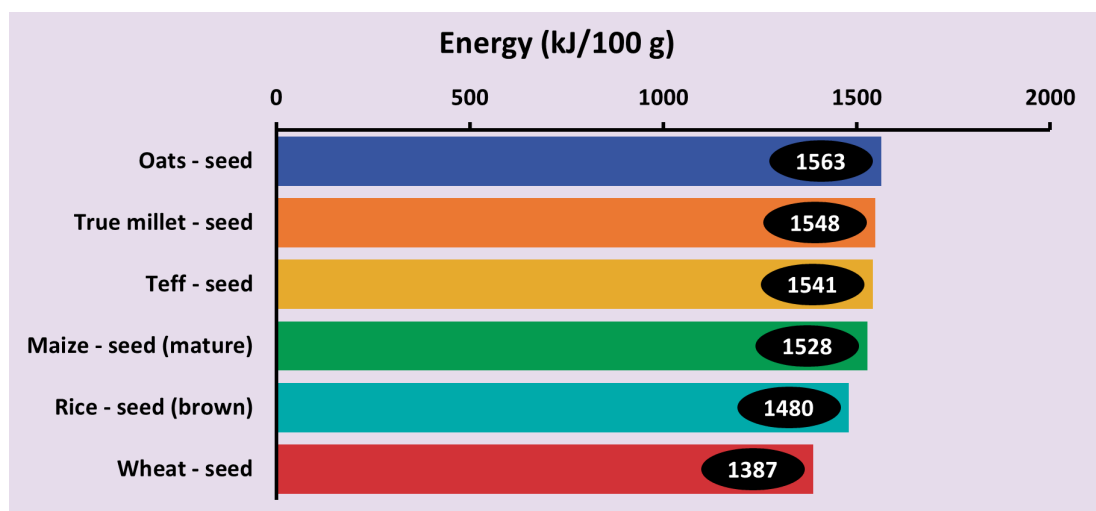
Panicum miliaceum

USE

The seeds can be cooked and eaten whole or ground into flour for making bread or pasta. They can be browned in a skillet for use in meals. The seed can be sprouted and used.

KEY NUTRIENTS

energy, protein



COMMON NAME

Teff

SCIENTIFIC NAME

Eragrostis tef

USE

Seeds are ground into flour and cooked in a variety of ways. It can be used in stews or to make unleavened bread.

KEY NUTRIENTS

energy, protein, iron, zinc



COMMON NAME

Maize

SCIENTIFIC NAME

Zea mays

USE

The cobs are eaten cooked in many ways such as boiled, roasted, dried and steamed. The dried grains can be crushed and used. The meal can be used for breads, cake, soups, stews.

KEY NUTRIENTS

energy, protein, provitamin A, iron, zinc

These crops are important as they give us energy, which allows us to work and play.

COMMON NAME

Rice

SCIENTIFIC NAME

Oryza sativa

USE

Huskless grains are boiled and eaten. It is also made into flour, desserts and noodles. The sprouted seeds are eaten in salads. Young seedlings can be used as a vegetable.

KEY NUTRIENTS

energy, protein, iron



COMMON NAME

Wheat

SCIENTIFIC NAME

Triticum aestivum

USE

The seeds can be ground into flour and also made into flakes, puffed, shredded and other forms or breakfast cereal. Young seedlings can be juiced and used as wheatgrass drink.

KEY NUTRIENTS

energy, protein, iron

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).