

Vitamin C Plants of Addis Ababa, Ethiopia

COMMON NAME

African cabbage

SCIENTIFIC NAME

Brassica carinata

USE

The seeds are cooked or produce a good cooking oil and mustard. Young leaves are cooked or used in salads. Flower buds and young shoots are eaten raw.

KEY NUTRIENTS

energy, protein, vitamin C, iron, zinc



COMMON NAME

Mandarin

SCIENTIFIC NAME

Citrus reticulata

USE

The fruit are eaten fresh.

KEY NUTRIENTS

provitamin A, vitamin C

COMMON NAME

Bird's eye chillies

SCIENTIFIC NAME

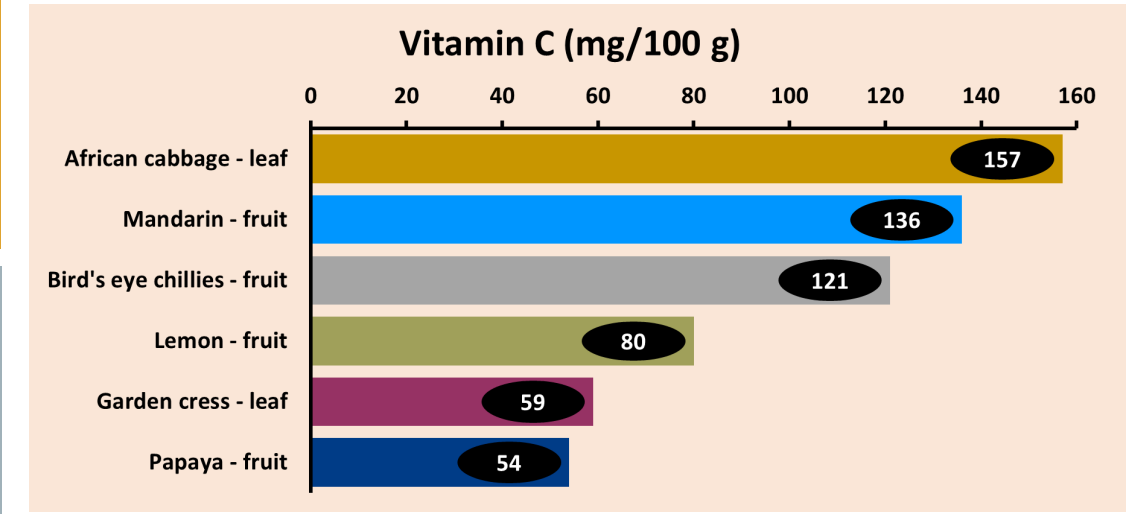
Capsicum frutescens

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

Lemon

SCIENTIFIC NAME

Citrus limon

USE

The fruit is too sour to eat fresh. The juice is used to make drinks, sauces and salad dressings. The peel can be candied. The dried leaves can be used to add flavour to teas.

KEY NUTRIENTS

vitamin C, energy, protein

Vitamin C helps us avoid sickness, heal wounds, prevent infections and absorb iron from food.

COMMON NAME

Garden cress

SCIENTIFIC NAME

Lepidium sativum

USE

Young leaves are used in salads. Tender leaves are cooked as a vegetable. Seed pods can be used as seasoning. Seeds can be sprouted or yield an edible oil.

KEY NUTRIENTS

vitamin C, provitamin A, iron, protein, energy



COMMON NAME

Papaya

SCIENTIFIC NAME

Carica papaya

USE

Fruit can be eaten ripe and raw. Green fruit can be cooked as a vegetable. The young leaves are eaten cooked but are bitter. The flowers and the middle of the stem can be eaten.

KEY NUTRIENTS

energy, protein, provitamin A, vitamin C, iron, zinc

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