

Leafy greens and vegetables in Ghana



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.

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Ghana - country of beautiful leafy vegetables



Kangkong



Green amaranth



Indian spinach



Vegetable kenaf

Leafy greens - the health foods of the nation



Silver spinach



Jute



Roselle

Leafy greens of Ghana



Vegetable kenaf



Jute



Green amaranth

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

Edible leaves



Silver spinach



Lotus-seed herb



Vegetable kenaf

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 and help with digestion.
- Everybody should eat a handful of dark green leaves every day to stay healthy.
- Some leafy greens can be grown as hedges, in wetlands, and around houses to provide a regular daily supply of leafy vegetables.

Green leafy vegetables - Iron content

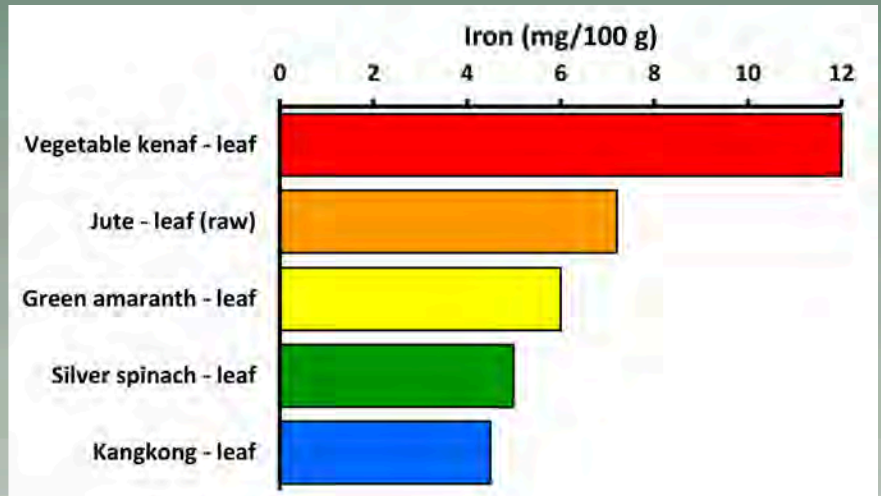
Iron is important for making blood. It is what makes our blood red.

Iron helps oxygen get from our lungs to the rest of our body. This allows our brain, muscles and cells to work.

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



Vegetable kenaf



Green amaranth



The young leaves and seeds are cooked and eaten.
The harvested leaves can only be stored for 2-3 days.

Amaranthus viridis



Vegetable kenaf

The leaves are eaten cooked as a vegetable.

The seeds are roasted and eaten. The flowers are eaten cooked as a vegetable.



Hibiscus cannabinus



Jute

The young leaves and stem tops are eaten cooked.

Leaves can be sun dried, pounded to flour, then stored for a long time.



Corchorus olitorius



Silver spinach

The young shoots and leaves are cooked and eaten.
They can be bitter and need extensive cooking or mixing with other foods.

Celosia trigyna



Kangkong

The young tips of shoots are cooked and eaten or eaten raw in salads and the roots are occasionally cooked and eaten.



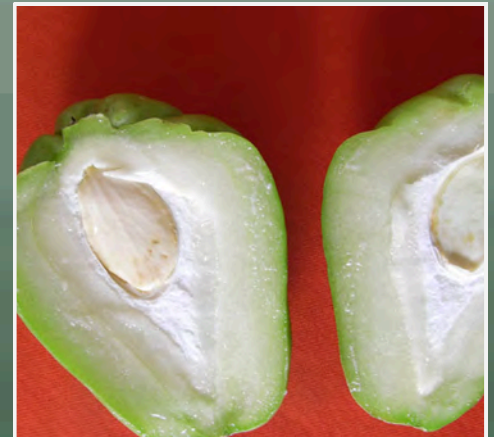
Ipomoea aquatica



Vegetable foods of Ghana



Sweet potato



Choko

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.



Shallots



Okra

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

Vegetables - nutritious and tasty



Smooth loofah



Moringa



Sesbania

Vitamin A value of vegetables

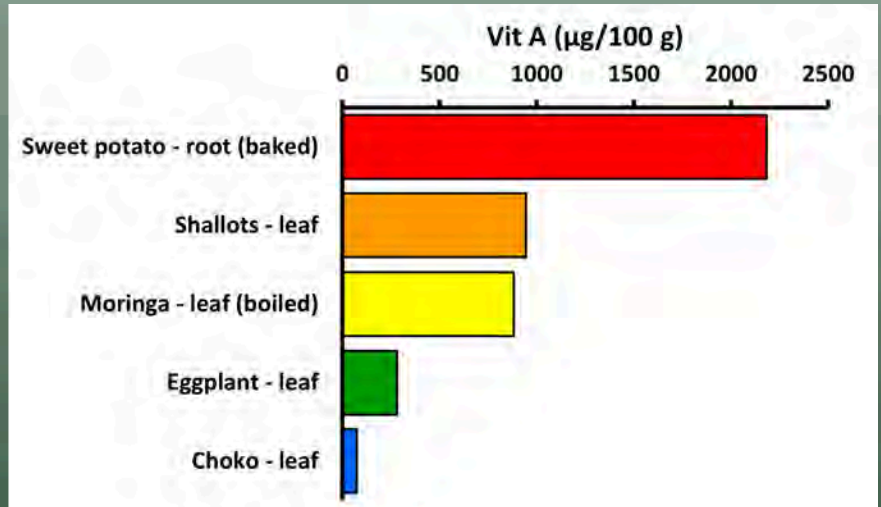
Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

People who are short of vitamin A have trouble seeing at night.

Plants contain a simple form of vitamin A, which our bodies convert to a more useful form.



Sweet potato



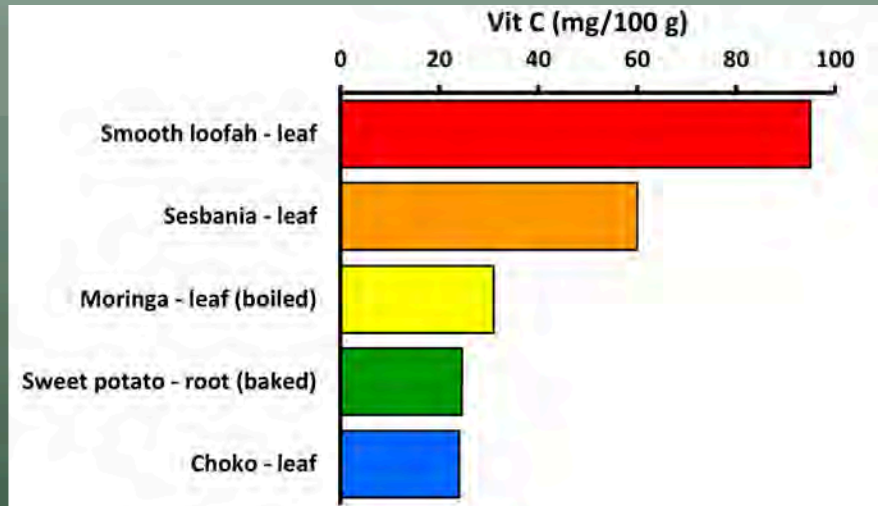
Vitamin C value of vegetables



Smooth loofah

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

Vitamin C also increases our absorption of iron from food.



Sweet potato

Roots are boiled or baked. They can be steamed, fried, mashed or dried.

The chopped and dried roots can be boiled with rice or ground into flour and mixed with wheat flour.

The young leaves are edible.



Ipomoea batatas



Moringa



The young tops and leaves are eaten cooked. They are eaten as potherbs or used in soups and curries.

The leaves can be dried and stored for later use.



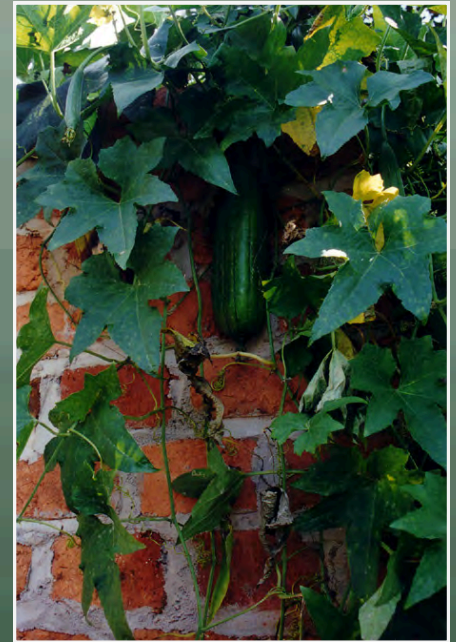
The young seeds are eaten roasted or fried.

*Moringa
oleifera*



Smooth loofah

The young fruit are eaten as a vegetable. They are skinned and have the centre removed. They can also be sliced and dried for later use.



*Luffa
cylindrica*

Sesbania

The leaves and flowers are used as a vegetable.

The young pods are also eaten.

The young leaves are stripped from the stalks and lightly boiled or steamed.



Sesbania grandiflora



Choko



The seeds can be eaten cooked.

The fruit are edible cooked. They can be pickled, baked, steamed, or made into fritters and puddings. The young leaf tips are eaten.



Sechium edule

Acknowledgements



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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>Abelmoschus esculentus</i>	Okra	https://tse3.mm.bing.net/th?id=OIP.dSnO-cA28kw4NFGh9JYtmAHaGr&pid=Api
<i>Amaranthus viridis</i>	Green amaranth	https://c2.staticflickr.com/8/7032/6410387909_045351f52d_b.jpg https://08511630493324166816.googlegroups.com/attach/c9e7481bf151d35/Amaranthus%20viridis.JPG?part=0.1&view=1&vt=ANaJvRF22G-6ojs5ph86Ymq4hxBlMaKiqmvBxgIzg-7SbLio6ciZrYKkYcyf_BulPdf_ZbqCgHubYAICJLYcQWG1d27Dwifg-FGwAMcadI2ykJISkkeQBE https://08511630493324166816.googlegroups.com/attach/bb00f4821cd79b24/DSC00121.jpg?part=0.3&view=1&vt=ANaJvRF6nyodIIANUhgq9oGanjplXUI33aiWzB3mlvfWZDVqtvWmQgfcudHgvwQ7gBg4Hmj01Ra04y9GaTsALxnlFchyPmVk_GNkRwsPR9-jnz6vKO6g9ka
<i>Basella alba</i>	Indian spinach	https://th.bing.com/th/id/OIP.bMv8tv-pvsX04sPX3uzv9wHaHH?w=206&h=199&c=7&r=0&o=5&dpr=1.5&pid=1.7
<i>Celosia trigyna</i>	Silver spinach	https://www.flickr.com/photos/36517976@N06/5063937939/in/photostream/
<i>Sesbania grandiflora</i>	Sesbania	https://s.turbifycdn.com/aah/yhst-13621674513170/100-sesbania-grandiflora-seeds-scarlet-wisteria-hummingbird-tree-seeds-agati-treec-seeds-11.gif

Notes



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