

LEAFY GREENS AND VEGETABLES IN CAMEROON

*PRACTICAL WAYS OF GROWING LOCAL
FOOD PLANTS AND DOING IT WELL*



Rotary



**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 Cameroon



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Hope for a better future (H4BF) cooperative society is a Cameroon youth led non-governmental, apolitical and non-denominational organization formed in 2009. H4BF's mission is to create opportunities for growth and poverty reduction, so as to enhance sustainable development initiatives in the country.

H4BF, in its intervention strategies, seeks key partnership opportunities and networks to shape the evolution of food systems in Cameroon to end poverty and hunger amongst the rural poor, especially vulnerable groups including pregnant women and young children. H4BF adopts verified sustainable innovative agricultural practices with a special focus on climate-smart agriculture and building more inclusive and efficient food value chains. The partnership with Food Plant Solutions boosts the implementation of this key strategy and brings H4BF closer to achieving this goal.

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, "Edible Plants of the World", developed by Tasmanian agricultural scientist Bruce French.

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Cameroon - country of beautiful leafy vegetables

Bitter cucumber



Purslane



Grain amaranth



Vegetable kenaf



Leafy greens - the health foods of the nation

Lotus seed herb



Goat's horn



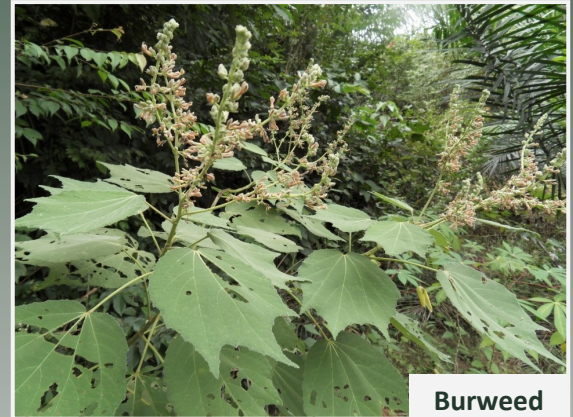
Indian spinach



Catkin blooming



Leafy greens of Cameroon



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

Edible leaves



Taro



Bitter cucumber leaf



Edible hibiscus



Sweet potato



Boabab

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

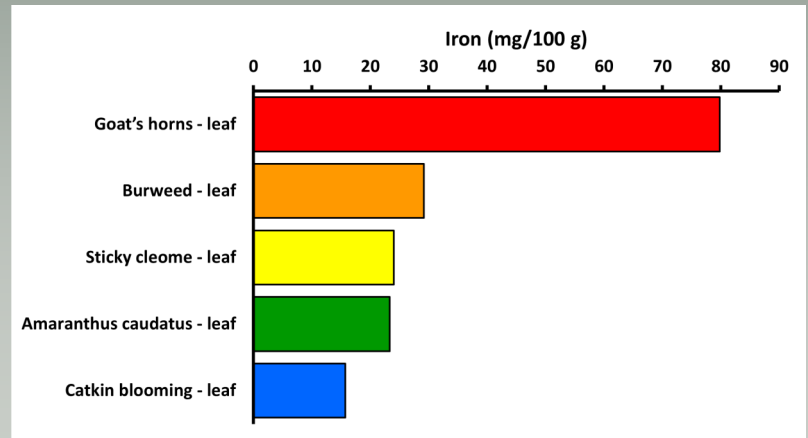
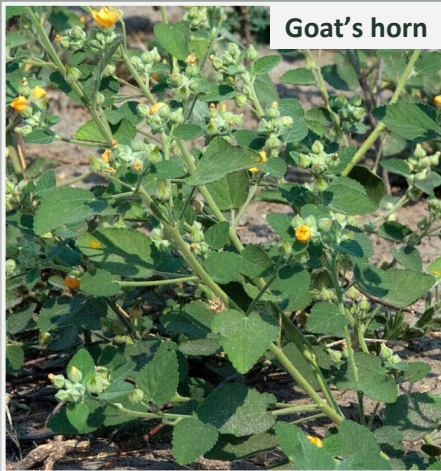
- Many plants have edible leaves.
- Edible leaves are nutritious.
- Normally, all leaves should be cooked to kill bacteria.
- Everybody should eat a fish tin full of dark green leaves every day to stay healthy.
- Some leafy greens can be grown as hedges, in swamps, and around houses to provide a regular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

Green leafy vegetables - Iron content

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

Iron helps oxygen get to our lungs. 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.



Grain amaranth



Amaranthus caudatus

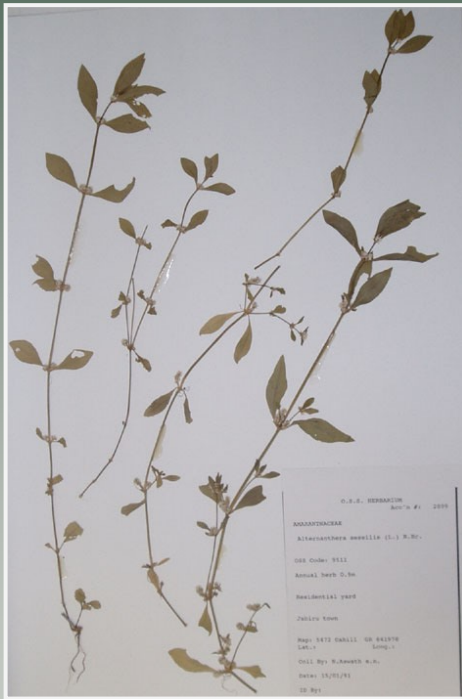
The leaves and young plants are eaten cooked.

Seed can be ground for flour.



Lotus-seed herb

Tender leaves and tips are cooked and eaten



Alternanthera sessilis



Flower-of-an-hour



Hibiscus trionum

The leaves and shoots are eaten cooked.

Seeds can be eaten raw.



Vegetable kenaf



Leaves are eaten cooked and in soups.

Hibiscus cannabinus



Seeds are roasted and eaten.

Catkin blooming

Opilia amentacea



Leaves are cooked and eaten as a vegetable.



The fruit are eaten fresh.

CAUTION— The fruit can irritate the lips and tongue if eaten in large quantities .

Horseradish Tree



**A fast growing
small tree**

Moringa oleifera



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



Leptadenia lancifolia

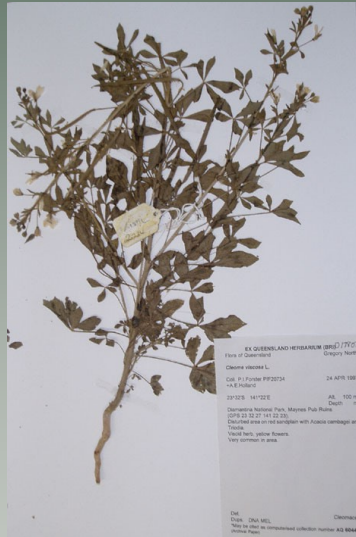


Young leaves are edible after cooking.

Leptadenia lancifolia

Sticky cleome

Leaves are edible when
cooked.



Cleome viscosa

Goat's horn



The leaves are edible when cooked.



Sida cordifolia

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).

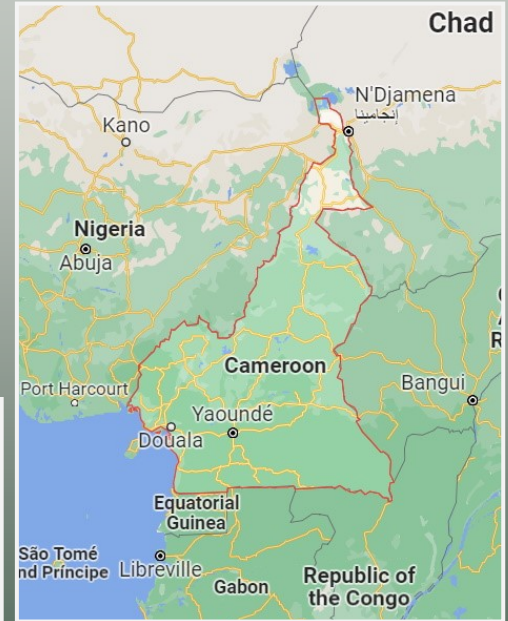
Vegetable foods of Cameroon



Black fungus

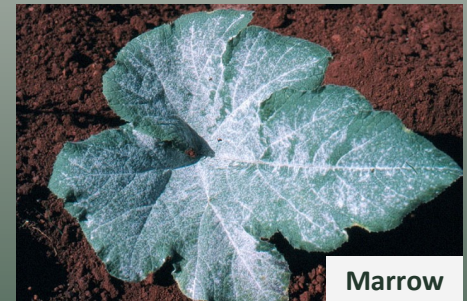


Bitter cucumber



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.



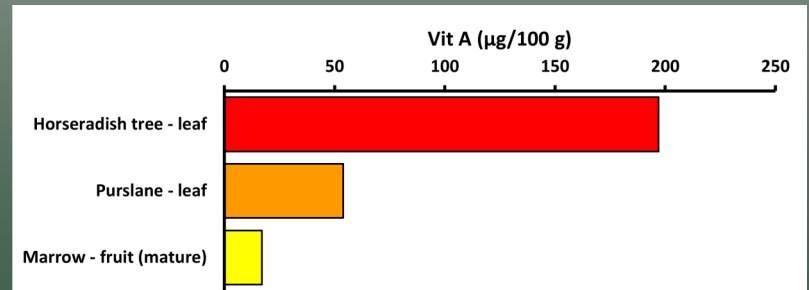
As some vegetables only grow in certain seasons, you should plant a wide range to provide food all year.

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.

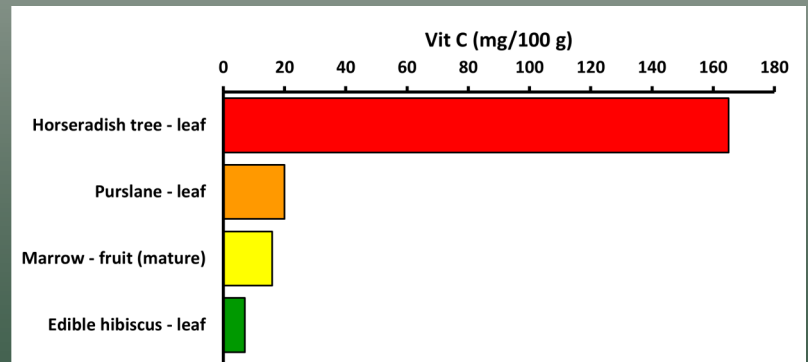
In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.



Vitamin C value of vegetables



Vitamin C is important for helping us to avoid sickness.



Vegetables - nutritious and tasty



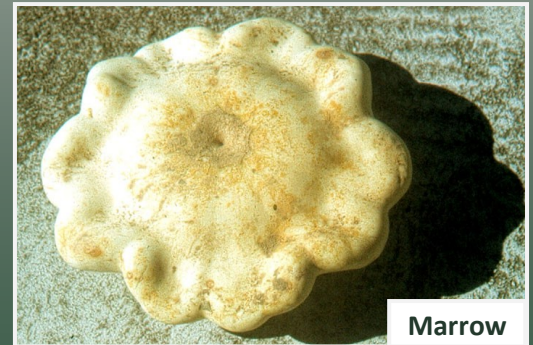
Pigeon pea



Locust bean



Bitter cucumber



Marrow

Edible hibiscus

Young leaves are cooked and eaten. A very nutritious plant.



Abelmoschus manihot

Bitter cucumber



Soaking seeds for 24 hours before planting improves germination.



Momordica charantia



The young, bitter fruit can be boiled, stuffed, fried or pickled.
The leaves are also eaten.

Pigeon pea

Young leaves, shoots and pods are eaten.



Cajanus cajan



Bullrush millet



The seeds are eaten like rice.

Pennisetum glaucum

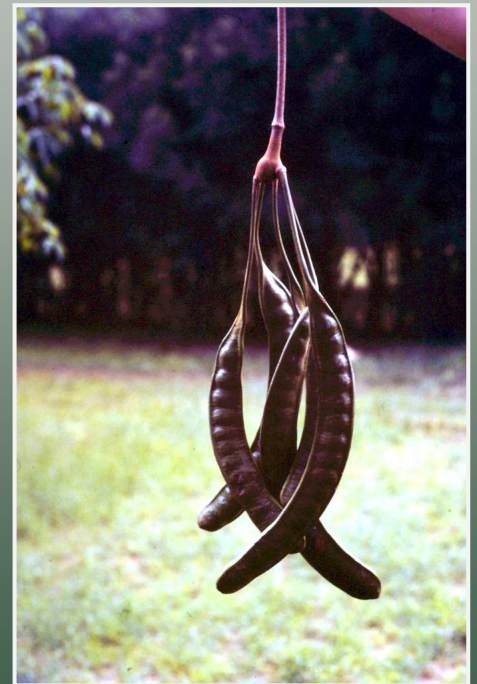


African locust bean

The seeds are boiled, fermented and then eaten.



Parkia filicoidea



Purslane

The stems and leaves are cooked and eaten.

Seeds can be sprouted and eaten.



Portulaca oleracea

Pumpkin



Young leaf tips are eaten cooked.



Fruit can be eaten boiled,
mashed, fried, roasted.

Seeds are edible raw and
roasted.

Cucurbita maxima

Acknowledgements



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