

Food from Africa's farms . . .



MATOKE

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MATOKE

WHAT IS MATOKE?

Matoke is the fruit of a variety of starchy banana which is harvested green and then cooked and often mashed or pounded into a meal.

HOW IS IT GROWN?

Matoke is often grown in the same plot of land as trees.

NUTRITION FACTS:

Matoke is rich in vitamin C, B6, minerals and dietary fibre.

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CASSAVA

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WHAT IS CASSAVA?

Cassava is a nutty-flavoured tuber plant, eaten cooked or pounded into flour.

HOW IS IT GROWN?

Cassava can be grown in marginal soil all around the seasons, making it a staple crop for many poor rural farmers in Africa.

NUTRITION FACTS:

This starch-rich food is the third source of carbohydrates in the tropics.

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YAM

WHAT IS YAM?

Often mistaken for sweet potatoes, yam are cylindrical in shape with dark skin and white, purple or reddish flesh.

HOW IS IT GROWN?

Yam is grown on free draining, sandy and fertile soil.

NUTRITION FACTS:

Yams contain vitamin C, fibre, potassium, manganese, B vitamins, and a long line of other minerals like riboflavin, potassium, iron, and manganese.

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PLANTAIN

WHAT IS PLANTAIN?

Similar to the common banana, plantain is mostly eaten cooked.

HOW IS IT GROWN?

As plantain fruits all year round, it is a reliable staple food, particularly among developing African countries with inadequate food storage capacities.

NUTRITION FACTS:

Plantain contains more starch and less sugar than common bananas. It is high in carbohydrates and provides vitamins A, B6 and C.

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OKRA

WHAT IS OKRA?

Okra is a nutritious flowering plant originating from Central Africa. Locally, it is valued for its edible green seed pods. It is usually sliced and eaten raw (in salads) or cooked.

HOW IS IT GROWN?

Okra grows in tropical and warm temperate regions. It takes about 60 days to get ready-to-harvest fruits.

NUTRITION FACTS:

Okra is among the very low-calories vegetables. It is rich in vitamins A, C and provides calcium and magnesium.

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BITTER MELON

WHAT IS BITTER MELON?

Bitter melon is a unique vegetable-fruit that can be used as food or medicine. It is considered the most bitter among all fruits and vegetables.

HOW IS IT GROWN?

This plant thrives in heat, and as summer temperatures rise, vines grow quickly.

NUTRITION FACTS:

Bitter melon is high in iron, potassium, calcium, fibre, phosphorous, and Vitamins C, B1, B2, and B3. A range of health benefits are also derived by including it in your diet, including its ability to help manage diabetes.

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WILD POTATO

WHAT ARE WILD POTATOES?

Wild potato species are smaller than common potatoes and come in a variety of shapes and colours.

HOW IS IT GROWN?

They grow in diverse soils and climates, from the dry deserts to altitudes of 4,200 meters above sea level.

NUTRITION FACTS:

The wild potato is made up of starch, protein, vitamins, and minerals.

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SWEET POTATO

WHAT ARE SWEET POTATOES?

Sweet potato is only distantly related to the common potato and is often confused with yam. It is a starchy, sweet-tasting root vegetable.

HOW IS IT GROWN?

Although nutritious, sweet potato is a difficult crop to grow as it is very sensitive to droughts and water-logging.

NUTRITION FACTS:

Sweet potato is extremely high in vitamin A and is also a good source of rich in carbohydrates, fibre, vitamins B5 and B6.

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GROUNDNUTS

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WHAT ARE GROUNDNUTS?

Also known as peanuts, groundnuts are a grain legume. Groundnuts can be eaten raw or processed into oil or flour.

HOW IS IT GROWN?

Groundnuts grow well in tropical and sub-tropical conditions. They improve soil fertility, making it a valuable crop for smallholder farmers owning poor soil.

NUTRITION FACTS:

Groundnuts are full of good fats, several B vitamins and vitamin E.

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MAIZE

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MAIZE

WHAT IS MAIZE?

Maize is the most important cereal crop in sub-Saharan Africa. In Africa, it is often cooked as a porridge or smashed like potatoes.

HOW IS IT GROWN?

In tropical conditions, such as in sub-Saharan Africa, maize can be cultivated all year round as it grows quickly under the sun. However, it requires a well-drained soil.

NUTRITION FACTS:

Maize is high in calories and is an excellent source of vitamin B, iron and other minerals.

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MUNG BEANS

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Also known as green grams, mung beans are a legume. They are usually eaten boiled or processed as a mash or paste.

HOW IS IT GROWN?

Originally found in the Middle East, mung beans are now grown across Asia and some parts of Africa.

NUTRITION FACTS:

High in fiber, they're packed with magnesium, potassium and vitamin B6.

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MILLET

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WHAT IS MILLET?

Millet is a cereal crop. Just like rice, it is eaten cooked and served with vegetables or meat. It can also be cooked into porridge.

HOW IS IT GROWN?

Millet grows well in the semi-arid regions of Africa and Asia and resists quite well to droughts. It has been consumed by humans for at least 7,000 years. Today, 97% of the millet is produced in developing countries.

NUTRITION FACTS:

Millet has similar nutrition content as other major cereal crops and is high in proteins.

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