

Common and <i>Scientific name</i> <i>local names</i>	Pet name and description	Where most prevalent	Growth characteristics	How consumed, nutrient value, other uses	Science and Research
<b>African Eggplant</b> ( <i>Solanum aethiopicum</i> ) Other names: garden egg, mock tomato, ngogwe, and nyanya chungu	The Fruit That's Enjoyed as a Vegetable	Sub-Saharan Africa	Resistant to molds, mildews and certain soil-borne pathogens drought resistant, grows in humid areas.	As vegetable, eaten raw or cooked into stews and sauces. Over 90% water, rich in Vitamin B, and C; beta carotene, calcium, Iron and potassium.	World Vegetable Centre Scientist develop new variety, DB3, in Tanzania.  Potential Research: Food security across Africa.
<b>Bambara bean</b> ( <i>Vigna subterranea</i> ) Nyimo	A Native Solution to Africa's Food Crisis?	Mali, Nigeria, Zimbabwe Burkina Faso, Cameroon	Hardy plant, withstands high temperatures and dry conditions	Seeds prepared in various ways and bended into many African dishes. Also oil extracted from seeds. High in protein particularly methionine. High concentration of soluble fibres. Excellent nutritional balance.	US National Academy of Sciences  Potential Research: Soluble fibres in reducing heart disease and cancer. Cash crop value for farmers. Role in fighting hunger.
<b>Baobab</b> ( <i>Adansonia digitata</i> ) Kunde, black-eyed pea	Mother of the Sahel	Mainland continental Africa - from Senegal to South Africa, Madagascar	Grow as solitary individuals resilient and "Immortal" known to last for 2000 years	leaves, fruit, and seeds, all edible ground leaves (soups, condiment and sauces) high in protein and contain essential amino acids. High in Vitamin A and C Source of water	Sarah Venter, baobab specialist University of Witwatersrand Dating age of trees Potential Research: Nutrition and Poverty-relief: food security role.
<b>Cowpea</b> ( <i>Vigna unguiculata</i> ) black-eyed pea/bean, kunde	The Little Legume that Could	Central Africa Sahel desert second most widely grown legume in Africa (peanut is first)	Extremely drought resistant adapted to/grows in poor soil, tolerates sandy soil and low rainfall.	Leaves/young pods eaten as vegetables, seeds consumed as side dish, made into sources, ground and baked or deep-fried or steamed as cakes. Cowpea meal used for puddings, porridges and soups. Stems and leaves used as livestock feed. Source of protein, rich in oil and digestive carbohydrates.	Difficult to store after harvest. Purdue University developed storage bag ( Purdue improved Cowpea Storage - PICS) Potential Research: Physiology of digestion and absorption of other staples (rice, maize and cassava)
<b>Dika</b> ( <i>Irvingia gabonensis/ Irvingia wombolu</i> )	West Africa's Most Eligible Wild Tree	West africa	slow---maturing plant takes 10-15 years to mature.	fruit enjoyed fresh or made into jelly, jam or juice. Seed/kernels eaten raw, roasted or more commonly processed into butter or cooking oil. Also spicy soup.	Tree takes 10-15 years to bear fruit. Potential Research: Breeding and developing a faster growing tree.
<b>Egusi</b> ( <i>Citrullus colocynthis</i> )	The Miracle Melon	Native to West Africa Grows everywhere in Africa	Grows everywhere; humid gullies, dry svannahs, tropical highlands. Resilient to pests and diseases.	Seed is the delicacy: 50% edible oil and 30% protein. Seeds as snack after shelling. Soaked, fermented and boiled seeds added to flavour and thicken soups and stews. Baby food/formula after blending seed with honey.	Potential Research: Baby formula and baby food preparation from the egusi seed
<b>Enset</b> ( <i>Ensete ventricosum</i> )	Tree Against Hunger	Ethiopia		Staple food in Ethiopia for 5000 years. Starchy stem pulp fermented with yeast to make porridge or bread. Corm, the below ground portion is boiled and eaten like potato. High in calories but low in nutrients.	Little research done. Potential Research: Biotechnology techniques to improve nutrient content in pulp and corm.
<b>Finger Millet</b> ( <i>Eleusine coracana</i> )	A Once and Future Staple	East Africa, North Africa Native to Uganda and Ethiopia	Grows in dry arid lands. Can lay domant for weeks and springs to life once the rains falls. Harvest - ready in 45 days! Resistant to rot and insects and when stored dry, keeps good for five years.	One of the most nutritious major cereal crops worldwide. Floor used to make porridge, bread malt, animal feed, popped millet(popcorn-like), flatbread, liquor and beer. High in starch and considered to be superior to wheat because proteins are easier to digest. Has third highest iron content of any grain after amaranth and quinoa. High in methionine, an amino acid lacking in many staples of the poor.	Neglected by policy makers who regard it as it as "poor man's crop" and ignored by the scientific community in research. Potential Research: Model Crop for studying physiology of nutrient capture and concentration and hence develop biotech techniques for introducing desirable traits into less endowed crops.
<b>Fonio</b> ( <i>Digitaria exilis and Digitaria iburuia</i> )	Africa's Oldest Cereal Needs More Attention "the seed of the universe," "grain of life", "hungry rice"	Mali, Lake Chad to Senegal ans Guines	High adaptability to regional soils and climate. plant can tolerate poor soils. Can grow in acidic soils. Among worlds fast maturing cereals. Produces grain in six to eight weeks.	High nutritional value. One of the most nutritious of all grains. Rich in important amino acids not found in wheat, rice maize or sorghum. Especially methionine and cystine which help in protein synthesis. Low sugar contents makes it ideal in diabetes and diet programs nutrition. Cooked fonio similar to couscous. Used to make porridge or gruel. Frequently served at religious or traditional ceremonies. Used for brewing traditional beer. Plants grain chaff, and straw used as fodder for domestic animals.	Neglected by policy makers and ignored by the scientific community Potential Research: Model Crop for studying the physiology of nutrient capture and concentration and hence develop biotech techniques for introducing desirable traits into less desirable traits. Studying and developing better farming, processing and marketing.
<b>Lablab</b> ( <i>Lablab purpureus subsp. bengalensis Lablab purpureus subsp. Purpureus</i> ) hyacinth bean, lablab-bean, bonavist bean/pea bataw, Egyptian kidney bean,	The Bountiful, Beautiful Legume	Native to sub---Saharan Africa	From humid lowland areas to dry highlands. Easy to plant and easy to care for. Restores nitrogen to soil, helps repair and restore degraded farm land.	Pods, seeds, and leaves, all edible. Young pods eaten like green beans or snow peas. Dry seeds can be poisonous. Leaves can be eaten whole or made into seasoning herbs. High protein content and excellent source of iron. Contain good balance of amino acids. Seeds often boiled with maize, ground and fried or added to soups. Because it grows quickly providing high yield it is ideal as grazing crop for cattle, sheep, goats etc. Used to form hedges and decorate fences etc.	Neglected by policy makers and ignored by the scientific community Potential Research: Model plant for studying plant ecogenetics for soil repair and restoration.
<b>Locust Bean</b> ( <i>Parkia biglobosa</i> )	An Answer to Africa's Greatest Needs in One Tree	Savannah regions of Africa from Senegal to Uganda	Extremely hardy; grows in a wide range of soils. Survives fires. Thrives in semi-arid tropical climates. Resistant to pests and disease. can grow to more than 20 meters tall. Long pods grow as long as forearm.	Fruit - long pod that contains seeds and a sweet pulp. Sugary pulp eaten raw, children love it, can be mixed with water as a drink; keeps well for days, so popular with travellers. Seeds got real and balanced nutritional value; rich in protein, starch, fat fiber, and sugar. Fermented seed extract used as condiment in soups. Popular so important commercial item and economic activity for women. Other importance: value d as shelter, shade and for soil improvement.	Little research. Potential Research: Horticulture approaches to farm wild tree studies. Studies to improve use of tree as shelter and shade. Studies on soil enrichment bydomestic animals.
<b>Marama</b> ( <i>Tylosema esculentum</i> ) gembok bean	The Green Gold of Africa "magic" marama.	Southern Africa Native to the Kalahari desert of Botswana, Namibia and South Africa.	Grows in dry and low-moisture soils. High drought tolerance. Thrives in poor-quality sandy soils of the desert. Withstands blistering summer temperatures.	High nutritional value. Tubers and grain are high in protein and amino acid content. High in oil content. Bean can be made into flour. Seeds can be boiled or ground. Seeds processed into marama milk which is high in sodium and iron.	Fairly well researched.  Potential Research: Use in battling desertification and protection of soil from erosion. Management techniques for plant planting, improvement and harvest. Projects for food security studies; alleviating rural poverty and malnutrition in drought-prone areas
<b>Marula</b> ( <i>Sclerocarya birrea</i> ) mukundi,	Food, Function, and Sustainable Development	Sub-Saharan Africa from Cape Verde to South Africa	Drought resistant; grows in low altitudes and open woodlands. Can tolerate hostile environments. thrives in hot, dry climates, tolerates saline water; thrives even in droughts. Have few pests or diseases. Excellent in combating deforestation and desertification.	Rich in vitamin C. Nut core is protein rich. Fruit can be eaten raw, most processed into jellies or beverages. Kernel eaten raw or roasted, is highly nutritious and rich in antioxidant. Contains calcium, magnesium, phosphorus and potassium. Nut is 60% oil. Oil and bark have some medicinal properties. Used in brewing local beer, wine and cream liqueur, properties. Used in brewing local beer, wine and Marula tree is protected in South Africa.	Considerable research in South Africa. Research Potential: Experimentation with wider promotion of cultivation of marula tree throughout Africa. Human and animal food security impact studies.
<b>Monkey Orange</b> ( <i>Strychnos spinosa</i> )	Mouthwatering Potential "supermarket on a trunk,"	Tropical and Subtropical Africa	Grows in arid and semi-arid areas and in poor rocky soils. Fruit is resistant to fungi and fruit flies	Bears abundant fruit, Sells well and has high market demand. Rich in vitamin B and C. Fruit is traditionally eaten raw or made into jam, juice, or fruit wine. Medicinal value. Trees are a source of shade and erosion protection. Wood used for firewood, tool handles and building poles.	Some research into medicinal properties and general characterization. Research Potential: Domestication and organized cultivation research. Food security research.
<b>Moringa</b> ( <i>Moringa oleifera</i> )	The Giving Tree	All Africa	Grows mainly in semiarid and tropical, and subtropical areas. tolerates a wide range of soil conditions but prefers a neutral to acidic well-drained sandy or loamy soil. Sun- and heat-loving plant.	One of Earth's most valuable plants. Reliable source of diverse foods. Four different edible parts:pods, leaves, seeds, and roots. Green bean-like pods most nutritious; provides good balance of amino acids and minerals and high content of vitamin C. Leaves boiled and eaten like spinach. Leaves rich in Vitamin A and C, iron and calcium. Seeds are boiled and eaten like fresh or fried and eaten like peanuts. Seed oil used for cooking, medicinal, lamp fuel and in soaps. Soft roots are high oin protein content and used as condiment. Innovative uses in treating water and waste water Wood is clean source of fuel.	Research at Leicester University in the UK re: water purification. Research Potential: Agroforestry and mixed cropping studies.
<b>Pigeonpea</b> ( <i>Cajanus cajan</i> )	A Little Crop That's Come a Long Way	Eastern, Southern and Western Africa	Very drought-resistant Grows in areas with less than 650 mm annual rainfall. warm semi--arid and sub--humid tropics. Tolerates poor soils. Nitrogen fixing legume.	Grain contains 20% protein. leaves, flowers, seed pods, and peas all provide nutritious animal fodder. Growth in combination with other pasture plants creates a highly fertile, productive and durable livestock feeding system.	Recent groundbreaking research; high nutritional value, versatility and productivity makes it ideal for food security. The pigeon pea is the first seed legume plant to have its complete genome sequenced. Study by IIPG led by ICRISAT.* Potential Research: Studies to assess use in soil quality improvement. Studies on the ecology of plant self-propagation *ICRISAT = Indian Council of Agricultural Research. IIPG = International Initiative for Pigeon Genomics.
<b>Potato</b> ( <i>Solenostemon rotundifolius, Plectranthus esculentus</i> ) Hausa potato, Zulu potato, fabourama frafra potato Livingstone potato or Madagascar potato Native or country potato	Potahto, Not related to the common potato, cassava, yam or sweet potato.	All Africa	Perennial herbaceous Resilient to many pests and diseases	High in protein, excellent source of calcium, vitamin A and iron.  Extremely versatile; can be boiled, roasted, baked or fried - ground into flour, dried and stored for later use. One of the most nutritionally complete staple crops.	Little research. Research from Burkina Faso about genetic variability of plant. Research Potential: Biotech technics for genetic modification of plant.
<b>Safou</b> ( <i>Dacryodes edulis</i> )	The "Butterfruit	West and Central Africa	Shady humid, tropical forests Adapts well to variations in soil type, humidity, temperature and day length	Rich and oily pulp Eaten as fresh fruit between meals or cooked as a main course. Cooked pulp often combined with starchy foods such as maize to make a main course. Cooking longer extracts oil primarily of unsaturated fats. Rich in lysine and leucine, micronutrients and the minerals calcium, potassium Other uses; wood used for tool handles, bark resin for making glue. Resin, leaves and roots are used for medicinal purposes.	Researchers and nonprofit groups studied usefulness as important food. The World Agroforestry Center promotes safou in agroforestry. International Centre for underutilised crops searching for high value variety.  Research Potential: Research to domesticate tree for commercial production.
<b>Sorghum</b> ( <i>Sorghum bicolor</i> ) Also known as great millet, durra, jowari, or milo	Rise to Prominence	Egypt, Horn of Africa, East Africa	Drought resistant. Withstands water-logging from heavy rain. grow in both temperate and tropical zones. Thrives in many marginal and difficult croplands . wide range of temperatures, high altitudes and toxic soils.	One of the world's major food crops. Only rice, maize, wheat, and potatoes play a larger role. Versatile crop. It can be cooked like rice, made into porridge, malted for beer, baked into flatbreads and popped like popcorn. Plant often used as hay. Stems used for for buildings, fences, and firewood. Seeds used as livestock feed. Kernel is about 70% carbohydrate and 12% protein. Rich in vitamin B. Grain popular ingredient for beer, instant porridge, vegetable oil, adhesives, waxes, and dyes	For all of its prominence, ont supported by policymakers and scientific research. Ethiopian agronomist Gebisa Ejeta developed drought resistant hybrids.  Research Potential: Research to develop improved varieties.
<b>Teff</b> ( <i>Eragrostis tef</i> ) Also known as "lovergrass" and "mil éthiopien."	A grain with many reasons to grow	Northeastern Africa.	Grows very well under very difficult conditions sugc as unpredictable rainfall. Generally unaffected by pests and disease.	Rich in nutrients; contains eight amino acids and a great source of carbohydrates and fiber. calcium, phosphorus, magnesium, aluminum, iron, aluminum, copper, zinc, boron, barium and thiamin Consumed as a homemade fermented beverage as a gruel and as a sweet and dry unleavened bread. Made into flour and and cooked into injera, a flat, spongy, slightly sour bread that is consumed with most meals. Also used as a construction material and used as livestock fodder. Popular with "foodies and people with gluten allergies.	Studied considerably. US National Research Council studies. Research Potential: Studies into potential for wide use to improve nutrition and boost food security.