

RECIPE BOOK



Preparation of Neglected and Underutilised Species



Eastern and Southern Africa
Small Scale Farmers' Forum
ESAFF - UGANDA

SD
HS
Sowing
Diversity =
Harvesting
Security



OXFAM

ESAFF Uganda printed this publication under the Sowing Diversity equals Harvesting Security (SD-HS) Program with financial support from Oxfam in Uganda.

The contents of this publication are the responsibility of ESAFF Uganda and not of our development partners.

Compilations: This book was compiled by; Adem Andrew, Kalinaki Naume and Namatovu Rashidah

Editors: Adrine Atwine, Rashida kabanda, Nancy Mugimba, David Oming, Bagaga Ronald and Laurine Musoki

Photo credits: All the photos used in this book are copy-righted, unless otherwise stated.

Correct Citation: ESAFF Uganda (2022). RECIPE BOOK Preparation of Neglected and Underutilised Species.

For enquiries, please email: coordinator@esaffuganda.org

More ESAFF Uganda information products are available on the ESAFF Uganda website (<https://esaffuganda.org>)

TABLE OF

CONTENTS

i

ACKNOWLEDGMENTS

1

ABOUT THE NEGLECTED AND UNDERUTILISED
SPECIES (NUS) RECIPE BOOK

2

MAIN MEALS

23

SNACKS

27

FRUITS AND HERBS

34

CONCLUSION

Acknowledgments

The successful development of this publication has been a result of collective efforts from various small-scale farmers who provided case studies for documentation. Sincere appreciation goes to the small-scale farmers of Apac, Adjumani, and Amuria districts for sharing their knowledge and experience on the management and utilization of local food plant diversity. These also played a big role in demonstrating the preparation process of the different local food plants shared in this book.

ESAFF Uganda would like to acknowledge Oxfam in Uganda for funding the development and publication of this book through the Sowing Diversity equals Harvesting security (SD=HS) program.

ESAFF Uganda also appreciates the staff and different stakeholders i.e Nutritionists, Agriculture extensions workers who devoted their time and resources toward the process of reviewing, editing, and production of this recipe book.

About the **RECIPE BOOK**

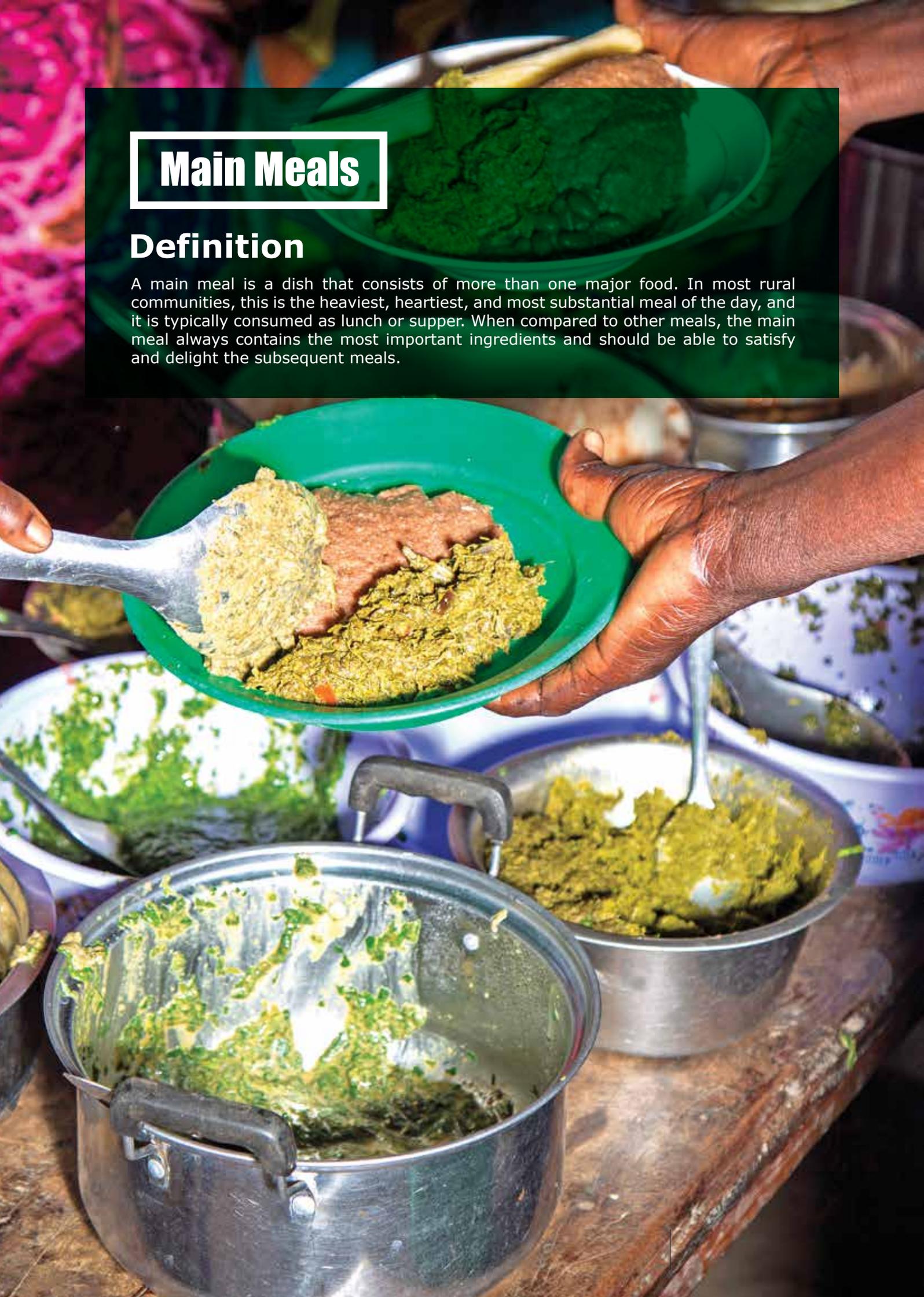
Preparation of Neglected and Underutilised Species

Neglected and Underutilised Species (NUS) sometimes referred to as "**local food plants**" or "**Orphan crops**" are those to which little attention is paid or which are entirely ignored by agricultural researchers, plant breeders and policymakers. Typically, NUS are not traded as commodities. They are wild or semi-domesticated varieties and non-timber forest species adapted to particular, often quite local, environments. Many of these varieties and species, along with a wealth of traditional knowledge about their cultivation and use, are being lost at an alarming rate. The NUS present tremendous opportunities for fighting hunger, poverty and malnutrition which are the major challenges faced by small-scale farmers especially women and youth in rural communities.

To address the food and nutrition challenges, ESAFF Uganda with financial support from Oxfam in Uganda are empowering small-scale farmers especially women and youth strengthen their coping strategies during the hunger period through improved utilization of neglected and underutilized species using the Farmer Field School approach. The program is implemented in Acholi, Teso, Lango and West Nile regions. Within these regions just like the rest of the country, there is diverse nutritious local foods plant that can be used to combat hunger and malnutrition though these are neglected by the communities due to cultural norms, beliefs or simply the negative attitude of people due to lack of knowledge of their benefits, especially on their preparation and utilization among the young generations.

It is in regard to this backdrop that ESAFF Uganda developed this recipe book to elaborate on the usage and preparation of the local food plants in mention. These methods not only retain the nutritional composition of the food plants but also enhance their taste and depict their medicinal and nutritional value.

The recipes in this book have been generated from West Nile-Madi, Lango and Teso sub-region of Uganda where ESAFF Uganda is implementing the Sowing Diversity equals Harvesting Security (SD-HS) program. The Primary objective of the program is to empower Smallholder farmers especially women and youths enjoy their Farmers' Rights and have the capacity to access, develop and use plant genetic resources to improve their food and nutrition security under conditions of climate change by 2022. A concrete study was conducted where local community leaders and elders, women, youth, and men representatives from the respective communities were engaged and consulted about the local food plants within their communities including the NUS. Therefore, this recipe book shows how different foods are prepared for both nutritional and medicinal purposes, in addition to the nutrient composition of each crop in the mentioned regions. This recipe book is intended to benefit small-scale farmers and the world at large in improving the biodiversity conservation and nutrition status through exploring the various cooking procedures, importance and usage of the different local food plants explained herein.



Main Meals

Definition

A main meal is a dish that consists of more than one major food. In most rural communities, this is the heaviest, heartiest, and most substantial meal of the day, and it is typically consumed as lunch or supper. When compared to other meals, the main meal always contains the most important ingredients and should be able to satisfy and delight the subsequent meals.

OKRA - English

Otigo - Lango

Etigo - Ateso

Orobi - Madi

Okra is a domesticated local food plant commonly known as Bamia in the central region. Okra is mainly consumed in the West Nile, and Lango sub regions of Uganda. The crop has a slippery texture and is normally used to reduce the roughness of other vegetables. The crop is rich in potassium, Vitamin B, C, Folic Acid, and Calcium, in some regions; it is used by mothers as it is believed to ease the process of giving birth and strengthening bones among the children and the elderly, other than that it is also used to ease digestion.

Edible Parts; Leaves and Fruits.



Ingredients

- 2 cups full of Otigo/Okra leaves
- 1 cup of boo (optional)
- 1 ½ cups of water
- ½ Tablespoon of salt
- ½ Cup of simsim/groundnut paste (depends on the thickness one desires)
- Dried meat, Mushrooms, or dried Fish.

Method 1

Procedure

1. Clean okra leaves and finely chop them.
2. Add the finely chopped okra into a clean pan
3. Add water, 1 ½ cups
4. Add salt
5. Let it boil for 8 minutes
6. Add simsim/groundnut paste and boil for 10 -15 minutes
7. Serve as a side dish or with any desired food.

Method 2

Procedure

1. Place the roasted meat in a clean pan and add clean water
2. Let it boil for about 30 minutes (to soften the meat)
3. Reserve the content aside
4. Put okra leaves into a clean pan and let it boil for 8 minutes,
5. Add simsim paste
6. Let it boil for 8 minutes
7. Add the boiled meat/ dry fish into the mixture and let it cook on medium-low heat for 15-20 minutes.
8. Serve with any desired food

Repeat the procedure for mushrooms, dried fish adjusting the time accordingly.

Amaranths - English

ABUGA - Lango

Ebuga - Teso

Onvoko- Madi

This crop is mainly found in the Lango Sub-region and is rich in dietary fiber and minerals like calcium, potassium, iron, and zinc among others. It is believed that the crop reduces the signs of aging and heart disease. The crop is dried for preservation and consumed during periods of scarcity.

Edible Parts; Stems and Leaves.



Ingredients

- 2 cups of finely chopped Abuga leaves
- ½ tablespoon of salt
- ½ cup of simsim paste
- 1 cup of clean water
- 1 full onion
- 2 tomatoes
- 1 tablespoonful of Cooking oil (optional)

Method 1

Procedure

1. Add the finely chopped Abuga leaves into a clean saucepan
2. Put the content to boil on medium heat
3. Add salt to taste and let it boil for 8 minutes
4. Add simsim paste and let it boil for 10 minutes

This can be served with any food or as a side dish

Method 2

Procedure

1. Add clean Abuga leaves into a clean pan and place on medium heat
2. Add finely sliced onions and tomatoes into the content
3. Cover the content and let it steam for 5- 10 minutes
4. Add a little cooking oil and let it simmer for 4 minutes (optional)

Serve alongside other foods.

Black Sesame - English

AMOLA – Lango

Ebalo - Teso

Enuga - Madi

The crop represents the culture and is normally served on traditional functions like marriages. The crop is semi-wild and usually available in December; it can also be dried and pounded for preservation and utilization during a scarcity period. The crop is ground to make a powder that is processed into round pieces.

Edible Parts; Seeds.



Ingredients

- Ground Amola pieces
- ½ tablespoon of salt
- 1 ½ cups of clean water

Method

Procedure

1. Add the Amola pieces into a clean pan with 2 cups of water
2. Let it boil for 10 minutes
3. Add ½ tablespoon of salt
4. Add ½ cup of simsim/groundnut paste
5. Let it boil for 15 minutes
6. Serve as desired

Pumpkin Leaves - English

Acwica - Lango

Akwi Esujo - Teso

Ijubi - Madi

The plant is cultivated at home but can also survive in the wild, and is available throughout the year. Due to the rough texture of the leaves, these are always mixed with groundnuts/ simsim paste to minimise the roughness. The crop is a rich source of fiber that is necessary for promoting bowel movement, smooth digestion, and reducing the risk of colon cancer. The crop also contains vitamins such as Vitamin A, C, E, B-6, Potassium, phosphorus, Magnesium, etc.

Edible Parts; Leaves, Flowers and Fruits



Ingredients

- 2 cups of Acwica leaves
- ½ tablespoon of salt
- 2 cups of water
- ½ a cup of simsim paste

Method

Procedure

1. Add Acwica leaves into a clean pan
2. Add water and salt
3. Let it boil for 8 minutes
4. Add simsim paste and boil for 10 minutes.
(This helps to reduce the roughness of the leaves)

Serve as desired

Green Shrimp Plant - English

Acwe Wang-gweno - Lango

This is a wild energy-giving food that strengthens the bones. In fact, during traditional fights usually arranged during festivities in communities, one who ate Acwe wang-gweno prior to the fight was believed to be twice stronger than the opponent. The crops are commonly used in the Lango region and are available throughout the year hence its contribution to food and nutrition security.

Edible Part; Leaves.



Ingredients

- 2 cups of Acwe wang-gweno
- 1 ½ cups of water
- ½ tablespoon of salt
- ½ a cup of simsim paste

Method

1. Add clean Acwe wang-gweno leaves into a clean saucepan with water
2. Place the content on fire and let it boil for 10 minutes
3. Add salt to taste
4. Add simsim paste and let the mixture boil for 10-15 minutes

Once the mixture is ready, serve as desired.

Green Grams - English

Sorogo - Lango

Ecoroko – Teso

Coroko - Madi

Edible Part; Seeds



This is a plant species in the Legume family and is known for its high composition of nutrients. The grains are prepared by cooking or milling and eaten whole or split. The seeds are pounded and used as an ingredient in many vegetables, porridge, bread among others.

Ingredients

- 2 cups of Sorogo
- ½ tablespoon of salt
- 2 liters of clean water

Method 1

1. Add the Sorogo peas into a pan
2. Add salt to taste.
3. Add water and put to boil for 45 minutes to 1 hour.
4. Once the Sorogo is ready, add simsim paste and let it cook for 10 minutes.
5. Serve as desired.

Method 2

1. Add the broken Sorogo pieces into a clean saucepan
2. Add a table spoon of salt (depends on the quantity of the content)
3. Add tomatoes, onions (optional)
4. Add water and put it to boil for 30-45 minutes
5. Serve as desired

Indian Sorrel - English

Malakwang – Lango

Emalakany – Teso

Kalabi - Madi

This is a domesticated crop available throughout the year, the leaves are more available in the wet seasons and the seeds between September and December. The leaves are very nutritious and are used by breastfeeding mothers as it helps in boosting the production of breast milk. Its sour taste is attributed to medicinal purposes, especially in Northern Uganda.

Edible Parts; Leaves and Seeds



Ingredients

- Clean Amalakwang leaves
- Simsim/groundnut paste
- 2 Cups water
- ½ Tablespoon of salt

Method 1 Procedure

1. Place the leaves into a clean pan
2. Add water and let it boil covered for 10 minutes.
3. Add salt to taste
4. Drain the water and set it aside as you will need it to get the original sour taste of Amalakwang.
5. Add simsim or groundnut paste into the cooked Amalakwang and blend well.
6. Add the reserved water and cook for 10-15 minutes.
7. Serve as desired

Method 2 Procedure

1. Place the leaves into a clean pan
2. Add water and let it boil covered for 10 minutes.
3. Add salt to taste
4. Drain the water and set it aside as you will need it to get the original sour taste of Amalakwang.
5. Add dried boiled fish/meat and let it boil for 10 minutes to enable the taste to sink into the content.
6. Add simsim or groundnut paste into the mixture and blend well.
7. Add the reserved water and cook for 10-15 minutes
8. Serve as desired

Cow Peas Leaves - English

Osobi - West Nile (Madi)

Eboo - Teso

Boyo - Lango

Cowpeas are among the indigenous vegetables recommended for food and nutrition security in Sub-Saharan Africa. The leaves are rich in calcium, phosphorous, and vitamin B, the younger shoots are important in scarcity periods that normally break out after planting before the main harvest of fresh pods and dry grains.

Edible Parts; Leaves, fresh pods, and seeds.



Ingredients

- Osobi leaves
- Orobi leaves
- 1 ½ cups of water
- ½ tablespoon of Rock salt
- 2 big tomatoes
- 1 big onion
- 2 tablespoons of cooking oil

Method

Procedure

1. Finely chop Osobi leaves
2. Add clean water into a clean saucepan and let it boil
3. Add soda ash into the boiling water
4. Add osobi leaves and let the content cook for 15 minutes
5. Add Orobi leaves
6. Add dry fish/dry meat/silverfish and let it boil for 10 minutes.
7. Set a clean saucepan unto the fire
8. Add cooking oil and let it cook till ready
9. Add onions, once they are ready, add the tomatoes and let them cook for 5 minutes
10. Add the boiled content and any other desired spices.
11. Let it cook for 8 minutes
12. Best served with other food

Curara Pea - English

Alayu - Lango

Aubi - Madi

Alayu - Teso

Alayu has a bitter taste and besides being consumed as food, it is used to treat malaria. The crop can be preserved and made available throughout the year hence reducing on the scarcity period of households.

Edible Part; Leaves



Ingredients

- Alayu leaves
- Simsim
- 2 cups of water
- ½ tablespoon of salt

Method

Procedure

1. Add the leaves into a clean pan
2. Add salt to taste
3. Set the contents to cook on medium heat and let it cook for 20 minutes
4. Add simsim paste and let it cook for 10 minutes
5. Serve as desired

Lima Beans - English

Okuku - Lango

Emalugugu - Teso

Opio Songa - Madi

This is a type of climbing bean that normally grows in the wild though it can be domesticated. The crop is readily available throughout the year and is mainly harvested by men and children because one has to climb the tree to harvest it.

Okuku is one of the crops consumed during the scarcity period, if well managed; the crop can last up to 2 years in the garden.

Edible Parts; Seeds



Ingredients

- 2 Cups of Okuku
- 1 Tablespoon of Salt
- 2 Liters of Water

Method 1

Procedure

1. Add 2 cups of Okuku into a clean pan
2. Add water and salt into the content
3. Let it boil for 1 ½ hrs.
4. Once the beans are ready, add simsim paste and let it boil for 10-20 minutes.
5. Serve as desired

Method 2

Procedure

1. Place fresh Okuku seeds into a clean saucepan
2. Add water and salt into the saucepan
3. Place on fire and let it boil for 45 mins to 1 hr
4. Once the Okuku is ready, one can chose to fry or serve as desired.

African Nightshade - English

Ocuga - Lango

Ecuga - Teso

The crop is available during the rainy season and is known for being bitter. It is used to treat malaria and other illness.

Because of the bitter taste, the leaves are mixed with groundnut paste and other vegetables to reduce the bitterness. Mainly consumed as medicine though in periods of scarcity it's pasted and consumed as food.

Edible Part; Leaves



Ingredients

- Ocuga leaves
- 2 cups of clean water
- ½ tablespoon of Salt
- ½ cup of groundnut paste

Method

Procedure

1. Add Ocuga into a clean pan
2. Add salt, put to boil for 8 minutes
3. Add groundnut paste and let it cook for 10 minutes
4. Serve as desired

Elephant Ear - English

Opele - Lango

Amayuni - Teso

Endre - Madi

These yams normally grow under big trees and are mainly consumed during the scarcity period. Once the crop is well rooted in the soil, it can survive some effects of climate change hence ensuring food security in the communities since they can rely on their leaves throughout the year. They are important for boosting appetite contain fiber and are rich in carbohydrates and Iron.

Edible Part; Leaves and cubers



Ingredients

- Finely chopped Opele leaves
- ½ table spoon of salt
- 2 Cups of water
- Tubers

Method 1

Procedure

1. Add Opele leaves into a clean pan
2. Add salt to taste and put to boil for 10 minutes
3. Add simsim paste and cook for 10-15 minutes

Serve as desired

Method 2

Procedure

1. Add clean opele tubers into a clean saucepan,
2. Add clean water
3. Place on medium heat and let it boil till soft.
4. Once the tubers are soft, they are ready to serve.

These can be served with any desired sauce

American Burnweed - English

Apuruku - Lango

Apuruku is a wild crop commonly consumed in the scarcity period, especially in the Lango region. The crop is consumed as a local sauce but also contains medicinal values. The juice extracted from the plant is used to treat wounds and piles.

Edible Part; Leaves



Ingredients

- Apuruku leaves
- Salt
- Simsim paste
- Water

Method

1. Add readily cooked peas into a clean pan
2. Add apuruku and put to boil
3. Add ½ tbsp. of salt and let it boil for 10 minutes
4. Add simsim paste and let it boil for 10 more minutes
5. Serve as desired

Spider Plant - English

Akeo - Lango

Ecaboi - Ateso

Jiri - West Nile (Madi)

This is a semi-domesticated crop and usually grows around the kitchen area and the roadside. The crop has a bitter taste that is attributed to curing malaria and ear problems. The roots are boiled and the water from the content is consumed by malaria patients while the leaves are squeezed to make a liquid that is dropped in the ear. The crop is common in the rainy season and is a delicacy since the bitterness is minimal in the rainy season compared to the dry season.

Edible Part; Leaves, Roots



Ingredients

- 2 Cups of Akeo
- 1 Cup of Abuga leaves
- ¼ Cup of groundnut paste
- 2 Cups of water
- ½ Tablespoon of Salt

Method

Procedure

1. Add akeo into a clean pan and let it cook for 10 minutes
2. Add dodo (to minimize the bitterness) and salt to taste
3. Add groundnut paste and let it boil for 10 minutes
4. Serve as desired

Shear Nut Oil - English

Moo - Yao - Lango

Alinyo - Teso

Awa-Adu - Madi

The oil is made out of sheer nuts and is used as an appetizer in the Lango and Teso sub-regions. The oil is also used in preparing beans and beef. Due to its high consumption because of its great original taste, it has been commercialized in most parts of the northern region. The oil is also used to prepare a special meal for married men, this is usually mixed with white ants.



Method

Procedure

1. Dry the shear nut seeds properly
2. Place a mixture of sand and ash on fire
3. Once the mixture is hot, add the shear nut seeds and let them cook till ready (they should not burn)
4. Clean the cooked shear nut to remove any sand and ash residues
5. The clean shear nuts are then pounded till they are smooth.
6. Place the content into a clean saucepan and add water (one cup of shear nut seeds needs $\frac{1}{2}$ cup of water)
7. Place the content to boil for 10-15 minutes
8. Sieve out the oil and ensure no other residues remain.
9. Put the oil to boil for 3- 4minutes
10. Let the oil cool
11. Use as desired.

Oyster Nut - English

Amaido Munu - Lango
Edale - Teso

This is a local food plant in the category of nuts normally referred to as the climbing nut. It serves as both a snack and sauce. The nuts are rich in protein with about 25% content

Edible Part; Seeds



Ingredients

- 10-15 seeds of Oyster nuts
- 2 cups of water
- ½ tablespoon of salt
- 2 tomatoes
- 1 Onion

Method

Procedure

1. Place ground Oyster nut into a clean saucepan
2. Add 1 ½ cups of water and place the content on the fire to boil for 15 min
3. Once it turns yellowish, it is ready and it can be served at this stage or mixed greens, mushrooms, smoked meat or fish as desired.

Omodo - Lango

This is tuber just like cassava consumed in the northern region. The crop is wild and is mainly consumed during scarcity period.

Edible Part; Tuber



Ingredients

- Omodo tubers
- 2 cups of water

Method

1. Place clean Omodo into a pan with water
2. Place the pan onto fire to boil for 45 minutes, (time depends on the maturity)
3. When Omodo becomes soft, it's ready for serving.
4. Place the readily cooked Omodo onto a clean plate and serve with any sauce.

Yam - English

Obato - lango

Mayoni - Madi

This is a semi-wild climbing plant with edible tubers. The tubers are rich in starch, potassium and fibre. This crop is readily available throughout the year. In most home steads the tuber is consumed during scarcity period.

Edible part; Tubers



Method

1. Place clean Obato into a pan with water
2. Place the pan onto fire to boil for 45 minutes.
3. When Obato becomes soft, it's ready for serving.
4. Place the readily cooked Obato onto a clean plate and serve as desired.

Finger Millet - English

Kal - Lango

Atapa - Teso

This is considered a staple food in many communities in the Northern and Eastern regions of Uganda. The food is attributed to several cultural practices and therefore would not miss any traditional gatherings in these regions.

Edible Part; Seeds



Ingredients

- Millet flour
- Cassava flour water

Method

Procedure

1. Place a saucepan with water onto the fire and let it boil till ready
2. Set the boiled water aside
3. Place the mixed flour into a clean sauce pan and place it on fire
4. Add water as you stir till all the flour dissolves
5. Once it stops sticking on the mingling stick and saucepan then it is ready
6. Place the cooked Kal in a place and serve with any desired sauce.

Chinese Water Spinach - English

Icok Kulu – Lango Erinyoit - Teso

This is a wild plant that grows around swampy areas and is normally consumed during a scarcity period as this is its time of abundance though it is available throughout the year. The crop is rich in Vitamin A and other minerals such as Iron, Magnesium, phosphorous etc that are vital in the prevention of cancer, anemia, and improved vision.

Edible Part; Leaves



Ingredients

- 2 handfuls of Icok leaves
- ½ a cup of groundnut paste
- ½ tablespoon of salt
- 2 cups of clean water

Method

Procedure

1. Place icok kulu leaves under the sun for 30 minutes. (this helps to keep off insects)
2. Wash the leaves and cut them into small pieces.
3. Place the finely cut leaves into a clean saucepan, add salt and set on fire for 8 minutes
4. Drain out the water from the content
5. Add the paste and mix well while adding a little water till you get a desired texture.
6. Place the mixture on fire and let it cook for 10 minutes.
7. Serve as desired.

Cantaloupe (Local Cucumber) English

Uruju – Madi
Akolil – Teso

Cucumber is a local food plant mainly consumed during scarcity period. The crop is dried and then stored. Cucumber is tasteless and takes long to get ready (especially the skin when dried). The local people normally use groundnut paste to improve its taste.

Edible Part; Fruits and seeds



Ingredients

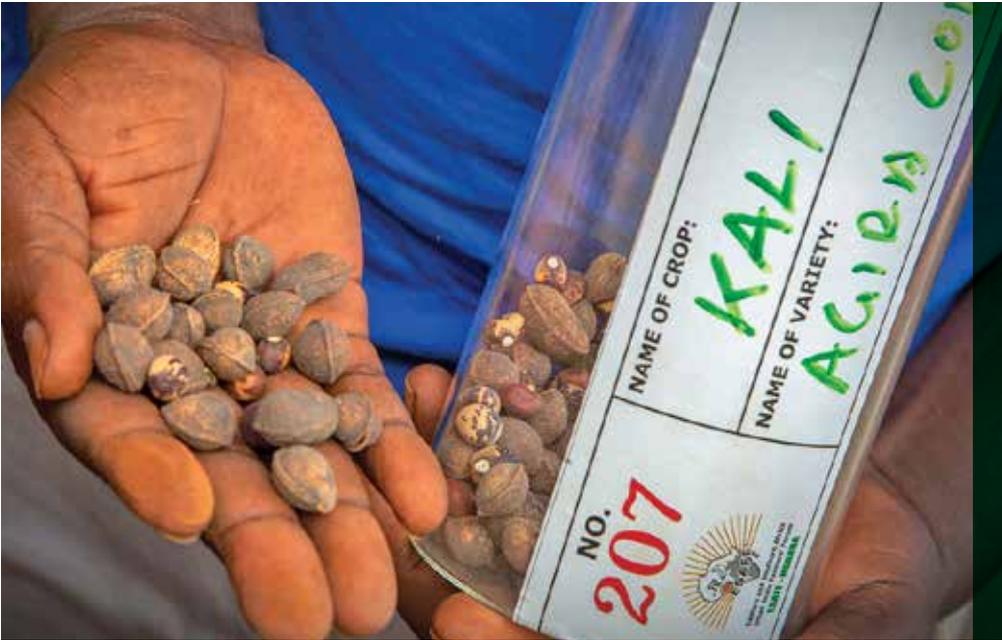
- Dried Cucumber
- Groundnut Paste
- Water
- Salt

Method 1 Procedure

1. Soak the dry cucumber for about 30 minutes to soften
2. Drain out the water and place the cucumber on medium heat to steam
3. Add water, and salt to taste
4. Let the content boil for 15-20 minutes
5. Add the groundnut paste and let it boil for 20 minutes.
6. Serve as desired

Method 2 Procedure

1. Soak the dry cucumber for about 30 minutes to soften (the water should have salt)
2. Drain out the water and place the content on medium heat
3. Let the content steam till it releases water
4. Add groundnut paste and let it boil for a few minutes
5. Serve as desired.



Snacks

A snack is a small portion of food eaten between meals, and for the purpose of this book, these are prepared with locally available ingredients in the household and they chose how to preserve it for a particular period of time. However, snacks can be processed packaged food bought from the shops and supermarkets, for the purpose of this book.

Bambara Nuts - English

Kali - Lango

Esuk - Teso

Songo - Madi

This is a type of nut that can be consumed as a snack or sauce in the different regions of Uganda.

Edible Part; Seeds



Ingredients

- Kali seeds
- ½ Tablespoonful of salt

Method

Procedure

1. Place kali with its husks into a clean saucepan
(the husks help retain the original smell and taste of kali)
2. Add 3 cups of water
3. Add ½ tablespoon of salt
4. Set the content on fire and let it boil till it is soft.
5. Once kali is ready, place on a plate or tray and enjoy.

Groundnuts - English

Amaido – Lango

Emaido – Teso

Fuli - Madi

This is a local groundnut variety with smaller seeds, moderate sweetness, and high yields in red and loam soils. Amaido olok can be ground and used to make a paste with other vegetables or to make a main dish. Aside from that, these can be fried and eaten as a snack. Traditionally, oil was extracted from this variety and used to treat cough in children.

Edible Part; Seeds



Ingredients

- ½ tablespoon of salt
- ¼ cup of water

Method

Procedure

1. Add amaido into a clean pan
2. Put to cook on low heat
3. Once the content is close to getting ready (the outer layer starts peeling off), mix the salt with water and add into the pan.
4. Keep it on low heat until it is ready and dry.
5. Serve with a cup of tea

Millet Bread - English

Lango – Kal Kwete

This is an indigenous variety that was primarily grown for food. Because the variety is drought and pest resistant, it has long contributed to community food security. It can last up to five years if properly preserved and stored. People have recently begun using it to make pancakes as an additional source of income.

Edible Part; Seeds



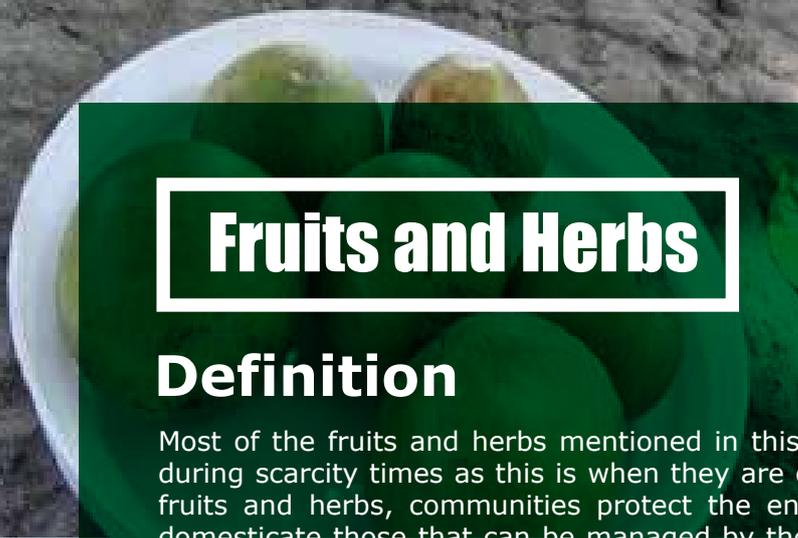
Ingredients

- Millet flour
- Sugar/honey
- Clean water

Method

Procedure

1. Add water into a clean container
2. Add the millet flour
3. Stir to make a soft dough.
4. Place the dough on a clean table or rolling board
5. Roll it out and used a cup of your size to cut it out.
6. Place a saucepan of cooking oil onto the fire and let it boil
7. Once the cooking oil is ready, add the cutout pancakes and fry till brown.
8. Set aside and serve as desired



Fruits and Herbs

Definition

Most of the fruits and herbs mentioned in this book are wild and are mainly consumed during scarcity times as this is when they are on season. In order to manage these fruits and herbs, communities protect the environments in which they grow and domesticate those that can be managed by the man in home gardens. Many of the fruits are known to be nutritious, contain high medicinal values, and are capable of generating income for the local people.

Several local food plants are consumed as both food and herbs. These were mostly used long ago before the invention of pharmaceutical drugs.



Spanish Tamarind - English

Amalera – Lango

This is a semi-domesticated fruit that is very nutritious and is always used to treat scurvy. During scarcity times, many children feed on this fruit. The fruit is used to treat joint aches and digestion disorders.

Edible Part; Seeds



Wild Cardamom - English

Ocao Lum - Lango

Acawe – Teso

Oci - Madi

This is a wild plant normally available during the dry seasons especially between November and March. The Fruit is known to be very nutritious, is used to cure diarrhea, and wounds because of its salty taste. Further still, the fruit is cleanser for the digestive system. Once the fruits turn red, they are ready for consumption.

Edible Part; Fruits



Black Plum - English

Akwaruke - Teso

Owelo - Lango

Ledu - Madi

Vitex Doniana is a wild fruit that is normally available in the dry season. Besides its medicinal values, many local people enjoy the fruit as food.

Both the fruits and stems are consumed; the fruits are used to treat bleeding gums while the stem and the roots are urged to treat several diseases including Malaria, fever among others.

Edible Part; Fruits, roots and tree bark



Cape Gooseberries - English

Tongolingo - Madi

Etagoli - Teso

Cape gooseberries are rich in vitamin c and helps to boost the body's immunity, and aids in digestion due to its fibre content. The fruit is wild and mainly consumed by children.

Edible Part; Fruits



Hibiscus - English

Kerekede - Madi

Hibiscus leaves and flowers are washed clean, boiled to get the red juice, one can neither add a bit of sugar or take it sugar-free. Hibiscus is an antioxidant and is consumed to prevent cancer, liver damage, lower blood pressure, and is recommended for anaemic patients. Pregnant mothers are encouraged to take hibiscus juice to boost iron nutrients for the unborn child.

Edible Part; , Leaves, flowers and roots.



Limes – English

Endim – Madi

Esujo - Teso

Limes are rich in nutrients especially vitamin C, calcium, fibre, iron, proteins, vitamin B6 among others that aid in boosting the body's immunity, reduce some heart disease factors and prevent kidney stones and constipation. Limes are also a source of antioxidants thus strengthen the body's immune system against free radicals that are damaging to the body thus preventing pre mature aging. In some communities, the lime juice is used to treat wounds as it reduces inflammation.

Edible Part; Fruits



Spider Flower - English

Ecadoi – Teso

Akeo – Lango

Jiri - Madi

Spider flower has a bitter taste and is attributed to treatment of many diseases and disorder including; malaria, diabetes, headaches, ear aches and joint pains



Ingredients;

- Akeo leaves and roots
- 1 ltr of clean water

Method 1

Procedure

1. Wash both the leaves and roots to clean off any dirt
2. Place them in a clean saucepan
3. Put to boil for 30 minutes
4. Take 1 mug in the morning and one in the evening

Method 2.

For ear pains, squeeze the leaves of the spider flower until the juice comes out, Put two drops of the juice into the affected ear and rest for a few minutes. The pain will gradually disappear and one starts feeling better.

Emerelait - Teso

Emerelait is an energizer especially to pregnant women and also aids in easing delivery due to its slippery texture. It is mainly available during the dry season and grows better in the bush. During scarcity period, the crop is consumed as sauce. It is also mixed with other vegetables especially those with a rough context.

Edible Part; Leaves and Stems



Anvara - Madi

This is a wild plant common in the west Nile region (Adjumani). The crop is mainly used as a herb to treat flue/ blocked nostrils among children. It is also used for bathing by mothers after childbirth to repair the dilated areas.

Edible Part; Leaves



Conclusion

In order to address hunger and malnutrition challenges in the communities, there is a need to focus on the immediate means of combating the cause. This book explores the basic methods of preparing some of the local food plants in the Northern and the West Nile regions of Uganda. Increasing awareness of the utilization and appreciation of the local diversity is a core in this publication, this is a great step in ensuring food and nutrition security. It is therefore important to preserve the diversity of the local food plants as food and medicine since they are less costly and require less input in terms of labor and resources. Many of the local food plants explored in this book have the potential to thrive even in the harsh conditions hence providing food to the communities during periods of scarcity which directly resonates with the SDG 2 i.e. Zero Hunger and SDG 15 of preserving the ecosystem. The recipe book draws attention from the different communities but does not cover all the local diversity and approaches of preparation.

In order to address the challenge of hunger and malnutrition, there is a need to preserve the environments that harbor the local food plants, that is to say, forests, and swamps among others. This will also be a big step toward the action of climate change. Further still, there is a need for rural communities to adapt to the available means of coping with scarcity such as domesticating wild foods, and preservation among others. The different stakeholders in the hotelier business should include the NUS in the national and global menus. This will boost the uptake and usage of these local food plants.



About ESAFF Uganda

ESAFF Uganda is a small-scale farmer initiated and farmer-led movement formed to facilitate processes through which smallholder farmer's development concerns can be solicited, articulated and ultimately addressed through local, national, regional and international policies and programmes.



Our Vision

Empowered self-reliant small-scale farmers.



Our Mission

To nurture the participation of small-scale farmers in sustainable development processes, for self-reliance through advocacy, capacity building and institutional development.



Goal

A strong small-scale farmer-led advocacy movement actively contributing to improved livelihoods, food sovereignty and favorable agricultural policies.



Eastern and Southern Africa
Small Scale Farmers' Forum
ESAFF - UGANDA

CONTACT US



Physical Address:

Plot 266, Muvule Avenue
Buye - Ntinda, Kampala
P.O Box 34420 Kampala - UGANDA



Telephone Contacts:

+256 393 347 195



Write to the National Coordinator:

Ms. Nancy M. Walimbwa
Email: coordinator@esaffuganda.org



Social Media:

Facebook: ESAFF Uganda
Twitter: @ESAFFUG
Instagram: [esaff_agroecology](https://www.instagram.com/esaff_agroecology)
YouTube Channel: ESAFF Uganda TV



Website:

www.esaffuganda.org