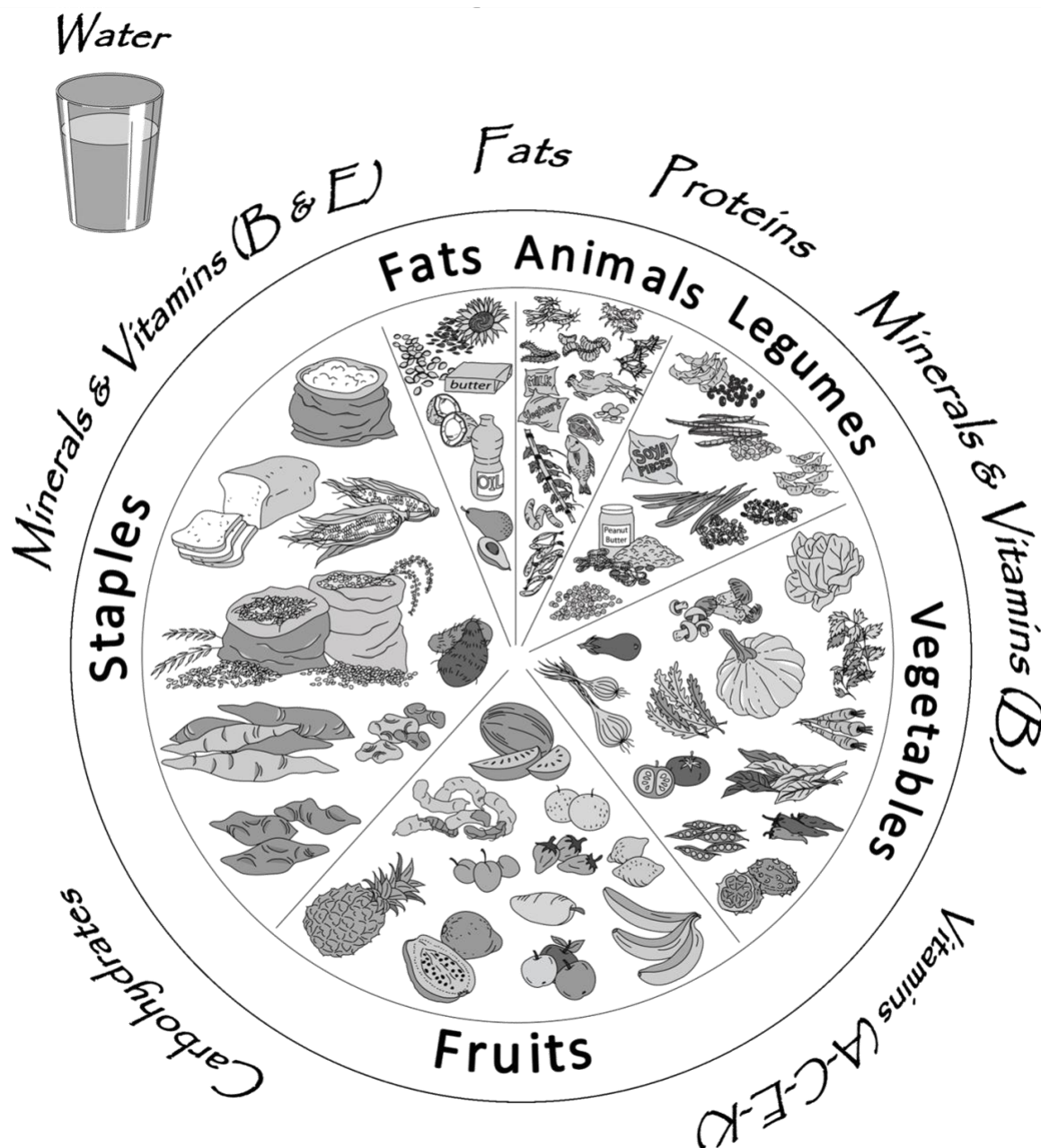


From the Sustainable Nutrition Manual (SNM) flyer series  
Food, Water, Agriculture & Environment

# Foods in Malawi

Extracted from SNM Part 3 Health Designs Appendix 1 & 2



Supported by

**World Food Programme**

wfp.org

## Table of Contents

About this Pamphlet extracted from SNM Part 3 (Healthy Designs) .....	2
<b>Appendix 2: Menu planning</b> .....	<b>3</b>
Malawi Food Group Summary .....	3
Basic Menu Plan for an Adult .....	4
Making food choices .....	4
<b>Appendix 1: Guide to Common Foods in Malawi</b> .....	<b>5</b>
1. Staples (50) .....	6
2. Fruits (148) .....	6
3. Vegetables (218) .....	6
4. Legumes and Nuts (28) .....	6
5. Animal Foods (36) .....	6
6. Fats & Oils (48) .....	6
<b>About SNM: Food, Water, Agriculture &amp; Environment</b> .....	<b>22</b>
<b>Get your own Free copy of SNM</b> .....	<b>23</b>

### About this Pamphlet extracted from SNM Part 3 (Healthy Designs)

Part 3 (Healthy Designs) of the manual brings parts 1 (Healthy People) and 2 (Healthy Environment) together. To access the whole manual, which I encourage you to do, see the last pages of this booklet.

This booklet starts with appendix 2 since you might not have read the rest of the manual (yet!). It then goes into the list of foods, with emphasis on finding and multiplying indigenous knowledge.

- **Appendix 2: Meal Planning** - This section helps you to plan meals for yourself, your family, or large groups. There is a simple summary of the food groups including: amounts needed for an adult, the main nutrients in each group and examples of foods for each group. A basic menu plan will give you an idea of meal planning and a few tips on making food choices.

In the full version of the SNM you will find blank food availability sheets to help you work out what foods are available from each food group and what knowledge there is about using those foods. Examples are provided for workshop menus, which can be used with kitchen staff as well as menu item suggestions and blank menu sheets, by food group, for a week or for a day.

- **Appendix 1: Guide to Common Foods in Malawi** - More than 600 foods are listed by the Six Food Groups. That's a lot of diversity for your agriculture, businesses, and diet! Even more foods have been added to this edition of the manual including many more animal foods. The list provides names in English and Chichewa and gives the scientific name too. Scientific names are the same in all countries, which helps global communication. This section removes growing information, go to the full SNM for that.

At our home in Chitedze we have about 250 of these foods, which we raise, eat, and share with others. That is why we called our home **NeverEndingFood**.

See how many more new and different foods you can start using. Older generations are often the best source of information about local foods. They know how to find, identify, and prepare them. When you learn about new foods, share your knowledge with others.

#### Remember - Let Nature be your Guide and Teacher!

Learning about all the different species is fun, and you will be rewarded with dietary diversity, good health, more leisure time, and a beautiful and healthy environment.

## Appendix 2: Menu planning

### Malawi Food Group Summary

*chipande / zipande* = serving spoon/s. **T** = tablespoon. **tsp.** = teaspoon.

Food Group Amount	High Nutrients <i>Some Nutrients</i>	• <b>Examples of Foods</b> ✓ Hints for choosing the highest nutrients
<b>Staples</b> 5-6 zipande	<b>carbohydrates</b> <b>including fibre</b> <i>proteins</i> <i>minerals</i> <i>vitamins</i>	<ul style="list-style-type: none"> <li>• <b>Grains:</b> rice, wheat, sorghum, millet, maize. ✓ Whole grains with bran (<i>gaga</i> or <i>madeya</i>) and germ (<i>mtima</i>). Germinated / fermented grains.</li> <li>• <b>Starchy Roots:</b> yams (<i>chilazi</i>, <i>viyao</i>), sweet potatoes, Irish potatoes, cassava ✓ Edible skins of starchy roots</li> </ul>
<b>Fruits</b> 3 zipande	<b>vitamins</b> <i>water carbohydrates</i> <i>including fibre</i>	<ul style="list-style-type: none"> <li>• <b>All Fruits</b> except for those in fat or vegetable group. Sweet or tangy fruits that are often eaten raw: papaya, guava, tangerine, banana, mchisu, granadilla, sugar cane ✓ Brightest colours, choose a variety of colours ✓ Tangiest tastes</li> </ul>
<b>Vegetables</b> 3-4 zipande	<b>fibre</b> <b>minerals</b> <b>vitamins</b> <i>proteins</i>	<ul style="list-style-type: none"> <li>• <b>Greens:</b> <i>bonongwe</i>, <i>chisoso</i>, <i>luni</i></li> <li>• <b>Fruits:</b> pumpkin, tomatoes, peppers</li> <li>• <b>Roots:</b> onion, garlic</li> <li>• <b>Mushrooms and other fungi</b></li> <li>• <b>Flowers:</b> Pumpkin flowers ✓ Darkest, brightest, variety of colours</li> </ul>
<b>Legumes &amp; Nuts</b> 1½ zipande	<b>proteins</b> <b>carbohydrate</b> <b>including fibre</b> <b>minerals</b> <b>vitamins</b> <i>fat</i>	<ul style="list-style-type: none"> <li>• <b>Legumes:</b> hyacinth bean (<i>khungudzu</i>), ground beans (<i>nzama</i>), soybeans, pigeon pea (<i>nandolo</i>), peas (<i>nsawawa</i>), mucuna (<i>kalongonda</i>), groundnuts</li> <li>• <b>Tree Nuts:</b> <i>mbula</i>, <i>maula</i>, cashew, ✓ High fat: nuts and soy ✓ Sprouted (use only legumes that are edible raw)</li> </ul>
<b>Animal Foods</b> 1 chipande	<b>proteins</b> <b>fat</b> <b>minerals</b> <b>vitamins</b>	<ul style="list-style-type: none"> <li>• <b>Flesh:</b> mice, chicken, pigeon, pig, goat, fish,</li> <li>• <b>Insects:</b> <i>ngumbi</i> (termites), caterpillars</li> <li>• <b>Eggs, milk, <i>chambiko</i> (yoghurt), cheese</b></li> </ul>
<b>Fats</b> 3 T seed or 3 tsp. oil	<b>fat</b> <i>proteins</i> <i>minerals</i> <i>vitamins</i> <i>fibre in plant fats</i>	<p>Foods that feel “fatty” in your mouth:</p> <ul style="list-style-type: none"> <li>• <b>Oilseeds:</b> from pumpkin, sesame, sunflower</li> <li>• <b>Cooking Oils</b> pressed from seeds</li> <li>• <b>Fruits:</b> avocado pear, coconut</li> <li>• <b>Animal Fats:</b> butter, lard ✓ Whole seeds, avocado, coconut, sprouted seeds</li> </ul>
<b>Water</b> 8-12 cups	<b>water</b> <i>minerals</i>	<ul style="list-style-type: none"> <li>• Water, juices (fresh, 100% juices), and other drinks. ✓ Limit / avoid refined sugars, alcohol, and caffeine drinks.</li> </ul>

## Basic Menu Plan for an Adult

The amount needed for each adult can be put together in very many ways, but a basic plan, balanced across the day, could look like this table below.

(Breakfast, Snack, Lunch, Snack, and Supper are abbreviated as single letters)

Food Group	Zipande Each Day	B	Sn	L	Sn	S	Hints, try to:
1. Staple	5-6	2	.5	1.5	.5	1.5	Spread evenly throughout the day
2. Fruit	3	1		1		1	Include a fruit and/or vegetable every time you eat
3. Vegetable	4		1	1	1	1	
4. Legumes/Nuts	1½	1		.5		.5	Include a high protein food with most meals and snacks. Animal foods are option, you can shift those servings to other food groups (e.g a bit more of 1, 3, 4, 6)
5. Animal Foods	1		.5			.5	
6. Fat and Oil	3 T	.5	.5	.5	.5	1	No need to include fat with a high fat legume, nut, or animal food
Water	12 c	2	3	2	3	2	Drink 2-3 cups every few hours

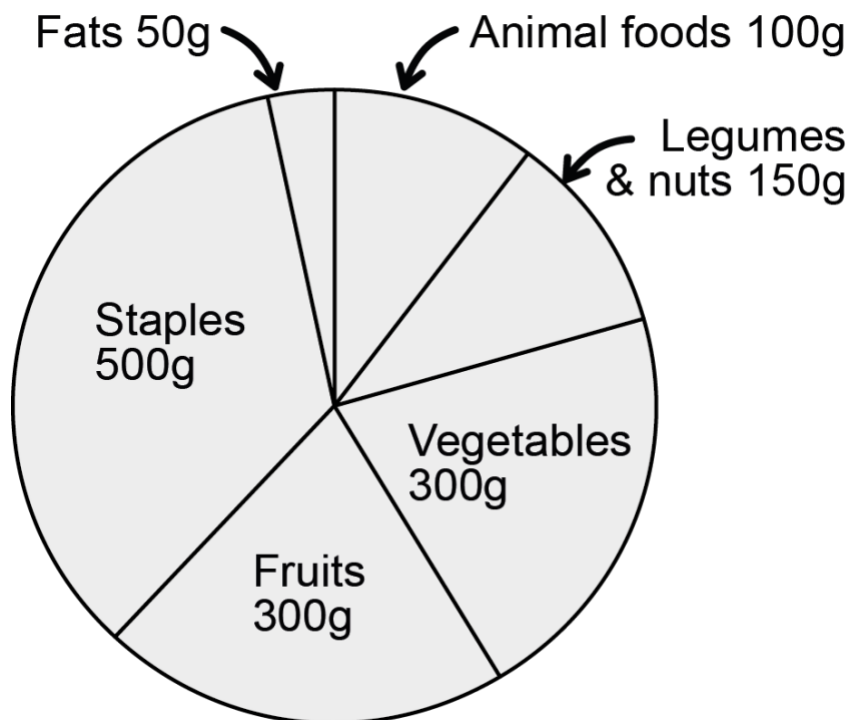
## Making food choices

To have the most diversity, we need to know what is available locally: from markets, stores, farms or naturally.

The tables on the following pages will help you document what is available in the area, what the staff know how to prepare, and what quantities are available, to know if you have enough for 1 snack or meal or several.

### As you select food concentrate on:

- **Healthiest** choices from each food group: Dark and bright colours, as much diversity as you can find, whole grains that are minimally processed, keeping as much of the edible skins and seeds as possible.
- **Minimize 'extras'** like sugar, sweets, alcohol, high salt / fat snacks, etc.
- Locally available items to support local economies, reduce transport and have the freshest tastiest foods possible. If there isn't enough variety available locally you will need to know in advance so you can plan how to fill the gaps.



## Appendix 1: Guide to Common Foods in Malawi

### This list has 528 foods:

**50 Staples, 148 Fruits, 218 Vegetables, 28 Legumes and Nuts, 36 Animal foods and 48 Fats and Oils.**

The list does not detail the varieties. Sorghum, for example, is listed once but there are many varieties.

The type of any food (whether plant or animal) depends on your situation. The season, climate, soil types, your tastes, and family size are situations that vary from site to site even within the same community.

These lists have been updated, corrected, and expanded since we first published this manual. This has been possible through readers making corrections to the list and sharing their knowledge. We give here as much information as we have about these foods, but the list is not complete.

Please help fill the gaps in the list by sending corrections and additions to:

**NeverEndingFood:** [NordinMalawi@gmail.com](mailto:NordinMalawi@gmail.com)

The foods are listed by Food Groups, then by different subgroups. Each group is in a table with these headings in this pamphlet and in the Sustainable Nutrition Manual.

#### In this pamphlet you will find:

Scientific Name	English Name	Chichewa Name	Edible Parts
<ul style="list-style-type: none"> <li>• Sp. = Species</li> <li>• How the plant is identified scientifically all over the world (there is only one name)</li> </ul>	<ul style="list-style-type: none"> <li>• What the plant is called commonly in English (There can be more than one name)</li> </ul>	<ul style="list-style-type: none"> <li>• The Chichewa name in Malawi (There can be more than one name).</li> </ul>	<ul style="list-style-type: none"> <li>• Which parts can be eaten?</li> <li>• Leaves, roots, stem, flowers, seeds, etc.</li> </ul>

N.B. If the 'Edible Parts' notes say "**CARE**" make sure you know how to process it  
- some foods are harmful, and can even kill, if they are not prepared properly.

#### In the Sustainable Nutrition Manual, you will also find:

Area	Method & Space	# per Adult	Sprout & Harvest	Tips:
<ul style="list-style-type: none"> <li>• Best climate or soil type</li> </ul>	<ul style="list-style-type: none"> <li>• Planting methods</li> <li>• How deep to plant the seeds</li> <li>• How much space the plant needs</li> </ul>	<ul style="list-style-type: none"> <li>• # = Number suggested to grow or raise, considering yield</li> </ul>	<ul style="list-style-type: none"> <li>• Time till sprouting</li> <li>• Time till harvest</li> <li>• Annual or perennial plant</li> </ul>	<ul style="list-style-type: none"> <li>• Helpful hints</li> <li>• Tips about growing the plant</li> <li>• Other notes</li> </ul>

## 1. **Staples (50)**

Staples should only be about 40% of our diets and about 40% of our food system.

Staples should not be our main focus and should, and can, be very diverse.

There is a lot of variety in the Staples food group and the list has been organised into three groups:

- 1) **Grains**, traditional (millet, sorghum) and introduced from other countries (rice, wheat, maize, etc.)
- 2) **Tree staples** where either the immature fruit or the roots can be eaten (baobab, green banana, etc.)
- 3) **Tubers** are climbers, ground cover or herbaceous plants (air potato, yam, sweet potato, coco, etc.)  
There is a group of tubers in this section that are rarely seen (except in really old books) and we would love to fill the gaps in our knowledge about these foods! Do they still exist? Can you help preserve these foods and knowledge about them?

## 2. **Fruits (148)**

Many of these fruits are native to Malawi; some are introduced from other countries. There are some fruits listed here which we only know about from old books (and the internet) but we have not found them yet.

Do you know them? Can you help us improve the next edition of this manual? If they still exist, we need to find these fruits, nurture them, propagate them and learn how to use them. It is information about the Malawian plants that we need the most!

## 3. **Vegetables (218)**

There are just SO many vegetables! Such a huge variety of fungi, root, herbs, leaves, flowers, and fruit vegetables that it is hard to believe anyone could lack diversity (and vitamin and minerals) in their diet!

Many of these species you'll see on other lists as well as fruits, nuts, legumes, or staples. Isn't Nature wonderful that it gives us so much?

This list is organised by growth style, function, and whether the foods are native or come from abroad.

## 4. **Legumes and Nuts (28)**

It can be helpful to have a significant part, anywhere from 20-50%, of all your zones and guilds planted up to leguminous species so that there is plenty of protein harvest for you (when you include edible legumes) and a good contribution of nitrogen to the soil, the plants and trees growing in the soil, and for the animals who are consuming the products generated (humans being just one of them!).

The leguminous species are listed first and are grouped into: Climbers, Diggers, Plants (herbaceous layer), Shrubs and finally trees covering all heights up through the canopy, both legume species and nut species.

## 5. **Animal Foods (36)**

Animal foods are important in agricultural systems for their protein (nitrogen), both for people and for the earth. They can provide us with a lot of useful work energy too if we think about their natural behaviour, care for them properly, and let them do work for us. Chickens like scratching around, for example, and can harm small seeds and seedlings in zone 1 beds, but they can also help scratch up compost and eat up insects in fallen fruit in zone 2 or 4, so we must design carefully and thoughtfully to avoid harmful effects of natural behaviours and harness the good ones.

## 6. **Fats & Oils (48)**

The best way to get fat into your diet is from eating seeds or fatty fruits – not by pressing oil out of these things and eating the fat by itself. Most foods in the fats & oils food group are also found in other food groups (vegetables, fruits, or legumes). Only the first 4 are new species.



Scientific Name	English	Chichewa	Edible Parts
-----------------	---------	----------	--------------

## 1. STAPLES (50)

1.1. Grains			
1.1.1. Native grains			
1. <i>Eleusine coracana</i>	Millet, Finger	Mawere, Lipoko	Seed
2. <i>Panicum miliaceum</i>	Millet, Common		
3. <i>Pennisetum glaucum</i>	Millet, Pearl	Mchewere	
4. <i>Oryza sativa</i>	Rice	Mpunga	
5. <i>Sorghum bicolor</i>	Sorghum	Mapila	
6. <i>Eragrostis tef</i> (African)	Tef	Chimanganga	
1.1.2. Introduced grains			
7. <i>Triticum aestivum</i>	Wheat	Tirigu	seed
8. <i>Zea Mays</i>	Maize	Chimanga	
1.2. Trees (roots / fruits)			
9. <i>Musa paradisiaca</i>	Banana	Nthochi	fruit (young)
10. <i>Ensete ventricosum</i>	False Banana	Chizuzu	roots
11. <i>Manihot sp</i>	Cassava, Tree	Mpira	roots
12. <i>Adansonia digitata</i>	Baobab	Mlambe	roots bark
13. <i>Carissa edulis</i>	Plum, Wild	Mpambulu	roots
14. <i>Ficus sur</i>	Fig, Cape	Mkuyu-pasi	roots
15. <i>Mangifera indica</i>	Mango	Mango awisi	fruit (young)
1.3. Tubers			
1.3.1. Ground Cover tubers			
16. <i>Ipomoea batatas</i>	Sweet Potato	Mbatata	roots
1.3.2. climbing tubers			
17. <i>Dioscorea bulbifera</i>	Air Potato	Fikengere, Chinkhowe	roots
18. <i>Dioscorea sp.2</i>	Yam	Chilazi mpama	roots
19. <i>Sechium edule</i>	Chayote	Ngowe	roots
20. <i>Sphenostylis stenocarpa</i>	African Yam Bean	Chinkhoma	roots
1.3.3. Plants (herbaceous) tubers			
21. <i>Colocasia esculenta</i>	Coco Yam	Coco	roots
22. <i>Nymphaea caerulea</i>	Water Lily	Chikolowa	
23. <i>Typha sp.</i>	Bulrush	Kanjeza	
24. <i>Plectranthus esculentus</i>	Kaffir Potato	Buye	roots
25. <i>Solanum tuberosum</i>	Potato, Irish	Kachewere	roots
26. <i>Manihot esculenta</i>	Cassava	Chinangwa	roots
1.3.4. Lesser-known tubers			
27. <i>Abrus precatorius</i>	Crab's Eyes	Ntimbua	roots
28. <i>Anthericum</i>		Sawawa	
29. <i>Carica papaya</i>	Pawpaw	Papaya	
30. <i>Cyperus esculentus</i>	Tiger nut	Kauju	
31. <i>Cyphostemma buchananii</i>		Namwaliche-che	
32. <i>Dioscorea sp. 3</i>		Mpama wam'thengo	
33. <i>Dioscorea sp. 4</i>		Dzinyanya	

Scientific Name	English	Chichewa	Edible Parts
34. <i>Eriosema nutans</i>		Chinkwisi	
35. <i>Eriosema shireense</i>		Kabomola	
36. <i>Eriosema sp. 3</i>		Kambumkire	
37. <i>Euphorbia sp</i>		Chikhawo	
38. <i>Lightfootia abyssinica</i>			
39. <i>Lotus sp.</i>		Mpeta	
40. <i>Margaretta rosea</i>		Nchenche	
41. <i>Oxalis sp.</i>		Shawawa	
42. <i>Polygonum senegalense</i>		Nkonkho	
43. <i>Ranunculus multifidus</i>	Buttercup	Khobedi	
44. <i>Vigna fischeri</i>		Mukho	
<b>1.3.5. Tubers that need CARE in processing!</b>			
45. <i>Coccinia adoensis</i>		Fwifwi	roots CARE!
46. <i>Disa sp.</i>		Chinaka, Chikande	roots CARE!
47. <i>Habenaria walleri</i>		Chinaka, Chikande	
48. <i>Satyrium sp.</i>		Chinaka, chikande	roots CARE!
49. <i>Tacca leontopetaloides</i>	African Arrowroot	Dinde	
50. <i>Thylachium africanum</i>		Mkalachulu	

## 2. FRUITS (148)

<b>2.1. Vines</b>			
<b>2.1.1. Native vines</b>			
1. <i>Citrullus lanatus</i>	Watermelon	Vwende	fruit
2. <i>Cucumis melo</i>	Melon	Kayimbe	fruit
3. <i>Coccinia adoensis</i>		Fwifwi	fruit
<b>2.1.2. Introduced vines</b>			
4. <i>Fragaria ananassa</i>	Strawberry	Sitobele	fruit
5. <i>Passiflora edulis</i>	Passion Fruit	Magalagadeya	fruit
6. <i>Rubus spp.</i>	Blackberry	Mpandankhuku Mulunguzi	fruit
7. <i>Rhus natalensis</i>	Raspberry	Mapirankukute, mpandankhuku	fruit
<b>2.2. Herbaceous Fruits</b>			
<b>2.2.1. Native herbaceous fruits</b>			
8. <i>Hibiscus sabdariffa</i>	Roselle	Chidede	fruit
9. <i>Sorghum bicolor</i>	Sorghum	Misale	Stem, shoot
10. <i>Saccharum officinarum</i>	Sugar Cane	Mzimbe	stem
11. <i>Opuntia ficus-indica</i>	Prickly Pear	Kaloga	fruit
12. <i>Aframomum angustifolium</i>	Cardamom, Wild	Nthungula	fruit
13. <i>Anthophilia</i>	Honey	Uchi	honey
<b>2.2.2. Introduced herbaceous fruits</b>			
14. <i>Physalis peruviana L.</i>	Gooseberry	Jamu	fruit
15. <i>Ananas comosus</i>	Pineapple	Nanasi	fruit
<b>2.3. Small Trees</b>			
<b>2.3.1. Native small trees, 5-9 years to maturity</b>			
16. <i>Annona sp.</i>	Custard Apple	Mphosa	fruit
17. <i>Annona senegalensis</i>	Custard Apple, Wild	Mposa	fruit



Scientific Name	English	Chichewa	Edible Parts
18. <i>Antidesma venosum</i>		Mpungulira	fruit
19. <i>Azanza garkeana</i>	Snot Apple	Matowo	fruit
20. <i>Borassus aethiopum</i>	Palm, Fan	Magwede, Ngwanlangwa	fruit, sap
21. <i>Bridelia micrantha</i>		Mpasa	fruit
22. <i>Carissa edulis</i>	Plum, Wild	Mpambulu	fruit
23. <i>Dovyalis abyssinica</i>			fruit
24. <i>Dovyalis caffra</i>	Kei Apple	Ng'amba	fruit
25. <i>Garcinia livingstonei</i>	Low veld mangosteen	Mphimbi	fruit
26. <i>Hyphaene species</i>	Palm, Doum	Mgwalangwa	sap
27. <i>Phoenix dactylifera</i>	Palm, Date		fruit
28. <i>Salvadora persica</i>	Toothbrush Tree	Mswache	fruit
29. <i>Ximenia caffra</i>	Sour Plum	Mpinji	fruit
30. <i>Vangueria infausta</i>	Wild Medlar	Msilu	fruit
<b>2.3.2. Introduced small trees, 1-2 years to maturity</b>			
31. <i>Carica papaya</i>	Pawpaw	Papaya	fruit
32. <i>Cyphomandra betacea</i>	Tree Tomato; Tamarillo		fruit
33. <i>Musa paradisiaca L</i>	Banana	Nthochi	fruit
34. <i>Morus alba</i>	Mulberry, white	Mabulosi	fruit
35. <i>Morus nigra</i>	Mulberry, purple	Mapulesi	fruit
36. <i>Prunus persica</i>	Peach	Pichesi	fruit
37. <i>Punica granatum</i>	Pomegranate	Chimanga chachizungu	fruit
<b>2.3.3. Introduced small trees, 5-9 years to maturity</b>			
38. <i>Citrus aurantifolia</i>	Key Lime	Ndimu	fruit
39. <i>Citrus aurantium</i>	Sour Orange		fruit
40. <i>Citrus limon</i>	Lemon	Mandimu	fruit
41. <i>Citrus paradisi</i>	Grapefruit		fruit
42. <i>Citrus reticulata</i>	Mandarin (Tangerine)	Nachi	fruit
43. <i>Citrus sinensis</i>	Orange	Malalanje	fruit
44. <i>Litchi chinensis</i>	Litchi		fruit
45. <i>Malus domestica</i>	Apple	Apulo	fruit
46. <i>Prunus armeniaca</i>	Apricot	Epulokoti	fruit
47. <i>Psidium guajava</i>	Guava	Gwafa	fruit
<b>2.4. Tall Trees</b>			
<b>2.4.1. Native tall trees, 5-9 years to maturity</b>			
48. <i>Berchemia discolor</i>	Plum, Bird	Mtata	fruit
49. <i>Pappea capensis</i>	Plum, Wild	Mkungula	fruit
50. <i>Piliostigma thonningii</i>	Camel-foot	Chitimbe	fruit
51. <i>Strychnos innocua</i>	Monkey Orange	Mkaye, Maye	fruit
52. <i>Strychnos spinosa</i>	Kaffir Orange	Mateme	fruit
53. <i>Uapaca kirkiana</i>	Loquat, local	Msuku	fruit
54. <i>Vitex doniana</i>		Mpindimbi	fruit
55. <i>Vitex mombassae</i>	Smelly berry vitex	Msipsya	fruit
<b>2.4.2. Introduced tall trees, 5-9 years to maturity</b>			
56. <i>Anacardium occidentale</i>	Cashew Fruit	Mbibu Zipatso	fruit

<b>Scientific Name</b>	<b>English</b>	<b>Chichewa</b>	<b>Edible Parts</b>
57. <i>Cassamoris edulis</i>	Sapote, white	Msuku cha chizungu	fruit
58. <i>Mangifera indica</i>	Mango	Mango okwima	fruit
59. <i>Tamarindus indicus</i>	Tamarind	Bwemba	fruit
60. <i>Terminalia catappa</i>	Indian Almond	Mkungu	fruit
<b>2.4.3. Native tall trees, 10-20 years to maturity</b>			
61. <i>Acacia albida</i>	White Thorn	Nsangu	fruit
62. <i>Acacia karroo</i>	Sweet Thorn	Mfungu	gum
63. <i>Acacia polyacantha</i>	African Cachechu Tree	Mtete	gum
64. <i>Adansonia digitata</i>	Baobab	Mlambe	fruit
65. <i>Cordyla africana</i>	Wild Mango,	Mtondo	fruit
66. <i>Flacourtia indica</i>	Plum, Indian	Nthudja	fruit
67. <i>Parinari curatellifolia</i>	Hissing Tree	Mbula	fruit
68. <i>Parinari excelsa</i>	Plum, Rough-skinned	Muula	fruit
69. <i>Parkia filicoidea</i>	Bean, African Locust	Mkundi	fruit
70. <i>Sclerocarya caffra</i>	Marula	Mufula	fruit
71. <i>Syzygium cordatum</i>	Water Boom	Nyowe	fruit
72. <i>Syzygium guineense</i>	Water Berry	Mbunguzi	fruit
73. <i>Trichilia emetica</i>	Natal Mahogany	Msikitsi	fruit
74. <i>Ziziphus mauritiana</i>	Jujube	Masawo	fruit
75. <i>Ziziphus mucronata</i>	Buffalo Thorn	Kankhande	fruit
76. <i>Ficus carica</i>	Fig, Common	Mkuyu	fruit
77. <i>Ficus sp.</i>	Fig, Wild	Nkhuvu	fruit
78. <i>Ficus sur</i>	Fig, Cape	Mkuyu-pasi	fruit
79. <i>Ficus sycomorus</i>	Fig, Sycamore	Chikujumba	fruit
<b>2.5. Fruit trees we need more information about</b>			
<b>2.5.1. Native fruit vines</b>			
80.		Mpinjipinji	fruit
81. <i>Allophylus africanus</i>		Kandula	fruit
82. <i>Ampelocissus sp.</i>		Mbeleshya	fruit
83. <i>Anisophyllea pomifera</i>		Machilikiti	fruit
84. <i>Balanites aegyptiaca</i>	Desert Date		fruit
85. <i>Boscia salicifolia</i>		Mtakataka	fruit young
86. <i>Boscia senegalensis</i>	Aisen	Mpetu	fruit (young)
87. <i>Cadaba kirkii</i>		Nswadji	fruit
88. <i>Canthium crassum</i>		Mnonga	Fruit
89. <i>Englerophytum magalismsontanum</i>	Wild Plum	Chiyera	Fruit
90. <i>Cissus cornifolia</i>	Water Root	Mbulunbunji	fruit
91. <i>Cissus integrifolia</i>		Mtambe	fruit
92. <i>Cleistochlamys kirkii</i>		Nkalango	fruit
93. <i>Conopharyngia elegans</i>	Toad Tree	Kakope	fruit
94. <i>Cordia abyssinica</i>		Mwabwa	fruit
95. <i>Cucumis hirsutus</i>		Mkuwikuwi	fruit
96. <i>Cucumis metuliferus</i>		Kangamkhwani	fruit
97. <i>Cussonia kirkii</i>	Deadman's Fingers	Mwabwa	fruit

<b>Scientific Name</b>	<b>English</b>	<b>Chichewa</b>	<b>Edible Parts</b>
98. <i>Cussonia spicata</i>	Umbrella Tree	Chandimbo	fruit
99. <i>Cyphostemma buchananii</i>		Namwalicheche	fruit sap
100. <i>Detarium senegalense</i>	Sweet Dattock		fruit
101. <i>Diospyros mespiliformis</i>	Monkey Guava	Msumwa	fruit
102. <i>Dombeya rotundifolia</i>	Pear Tree, wild	Naduwa	fruit
103. <i>Ehretia species</i>	Cape Lilac	Ng'amba	fruit
104. <i>Ekebergia benguelensis</i>		Mabere ya ng'ombe	fruit
105. <i>Fadogia odorata</i>		Mlumbakumba	fruit
106. <i>Fagara sp.</i>	Fagara	Mlunguchulu	fruit
107. <i>Friesodielsis obovata</i>		Mfulafula	fruit
108. <i>Grewia inaequilatera</i>	Bastard Silver Raisin		fruit
109. <i>Grewia micrantha</i>	Golden Raisin	Tensa	fruit
110. <i>Hirtella bangweolensis</i>		Mphungumutu	fruit
111. <i>Hoslundia opposita</i>		Chanzi	fruit
112. <i>Landolphia kirkii</i>	Rubber Vine	Mpila	fruit
113. <i>Landolphia parvifolia</i>		Kapwati	fruit
114. <i>Landolphia petersiana</i>		Matutungwa	fruit
115. <i>Landolphia sp.</i>		Makombe	fruit
116. <i>Lannea discolor</i>	Livelong	Sidyatungo	fruit
117. <i>Lannea edulis</i>	Grape, Wild	Mdyakamba	fruit
118. <i>Lannea sp.</i>		Kitongomilo	fruit
119. <i>Lannea stuhlmanni</i>		Chirusa	fruit
120. <i>Lantana trifolia</i>		Nakasonde	fruit
121. <i>Maclura africana</i>		Mkolonsato	fruit
122. <i>Mimusops zeyhera</i>	Red Milkwood	Mterekezi	fruit
123. <i>Myianthus hostii</i>		Chiwele	fruit
124. <i>Olea africana</i>	Olive, wild	Nakatimba	fruit
125. <i>Oxalis acetosella</i>	Sorrel	Katakula	fruit
126. <i>Pachystela brevipes</i>		Mpimbi	fruit
127. <i>Parinari capensis</i>	Plum, Wild	Mungungajati	fruit
128. <i>Pseudolachnostylis maprouneifolia</i>		Msolo	fruit
129. <i>Pyrenacantha sp.</i>		Mchende	fruit
130. <i>Rhoicissus tridentata</i>		Mpeza	fruit
131. <i>Rothmannia manganjiae</i>		Mfukula	fruit
132. <i>Securinega virosa</i>		Mpombona	fruit
133. <i>Solanum scabrum</i>	Sunberry		? fruit (wild)
134. <i>Sorindeia madagascariensis</i>		Sasola	fruit
135. <i>Syzygium owariense</i>		Mafuwa	fruit
136. <i>Tacca leontopetaloides</i>	African Arrowroot	Dinde	fruit
137. <i>Temnocalyx obovatus</i>	,	Maso a ng'ombe	fruit
138. <i>Toddalia asiatica</i>	Cockspur Orange	Msangalusi	fruit
139. <i>Tribulus terrestris</i>	Devil's Thorn	Ncheso	? fruit
140. <i>Turraea nilotica</i>		Msindila	fruit
141. <i>Uapaca nitida</i>		Kasokolowe	fruit
142. <i>Uapaca sansibarica</i>		Mtoto	fruit
143. <i>Uvaria sp.</i>		Ukonde	fruit
144. <i>Vangueria sp.</i>		Matembela	fruit

Scientific Name	English	Chichewa	Edible Parts
145. <i>Vitex sp.</i>		Msungututu	fruit
146. <i>Ximenia americana</i>	Plum, sour	Mtengere	fruit
147. <i>Xymalos monospora</i>	Lemon Wood	Nakaswaga	fruit
148. <i>Zanha golungensis</i>		Mkwidio	fruit

### 3. VEGETABLES (218)

3.1. Fungus				
1.	Various scientific names	Mushroom	Bowa	fungus
3.2. Native Vegetables				
3.2.1. Native vegetable – herbaceous				
2.	<i>Amaranthus hybridus</i>	Amaranth	Bonongwe	leaves
3.	<i>Amaranthus sp.</i>	Wild Blite	Bonongwe	leaves
4.	<i>Amaranthus spinosus</i>	Spiny Pigweed	Bonongwe wa minga	leaves
5.	<i>Amaranthus thunbergii</i>	Poor Man's Spinach	Mberekete	leaves
6.	<i>Bidens pilosa</i>	Blackjack	Chisoso	leaves, shoots
7.	<i>Bidens schimperi</i>		Mbilidzongwe	leaves
8.	<i>Ceratotheca sesamoides</i>		Chewe	leaves
9.	<i>Cleome gynandra</i>	Cat's Whiskers	Luni	Pods, flowers, leaves, shoots
10.	<i>Cleome monophylla L.</i>		Njerenjedza	leaves, shoots, flowers
11.	<i>Commelinia species</i>	Spiderwort	Kasungwi	leaves, shoots
12.	<i>Corchorus trilocularis</i>		Denje	leaves
13.	<i>Cordeauxia edulis</i>	Ye-be	Denje	leaves
14.	<i>Galinsoga parviflora</i>		Mwamuna aligone	leaves
15.	<i>Indigofera</i>		Denje	leaves
16.	<i>Ocimum canum Sims</i>	Basil, local	Mpungabwe	leaves, seed
17.	<i>Portulaca oleracea</i>	Purslane	Matakoatsanu	leaves, shoots, stems
18.	<i>Triumfetta annua</i>		Khatambuzi	leaves
19.	<i>Eleusine coracana</i>	Millet, Finger	Mawere	shoots, plant
20.	<i>Hibiscus acetosella</i>		Limanda	leaves
21.	<i>Hibiscus sabdariffa</i>	Roselle	Chidede	leaves
22.	<i>Hibiscus esculentus</i>	Okra	Thelele lobzyala	fruit
23.	<i>Solanum americanum</i>	Nightshade	Knadzi, Mnadzi, Msaka	leaves, fruit - CARE!
24.	<i>Solanum macrocarpon</i>	Eggplant, African	Mabilingani	Fruit - CARE!
25.	<i>Solanum sp. various</i>		Imphwa	Fruit - CARE!
3.2.2. Native vegetable - digger				
26.	<i>Aframomum angustifolium</i>	Cardamom, wild	Nthungula	spice root
27.	<i>Colocasia esculenta</i>	Coco Yam Leaves	Ntembe Masam	leaves, stems
28.	<i>Oxalis sp.</i>		Ntedza wa kwangala	leaves
3.2.3. Native vegetable – leguminous				
29.	<i>Cassia occidentalis L.</i>	Coffee senna	Mjoka	Pods
30.	<i>Crotalaria ochroleuca</i>	Rattlebox	Zumba	leaves - CARE!
31.	<i>Sesamum angolense</i>		Chewe	leaves

<b>Scientific Name</b>	<b>English</b>	<b>Chichewa</b>	<b>Edible Parts</b>
32. <i>Sesamum indicum</i>	Sesame	Chitowe	leaves, shoots
33. <i>Vigna subterranea</i>	Bambara Groundnut	Nzama	leaves
<b>3.3. Introduced Vegetables, Herbaceous</b>			
34. <i>Brassica chinensis</i>	Chinese Cabbage	Chinesi	leaves
35. <i>Brassica juncea</i>	Mustard, Indian	Mpiru	leaves, shoots, flowers
36. <i>Brassica napus var. oleifera</i>	Rape	Mpiru wotuwa	leaves
37. <i>Brassica oleracea var. acephala</i>	Kale	Kale	leaves
38. <i>Lactuca sativa</i>	Lettuce	Letesi	leaves
39. <i>Spinacia oleracea</i>	Spinach	Spinichi	leaves
40. <i>Zea mays</i>	Maize, Green	Dowe	grain immature
<b>3.3.1. Introduced protectors (herbs)</b>			
41. <i>Allium cepa</i>	Onion / Shallot	Anyezi	roots, shoots
42. <i>Allium porum</i>	Leek		roots, shoots
43. <i>Allium sativum</i>	Garlic	Adyo	roots, shoots
44. <i>Allium schoenoprasum</i>	Chives / Garlic chives		leaves, shoots
45. <i>Foeniculum vulgare</i>	Fennel		leaves, bulbs
46. <i>Cymbopogon citratus</i>	Lemon Grass		leaves, shoots
47. <i>Mentha sp.</i>	Mint		leaves
48. <i>Origanum majorana</i>	Marjoram		leaves
49. <i>Coriandrum sativum</i>	Cilantro Coriander	Masala	leaves, seed (spice)
50. <i>Trigonella foenum-graecum</i>	Fenugreek	Methi	leaves, shoots
<b>3.3.2. Introduced, perennial vegetables</b>			
51. <i>Asparagus officinalis</i>	Asparagus	Katsitsimzu-kwa	shoots
52. <i>Curcuma domestica</i>	Tumeric	Manjanu Kari	roots
53. <i>Zingiber officinale</i>	Ginger		
54. <i>Capsicum annuum</i>	Chillies	Tsobola	fruit
55. <i>Solanum melongena / aethiopicum</i>	Eggplant, Foreign	Mabilingani	fruit
56. <i>Cicer arietinum</i>	Chickpea	Nchana	pods (young)
57. <i>Lens culinaris</i>	Lentil	Masar	
58. <i>Phaseolus vulgaris</i>	Bean, French pods	Mbwanda	
59. <i>Phaseolus spp</i>	Bean, Common Leaves	Khwanya	leaves
60. <i>Phaseolus vulgaris</i>	Bean, French leaves	Mbwanda	
<b>3.4. Vines</b>			
61. <i>Adenia gummier</i>		Mlozi	leaves
62. <i>Basella alba</i>	Spinach, Ceylon	Mdele	leaves, shoots
63. <i>Tetragonia expansa</i>	Spinach, New Zealand	Spinichi	Leaves
64. <i>Ipomoea aquatica</i>	Spinach, water, wild	Lilowolowo	leaves
65. <i>Ipomoea batatas</i>	Sweet Potato	Kholowa	leaves
<b>3.4.1. Fruiting vines - climbers</b>			
66. <i>Coccinia grandis</i>	Ivy Gourd	Fwifwi ?	fruit
67. <i>Coccinia adoensis</i>		Fwifwi	leaves

<b>Scientific Name</b>	<b>English</b>	<b>Chichewa</b>	<b>Edible Parts</b>
68. <i>Cucumis anguria</i>	Cucumber, Small Prickly	Chikanyanga	leaves, fruit
69. <i>Cucumis sativus</i>	Cucumber	Minkhaka	fruit
70. <i>Cucumis sp.</i>	Cucumber, Prickly	Chipwete	fruit
71. <i>Luffa aegyptiaca</i>	Loofa Leaves	Masponge	fruit, leaves
72. <i>Momordica charantia</i>	Gourd, Bitter	Karela	fruit
73. <i>Sechium edule</i>	Chayote	Ngowe	fruit, leaves, shoots
74. <i>Citrullus lanatus</i>	Watermelon	Vwende	leaves, flowers
75. <i>Cucumis melo</i>	Melon	Kayimbe	leaves
76. <i>Cucurbita species</i>	Pumpkin	Dzungu, Mnkhwani, Chiluwe	fruit, leaves, flowers shoots
77. <i>Lagenaria siceraria</i>	Gourd	Mphonda	leaves, shoots, fruit
78. <i>Lycopersicon esculentum</i>	Tomato	Matimati	fruit
<b>3.4.2. Legume vines</b>			
79. <i>Canavalia ensiformis</i>	Bean, Jack	Kalongdoda ?	pods
80. <i>Lablab purpureus</i>	Bean, Hyacinth	Mkhunguzu, Nkhusa, Mkhunguzu	leaves, shoots, flowers, pods
81. <i>Phaseolus aconitifolia</i>	Bean, Tepary		leaves, pods (young)
82. <i>Phaseolus lunatus</i>	Bean, Lima	Kamumpanda	leaves
83. <i>Pisum sativum</i>	Peas, Green	Sawawa osakwima	seeds
84. <i>Vigna radiata</i>	Bean, Mung	Mphodza	pods
85. <i>Vigna unguiculata</i>	Pea, Cowpea	Mtambe Khobwe	leaves pods
<b>3.5. Trees</b>			
<b>3.5.1. Shrubs (each are leguminous, too!)</b>			
86. <i>Cajanus cajan</i>	Pea, Pigeon	Nandolo	leaves, pods (young)
87. <i>Cassia occidentalis L.</i>	Coffee senna	Mjoka	leaves, flowers
88. <i>Cassia petersiana</i>	Monkey Pod	Mpatsachokolo	leaves, pods (young)
89. <i>Cassia singueana</i>		Mpatsachokolo, Kadete	leaves, pods (young)
<b>3.5.2. Small trees</b>			
90. <i>Annona senegalensis</i>	Custard Apple, Wild	Mpoza	Leaves, flowers
91. <i>Annona sp.</i>	Custard Apple	Mphosa	
92. <i>Bixa orellana</i>	Annatto	Kari	dye (red powder around seed)
93. <i>Borassus aethiopum</i>	Palm, Fan	Magwede, Ngwanlangwa	leaves
94. <i>Carica papaya</i>	Pawpaw	Papaya	fruit (young), leaves, shoots, flowers
95. <i>Hyphaene species</i>	Palm, Doum	Mgwalangwa	seed sprout
96. <i>Manihot esculenta</i>	Cassava	Chigwada	leaves
97. <i>Manihot spp</i>	Cassava, Tree	Chigwada	leaves
98. <i>Moringa oleifera</i>	Horse Radish Tree	Chamwamba, Masamba, Maluwa, Sangowa	pods, leaves, flowers
99. <i>Vitex doniana</i>		Mpindimbi	Leaves, shoots
<b>3.5.3. Large trees</b>			
100. <i>Adansonia digitata</i>	Baobab	Mlambe	leaves, shoots, flowers



<b>Scientific Name</b>	<b>English</b>	<b>Chichewa</b>	<b>Edible Parts</b>
101. <i>Azelia quanzensis</i>	Pod Mahogany	Msambamfumu	leaves
102. <i>Ceiba pentandra</i>	Kapok	Usufu	Pods, leaves, flowers, fruit (young)
103. <i>Commiphora africana</i>		Khobo	leaves
104. <i>Mangifera indica</i>	Mango Leaves	Mango Khungu Osakwima	leaves, shoots, skin (young)
105. <i>Strychnos spinosa</i>	Kaffir Orange	Mteme (masamba)	leaves
106. <i>Ziziphus mauritiana</i>	Jujube	Masawo	leaves
107. <i>Tamarindus indicus</i>	Tamarind	Bwemba	leaves, flowers, pods
<b>3.6. Vegetables we need more information about</b>			
108. <i>Abrus precatorius</i>	Crab's Eyes	Ntimbua	leaves
109. <i>Acacia macrothyrsa</i>		Nafungwe	leaves
110. <i>Achyranthes aspera</i>	Rough Chaff Flower	Ngwirisi ndi kakose	leaves
111. <i>Ailanthus Myianthus</i>		Nine	leaves
112. <i>Alternanthera sessilis</i>		Kandudwa	leaves
113. <i>Anthericum</i>		Kaluwatete	flowers
114. <i>Arachis hypogaea</i>	Groundnuts	Mtedza	leaves
115. <i>Area Leuctra</i>		Chidyonko	leaves
116. <i>Argemone mexicana</i>	Mexican Poppy	Doza	leaves
117. <i>Asparagus sp.</i>	Asparagus, Wild	Katsitsim-zukwa	shoots
118. <i>Astragalus atopilosulus</i>		Nachilare	leaves
119. <i>Asystasia gangetica</i>		Nasungwi	leaves
120. <i>Balanites aegyptiaca</i>	Desert Date		leaves flowers
121. <i>Boscia salicifolia</i>		Mtakataka	leaves
122. <i>Boscia senegalensis</i>	Aisen	Mpetu	leaves
123. <i>Byrsocarpus orientalis</i>		Ntandan-yerere	leaves
124. <i>Canna bidentata Bertol.</i>	Canna, Wild	Gontha	seed (spice)
125. <i>Canthium sp Canthium huilense</i>		Chisunkunthu	leaves
126. <i>Cardiospermum halicacabum</i>	Heart Seed	Msendechere	leaves
127. <i>Cassia mimosoides L.</i>	Tea senna	Ngwalang-walate	leaves shoots
128. <i>Celosia Argentea</i>	Cock's Comb	Ndangale	leaves shoots
129. <i>Celosia trigyna</i>		Kaphikaulesi	leaves shoots
130. <i>Ceratotheca sp.</i>		Tilingane	leaves
131. <i>Ceropegia papillata</i>		Fwafwalingo	leaves
132. <i>Ceropegia sp.</i>		Chang'ombe	leaves
133. <i>Cicer arietinum</i>	Chickpea	Nchana	leaves
134. <i>Cissus bucanii</i>		Namwali-cheche	leaves
135. <i>Cissus cornifolia</i>	Water Root	Mbulunbunji	leaves, fruit (young)
136. <i>Cissus integrifolia</i>		Mtambe	leaves
137. <i>Cissus jatrophioides</i>		Mnuwake-munda	leaves
138. <i>Cissus rubiginosa</i>		Mpelesi	leaves
139. <i>Corchorus aestuans</i>		Chamalawi	leaves
140. <i>Corchorus olitorius</i>	Jute	Chilenzi	leaves, shoots

<b>Scientific Name</b>	<b>English</b>	<b>Chichewa</b>	<b>Edible Parts</b>
141. <i>Crassocephalum rubens</i>		Chinusi	leaves, shoots
142. <i>Crotalaria anthyllopsis</i>		Chiwasa	leaves
143. <i>Crotalaria cephalotes</i>		Chisunkhuthu	leaves
144. <i>Crotalaria natalitia</i>		Thusya	Leaves, flowers
145. <i>Crotalaria sp.</i>		Bwayaya, Mdyakanjobvu, Kapuka , Chimphako	leaves
146. <i>Cucumis hirsutus</i>		Mkuwikuwi	leaves
147. <i>Cucumis metuliferus</i>		Kangam-khwani	leaves
148. <i>Cynanchum schistoglossum</i>		Mpuludwa	leaves
149. <i>Dolichos b Buchananii</i>	Bully Beef Plant	Nthupa	flowers
150. <i>Dolichos sp.</i>		Chiluwe cha chitimbwisi	flowers
151. <i>Dolichos sp.</i>		Chitimbwisi	leaves
152. <i>Dombeya tanganyikensis</i>		Mnyangale	shoots, stems
153. <i>Ectadiopsis oblongifolia</i>		Bwazi	leaves
154. <i>Emilia coccinea</i>		Chinguwo	leaves
155. <i>Ensete ventricosum</i>	False Banana	Chizuzu	shoots, stems, flowers, corm, rhizome
156. <i>Fagara sp</i>	Fagara	Mlunguchulu	leaves
157. <i>Ficus sp.4</i>	Fig, Wild	Nkhuvu	leaves
158. <i>Ficus sur</i>	Fig, Cape	Mkuyu-pasi	leaves
159. <i>Ficus sycomorus</i>	Fig, Sycamore	Chikujumba	leaves
160. <i>Glycine wightii</i>		Yembe	leaves
161. <i>Gnidia chrysantha</i>		Kazinda	leaves
162. <i>Hibiscus articulatus</i>		Chamakande	leaves
163. <i>Hibiscus cannabinus</i>	Hemp, Bombay	Sonkhwe	leaves, flowers
164. <i>Hibiscus diversifolius</i>		Chatata Katham-phwi?	flowers
165. <i>Hibiscus esculentus</i>	Okra	Chithanda	leaves
166. <i>Hibiscus physaloides</i>		Thelele thengo	flowers
167. <i>Hibiscus rosa-sinensis</i>	Rose of China	Losi	leaves flowers
168. <i>Hibiscus sp.</i>		Chimkakala	leaves
169. <i>Ipomoea eriocarpa</i>		Kholowa thengo	leaves
170. <i>Ipomoea sp.</i>		Chikalan-dembe	leaves
171. <i>Jussiaea abyssinica</i>			leaves
172. <i>Justicia sp.</i>		Kalokola, Kangena, Kanyelenyezi	leaves, shoots, flowers
173. <i>Kaempferia aethiopica</i>		Manjanu	roots
174. <i>Lagenaria sphaerica</i>		Chipuzi	leaves
175. <i>Lightfootia sp.2</i>		Chisiso	leaves
176. <i>Lupinus</i>		Kantedza	leaves
177. <i>Melochia corchorifolia</i>		Chipondavu	leaves
178. <i>Momordica charantia</i>	Gourd, Bitter Leaves	Karela	leaves
179. <i>Momordica foelida</i>		Tungwi	shoots
180. <i>Morus nigra</i>	Mulberry, purple	Mapulesi	leaves
181. <i>Nesaea sp.</i>		Kwete	leaves
182. <i>Nidorella resdifolia</i>		Sungubuwa	leaves

<b>Scientific Name</b>	<b>English</b>	<b>Chichewa</b>	<b>Edible Parts</b>
183. <i>Nymphaea caerulea</i>	Water Lily	Chikolwa	flowers
184. <i>Ormocarpum</i>		Phuluphulu	leaves
185. <i>Oxygonum sinuatum</i>		Kalasaweni	leaves
186. <i>Pavonia urens</i>		Chatata, Thoni	flowers
187. <i>Pentanisia schweinfurthii</i>	Forget-me-not, Rhodesian	Ngulungundi	leaves
188. <i>Pentarrhinum inspidum</i>		Chindewe	leaves, fruit
189. <i>Pentarrhinum sp.</i>		Kafungo	leaves
190. <i>Polygonum plebeium</i>		Kasabwe	leaves
191. <i>Polygonum salicifolium</i>		Nsendeka	leaves
192. <i>Polygonum setosulum</i>		Chikungu ufa	leaves
193. <i>Psychotria eminiana</i>		Chisunkunthu	leaves
194. <i>Ranunculus multifidus</i>	Buttercup	Khobedi	leaves
195. <i>Rumex bequaertii</i>	? Sorrel, Dock	Gakazea	leaves
196. <i>Salvadora persica</i>	Toothbrush Tree	Mswache	leaves
197. <i>Secamone sp.</i>		Bwazi	leaves
198. <i>Securidace longepedunculata</i>	Tree Violet	Bwazi	leaves
199. <i>Sida alba</i>			leaves
200. <i>Smithia elliotii</i>		Kadzulo	leaves
201. <i>Solanum sp. 12</i>		Malanza	leaves
202. <i>Sonchus oleraceus</i>	Sow Thistle	Chinguwo	leaves
203. <i>Sphenostylis marginate</i>		Nkhunga Mlali	leaves, flowers
204. <i>Sterculia appendiculata</i>		Njale	leaves
205. <i>Sterculia sp.2</i>		Chiwawani	leaves
206. <i>Talinum caffrum</i>		Mlelamvula	leaves
207. <i>Thunbergia lancifolia</i>		Mwanaluni	leaves
208. <i>Thunbergia oblongifolia</i>		Mwanakazi	leaves
209. <i>Trichodesma zeylanicum</i>		Dungum-wamba	leaves
210. <i>Tulbaghia cameronii</i>		Katsopi	leaves, flowers
211. <i>Tylosema fassoglensis</i>		Mphand-wapansi	Pods
212. <i>Urena lobata</i>	Bun Ochra	Msapatonje	flowers
213. <i>Vernonia sp.</i>		Dambwe	leaves
214. <i>Vigna reticulata</i>		Chamaweya	leaves
215. <i>Vigna sp.6</i>		Mtambe thengo	leaves
216. <i>Viola abyssinica</i>		Katongolola	leaves
217. <i>Wormskioldia longepedunculata</i>	Pimpernel, Rhodesian	Katambala	leaves
218. <i>Zornia pratensi</i>		Kandudwa	leaves

## 4. LEGUMES & NUTS (28)

### 4.1. Legume Climbers

#### 4.1.1. Small climbers

1. <i>Phaseolus spp</i>	Bean, Common	Nyemba	legumes leaves
2. <i>Pisum sativum</i>	Peas, Mature	Sawawa	
3. <i>Vigna radiata</i>	Bean, Mung	Mphodza	
4. <i>Vigna unguiculata</i>	Pea, Cowpea	Khobwe	

Scientific Name	English	Chichewa	Edible Parts
<b>4.1.2. Medium climbers</b>			
5. <i>Lablab purpureus</i>	Bean, Hyacinth	Mkhunguzu	Legumes, leaves
6. <i>Phaseolus lunatus</i> (?)	Bean, Lima, local	Kamumpanda, Chimbamba	
<b>4.1.3. Heavy climbers</b>			
7. <i>Canavalia ensiformis</i>	Bean, Jack	Kalongdoda (?)	seed CARE!
8. <i>Lupinus sp.</i>	Lupinus	Kantedza	
9. <i>Mucuna pruriens</i>	Bean, Buffalo	Kalongonda	
10. <i>Stizolobium aterrimum</i>	Bean, Velvet	Kalongonda (?)	
<b>4.2. Legume Diggers</b>			
11. <i>Arachis hypogaea</i>	Groundnuts	Mtedza	legumes
12. <i>Vigna subterranea</i>	Bambara Groundnut	Nzama	
<b>4.3. Legume Plants</b>			
13. <i>Cicer arietinum</i>	Chick Pea	Nchana	Legumes
14. <i>Glycine max</i>	Bean, Soy	Soya	
15. <i>Lens culinaris</i>	Lentil	Masar	
16. <i>Phaseolus aconitifolia</i>	Bean, Tepary		
17. <i>Sphenostylis marginate</i>		Nkhunga	
<b>4.4. Legume Shrub</b>			
18. <i>Cajanus cajan</i>	Pea, Pigeon	Nandolo	Legume (young or mature)
<b>4.5. Legume Trees</b>			
19. <i>Acacia albida</i>	White Thorn	Nsangu	seeds, care!
20. <i>Parkia filicoidea</i>	Bean, African Locust	Mkundi	legumes
<b>4.6. Nut Trees</b>			
21. <i>Adansonia digitata</i>	Baobab	Mlambe	seed (mature)
22. <i>Anacardium occidentale</i>	Cashew Nut	Mbibu	
23. <i>Borassus aethiopum</i>	Palm, Fan	Magwede, Ngwanlangwa	
24. <i>Macadamia</i>	Queensland Nut		
25. <i>Parinari curatellifolia</i>	Hissing Tree	Mbula	
26. <i>Prunus dulcis</i>	Almond		
27. <i>Telfaria pedata</i>	Oysternut	Matandu	
28. <i>Terminalia catappa</i>	Indian Almond	Mkungu	

## 5. ANIMAL FOODS (36)

<b>5.1. Domesticated Animals</b>			
<b>5.1.1. Fowl</b>			
1. <i>Columbidae Colombiformes</i>	Pigeons, Doves	Nkhunda, Mazira	Meat, eggs
2. <i>Gallus gallus domesticus</i>	Chickens	Nkhuku, Mazira	
3. <i>Numididae</i>	Guinea Fowl	Nkhangwa, Mazira	
4. <i>Anatidae</i>	Ducks, Geese	Baka, Mazira	
<b>5.1.2. Small mammals</b>			
5. <i>Cavia porcellus</i>	Guinea Pig	Mbira	meat
6. <i>Leporidae Lagomorpha</i>	Rabbits	Kalulu	

Scientific Name	English	Chichewa	Edible Parts
<b>5.1.3. Large mammals</b>			
7. <i>Bovinae Bos</i>	Cow	N'gombe, Mkaka	Meat, milk
8. <i>Capra aegagrus</i>	Goat	Mbuzi, Mkaka	
9. <i>Ovis aries</i>	Sheep	Nkhosa	
10. <i>Sus</i>	Pig	Nkhumba	meat
<b>5.2. Fish</b>			
11. Various	Fish	Nsomba, Chambo, Matemba, Mcheni, Mlamba, Utaka	Fish
<b>5.3. Insects</b>			
12. <i>Anthophila</i>	Bees	Njuchi, Uchi	Larvae, honey
13. <i>Brachytrupes membranaceus</i>	Crickets	Nzerenzere, Bwamnoni, Nkhululu	insect
14. <i>Gryllidae</i>			
15. <i>Homorocoryphus vicinus</i>			
16. <i>Acantahacris ruficornis</i>	Grasshopper	Dziwala	
17. <i>Cyrtacanthacris aeriginosa</i>		Tsokonombwe, Sadyamchere, Gomphanthiko, Mkhwiyo	
18. <i>Caelifera</i>			
19. <i>Nomadacris septemfasciata</i>	Red Locust	Dzombe	
20. Various	Cicadas	Nyenje	
21. <i>Carebara vidua</i>	Termites	Mafulufute	
22. <i>Isoptera</i>		Inswa, Mbulika	
		Ngumbi	
23. <i>Chironomidae</i>	Lake Flies	Nkhungu	
24. <i>Lepidoptera</i>	Caterpillars	Dzinthondo Also - mphalabungu, mapala, mofa, kawichi, mbwabwa, katondo	
25. <i>Coleoptera</i>	Beetle	Chikumbu	
26. <i>Nezara robusta</i>	Shield bug	Nkunguni	
27. <i>Sphaerocoris</i>		Nsensenya	
<b>5.4. Molluscs</b>			
28. <i>Mollusca</i>	Snails	Nkhono •Not eaten much in Malawi except by foreigners •Available at a few restaurants and grocery stores.	meat
<b>5.5. Wild Animals - A few examples that could be hunted sustainably if managed</b>			
29. <i>Aves</i>	Birds	Mbalame, Mazira	Meat, eggs
30. <i>Bovidae</i>	Antelope	Nyiska	meat
31. <i>Syncerus caffer or Bubalus</i>	Buffalo	Njati	
32. <i>Hippopotamus amphibius</i>	Hippopotamus	Mvuu	
33. <i>Sus scrofa</i>	Wild pig	Ngulube	
<b>5.6. Rodents</b>			
34. <i>Mus</i>	Mice, mouse	Mbewa	meat
35. <i>Hystricomorpha</i>	Porcupine	Kanungu	
36. <i>Rattus</i>	Rats	Mbira	

Scientific Name	English	Chichewa	Edible Parts
<b>6. FATS &amp; OILS (48)</b>			
1. <i>Helianthus annuus</i>	Sunflower	Sanifulawa	seeds
2. <i>Sesamum indicum</i>	Sesame	Chitowe	seed oil
3. <i>Cocos nucifera</i>	Coconut	Nkoko	fruit
4. <i>Persea americana</i>	Avocado Pear	Mapeyala	fruit, seed oil
<b>6.1. Vegetable food group seeds that produce oil</b>			
<b>6.1.1. Herbaceous vegetable seeds that produce oil</b>			
5. <i>Amaranthus hybridus</i>	Amaranth Seed	Bonongwe Mbewu	seeds
6. <i>Amaranthus sp.4</i>	Wild Blite Seed	Bonongwe Mbewu	seeds
7. <i>Amaranthus spinosus</i>	Spiny Pigweed	Bonongwe wa minga Mbewu	seeds
8. <i>Amaranthus thunbergii</i>	Poor Man's Spinach Seed	Mberekete Mbewu	seeds
9. <i>Brassica juncea</i>	Mustard Mbewu	Mpiru Mbewu	seeds
10. <i>Cleome gynandra</i>	Cat's Whiskers	Luni	seed oil
11. <i>Foeniculum vulgare</i>	Fennel		seed oil
12. <i>Hibiscus sabdariffa</i>	Roselle	Chidede	seed oil
13. <i>Portulaca oleracea</i>	Purslane	Matakoatsanu	seeds
14. <i>Trigonella foenum-graecum</i>	Fenugreek	Methi	seed oil
<b>6.1.2. Vine vegetable seeds that produce oil</b>			
15. <i>Cucumis anguria</i>	Cucumber, Small Prickly	Chikanyanga	seeds
16. <i>Cucumis sativus</i>	Cucumber	Minkhaka	seeds
17. <i>Cucurbita species</i>	Pumpkin	Mthanga za msungu	seeds
18. <i>Lagenaria siceraria</i>	Gourd	Mphonda	seeds
19. <i>Momordica charantia</i>	Gourd, Bitter	Karela	seeds
20. <i>Sechium edule</i>	Chayote	Ngowe	seed kernel
<b>6.1.3. Tree vegetable seeds that produce oil</b>			
21. <i>Moringa oleifera</i>	Horse Radish Tree	Chamwamba	seed oil
<b>6.2. Legumes &amp; Nuts food group which are high in fat</b>			
22. <i>Cajanus cajan</i>	Pea, Pigeon	Nandolo Mafuta	seed oil
<b>6.3. Fruit Food group which are high in fat</b>			
23. <i>Citrullus lanatus</i>	Watermelon	Vwende	seeds
24. <i>Cucumis melo</i>	Melon	Kayimbe	Seeds
<b>6.3.1. Tree Fruit with seeds high in fat</b>			
25. <i>Adansonia digitata</i>	Baobab	Mlambe Mafuta	seed oil
26. <i>Hyphaene species</i>	Palm, Doum	Mgwalangwa	seeds
27. <i>Mangifera indica</i>	Mango	Mango	seeds
28. <i>Sclerocarya caffra</i>		Mufula	seed oil
29. <i>Tamarindus indicus</i>	Tamarind	Bwemba	seeds
30. <i>Treculia africana</i>	Breadfruit, African	Njaya	seeds
31. <i>Trichilia emetica</i>	Natal Mahogany	Msikitsi	seed oil
32. <i>Ziziphus mauritiana</i>	Jujube	Masawo	seed kernel
<b>6.4. Seeds we need more information about:</b>			
33. <i>Abrus precatorius</i>	Crab's Eyes	Ntimbua	seeds CARE!



<b>Scientific Name</b>	<b>English</b>	<b>Chichewa</b>	<b>Edible Parts</b>
34. <i>Aleurites moluccana</i>	Candle Nut Tree		seed kernel
35. <i>Balanites aegyptiaca</i>	Desert Date		seed oil
36. <i>Boscia salicifolia</i>		Mtakataka	seeds
37. <i>Boscia senegalensis</i>	Aisen	Mpetu	seeds
38. <i>Ceiba pentandra</i>	Kapok	Usufu	seeds
39. <i>Celosia Argentea</i>	Cock's Comb	Ndangale	seed oil
40. <i>Celosia trigyna</i>		Kaphikaulesi	seeds
41. <i>Cyperus esculentus</i>	Tiger nut	Kauju	root oil
42. <i>Diospyros mespiliformis</i>	Monkey Guava	Msumwa	seeds
43. <i>Elaeis guineensis</i>	Wild Oil Palm	Kanjindo	seed oil
44. <i>Guizotia abyssinica</i>	Niger Seed		seed oil
45. <i>Nymphaea caerulea</i>	Water Lily	Chikolwa	seeds
46. <i>Oxytenanthera abyssinica</i>	Bamboo, Common	Nsungwi	seeds
47. <i>Papaver somniferum</i>	Poppy Seed		seed oil
48. <i>Salvadora persica</i>	Toothbrush Tree	Mswache	seed oil

## About SNM: Food, Water, Agriculture & Environment

The manual is for people who eat, grow or buy food and who want to improve their lives, their community and the environment that they live in. It has been written for, and by, people living in Malawi. It will show you how to eat and live better and guide you in designing a sustainable future.

The manual aims to show that by thinking differently and thinking sustainably you can improve your health, diet, lifestyle and surroundings easily and cheaply and gain an understanding of the term Sustainable Nutrition.

Use the ideas in the manual and you will be able to:

- Improve your diet and health
- Save money that was spent on food, medicines, and chemicals
- Double or triple yields and harvests (or even more!)
- Reduce the amount of watering in your gardens and orchards
- Reduce the amount of work done on your land and in your home
- Have healthier plants and animals
- Reduce infertile and unproductive areas of land
- Use free resources to improve soil and water in your area

### ***Sustainable Nutrition Part 1 - Healthy Humans***

Health Humans is about the human body and nutrition. You will also learn about food choices and the benefits of diversity in diet. It has lots of useful ideas to improve life and many delicious recipes and suggestions for tasty, healthy meals.

### ***Sustainable Nutrition Part 2 - Healthy Environments***

Healthy Environments is about natural systems and sustainability. You will learn about the Nature Cycle and the Water Cycle and natural sustainable systems. You will be introduced to Permaculture ideas and gain an understanding of the benefits of diversity in Nature.

### ***Sustainable Nutrition Part 3 - Healthy Designs***

Healthy Designs is about designing for sustainable living. This book brings parts 1 and 2 together and guides you to make a personalised plan for Sustainable Nutrition. This book is practical to design everything on your land. There is lots of information in the appendices about foods of Malawi and other resources that will be useful as your design develops.

## Get your own Free copy of SNM

### Sustainable Nutrition Manual: Food, Water, Agriculture & Environment.



Endorsed by Malawi's Ministry of Agriculture, Irrigation and Water Development  
Agricultural Technology Clearing Committee, 2016 February 27th.

First published by World Food Programme (WFP) Malawi as: Low Input Food  
and Nutrition Security: Growing and Eating More for Less (2005)

### Ministry of Agriculture, Irrigation and Water Development

Department of Agricultural Extension Services (DAES), Nutrition Unit  
PO Box 594, Lilongwe, Malawi  
Agricultural Communication Branch  
Phone: +265 (0) 1-751-221  
Email: [AgricNutrition@gmail.com](mailto:AgricNutrition@gmail.com)

### World Food Programme Malawi

Post Office Box 30571, Lilongwe, Malawi  
Phone: (+265) (0) 1-774-666, fax: (+265) (0) 1-773-785  
Website: <http://www.wfp.org/countries/malawi>  
E-mail: [wfp.lilongwe@wfp.org](mailto:wfp.lilongwe@wfp.org)  
Facebook: [www.facebook.com/wfpmalawi1](http://www.facebook.com/wfpmalawi1)  
Twitter: WFP\_Africa

### NeverEndingFood

Post Dot Net, x-124 Crossroads, Lilongwe, Malawi  
Phone: (+265) (0) 999-333-073  
Website: [www.NeverEndingFood.org/Sustainable-Nutrition-Manual](http://www.NeverEndingFood.org/Sustainable-Nutrition-Manual)  
Facebook: <https://www.facebook.com/nordinmalawi>  
Twitter: <https://twitter.com/NeverEndingFood>



### Creative Commons

You are welcome to copy and share this manual in any form.

Please acknowledge the source when sharing any part of it, using this citation:

Nordin, Stacia. *Sustainable Nutrition Manual: Food, Water, Agriculture & Environment*. 2nd ed.  
Ed. Sarah Beare. Lilongwe: World Food Programme Malawi, 2016.

<http://bit.do/SustainableNutritionManual>