

Agriculture Nutrition Sensitive Intervention

PROMOTION OF INDIGENOUS FOOD CROPS

- Indigenous food crops are crops that originated in South Africa.
- Indigenised food crops which originated in other countries, but adapted well to South African climate.
- Mostly wildily harvested
- Generally easy to produce and usually require few resources
- Potential to mitigate effects of climate change due to their hardiness
- Potential to address food and nutrition security
- Rich sources of micronutrients, e.g. iron and Vitamin A
- Categories: grains (legumes and cereals), vegetables (tubers and leaves) and fruit.



Sorghum
(*Sorghum bicolor*)



Amaranth
(*Amaranthus hybridus* spp.)



Spider plant
(*Cleome gynandra*)



Cowpea
(*Vigna unguiculata*)



Cowpea
(*Vigna unguiculata*)



Marula (*Sclerocarya caffra*)



Bambara groundnut
(*Vigna subterranean*)



Amadumbe
(*Colocasia esculenta*)



Kei-apple (*Dovyalis caffra*)



Blackjack
(*Bidens pilosa* L.)

Table 1. Micronutrient content per 100g raw edible portion as per South African composition database (Source: Wolmarans et al., 2010)

Food	Iron	β- Carotene	Vit A
	mg	µg	µg RE
Amaranth leaves (<i>Amaranth</i> spp.)	4.8	1798	326
Cowpea leaves (<i>Vigna unguiculata</i>)	2.7	592	99
Spider plant (<i>Cleome gynandra</i>)	2.6	7183	1197
Blackjack (<i>Bidens pilosa</i> L.)	6.0	5900	983
Nightshade (<i>Solanum retroflex</i>)	8.5	6380	1063

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