

**VEGETABLES AND MUSHROOMS** *(Continued from Soup condiments and thickeners section)*  
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## COMMUNITY FOOD SYSTEM DATA TABLE # 13

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Acanthaceae* sp.

**Local name & other common names:**

azia

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	60.8
Energy, Kcal	117
Protein, g	4.2
Fat, g	0.4
Carbohydrate, g	24.1
Fiber g	0.4
Ash, g	4.2
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, $\mu$ g	-
Vitamin C, mg	-
Calcium, mg	111
Phosphorus, mg	217
Iron, mg	30.4
Zinc, mg	2.6

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March- November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous**

**information:** Used for soup, mixed with other vegetables for malaria

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 14

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Acanthoceeae* sp.

**Local name & other common names:**

ikpo kpo

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	61.6
Energy, Kcal	130
Protein, g	2.8
Fat, g	0.4
Carbohydrate, g	28.7
Fiber g	0.6
Ash, g	3.7
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, $\mu$ g	-
Vitamin C, mg	-
Calcium, mg	686
Phosphorus, mg	219
Iron, mg	6.9
Zinc, mg	6.1

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for soup

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 15

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Acanthacia* sp.

**Local name & other common names:**

ogume okpe

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	40.2
Energy, Kcal	226
Protein, g	6.8
Fat, g	0.8
Carbohydrate, g	48
Fiber g	0.4
Ash, g	2.1
Vitamin A, RE- $\mu$ g	21
Vitamin A, RAE- $\mu$ g	10.5
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	123
Total carotene, $\mu$ g	-
Thiamine, mg	0.35
Riboflavin, mg	1.02
Niacin, mg	2.27
Folic acid, $\mu$ g	16
Vitamin C, mg	34.68
Calcium, mg	276
Phosphorus, mg	566
Iron, mg	12.9
Zinc, mg	4.6

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 16

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Ageratum conyzoides*

**Local name & other common names:**

olulu-ogwai, Goat weed (English)

**Part(s) used:**

**Preparation:** Used for soup

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	42.5
Energy, Kcal	181
Protein, g	6.9
Fat, g	0.4
Carbohydrate, g	37.5
Fiber g	0.1
Ash, g	3.4
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, $\mu$ g	-
Vitamin C, mg	-
Calcium, mg	345
Phosphorus, mg	725
Iron, mg	10
Zinc, mg	4.5

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 17

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Amaranthus viridian*

**Local name & other common names:**

inine, Green (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	87.8
Energy, Kcal	44
Protein, g	5.4
Fat, g	1.2
Carbohydrate, g	2.9
Fiber g	2.1
Ash, g	1.2
Vitamin A, RE- $\mu$ g	7.0
Vitamin A, RAE- $\mu$ g	3.5
Retinol, $\mu$ g	
$\beta$ carotene, $\mu$ g	41
Total carotene, $\mu$ g	
Thiamine, mg	0.18
Riboflavin, mg	0.04
Niacin, mg	0.13
Folic acid, $\mu$ g	6.0
Vitamin C, mg	0.35
Calcium, mg	410
Phosphorus, mg	620
Iron, mg	8.9
Zinc, mg	3.4

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for variety of purposes.

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 18

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Aspilia* spp.

**Local name & other common names:**

anwinwa ani, Bush marigold (English)

**Part(s) used:**

**Preparation:** Used for soup, for eating new yam

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	52.9
Energy, Kcal	181
Protein, g	6.8
Fat, g	0.6
Carbohydrate, g	37.2
Fiber g	0.2
Ash, g	1.8
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, $\mu$ g	-
Vitamin C, mg	-
Calcium, mg	5.0
Phosphorus, mg	500
Iron, mg	11.5
Zinc, mg	3.0

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 19

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Boerharia diffusa*

**Local name & other common names:**

azuigwe, Hog weed (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	65.9
Energy, Kcal	117
Protein, g	8.6
Fat, g	0.2
Carbohydrate, g	20.2
Fiber g	0.4
Ash, g	2.4
Vitamin A, RE-µg	18
Vitamin A, RAE-µg	9.0
Retinol, µg	-
β carotene, µg	109
Total carotene, µg	-
Thiamine, mg	0.21
Riboflavin, mg	0.31
Niacin, mg	0.41
Folic acid, µg	7.0
Vitamin C, mg	5.49
Calcium, mg	193
Phosphorus, mg	686
Iron, mg	6.1
Zinc, mg	5.2

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:** March - November  
**Cost of production, if known:**  
**Importance value to the community by age/gender and other miscellaneous information:** Used for egusi soup. Roots chewed for stomach pain.  
**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 20

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Brillantaisia nitens*

**Local name & other common names:**

agboulukwu

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	71.1
Energy, Kcal	107
Protein, g	7.9
Fat, g	0.4
Carbohydrate, g	18
Fiber g	1.3
Ash, g	0.9
Vitamin A, RE- $\mu$ g	19
Vitamin A, RAE- $\mu$ g	9.5
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	113
Total carotene, $\mu$ g	-
Thiamine, mg	0.28
Riboflavin, mg	0.10
Niacin, mg	0.87
Folic acid, $\mu$ g	0
Vitamin C, mg	1.29
Calcium, mg	1830
Phosphorus, mg	650
Iron, mg	6.9
Zinc, mg	4.3

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** All year

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for soups

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 21

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Bryophyllum purinata*

**Local name & other common names:**

mgbidi mgbi, Life plant (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	69.7
Energy, Kcal	111
Protein, g	2.9
Fat, g	0.1
Carbohydrate, g	24.7
Fiber g	0.1
Ash, g	0.9
Vitamin A, RE- $\mu$ g	26
Vitamin A, RAE- $\mu$ g	13
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	154
Total carotene, $\mu$ g	-
Thiamine, mg	0.18
Riboflavin, mg	0.33
Niacin, mg	0.45
Folic acid, $\mu$ g	6
Vitamin C, mg	6.94
Calcium, mg	1928
Phosphorus, mg	420
Iron, mg	7.5
Zinc, mg	12.2

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** All year

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for treating cough

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 22

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Chromolaena odorata*

**Local name & other common names:**

kpugbum, Awolwo weed (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	47.3
Energy, Kcal	192
Protein, g	9.6
Fat, g	0.4
Carbohydrate, g	37.4
Fiber g	0.5
Ash, g	3.2
Vitamin A, RE-μg	33
Vitamin A, RAE-μg	16.5
Retinol, μg	-
β carotene, μg	196
Total carotene, μg	-
Thiamine, mg	0.36
Riboflavin, mg	0.50
Niacin, mg	0.63
Folic acid, μg	12
Vitamin C, mg	8.48
Calcium, mg	1105
Phosphorus, mg	619
Iron, mg	11.0
Zinc, mg	4.7

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** All year

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

Used for variety of food preparations water extract with chalk used for stomach pain.

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 23

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Cymbogon citrates*

**Local name & other common names:**

achala oyibo, Lemon leaves (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	47.7
Energy, Kcal	206
Protein, g	4.3
Fat, g	0.4
Carbohydrate, g	46.3
Fiber g	0.1
Ash, g	1.4
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Retinol, µg	-
β carotene, µg	-
Total carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	227
Phosphorus, mg	289
Iron, mg	5.1
Zinc, mg	3.3

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Medicinal, for soup, extract used for malaria

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 24

**Food category:**

**Scientific identification:**

*Diopyros mespiliafomia*

**Local name & other common names:**

isii osisi

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	59.3
Energy, Kcal	135
Protein, g	3.4
Fat, g	0.9
Carbohydrate, g	28.3
Fiber g	1.0
Ash, g	3.8
Vitamin A, RE- $\mu$ g	44
Vitamin A, RAE- $\mu$ g	22
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	263
Total carotene, $\mu$ g	-
Thiamine, mg	0.31
Riboflavin, mg	0.11
Niacin, mg	0.33
Folic acid, $\mu$ g	10
Vitamin C, mg	0.49
Calcium, mg	820
Phosphorus, mg	621
Iron, mg	4.6
Zinc, mg	1.9

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 25

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Elaeis guineensis*

**Local name & other common names:**

ogbunkwu, Palm kernel (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	18.6
Energy, Kcal	249
Protein, g	2.1
Fat, g	0.1
Carbohydrate, g	60
Fiber g	0
Ash, g	6.9
Vitamin A, RE- $\mu$ g	0
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Thiamine, mg	0.12
Riboflavin, mg	0
Niacin, mg	0.81
Folic acid, $\mu$ g	0
Vitamin C, mg	0
Calcium, mg	136
Phosphorus, mg	243
Iron, mg	4.3
Zinc, mg	2.4

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** December - March

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

Used for soup and for nursing mothers for cleansing.

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*									*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 26

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Euphorbiaceae*

**Local name & other common names:**

alice mose

**Part(s) used:**

**Preparation:** Used for soup

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	65.7
Energy, Kcal	121
Protein, g	14.8
Fat, g	0.7
Carbohydrate, g	13.9
Fiber g	0.1
Ash, g	2.9
Vitamin A, RE- $\mu$ g	22
Vitamin A, RAE- $\mu$ g	11
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	134
Total carotene, $\mu$ g	-
Thiamine, mg	0.21
Riboflavin, mg	0.05
Niacin, mg	0.89
Folic acid, $\mu$ g	2.0
Vitamin C, mg	12.49
Calcium, mg	1111
Phosphorus, mg	375
Iron, mg	32.2
Zinc, mg	4.7

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 27

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Euphorbia hirta*

**Local name & other common names:**

okpokokwa ugu, Seeded herb (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	56.7
Energy, Kcal	140
Protein, g	3.9
Fat, g	0.1
Carbohydrate, g	30.8
Fiber g	2.1
Ash, g	4.1
Vitamin A, RE- $\mu$ g	34
Vitamin A, RAE- $\mu$ g	17
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	201
Total carotene, $\mu$ g	-
Thiamine, mg	0.22
Riboflavin, mg	0.06
Niacin, mg	0.35
Folic acid, $\mu$ g	7.0
Vitamin C, mg	0.74
Calcium, mg	280
Phosphorus, mg	129
Iron, mg	6.7
Zinc, mg	5.6

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Mixed with chalk for treating

dysentery

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 28

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Gnetum africanum*

**Local name & other common names:**

okazi, African salad (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	56.7
Energy, Kcal	210
Protein, g	18.0
Fat, g	4.8
Carbohydrate, g	23.6
Fiber g	0.6
Ash, g	2.7
Vitamin A, RE- $\mu$ g	65
Vitamin A, RAE- $\mu$ g	32.5
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	387
Total carotene, $\mu$ g	-
Thiamine, mg	0.15
Riboflavin, mg	0.02
Niacin, mg	0.30
Folic acid, $\mu$ g	13
Vitamin C, mg	0.52
Calcium, mg	597
Phosphorus, mg	473
Iron, mg	18.6
Zinc, mg	3.3

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for soup and for native salad

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 29

**Food category:**

**Scientific identification:**

*Heliontropicum*

**Local name & other common names:**

isi-udele

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	44.6
Energy, Kcal	211
Protein, g	4.8
Fat, g	0.2
Carbohydrate, g	47.6
Fiber g	2.1
Ash, g	1.3
Vitamin A, RE- $\mu$ g	20
Vitamin A, RAE- $\mu$ g	10
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	122
Total carotene, $\mu$ g	-
Thiamine, mg	0.3
Riboflavin, mg	0.45
Niacin, mg	0.11
Folic acid, $\mu$ g	0
Vitamin C, mg	0.17
Calcium, mg	597
Phosphorus, mg	473
Iron, mg	18.6
Zinc, mg	3.3

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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**COMMUNITY FOOD SYSTEM DATA TABLE # 30**

**Food category:**

**Scientific identification:**

*Indicum* spp.

**Local name & other common names:**

obu-aka

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	38.4
Energy, Kcal	258
Protein, g	6.9
Fat, g	0.3
Carbohydrate, g	50
Fiber g	0.4
Ash, g	2.6
Vitamin A, RE-µg	27
Vitamin A, RAE-µg	13.5
Retinol, µg	-
β carotene, µg	161
Total carotene, µg	-
Thiamine, mg	0.15
Riboflavin, mg	0.23
Niacin, mg	0.37
Folic acid, µg	1.0
Vitamin C, mg	0.55
Calcium, mg	63.8
Phosphorus, mg	700
Iron, mg	7.9
Zinc, mg	2.9

--- = not analyzed

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:**  
**Cost of production, if known:**  
**Importance value to the community by age/gender and other miscellaneous information:**  
**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 31

**Food category:**

**Scientific identification:**

*Jatropha curcas*

**Local name & other common names:**

onunu iluybo

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	69.3
Energy, Kcal	102
Protein, g	2.4
Fat, g	0.6
Carbohydrate, g	21.8
Fiber g	2.7
Ash, g	4.5
Vitamin A, RE- $\mu$ g	20
Vitamin A, RAE- $\mu$ g	10
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	121
Total carotene, $\mu$ g	-
Thiamine, mg	0.14
Riboflavin, mg	0.45
Niacin, mg	0.25
Folic acid, $\mu$ g	5.0
Vitamin C, mg	0.37
Calcium, mg	383
Phosphorus, mg	287
Iron, mg	7.9
Zinc, mg	5.6

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 32

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Leptadenia* sp.

**Local name & other common names:**

obi ogbome

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	69.5
Energy, Kcal	97
Protein, g	4.8
Fat, g	1.2
Carbohydrate, g	18.9
Fiber g	0.4
Ash, g	4.6
Vitamin A, RE- $\mu$ g	44
Vitamin A, RAE- $\mu$ g	22
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	264
Total carotene, $\mu$ g	-
Thiamine, mg	0.28
Riboflavin, mg	0.34
Niacin, mg	0.61
Folic acid, $\mu$ g	9.0
Vitamin C, mg	9.24
Calcium, mg	1071
Phosphorus, mg	401
Iron, mg	10.1
Zinc, mg	3.65

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** All year

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for soup and squeezed for malaria and dysentery

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 33

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Leptadenia*

**Local name & other common names:**

Unknown

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber g	3.2
Ash, g	-
Vitamin A, RE- $\mu$ g	33
Vitamin A, RAE- $\mu$ g	16.5
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	196
Total carotene, $\mu$ g	-
Thiamine, mg	0.22
Riboflavin, mg	0.62
Niacin, mg	0.7
Folic acid, $\mu$ g	2.0
Vitamin C, mg	1.1
Calcium, mg	-
Phosphorus, mg	-
Iron, mg	-
Zinc, mg	-

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** All year

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

Used for soup and squeezed for malaria and dysentery

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 34

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Merremia* sp.

**Local name & other common names:**

ageliezi

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	57.9
Energy, Kcal	160
Protein, g	6.4
Fat, g	0.3
Carbohydrate, g	33
Fiber g	0.1
Ash, g	1.6
Vitamin A, RE- $\mu$ g	41
Vitamin A, RAE- $\mu$ g	20.5
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	248
Total carotene, $\mu$ g	-
Thiamine, mg	0.32
Riboflavin, mg	0.23
Niacin, mg	1.56
Folic acid, $\mu$ g	11
Vitamin C, mg	22.90
Calcium, mg	7.9
Phosphorus, mg	30.1
Iron, mg	10.4
Zinc, mg	2.0

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for afterbirth pains

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 35

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Merremia* sp.

**Local name & other common names:**

olili

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber g	1.3
Ash, g	-
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, $\mu$ g	-
Vitamin C, mg	-
Calcium, mg	157
Phosphorus, mg	464
Iron, mg	8.9
Zinc, mg	4.9

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous**

**information:** Used for soups, cut leaves used for rice; water extract used for stomach ache.

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>				*	*	*	*	*	*	*		

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## COMMUNITY FOOD SYSTEM DATA TABLE # 36

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Momordica* sp.

**Local name & other common names:**

nghotoncha

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	49.9
Energy, Kcal	166
Protein, g	4.7
Fat, g	0.8
Carbohydrate, g	35.1
Fiber g	0.1
Ash, g	5.9
Vitamin A, RE- $\mu$ g	-
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, $\mu$ g	-
Vitamin C, mg	-
Calcium, mg	941
Phosphorus, mg	343
Iron, mg	14.6
Zinc, mg	2.3

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for soup, mixed with clay for malaria.

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 37

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Monodora* sp.

**Local name & other common names:**

ugbfoncha

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	57.2
Energy, Kcal	160
Protein, g	8.6
Fat, g	1.1
Carbohydrate, g	28.8
Fiber g	0.5
Ash, g	6.9
Vitamin A, RE- $\mu$ g	30
Vitamin A, RAE- $\mu$ g	15
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	182
Total carotene, $\mu$ g	-
Thiamine, mg	0.24
Riboflavin, mg	0.26
Niacin, mg	0.60
Folic acid, $\mu$ g	0
Vitamin C, mg	11.30
Calcium, mg	690
Phosphorus, mg	541
Iron, mg	10.4
Zinc, mg	4.4

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for soup, mixed with clay for malaria.

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 38

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Myrianthus arboreus*

**Local name & other common names:**

ujuju leaves

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	58.1
Energy, Kcal	159
Protein, g	8.3
Fat, g	1.2
Carbohydrate, g	28.8
Fiber g	0.5
Ash, g	4.4
Vitamin A, RE- $\mu$ g	16
Vitamin A, RAE- $\mu$ g	8
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	96
Total carotene, $\mu$ g	-
Thiamine, mg	0.23
Riboflavin, mg	0.36
Niacin, mg	0.54
Folic acid, $\mu$ g	8.0
Vitamin C, mg	7.71
Calcium, mg	7.9
Phosphorus, mg	420
Iron, mg	3.7
Zinc, mg	2.0

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** All year

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for soups

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 39

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Ocimum gratissimum*

**Local name & other common names:**

aluluisi

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	16.8
Energy, Kcal	119
Protein, g	4.6
Fat, g	1.2
Carbohydrate, g	22.4
Fiber g	0.2
Ash, g	3.4
Vitamin A, RE- $\mu$ g	56
Vitamin A, RAE- $\mu$ g	28
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	333
Total carotene, $\mu$ g	-
Thiamine, mg	0.09
Riboflavin, mg	0.77
Niacin, mg	1.0
Folic acid, $\mu$ g	3.0
Vitamin C, mg	14.98
Calcium, mg	1028
Phosphorus, mg	529
Iron, mg	14.8
Zinc, mg	5.0

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:**

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>												

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## COMMUNITY FOOD SYSTEM DATA TABLE # 40

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Piper guineense*

**Local name & other common names:**

uziza, Black pepper leaves

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	67.6
Energy, Kcal	114
Protein, g	16.9
Fat, g	1.3
Carbohydrate, g	8.7
Fiber g	1.2
Ash, g	2.4
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Retinol, µg	-
β carotene, µg	-
Total carotene, µg	-
Thiamine, mg	-
Riboflavin, mg	-
Niacin, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	759
Phosphorus, mg	403
Iron, mg	19.8
Zinc, mg	3.6

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:** Purchased

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for boiling meat and

flavoring soups

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 41

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Plerocarpus soyavxil*

**Local name & other common names:**

oha, Cam wood (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	56.3
Energy, Kcal	144
Protein, g	3.5
Fat, g	0.8
Carbohydrate, g	30.8
Fiber g	0.5
Ash, g	3.8
Vitamin A, RE- $\mu$ g	28.3
Vitamin A, RAE- $\mu$ g	14.2
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	170
Total carotene, $\mu$ g	-
Thiamine, mg	0.29
Riboflavin, mg	0.19
Niacin, mg	1.14
Folic acid, $\mu$ g	1.0
Vitamin C, mg	1.57
Calcium, mg	12
Phosphorus, mg	289
Iron, mg	20.5
Zinc, mg	2.1

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** December - February

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for soups

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*										*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 42

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Polygalaceae* spp.

**Local name & other common names:**

ilenagbelede

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	32.9
Energy, Kcal	251
Protein, g	16.4
Fat, g	1.4
Carbohydrate, g	33.3
Fiber g	0.1
Ash, g	1.4
Vitamin A, RE- $\mu$ g	23
Vitamin A, RAE- $\mu$ g	11.5
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	136
Total carotene, $\mu$ g	-
Thiamine, mg	0.22
Riboflavin, mg	0.59
Niacin, mg	1.54
Folic acid, $\mu$ g	0
Vitamin C, mg	22.55
Calcium, mg	548
Phosphorus, mg	604
Iron, mg	14.8
Zinc, mg	4.9

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous**

**information:** Used for soup to improve appetite

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 43

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Portulaca oleracea*

**Local name & other common names:**

ntioke, Water leaves (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	56.7
Energy, Kcal	163
Protein, g	22.7
Fat, g	0.1
Carbohydrate, g	17.9
Fiber g	0.1
Ash, g	1.4
Vitamin A, RE-µg	31
Vitamin A, RAE-µg	15.5
Retinol, µg	-
β carotene, µg	187
Total carotene, µg	-
Thiamine, mg	0.39
Riboflavin, mg	0.12
Niacin, mg	0.87
Folic acid, µg	13
Vitamin C, mg	16.63
Calcium, mg	264
Phosphorus, mg	353
Iron, mg	24.1
Zinc, mg	3.3

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for increasing appetite, mixed with other vegetables for malaria

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 44

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Psychotria* spp.

**Local name & other common names:**

anya-azu

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	66.4
Energy, Kcal	132
Protein, g	12.8
Fat, g	1.3
Carbohydrate, g	18.9
Fiber g	0.3
Ash, g	1.8
Vitamin A, RE- $\mu$ g	19
Vitamin A, RAE- $\mu$ g	9.5
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	116
Total carotene, $\mu$ g	-
Thiamine, mg	0.69
Riboflavin, mg	0.29
Niacin, mg	0.37
Folic acid, $\mu$ g	23.0
Vitamin C, mg	5.51
Calcium, mg	495
Phosphorus, mg	401
Iron, mg	44
Zinc, mg	2.8

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** All year

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for palm fruit soup

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

-- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 45

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Senna alata*

**Local name & other common names:**

upulutu, Senna plant (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	58.4
Energy, Kcal	159
Protein, g	6.8
Fat, g	0.6
Carbohydrate, g	31.5
Fiber g	0.1
Ash, g	1.8
Vitamin A, RE- $\mu$ g	52
Vitamin A, RAE- $\mu$ g	26
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	310
Total carotene, $\mu$ g	-
Thiamine, mg	0.45
Riboflavin, mg	0.58
Niacin, mg	0.54
Folic acid, $\mu$ g	15
Vitamin C, mg	7.74
Calcium, mg	755
Phosphorus, mg	739
Iron, mg	14.8
Zinc, mg	3.7

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous**

**information:** Used for soup, used as a laxative

**Source of nutrient data:** Analyzed at the

Federal University of Technology, Akure and

the University of Nigeria (Crop Science

Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 46

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Soalnum aethiopicum*

**Local name & other common names:**

anyara leaves, Eggplant 'sweet African orange' (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber g	6.8
Ash, g	-
Vitamin A, RE- $\mu$ g	20
Vitamin A, RAE- $\mu$ g	10
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	116
Total carotene, $\mu$ g	-
Thiamine, mg	0.24
Riboflavin, mg	0.54
Niacin, mg	2.7
Folic acid, $\mu$ g	6.0
Vitamin C, mg	4.0
Calcium, mg	-
Phosphorus, mg	-
Iron, mg	-
Zinc, mg	-

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for soups

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>				*	*	*	*	*	*	*		

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## COMMUNITY FOOD SYSTEM DATA TABLE # 47

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Spathodea campanulata*

**Local name & other common names:**

ulumilli, Flame tree (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	44
Energy, Kcal	212
Protein, g	8.6
Fat, g	0.3
Carbohydrate, g	43.7
Fiber g	0.1
Ash, g	2.6
Vitamin A, RE- $\mu$ g	28
Vitamin A, RAE- $\mu$ g	-
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	-
Total carotene, $\mu$ g	-
Thiamine, mg	1.3
Riboflavin, mg	0.30
Niacin, mg	1.12
Folic acid, $\mu$ g	44
Vitamin C, mg	17.64
Calcium, mg	136
Phosphorus, mg	600
Iron, mg	9.7
Zinc, mg	4.2

**Type of procurement:**  
**Home harvested or purchased:**  
**Seasonality of use:** All year  
**Cost of production, if known:**  
**Importance value to the community by age/gender and other miscellaneous information:** Used for soups  
**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 48

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Talinum triangulare*

**Local name & other common names:**

ngbolodi, Water leaves (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	90.2
Energy, Kcal	52
Protein, g	2.4
Fat, g	0.8
Carbohydrate, g	8.8
Fiber g	1.6
Ash, g	1.8
Vitamin A, RE- $\mu$ g	44
Vitamin A, RAE- $\mu$ g	22
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	264
Total carotene, $\mu$ g	-
Thiamine, mg	0.24
Riboflavin, mg	0
Niacin, mg	3.8
Folic acid, $\mu$ g	7.0
Vitamin C, mg	0.46
Calcium, mg	299
Phosphorus, mg	430
Iron, mg	5.3
Zinc, mg	4.7

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** December - February

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

Used with other vegetables for soups and stews

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*										*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 49

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Telferia occidentalis*

**Local name & other common names:**

ugu, Fluted pumpkin (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	60.3
Energy, Kcal	81
Protein, g	4.8
Fat, g	2.6
Carbohydrate, g	9.6
Fiber g	0.4
Ash, g	0.6
Vitamin A, RE- $\mu$ g	30
Vitamin A, RAE- $\mu$ g	15
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	179
Total carotene, $\mu$ g	-
Thiamine, mg	0.37
Riboflavin, mg	0.77
Niacin, mg	0.67
Folic acid, $\mu$ g	12
Vitamin C, mg	0.64
Calcium, mg	171
Phosphorus, mg	626
Iron, mg	3.7
Zinc, mg	1.4

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for soups and other dishes

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>				*	*	*	*	*	*	*		

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## COMMUNITY FOOD SYSTEM DATA TABLE # 50

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Verbenaceae*

**Local name & other common names:**

ifulu nkpiri

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	46
Energy, Kcal	216
Protein, g	6.8
Fat, g	0.2
Carbohydrate, g	46.7
Fiber g	0.6
Ash, g	4.2
Vitamin A, RE- $\mu$ g	70
Vitamin A, RAE- $\mu$ g	35
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	417
Total carotene, $\mu$ g	-
Thiamine, mg	0.17
Riboflavin, mg	0.28
Niacin, mg	1.30
Folic acid, $\mu$ g	6.0
Vitamin C, mg	16.63
Calcium, mg	482
Phosphorus, mg	244
Iron, mg	17.4
Zinc, mg	2.1

--- = not analyzed

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:**

Used for soup for pregnant and lactating mothers, water extract taken.

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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## COMMUNITY FOOD SYSTEM DATA TABLE # 51

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Veronia amygdalina*

**Local name & other common names:**

onugbu, Bitter leaves (English)

**Part(s) used:**

**Preparation:** Soup

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	62.1
Energy, Kcal	154
Protein, g	14.6
Fat, g	2.1
Carbohydrate, g	19.2
Fiber g	0.2
Ash, g	1.6
Vitamin A, RE-µg	31
Vitamin A, RAE-µg	16
Retinol, µg	-
β carotene, µg	187
Total carotene, µg	-
Thiamine, mg	0.13
Riboflavin, mg	0.21
Niacin, mg	0.23
Folic acid, µg	4
Vitamin C, mg	3.30
Calcium, mg	734
Phosphorus, mg	603
Iron, mg	8.9
Zinc, mg	5.7

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Mostly purchased, occasionally home harvested.  
**Seasonality of use:** All year  
**Cost of production, if known:**  
**Importance value to the community by age/gender and other miscellaneous information:** Used for soups, chewed raw or washed as cure for malaria and managing diabetes  
**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>	*	*	*	*	*	*	*	*	*	*	*	*

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## COMMUNITY FOOD SYSTEM DATA TABLE # 52

**Food category:** Vegetables and mushrooms

**Scientific identification:**

*Unknown*

**Local name & other common names:**

ero awaga, Bright mushroom (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	67.4
Energy, Kcal	130
Protein, g	4.6
Fat, g	1.6
Carbohydrate, g	24.2
Fiber g	1.2
Ash, g	0.6
Vitamin A, RE- $\mu$ g	4.1
Vitamin A, RAE- $\mu$ g	2.1
Retinol, $\mu$ g	-
$\beta$ carotene, $\mu$ g	25
Total carotene, $\mu$ g	-
Thiamine, mg	0.22
Riboflavin, mg	0.14
Niacin, mg	1.47
Folic acid, $\mu$ g	7
Vitamin C, mg	0.75
Calcium, mg	64
Phosphorus, mg	739
Iron, mg	50.1
Zinc, mg	5.1

**Type of procurement:**

**Home harvested or purchased:**

**Seasonality of use:** March - November

**Cost of production, if known:**

**Importance value to the community by age/gender and other miscellaneous information:** Used for soups

**Source of nutrient data:** Analyzed at the Federal University of Technology, Akure and the University of Nigeria (Crop Science Laboratories).

--- = not analyzed

### Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Months harvested</b>												
<b>Seasonality of use</b>			*	*	*	*	*	*	*	*	*	

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