### Pumpkin Fruit (Cucurbita spp.)
#### Pumpkin Soup
**Ingredients**
- ½ kg pumpkin
- 2 carrots
- 2 tomatoes
- 2 round potatoes
- 2 onions
- 2 ltr water

**Preparation**
1. Wash and peel the pumpkin, carrots, tomatoes, and potatoes; chop finely.
2. Wash onion and chop finely.
3. Boil the vegetables with water and salt for about 15 minutes or until soft.
4. Stir well, or blend the mixture.
5. Add black pepper powder, milk, royco, and blue band. Bring to a boil; stir well for 5 minutes.
6. Season to taste. Serve while hot.

Variation: Use butter instead of blue band.

### Dried Leafy Vegetables
#### Vegetable Relish
**Ingredients**
- ½ kg dried leafy vegetable (any type)
- 3-4 tbs cooking oil
- 2 cups cold water
- Tomatoes
- Onion
- ½ cup groundnut flour
- 1 cup milk or coconut milk
- Salt to taste

**Preparation**
1. Soak the dried leafy vegetables in water for 10-15 minutes.
2. Wash tomatoes and onions; peel and chop.
3. Fry the onion in oil until light. Add tomatoes and stir until soft.
4. Pour soaked leafy vegetables with soaking water into the pan. Stir well. Cover and cook until the water is almost dry.
5. Mix the groundnut flour with the milk. Add to vegetable mixture and stir well.
6. Simmer for 5 minutes. Season to taste and serve while hot as a relish.

### African Eggplant with Okra
**Ingredients**
- 2 big tomatoes
- 2 onions
- 2 carrots
- ¾ kg okra
- 8 tbs cooking oil
- 3-4 tbs cooking oil
- ½ cup groundnut flour
- 1 cup milk or coconut milk
- Salt to taste

**Preparation**
1. Wash, peel, and chop the tomatoes finely.
2. Wash and chop the onions.
3. Wash, peel and cut the carrots lengthwise.
4. Wash okra and cut off the end tips.
5. Fry the onions in oil until light. Add tomatoes and stir until soft.
6. Pour soaked okra in oil until light. Add tomatoes and stir until soft.
7. Mix the groundnut flour with the milk. Add to vegetable mixture and stir well.

### Black Jack (Biden pilosa)
#### Black Jack with Coconut Milk
**Ingredients**
- 1 handful black jack
- 1 onion
- 2 tomatoes
- 4 tbs cooking oil
- 1 cup water
- 1 cup coconut milk
- ½ cup groundnut flour
- Salt to taste

**Preparation**
1. Wash black jack leaves and chop finely.
2. Wash and chop the onion.
3. Wash, peel, and chop the tomatoes.
4. Fry the onions and tomatoes in oil, add tomatoes and salt, stir until soft.
5. Add chopped black jack leaves with water and salt. Stir well. Add water, cover the pan.
6. Season to taste. Mix coconut milk with groundnut flour, add to the vegetable.
7. Simmer for 5 minutes. Season to taste, serve while hot.

### Nightshade (Solanum scabrum)
#### Nightshade Relish
**Ingredients**
- 1 handful nightshade
- 1 onion
- 2 carrots
- 4 tbs cooking oil
- 1 cup water
- 1 cup coconut milk
- 1 cup groundnut flour
- Salt to taste

**Preparation**
1. Sort the nightshade leaves, wash and chop.
2. Wash and chop the onion.
3. Wash, peel, and grate the carrots.
4. Fry the onions and carrots in oil until soft.
5. Add the chopped nightshade leaves with water and salt. Stir well and simmer for 10 minutes.
6. Mix milk with groundnut flour. Add to the pan and stir for 5 minutes.
7. Season to taste. Serve while hot as a relish.

### African Eggplant (Solanum aethiopicum)
#### African Eggplant with Nightshade
**Ingredients**
- 2 big tomatoes
- 2 onions
- 2 carrots
- ¾ kg nightshade
- 8 tbs cooking oil
- 1 cup water
- 1 cup coconut milk
- 1 cup groundnut flour
- Salt to taste

**Preparation**
1. Wash, peel, and chop the tomatoes finely.
2. Wash and chop the onions.
3. Wash, peel and cut the carrots lengthwise.
4. Wash nightshade and cut off the end tips.
5. Fry the onions and nightshade in oil until soft.
6. Add the chopped carrots and nightshade with water and salt. Stir well and simmer for 10 minutes.
7. Mix milk with groundnut flour. Add to the pan and stir for 5 minutes.
8. Season to taste. Serve while hot as a relish.
Ingredients
1 cup grain amaranth seeds (to make 1 cup flour)
3 cups wheat flour
6 tsp baking powder
½ cup blue band margarine
1 cup sugar
10-12 eggs
1 tsp vanilla
1 cup milk (if needed)

Preparation
- Soak the amaranth seeds. Dry and grind into flour.
- Mix amaranth flour with wheat flour and baking powder.
- Rub the flour with blue band thoroughly.
- Add sugar and mix well.
- Add eggs one at a time, stirring well after each addition.
- Add vanilla and stir well.
- Grease a pan or baking tin, pour in the mixture. Bake for 1 hour at 175 °C.
- Test, cool and serve.

Tomato (Solanum lycopersicon)
Tomato Juice

Ingredients
1 kg tomatoes
½ liter water
Sugar (1 cup of sugar for 2 cups of tomato juice)
1 tsp salt

Preparation
- Wash the tomatoes, chop finely or blend; boil with water.
- Strain the boiled tomatoes.
- Measure the amount of juice and sugar.
- Bring the juice, sugar, and salt to the boiling point, stirring all the while.
- Pour in a sterilized bottle or in a clean container.
- Cool and serve.

Spider Plant and Groundnuts

Ingredients
handful of spider plant leaves
1 onion
2 carrots
½ cup groundnuts
1 cup water
4 tbs cooking oil
1 cup milk
Salt to taste

Preparation
- Wash the spider plant leaves, chop finely.
- Wash and chop the onion.
- Wash, peel, and grate the carrots.
- Roast the groundnuts. Grind finely.
- Boil water, add salt and chopped spider plant, and cover the pan for 10 minutes.
- Fry the chopped onion and carrots in oil until onions are light in color.
- Add boiled spider plant leaves and stir thoroughly.
- Mix milk with groundnut flour, add to the vegetable, and stir well while simmering for 5 minutes.
- Season to taste and serve while hot as a relish.

About AVRDC – The World Vegetable Center

Prosperity for the poor and health for all

AVRDC – The World Vegetable Center is an international nonprofit research and development institute committed to alleviating poverty and malnutrition in the developing world through the increased production and consumption of nutritious and health-promoting vegetables.

Contact:

AVRDC – The World Vegetable Center
Regional Center for Africa
P.O Box 10, Duluti
Arusha, Tanzania
Tel: +255 (27) 255 3039; 255 3101
Web: www.avrdc.org
Email: info-africa@worldveg.org