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## Nutritious lunch on your plate: Food processing of selected wild edible vegetables of the Vhembe district, Limpopo province, South Africa

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The use of wild plants as leafy vegetables is very common in South Africa and some of these species are also very popular. Now, wild edible vegetables are in vogue as they fill the streets of Venda shopping market. These plants are favored by majority of local people because they host desirable traits: many of them are richer in protein, vitamins, iron and other nutrients than popular non-native crops. This reason therefore makes wild edible vegetables a potent weapon against dietary deficiencies. This study presents the processing methods of selected wild edible vegetables of the Vhembe District Municipality. Processing methods of ten wild vegetables (*Amaranthus dubius*, *Amaranthus hybridus*, *Amaranthus spinosus*, *Bidens pilosa* L., *Cleome gynandra* L., *Cleome monophylla* L., *Cucurbita pepo* L., *Ipomoea batatas* (L.) Lam, *Momordica balsamina* and *Vigna unguiculata* (L.) Walp.) were studied. Results of this study provided evidence that, of the ten studied plant species, three (that is, *Cucurbita pepo* L., *Ipomoea batatas* (L.) Lam and *Vigna unguiculata* (L.) Walp) are capable of providing food from their leaves, fruits and flowers; leaves and fruits; and leaves and fruits respectively. Additionally, the study revealed that the leafy parts of *Amaranthus dubius*, *Amaranthus hybridus*, *Amaranthus spinosus*, *Bidens pilosa* L., *Cleome gynandra* L., *Cleome monophylla* L., *Ipomoea batatas* (L.) Lam, and *Momordica balsamina* can be processed together to make delicious dish called morogo. Leaves, fruits and flowers of *Curcubita pepo* L. are mixed to make relish called bovhola. On the other hand, fruits of *Ipomoea batatas* (L.) Lam are boiled and consumed as side dish. Results of this study recommend the proper mixing of the wild vegetables during the process of being processed as food. This recommendation will assist in preventing the mixture of vegetables with common nutritional values.

### Biography

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