

A Resource Inventory of Indigenous and Traditional Foods in Zimbabwe

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In the past, traditional societies relied upon a wide variety of foodstuffs, a large proportion of which consisted of wild plants and animals.

In Zimbabwe, there is evidence that with the expansion of organized agriculture, land clearing and deforestation several species of wild fruit and vegetable plants are rapidly disappearing from the rural diet.

It is, therefore, important to conserve and develop traditional food resources as well as to preserve the traditional knowledge of wild plant and animal foods — which has hitherto been an oral heritage — in a more durable form for propagation through channels such as extension and training.

This resource inventory, while not a complete or comprehensive listing of all traditional foods of Zimbabwe, is representative of the variety, diversity and range of food resources used in traditional diets and provides a classified basis for cumulative growth.



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IN THE PAST, food security strategies of traditional societies were based on reliance on a wide variety of foods and diversification of activities related to food procurement, as exemplified by the hunter-gatherers (Jelliffe *et al.*, 1962; Scudder, 1971). A high proportion of such foods consisted of wild food resources of plants and animals while others were naturally selected, climatically adapted, domesticated species. In modern rural communities, a number of factors have combined to cause a shift away from the broad and diversified traditional food resources base. This narrowing of the food base has been seen as a major cause of increased vulnerability to climate- or weather-related food shortages. This is specially significant in the low-rainfall regions of Southern Africa where drought is not merely cyclical but endemic in some areas.

Economic and technological growth debilitates traditional cultural values and food habits, leading to a reduction in the use of traditional food resources. Plantation-scale agriculture and cash-cropping similarly result in physical and ecological changes that lead to the decline and ultimate extinction of several species of food plants and animals. Breeding and selection have also led to a narrowing of the gene pool and the propagation of monocultures. More serious than the physical decline and loss of traditional food resources through a combination of the above-mentioned factors is the loss of a vast and ancient legacy of knowledge in identifying and recognizing these resources and of the often elaborate traditional technologies for their utilization.

In Zimbabwe, there is evidence that with the expansion of organized agriculture, and the land clearing and deforestation resulting from increasing fuel-wood demands, several species of wild fruit and vegetable plants are rapidly disappearing from the rural dietary. In a survey carried out in Masvingo province (Kaeser-Hancock and Gomez, 1985) it was found that communal farmers recognized the names of certain wild fruit trees but no longer consumed the fruit owing to the disappearance of these species from the natural vegetation. In another survey, 76 per cent of women interviewed in Chiweshe, Matibi and Tsholotsho reported infrequent consumption of fruit, having only a scarce supply of wild fruit and being unable to afford marketed fruit for their families (Owen, 1982). Campbell (1985), however, observed that in three locations in Natural Regions II, III and IV selective conservation of more favoured fruit trees was practised by communal farmers during land clearing for cultivation and that deforestation did not appear to affect the abundance of the more favoured species of fruit trees. These latter findings reflect the importance and central role of fruit trees as a food resource in the diets of rural populations and reinforce the need to preserve these resources through systematic study, documentation and domestication.

Several other studies support the importance of wild plants in the traditional African diet (Fleuret, 1979; Tallantire and Goode, 1975). However, other foods such as traditional beers, insects and fruit wines are not as well researched and documented. The development and exploitation of these valuable food resources through improved production practices, storage, preservation and utilization technologies is dependent on a recognition and identification of these foods and on systematic studies directed towards exploiting their potential. It is to be

recognized that such food resources have been adapted over several years to the food habits, tastes and needs of traditional societies and to the agro-ecological situations where they occur.

It is imperative, therefore, that efforts are made to investigate and document the lesser-known food resources of plant and animal origin and to conserve those with promising and proven food potential, to improve the yield and quality of these foods through documentation; selection and breeding, and to expand utilization through appropriate technologies. It is equally important to preserve the traditional knowledge — which has hitherto been an oral heritage — in a more durable form for propagation through more systematic and widespread channels such as extension and training.

As an initial step in this direction, the identification and collation of these lesser-known food resources in the form of an inventory or check-list was perceived as a critical need for the development of a data base for planning conservation and improvement strategies. The resource inventory, while not a complete or comprehensive listing of all traditional foods of Zimbabwe, is representative of the variety, diversity and range of food resources used in traditional diets and provides a classified basis for cumulative growth.

The inventory includes several foods that are not essentially 'indigenous' (of local origin) but which have become part of the traditional diet. These include, for example, maize and rape. The inclusion of these items was considered essential for representing a more complete perspective of the present-day traditional diets. On the other hand, several tropical domesticated/cultivated species such as avocado, pawpaw and mango have been omitted from the listing since they are introduced species that generally do not contribute significantly to rural diets. Certain of these species, such as loquat, mango and mulberry, however, have in some regions become 'naturalized' and are frequently encountered in the vegetation bordering forests and roadsides.

No attempt has been made in the inventory to differentiate the nomenclatures in the various dialects (e.g. Karanga, Manyika, etc.), nor is the listing based on regional or ethnic food habits or preferences; it seeks simply to identify the food item by its English, local (Shona and Ndebele), and scientific name.

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PLANT FOODS

CEREALS

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Maize	<i>Zea mays</i>			
white, whole grain				Boiled whole or milled into flour.
dry		chibage; mangai	umumbu	Roasted or popped.
dry, popped		maputi	amaputi	Roasted or boiled.
green		chibahwe	umumbu	Boiled and dried.
green		mafushe	ufutho	Pounded, dried and ground into meal. ¹
green, on the cob		mutindifu		Roasted on cob.
samp		chinyoko	itshwswana	Degerminated broken grain.
grits/mealie rice		munhuchu	umngqutshu; amatshakada	Pounded in mortar ² and boiled.
meal				
straight run (wholemeal)		upfu	impuphu	Whole meal, ground commercially or in hammer-mills with removal of bran.
home-ground or mill-ground		mugayiwa	umgayiwa; iphalitsha	Whole grain, soaked and stone-ground.
home-ground		mutibu		Whole grain soaked and dried, then pounded into meal in mortar. ²
meal/flour				
roller-milled		upfu	impuphu	Commercially milled and degerminated, roller-milled and sifted.
super-refined		Ngwerewere™	impuphu ecoekileyo	Commercially milled and refined.
Finger millet	<i>Eleusine coracana</i>			
whole grain (rapoko)		rukweza	uphoko	Milled into flour, malted, or used as a brewing adjunct.

¹ Consumed only when dry maize is exhausted.

² 'Duri' in Shona.

Preparation and use

Stone-ground and used in the preparation of porridge.

Whole grain, germinated, sun-dried, ground and used in brewing.

Stone-ground and used in the preparation of porridge.

Milled into flour, malted, or used as a brewing adjunct.

Cooked without being ground.

Stone-ground and used in the preparation of porridge.

Whole grain, germinated, sun-dried, ground and used in brewing.

Boiled.

Boiled.

Milled into flour, malted, or used as a brewing adjunct.

Boiled without grinding.

Whole grain, germinated, dried and ground. Used in brewing or in the preparation of porridge.

CEREALS (cont.)

Description	Name		
	Scientific	Shona	Ndebele
Finger millet (cont.)			
flour		rukweza	imphuphu yophoko
malted		chimera	imthombo
wild		ndenene	
Pearl millet	<i>Pennisetum typhoides</i>		
whole grain		mhunga	inyawuthi
whole grain		mutsoonono	
flour		mhunga	impuphu yenyawuthi
malted		chimera	imthombo
Rice	<i>Oryza sativa</i>		
whole grain			
white or brown		mupunga	irayisi
brown			ingqoloyi
Sorghum	<i>Sorghum vulgare</i>		
white or red			
whole grain			
dry		mapfunde	amabele
dry		muchakanya	
dry, malted		chimera	

CEREALS (cont.)

Description	Name	
	Scientific	Shona
Sorghum [cont.]		
flour		mapfunde
Edible grasses		
—		uswa
—		hoka
—		chisekwe
—		bunga

LEGUMES, NUTS and OILSEEDS

Cow pea (Black-eyed pea)	<i>Vigna unguiculata</i>	
dry		nyemba
green		mukove
Ground-nut/peanut	<i>Arachis hypogea</i>	
whole		
dry		nzungu
dry		dovi
oil		mafuta enzungu; madevere
Marula nut	<i>Sclerocarya caffra</i>	
kernels		shomhwe; ³ usomo ⁴

³ General term for edible or oil-containing kernel.

Preparation and use

Ndebele

impuphu yamabele Hulled and stone-ground, used in the preparation of porridge.

Seeds/grain edible.

Seeds/grain edible.

Seeds/grain edible.

Seed ground into meal in famine years.

indumba Boiled.
Cooked in pod.

amazambane Boiled, roasted or ground into paste.
idobi Roasted and stone-ground.
Oil extracted from ground paste.

inkelu Edible kernel eaten *per se* or roasted.

⁴ Soft kernel of any nut, though especially of marula.

LEGUMES, NUTS and OILSEEDS (cont.)

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Melon seed	<i>Citrullus lanatus</i>	mhodzi dze magaka		Edible kernel eaten <i>per se</i> , ground into paste or mixed with other foods.
Pigeon pea	<i>Çajanus cajan</i>	ndodzi		Boiled.
Pumpkin seed	<i>Cucurbita maxima</i>			
kernels				
dry		mhodzi dze manhanga	intanga zamathanga	Edible kernel roasted or ground.
dry		mutetenerwa		Edible kernel roasted and salted.
dry		nhetenerwa ⁵		Roasted and used as a dry side-dish.
ground		mbumbwa ⁶	idobi lentanga zamathanga	Edible kernel roasted, ground coarsely into paste and moulded into balls.
Bambara ground-nut (Round bean)	<i>Voandzeia subterranea</i>			
whole				
dry		nyimo	indlubu	Boiled and hulled, or roasted.
dry		mutode		Boiled in pod.
dry		fondokoto		Hulled, boiled and use as a side-dish.
dry, roasted		mufote		Mixed with salt and water and roasted until water evaporates. Prepared as food for journeys.
green		nyimo	indlubu	Boiled in pod.
large variety		goromondo		Boiled or roasted.
brown variety		chibanda		Boiled or roasted.
white variety		nyimwana		Boiled or roasted.

⁵ Also dry ground-nut.

⁶ Denotes 'moulded into a round-shape'.

LEGUMES, NUTS and OILSEEDS (cont.)

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Sugar bean (Common kidney bean)	<i>Phaseolus vulgaris</i>			
whole				
dry		munyemba; 'bhinzi' ⁷ chuchuru	indumba	Boiled.
green		munyemba; 'bhinzi' ⁷ chuchuru	indumba	Boiled.
Water melon seed	<i>Citrullus lanatus</i>			
whole, dry		mhodzi wa mubvembe	intanga zamakhabe	Edible kernels eaten <i>per se</i> or roasted and ground.

VEGETABLES AND MUSHROOMS

Green vegetables

cultivated		muriwo		Boiled or fried.
bean leaf	<i>Phaseolus vulgaris</i>	munyemba	imbida yendumba	Boiled or fried.
cow pea leaf	<i>Vigna unguiculata</i>	munyemba	imbida yendumba	Boiled, fried or dried.
'covo'	<i>Tronchunda portugessa</i>	rugare	ikhove	Boiled or fried.
mustard rape	<i>Brassica juncea</i>	ndakupuka		Boiled.
pumpkin leaf	<i>Cucurbita maxima</i>	mutikiti		Boiled, fried or dried.
rape leaf	<i>Brassica napus</i>	'repi' ⁸	'irephu' ⁸	Boiled.
spinach		muboora	ibhobola	Boiled.
wild				
African spider herb	<i>Gynandropsis gynandra</i>	nyevhe; nyovhi		Boiled, fried or dried.
beans	<i>Vigna lutea</i>	kasungunyemba; karumanyemba		Boiled, fried or dried.

⁷ Adopted from English 'beans'.

⁸ Adopted from English 'rape'.

VEGETABLES AND MUSHROOMS (cont.)

Description	Name		
	Scientific	Shona	Ndebele
Green vegetables (cont.)			
black jack	<i>Bidens pilosa</i>	mhuwuwu	umhlabangubo
bush okra	<i>Corchorus olitorius</i>	derere ⁹	idelele ⁹
cow pumpkin	<i>Citrullus vulgaris</i>	mushambarara	amakhomane
cucumber	<i>Cucumis metuliferus</i>	muchacha	
duiker-berry tree	<i>Pseudolachnostylis maprouneifolia</i>	mudyamhembwe	umqhobampunzi
nightshade	<i>Solanum nigrum</i>	musungusungu	umsobo
rape	<i>Brassica</i> spp.	ndakupuka	
spinach	<i>Amaranthus</i> spp.	mowa	imbuya; ulude
—	<i>Senecio erubescens</i>	chirevereve	
—	<i>Triumfetta annua</i>	derere renama	
—	<i>Corchorus confusa</i>	marupwa	
—	—	mudyamwuu	
—	<i>Adenia gummifera</i>	muhore	
—	<i>Asclepias densiflora</i>	muhenzwa	
—	—	mushopwashopwa	
—	<i>Cleome monophylla</i>	mutsematsema	
—	<i>Chenopodium album</i>	muvhuzandadya	
Root vegetables and edible bulbs			
cassava	<i>Manihot esculenta</i>	mafarinya	ikhasava
sweet potato	<i>Ipomoea batata</i>	mbambaira	imbambayila
vlei tuber	<i>Coleus esculentus</i>	tsenza	

⁹ Generic term for vegetables that are mucilaginous when cooked.

Preparation and use

Boiled or dried.

Boiled or fried.

Boiled or fried.

Tender leaves cooked as spinach.

Boiled or fried.

Boiled, fried or dried.

Boiled.

Boiled, fried or dried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or roasted.

Boiled or roasted.

Eaten raw.

VEGETABLES AND MUSHROOMS (cont.)

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Root vegetables and edible bulbs [cont.]				
yam (elephant ear)	<i>Colacasia antiquorum</i>	madumbe		Boiled.
roots	<i>Babiana hypogea</i>	hwena		Eaten raw or cooked.
roots	<i>Boscia salicifolia</i>	mutiri		Dry roots used for food in famine years.
roots	—		umthwebebe	Eaten cooked.
roots	—		umqwente	Eaten cooked.
bulbs	<i>Ipomoea</i> spp.		amagoni	Boiled.
bulbs	—	hurunwa		Boiled.
bulbs	—	manyani		Eaten raw or cooked.
bulbs	—	shungwa		Boiled.
bulbs	—	tsombori		Eaten raw.
bulbs	—		umatshudula	Boiled.
Other vegetables				
cucumber, wild	<i>Cucumis metuliferus</i>	muchacha; mugaka		Eaten raw as vegetable or ripe as fruit.
gourd, calabash	<i>Lageneria siceraria</i>	nhemba	ikhomane	Young fruit edible.
loofah (sponge)	<i>Luffa cylindrica</i>	chisambo ¹⁰		Young fruit edible.
onion	<i>Allium cepa</i>	hanyanisi	ithanga	Added to meat or vegetables in the preparation of relish.
pumpkin	<i>Cucurbita maxima</i>	munhanga	ithanga	Boiled and eaten <i>per se</i> or as porridge.
tomato	<i>Lycopersicon esculentum</i>	mapuno	amatamatisi	Cooked with meat or vegetables in the preparation of relish.

¹⁰ 'Sponge'.

WILD FRUIT

Description	Name	Shona		Ndebele ¹¹
		Scientific	tree	
Benana	<i>Ensete edule</i>	mutsoro	tsoro	
Baobab	<i>Adansonia digitata</i>	muhuyu; mubuyu	huyu	umkhomo
Batoka plum	<i>Flacourtia indica</i>	mududwe; mutumbula	ntumbula	untunduluka
Blue bush	<i>Diospyros lycioides</i>	mutsvitsva	svitso	umqhathuwa
Chocolate berry	<i>Vitex payos</i>	mutsubvu	hubvu; tsubvu	umtshwankela
Custard apple	<i>Anona stenophylla</i>	muroro	roro	ububese
	<i>A. senegalensis</i>	muroro	roro	ububese
Donkey berry	<i>Grewia bicolor</i>	mutongoro	tongoro	umklampunzi
	<i>G. flavescens</i>	mubhubhunu		ubhuzu
Fig	<i>Ficus burkei</i>	mutsamvi	tsamvi	inkiwane
	<i>F. ingens</i>	mutsamvi	tsamvi	inkiwane; idotsi
	<i>F. sycamorus</i>	muonde	onde	umkhiwa
cape	<i>F. capensis</i>	mukuyu	kuyu	umkhiwa
Indaba tree	<i>Pappea capensis</i>	mutendeshuru	tendeshuru	isagogwane
Ket apple	<i>Dovyalis caffra</i>	munhunguru	nhunguru	umqokolo
Loquat	<i>Uapaca kirkiana</i>	muzhanje; muhobohobo	hobohobo	mahobohobo
Marula	<i>Sclerocarya caffra</i>	mupfura	pfura	umganu
Medlar crooked false	<i>Vangueria infausta</i>	munzwirwa		umviyo
	<i>Vangueriopsis lanciflora</i>	mutufu		umviyo

¹¹ Ndebele name is the same for both the tree and the fruit.

Preparation and use

Ripe fruit eaten.

Ripe pulp eaten *per se* or made into a drink or porridge.

Ripe pulp eaten *per se*; juice consumed as a drink.

Sweet, mucilaginous edible pulp.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten; juice made into jelly.

Fruit eaten; juice mixed with sorghum and millet porridge.

Ripe fruit eaten; fermented juice used as a beverage.

Ripe fruit eaten.

Ripe fruit eaten.

WILD FRUIT (cont.)

Description	Name	
	Scientific	Shona tree
Mobola plum	<i>Parinari curatellifolia</i>	muhacha
Monkey orange	<i>Strychnos innocua</i>	mukwakwa
bitter	<i>S. cocculoides</i>	mutamba-muzhinya
sweet	<i>S. spinosa</i>	mutamba
Prickly pear	<i>Opuntia vulgaris</i>	munanazi
Red milkwood	<i>Bequaertiodendron megalismontanum</i>	musaswa
	<i>Mimusops zeyheri</i>	muchechete
Sand apple	<i>Parinari capensis</i>	muhacha
Snot apple	<i>Azanza garkeana</i>	mutohwe
Snow berry	<i>Securinga virosa</i>	muchagauwe
Sour plum	<i>Ximenia americana</i>	mutengeni
Water berry	<i>Syzygium cordatum</i>	mukute; mubvembe
Water melon	<i>Citrullus lanatus</i>	munwiwa
—	<i>Berchemia zeyheri</i>	munyii
—	<i>B. discolor</i>	
—	<i>Carissa bispinosa</i>	mutambiringwa
—	<i>C. edulis</i>	munzambaŕa
—	<i>Ziziphus abyssinica</i>	musau
	<i>Z. mauritiana</i>	

Preparation and use

Ndebele

fruit

hacha	umkhuna	Fruit eaten; juice made into beer.
hakwa		Ripe fruit eaten.
	umkhemeswane	Ripe fruit eaten.
damba	umwawa; umhlali; umkhemeswane	Ripe pulp eaten; seeds toxic.
	idolofiya	Ripe fruit eaten.
	umhlautshwa	Ripe fruit eaten.
	umbumbulu	Ripe fruit preserved by pounding whole in mortar and pressing into sheets or blocks and sun-drying.
hacha	isitshapasi	Fruit eaten; juice boiled to thick consistency and fermented.
tohwe	uxakuxahu	Sticky sweet pulp chewed like gum.
	umhakawuwe	Ripe fruit eaten; consumed mainly by children.
nhengeni	inhlokotshiyane ikhabe; umdoni	Ripe fruit eaten; seeds rich in oil. Ripe fruit eaten.
nwiwa	inkhabe	Ripe fruit eaten.
nyii	umnyiyi	Ripe fruit eaten.
tsambiringwa	umlugulu	Fruit eaten; juice fermented.
nzambara	umlugulu	Ripe fruit eaten.
sau		Ripe fruit eaten.

WILD FRUIT (cont.)

Description	Name		
	Scientific	Shona	
		tree	fruit
Water melon [cont.]			
—	<i>Rothmania urcelliformis</i>	mutambawebungu	
—	—	mutsonzowa	tsonzowa
—	<i>Garcinia huillensis</i>	mutunduru	tunduru
—	<i>Diospyros mespiliformis</i>	mushenje	shenje

Preparation and use

Ndebele

Ripe fruit eaten.

Fruit edible.

Fruit edible.

umdlawuzo

Fruit edible.

ANIMAL FOODS

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Fish				
bottlenose	<i>Mormyrus longirostris</i>	ndikusi		Cooked fresh or salted and sun-dried or smoked.
bream	<i>Oreochromis</i> spp.	gwaya	inhlanzi	Cooked fresh or salted or sun-dried or smoked.
kapenta	<i>Lymnothrissa myodo</i>	matemba	inhlanzi	Cooked fresh or salted and sun-dried or smoked.
Insects				
ants				
flying	—	tsambarapfuta	amahlabusi	Eaten fresh, fried or sun-dried.
tree	—	dendemafuta		Eaten fresh, fried or sun-dried.
beetles				
chafer	<i>Rutelida</i> spp.	ndere; marupwa		Eaten fried or sun-dried.
christmas	<i>Eulepida masnona</i>	ndiza		Eaten fried or sun-dried.
goliath	—	maivendere		Eaten fried or sun-dried.
caterpillars				
—	—	dendemafuta		
—	—	gandari		
—	—	harati ¹²	amacimbi ¹²	
—	<i>Coimbrasia belina</i>	madora	amacimbi	Gutted, boiled and sun-dried.
—	<i>Colophosphemum mopane</i>	nhemeteme		Gutted, boiled and sun-dried.
—	—	nhete		Gutted, boiled and sun-dried.
—	—	nhowa		Gutted, boiled and sun-dried.
—	—	njanjenjanje		Gutted, boiled and sun-dried.
—	—	shongwa		Gutted, boiled and sun-dried.
—	<i>Sphingida</i> spp.	sinini		Gutted, boiled and sun-dried.

¹² Found on 'mukarati' tree, *Burkea africana*.

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Caterpillars [cont.]				
—	—	tsambare		Gutted, boiled and sun-dried.
crickets				
black	—	chikundywe		Boiled, dried or fried.
mole	<i>Curtilla africana</i>	ndororo		Boiled, dried or fried.
sand	<i>Brachytrypes membranaceus</i>	gurwe		Boiled, dried or fried.
grasshoppers				
large	—	gwiza		Eaten, fried or sun-dried.
	<i>Pamphagina lamarckiana</i>	bambamukota; bombomupota		Eaten, fried or sun-dried.
	<i>Cystocanthoseris</i>	mhashu mapfunde		Eaten, fried or sun-dried.
	—	tsumwatsumwa		Eaten, fried or sun-dried.
long-headed	—	mutsumwarumwa		Eaten, fried or sun-dried.
solitary	—	njeru		Eaten, fried or sun-dried.
wingless	<i>Pamphagina lamarckiana</i>		boromhori	Eaten, fried or sun-dried.
locusts	<i>Locustana</i> spp.	zwiwiza	intethe	Eaten fresh, fried or sun-dried.
large, solitary		baribango		Eaten fresh, fried or sun-dried.
winged	<i>Gastrimargus volkensi</i>	mbumu		Eaten fresh, fried or sun-dried.
termites	<i>Macrotermes</i> spp.			
flying		ishwa	izinhlwa	Eaten fresh, fried or sun-dried.
soldier		majuru	amagenga	Eaten fresh, fried or sun-dried.
Meat		muteketeki		Cooked meat used at beer parties.
		dzonga		Salted meat.
biltong		muhwabha; chimukuyu	umhwabha	Salted and air-dried, smoked or sun-dried.
game		nyama vikuvhima		Cooked fresh as a relish or preserved by drying.

ANIMAL FOODS (cont.)

Description	Name		
	Scientific	Shona	Ndebele
Milk and milk products			
buttermilk		mutadzva	
cottage cheese (soured)		mukaka wemabwe	amasi
sour		mukaka wakakora	ihiqua
one day old		mukaka zangira	
thick		mahorakora	umasi
whey		mutuvi wemukaka	umlaza

Preparation and use

Butterfat removed and curds and whey stirred up.
Fermented for 3–4 days, coagulum then separated
and pressed.

Soured by natural fermentation in clay pots for
24–48 hours.

Fermented to very thick consistency.

Whey separated from clotted milk.

BEVERAGES

Description	Name	
	Scientific	Shona
Beer (opaque)		doro
strong		muchayiwa
sweet		musungwa
finger millet		bhume
maize		hwahwa
		Chibuku™
pearl millet		
sorghum		mhandwa
Others		
maize		maheu
monkey orange		mutandabota
wild fruit		makumbi ¹³

¹³ Generic term for beverages made from wild fruits, e.g. marula.

Preparation and use

Ndebele

utshwala	Fermented, unfiltered, cereal beers. Made from re-soaked strainings.
utshwala bophoko	Beer from first fermentation.
isibhiku ingwebu	Fermented, unfiltered. Commercially made.
utshwala benyawuthi	Fermented, unfiltered.
utswala bamabele	Fermented, unfiltered.
amahewu	Maize porridge soured overnight and prepared as a thin beverage. Thin porridge made with juice of monkey orange, 'mutamba'.
umkumbi ¹³	Fruit juice extracted and fermented in wines/beers.

PROCESSED AND COMPOSITE FOODS

Description	Name		Preparation and use
	Scientific	Ndebele	
Cereal-based			
bread, unleavened maize	chipatapata		Made from ground malt and water.
with beans or bambara	mutakura	inkobe	Whole maize boiled and mashed together with cooked beans or bambara ground-nuts.
ground-nuts		umxhanxa	Maize and melon boiled together and mashed.
with melon			Cereal grain soaked in a sack for 2-3 days, then stored in a warm, damp place for sprouting.
malted grain	chimera		Germinated grain is sun-dried and coarsely ground.
mealie rice	mashazhare	itshwogana	Broken maize cooked in water until the water is absorbed and the grain resembles rice; served with added salt and peanut butter.
millet			
with honey	chingwe		Wild honey mixed with maize, sorghum or millet meal and cooked.
with sour milk		umcaba	Mixture of very thick sour milk, 'umasi', and ground, cooked millet.
porridge	sadza	isitshwala	A paste of cereal meal in a small quantity of water is stirred into hot water and more mealie-meal added with continuous stirring and heating to the required consistency.
stiff, soured	muswedza	amalaja	Food kept over from first meal of the day, soured overnight.
thin	mushate		Thin porridge cooked and served without sugar or salt.
weaning	bota	iyambazi	Cereal porridge prepared to a thin, pouring consistency.
rice with peanut butter	mashagada		Rice boiled and mixed with peanut butter.
Legume and oilseed-based			
bambara ground-nut			
with maize	mutakura	inkobe	Ingredients boiled to a soft, mushy consistency.
relish	rupiza		Cooked legume mixed with peanut paste.
cowpea			
with maize	mutakura	inkobe	Ingredients boiled together to a soft, mushy consistency.
green, with maize	makura		Ingredients boiled together to a soft, mushy consistency.

Description	Name		Preparation and use
	Scientific	Ndebele	
Cowpea [cont.]			
relish	rupiza		Cooked legume mixed with peanut paste.
peanut butter	dovi	idobi	Peanuts hulled, roasted and ground into a paste.
pumpkin seed with vegetables	mabumbe		Pumpkin seed hulled, coarsely crushed, rolled into balls and cooked with vegetables.
seeds	chafumbo		Side-dish made from ground, roasted seeds.
Vegetable-based			
cowpea leaf	mutsamhu		Side-dish of pumpkin leaves or cowpea leaf, cooked with peanut butter, 'dovi'.
green, leafy vegetables ¹⁴	muriwo		Boiled or fried.
dried	mufushwa	umfushwa	Vegetables wilted and directly dried in the sun, or first wilted, boiled for a short time and sun-dried.
dried relish/stew	mutsotso usavi		Vegetables that are cooked before drying. Fresh or dried vegetables boiled or fried and mixed with peanut paste/butter, 'dovi'.
pumpkin leaf	chagwanda mutsamhu		'Spinach' prepared from dried pumpkin leaves. Side-dish of pumpkin leaves or cowpea leaf, cooked without peanut butter, 'dovi'.
stew	nhopi	inopi; isijezo	Cooked pumpkin, mashed and mixed with peanut butter, with or without the addition of millet or sorghum meal.
Insect-based			
locusts	chambiswa		Fresh-roasted locust, used as a side-dish.

¹⁴ Nearly all green vegetables are cooked in water or oil. Some vegetables may be cooked repeatedly, the cooking water being drained out. Onions and tomatoes may be added, with or without the addition of peanut butter, 'dovi'. This dish forms a relish, 'usavi', which is the usual accompaniment to 'sadza'.

MISCELLANEOUS

Description	Name	
	Shona	Ndebele
Sweet foods		
honey	uchi monga wodza	uluju
sweet sorghum (<i>sorghum bicolor</i>)	ipwa	imfe
Salt foods		
	munyu	umlotha
Soda	murunganyama ¹⁵ muteka	

¹⁵ Collective name for trees which yield salt.

Preparation and use

Eaten *per se* or mixed with other foods.

Gathered from anthills.

Gathered from tree-trunks

Stems chewed fresh or sun-dried.

Ashes from a grass known as 'mangora' and a marsh bush, 'mutsangidze' (*Epaltes alata*).

Ashes from trees/plants used in cooking.

Cooking soda made from ashes of, for example, baobab.

A Resource Inventory of Indigenous and Traditional Foods in Zimbabwe

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In the past, traditional societies relied upon a wide variety of foodstuffs, a large proportion of which consisted of wild plants and animals.

In Zimbabwe, there is evidence that with the expansion of organized agriculture, land clearing and deforestation several species of wild fruit and vegetable plants are rapidly disappearing from the rural diet.

It is, therefore, important to conserve and develop traditional food resources as well as to preserve the traditional knowledge of wild plant and animal foods — which has hitherto been an oral heritage — in a more durable form for propagation through channels such as extension and training.

This resource inventory, while not a complete or comprehensive listing of all traditional foods of Zimbabwe, is representative of the variety, diversity and range of food resources used in traditional diets and provides a classified basis for cumulative growth.



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IN THE PAST, food security strategies of traditional societies were based on reliance on a wide variety of foods and diversification of activities related to food procurement, as exemplified by the hunter-gatherers (Jelliffe *et al.*, 1962; Scudder, 1971). A high proportion of such foods consisted of wild food resources of plants and animals while others were naturally selected, climatically adapted, domesticated species. In modern rural communities, a number of factors have combined to cause a shift away from the broad and diversified traditional food resources base. This narrowing of the food base has been seen as a major cause of increased vulnerability to climate- or weather-related food shortages. This is specially significant in the low-rainfall regions of Southern Africa where drought is not merely cyclical but endemic in some areas.

Economic and technological growth debilitates traditional cultural values and food habits, leading to a reduction in the use of traditional food resources. Plantation-scale agriculture and cash-cropping similarly result in physical and ecological changes that lead to the decline and ultimate extinction of several species of food plants and animals. Breeding and selection have also led to a narrowing of the gene pool and the propagation of monocultures. More serious than the physical decline and loss of traditional food resources through a combination of the above-mentioned factors is the loss of a vast and ancient legacy of knowledge in identifying and recognizing these resources and of the often elaborate traditional technologies for their utilization.

In Zimbabwe, there is evidence that with the expansion of organized agriculture, and the land clearing and deforestation resulting from increasing fuel-wood demands, several species of wild fruit and vegetable plants are rapidly disappearing from the rural dietary. In a survey carried out in Masvingo province (Kaeser-Hancock and Gomez, 1985) it was found that communal farmers recognized the names of certain wild fruit trees but no longer consumed the fruit owing to the disappearance of these species from the natural vegetation. In another survey, 76 per cent of women interviewed in Chiweshe, Matibi and Tsholotsho reported infrequent consumption of fruit, having only a scarce supply of wild fruit and being unable to afford marketed fruit for their families (Owen, 1982). Campbell (1985), however, observed that in three locations in Natural Regions II, III and IV selective conservation of more favoured fruit trees was practised by communal farmers during land clearing for cultivation and that deforestation did not appear to affect the abundance of the more favoured species of fruit trees. These latter findings reflect the importance and central role of fruit trees as a food resource in the diets of rural populations and reinforce the need to preserve these resources through systematic study, documentation and domestication.

Several other studies support the importance of wild plants in the traditional African diet (Fleuret, 1979; Tallantire and Goode, 1975). However, other foods such as traditional beers, insects and fruit wines are not as well researched and documented. The development and exploitation of these valuable food resources through improved production practices, storage, preservation and utilization technologies is dependent on a recognition and identification of these foods and on systematic studies directed towards exploiting their potential. It is to be

recognized that such food resources have been adapted over several years to the food habits, tastes and needs of traditional societies and to the agro-ecological situations where they occur.

It is imperative, therefore, that efforts are made to investigate and document the lesser-known food resources of plant and animal origin and to conserve those with promising and proven food potential, to improve the yield and quality of these foods through documentation; selection and breeding, and to expand utilization through appropriate technologies. It is equally important to preserve the traditional knowledge — which has hitherto been an oral heritage — in a more durable form for propagation through more systematic and widespread channels such as extension and training.

As an initial step in this direction, the identification and collation of these lesser-known food resources in the form of an inventory or check-list was perceived as a critical need for the development of a data base for planning conservation and improvement strategies. The resource inventory, while not a complete or comprehensive listing of all traditional foods of Zimbabwe, is representative of the variety, diversity and range of food resources used in traditional diets and provides a classified basis for cumulative growth.

The inventory includes several foods that are not essentially 'indigenous' (of local origin) but which have become part of the traditional diet. These include, for example, maize and rape. The inclusion of these items was considered essential for representing a more complete perspective of the present-day traditional diets. On the other hand, several tropical domesticated/cultivated species such as avocado, pawpaw and mango have been omitted from the listing since they are introduced species that generally do not contribute significantly to rural diets. Certain of these species, such as loquat, mango and mulberry, however, have in some regions become 'naturalized' and are frequently encountered in the vegetation bordering forests and roadsides.

No attempt has been made in the inventory to differentiate the nomenclatures in the various dialects (e.g. Karanga, Manyika, etc.), nor is the listing based on regional or ethnic food habits or preferences; it seeks simply to identify the food item by its English, local (Shona and Ndebele), and scientific name.

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PLANT FOODS

CEREALS

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Maize	<i>Zea mays</i>			
white, whole grain				Boiled whole or milled into flour.
dry		chibage; mangai	umumbu	Roasted or popped.
dry, popped		maputi	amaputi	Roasted or boiled.
green		chibahwe	umumbu	Boiled and dried.
green		mafushe	ufutho	Pounded, dried and ground into meal. ¹
green, on the cob		mutindifu		Roasted on cob.
samp		chinyoko	itshwswana	Degerminated broken grain.
grits/mealie rice		munhuchu	umngqutshu; amatshakada	Pounded in mortar ² and boiled.
meal				
straight run (wholemeal)		upfu	impuphu	Whole meal, ground commercially or in hammer-mills with removal of bran.
home-ground or mill-ground		mugayiwa	umgayiwa; iphalitsha	Whole grain, soaked and stone-ground.
home-ground		mutibu		Whole grain soaked and dried, then pounded into meal in mortar. ²
meal/flour				
roller-milled		upfu	impuphu	Commercially milled and degerminated, roller-milled and sifted.
super-refined		Ngwerewere™	impuphu ecoekileyo	Commercially milled and refined.
Finger millet	<i>Eleusine coracana</i>			
whole grain (rapoko)		rukweza	uphoko	Milled into flour, malted, or used as a brewing adjunct.

¹ Consumed only when dry maize is exhausted.

² 'Duri' in Shona.

Preparation and use

Stone-ground and used in the preparation of porridge.

Whole grain, germinated, sun-dried, ground and used in brewing.

Stone-ground and used in the preparation of porridge.

Milled into flour, malted, or used as a brewing adjunct.

Cooked without being ground.

Stone-ground and used in the preparation of porridge.

Whole grain, germinated, sun-dried, ground and used in brewing.

Boiled.

Boiled.

Milled into flour, malted, or used as a brewing adjunct.

Boiled without grinding.

Whole grain, germinated, dried and ground. Used in brewing or in the preparation of porridge.

CEREALS (cont.)

Description	Name		
	Scientific	Shona	Ndebele
Finger millet (cont.)			
flour		rukweza	imphuphu yophoko
malted		chimera	imthombo
wild		ndenene	
Pearl millet	<i>Pennisetum typhoides</i>		
whole grain		mhunga	inyawuthi
whole grain		mutsoonono	
flour		mhunga	impuphu yenyawuthi
malted		chimera	imthombo
Rice	<i>Oryza sativa</i>		
whole grain			
white or brown		mupunga	irayisi
brown			ingqoloyi
Sorghum	<i>Sorghum vulgare</i>		
white or red			
whole grain			
dry		mapfunde	amabele
dry		muchakanya	
dry, malted		chimera	

CEREALS (cont.)

Description	Name	
	Scientific	Shona
Sorghum [cont.]		
flour		mapfunde
Edible grasses		
—		uswa
—		hoka
—		chisekwe
—		bunga

LEGUMES, NUTS and OILSEEDS

Cow pea (Black-eyed pea)	<i>Vigna unguiculata</i>	
dry		nyemba
green		mukove
Ground-nut/peanut	<i>Arachis hypogea</i>	
whole		
dry		nzungu
dry		dovi
oil		mafuta enzungu; madevere
Marula nut	<i>Sclerocarya caffra</i>	
kernels		shomhwe; ³ usomo ⁴

³ General term for edible or oil-containing kernel.

Preparation and use

Ndebele

impuphu yamabele Hulled and stone-ground, used in the preparation of porridge.

Seeds/grain edible.

Seeds/grain edible.

Seeds/grain edible.

Seed ground into meal in famine years.

indumba Boiled.
Cooked in pod.

amazambane Boiled, roasted or ground into paste.
idobi Roasted and stone-ground.
Oil extracted from ground paste.

inkelu Edible kernel eaten *per se* or roasted.

⁴ Soft kernel of any nut, though especially of marula.

LEGUMES, NUTS and OILSEEDS (cont.)

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Melon seed	<i>Citrullus lanatus</i>	mhodzi dze magaka		Edible kernel eaten <i>per se</i> , ground into paste or mixed with other foods.
Pigeon pea	<i>Çajanus cajan</i>	ndodzi		Boiled.
Pumpkin seed	<i>Cucurbita maxima</i>			
kernels				
dry		mhodzi dze manhanga	intanga zamathanga	Edible kernel roasted or ground.
dry		mutetenerwa		Edible kernel roasted and salted.
dry		nhetenerwa ⁵		Roasted and used as a dry side-dish.
ground		mbumbwa ⁶	idobi lentanga zamathanga	Edible kernel roasted, ground coarsely into paste and moulded into balls.
Bambara ground-nut (Round bean)	<i>Voandzeia subterranea</i>			
whole				
dry		nyimo	indlubu	Boiled and hulled, or roasted.
dry		mutode		Boiled in pod.
dry		fondokoto		Hulled, boiled and use as a side-dish.
dry, roasted		mufote		Mixed with salt and water and roasted until water evaporates. Prepared as food for journeys.
green		nyimo	indlubu	Boiled in pod.
large variety		goromondo		Boiled or roasted.
brown variety		chibanda		Boiled or roasted.
white variety		nyimwana		Boiled or roasted.

⁵ Also dry ground-nut.

⁶ Denotes 'moulded into a round-shape'.

LEGUMES, NUTS and OILSEEDS (cont.)

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Sugar bean (Common kidney bean)	<i>Phaseolus vulgaris</i>			
whole				
dry		munyemba; 'bhinzi' ⁷ chuchuru	indumba	Boiled.
green		munyemba; 'bhinzi' ⁷ chuchuru	indumba	Boiled.
Water melon seed	<i>Citrullus lanatus</i>			
whole, dry		mhodzi wa mubvembe	intanga zamakhabe	Edible kernels eaten <i>per se</i> or roasted and ground.

VEGETABLES AND MUSHROOMS

Green vegetables

cultivated		muriwo		Boiled or fried.
bean leaf	<i>Phaseolus vulgaris</i>	munyemba	imbida yendumba	Boiled or fried.
cow pea leaf	<i>Vigna unguiculata</i>	munyemba	imbida yendumba	Boiled, fried or dried.
'covo'	<i>Tronchunda portugessa</i>	rugare	ikhove	Boiled or fried.
mustard rape	<i>Brassica juncea</i>	ndakupuka		Boiled.
pumpkin leaf	<i>Cucurbita maxima</i>	mutikiti		Boiled, fried or dried.
rape leaf	<i>Brassica napus</i>	'repi' ⁸	'irephu' ⁸	Boiled.
spinach		muboora	ibhobola	Boiled.
wild				
African spider herb	<i>Gynandropsis gynandra</i>	nyevhe; nyovhi		Boiled, fried or dried.
beans	<i>Vigna lutea</i>	kasungunyemba; karumanyemba		Boiled, fried or dried.

⁷ Adopted from English 'beans'.

⁸ Adopted from English 'rape'.

VEGETABLES AND MUSHROOMS (cont.)

Description	Name		
	Scientific	Shona	Ndebele
Green vegetables (cont.)			
black jack	<i>Bidens pilosa</i>	mhuwuwu	umhlabangubo
bush okra	<i>Corchorus olitorius</i>	derere ⁹	idelele ⁹
cow pumpkin	<i>Citrullus vulgaris</i>	mushambarara	amakhomane
cucumber	<i>Cucumis metuliferus</i>	muchacha	
duiker-berry tree	<i>Pseudolachnostylis maprouneifolia</i>	mudyamhembwe	umqhobampunzi
nightshade	<i>Solanum nigrum</i>	musungusungu	umsobo
rape	<i>Brassica</i> spp.	ndakupuka	
spinach	<i>Amaranthus</i> spp.	mowa	imbuya; ulude
—	<i>Senecio erubescens</i>	chirevereve	
—	<i>Triumfetta annua</i>	derere renama	
—	<i>Corchorus confusa</i>	marupwa	
—	—	mudyamwuu	
—	<i>Adenia gummifera</i>	muhore	
—	<i>Asclepias densiflora</i>	muhenzwa	
—	—	mushopwashopwa	
—	<i>Cleome monophylla</i>	mutsematsema	
—	<i>Chenopodium album</i>	muvhuzandadya	
Root vegetables and edible bulbs			
cassava	<i>Manihot esculenta</i>	mafarinya	ikhasava
sweet potato	<i>Ipomoea batata</i>	mbambaira	imbambayila
vlei tuber	<i>Coleus esculentus</i>	tsenza	

⁹ Generic term for vegetables that are mucilaginous when cooked.

Preparation and use

Boiled or dried.

Boiled or fried.

Boiled or fried.

Tender leaves cooked as spinach.

Boiled or fried.

Boiled, fried or dried.

Boiled.

Boiled, fried or dried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or fried.

Boiled or roasted.

Boiled or roasted.

Eaten raw.

VEGETABLES AND MUSHROOMS (cont.)

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Root vegetables and edible bulbs [cont.]				
yam (elephant ear)	<i>Colacasia antiquorum</i>	madumbe		Boiled.
roots	<i>Babiana hypogea</i>	hwena		Eaten raw or cooked.
roots	<i>Boscia salicifolia</i>	mutiri		Dry roots used for food in famine years.
roots	—		umthwebebe	Eaten cooked.
roots	—		umqwente	Eaten cooked.
bulbs	<i>Ipomoea</i> spp.		amagoni	Boiled.
bulbs	—	hurunwa		Boiled.
bulbs	—	manyani		Eaten raw or cooked.
bulbs	—	shungwa		Boiled.
bulbs	—	tsombori		Eaten raw.
bulbs	—		umatshudula	Boiled.
Other vegetables				
cucumber, wild	<i>Cucumis metuliferus</i>	muchacha; mugaka		Eaten raw as vegetable or ripe as fruit.
gourd, calabash	<i>Lageneria siceraria</i>	nhemba	ikhomane	Young fruit edible.
loofah (sponge)	<i>Luffa cylindrica</i>	chisambo ¹⁰		Young fruit edible.
onion	<i>Allium cepa</i>	hanyanisi	ithanga	Added to meat or vegetables in the preparation of relish.
pumpkin	<i>Cucurbita maxima</i>	munhanga	ithanga	Boiled and eaten <i>per se</i> or as porridge.
tomato	<i>Lycopersicon esculentum</i>	mapuno	amatamatisi	Cooked with meat or vegetables in the preparation of relish.

¹⁰ 'Sponge'.

WILD FRUIT

Description	Name	Shona		Ndebele ¹¹
		Scientific	tree	
Benana	<i>Ensete edule</i>	mutsoro	tsoro	
Baobab	<i>Adansonia digitata</i>	muhuyu; mubuyu	huyu	umkhomo
Batoka plum	<i>Flacourtia indica</i>	mududwe; mutumbula	ntumbula	untunduluka
Blue bush	<i>Diospyros lycioides</i>	mutsvitsva	svitso	umqhatuwa
Chocolate berry	<i>Vitex payos</i>	mutsubvu	hubvu; tsubvu	umtshwankela
Custard apple	<i>Anona stenophylla</i>	muroro	roro	ububese
	<i>A. senegalensis</i>	muroro	roro	ububese
Donkey berry	<i>Grewia bicolor</i>	mutongoro	tongoro	umklampunzi
	<i>G. flavescens</i>	mubhubhunu		ubhuzu
Fig	<i>Ficus burkei</i>	mutsamvi	tsamvi	inkiwane
	<i>F. ingens</i>	mutsamvi	tsamvi	inkiwane; idotsi
	<i>F. sycamorus</i>	muonde	onde	umkhiwa
cape	<i>F. capensis</i>	mukuyu	kuyu	umkhiwa
Indaba tree	<i>Pappea capensis</i>	mutendeshuru	tendeshuru	isagogwane
Ket apple	<i>Dovyalis caffra</i>	munhunguru	nhunguru	umqokolo
Loquat	<i>Uapaca kirkiana</i>	muzhanje; muhobohobo	hobohobo	mahobohobo
Marula	<i>Sclerocarya caffra</i>	mupfura	pfura	umganu
Medlar	<i>Vangueria infausta</i>	munzwirwa		umviyo
crooked false	<i>Vangueriopsis lanciflora</i>	mutufu		umviyo

¹¹ Ndebele name is the same for both the tree and the fruit.

Preparation and use

Ripe fruit eaten.

Ripe pulp eaten *per se* or made into a drink or porridge.

Ripe pulp eaten *per se*; juice consumed as a drink.

Sweet, mucilaginous edible pulp.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten.

Ripe fruit eaten; juice made into jelly.

Fruit eaten; juice mixed with sorghum and millet porridge.

Ripe fruit eaten; fermented juice used as a beverage.

Ripe fruit eaten.

Ripe fruit eaten.

WILD FRUIT (cont.)

Description	Name	
	Scientific	Shona tree
Mobola plum	<i>Parinari curatellifolia</i>	muhacha
Monkey orange	<i>Strychnos innocua</i>	mukwakwa
bitter	<i>S. cocculoides</i>	mutamba-muzhinya
sweet	<i>S. spinosa</i>	mutamba
Prickly pear	<i>Opuntia vulgaris</i>	munanazi
Red milkwood	<i>Bequaertiodendron megalismontanum</i>	musaswa
	<i>Mimusops zeyheri</i>	muchechete
Sand apple	<i>Parinari capensis</i>	muhacha
Snot apple	<i>Azanza garkeana</i>	mutohwe
Snow berry	<i>Securinga virosa</i>	muchagauwe
Sour plum	<i>Ximenia americana</i>	mutengeni
Water berry	<i>Syzygium cordatum</i>	mukute; mubvembe
Water melon	<i>Citrullus lanatus</i>	munwiwa
—	<i>Berchemia zeyheri</i>	munyii
—	<i>B. discolor</i>	
—	<i>Carissa bispinosa</i>	mutambiringwa
—	<i>C. edulis</i>	munzambaŕa
—	<i>Ziziphus abyssinica</i>	musau
	<i>Z. mauritiana</i>	

Preparation and use

Ndebele

fruit

hacha	umkhuna	Fruit eaten; juice made into beer.
hakwa		Ripe fruit eaten.
	umkhemeswane	Ripe fruit eaten.
damba	umwawa; umhlali; umkhemeswane	Ripe pulp eaten; seeds toxic.
	idolofiya	Ripe fruit eaten.
	umhlautshwa	Ripe fruit eaten.
	umbumbulu	Ripe fruit preserved by pounding whole in mortar and pressing into sheets or blocks and sun-drying.
hacha	isitshapasi	Fruit eaten; juice boiled to thick consistency and fermented.
tohwe	uxakuxahu	Sticky sweet pulp chewed like gum.
	umhakawuwe	Ripe fruit eaten; consumed mainly by children.
nhengeni	inhlokotshiyane ikhabe; umdoni	Ripe fruit eaten; seeds rich in oil. Ripe fruit eaten.
nwiwa	inkhabe	Ripe fruit eaten.
nyii	umnyiyi	Ripe fruit eaten.
tsambiringwa	umlugulu	Fruit eaten; juice fermented.
nzambara	umlugulu	Ripe fruit eaten.
sau		Ripe fruit eaten.

WILD FRUIT (cont.)

Description	Name		
	Scientific	Shona	
		tree	fruit
Water melon [cont.]			
—	<i>Rothmania urcelliformis</i>	mutambawebungu	
—	—	mutsonzowa	tsonzowa
—	<i>Garcinia huillensis</i>	mutunduru	tunduru
—	<i>Diospyros mespiliformis</i>	mushenje	shenje

Preparation and use

Ndebele

Ripe fruit eaten.

Fruit edible.

Fruit edible.

umdlawuzo

Fruit edible.

ANIMAL FOODS

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Fish				
bottlenose	<i>Mormyrus longirostris</i>	ndikusi		Cooked fresh or salted and sun-dried or smoked.
bream	<i>Oreochromis</i> spp.	gwaya	inhlanzi	Cooked fresh or salted or sun-dried or smoked.
kapenta	<i>Lymnothrissa myodo</i>	matemba	inhlanzi	Cooked fresh or salted and sun-dried or smoked.
Insects				
ants				
flying	—	tsambarapfuta	amahlabusi	Eaten fresh, fried or sun-dried.
tree	—	dendemafuta		Eaten fresh, fried or sun-dried.
beetles				
chafer	<i>Rutelida</i> spp.	ndere; marupwa		Eaten fried or sun-dried.
christmas	<i>Eulepida masnona</i>	ndiza		Eaten fried or sun-dried.
goliath	—	maivendere		Eaten fried or sun-dried.
caterpillars				
—	—	dendemafuta		
—	—	gandari		
—	—	harati ¹²	amacimbi ¹²	
—	<i>Coimbrasia belina</i>	madora	amacimbi	Gutted, boiled and sun-dried.
—	<i>Colophosphemum mopane</i>	nhemeteme		Gutted, boiled and sun-dried.
—	—	nhete		Gutted, boiled and sun-dried.
—	—	nhowa		Gutted, boiled and sun-dried.
—	—	njanjenjanje		Gutted, boiled and sun-dried.
—	—	shongwa		Gutted, boiled and sun-dried.
—	<i>Sphingida</i> spp.	sinini		Gutted, boiled and sun-dried.

¹² Found on 'mukarati' tree, *Burkea africana*.

Description	Name			Preparation and use
	Scientific	Shona	Ndebele	
Caterpillars [cont.]				
—	—	tsambare		Gutted, boiled and sun-dried.
crickets				
black	—	chikundywe		Boiled, dried or fried.
mole	<i>Curtilla africana</i>	ndororo		Boiled, dried or fried.
sand	<i>Brachytrypes membranaceus</i>	gurwe		Boiled, dried or fried.
grasshoppers				
large	—	gwiza		Eaten, fried or sun-dried.
	<i>Pamphagina lamarckiana</i>	bambamukota; bombomupota		Eaten, fried or sun-dried.
	<i>Cystocanthoseris</i>	mhashu mapfunde		Eaten, fried or sun-dried.
	—	tsumwatsumwa		Eaten, fried or sun-dried.
long-headed	—	mutsumwarumwa		Eaten, fried or sun-dried.
solitary	—	njeru		Eaten, fried or sun-dried.
wingless	<i>Pamphagina lamarckiana</i>		boromhori	Eaten, fried or sun-dried.
locusts	<i>Locustana</i> spp.	zwiwiza	intethe	Eaten fresh, fried or sun-dried.
large, solitary		baribango		Eaten fresh, fried or sun-dried.
winged	<i>Gastrimargus volkensi</i>	mbumu		Eaten fresh, fried or sun-dried.
termites	<i>Macrotermes</i> spp.			
flying		ishwa	izinhlwa	Eaten fresh, fried or sun-dried.
soldier		majuru	amagenga	Eaten fresh, fried or sun-dried.
Meat		muteketeke		Cooked meat used at beer parties.
		dzonga		Salted meat.
biltong		muhwabha; chimukuyu	umhwabha	Salted and air-dried, smoked or sun-dried.
game		nyama vikuvhima		Cooked fresh as a relish or preserved by drying.

ANIMAL FOODS (cont.)

Description	Name		
	Scientific	Shona	Ndebele
Milk and milk products			
buttermilk		mutadzva	
cottage cheese (soured)		mukaka wemabwe	amasi
sour		mukaka wakakora	ihiqua
one day old		mukaka zangira	
thick		mahorakora	umasi
whey		mutuvi wemukaka	umlaza

Preparation and use

Butterfat removed and curds and whey stirred up.
Fermented for 3–4 days, coagulum then separated
and pressed.

Soured by natural fermentation in clay pots for
24–48 hours.

Fermented to very thick consistency.

Whey separated from clotted milk.

BEVERAGES

Description	Name	
	Scientific	Shona
Beer (opaque)		doro
strong		muchayiwa
sweet		musungwa
finger millet		bhume
maize		hwahwa
		Chibuku™
pearl millet		
sorghum		mhandwa
Others		
maize		maheu
monkey orange		mutandabota
wild fruit		makumbi ¹³

¹³ Generic term for beverages made from wild fruits, e.g. marula.

Preparation and use

Ndebele

utshwala	Fermented, unfiltered, cereal beers. Made from re-soaked strainings.
utshwala bophoko	Beer from first fermentation.
isibhiku ingwebu	Fermented, unfiltered. Commercially made.
utshwala benyawuthi	Fermented, unfiltered.
utswala bamabele	Fermented, unfiltered.
amahewu	Maize porridge soured overnight and prepared as a thin beverage. Thin porridge made with juice of monkey orange, 'mutamba'.
umkumbi ¹³	Fruit juice extracted and fermented in wines/beers.

PROCESSED AND COMPOSITE FOODS

Description	Name	
	Scientific	Ndebele
Cereal-based		
bread, unleavened maize	chipatapata	
with beans or bambara	mutakura	inkobe
ground-nuts		
with melon		umxhanxa
malted grain	chimera	
mealie rice	mashazhare	itshwogana
millet		
with honey	chingwe	
with sour milk		umcaba
porridge	sadza	isitshwala
stiff, soured	muswedza	amalaja
thin	mushate	
weaning	bota	iyambazi
rice with peanut butter	mashagada	
Legume and oilseed-based		
bambara ground-nut		
with maize	mutakura	inkobe
relish	rupiza	
cowpea		
with maize	mutakura	inkobe
green, with maize	makura	

Preparation and use

Made from ground malt and water.

Whole maize boiled and mashed together with cooked beans or bambara ground-nuts.

Maize and melon boiled together and mashed.

Cereal grain soaked in a sack for 2–3 days, then stored in a warm, damp place for sprouting.

Germinated grain is sun-dried and coarsely ground.

Broken maize cooked in water until the water is absorbed and the grain resembles rice; served with added salt and peanut butter.

Wild honey mixed with maize, sorghum or millet meal and cooked.

Mixture of very thick sour milk, 'umasi', and ground, cooked millet.

A paste of cereal meal in a small quantity of water is stirred into hot water and more mealie-meal added with continuous stirring and heating to the required consistency.

Food kept over from first meal of the day, soured overnight.

Thin porridge cooked and served without sugar or salt.

Cereal porridge prepared to a thin, pouring consistency.

Rice boiled and mixed with peanut butter.

Ingredients boiled to a soft, mushy consistency.

Cooked legume mixed with peanut paste.

Ingredients boiled together to a soft, mushy consistency.

Ingredients boiled together to a soft, mushy consistency.

Description	Name		Preparation and use
	Scientific	Ndebele	
Cowpea [cont.]			
relish	rupiza		Cooked legume mixed with peanut paste.
peanut butter	dovi	idobi	Peanuts hulled, roasted and ground into a paste.
pumpkin seed with vegetables	mabumbe		Pumpkin seed hulled, coarsely crushed, rolled into balls and cooked with vegetables.
seeds	chafumbo		Side-dish made from ground, roasted seeds.
Vegetable-based			
cowpea leaf	mutsamhu		Side-dish of pumpkin leaves or cowpea leaf, cooked with peanut butter, 'dovi'.
green, leafy vegetables ¹⁴	muriwo		Boiled or fried.
dried	mufushwa	umfushwa	Vegetables wilted and directly dried in the sun, or first wilted, boiled for a short time and sun-dried.
dried relish/stew	mutsotso usavi		Vegetables that are cooked before drying. Fresh or dried vegetables boiled or fried and mixed with peanut paste/butter, 'dovi'.
pumpkin leaf	chagwanda mutsamhu		'Spinach' prepared from dried pumpkin leaves. Side-dish of pumpkin leaves or cowpea leaf, cooked without peanut butter, 'dovi'.
stew	nhopi	inopi; isijezo	Cooked pumpkin, mashed and mixed with peanut butter, with or without the addition of millet or sorghum meal.
Insect-based			
locusts	chambiswa		Fresh-roasted locust, used as a side-dish.

¹⁴ Nearly all green vegetables are cooked in water or oil. Some vegetables may be cooked repeatedly, the cooking water being drained out. Onions and tomatoes may be added, with or without the addition of peanut butter, 'dovi'. This dish forms a relish, 'usavi', which is the usual accompaniment to 'sadza'.

MISCELLANEOUS

Description	Name	
	Shona	Ndebele
Sweet foods		
honey	uchi monga wodza	uluju
sweet sorghum (<i>sorghum bicolor</i>)	ipwa	imfe
Salt foods		
	munyu	umlotha
Soda	murunganyama ¹⁵ muteka	

¹⁵ Collective name for trees which yield salt.

Preparation and use

Eaten *per se* or mixed with other foods.

Gathered from anthills.

Gathered from tree-trunks

Stems chewed fresh or sun-dried.

Ashes from a grass known as 'mangora' and a marsh bush, 'mutsangidze' (*Epaltes alata*).

Ashes from trees/plants used in cooking.

Cooking soda made from ashes of, for example, baobab.



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