

Bambara nut recipes in Malawi

- ◆ Boiled fresh (Makata)



- ◆ Bambara Dahl (Chipere)



- ◆ Bambara balls



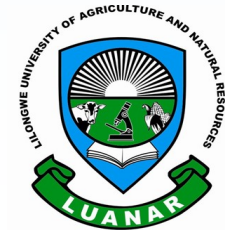
- ◆ Bambara mixed with maize grits
- ◆ Bambara cake (Chigumu)



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Bambara market growth and utilization



Objectives of the BAMGNUT Project

- ◆ To scale out the selected (and potential new) Bambara varieties and production management recommendations identified in Phase II in selected Bambara producing areas.
- ◆ To increase the volume of Bambara seed available to promote productivity and market surplus on local, and possibly regional, markets.
- ◆ To scale out the utilization of bambara groundnut at household level and for the local retail markets in the three countries
- ◆ To address the post-harvest challenges that threaten the increased yield and trade of bambara in the region



Bambara market growth and utilization

Protein-energy malnutrition is a major public health problem in Malawi. This is because our diets are predominantly starchy foods because of the high cost of protein sources; however starchy foods are low in protein content and so the consumption of its products has been implicated in protein malnutrition. Consumption of neglected and underutilized crops could play prominent roles in sustaining the rural populations by increasing food availability and protein basket. One of the underutilized crop in Malawi is Bambara groundnut.

Bambara groundnut, also known as *Vigna subterranea* is a leguminous plant. The seed is regarded as a balanced food because when compared to most food legumes, it is rich in iron and protein.

Bambara varieties found in Malawi

The following are Bambara varieties found in Malawi: Khakhi, Mzira a mpheta, Chikope cha nyani, Kadziunde, Kayera, Maso a maria, Makata

Bambara nutrient composition

Nutrient composition for Bambara is as follows: Rich in protein (16.25%), Carbohydrate (63%), fat (6.3%), Calcium, Phosphorus, Potassium, Iron.

Health benefits

- ◆ Promotes red blood cell production
- ◆ Lowers risk of stomach cancer (restricts production and absorption of carcinogens) and osteoarthritis
- ◆ Reduces malnutrition (provides almost all major nutrients)
- ◆ Reduces Kwashiorkor (its rich in protein)

