Nutusweetleaves: Consumption of sweet potato leaves as relish for Nutrition and food security

Edible Sweetpotato Leaves for Food Security

Nutusweetleaves is a climate-smart nutrition practice that improves dietary diversity, micronutrient intake, and food security. Sweetpotato leaves are rich in vitamins, minerals, and antioxidants, and can be harvested even during dry periods. The practice strengthens vine conservation and seed access, is low-cost, and can be integrated into extension services and national programs to reduce malnutrition and enhance resilience.

International Potato Center (CIP)

Norman Kwikiriza

This technology is pre-validated.

9·9 Scaling readiness: idea maturity 9/9; level of use9/9

Inclusion assessment 14 8 8

Climate impact 7

Problem

- **Low dietary diversity, micronutrient deficiencies**: Especially vitamin A, iron, zinc.
- **Seasonal food gaps / hunger periods**: Leaves are unavailable when households need them most.
- **Limited access to clean, improved planting material**: Hinders adoption of nutritious varieties.
- **Weak integration of nutrition into agricultural programs**: Dual-purpose crops often ignored.

Solution

- **Nutrition Promotion:** Increase consumption of nutrient-rich sweetpotato leaves to address micronutrient deficiencies.
- **Seasonal Food Security:** Support homestead and kitchen garden production to ensure leaves are available during dry periods.
- **Improved Planting Material Access:** Distribute clean vines and train farmers to maintain healthy stock.
- **Program Integration:** Include dual-purpose sweetpotato (roots + leaves) practices in agricultural and nutrition programs.

Key points to design your project

- Promote leaves for vitamin A, iron, and micronutrients.
- Support homestead/community gardens for year-round supply.
- Provide disease-free vines and train farmers in vine conservation.
- Integrate dual-purpose crops into extension and nutrition programs.

Target: Smallholder farmers, rural households, and vulnerable groups.
Partners: Government, NGOs, extension services, research institutions.

IP

Unknown

Commodities

Sweet Potato

Sustainable Development Goals

2 ZERO HUNGER · 3 GOOD HEALTH AND WELL-BEING · 5 GENDER EQUALITY · 12 RESPONSIBLE CONSUMPTION AND PRODUCTION

Categories

Postharvest, Practices,

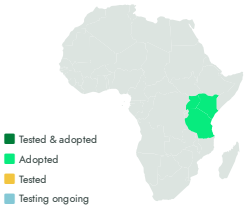
Food security and Nutrition enhancement

Best used with

Community-based multiplication of sweet potato vines and cuttings

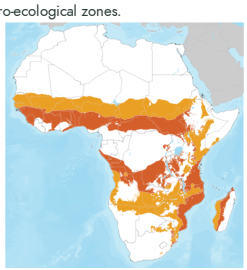
See all 1 technologies online

Tested/adopted in



Where it can be used

This technology can be used in the colored agro-ecological zones.



Target groups