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

Edible Sweetpotato Leaves for Food Security

Nutusweetleaves is a low-cost, scalable nutrition practice that promotes sweetpotato leaves for household consumption. The leaves provide essential vitamins, minerals, and antioxidants, supporting immunity and overall nutrition. Implemented through homestead gardens and farmer training, the practice improves access to food and planting material, especially for women and vulnerable households, aligning with nutrition, food security, and resilience goals.

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

- **Limited access to nutrient-rich vegetables**: Vulnerable households, women, and children are most affected.
- **Low awareness of nutritional value and preparation methods**: Leaves often underused.
- **Seasonal shortage of planting material**: Reduces sustainable production.
- **Low adoption of homestead gardens**: Limits household food security impact.

Solution

- **Household Nutrition:** Promote homestead leaf production to improve access to nutrient-rich vegetables for vulnerable households.
- **Awareness & Training:** Build knowledge on leaf harvesting, preparation, and nutritional value.
- **Planting Material Sustainability:** Teach vine conservation and provide improved planting material for year-round production.
- **Homestead Garden Adoption:** Encourage establishment of kitchen gardens for continuous leaf availability.

Key points to design your program

- **Nutrition & Food Security:** Promote sweetpotato leaves to improve intake of vitamin A, iron, and other micronutrients among vulnerable households.
- **Sustainable Production:** Support homestead and community gardens with training and access to disease-free, improved vines for year-round supply.
- **Capacity Building & Program Integration:** Train farmers and extension workers, raise awareness on preparation and consumption, and integrate dual-purpose crops into nutrition-sensitive and climate-resilient initiatives.
- **Target Groups & Collaboration:** Smallholder farmers, women, children, and rural households; in partnership with government agencies, NGOs, research institutions, and community organizations.

IP

Unknown

International Potato Center (CIP)

Norman Kwikiriza

Commodities

Sweet Potato

Sustainable Development Goals

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

Categories

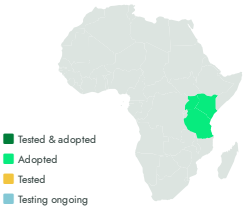
Postharvest, Practices, Food security and Nutrition enhancement

Best used with

Community-based multiplication of sweet potato vines and cuttings

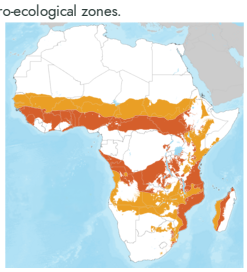
See all 1 technologies online

Tested/adopted in



Where it can be used

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



Target groups

Development institutions, Farmers, Processors