



World Vegetable Center



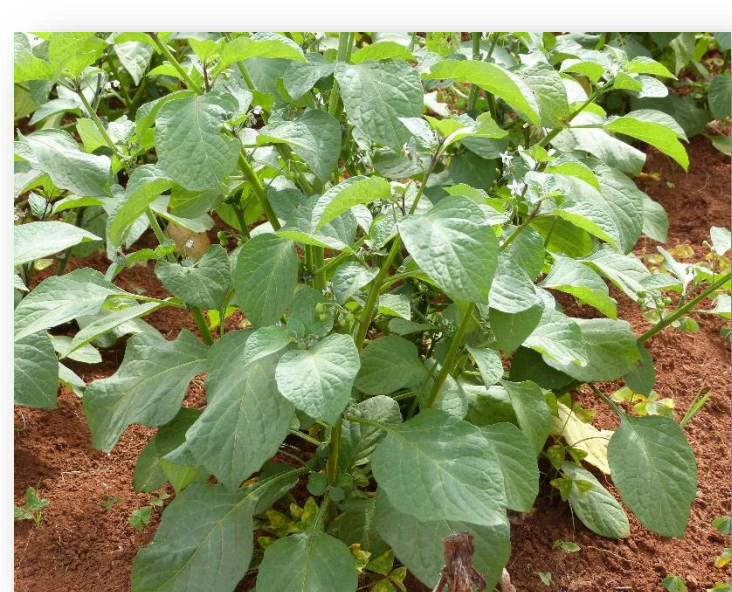
## PROJET DARWIN INITIATIVE

«Les légumes traditionnels africains renforcent la sécurité alimentaire et nutritionnelle à Madagascar »

### Karazana anana nentim-paharazana



Anamamy V1  
Ambureni



Anamamy V2  
Malala



Anamamy V3  
Nduruma



Anamamy V4  
Olevolosi



Anapatsa V5  
Akeri



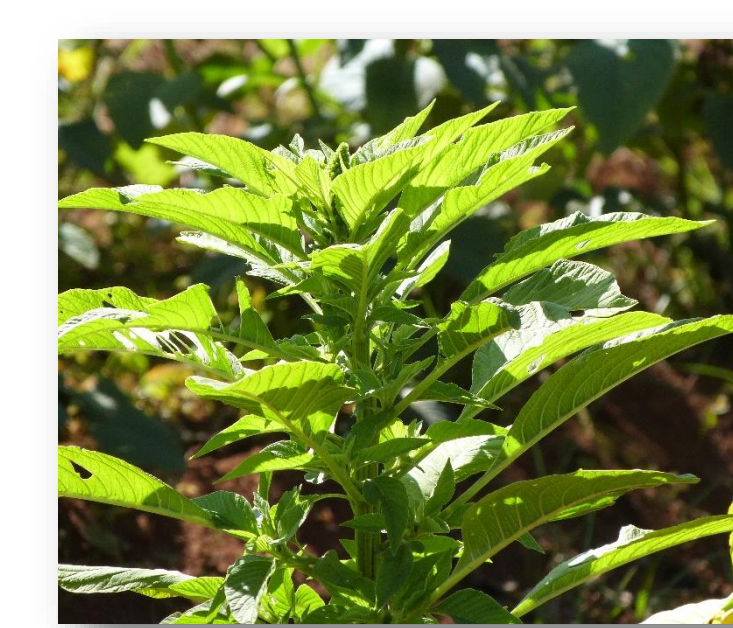
Anapatsa V6  
Poli



Anapatsa V7  
Nguruma



Anapatsa V8  
Madiira 1



Anapatsa V9  
Madiira 2



Angivy V10  
DB3



Ramirebaka Etiopiana V11  
Rungwe



Ramirebaka Etiopiana V12  
Arumeru



Angivy V13  
Oforiwa'a



Voatavo V14



### Otrikaina entin'ny anana mg/100g

| Karazany                  | Calcium | Phosphore | Fer  | Magnesium | Potassium | Vit-C |
|---------------------------|---------|-----------|------|-----------|-----------|-------|
| Legioma nentim-paharazana |         |           |      |           |           |       |
| Anamamy                   | 100,47  | 62,5      | 8,63 | 461       | 100       | 54    |
| Anapatsa                  | 323,7   | 89        | 7,5  | 122       | 241       | 50    |
| Voanemba                  | 428,01  | 17,23     | 9,62 | 46,73     | 81,25     | 8     |
| Voatavo                   | 231,5   | 155       | 1,02 | 46,45     | 125       | 80    |
| Legioma avy any ivelany   |         |           |      |           |           |       |
| Laisoa                    | 44      | 25,9      | 0,8  | 12        | 169,6     | 33    |
| Laisoa frisé              | 187     | 55,97     | 32   | 34        | 446,2     | 93    |

[www.farmconcern.org](http://www.farmconcern.org)

### Vokatsoa azo amin'ny anana

- Miaro amin'ny aretina maro toy ny mahakasika ny tosi-drà sy ireo karazana homamiadana
- Mampihena ireo aretina azo avy amin'ny tsy fahampiana otrikaina
- Manatsara ny fandevonan-kanina.

(Muhanji *et al.*, 2011)

Références:- Farm Concern International (FCI), Traditional African Vegetables Booklet, Website: [www.farmconcern.org](http://www.farmconcern.org)  
- Gilbert Muhanji , Ralph L. Roothaert , Chris Webo & Mwangi Stanley (2011) African indigenous vegetable enterprises and market access for small-scale farmers in East Africa, International Journal of Agricultural Sustainability, 9:1, 194-202