

# BLACK NIGHTSHADE

*Solanum nigrum* L.



This leafy vegetable is a good source of fibers and nutrients. It is well known in Africa and used for a lot of local dishes.



## Plant

- High from 50 cm to 1 m

## Leaves

- Broad (about 20 cm)
- Long (about 25 cm)
- Dark green
- Smooth

## Consumption and nutrition

- Cooked (in local dishes)
- Very rich in fibers

## Crop advices

- Direct sowing or in pot
- Well adapted to the different climates
- Can be grown all the year long

## Medicinal properties

- Sedative and healing properties

## RECIPES IDEAS

# BLACK NIGHTSHADE

### Kenyan recipe



#### Ingredients:

#### For 4 persons

- 2 bunches of black nightshade
- 1 red onion thinly sliced
- Few leaves of coriander to taste
- A pinch of salt and pepper to taste
- 2 ripe tomatoes
- 1/4 kg mutton steak
- 2 table spoons eliant oil



#### Preparation:

Wash and dry the leaves. Tear or cut them into small pieces.  
Pour onions into a cooking pot and cook until getting golden brown color.  
Add sliced tomatoes and cook for 2 minutes.  
Add chopped meat, salt and pepper. Stir and cook for ten minutes or till ready.  
Add chopped black nightshade.  
Cook for 2 minutes.  
Serve while hot with rice, pasta, ...  
PS: if black nightshade leaves are bitter, boil them before cooking.