What can we do with Chidede?

- ☑ Eat it, drink it, or sell it
- ☑ Share the seeds, leaves, fruit, and juice with others
- ☑ Save the mature seeds and sell them in the market
- ☑ Make the juice or tea to sell
- ☑ Make nutritious frozen treats (*freezies*)

Compiled by Stacia and Kristof Nordin
www.NeverEndingFood.org
nordinmalawi@gmail.com

What is Chidede?

Chidede, Roselle, Hibiscus

Leaves

Flowers

Fruit

Chidede grows naturally during Malawi's rainy season. It is also found throughout Africa and other parts of the world.

During the rainy season, the leaves can be eaten raw as salad, or cooked. The leaves have a lemony taste.

The fresh fruit is also used to make a refreshing tea or juice at the end of the rainy season. The fruit petals can be solar dried to keep and use throughout the year,

If you plant the seeds in wet areas, such as bathing or washing areas, you can have it fresh throughout the year.

How to make Chidede juice:

Chidede flowers

Chidede juice is tasty, nutritious, and easy to make!

(Especially if you use honey instead of sugar as a sweetener)

1. Use one handful of fresh fruit per cup of juice (less if you are using the dried fruit). You can use more or less to your taste.
2. Pour boiling hot water over the fruit and then wait 10-15 minutes for it to steep into a tea. When it is ready the water will turn red and have a very lemony taste.
3. Use honey or sugar to sweeten to taste.
4. You can serve it hot or chilled—both are great!.