Drying Sweet Potato Leaves

https://vimeo.com/230952492

**SUMMARY**

A community health worker comes across a man who is doing something he hasn’t seen before. When he asks, the man explains that he is drying potato leaves that he will be able to save in clean, dry containers so that his children will have healthy foods during the lean season. The health worker is impressed and encourages M. Faro to show his neighbors what he is doing and encourage them to do the same.

**TRANSCRIPT**

Community health worker (CHW): Hello M. Faro.

Husband/M. Faro: Hello, How are you?

CHW: I am fine and you?

Husband/M. Faro: I am fine too.

CHW: What do you have in your hands?

Husband/M. Faro: It is potato leaves.

CHW: What are you doing with them?

Husband/M. Faro: I spread them out under the sun to dry them. You know we are in the rainy season so it is easy to get potato leaves at this moment, so I can have a lot of leaves and dry them under the sun to prepare for the lean season. We will not only stay in this season. For instance, during the dry season we may not find the potato leaves, but if I have these dry leaves, I can use them in my children’s food for feeding them and that’s why people are always asking me about how my children are growing rapidly. And I know this is very important for my family.

CHW: Ok! Do you tell that to your friends? The way you do?

Husband/M. Faro: Yes of course, I always inform them about this practice. But I don’t know if they do as I am doing.

CHW: I encourage you to continue giving advice to the mothers, to let them do the same practice as you are always doing.

**First Question: How can children receive good food during the dry season?**

**First Answer: Fathers must dry the food, keep them in good containers, to facilitate accessibility to the additional food for mothers, pregnant women, and children during the lean season.**

Gnalen: He is full; twins come and eat the food.

**Second Question: How do you mix a child’s porridge from the age of 6 months to 8 months?**

**Second Answer: A child’s meal porridge must be well mashed, but the porridge should be thick to avoid making the food fall from the spoon.**

After that, as far as the potato leaves is concerned, we can tear off the potato leaves and dry them under the sun and pound them, after we keep its powder in either a bottle or a clean container.

You know in the rainy season, the potato leaves are in abundance in our area, so if we prepare the powder now, we will avoid the lean season. I advise you again, to do all of these activities in clean conditions. And finally, don’t neglect the potato leaves in your different foods, because it is important, that’s why in Beindou here, we have a big garden where we grow the potato leaves, to show people that we are committed.

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