

INTEGRATING OFSP INTO EXISTING FOOD RECIPES IN GHANA

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GHANA

Ghana has several recipes based on the different regions

Roots and tubers form major staples of Ghanaian diets

The popular recipes in Ghana include, fufu, banku, kenkey, T.Z, Ampesi, Akple etc



Some Common food in Ghana



wakye



Kenkey and soup



Banku and okro soup



Ampesi

TYPES OF OFSP

There are two released OFSP varieties known in Ghana;

- Apomuden (Good health)
 - High beta carotene (30-35nm)
 - Low dry matter (18-20%)



- Bohye (Promise)
 - Low beta carotene (5-9nm)
 - High dry matter (29-32%)



CIP involvement in sweetpotato improvement efforts in Ghana



Breeding and dissemination

➤ National sweetpotato program (CSIR-CRI and SARI)

- Less sweet types are targeted, not strictly OFSP

➤ Outreach with Government and NGO partners, TRAX Ghana, etc



Identifying the consumer knowledge, attitudes and practice about Sweetpotatoes

Consumer survey (2012)



Study locations: Volta (Ohawu), Central (Komenda) and Upper East (Tono) Regions.

300 respondents: 45.9% male and 49.8% female; age range of 10 – 65 years.

Interview: consumption, benefits of eating sp, preferred mode of receiving promotional information, sp issues of concern.



Consumer interview

Administering Questionnaires

Administered Questionnaires (in markets, homes and on-farm)

- Demographic information
- Assessment of attitude and knowledge
- Problems in sweetpotato farming



In the markets

At Homes

With famers on Farm

Outcome (Findings)



Outcome (Findings)

- 97.1% eat SP as snack and not as staple
- Boiling and frying predominant processing forms
- Lack of product diversity
- 74.2% not aware of any programmes promoting sp
- Limited information on health benefits
- Lack of ready market
- Lack of planting materials

Finding solutions

Extensive seed multiplication program



Preparation of lands for
OFSP multiplication



Multiplier giving out vines to farmers



Searching for potential multipliers
during the dry season for the next
planting season

LESSONS FROM NATIVES

- Technology
- Recipes



Irrigation system by a local farmer in Keta, Volta region



Storage system to prevent maize weevil infestations in Denu, volta region



Keeping vines for animals



Woman selecting leaves for soup in Daboase, western region

DEVELOPING RECIPES



Juice preparation



Pastries preparation



Sweetpotato balls preparation



Potaghurt preparation

Some Local recipes from OFSP



OFSP leaves
palaver sauce



Fresh leaf soup



Porridge



Mpotompoto



Dried leaf soup



swakye

Some Commercially viable products from ofsp



Meat bread



Scones



Rolls



Pie



Potaghurt



cake



Pudding



crisp

GENERATING INTEREST

Community outreach programmes



Eastern region

Upper east region



Volta region



Northern region

HANDS-ON TRAINING



Hands-on training

- Training of trainees (TOT) across the country

- Farmers
- Processors (small scale processors)
- Market women
- Agric Extension Personnels
- Ministry of Food and Agriculture
- NGO's



TIME TO BE OFSP CHEF



Nutritionist taking participants through nutritional benefits of OFSP



Participants trying some recipes



Taking participants through various Processing and utilization methods

Some products from Participants



Participants treating themselves to healthy OFSP meals



Participants enjoying OFSP meals



Best group to emerge from cooking competition

SEIZING EVERY OPPORTUNITY



At conferences



Welcoming the media



At Hotels and Restaurants



At meetings



Village square



Sensory program

Routine sensory analysis for assessment of breeding materials

- Consumer assessment of advanced materials
- Semi-trained panel assessment of preliminary materials

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colour 🧐					
smell 🤧					
taste 👅					
texture 🍴					
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colour 🧐					
smell 🤧					
taste 👅					
texture 🍴					
overall acceptability 🧐👅					

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CHALLENGES



- ❑ Limited funds
- ❑ Inadequate staff
- ❑ Limited number of OFSP varieties in Ghana



WAY FORWARD



Way Forward

- Liaise with Farm Radio and other media outlets in promoting OFSP across the country
- Partner with the hospitality management industry to include OFSP in their recipes for consumers
- Identify and develop potential markets such as boarding schools, food processors, other institutions and local markets

THANK YOU

Time for OFSP Energizer

