AFRICAN DISHES

Issued 17th January, 2006

(Extracted from Philatelic Bureau Bulletin No 1 of 2006)[2]

African Dishes

Give us this day our daily bread.

Nature has been very generous to Zimbabwe, with rich sources of "Food from the Veld". Many of these plants are no longer known or used. Others have been increasingly cultivated and some are now produced commercially.

The variety of traditional dishes shown here are presented as a taste of many more and will perhaps whet our appetites to experiment and enjoy them, not only as a new (or familiar) taste experience but in gratitude for nature's bounty. They come with beauty, strength and nourishment; a heritage to be preserved for those to come.

$25,000: Fungi



Agaricus campestris: Field Mushroom. Widespread after early rains, this popular mushroom has a white cap with pink gills turning brown and a distinctive scent; all aids to safe recognition.



Boletus edulis: *Cep*. This is a world-wide favourite, looking like a clod of red-brown earth, the Cep is bun-shaped with a sponge of yellowish green. It may be cooked sliced and is the best edible fungus for storing.



Cantharellus longisporus: Apricot fungus has a bright scarlet cap and thick orange gills, growing in a trumpet shape. The Shona name. Nzeve, means Old Woman's Ear.



Cantharellus miniatescens: Popular scarlet, orange or golden fungi. They are put into boiling water then simmered in butter or milk and served with stews, mixed grills or salads.

$35,000: Grains



Zea mays: Maize, mealie. This plant is the staple food of Zimbabwe, generally grown throughout the country together with pumpkins and peanuts. The ripe cobs are shelled and prepared in a wide variety of dishes, the most popular being sadza, stiff porridge as a basis for stews and relishes. Hwahwa, maize beer, is brewed commercially and country-wide and is a basic ingredient of harvest rituals.



Sorghum bicolor: Sorghum is a main food crop of the Lowveld, doing well in low rainfall areas. The ripe heads of grain must be dried, threshed, winnowed and pounded in a mortar or mill to make flour for baking and for a sweet drink.



Eleusine coracana: Rapoko, is widely cultivated in rural areas, and prepared as for sorghum. The grain makes a favourite dish for children and invalids and the liquid in which the grain is boiled, mixed with that of sorghum or maize, makes a refreshing sweet malt.

$50,000: Trailing Plants



Curcurbita maxima: Pumpkin. A cultivated sprawling annual with large golden-yellow fruits, hard skinned and hollow with orange pulp and numerous seeds. The young leaves and shoots, together with the flowers, are boiled as a relish and are the most popular of all green. The fruit is sliced and the pulp boiled or roasted or mixed with mealie as porridge. The seeds are rich in oil and are sundried or roasted or crushed and cooked with the pulp or leaves. Pumpkins are rich in protein and vitamins and are a popular vegetable when others may be in short supply.

Citrlllus lanatus: Watermelon, Tsama. A trailing annual with male and female flowers on different plants. There are several different types of melon. This one has juicy rose pink or lighter pale green flesh, ripening late summer. The flesh is enjoyed fresh or crystallised or as jam. The young leaves are eaten as spinach. The black seeds are dry but edible. The plant is now commercially cultivated.





Cucumis metuliferus: Spiny cucumber. A trailing creeper, with small yellow flowers, male and female on the same plant. The female flower has a picky green ovary which enlarges to form the fruit, light green at first, ripening to bright orange or red, and covered with pointed spines. The translucent flesh is pale green with white seeds, like a garden cucumber, eaten the same way.

$150,000: Wild Fruits



Diospyros mespiluformis: Jackal berries, eaten fresh, or dried as a preserve, or fermented as a refreshing drink.



Uapaka kirkiana: Mahobohobo. Wild loquat. A widespread evergreen tree, producing fleshy round berries, some 40mm across, reddish brown when ripe. They are gathered by the basketful from November to February, and eaten fresh or prepared as cakes or brewed as a sweet wine.



Sclerocarpa birrea: Marula. The abundant plum-like fruits, ripening from green to yellow, are collected from April to June and stewed, eaten fresh or brewed to make a strong drink, Mapfura. Marula jelly is delicious. Marula liqueur a popular commercial wine. Marula nuts are a prized delicacy used as almonds or crushed to make Marula dovi. The fallen fruits are said to be favourite indulgence of wild elephants.



Carissa edulls: Numnum. This is a bush or small tree producing sweet glossy red berries, ripening to purplish black, with milky latex. They are eaten fresh or as a very good jam or jelly.



*Strychnos spinosa***:** Bush Orange. There are several related species**,** on widespread deciduous trees, with conspicuous shining blue-green fruit, ripening to golden orange. Only this species is edible. The pulp inside the hard shell is said to be the most delicious of all wild fruits, tasting of peaches.



Dovyalis caffra: Kei Apple. Dingaan's Apricot. A woodland tree, sometimes grown as a hedge, with clustered leaves and strong thorns and strongly-scented acid-tasting fruits, yellow to apricot when ripe. Kei Apple jelly is a delicacy.

$250,000: Herbs



Abelmoschus esculentus: Okra. A popular vegetable, the pods ripening from August to February. They are steamed or boiled and served with stews, meat or fish, or as soup. The rather slimy consistency is well liked but may need a little lemon juice.



Capsicum annum: Bird pepper, Mhinpiri, may also be grown commercially. The fruits are shining green or bright red, hot-tasting and pungent, eaten fresh in salads or cooked or dried as cayenne pepper. The fruit contains capsaicin, with a number of medicinal uses.



Hibiscus articulatus: Wild hibiscus. A common herb of grasslands, widely distributed. The young shoots, leaves and flowers are boiled or steamed together as spinach. The roots are boiled as a vegetable.



Hibiscus sabdariffa: Rosella. The crimson capsule, in a dark red double cup, is used for Rosella jelly, home-brewed or produced commercially.



Triumfetta rhomboids: Burrweed. This is a type of the many herbs known as DERERE, widespread in the veld, on wastelands and roadsides, gathered when young, the roots, stems and leaves are boiled together as vegetables or relish.



Rubus rigidus: Bramble. Common in summer in the Eastern Districts. The ripe berries are eaten fresh or cooked as jam or jellies or infused to make a refreshening drink. The plant also has healing medicinal properties.



Gonimbrasia belina - caterpillars, known as Mopane worms, feed on the leaves of mopane trees, one of the commonest woodland trees of the Lowveld. The worms, vividly coloured, are much sought after, roasted and dried. They are high in protein content, tasty and delicious.

$300,000: Underground Food



Ipomoea batatas: Sweet Potato, A widely cultivated perennial with annual stems and pink trumpet-shaped flowers. The starch-rich tubers are boiled, roasted or sliced and eaten as a popular vegetable or sweetmeat.



Manihot esculenta: Manioc, Cassava. The edible tubers are of two kinds, the sweet whitish-grey type sometimes being eaten raw, the poisonous rinds being discarded. Cassavas are generally ground into flour and cooked in a wide variety of dishes. The young leaves are edible. The tubers may be processed as beer or even used as a base for ethanol.

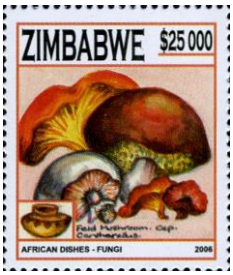


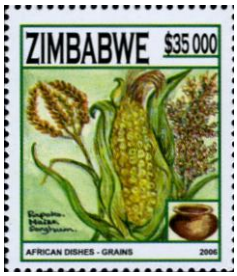
Arachis hypogaea: Peanut, generally planted together with maize or millet after the first rains. The pod ripens below ground; the nuts are shelled, sun-dried or winnowed and are one of the world's most popular sources of vegetable oil and its many products. After harvesting, the stems and leaves are used for stockfeed.

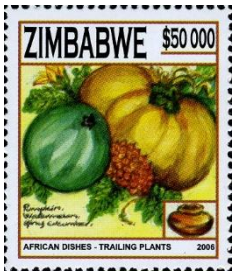
Vigna subterranean: Ground nuts. A cultivated annual yellow pea flowers that bend down and mature underground. The shells contain a single mottled white nut, boiled in the beans, with a variety of methods of preparation. They are solid widely, on roadsides and in country markets.

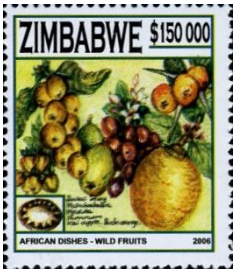


The Stamps

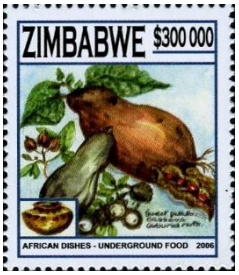














(Reduced to 50% of size)

Catalogue listings

SG	ZSC[1]	Value	Description
1178	601	$25,000	Fungi
1179	602	$35,000	Grains
1180	603	$50,000	Trailing plants
1181	604	$150,000	Wild fruits
1182	605	$250,000	Herbs
1183	606	$300,000	Underground food
MS1184	MS12		Se-tenant block of six values

Technical details

Stamp size: Sheet stamps: 30 x 35 mm

Sheet Size: 50 stamps (10 rows of 5 stamps), two panes per printed sheet

Artist: Lady Margaret Tredgold

Paper: ZSC paper type J: paper described by Zimpost as "Chancellor Litho PVA Gummed Postage Stamp Paper". This paper is produced by Tullis Russell Coaters of Glenrothes, Fife, Scotland. Under UV there is no fluorescence either front or back, the stamp appears to be very dark

Print colours: Cyan, magenta, yellow & black

Perforations: SG 14 x 14½, ZSC 14 x 14¼
Left margin: Perforated through
Other margins: Imperforate

Printer: NatPrint, Harare, Zimbabwe

Printer's Imprint: Bottom Margin, below Row 5 Columns 5 & 6. Imprint printed in black

Cylinder numbers: Bottom margin below R5/1. Colours from left – cyan, magenta, yellow, black

Colour register: Type TL 4– round boxed – left margin opposite R5/1. Colours reading down – cyan, magenta, yellow, black

Sheet Value: Bottom margin, below R5/10, printed in black

Sheet Number: Type SN 7 with printed 'ZIMPOST' prefix, right margin opposite R5/10, reading down

Print numbers:

$ 25,000	362,500	$35,000	51,500
$ 50,000.	33,250	$100,000	37,250
$250,000.	37,750	$300,000	32,250
Miniature sheet	5,000		

Note: Print numbers for individual values given above cannot be correct as each printing sheets contained 100 stamps (50 stamps for each cylinder 1A & 1B).

Issue date: 17th January, 2006

Postal Rates

The postage rates used were current for all basic rates, effective from 13th January, 2006 indicating that there had been a certain amount of planning ahead.

The $35,000 rate was applicable for local postage between 20 and 100 grams, for normal and printed matter. The $50,000 stamp is a bit of an oddity as it was applicable for printed matter between 100 & 250 grams, which is normally provided for.

Comment on design

All the stamps have within their design a handwritten description of the produce. Magnifying the text shows that the text is made up of components from two or more of the printing plates. As a result, the text is not clean and clear, and that any slight movement of one or more of the plates makes the text look blurred. This should be considered as normal. So far, no evidence of double printing has been reported, which would be interesting to examine in detail.

Closeups of the texts are shown below, but may not necessarily show the different colours making up the printing of that text



$25,000



$35,000



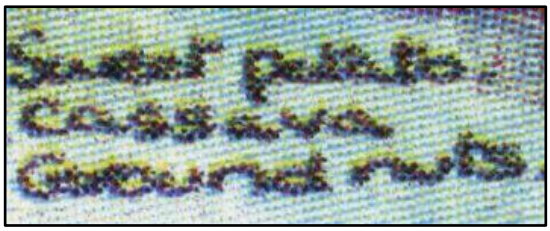
$50,000



$150,000



$250,000



$300,000

Listed varieties

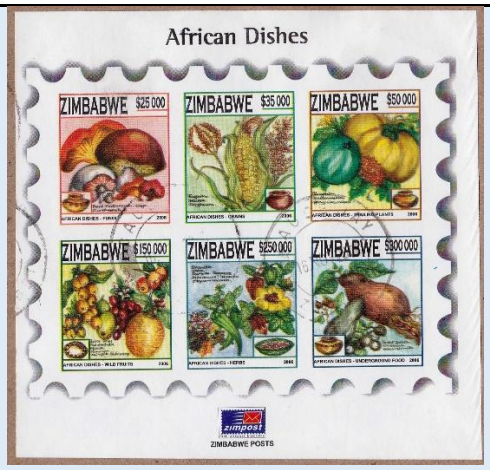
No listed varieties have been noted.

Unlisted Varieties

There are numerous small dots and specks in the printing of these stamps, particularly in the backgrounds. The registration of the printing plates is not always particularly good, minor colour shifts have been seen and are particularly noticeable around the image frame. Some colour variations have been noted for this issue, this is considered normal.



$35,000: Yellow blob above row R1/7; yellow mark between R1/8-9; yellow mark above 'IM' in R1/9.
Printer's cropping mark top right corner
(Courtesy Narendhra Morar)

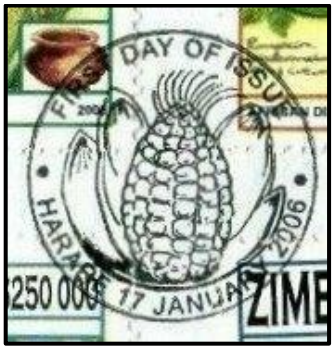


Miniature sheet: Imperforate sheet, used at Causeway on 16 November 2006.
(Courtesy of Malte Leukler)

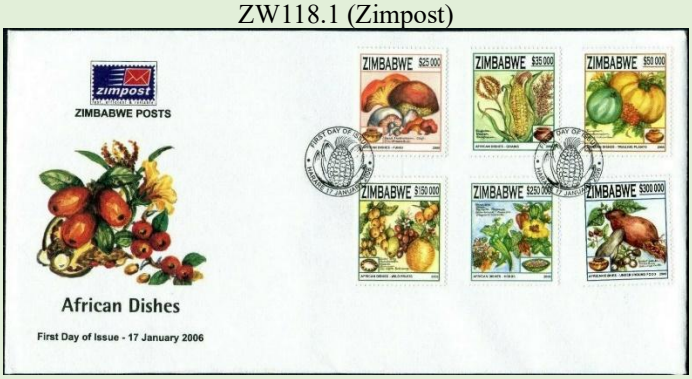
First Day Cover

The cover numbering comes from the catalogue produced by Geoff Brakspear.

A pictorial first day of issue canceller was produced for this issued and was used by the Philatelic Bureau. Other first day cover cancellers continued to be used at main post offices.

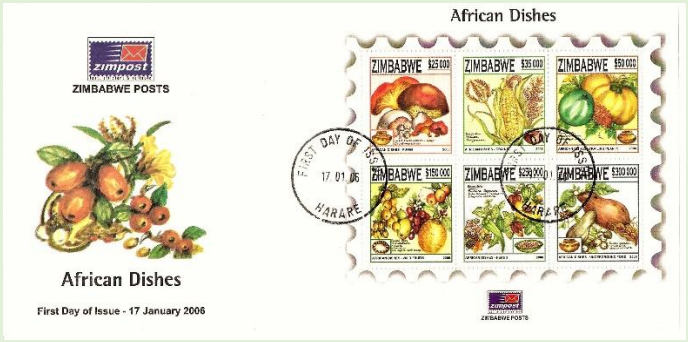


ZW118.1 (Zimpost)



Cover with set of stamps, placed on cover using Autophix machine and
Printed pictorial cancellation
220 x 110 mm

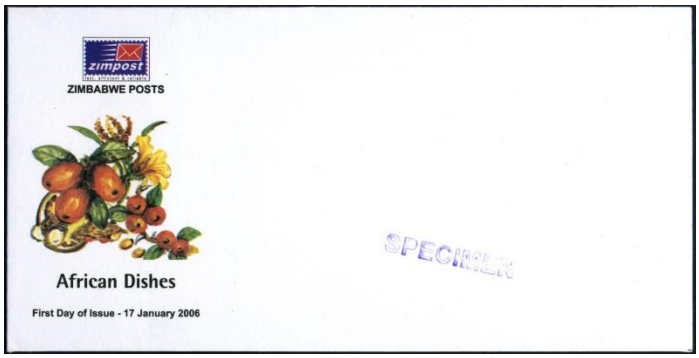
ZW118.1 (MS) (Zimpost)



Miniature sheet with hand struck
First Day of Issue, Harare, cancellation for 17.01.06

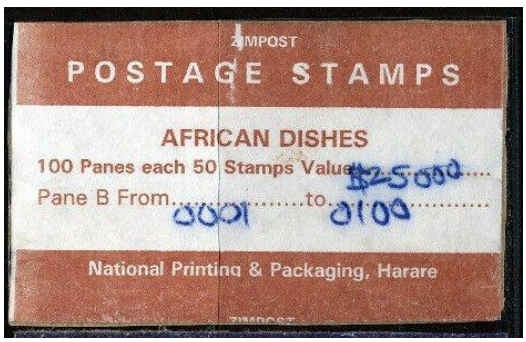
Related material.

Specimen First Day Cover



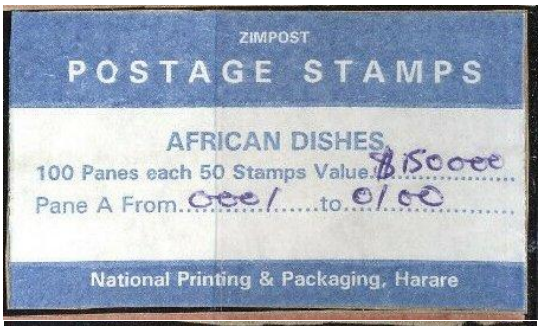
Delivery labels

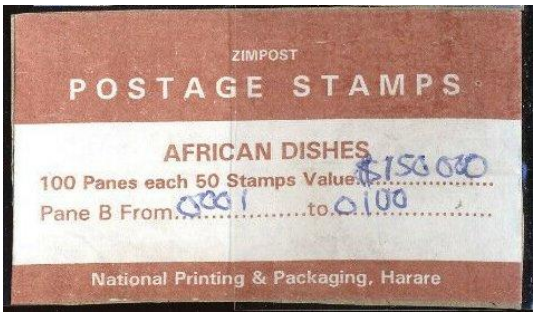
Delivery Labels from packaging containing sheets of 100 stamps. For three of the top values $150,000, $250,000 & $300,00) represented below, with the Cylinder 1A sheets having blue labels and 1B brown labels. Together with the Cylinder 1B value of the $25,000 stamp. All labels are for sheet numbers 0001 to 0100.

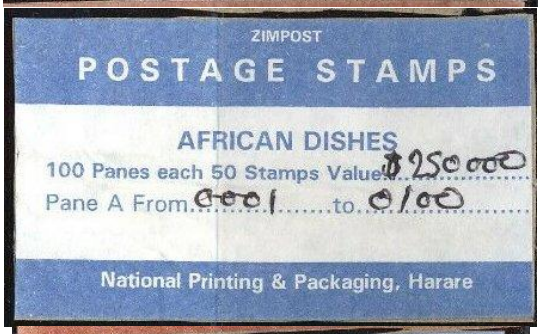


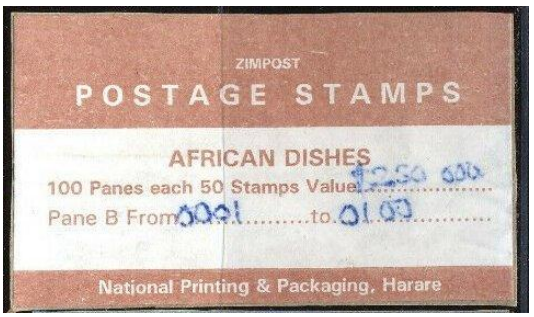


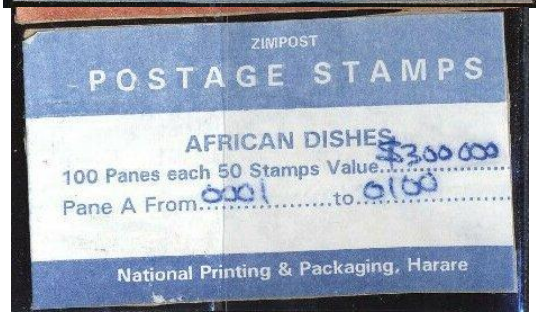

ZIMPOST
POSTAGE STAMPS
AFRICAN DISHES
100 Panes each 50 Stamps Value $50 000
Pane B From 000 1 to 0100
National Printing & Packaging, Harare

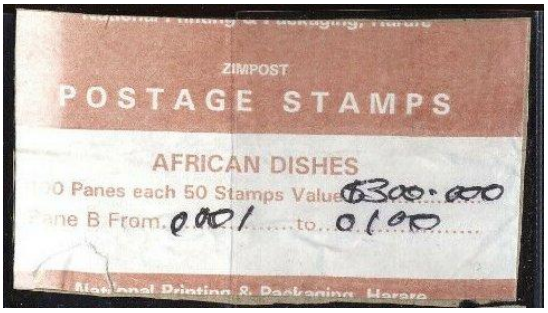

ZIMPOST
POSTAGE STAMPS
AFRICAN DISHES
100 Panes each 50 Stamps Value $150 000
Pane A From 0001 to 0100
National Printing & Packaging, Harare


ZIMPOST
POSTAGE STAMPS
AFRICAN DISHES
100 Panes each 50 Stamps Value $150 000
Pane B From 0001 to 0100
National Printing & Packaging, Harare


ZIMPOST
POSTAGE STAMPS
AFRICAN DISHES
100 Panes each 50 Stamps Value $250 000
Pane A From 0001 to 0100
National Printing & Packaging, Harare


ZIMPOST
POSTAGE STAMPS
AFRICAN DISHES
100 Panes each 50 Stamps Value $250 000
Pane B From 0001 to 0100
National Printing & Packaging, Harare


ZIMPOST
POSTAGE STAMPS
AFRICAN DISHES
100 Panes each 50 Stamps Value $300 000
Pane A From 0001 to 0100
National Printing & Packaging, Harare


ZIMPOST
POSTAGE STAMPS
AFRICAN DISHES
0 Panes each 50 Stamps Value $300 000
ne B From 0001 to 0100

(Source eBay)

Bibliography:

1. "The Zimbabwean Concise Postage Stamp Catalogue", published by Harare Stamp Company, edited by Ken Allanson, Mike Amos and Geoff Brakspear. The catalogue continues to be updated and expanded by Geoff Brakspear. The catalogue is now available free on the RSC website.
2. Zimbabwe Post, Philatelic Bureau Bulletin No 1 of 2006

Additions/Changes since December 2020	
2024-04	Specimen first day cover
2026-08	Additional delivery labels