

Food Plant Solutions and Priscilla Hall Memorial Foundation in Indonesia

Who we are:

Food Plant Solutions is a not-for-profit, Rotary-based, aid organisation whose mission is to provide guidance, resources, information and technical support to international food aid providers so they can assist people in developing countries to better understand the value of local food plants.

Our work is underpinned by the Food Plants International database of edible plants for all countries of the world, developed by Burnie agricultural scientist, Bruce French. This database contains information on over 27,000 edible plants for all countries of the world, and includes details such as: how to grow, where to grow, what parts are edible and nutritional information. Malnutrition and other serious health problems, such as blindness, intellectual disabilities, anaemia and impaired growth are due to the lack of balanced nutrition in the diet. We use the database to identify locally adapted food plants with the highest level of nutrients that are missing from the diet, with the objective that people can grow their own food to overcome these serious conditions.

We do not tell people in a country what they should be eating. We help them get access to information and make better choices on local food plants. Most importantly, we try to focus on developing a better understanding of not just which plants are edible, but the ones with the highest nutritional value. We focus on self-sustainable solutions that empower people.

The project was designed to address malnutrition through the use of readily available and local food sources. In many cases these have been neglected as they are no longer thought fashionable or because various aid programs have preferred western plants. Western-type crops often require much higher inputs (e.g. fertiliser) and have been bred for a completely different set of paradigms than those required in very poor regions. For example, corn uses vast volumes of water, and in conventional western cropping, is often used to mop up excess nitrogen in some soils. Similarly, cabbage is a rather poor source of nutrients and whilst filling, in some cases can actually make nutrient deficiency worse!

Food Plant Solutions does not charge for the work it provides as we do not want cost to be a barrier for people needing this information. Quite deliberately, we do not have people in-country as FPS aims to link in with existing aid providers whether they be Government, non-Government, Rotary or non-Rotary. It seems that most projects (whether they be housing, water, schools, maternal health, etc.), would be further enhanced by adding a Food Plant Solutions component to them. Most people who are in dire situations require a sustainable way to grow and access nutritious food.

Food Plant Solutions - a self-sustainable solution that empowers the local people to make informed choices about what plants to grow that will nutritiously feed their family.

Food Plant Solutions and Priscilla Hall Memorial Foundation – Working Together:

Following an enquiry from Rotary Club of Glen Innes member, Don Hall, a Food Plant Solutions (FPS) project has been established in Indonesia. Don is the founder of the Priscilla Hall Memorial Foundation (PHMF), a not-for-profit aid organisation based in Indonesia. Established in 2004, PHMF has a proven record in delivering positive outcomes to those most in need.

Since 2008, PHMF have supported Yayasan Usaha Mulia ([YUM](#)), a not-for-profit registered charity foundation in Indonesia with over 40 years' experience, which is audited annually. YUM have provided significant support to this project to date.

To Date:

A field guide, 'Potentially Important Food Plants of Indonesia', has been created. This publication contains information on approximately 40 edible plants, from all the major food groups, and all high in nutrients. The guide focuses on neglected and under-utilised species; plants that will grow with minimal inputs (chemicals, fertilisers, etc). It details how and where to grow them, the nutritional value, what parts are edible, how to use those parts and a photo to make identification easier. The aim of the guide is to enable Indonesians to make informed choices about how to feed their family / community nutritious food, in a self-sustaining way.

Based on the field guide, a second publication, '[Food Plants for Healthy Diets in Indonesia](#)', has been produced. It contains lots of pictures and little text – ideal for those with limited literacy. History shows that this is a great way of getting the information out into communities.

All publications have been translated into Bahasa and both the English and Bahasa versions can be downloaded in print ready format from the [FPS website](#).

The Rotary club of Glen Innes in District 9640 was successful in applying for a District Grant, which allowed the printing of the Bahasa Field Guides. Rotary Club Jakarta Cilandak of D3410 is distributing the field guides on behalf of PHMF. Recipients to date include the Australian Embassy Jakarta, YUM, British Women's Association Jakarta, Enviropallets and Salvation Army.

For further information or to make a donation to directly support this program, please contact us at info@foodplantsolutions.org