



From the Chairman's Desk

Greetings.

In some recent chats with you I have suggested "value adding" existing programs and activities. Let me give you two examples;

1. Kashin-Beck Disease is a chronic endemic disease of the bone. Children and adults are mostly much shorter in stature and the "long" bones of the body are much thicker. This occurs in 15 provinces in China, SE Siberia and small regions in North Korea. There is a "Kashin-Beck Foundation" and this group has embraced Food Plant Solutions – local plants – variety – sustainable. There are six villages that have erected hot houses and are working towards more variety in their foods. We know that lack of selenium and iodine are factors but it is thought that more varied food, locally grown will also help.

2. In Northern Thailand at Chiang Rai there's a small hostel that caters for teenagers from the 'hill tribes' in a very positive manner, with a garden growing vegetables. A Rotary club in Australia with a Rotary club in Chiang Rai is planning to supply a few more garden tools, some local seeds and plants and encouragement for the children to take part in growing their own food – then eating it.

As you can see from the above, to add the benefits of Food Plant Solutions to your existing activities need not cost much at all. Please look around your own projects, activities or locality to see if a community garden, a school garden or home kitchen gardens could be incorporated.

Thank you.

"Light Up Rotary"

John G. Thorne, Chairman, Food Plant Solutions



Speaking Engagements:

Food Plant Solutions has the following engagements scheduled:

- RC of George Town, Tasmania 22nd July, 2015
- D9140 Nigeria Conference, Warri, Delta State, Nigeria, 21st – 23rd May,
- Zone 8 Institute, Melbourne, Victoria 20-22nd November, 2015

Program Countries

Food Plant Solutions has either developed or is in the process of developing field guides, handbooks and posters for the following countries:

- Solomon Islands
- Papua New Guinea
- Timor Leste
- Haiti
- Sierra Leone
- Guinea
- Nigeria
- Uganda
- Tanzania
- Mozambique
- Swaziland
- Sri Lanka
- S. India
- Cambodia
- Vietnam
- Philippines
- Western Pacific Islands
- North Korea
- China
- N.E. India
- Kenya
- Lesotho
- Indonesia
- Nepal
- South Africa
- Northern Thailand
- Ecuador
- Angola
- Pakistan
- Ghana
- Colombia

Completed materials are available from our website -

www.foodplantsolutions.org

Food Diversity Can Impact Everyone

Bruce French

In the 50 years since I studied agriculture, the world population has grown from 3 billion to 7 billion; there are a lot more mouths to feed. But as well, systems have changed so that in the 1960's agriculture was a solar energy business. Plants took energy from the sun and converted it into food. Now food production is a petrochemical business relying on ever reducing petroleum resources. We put more energy into our food production than we get back.

Documenting the edible plants of the world to enable a more ecologically sound production system has relevance for more than the undernourished. We will all have to eat 'lower on the food chain' and adopt more balanced diets making greater use of the diversity of food plants for the benefit of everybody. Our compassion creates concern for the one billion people who live on less than \$1.25 a day, but we become defensive if someone mentions that for example, the USA spends \$147 billion per year treating obesity. We could all benefit from including a greater diversity of food plants in our diet. Not only does maintaining diversity in our crop production ensure stable food supplies,



but eating a range of food plants gives a more balanced diet.

This is true for both those who are overfed and those who are underfed and therefore undernourished, who are the concern of Food Plant Solutions and Food Plants International.



Donate Now!

Every \$1 donated will help 1 child in a developing country –

www.foodplantsolutions.org

Tanaman Pangan Berpotensi Penting di Indonesia



FPS in Indonesia

Driven by our major program partner – Priscilla Hall Memorial Foundation (PHMF), the FPS program in Indonesia continues to make significant progress. The field guide - 'Potentially Important Food Plant of Indonesia' has been translated into Bahasa. Using that field guide as the source, a second publication has been created –

'Food plants for healthy diets in Indonesia'. Being primarily pictures with limited text it is user friendly for those with low levels of literacy, schools and community groups.

In April 2015, we established a relationship with Ayo Indonesia Foundation, Flores Organization for Rural Development. Ayo is a registered or Non-Governmental Organization (NGO) based in the regional districts of Manggarai, West Manggarai and East Manggarai in Flores Island, Indonesia. The vision of Ayo Indonesia is "a healthy and educated Manggarai".

Ayo believe that information is the basis of empowerment and have said "Nutrition remains a big issue here, but is paid less attention. I think, we cannot think about human resource improvement without that basic need."

All completed publications are available to be downloaded in print ready format from the FPS website, free of charge. The next phase in the program is for PHMF to have the publications printed in Bahasa thus enabling distribution.

This program has the ability to make a real difference to many people's lives. We can provide information so that people can make informed decisions about what to grow that will enable them to feed themselves, their family and their community nutritious food, in a self-sustainable way.

As PHMF Founder Don Hall said "As a Rotarian now for some 50 years I believe this, with PHMF is one of the most important programs I have been involved in."

YOUR SUPPORT OF THIS PROGRAM IS CRUCIAL TO ITS SUCCESS.

Please come on board and make a difference!

Contact PHMF at pahmf@priscillahall.org or FPS at info@foodplantsolutions.org

FPS & CERES Global

Ben Walter – CERES Global

CERES Global visits Timor annually with a group of local Australian people from various backgrounds, building friendship and understanding with Timorese organisations. The aim being to share ideas and work together to overcome social and environmental challenges.

As we build friendships we become more aware of the challenges faced, particularly in the area of food security. On each trip we endeavour to recruit participants with backgrounds in sustainable agriculture, alternative technologies, organics, and permaculture.

CERES Global acknowledges the work of FPS and is very much appreciative of the opportunity to share the Food Plant



Solutions – 'Food plants for healthy diets in Timor Leste'

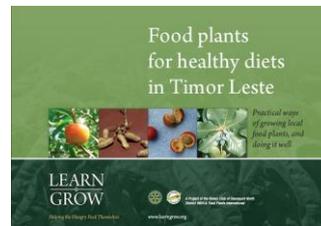
publication with our partners. In June 2015 when in Timor, we will share the publication with groups such as Permatil, ASTI, and With One Seed; as well as with local farmers.

This will enable each group the ability to recognise where they might incorporate the knowledge into their own activities.

The June trip will be laying the foundations for future collaboration and knowledge sharing, so it's exciting that FPS and CERES Global are building a relationship at this early stage. Participants from any background are welcome to join the community engagement trip in June, and are encouraged to do so - there are still a few places available.



Participants on the CERES Global program are self-funded, at a not-for-profit rate. For further details please contact FPS at info@foodplantsolutions.org or CERES Global at global@ceres.org.au



2016 Tasmanian Wilderness Calendar

Food Plant Solutions is pleased to offer to you the Limited Edition 2016 Tasmanian Wilderness Calendar.

Images in this calendar will be from various Rotary Clubs within Tasmania, making it a truly Tasmanian calendar. It's an ideal opportunity to support an innovative project whilst also showcasing Tasmania.

You, your business, Rotary Club, Rotary District or Community Group can have your name and logo printed on the front cover (e.g. *xxxxx proudly supporting Food Plant Solutions*) if you purchase 100 or more of these calendars.

All funds raised from this calendar will be directed to the Food Plant Solutions project.

Purchase your calendar today and support this innovative project!

Cost is dependent upon your location as it includes postage. Please contact us at: info@foodplantsolutions.org



January 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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.

Support FPS

All publications, technical support etc. that FPS provides is done so at NO COST to the recipient. To enable us to continue this innovative project we need your continued financial support.

Please contact us at: info@foodplantsolutions.org