



Message from the Chair



This is my first message as Chair of This Rotary Action Group - Food Plant Solutions. I am delighted to be in this position, but a little daunted following the great leadership of, firstly Buz Green and then PRID Dr John Thorne. Nevertheless I know I have your support in this task.

At the beginning of each Rotary year it is worthwhile to remind ourselves of the mission of

Food Plant Solutions - "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".

This Rotary year where the theme is "be a gift to the world" we all have the opportunity to make a difference in the area of malnutrition and hunger, and really be a gift to the world. What can you do? Perhaps your club, Government or Non-government agency is working in a developing country building a hospital, school, community hall or putting in water wells. You could add value to that project with information on how to grow nutritious edible plants for that community. If working with a school – plant a school garden and help the children prepare the vegetables they have grown, thus encouraging them to eat nutritious food.

What can we do? We can assist you by providing educational materials for children, information for teachers and communities. Please ASK.

To continue to full-fill this role we need to raise funds for the creation of these materials. It would be great if a corporate sponsor could be sought - maybe you know someone to approach to assist us?

In this newsletter there is information about our calendar. Last year's calendar was a success and was sent all around the world. My friends loved it!

I hope this year is all you planned for. "Be a gift to the World"

Yours in Rotary

Una Hobday, Chair Food Plant Solutions

You Are What You Eat

Bruce French

"You are what you eat" is an old cliché that has an element of truth. If we don't have our stomachs full of a starchy staple, we are hungry. If we do have our stomachs full of a starchy staple, we are malnourished. This second situation is being called "hidden hunger" or micronutrient deficiency. Most people worldwide understand plain hunger but most people have no idea about hidden hunger. The media turn up when people are skin and bone or have the condition called Marasmus, but many well-meaning people often overlook Kwashiorkor, when children especially, look potbellied. This condition is due to low protein levels in the diet and eating a mainly carbohydrate diet. There are of course many protein rich vegetables, especially in the bean family to meet this need.

But it is the more subtle deficiencies that remain a global concern. Two billion people or 30% of the world's population, especially women, are iron deficient. There are over 7,800 edible leaves to address this problem. Zinc deficiency affects 17% of the world's population. Not only does it cause stunting but lowers disease resistance. There are 750 edible nuts that can help address this issue. Vitamin A deficiency causes blindness in up to half a million children each year. Leaves fried in oil are the answer. To produce a kilogram of beef requires 5 to 10 times the water of most plant foods. So meat is not the answer to world hunger nor to malnutrition, even if it is enjoyed by many.



Speaking Engagements:

Food Plant Solutions has the following engagement scheduled:

- RC of Westbury, Tasmania 30th September, 2015
- 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
- Madagascar
- Bangladesh

Please contact us for details

info@foodplantsolutions.org

Support FPS

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

Please contact us at:

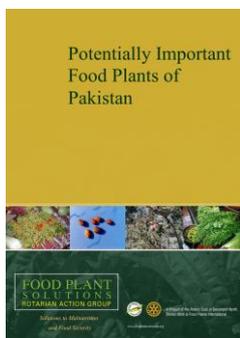
info@foodplantsolutions.org

FPS in Pakistan

Dr Tassawar Hussain Malik

As an agricultural and food security professional I have always been interested in food security issues especially the resource poor farmers of the developing and under developed countries. I noted that the Food Plant Solutions project has done a great job in identifying nutritious plants that can be easily grown using none or very less fertilizers, water and plant protection requirements and was interested to know the list of these plants for Pakistan. After contacting FPS I was advised that a guide for Pakistan had not been created but could be and it was agreed that I would manage the review of it. The objective of the field guide is to ensure food security for the resource poor people of Pakistan especially those living in far flung areas, deserts and mountains. In Pakistan we face many human and animals casualties due to drought and lack of food in Cholistan desert mostly located in Sindh province. These people need only some technical guidance by the food security experts to produce the food resources for themselves, their families, their animals and livestock to ensure their self-sustenance during food crunch periods. Moreover, this guide shall be a good reference for the local food security professionals, students as well as policy makers who can take care of these valuable food resources. I am thankful to the Food Plant Solutions project to work for this great cause of food security worldwide and taking me on board from Pakistan.

Note: The draft guide has been created and is currently being reviewed by Dr Tassawar Hussain Malik. It is available from our website - [Pakistan Field Guide](#)



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 Rotarians within Tasmania and FPS Committee Members, 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



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.

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

FPS & CERES Global

Ben Walter – CERES Global

The CERES Global team are back from their recent 3rd trip to Timor Leste, building friendships and rapport to overcome social and environmental challenges. The group met with various sustainable agriculture organisations including Permatil, Mercy Corps, ASTI, HAIM Health, WorldFish, and others; and were very happy to present each group a copy of the new edition of the FPS - 'Potentially Important Food Plants of Timor Leste' field guide. Jill Hillary from HAIM Health in Dili was particularly interested having used the previous FPS publication 'Food Plants for Healthy Diets in Timor Leste' as a teaching resource for rural farmers in Dili who travel in from the Sucos for training. A copy of the publication was also delivered to the CDC group in Sembalun, Indonesia.



HAIM and CDC have both agreed to give formal feedback on the publication, which will be very valuable to FPS.

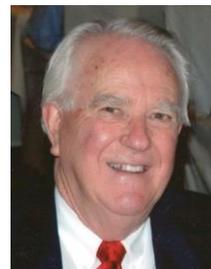
CERES Global will hold a returned participants presentation day at CERES in Melbourne on the 22nd of August for those who'd like to find out more about the trip.

For further details please contact FPS at info@foodplantsolutions.org or CERES

Global at global@ceres.org.au

Thank you John

Dr John Thorne, AM, PRID, Inaugural Chairman of Food Plant Solutions Rotarian Action Group recently retired from the Chairmanship, but thankfully not the board, at our annual meeting. He will maintain the position of Director on the board.



John's Rotary commitment is immense. A Rotarian with the Rotary Club of North Hobart, past Ambassadorial Scholar, Awarded a Rotary Foundation Citation for Meritorious Service and Distinguished Service award. He is a Past Director of Rotary International and Chairman of the Finance Committee among other positions. John continues to work with his club at home and overseas, being appointed the program Director for this Rotary Year. Both John and Shirley are members of Probus and are very involved in that club too.

John has been very supportive of the Food Plant Solutions project since its inception and was instrumental in FPS being recognised by the Board of Rotary International as a Rotarian Action Group in 2011. John's knowledge and experience of Rotary and its functions was of particular benefit to the development of the project and he has continued to be a wonderful ambassador and spokesman through his wide network within Rotary and beyond.

We thank John for his commitment to FPS over the years and for his continued support.

In this year when we are asked to "be a gift to the world" John epitomises this call.

Donate Now!

Every \$1 donated will help 1 child in a developing country – www.foodplantsolutions.org