



From the Chairman's Desk

The "Power of One" was written by the late Bryce Courtenay who was born in South Africa. Following its publication, much has been written about the need for individuals to make a difference - and they can! Applied to our work with Food Plant Solutions one cannot escape the thought that in the end one person in each and every family makes decisions about the food to be eaten - and that person in 99% of families will be the mother or mother figure.

For us to succeed, we therefore must give mothers the information to effectively make sound decisions when a choice of food is available. At that point we earnestly desire that choice will move towards a balanced diet that will provide the essential vitamins, nutrients and minerals suggested from our great database of local, sustainable foods. The reason why we are promoting community and school gardens is that children need to "learn from doing" at the earliest age under the guidance of a committed teacher. Too soon in many communities those same children will be making decisions about the food to be eaten in the household.

Every person who receives this newsletter must be tenacious as we all tackle malnutrition and hunger across the globe.

Thank you.

John G. Thorne, Chairman, Food Plant Solutions



Engagements:

Food Plant Solutions has the following engagements scheduled:

- Zone Institute, Wellington, New Zealand, 5-7 December, 2014
- Rotary Club of Smithton, 9 December, 2014
- International Assembly, San Diego, 19-25 January, 2015
- District 9830 Conference, Burnie, Tasmania 20-22 March, 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

Completed materials are available from our website - www.foodplantsolutions.org

Friends of Luro (East Timor) & FPS

Reece Tehan – Friend of Luro

'Food Plants for Healthy Diets in Timor Leste' is a publication created by Food Plant Solutions, available in English, Indonesian and Tetun. As a founding member of Friends of Luro (FoL) (www.friendsofluro.org), this publication was distributed to the sub-district of Luro, in the Lautem District in East Timor, during my visit in August 2014.

Echuca / Moama Rotary Club paid for the colour printing of 75 book and with the help of Rotary's Donation in Kind (DIK) they were put in small plastic wheelie bins, together with some other items and shipped to Luro.

Distribution of the books included; a school teacher at Cotomotu, the Luro District Nurse at Baracafa Medical Centre, women cooking in Asuwiesse, a village in Lakawa district and isolated homes in the area. The day after these books were distributed to the Luro



Medical Centre, I witnessed the head nurse in Baracafa, with 30 new mums having their babies weighed, and there was the book being explained to them with great enthusiasm and detail.

It was a humbling experience for me to see people in these isolated communities, wanting to understand what food is good for their health and being written in Tetun made it so more accessible for them.

In July 2014, I attended the V.L.G.A. conference and had the opportunity to show the book to Abel Guterres – Ambassador of Timor Leste in Canberra. He stated that this book should be distributed to each district of East Timor, as he was aware that the value of this information would improve the people's health and wellbeing.

I would like to thank the Food Plant Solutions Team for the opportunity to share this publication with so many disadvantaged people of Luro district, as it can only be of benefit to them and their families now and in the future.

"This is capacity building at its best"

Tasmanian Wilderness Experience Calendar

To everyone who recently purchased one of our inaugural fundraising calendars we thank you! Your support is greatly appreciated and invaluable to us. We have limited stock left – if you'd like more or perhaps you missed out on ordering one, please contact us info@foodplantsolutions.org

FPS and Rotary in China

Dr John Thorne, Ian Geard and Bruce French

Rotarians Ian Geard and John Thorne with Bruce French recently visited Shanghai for a week sharing information about hunger and malnutrition.



In China Bruce was able to extend and enhance his significant data-base of the world's edible plants while Ian investigated local farming methods including storage and delivery. John's role, as Rotary leader of the group, was to extend and renew links with key groups, Rotary clubs and farming units that will adopt Food Plant Solutions ideas and work in the more challenged areas of China, Northern Thailand and Cambodia.

China has about 55 ethnic minorities - many of whom suffer malnutrition and frequent hunger. In addition the team was given an update on Rotary activity that extends into the Democratic People's Republic of Korea (North Korea).

The team had significant visits to villages, farms, nurseries, a university, a garden on a roof-top, and addressed both Rotary and Rotaract clubs.



Positive outcomes from this visit will flow for several years. For instance, a recent Food Plant Solutions pamphlet written in English will soon be available in mandarin and distributed into hundreds of schools and

communities. A university department in agriculture will liaise with Bruce to authenticate plant names and food qualities. It is clear that we have formed strong partnerships and further reports will follow.

FPS – How can you help?

John Phillips, Fundraising Director

Food Plant Solutions (FPS) is a project that helps people in developing countries learn about and grow the best local foods to match their nutritional needs. It's a self-sustainable solution to hunger and malnutrition.

FPS now has more than 22 programs in various countries, with a full list available from our [website](#). All information provided is free as FPS ensures cost is not a barrier for those most in need. People are not sent in-country to implement programs, rather it is our intent to deliver systems, information and processes through local people to local people. We believe this approach encourages ownership and positive outcomes.

The number of enquiries and requests continues to grow from both Rotary Clubs and other aid providers worldwide. Whilst providing all information for free there are expenses associated with doing so and as the project grows in size, so do the costs. To date FPS has relied on donations, fundraising and small grants but we need your continued assistance. There are three distinct types of support that you could provide to assist FPS:

- Direct financial contribution.
- Referral and introduction to other potential organisations and individuals who may wish to support FPS.

- In-kind support through contributions of resources and talent on a pro-bono basis to support specific components of the program.

For further information please contact us at:

info@foodplantsolutions.org.

29th International Horticultural Congress

Bruce French

About 3,400 delegates from 104 countries attended the Congress in Brisbane in August. Mention was made of the food plants information in some of the sessions that I attended and during the opening plenary session Julian Cribb included promotion of Food Plant Solutions work.



There were approximately 1,800 presentations in various simultaneous streams but from the presentations that I was able to attend I felt re-assured that we are in the right space and going in the right direction. Many speakers reminded us of the world hunger and malnutrition situation and then re-iterated that using nutritious locally adapted food plants was the solution.

Although my focus was towards the rural poor, there were some fascinating hi-tech presentations such as fully automated strawberry farming – from planting to picking. One of the plenary speakers was a medical consultant from the UK and he highlighted research showing the close link between plants, the environment and avoiding stress and depression. There is obviously far more to caring for plants and the links to our health and well-being, than simply providing food.

FPS in Uganda

Tukamushaba Jean De Dieu - SFFU



Farmers in Uganda particularly Kigezi region have abandoned cultivation of indigenous vegetables and fruits focusing on commercial crops. However with increased participation in commercial farming a serious rise in malnutrition cases are still recorded.

Smiling Faces Foundation Uganda (SFFU) focuses on the concern and responsibility of changing livelihoods by promoting agriculture, in mostly youth and women. SFFU looks at promoting the cultivation of fruits and vegetables particularly the indigenous for their strong nutrient content, ability to grow in the geographical conditions, easy to recipe and do not necessitate much income.

SFFU's overall goal states "to sustain the livelihoods of the community members through empowering them to start up sustainable home based agricultural projects and educating them to fight malnutrition in children through good nutrition habits"

Recently we became aware of Food Plant Solutions (FPS) and we are privileged to have developed a close relationship with them. FPS is well-aligned to SFFU with both organisations having similar objectives. FPS has previously developed a draft field guide – Potentially Important Food Plants of Uganda, which requires in-country review of the plant selection. SFFU is in the process of undertaking this very important role. For further details please contact info@foodplantsolutions.org