

# Fruit and Nuts in Solomon Islands



*Practical ways  
of growing local  
food plants, and  
doing it well*  
by B. Reg French

LEARN  
GROW™

*Helping the Hungry Feed Themselves*



A Project of the Rotary Club of Devonport  
North, District 9830, District 9600  
& Food Plants International

[www.learn-grow.org](http://www.learn-grow.org)

# Fruit and Nuts in Solomon Islands

**This is one of a series of publications produced for the Learn♦Grow™ Solomon Islands project.**

Other publications in the series are:

Food Plants of Solomon Islands – A Compendium (published July 2010). A large reference text with comprehensive scientific and technical information on all food plants of Solomon Islands.

Food Crops of Solomon Islands – A Brief Introduction to the Crops (to be published). A book on the growing practices and food value of crops of potential in Solomon Islands.

Two other field guides in this series are:

Good Gardening and Growing Root Crops in Solomon Islands (published July 2010).

Leafy Greens and Vegetables in Solomon Islands (published July 2010)

All publications will be made available as pdf books on the Learn♦Grow™ website ([www.learngrow.org](http://www.learngrow.org)) and the Food Plants International website ([www.foodplantsinternational.com](http://www.foodplantsinternational.com))

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**Learn♦Grow™**

A project of the Rotary Club of Devonport North, District 9830,  
District 9600 & Food Plants International



# Fruit and Nuts in Solomon Islands

*Practical ways of growing local food plants,  
and doing it well*

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### Other publications in this series

**Good Gardening and Growing Root Crops  
in Solomon Islands**

**Leafy Greens and Vegetables in Solomon Islands**

# Solomon Islands

## land of fabulous fruit



**Pineapple**



**Watermelon**



**Carambola**



**Pawpaw**

# Fruit taste good and keep us healthy

**New Guinea walnut**



Everybody should eat some fruit every day

Good gardeners and farmers plant several kinds of fruit trees



**Pacific lychee**

**Fruit provide minerals, vitamins and other important nutrients that everybody needs to stay healthy and well**

**Rakwan**



**Golden apple**



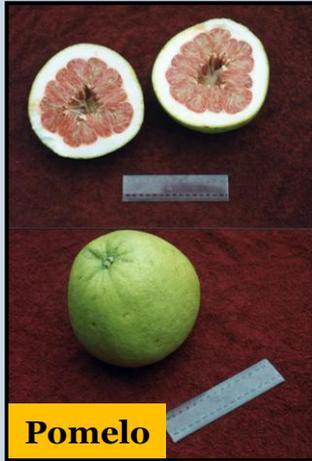
**Malay apple**



**Kona**



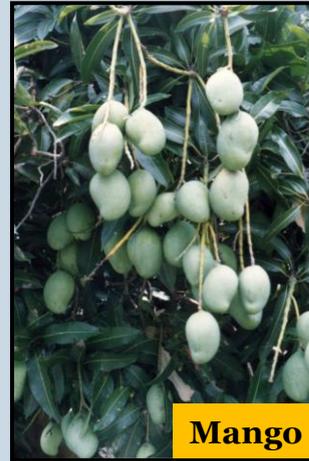
# Fruit for hot humid climates



**Pomelo**



**Pineapple**



**Mango**



**Soursop**



**Pawpaw**

**Fruit to be enjoyed by all**  
**Some grow quickly**  
**Some need to be planted for the future**  
**Many are seasonal**



**Watermelon**

# Fruit - for flavour and vitamins

**Watery rose apple**



**Natu/Kona**



**Guava**



**Breadfruit**



# Enjoy fruit to enjoy a good life

- **Fruit add flavour to life**
- **Fruit are often rich in vitamins**
- **Fruit make good quick snacks**
- **Fruit are fun**

**We are meant to enjoy the exciting  
flavours and textures of an amazing  
variety of tropical fruit**

# Bananas - a good snack food

**Yellow-fleshed bananas are normally rich in carotenoids that help good eyesight.**

*Musa spp*

**Ask someone who knows bananas well to find out which ones are sweet and which are for cooking.**



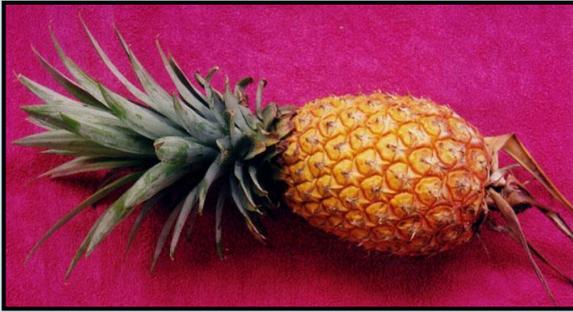
**Bananas are rich in potassium which helps maintain normal blood pressure**



**Many Solomon Islands bananas ripen into sweet snack foods.**



# Pineapple - a popular snack



*Ananas comosus*



**Planting the lowest suckers gives fruit more quickly.**

# Bukubuk - an undiscovered specialty



*Burckella obovata*



Noneu

Kona

Nyiu Nyinou

Natu

Hovaka

Gona

Chovuku

Nasu

Gono



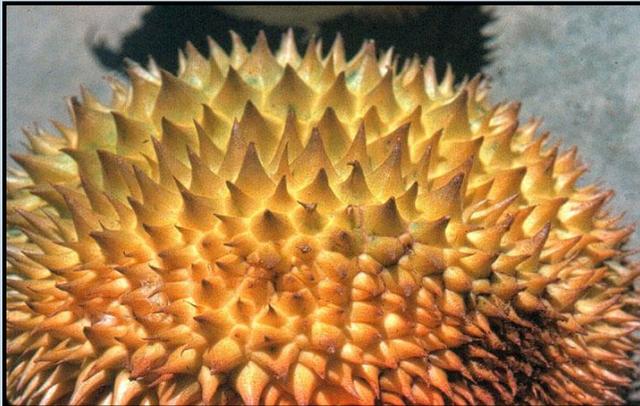
# Durian - introduced from Indonesia

Unripe fruit can be cooked as a vegetable. Seeds can be cooked and eaten.



Trees can be grown from fresh seed and take 10 years to grow.

*Durio zibethinus*



# Jackfruit - becoming better known



Unripe fruit can be cooked and eaten as a vegetable.

Young leaves and flowers can be mixed into stews.



The flesh of ripe fruit can be eaten raw.

Seeds can be eaten roasted or boiled.



*Artocarpus heterophyllus*

# Soursop - an easy to grow coastal fruit



The flesh of the fruit can be sieved to remove seeds then added to sweet dishes.



Fruit in this family help reduce cancer.



*Annona muricata*

# Sweetsop - suits dry areas



*Annona squamosa*



**Trees can survive drought and grow in fairly poor soils.**

**The fruit can be eaten raw or used for drinks.**

# Bullock's heart - on coastal islands



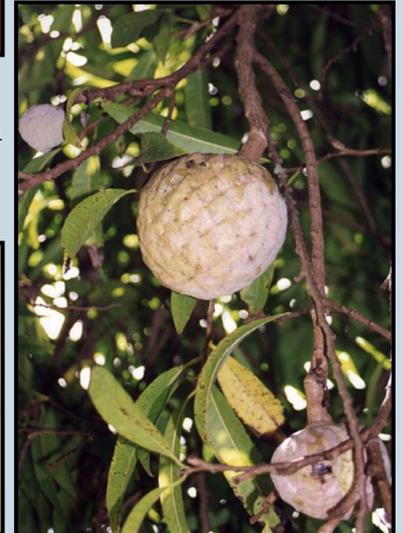
*Annona reticulata*



**Fruit can be eaten fresh  
or used for drinks.**



**It needs a humid  
climate and can't  
tolerate  
waterlogged soils.**



# Guava - vitamin C for children



**Fruit are  
rich in  
vitamin C**



*Psidium guajava*



**Trees grow easily and should be near  
houses so children can enjoy the fruit**



# Pomelo - the big tropical citrus



*Citrus grandis*



# Citrus fruit



**West Indian limes  
suit tropical places**



**Lemons can be  
used for drinks**

**Most citrus trees in  
the hot, humid  
tropics simply breed  
pests and diseases**

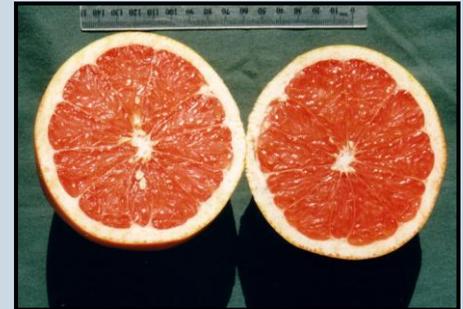


**Mandarins peel easily**

**There are much better  
plants than citrus for  
producing vitamin C**



**In the tropics, “oranges” often  
stay green, even when ripe**



**Grapefruit are not suited  
to hot, damp places**

# Pacific lychee

**Tava**

**Awa**

**Tao**

**Taoa**

**Mede**



*Pometia pinnata*



**A traditional Solomon Island fruit, beautiful in season**

**Piraka taba**

**Nodae**

**Ako/Dawa**

**Nyia tave**

**Gema**



# Avocado - suits cooler areas

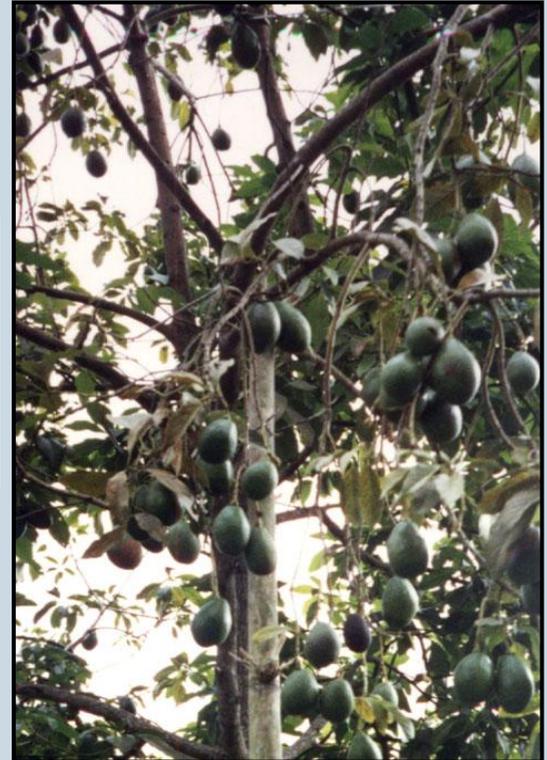


A very  
nutritious  
fruit

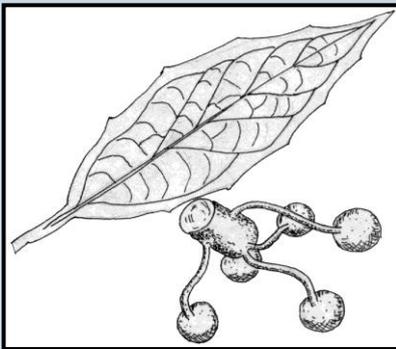
Fruit can be eaten  
raw or cooked



*Persea americana*



# Edible fig - edible leaves and fruit



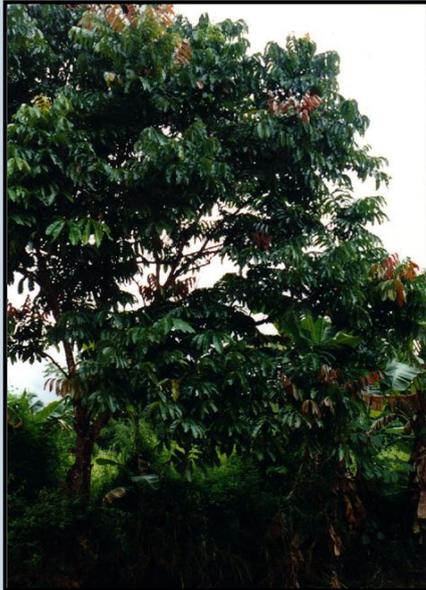
**Several kinds of fig  
fruit are crunchy and  
edible**

***Ficus copiosa* and  
*Ficus wassa***



# New Guinea walnut- small with 5 flecks around the fruit

**Fruit can be eaten raw or cooked**



**Leaves and flowers can be cooked and eaten**

*Dracontomelon dao*



# Indian mulberry - a food and medicine



*Morinda citrifolia*

Young leaves can be cooked and eaten.



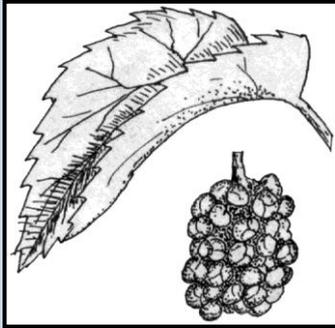
Fruit can be eaten raw or cooked. They can be eaten with salt, and young fruit are used in curries.



It is becoming known as a health food or medicine.



# Mulberry fruit - a tasty bonus to mulberry leaves



*Morus alba*



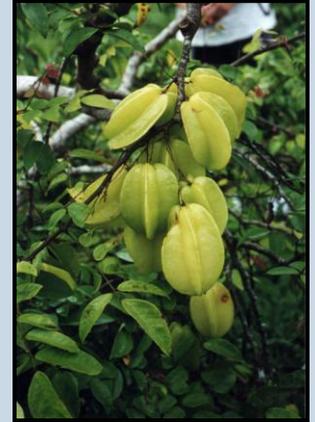
**Fruit can be eaten raw or cooked.**

**The young leaves can be cooked and eaten.**

# Carambola — the five-corner fruit with lemon sweetness for flavouring foods

**Sweet fruit can be eaten raw or as a lemon flavour in cooking.**

**The acid leaves and flowers can also be used.**



*Averrhoa carambola*



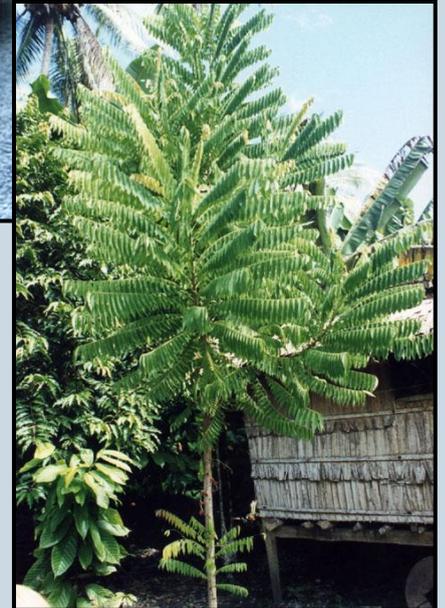
# Bilimbi - a very sour fruit for souring dishes



**A very acid fruit used for souring or flavouring .**

**The flowers can be used for making conserves.**

*Averrhoa bilimbi*



# Velvet apple and Star apple - introduced into some regions



*Chrysophyllum  
cainito*



*Diospyros  
philippensis*

The hairs and skin are removed and the flesh of  
the fruit eaten.

These are part of a large family of tropical fruit.

# Japanese persimmon - introduced but not common

*Diospyros kaki*



**Fruit can be cooked, or  
eaten raw when very ripe.**

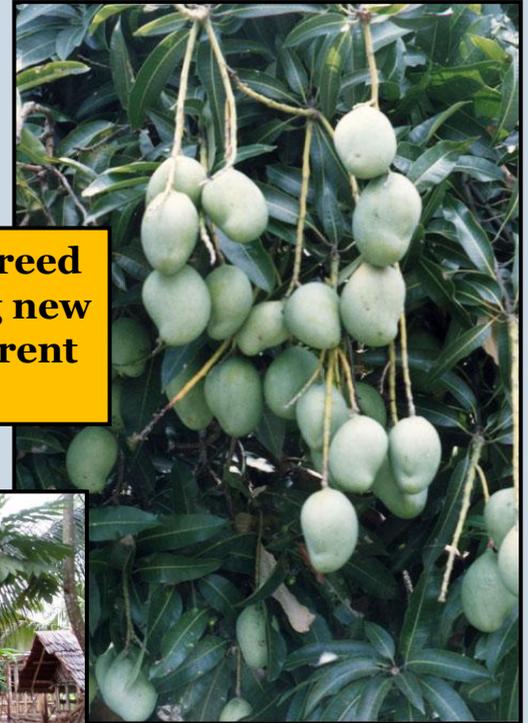


# Mango - a lowlands favourite, especially in seasonally dry areas



A popular  
seasonal  
fruit.

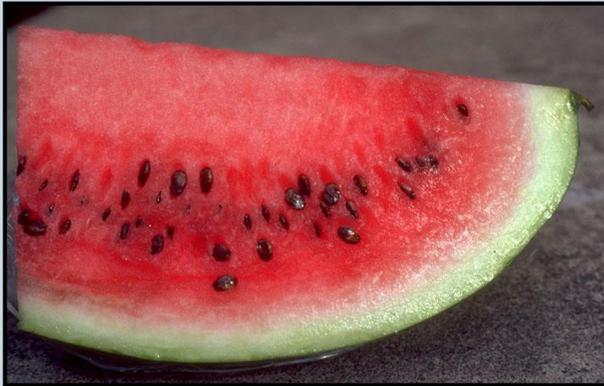
Some seedlings breed  
true to type giving new  
plants like the parent  
one.



*Mangifera indica*



# Watermelon - cool and refreshing on hot sandy soils



*Citrullus lanatus*



**The seeds are nutritious when dried, salted and roasted . They are rich in zinc and protein.**



# Golden apple - with 3 lines and a spiky seed



**Fruit are  
peeled  
and eaten.**

**Ainakori**

**Piraka**

**Ngongoe**

**Nyia tevi**

**Opiti**

**Tevi**

**Noli**

**Auri**



**Aioo kwai**

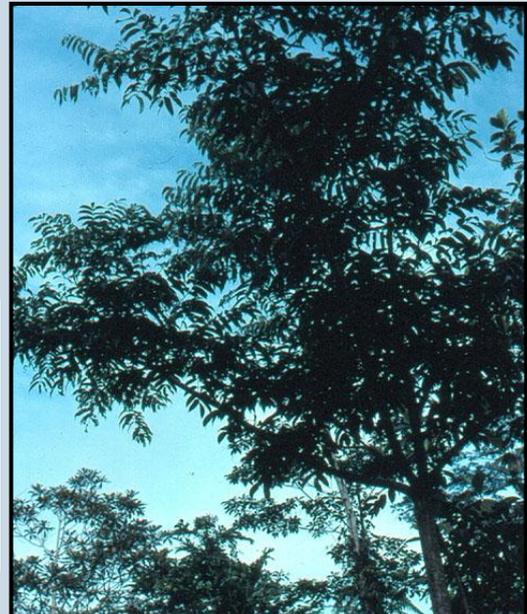
**Uli**

**Gnoe**

**Bi**

**Aio**

*Spondias cytherea*



**Young leaves can be  
eaten raw or cooked.**

# Lime berry - a fruit for jams or jellies, eaten raw or cooked



*Triphasia trifolia*

A spiny shrub that can be grown as a hedge. The fruit can be pickled.

# Tembu - a unique island fruit



**Fruit can be eaten raw or cooked.**



*Corynocarpus  
cribbianus*

**Ibo bala**

**Tebu**

**Ibo**



**Tembu**

**Nodombu**

**Putsahlueo**

**Nyia nwadabu**



# Naranjilla - an Andes fruit for the highlands

The fruit can be eaten fresh  
and the seeds are edible.



A small shrub with  
large soft leaves  
and round hairy  
fruit.

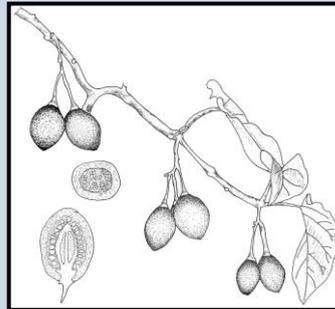


*Solanum quitoense*



# Tamarillo – the tree tomato

**This tall shrub does better in cooler areas in the hills.**



**The fruit can be eaten raw or cooked.**

*Cyphomandra betacea*

# Rosella - good for a very easy jam



The flowers can be used to flavour drinks and the young leaves can be cooked and eaten.



*Hibiscus sabdariffa*

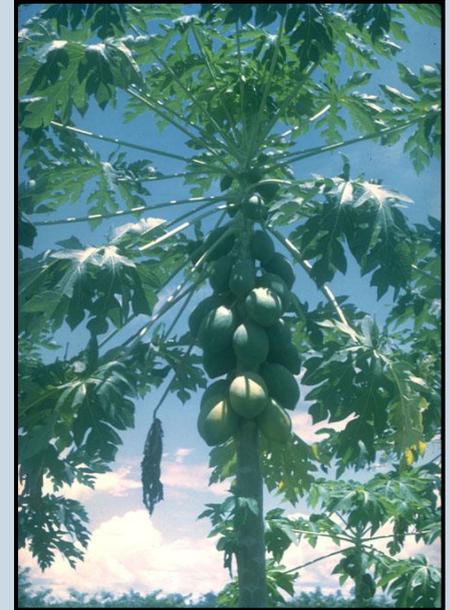
The fleshy bracts around the flower are picked and cooked and eaten, or used for jam or drinks.



# Pawpaw - self-sown in the lowlands

Pawpaw fruit can be cooked as a vegetable while green, or eaten ripe as a fruit.

*Carica papaya*



Long fruited kinds do not need male trees for pollination. Male flowers can be cooked and eaten.

# Malay apple



**Karukae Gafiga Hipala**

**Kabirai Ghabiga Hahika**



*Syzygium malaccense*

**Kaviha**

**Kapika**



**Apuchu**

**Gahiga**

**Afio**

**Sa'u**



**The fruit can be eaten raw or cooked, or used for jam or pickles.**



# Watery rose apple



The small  
crunchy fruit  
are eaten raw.

Plants can be  
grown from  
cuttings or by  
air layering.



*Syzygium aqueum*



# Rukam - an Asian fruit



**The fruit are often rubbed between the hands to make them sweeter to eat.**

*Flacourtia rukam*



**The fruit can be used for jam, sauces and pickles.**



**The young leaves can be cooked and eaten.**

# Solomon Islands

## land of amazing nut foods



# Nuts - nutritious, storable and tasty

**Kat nat**



**Breadfruit**



**Alita fasia**



**Ailali**



# Every family needs some nut trees



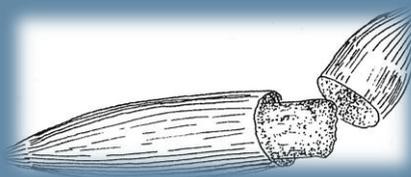
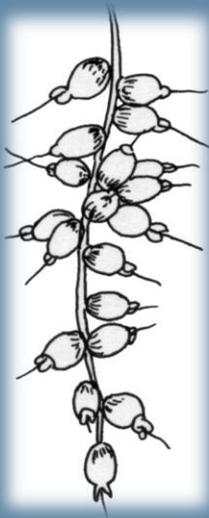
Plant trees now for your children and grandchildren to enjoy in the future.

They are better food than snack foods from stores.



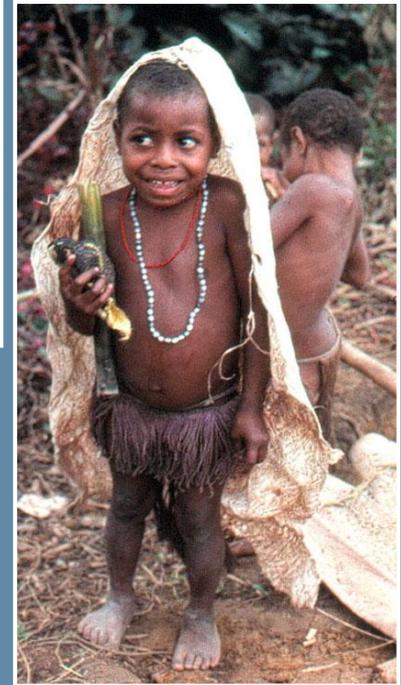
# For protein, minerals and vitamins, try nuts!

- A seasonal variation in the diet
- Often a storable reserve food
- Often loved by children
- Cheaper and better than bought snack foods

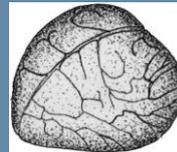


**Seasonal gifts to  
enhance diets**

# Breadfruit - a child's delight



The large seeds are roasted and eaten. The fruit and young leaves are also cooked and eaten.



*Artocarpus altilis*

# Rakwan - a breadfruit relative



The seeds can be eaten raw or cooked. The ripe fruit is very dry to eat.



Boboe

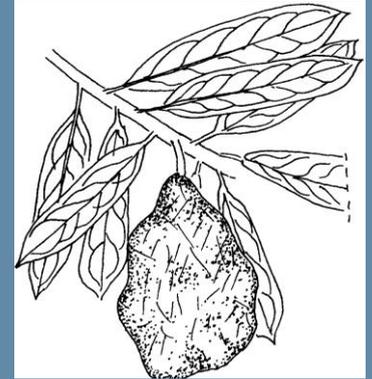
Rakwana

Tageva

Boe

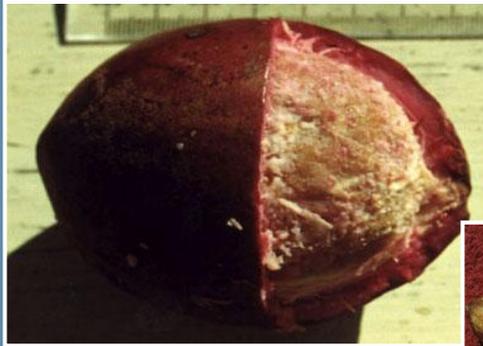
Nhego

Rakwan



*Parartocarpus venenosus*

# Alita fasia - a delight in the lowlands



Ghaghimanga

Nyiga

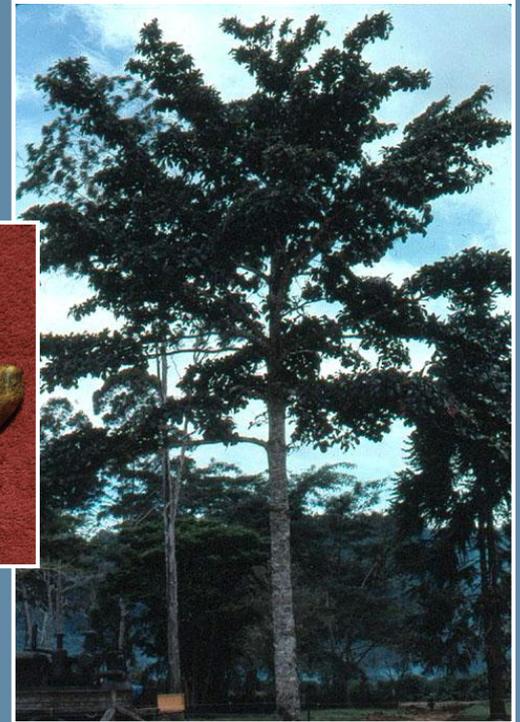
The kernel can be eaten raw or roasted.



Talise/Manavasa

Tatalise/Hogolo

Talia lavata



*Terminalia kaernbachii*



# Coastal almond - zinc supplement, especially good for children



*Terminalia catappa*

**Nuts are rich in zinc and planting of extra trees is encouraged.**



- |            |            |         |       |
|------------|------------|---------|-------|
| Talia suka | Alita      |         |       |
| Tatalise   |            |         |       |
| Tangie     | Arite      | Talima  |       |
| Talie      | Arete/ Oko | Naklise | Lenga |

# Ngali nut - a nice nut

Angari



*Canarium harveyi*

Nyia Nyinge



Ngali Ngari

Okete



Nolepo Ngoeta Voi'a



# Suga/Lenge - a great snack food and nut



Tasty and nutritious  
leaves, flowers and nuts

Dae Sa naroka Suagafa Poke



*Gnetum gnemon*

Kekoso

Houka

Lenge

Dae fasia



# Ailali - a coastal and Pacific Island favourite



Dulafa Mwage Mabe

The nuts are boiled or roasted and eaten.

*Inocarpus fagifer*

Gnuilaba Paravu Ailali

Ifi

Isi

Ivi



Nokomo

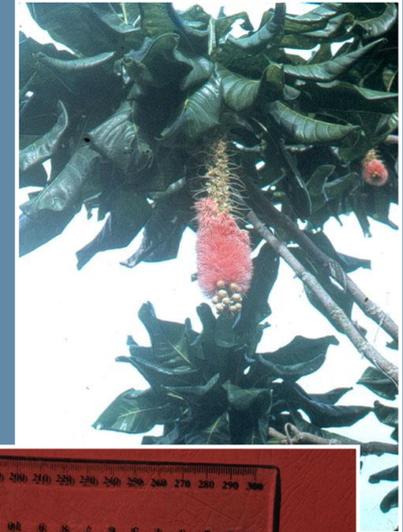
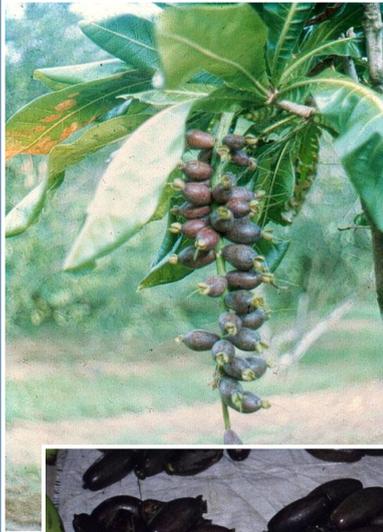
Julapa

Paravua

Nyia Oki



# Kat nuts - a highly popular coastal nut



*Barringtonia species*

Hara Vele Kinu Fala Oneve



Falang anoa

Tamalivi

Aikenu

Tuhala

Kenu

Fara

50



# Finschia nuts - like macadamias

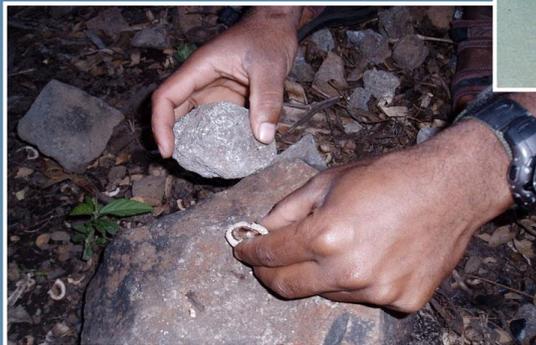


Ngo'ongo'o  
Kamwa kamwa  
Ghaapoli mongi  
Amusi kilikacha



*Finschia chloroxantha*

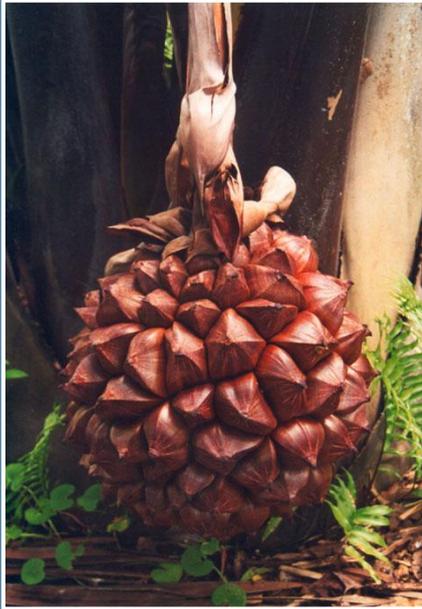
Pakopako Huhula  
Amiki Igula Mimo



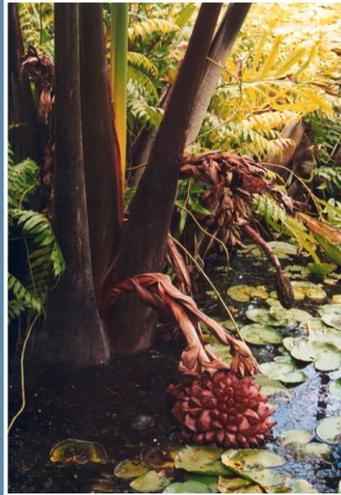
Nonali mato  
Tivanono  
Quruqasa  
Gaegale



# Nypa nuts - in the mangroves



*Nypa fruticans*



The stalk can be cut for sap.

# Pandanus - occasionally used nuts



*Pandanus tectorius*

Lou lou

Nonivo



Poroporo

Fao

Fa'u da'i

Tobi

Vahara

Vaha

The fleshy base of the fruit can be chewed and the nut can be eaten.



*Pandanus compressus*



Nyiu nailo

Faudai/Tone

Kaufadai

Kaufa tolo

# Water chestnut - arriving from Panama through the Pacific



**Seeds can be eaten raw but are best cooked to get rid of seed toxins.**



Plants can be grown from fresh seeds

or cuttings.

*Pachira aquatica*



Leaves and flowers can be cooked and eaten.



# Coconut - a daily delight for those who can hear the sea



*Cocos nucifera*

# Peanut - a bean eaten as a nut



*Arachis hypogea*

**Seeds are nutritious and can be eaten raw or cooked.**



**Peanuts can improve the soil and provide food.**

# Salak - a prickly palm fruit/nut from Indonesia

Male and female plants are both needed to get fruit, which can be eaten when ripe.



Salak grows well in damp ground, such as in drains.



*Salacca zalacca*



# Betel nut - the world's most popular masticatory but probably not good for the health or diet!



*Areca catechu*

Kasu Pua Ota Bua



Angiro/Malua

Nyia nwotapi

Nokalua

Pijaka

Gaisa



**The palm heart can be eaten but this kills the palm.**

# Candle nut - a nut that burns, and can be eaten after careful cooking

*Aleurites moluccana*

**This hard oily nut must be cooked to remove poisons. It can be used to flavour and thicken dishes.**



# Pangi or Sis nuts - highly poisonous until properly processed



*Pangium edule*



**All parts of this plant are very poisonous. The nuts are eaten after a long process of cooking, washing and fermenting.**



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*The scientific name is the same in all languages*

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## **Acknowledgements**

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