Food plants for healthy diets in Indonesia

Practical ways of growing local food plants and doing it well

FOOD PLANT SOLUTIONS
ROTARIAN ACTION GROUP

Solutions to Malnutrition and Food Security

PRISCILLA HALL MEMORIAL FOUNDATION

www.PriscillaHall.org

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

www.foodplantsolutions.org

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The Priscilla Hall Memorial Foundation (PHMF) has, in the last 10 years, observed the difference that could be made to children's health if they had improved nutrition.

In addition to this booklet, other publications have been produced for Indonesia, all available in either English or Bahasa. They can be downloaded from our website - www.foodplantsolutions.org

For further details about the project please contact us at:
info@foodplantsolutions.org or phmf@priscillahall.org

We encourage and welcome your support.

Food Plant Solutions - A project of the Rotary Club of Devonport North, Rotary District 9830 & Food Plants International

Food Plant Solutions operates in accordance with Rotary International Policy but is not an agency of, or controlled by Rotary International

Using food plant resources well


Pumpkin


Okra


Moringa

The health, well-being and food security of a nation requires making the best use of all available food plant resources.


Cassava


Hibiscus


Banana


Peanut


Greater yam

Food plants for healthy diets in Indonesia


Bok choi

With a rich, diverse tropical climate, a variety of soils, altitudes, and rainfall patterns, it is time to discover and explore the amazing range of frequently over-looked tropical food plants that suit the locations, are rich in nutrients, and are adapted to this climate. It is time for Indonesia to be proud of its own tropical foods.


Lesser yam


Passionfruit

There are lots of tropical food plants in the region - Indonesia has 1,800, Papua New Guinea has 1,260 and Malaysia has 1,800.


Cowpea

Healthy diets

Energy food

Health food

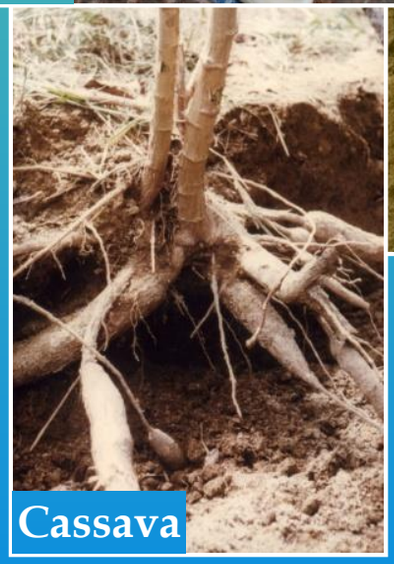
Growth food

To stay healthy all people, and especially children, should eat a wide range of food plants. This should include some plants from each of the food groups – energy foods, growth foods and health foods. Then each of the nutrients required by our bodies will be met in a balanced manner.

Food security

Taro


Sweet potato


Cassava


Hibiscus

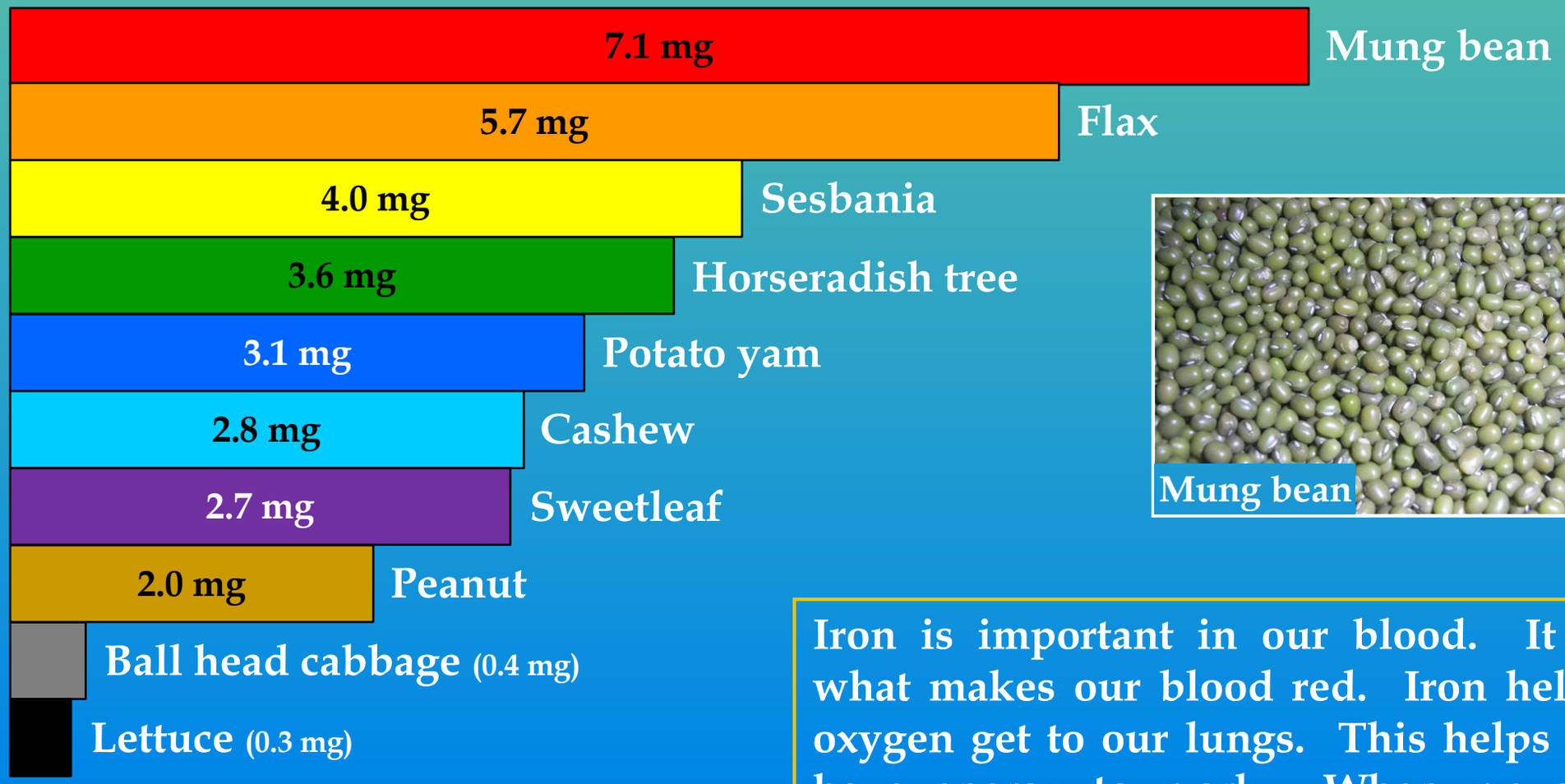

Cashew


Sweet leaf


Pawpaw

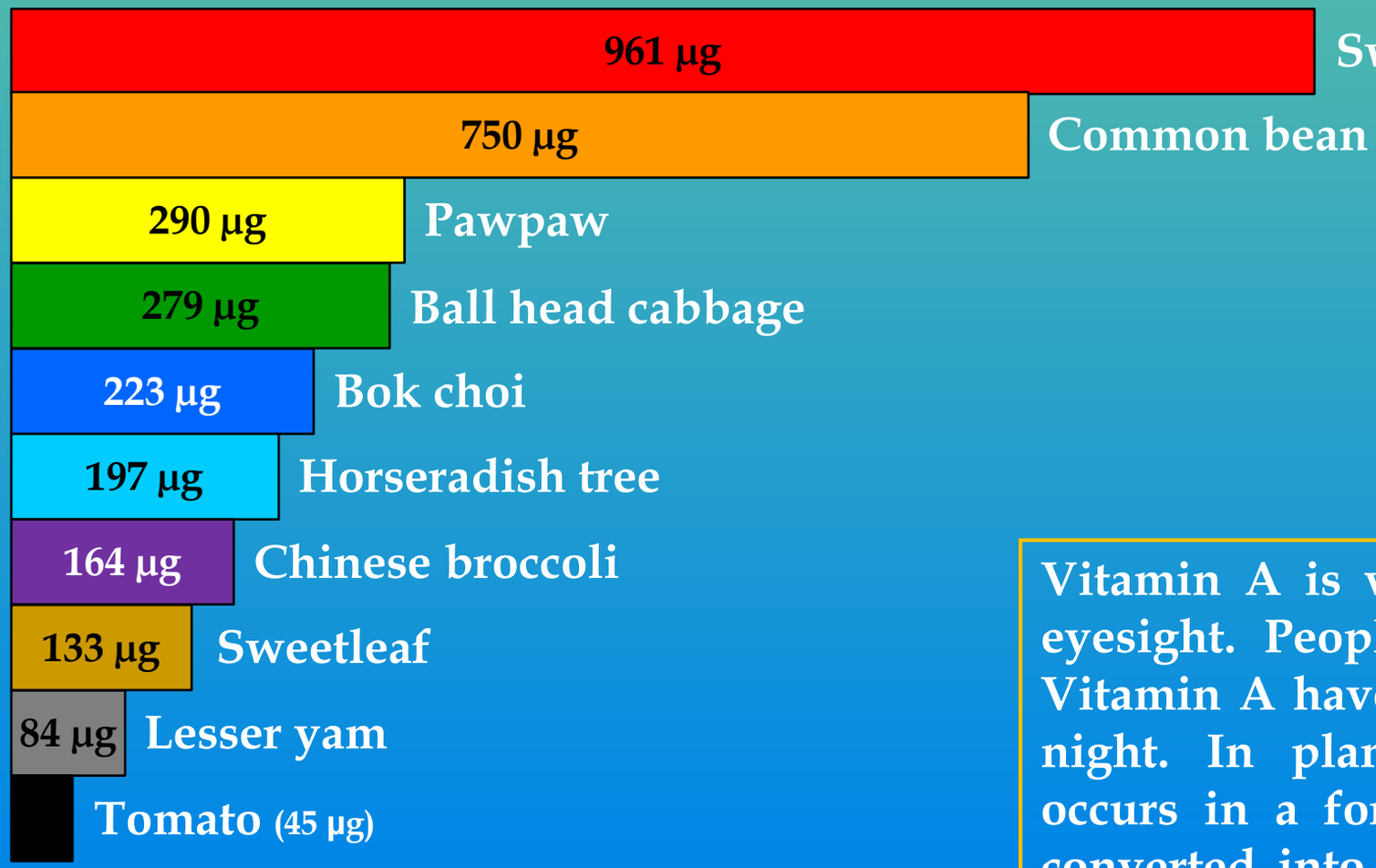
Grow a range of different food plants, planted at different times throughout the year, so food doesn't become short in some seasons. This should include fruit & nut trees.

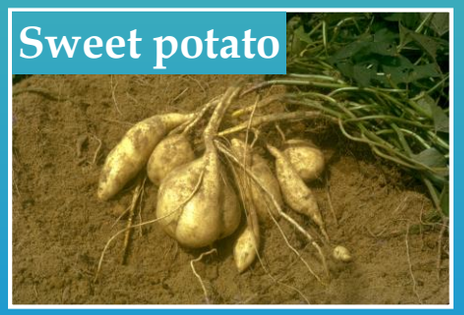
Iron for healthy blood



Iron is important in our blood. It is what makes our blood red. Iron helps oxygen get to our lungs. This helps us have energy to work. When we are short on iron we are called anaemic. Iron is more available when Vitamin C is also present.

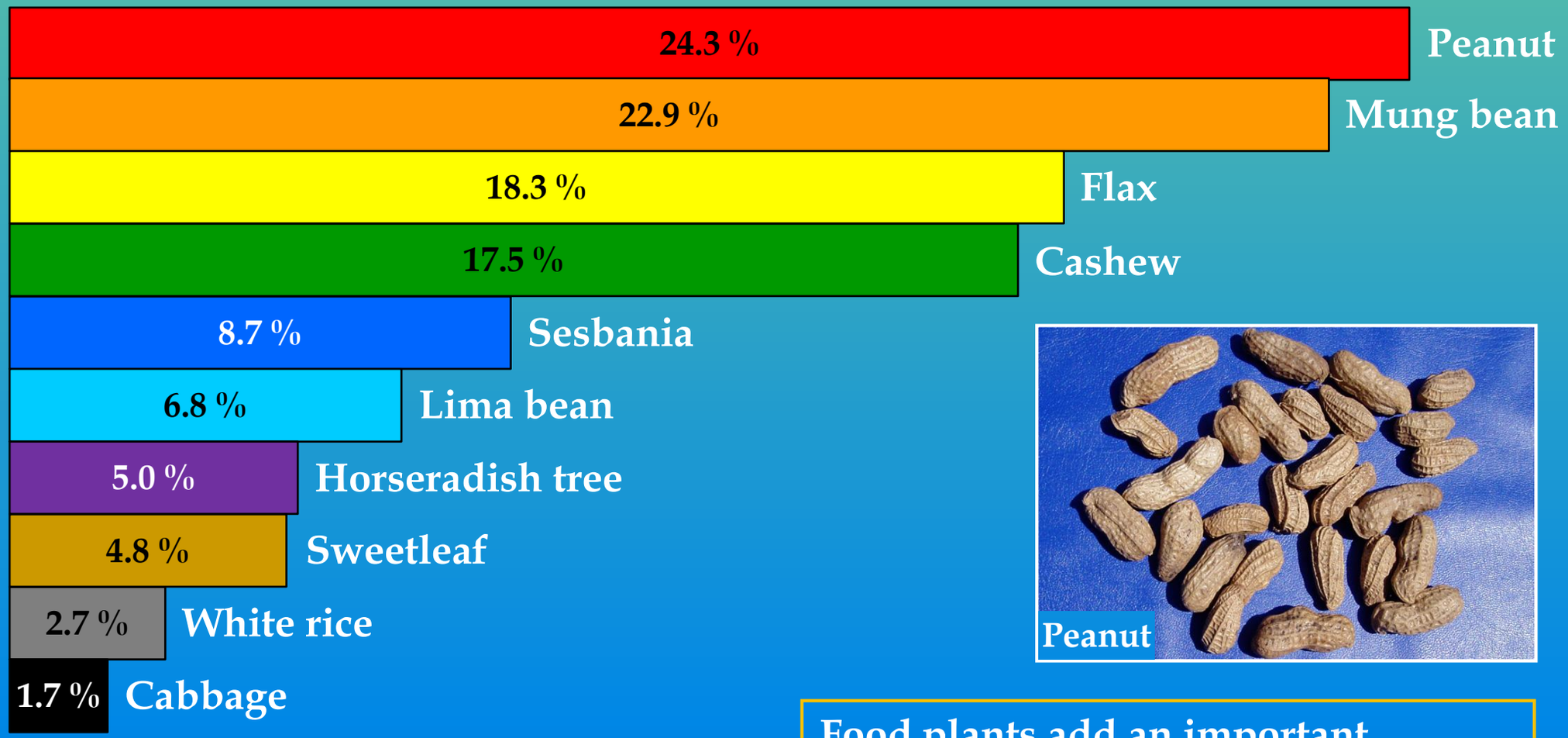
Vitamin A for good eyesight





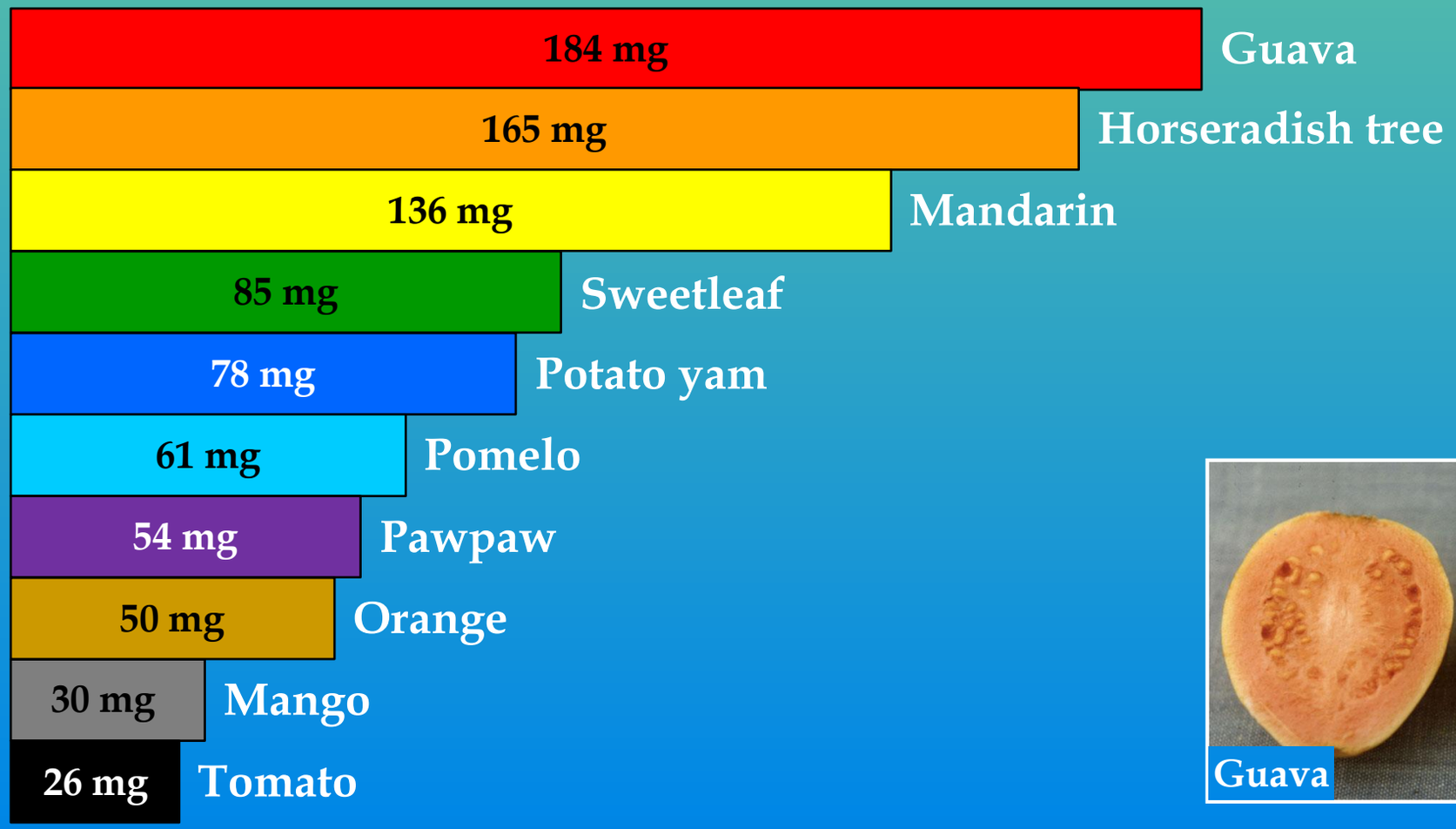
Vitamin A is very important for eyesight. People who are short of Vitamin A have trouble seeing at night. In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.

Protein foods



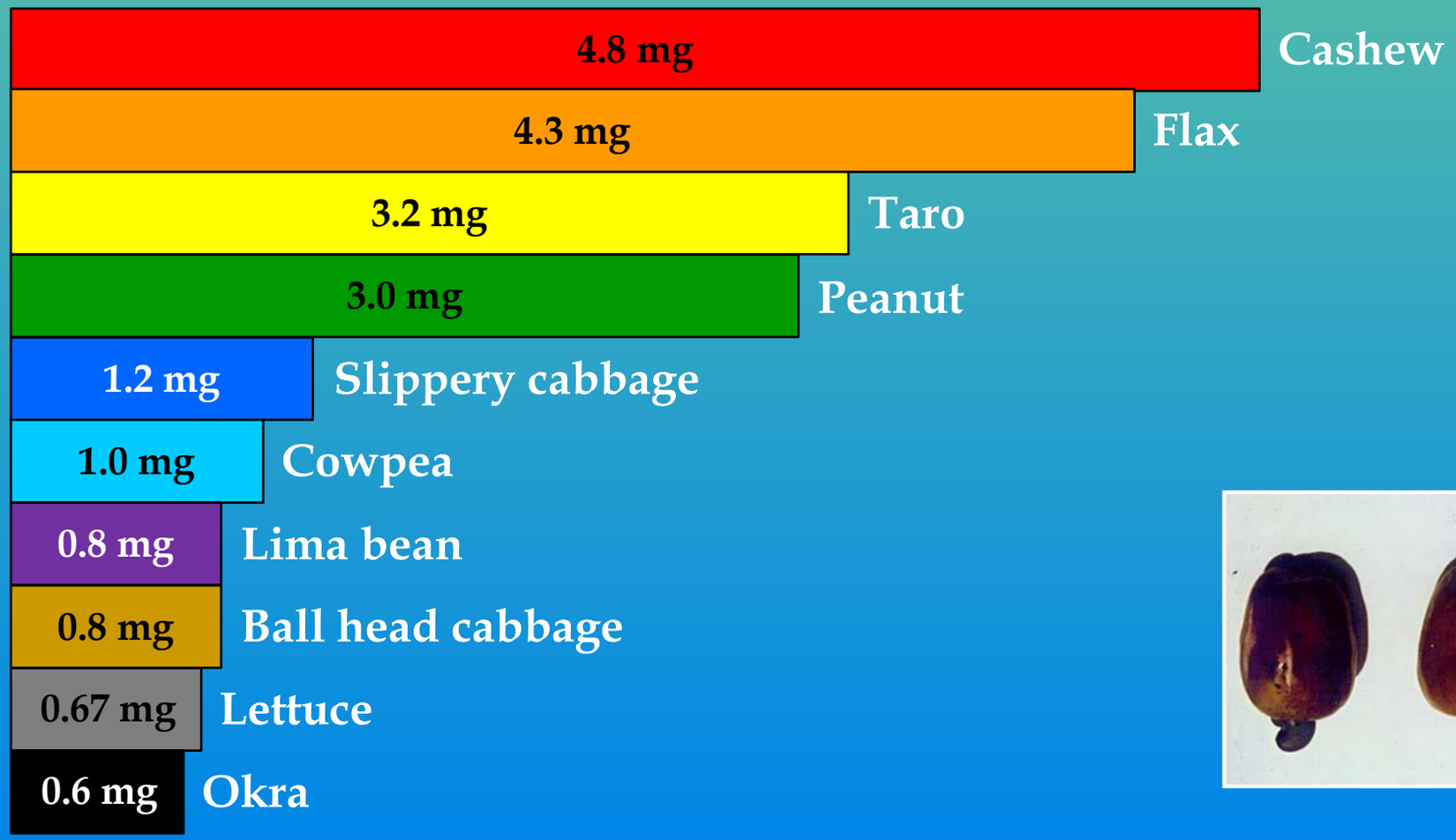
Food plants add an important amount of protein or growth food into our diets. Fish and meat can improve the quality of the protein.

Vitamin C for good health



Vitamin C is important for helping us to avoid sickness.

Zinc for growing bodies



Zinc is particularly important for the healthy growth of young children and teenagers.

Leafy green foods


Slippery cabbage


Kangkong

Dark green tropical leaves are an important source of iron, protein and other vitamins and minerals essential for healthy diets. Everybody, especially women and children, should eat a fish tin full each day.


Sweet leaf


Bok choi

Root crops are perfect plants for hot humid tropical climates


Sweet potato


Greater yam

Starchy staple foods are the lifeblood of Indonesia.

We need to look out for pests, disease, and signs that the plants are growing in poor soil.


Taro


Lesser yam


Cassava


Potato yam

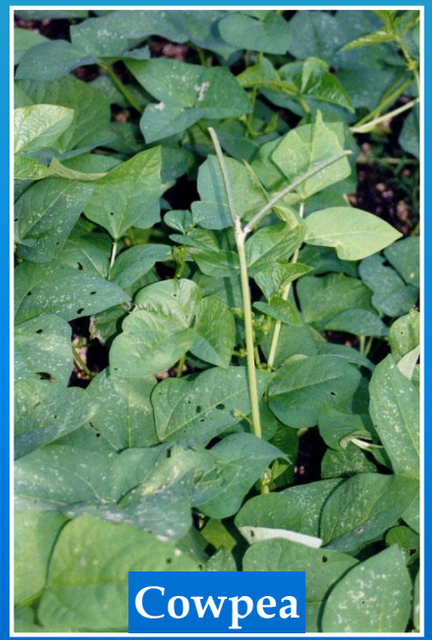
Beans provide protein and restore soils


Mung bean

Beans have special bacteria attached to their roots that allow them to take nitrogen from the air and put it into the soil for plants to use. It is free fertiliser!

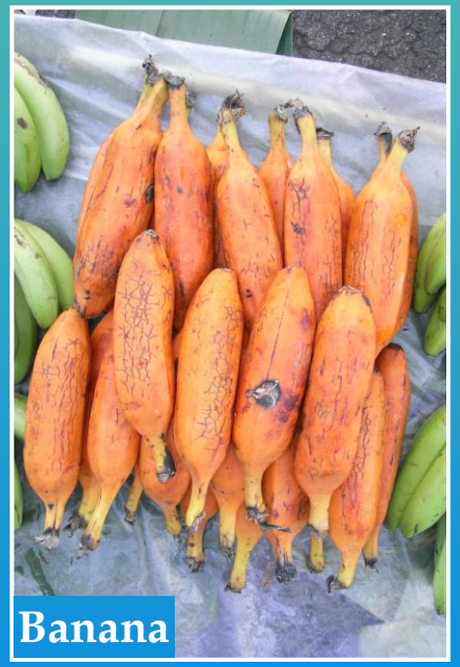

Peanut


Common bean


Cowpea


Lima bean

Everyone should eat some fruit every day


Banana

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

Good farmers plant several kinds of fruit trees.


Pawpaw

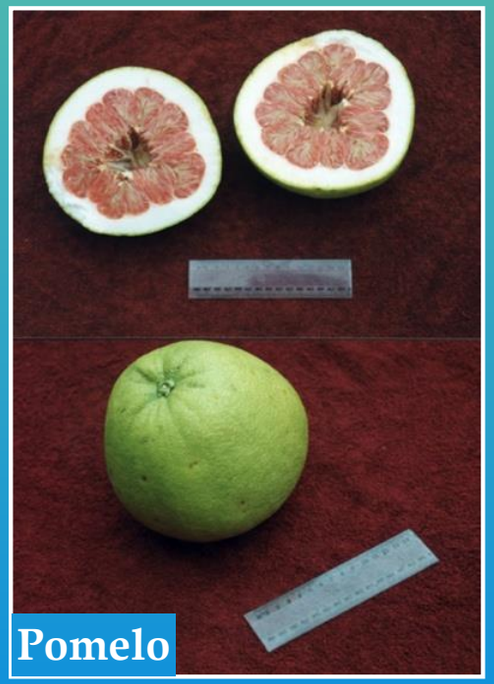

Mandarin


Guava


Mango

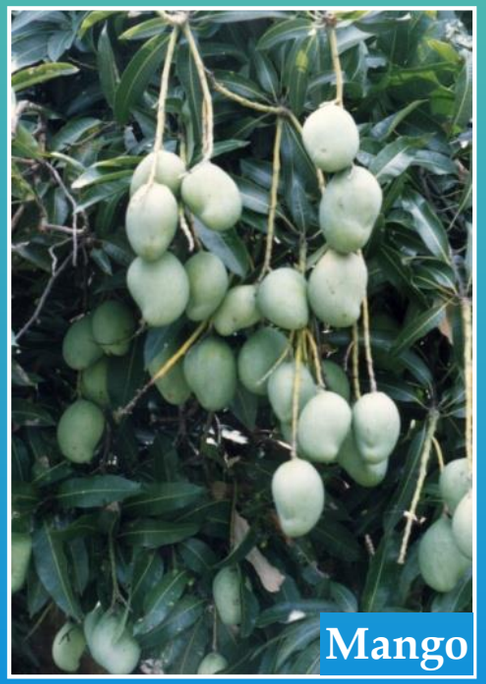

Pomelo

Fruit & nut trees for around houses


Pomelo


Sesbania


Lime


Mango


Pawpaw

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


Cashew

Vegetables for variety and nutrition


Kangkong

As some vegetables only grow in certain seasons, families should plant a wide range to provide food all year.


Tomato

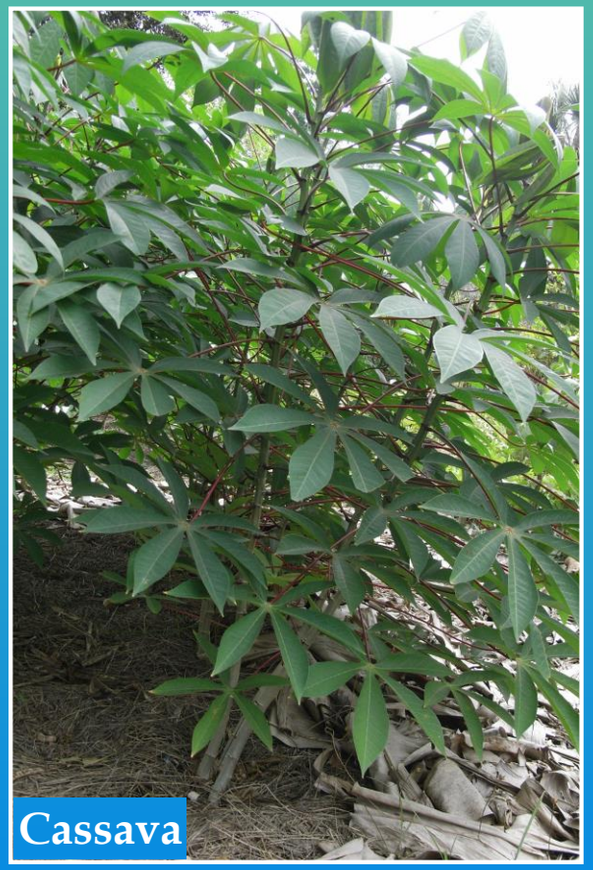
Some vegetables and edible leaves should be planted near houses so they are easily available even on wet days, or when people are too tired or busy to go to distant gardens.


Moringa


Eggplant


Okra

Plants for the edge of gardens


Cassava


Banana


Pineapple

Larger plants can be grown around the edges of gardens.


Slippery cabbage


Sweet leaf


Pawpaw

Plants for garden beds


Sweet potato


Lesser yam


Greater yam


Mung bean


Common bean


Peanut

Plants for garden beds

Bok choi


Tomato


Egg plant


Celery


Okra

Plants to climb on fences


Potato yam


Lima bean

Many plants can be grown on fences around houses and gardens.


Pumpkin


Passionfruit

Plants for swampy places

Taro

Kangkong

Food plants can be grown in all sorts of places, even swamps.

Pests, disease and deficiencies

Banana scab moth damage

If plants are grown well, they are less damaged by insect pests and diseases. If the soil is poor, they may go dry or pale. It is important to recognise these signs and act early.

Taro blight

The very small moth hides from the sun under the flower bracts.

The taro blight fungus washes in the rain on hot wet nights.

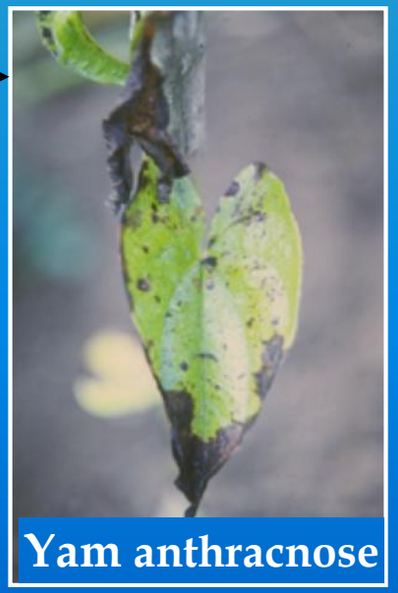
Cassava growing in very poor coral soil cannot take up enough plant food.

This fungus scab gets bad when soils are poor, and also on varieties from overseas.

This fungus makes leaves die off early when the leaves get damaged.

Cassava short of nutrients

Wrinkled sweet potato leaves



Yam anthracnose

Scientific name	English	Indonesian
Abelmoschus esculentus	Okra	Okra
Abelmoschus manihot	Slippery cabbage	Daun gedi
Alpinia galanga	Greater galangal	Lengkuas
Anacardium occidentale	Cashew	Jambu mente
Ananas comosus	Pineapple	Nanas
Apium graveolens var *dulce*	Celery	Seledri
Arachis hypogea	Peanut	Kacang tanah
Brassica oleracea var. alboglabra	Chinese broccoli	Kailan
Brassica oleracea var. *capitata*	Cabbage	Kubis
Brassica rapa subsp. *chinensis*	Bok choi	Sawi
Carica papaya	Pawpaw	Pepaya
Citrus aurantifolia	Lime	Jeruk nipis
Citrus maxima	Pomelo	Jeruk bali atau
Citrus reticulata	Mandarin	Jeruk keprok
Colocasia esculenta	Taro	Talas
Cucurbita pepo	Pumpkin	Labu
Dioscorea alata	Greater yam	Uwi
Dioscorea bulbifera	Potato yam	Gembala
Dioscorea esculenta	Lesser yam	Gembili
Ipomoea aquatica	Water Spinach	Kangkung
Ipomoea batatas	Sweet potato	Ubi Jalar

Scientific name	English	Indonesian
Linum usitatissimum	Flax seed	Flaxseed
Lycopersicon esculentum	Tomato	Tomat
Mangifera indica	Mango	Mangga
Manihot esculentum	Cassava	Singkong
Moringa oleifera	Horseradish tree	Kelor
Musa spp.	Bananas	Pisang
Musa troglodytarum	Fe'i banana	Pisang tongkat langit
Passiflora edulis	Passion fruit	Markisa
Phaseolus lunatus	Lima bean	Kacang kratok
Phaseolus vulgarus	Common bean	Kacang buncis
Psidium guajava	Guava	Jambu biji
Sauropus androgynus	Sweet leaf	Katuk
Sesbania grandiflora	Sesbania	Turi
Solanum melongena	Eggplant	Terong ungu
Vigna radiata	Mung bean	Kacang hijau
Vigna unguiculata subsp. unguiculata	Cow pea	Kacang tunggak

Notes

Acknowledgements

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