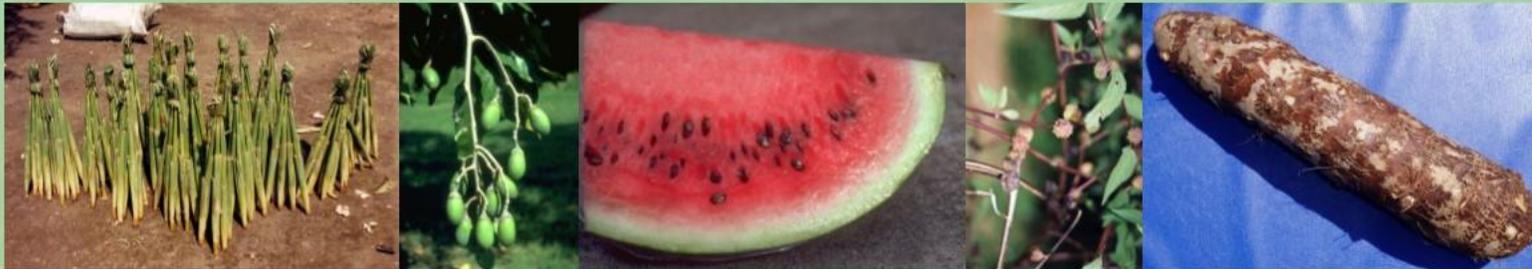


Food plants for healthy diets in the Western Pacific

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



**FOOD PLANT
SOLUTIONS
ROTARIAN ACTION GROUP**

*Solutions to Malnutrition
and Food Security*



www.twollamas.org.au

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



www.foodplantsolutions.org

Food plants for healthy diets in the Western Pacific



Two Llamas Environmental & Social Projects works with remote Indigenous communities throughout Oceania and Southeast Asia. We partnered with Food Plant Solutions to help improve nutritional intake by sharing knowledge, strengthening self-reliance and improving food security. For further information about our work, please reference: www.twollamas.org.au

For further details about the program please contact us at: info@foodplantsolutions.org or info@supwildernessadventures.com (Two Llamas Environmental & Social Projects)

In addition to this booklet, other publications have been produced for the Western Pacific, all can be downloaded from our website - www.foodplantsolutions.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

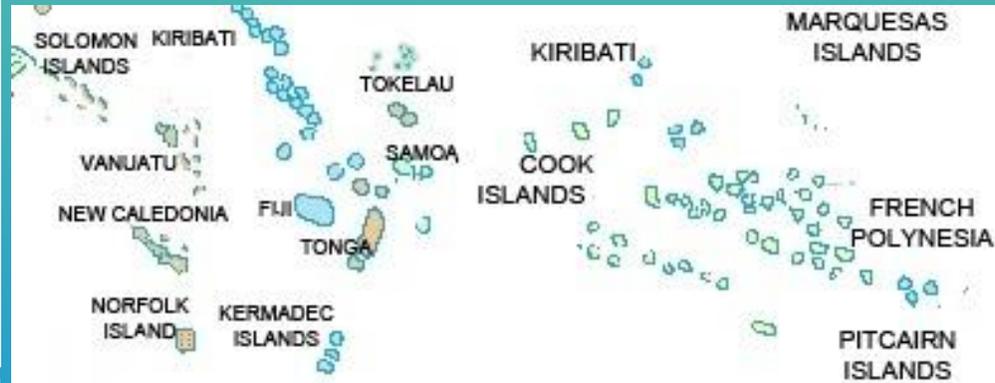


Food Plant Solutions operates in accordance with Rotary International Policy but is not an agency of, or controlled by Rotary International



Using food plant resources well

Coastal almond



Taro



Winged bean

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



Cassava



Slippery cabbage



Watermelon



Peanut



Okra

Food plants for healthy diets in the Western Pacific

Sweetfern



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 the Western Pacific to be proud of its own tropical foods.

Lesser yam



Pineapple

There are lots of tropical food plants in the region - Samoa has 251, Vanuatu 364 and Fiji has 771.



Pigeon pea

Healthy diets

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.



Guava

Health food



Sweet potato

Energy food



Peanut

Growth food

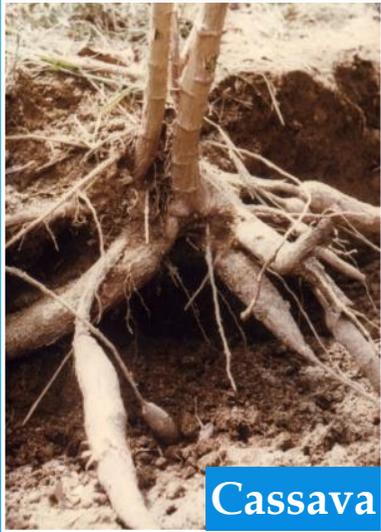
Food security



Taro



Sweet potato



Cassava



Slippery cabbage



Sweet leaf



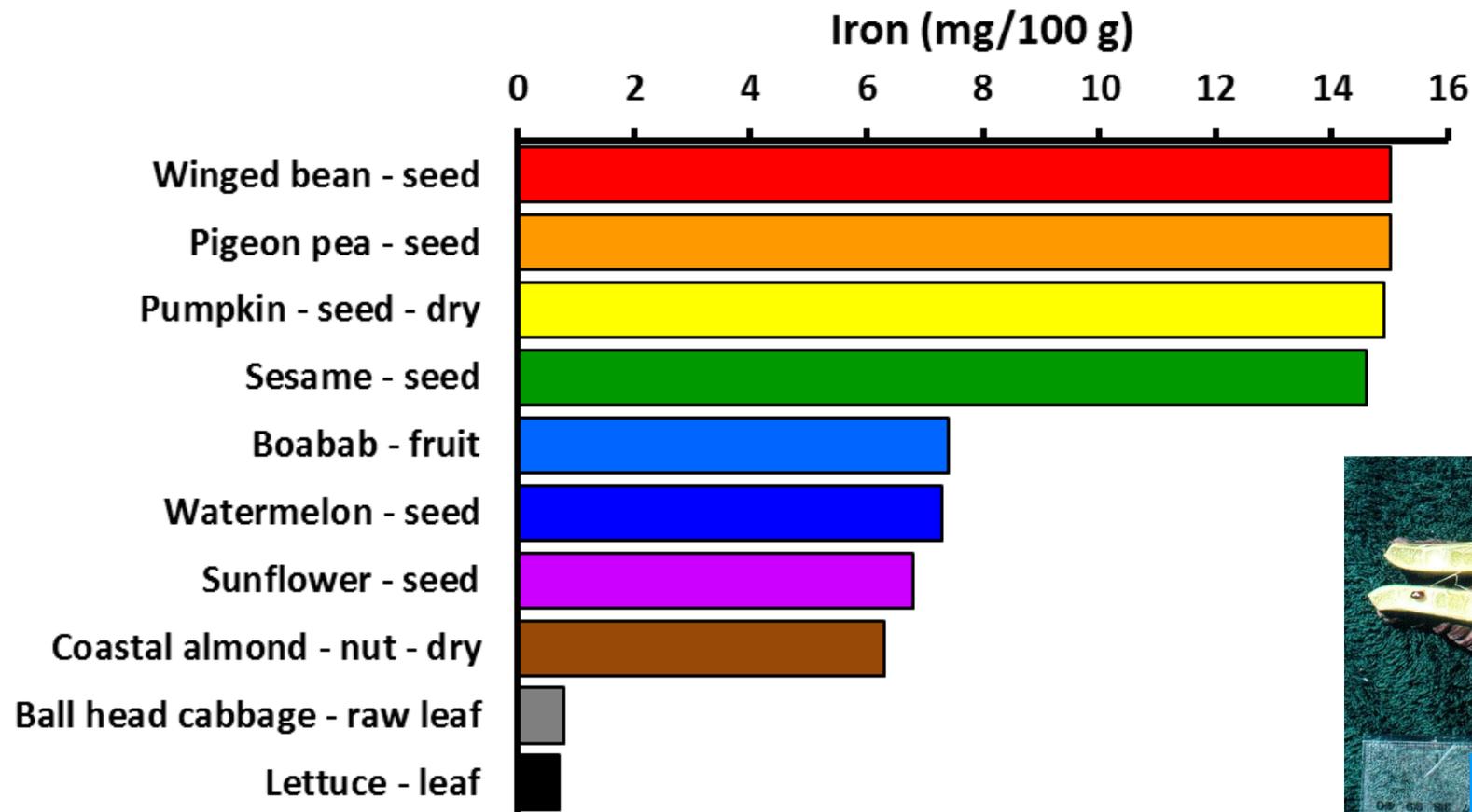
Cashew



Pawpaw

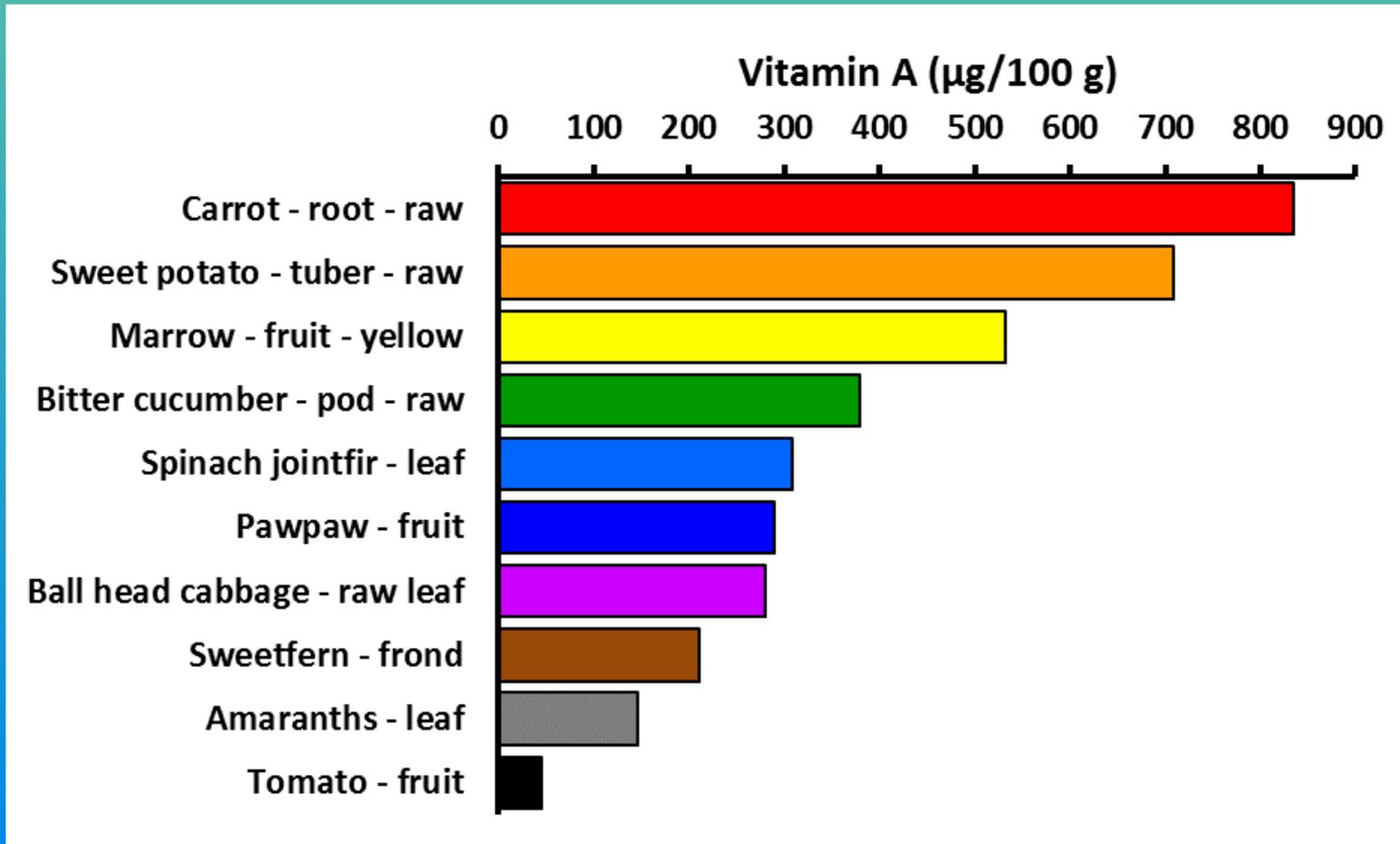
Grow a range of different food plants, planted at different times throughout the year, so food doesn't become short in some seasons. This should include fruit & nut trees.

Iron for healthy blood



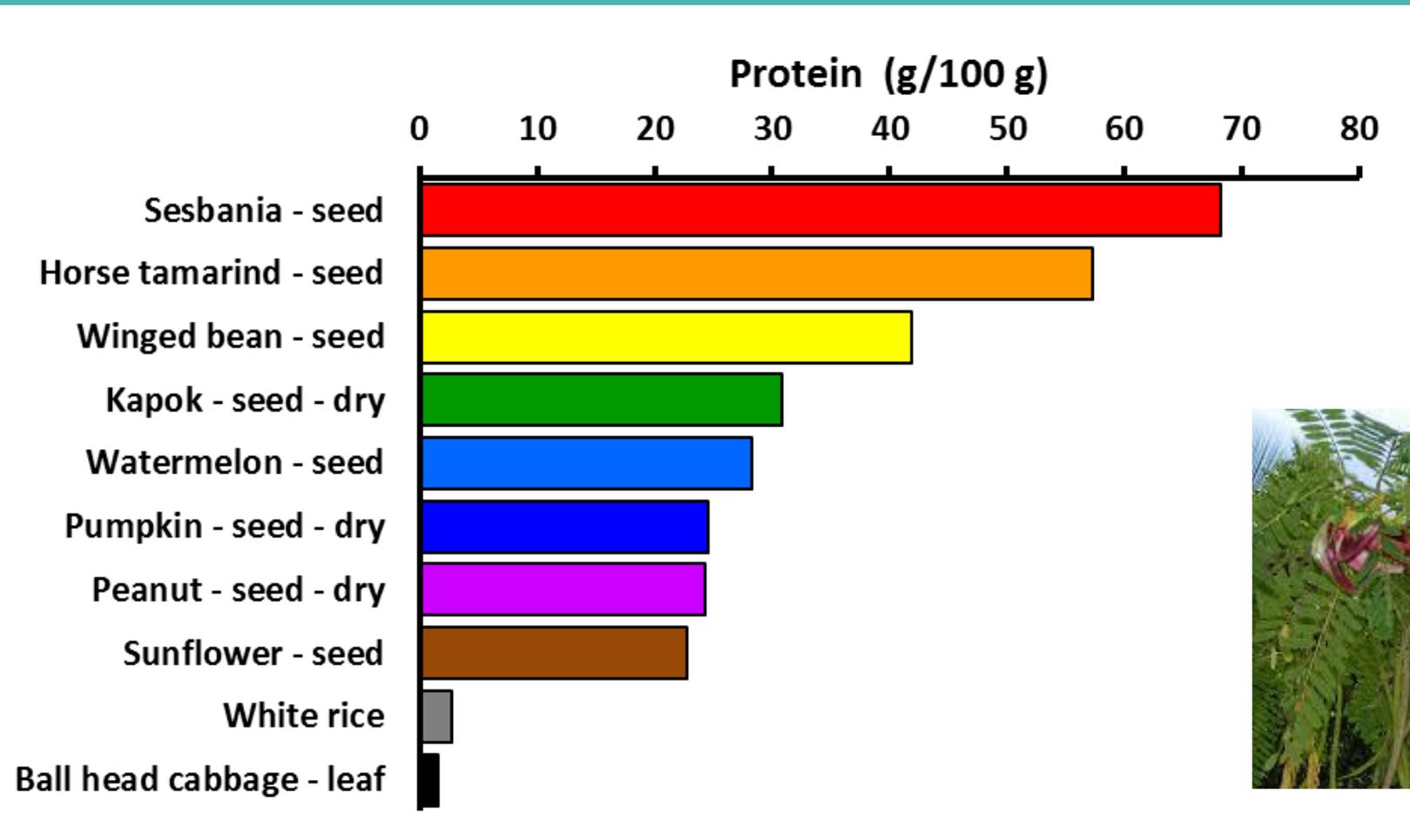
Iron is important in our blood. It is what makes our blood red. Iron helps oxygen get to our lungs. This helps us have energy to work. When we are short on iron we are called anaemic. Iron is more available when Vitamin C is also present.

Vitamin A for good eyesight



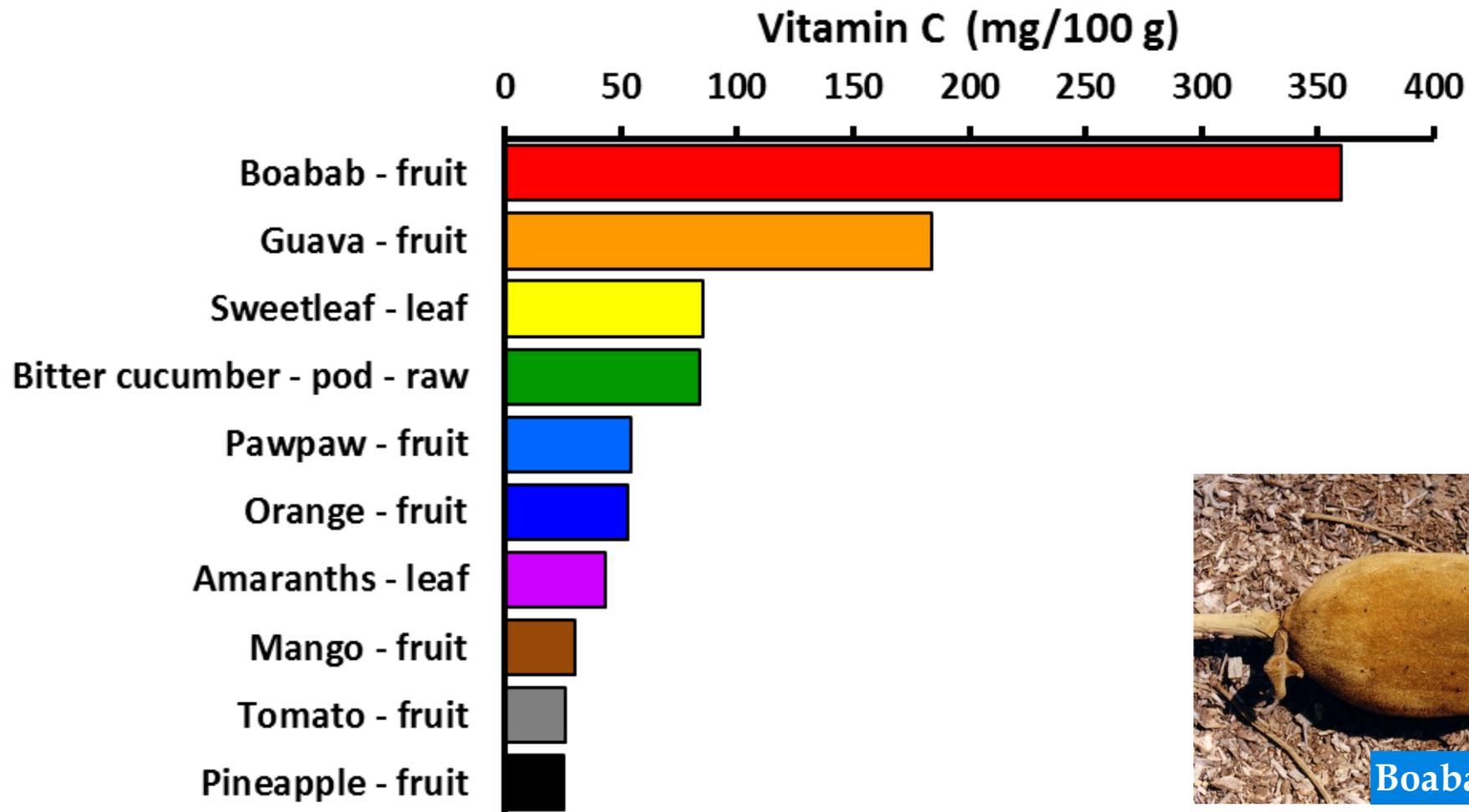
Vitamin A is very important for eyesight. People who are short of Vitamin A have trouble seeing at night. In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.

Protein foods



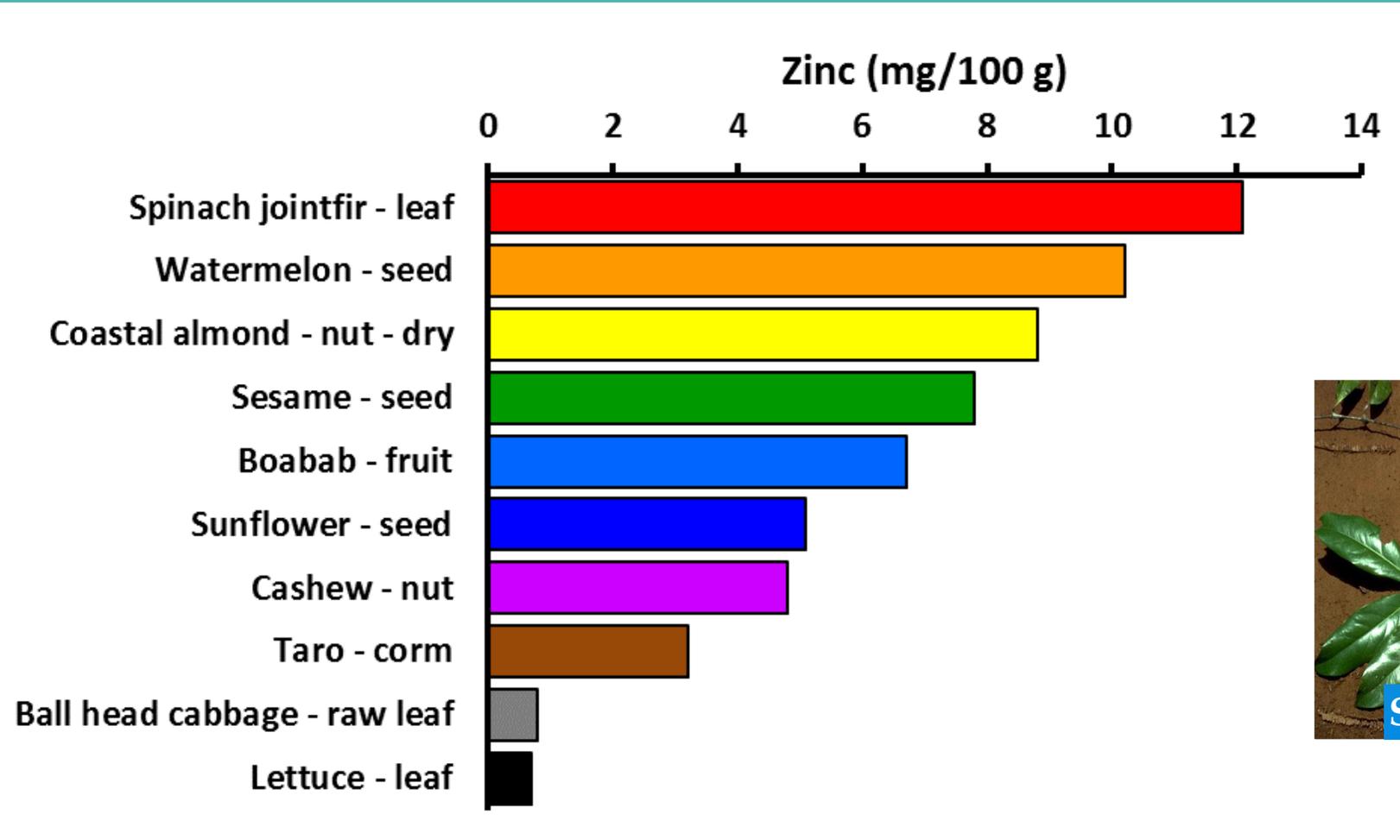
Food plants add an important amount of protein or growth food into our diets. Fish and meat can improve the quality of the protein.

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



Amaranth

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



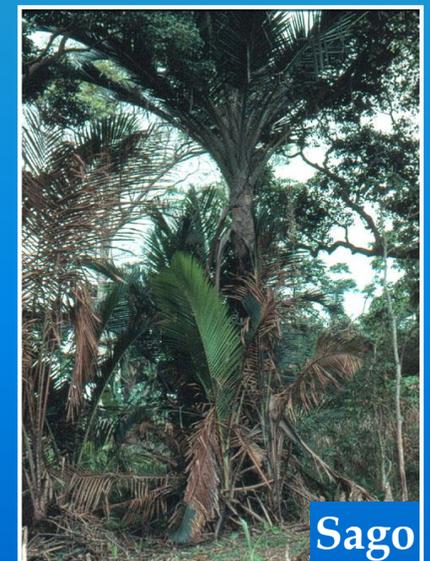
Spinach jointfir

Root crops are perfect plants for hot humid tropical climates



Starchy staple foods are the lifeblood of the Western Pacific.

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



Beans provide protein and restore soils



Winged 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



Snake bean



Pigeon pea



Sesbania

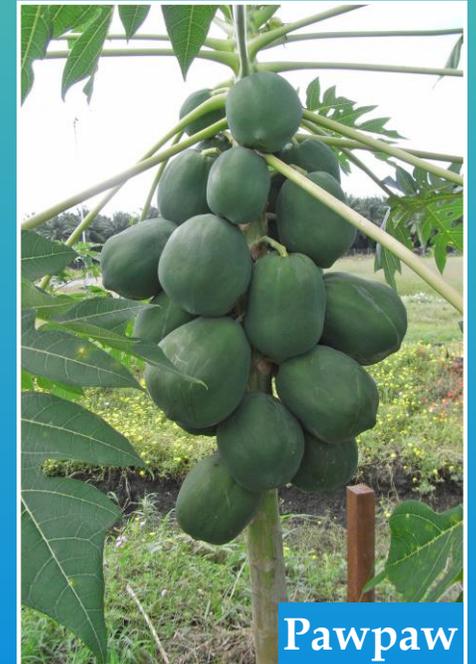
Everyone should eat some fruit every day

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.



Watermelon



Pawpaw



Pacific lychee



Guava



Mango



Pineapple

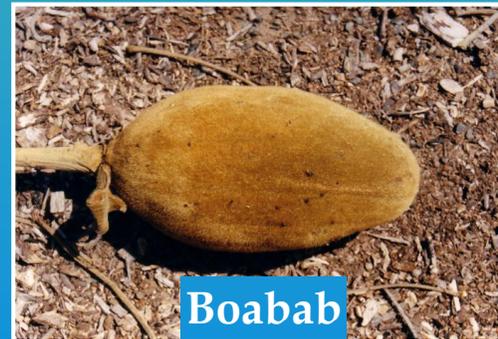
Fruit & nut trees for around houses



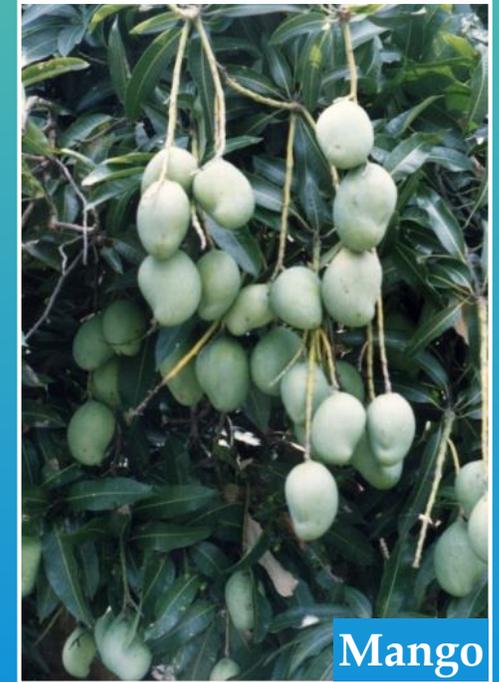
Coastal almond



Sesbania



Boabab



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

Bitter cucumber



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

Carrot



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.

Amaranth



Marrow



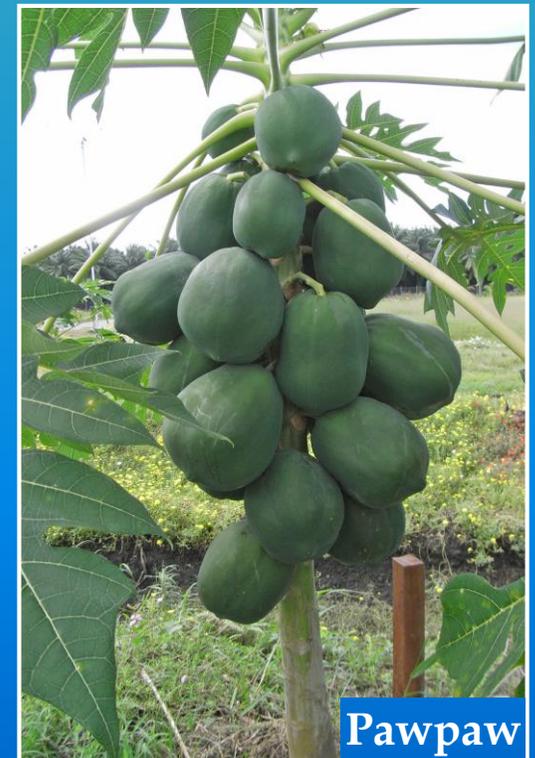
Okra



Plants for the edge of gardens



Larger plants can be grown around the edges of gardens.



Plants for the edge of gardens

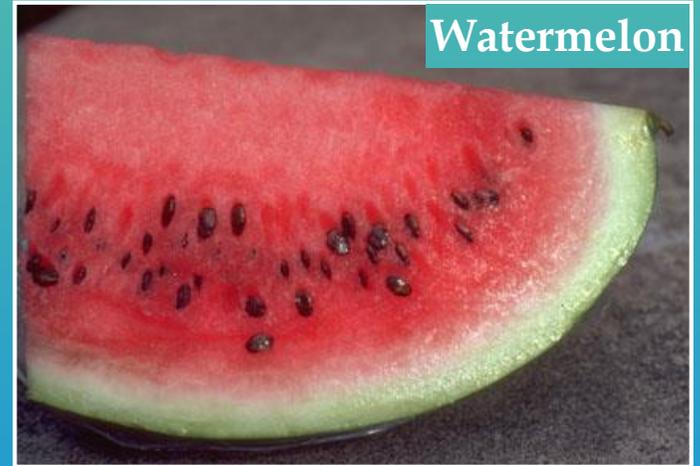
Long pitpit



Taro



Watermelon



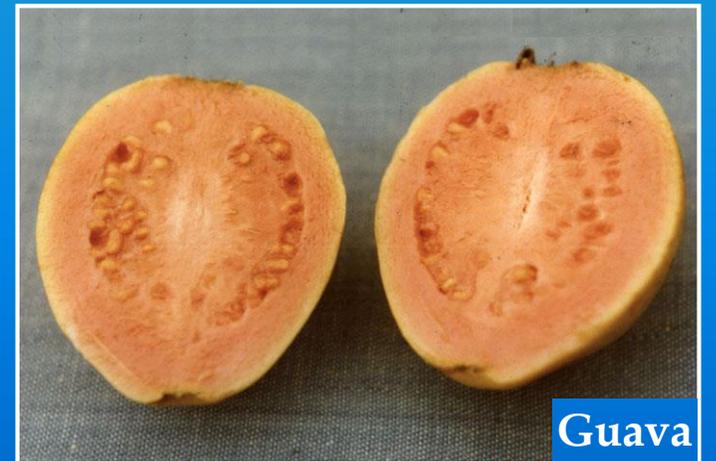
Pigeon pea



Sunflower



Guava



Plants for garden beds



Plants to climb on fences



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



Plants for swampy places



Taro



Sweetfern



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

Pests, disease and deficiencies



Banana scab moth damage

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

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



Cassava short of nutrients

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.

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



Taro blight

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



Wrinkled sweet potato leaves

→ This fungus makes leaves die off early when they get damaged.



Yam anthracnose

Scientific name	English
<i>Abelmoschus esculentus</i>	Okra
<i>Abelmoschus manihot</i>	Slippery cabbage
<i>Adansonia digitata</i>	Boabab
<i>Amaranthus tricolor</i>	Amaranths
<i>Anacardium occidentale</i>	Cashew
<i>Anans comosus</i>	Pineapple
<i>Arachis hypogea</i>	Peanut
<i>Cajanus cajan</i>	Pigeon pea
<i>Carica papaya</i>	Pawpaw
<i>Citrullus lanatus</i>	Watermelon
<i>Colocasia esculenta</i>	Taro
<i>Cucurbita pepo</i>	Pumpkin
<i>Cucurbita pepo</i>	Marrow
<i>Cyrosperma merkusii</i>	Swamp taro
<i>Caucus carota subsp. Sativus</i>	Carrot
<i>Dioscorea esculenta</i>	Lesser yam
<i>Diplazium esculentum</i>	Sweetfern
<i>Gnetum gnemon</i>	Spinach jointfir
<i>Helianthus annuus</i>	Sunflower
<i>Ipomoea batatas</i>	Sweet potato
<i>Mangifera indica</i>	Mango

Scientific name	English
<i>Manihot esculentum</i>	Cassava
<i>Metroxylon sagu</i>	Sago
<i>Momordica charantia</i>	Bitter cucumber
<i>Musa sp.</i>	Banana
<i>Pometia pinnata</i>	Pacific lychee
<i>Psidium guajava</i>	Guava
<i>Psophocarpus tetragonolobus</i>	Winged bean
<i>Saccharum edule</i>	Long pitpit
<i>Sauropus androgynus</i>	Sweet leaf
<i>Sesbania grandiflora</i>	Sesbania
<i>Terminalia catappa</i>	Coastal almond
<i>Vinga unguiculata subsp. Sesquipedalis</i>	Snake bean
<i>Xanthosoma sagittifolium</i>	Chinese taro

Notes

Acknowledgements

This publication has been developed as part of a program undertaken by Food Plant Solutions Rotarian Action Group and SUP Wilderness Adventures.

It would have not been possible without the commitment and support of the various volunteers, who have shared the vision, and unselfishly given their time and energy to support this project.

Review, layout and formatting - Lyndie Kite, Melanie Bower and Karalyn Hingston.

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