

Food plants for healthy diets in Cambodia

Practical ways of growing local food plants and doing it well



**FOOD PLANT
SOLUTIONS**
ROTARIAN ACTION GROUP

*Solutions to Malnutrition
and Food Security*



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



www.foodplantsolutions.org

Food plants for healthy diets in Cambodia



A partnership with Food Plant Solutions provides a great opportunity for Boart Longyear to demonstrate its commitment to duty of care and to give something back to the communities it works in. Boart Longyear, utilising Food Plant Solutions resources will provide education resources to mothers with the aim of creating awareness and enabling a better understanding of the nutritional value of their local food plants.

For further details about the project please contact us at info@foodplantsolutions.org.

We welcome and encourage your support.

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

© 2017 Food Plants International Inc.

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



Watermelon



Coastal Almond



Peanut



Wax Gourd

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



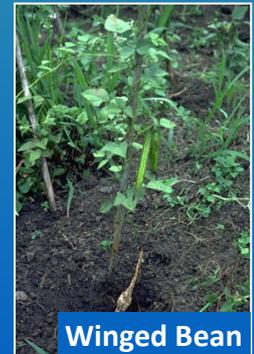
Cassava



Okra



Potato yam



Winged Bean

Food plants for healthy diets in Cambodia



Drumstick Tree

With a rich, diverse tropical climate and 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, and are rich in nutrients. It's time for Cambodia to be proud of it's own tropical foods.



Pineapple

There are lots of tropical food plants in the region
- Cambodia has 1237.



Pigeon pea



Elephant foot yam

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.



Growth food

Health food



Energy food

Food security



Taro



Cashew



Cassava



Cat's whiskers



Rambutan



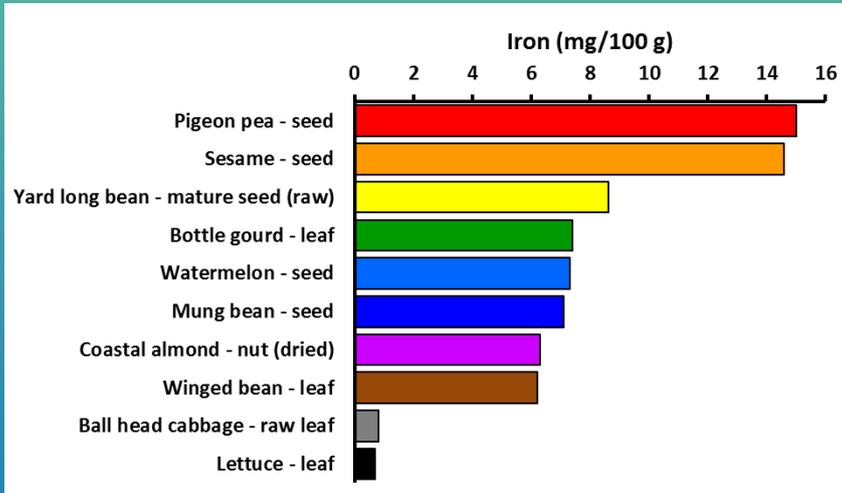
Chinese Amaranth



Sweet potato

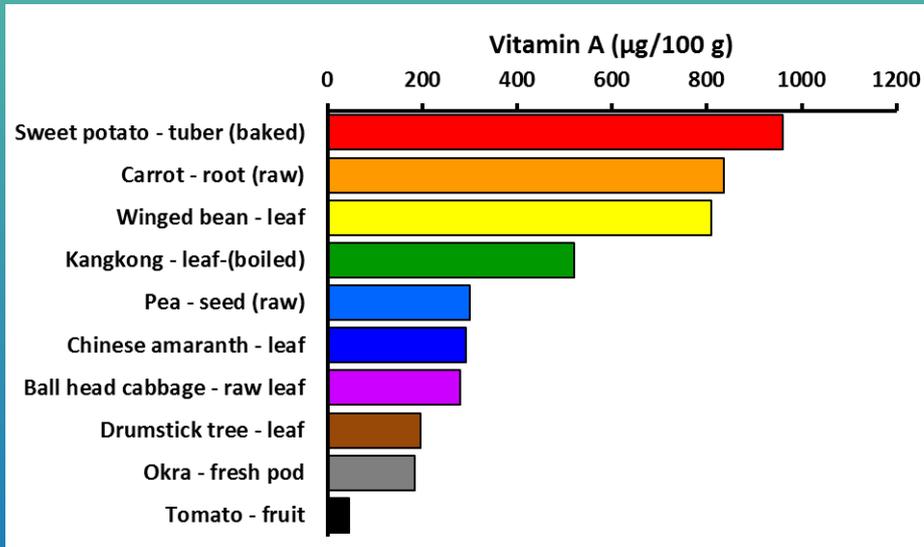
Grow a range of different food plants, planted at different times throughout the year, so food doesn't become short in some seasons. This should include fruit & nut trees.

Iron for healthy blood



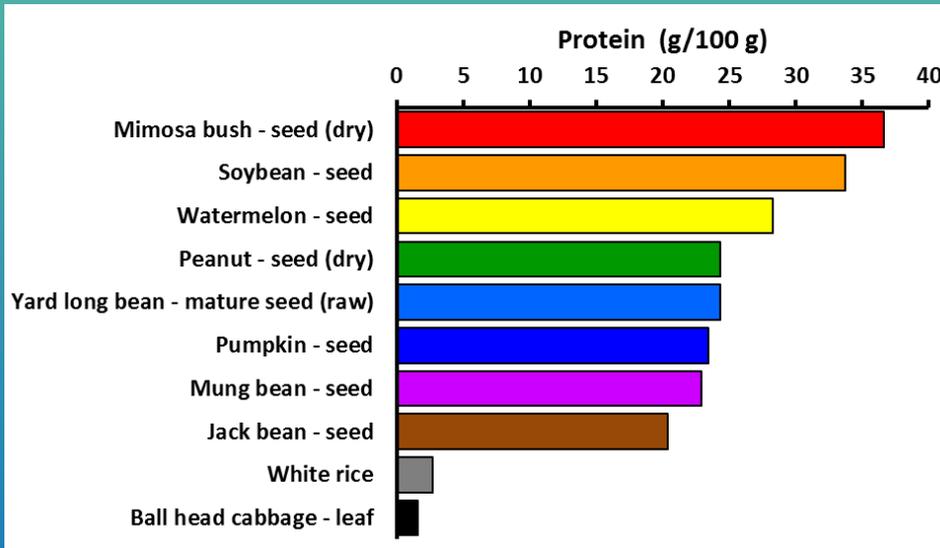
Iron is important in our blood. It is what makes our blood red. Iron helps oxygen get to our lungs. This helps us to have energy to work. When we are short on iron we are called anaemic. Iron is more available when Vitamin C is also present.

Vitamin A for good eyesight



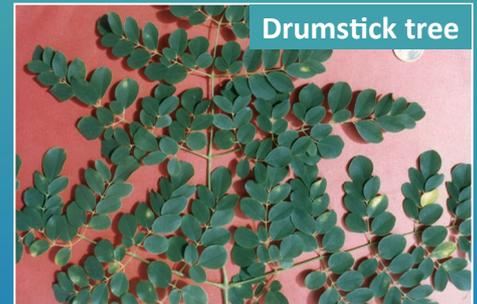
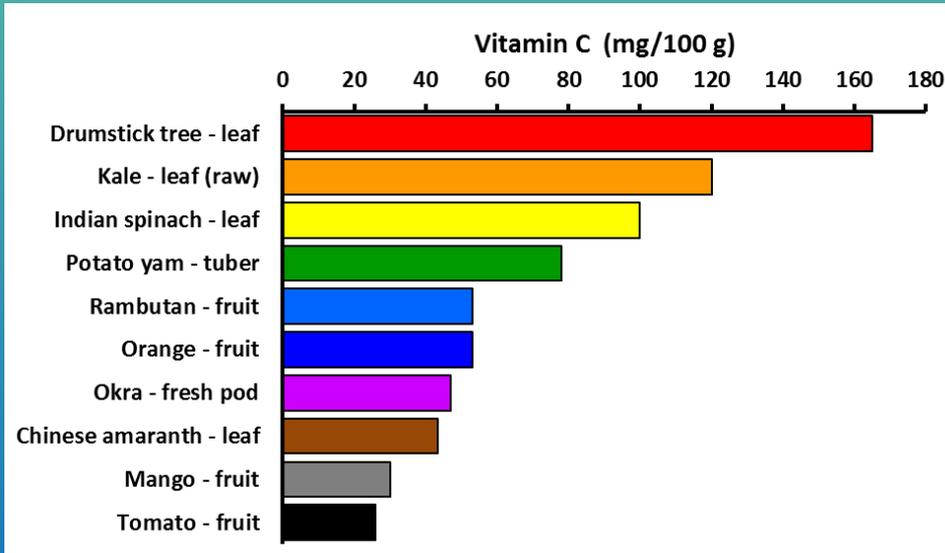
Vitamin A is very important for eyesight. People who are short of Vitamin A have trouble seeing at night. In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.

Protein foods



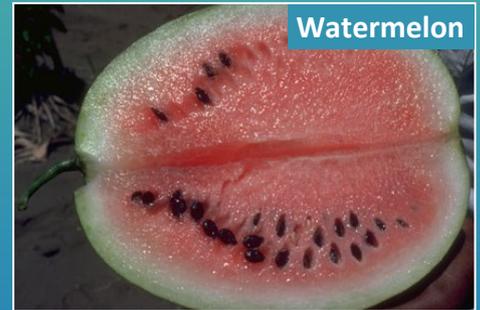
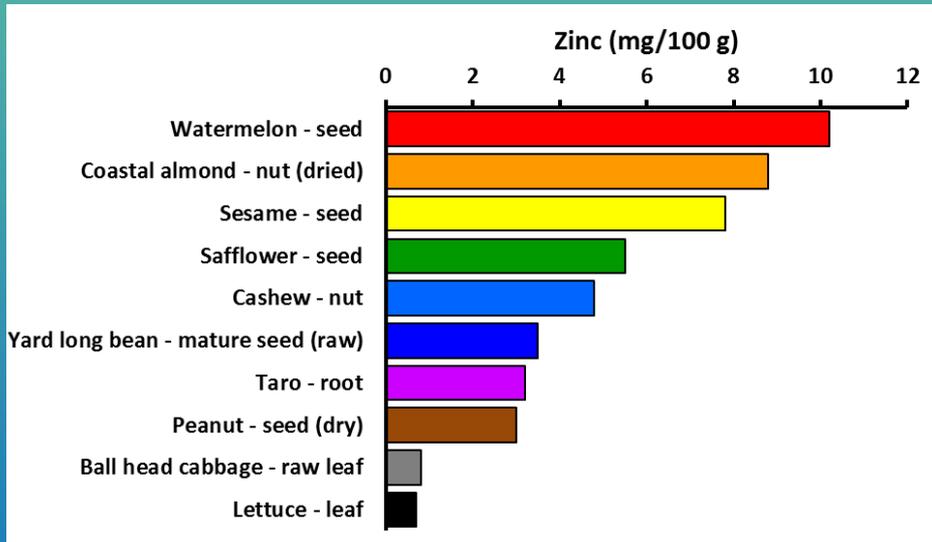
Food plants add an important amount of protein or growth food into our diets. Fish and meat can improve the quality of the protein.

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



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.



Root crops are perfect plants for hot humid tropical climates

Taro



Starchy staple foods are the lifeblood of Cambodia.

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

Elephant foot yam



Cassava



Rice



Sweet potato

Beans provide protein and restore soils



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!



Everyone should eat some fruit everyday

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.



Mango



Pineapple



Mangosteen



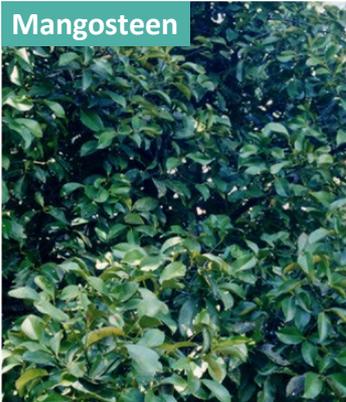
Watermelon



Sapodilla

Fruit and nut trees for around houses

Mangosteen



Cashew



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

Coastal almond



Rambutan



Banana

Vegetables for variety and nutrition



Okra

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



Pea

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.



Eggplant



Pumpkin



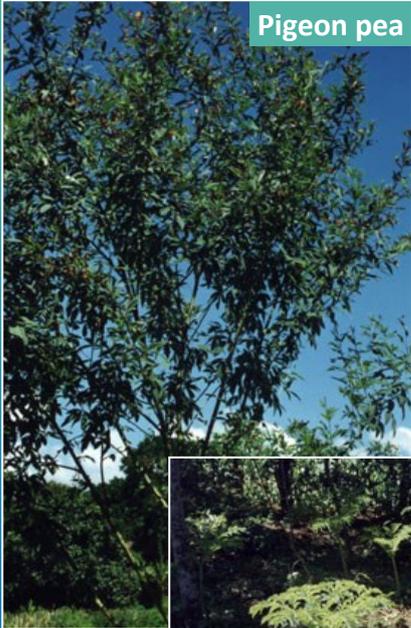
Carrot

Plants for garden edges



Plants for the edge of gardens

Pigeon pea

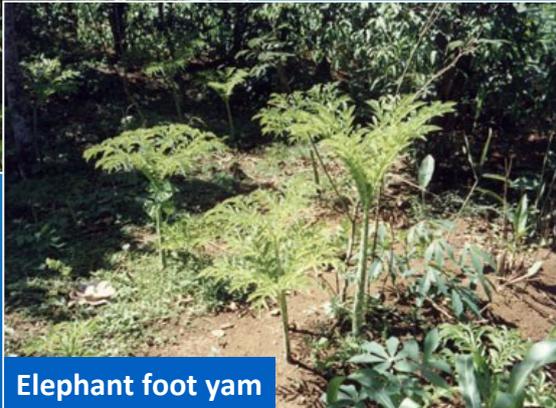


Taro



Larger plants can be grown around the edges of gardens.

Elephant foot yam



Drumstick tree



Plants for garden beds

Amaranth greens



Okra



Peanut



Sweet potato



Rice



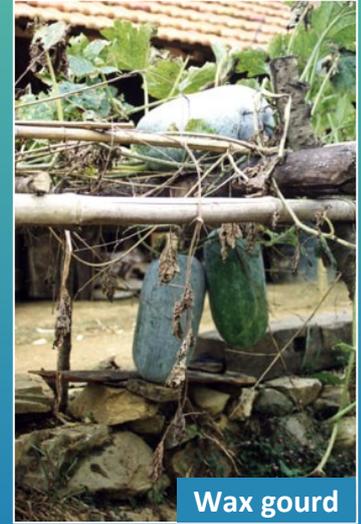
Plants to climb on fences



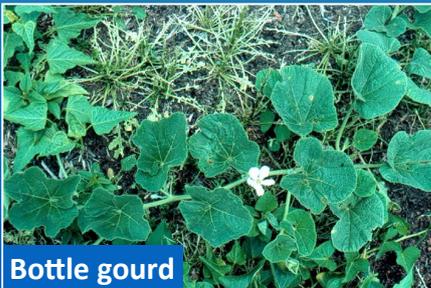
Snake bean



Winged bean



Wax gourd



Bottle gourd

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



Pumpkin

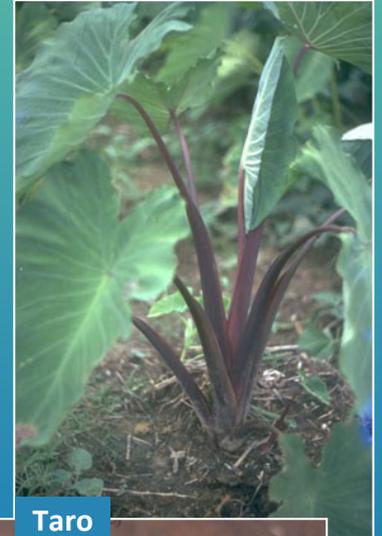
Plants for swampy places



Kangkong



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



Taro



Pests, disease and deficiencies



Banana scab moth

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

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



Taro blight

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

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 the leaves get damaged.



Yam anthracnose

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



Cassava short of nutrients

Scientific name	English	Khmer
<i>Abelmoschus esculentus</i>	Okra	ពោតបារាំង
<i>Acacia farnesiana</i>	Sweet Acacia	អាកាស្យាផ្អែម
<i>Amaranthus hybridus</i>	Amaranth greens	ផ្លីបៃតង
<i>Amaranthus tricolor</i>	Chinese amaranth	ផ្លី
<i>Amorphophallus paeonifolius var.</i>	Elephant foot yam	ដំឡូងទាល់
<i>Anacardium occidentale</i>	Cashew	ស្វាយចន្ទី
<i>Ananas comosus</i>	Pineapple	ម្នាស់
<i>Arachis hypogea</i>	Peanut	សណ្តែកដី
<i>Basella alba</i>	Indian spinach	ស្ពីណាចតណ្ហា
<i>Benincasa hispida</i>	Wax Gourd	ត្រឡាច
<i>Brassica oleracea var. acephala</i>	Kale	ខាត់ណា
<i>Brassica oleracea var. alboglabra</i>	Chinese broccoli	ខាត់ណាចិន
<i>Cajanus cajan</i>	Pigeon pea	សណ្តែកអង្ក្រែង
<i>Canavalia ensiformis</i>	Jack bean	សណ្តែកទេស
<i>Carthamus tinctorius</i>	Safflower	ស្បែង

Scientific name	English	Khmer
<i>Citrullus lanatus</i>	Watermelon	ខ្ញី ឡឹក
<i>Cleome gynandra</i>	Cat's whiskers	មមាញ
<i>Colocasia esculenta</i>	Taro	ត្រាវ
<i>Cucurbita moschata</i>	Pumpkin	ល្ពៅ
<i>Daucus carota subsp. sativus</i>	Carrot	ការ៉ុត
<i>Dioscorea bulbifera</i>	Potato yam	ដំឡូង ស្ពម្បែត
<i>Durio zibethinus</i>	Durian	ធ្នូផន
<i>Garcinia mangostana</i>	Mangosteen	មង្គុត
<i>Glycine max</i>	Soybean	សណែកសៀង
<i>Ipomoea aquatica</i>	Kangkong	ត្រកួន
<i>Ipomoea batatas</i>	Sweet potato	ដំឡូងជ្វា
<i>Langenaria siceraria</i>	Bottle gourd	ឃ្លោក
<i>Mangifera indica</i>	Mango	ស្វាយ
<i>Manihot esculenta</i>	Cassava	ដំឡូងមី
<i>Manilkara zapota</i>	Sapodilla	លូត

Scientific name	English	Khmer
<i>Moringa oleifera</i>	Drumstick tree	ម្រៀម
<i>Musa sp (A &/or B genome) cv.</i>	Banana	ចេក
<i>Nephelium lappaceum</i>	Rambutan	សាវម៉ាវ
<i>Oryza sativa</i>	Rice	ស្រូវ
<i>Pisum sativum</i>	Pea	សណ្តែកបារាំង
<i>Psophocarpus tetragonolobus</i>	Winged bean	ប្រពាយ
<i>Sesamum indicum</i>	Sesame	ល្ង
<i>Solanum melongena</i>	Eggplant	ត្រប់សណ្តែក
<i>Terminalia catappa</i>	Coastal almond	ដើមឆ័ត្រ
<i>Vigna radiata</i>	Mung bean	សណ្តែកបាយ
<i>Vigna subterranean</i>	Bambara ground nut	សណ្តែកដី Bambara
<i>Vigna unguiculata subsp. sesquipedata</i>	Snake bean	សណ្តែកច្រៀង

Acknowledgements

This publication has been developed as part of a project undertaken by Food Plant Solutions Rotarian Action Group and Boart Longyear.

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 to support this project.

Review, layout and formatting - Lyndie Kite, and Project Manager - Karalyn Hingston.

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



*Solutions to Malnutrition
and Food Security*

**FOOD PLANT
SOLUTIONS
ROTARIAN ACTION GROUP**

www.foodplantsolutions.org