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

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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.


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) and the Food Plants International website (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
Fruit taste good and keep us healthy

New Guinea walnut

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

Everybody should eat some fruit every day

Good gardeners and farmers plant several kinds of fruit trees

Rakwan

Golden apple

Malay apple

Pacific lychee

Kona
Fruit for hot humid climates

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

Pomelo
Pineapple
Mango
Soursop
Pawpaw
Watermelon
Fruit - for flavour and vitamins

- Watery rose apple
- Guava
- Natu/Kona
- 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

Natu  Hovaka
Gona  Chovuku
Nasu  Gono

Noneu
Kona
Nyiu Nyinou

8
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

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*

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

Fruit can be eaten fresh or used for drinks.
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
Most citrus trees in the hot, humid tropics simply breed pests and diseases. There are much better plants than citrus for producing vitamin C.

- West Indian limes suit tropical places.
- Mandarins peel easily.
- Lemons can be used for drinks.
- In the tropics, “oranges” often stay green, even when ripe.
- Grapefruit are not suited to hot, damp places.
Pacific lychee

A traditional Solomon Island fruit, beautiful in season

Pometia pinnata

Tava
Awa
Tao
Taoa
Mede

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

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

These are part of a large family of tropical fruit. The hairs and skin are removed and the flesh of the fruit eaten.
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.
**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.
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

Alita fasia

Breadfruit

Ailali
Every family needs some nut trees

Coastal almond

Finschia nuts

Ailali nuts

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

Breadfruit

Kat nuts

They are better food than snack foods from stores.

Water chestnut
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
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.

Parartocarpus venenosus
Alita fasia - a delight in the lowlands

The kernel can be eaten raw or roasted.

Ghaghimanga
Nyiga

Talise/Manavasa
Tatalise/Hogolo
Talia lavata

Terminalia kaernbachii

45
Coastal almond - zinc supplement, especially good for children

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

Terminalia catappa

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

46
Ngali nut - a nice nut

Canarium harveyii

Angari

Nyia Nyinge

Okete

Nolepo

Ngoeta

Voi’a

Ngali

Ngari
Suga/Lenge - a great snack food and nut

Tasty and nutritious leaves, flowers and nuts

Dae  Sanaroka  Suagafa  Poke

Gnetum gnemon

Kekoso  Houka

Lenge  Dae fasia

48
Ailali - a coastal and Pacific Island favourite

The nuts are boiled or roasted and eaten.

Inocarpus fagifer

Gnuilaba  Paravu  Ailali
Ifi  Isi  Ivi

Dulafa  Mwaqe  Mabe

Nokomo  Julapa
Paravua  Nyia Oki

49
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

Pakopako    Huhula    Amiki
Amiki        Igula     Mimo

Nonali mato
Tivanono
Quruqasa
Gaegale

Finschia chloroxanthes
Nypa nuts - in the mangroves

*Nypa fruticans*

The stalk can be cut for sap.
Pandanus - occasionally used nuts

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

*Pandanus tectorius*

- Lou lou
- Nonivo

*Pandanus compressus*

- Nyiu nailo
- Kaufadai

Poroporo   Fao

Fa’u da’i   Tobi

Vahara     Vaha

*Pandanus compressus*
Water chestnut - arriving from Panama through the Pacific

Plants can be grown from fresh seeds or cuttings.

Leaves and flowers can be cooked and eaten.

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

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

Cocos nucifera
Peanut - a bean eaten as a nut

Seeds are nutritious and can be eaten raw or cooked.

Arachis hypogea

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

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

Areca catechu

Kasu | Pua | Ota | Bua

Angiro/Malua
Nyia nwotapi
Nokalua
Pijaka
Gaisa
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.
All parts of this plant are very poisonous. The nuts are eaten after a long process of cooking, washing and fermenting.
The scientific name is the same in all languages

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