Food Plants International

“Helping the Hungry Feed Themselves…”

Documenting the edible plants of the world and getting the information back to those who need it most.

“...by being good stewards of God’s resources”

Fruit
Welcome to Papua New Guinea

*The land of fabulous fruit*
Fruit - for flavour and vitamins

- Marita
- Bukubuk
- Guava
- Kapiak
To enjoy a good life, enjoy fruit

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

God meant us to enjoy the exciting flavours and textures of His amazing collection of tropical fruit
Pineapple - a popular snack

Ananas comosus
Bukubuk - a undiscovered special

Burckella obovata
Durian - introduced from Indonesia

*Durio zibethinus*
Jackfruit - becoming better known

Artocarpus heterophyllus
Soursop - an easy to grow coastal fruit

*Annona muricata*
Sweet Suits dry areas around Port Moresby
Bullock’s heart - on coastal islands

Annona reticulata
Guava - vitamin C for kids!

Psidium guajava
Pomelo - the big tropical citrus

Citrus grandis
Clymenia - a unique PNG citrus on offshore islands

Clymenia polyandra
Ton - the Pacific lychee

Pometia pinnata
Avocado - becoming popular in the highlands

*Persea americana*
Highlands kapiak - an occasionally eaten fibrous fruit

Ficus dammaropsis
Kumu musong - also an edible fig fruit

Ficus copiosa and Ficus wassa
Indian mulberry - a food and medicine

Morinda citrifolia
Marita - for beautiful pandanus sauce

Pandanus conoideus
Mulberry fruit

A tasty bonus to mulberry leaves!

Morus alba
Buni or Chinese laurel - a minor tree fruit in the lowlands

Antidesma bunius
Five corner or carambola - a lemon sweetness for flavouring foods

Averrhoa carambola
Bilimbi - a very sour fruit for souring dishes

Averrhoa bilimbi
Baccaurea - an indigenous fruit of coastal regions

Baccaurea papuana
Velvet apple - an introduction distributed in some regions

Diospyros philippensis
Japanese persimmon - introduced but not common

Diospyros kaki
Feijoa - a fruit like guava introduced into some highland regions

Acca sellowiana
Mango - a lowlands favourite especially in seasonally dry areas

*Mangifera indica*
Watermelon - cool and refreshing on hot sandy soils

Citrullus lanatus
Golden apple - with 3 lines and a spiky seed

*Spondias cytherea*
Lime berry - a fruit for jams or jellies or eaten raw or cooked

*Triphasia trifolia*
Mundroi - a unique Manus fruit

Corynocarpus cribbianus
Mangrove nutmeg

*Horsfieldia sylvestris*
Naranjilla - an Andes fruit for the highlands

Solanum quitoense
Tree tomato or tamarillo

Cyphomandra betacea
Mon - small fibrous tree fruit popular in some coastal areas

Dracontomelon dao
Rosella - good for a very easy jam
Pawpaw - self sown in the lowlands
Malay apple - Syzygium malaccense
Watery rose apple -

*Syzygium aqueum*
Rukam
Fruit used as foods

For details about these crops and others see books

Food Plants of Papua New Guinea

and

Growing the most common food plants of Papua New Guinea

Both available as pdf books on the Food Plants International website

www.foodplantsinternational.com