

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.

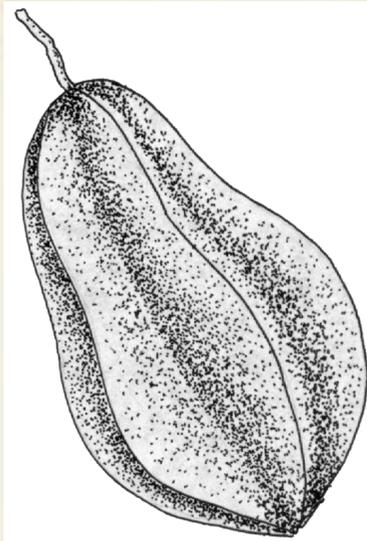
“...by being good stewards of God’s resources”

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

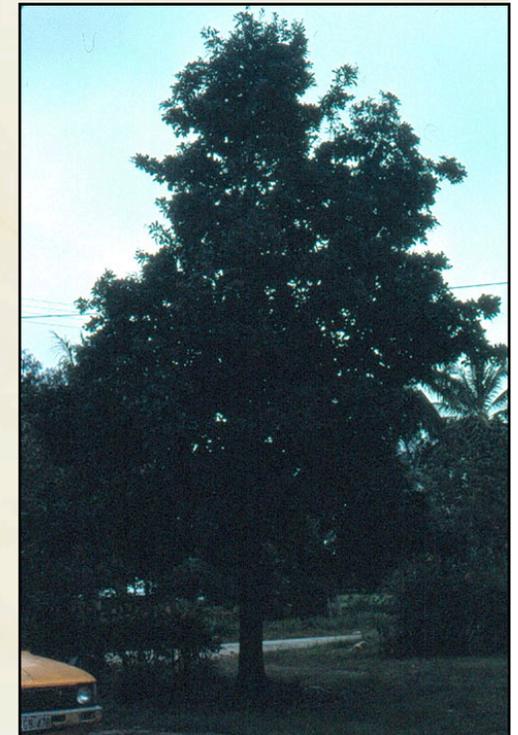
God meant us to enjoy the exciting flavours and textures of His amazing collection of tropical fruit

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



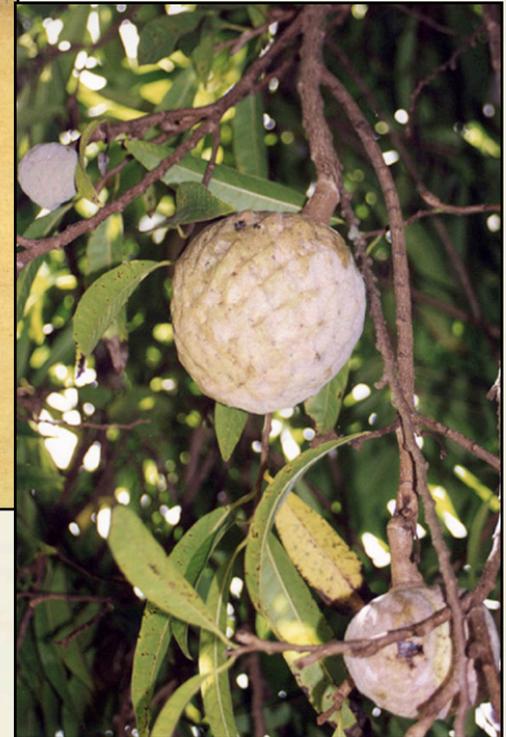
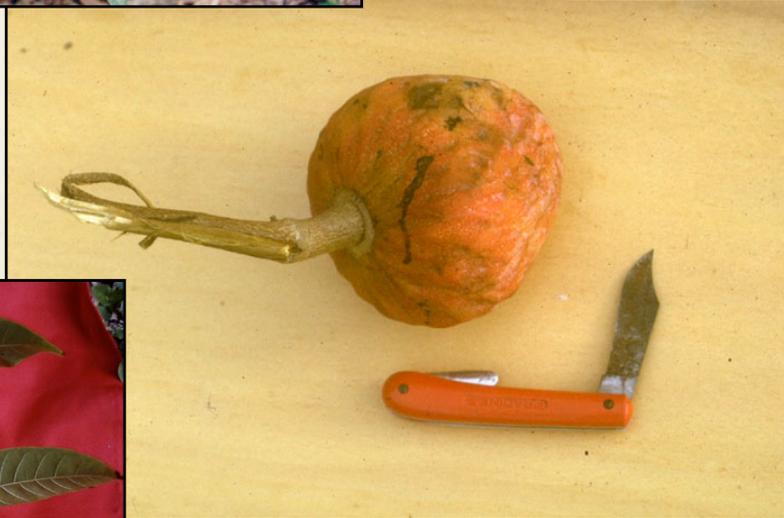
Annona muricata

Sweetsop - Suits dry areas around Port Moresby



Annona squamosa

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



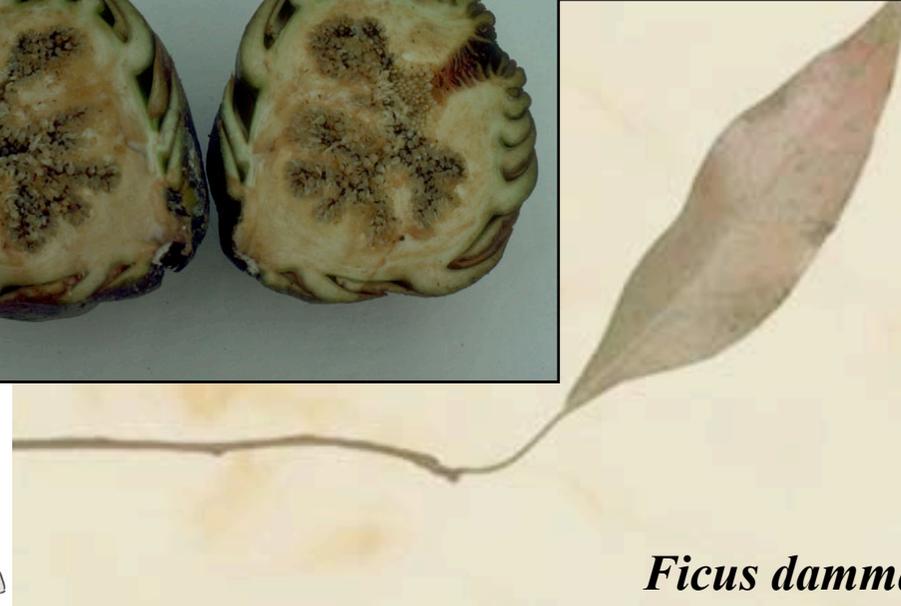
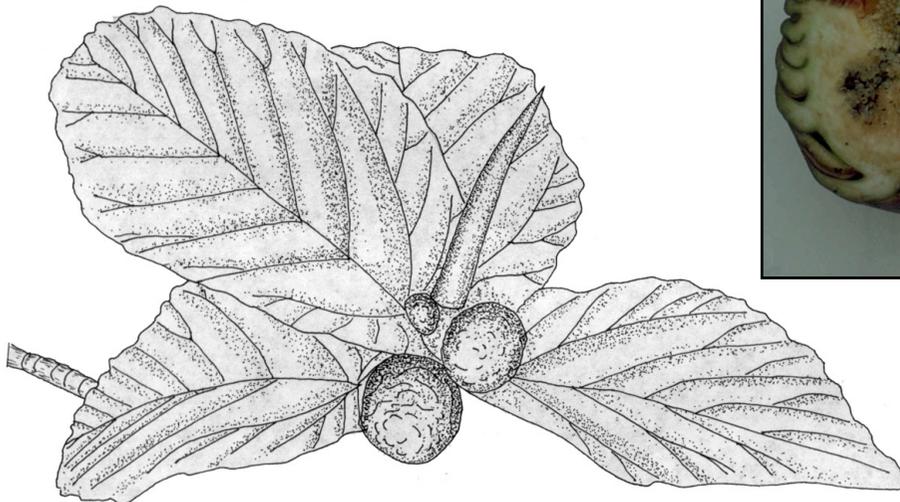
Pometia pinnata

Avocado - becoming popular in the highlands



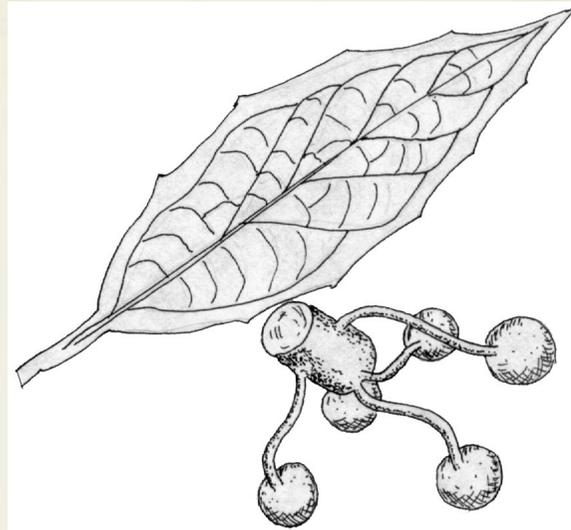
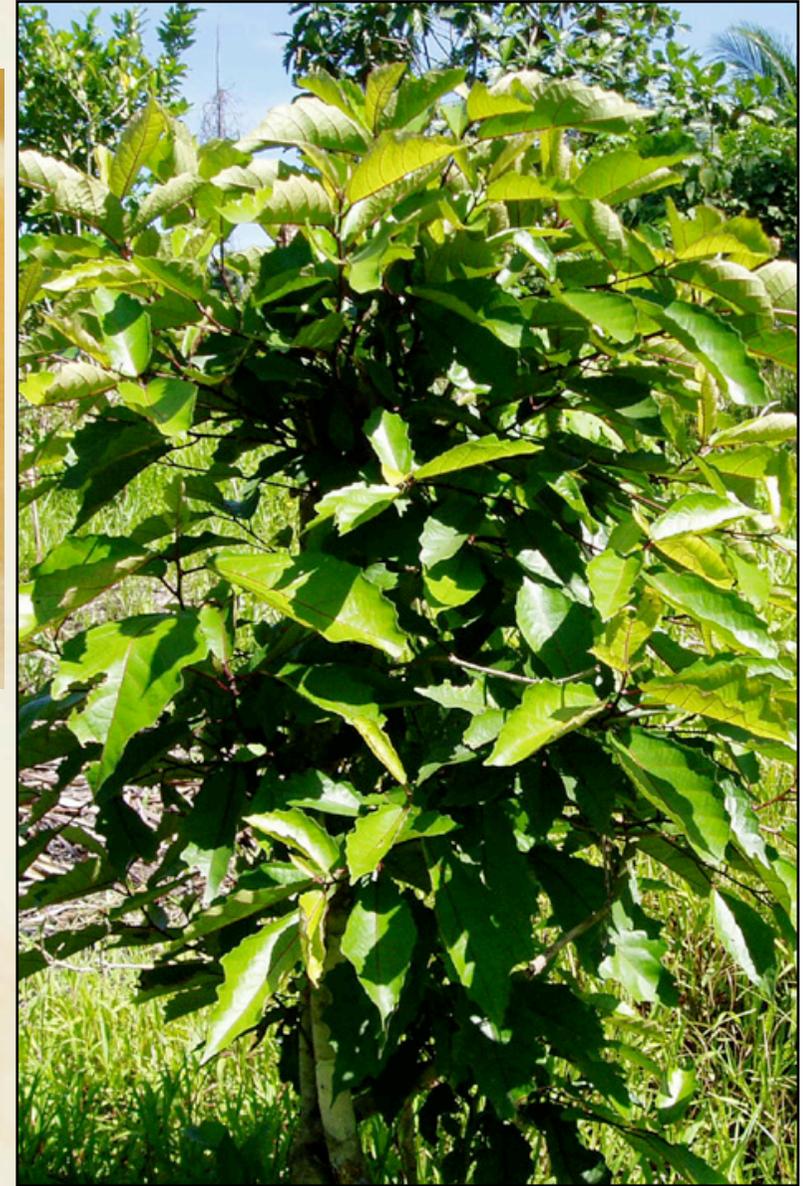
Persea americana

Highlands kapiak - an occasionally eaten fibrous fruit



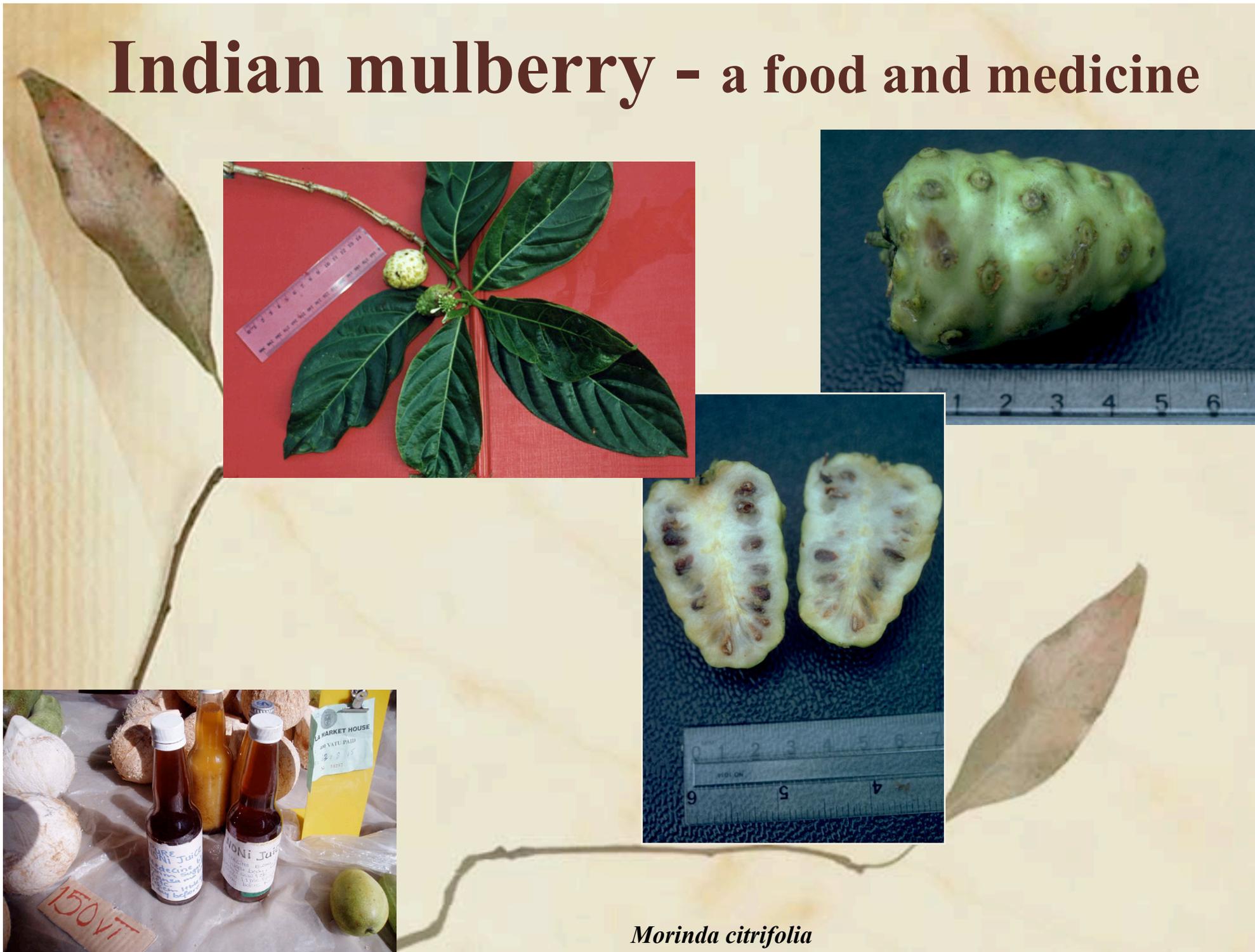
Ficus dammaropsis

Kumu musong - also an edible fig fruit



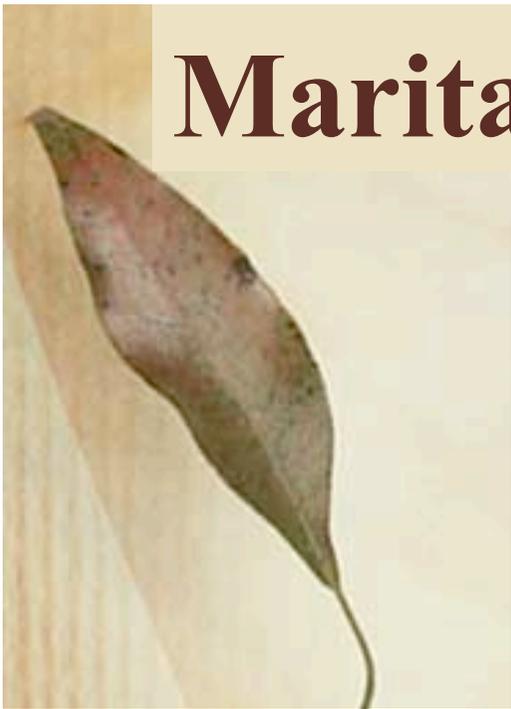
Ficus copiosa and *Ficus wassa*

Indian mulberry - a food and medicine



Morinda citrifolia

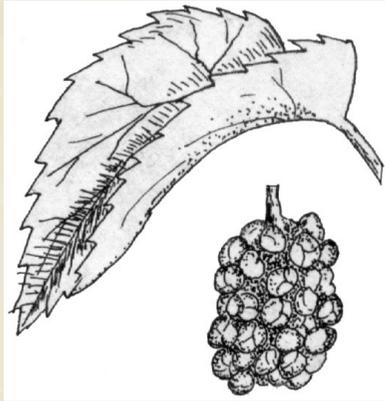
Marita - for beautiful pandanus sauce



Pandanus conoideus

Mulberry fruit

A tasty bonus to mulberry leaves!



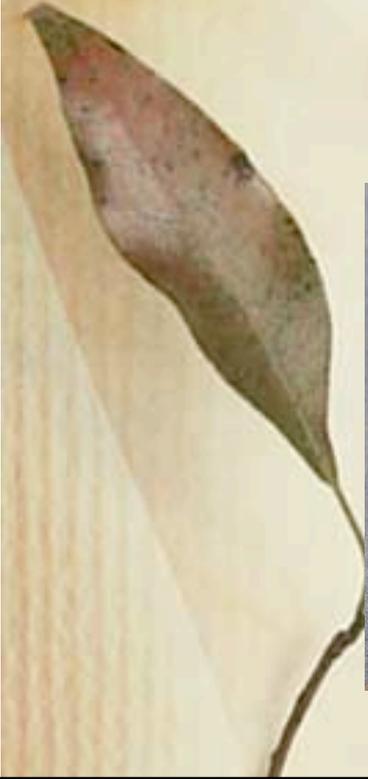
Morus alba

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



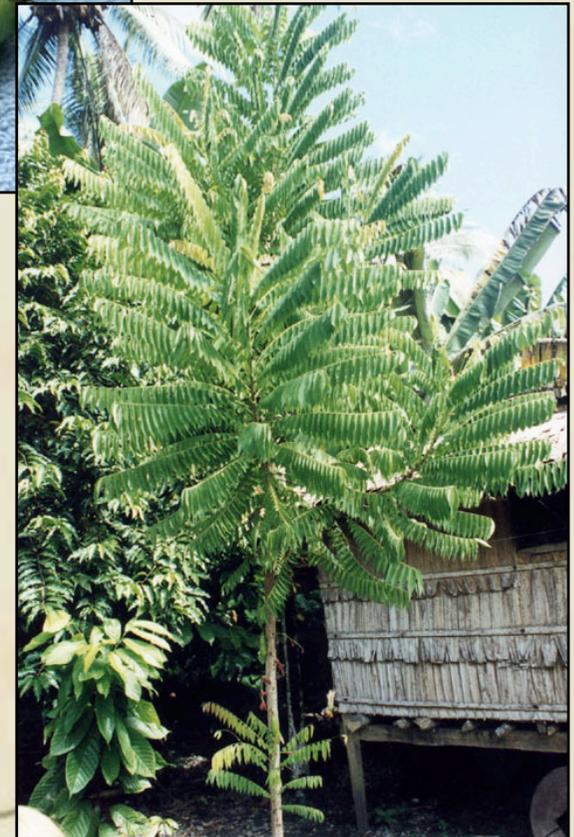
Antidesma bunius

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



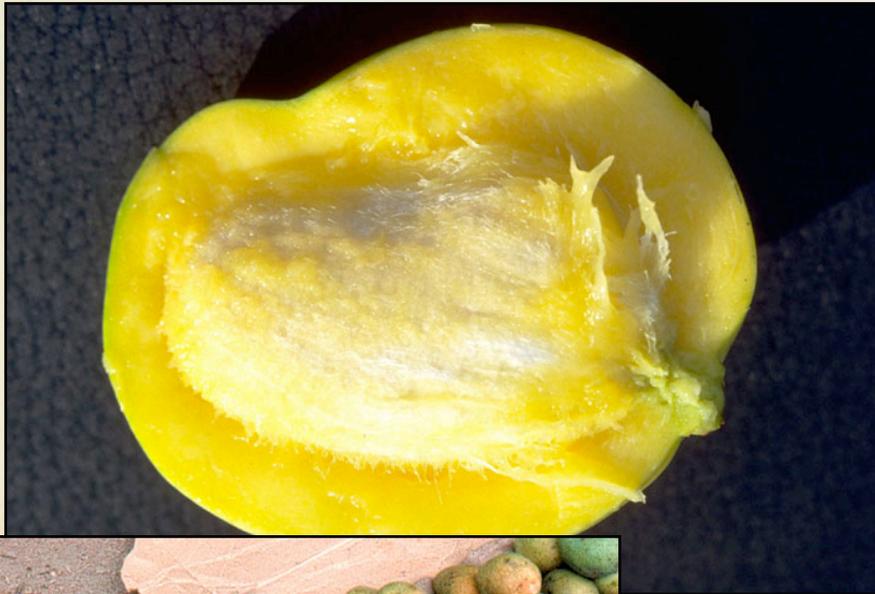
Diospyros kaki

Feijoa - a fruit like guava introduced into some highland regions



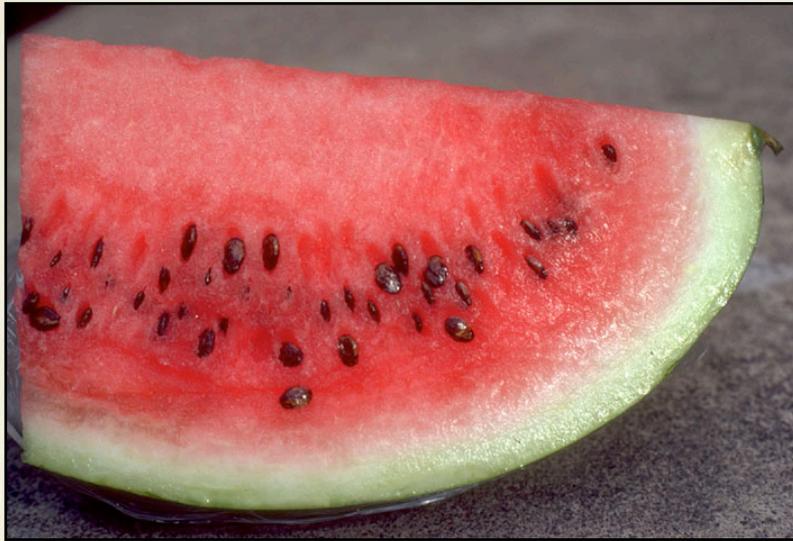
Acca sellowiana

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



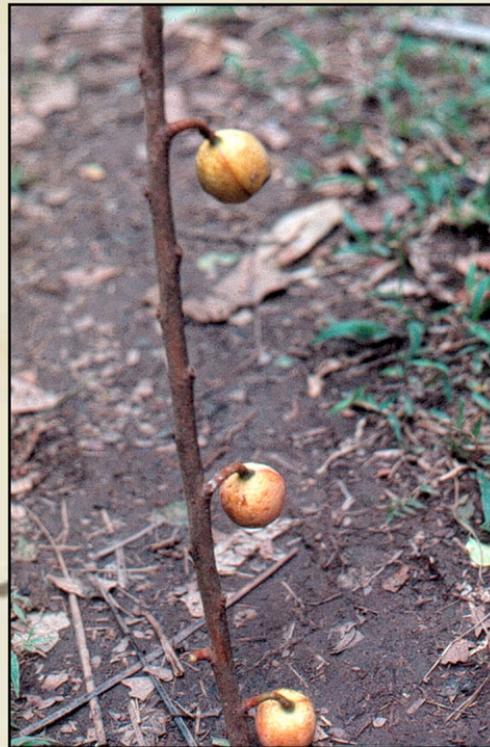
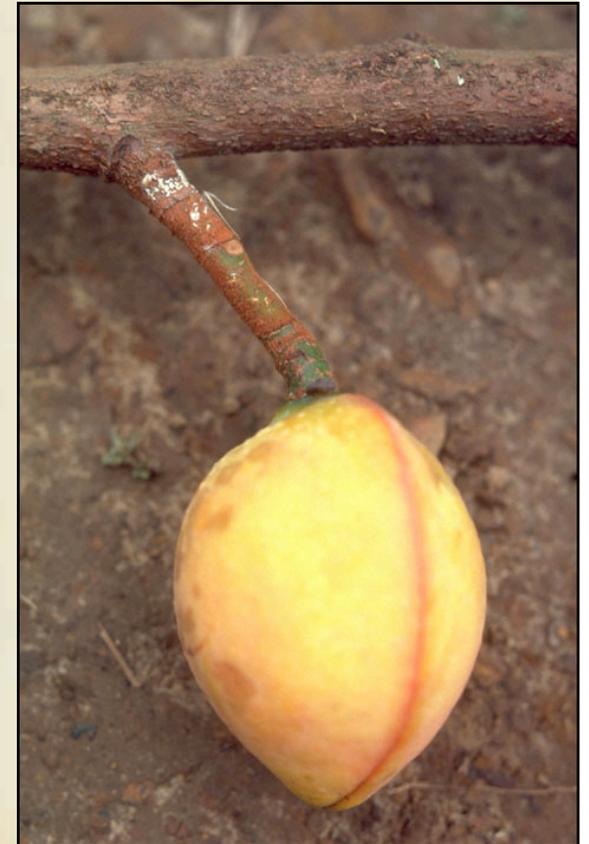
Triphasia trifolia

Mundroi - a unique Manus fruit



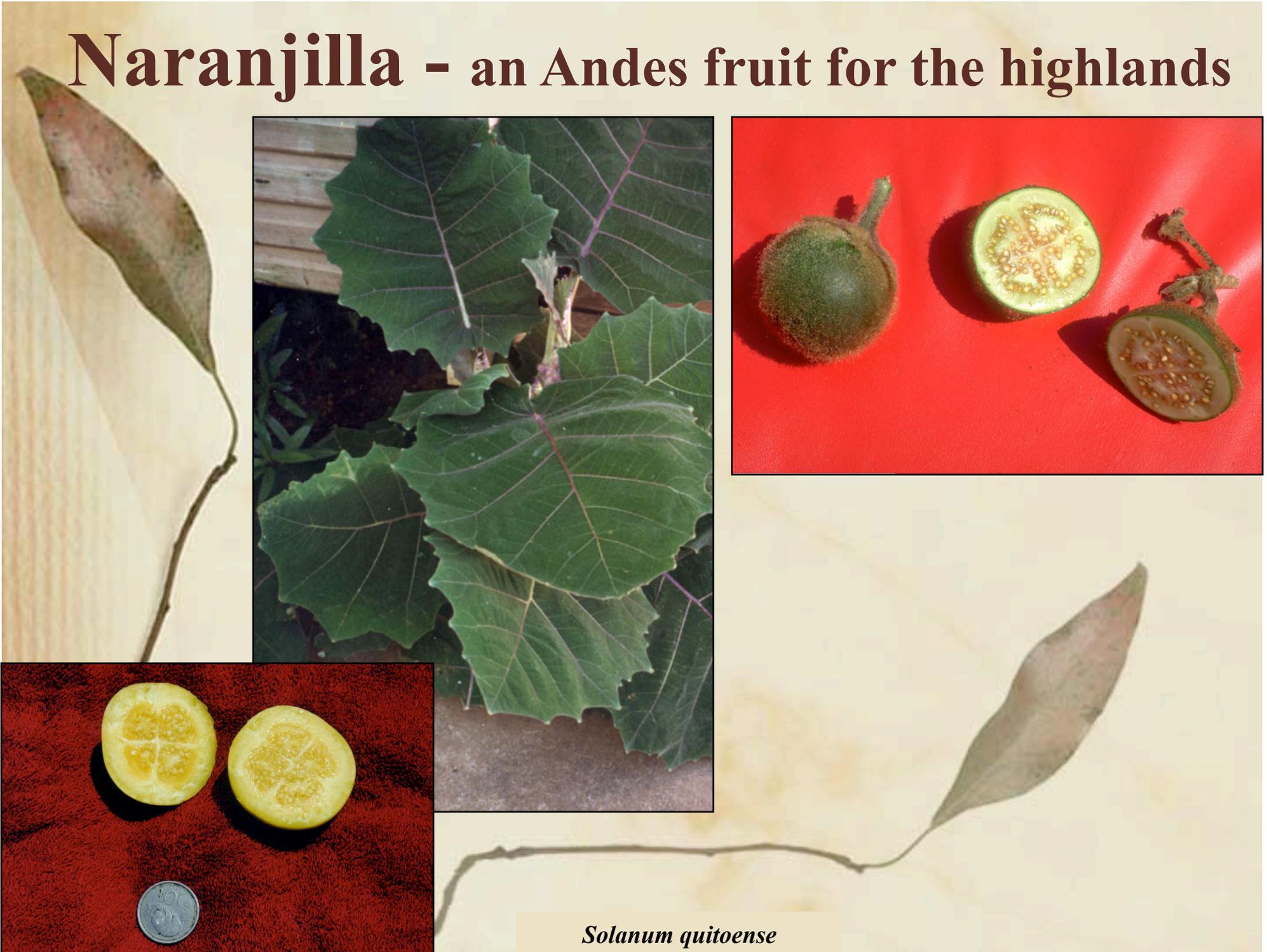
Corynocarpus cribbianus

Mangrove nutmeg



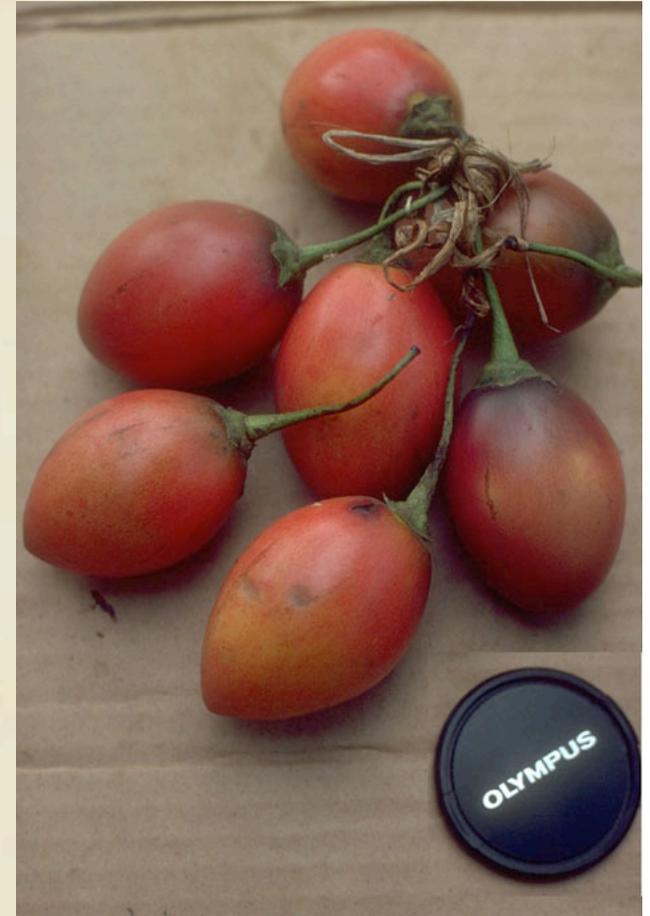
Horsfieldia sylvestris

Naranjilla - an Andes fruit for the highlands



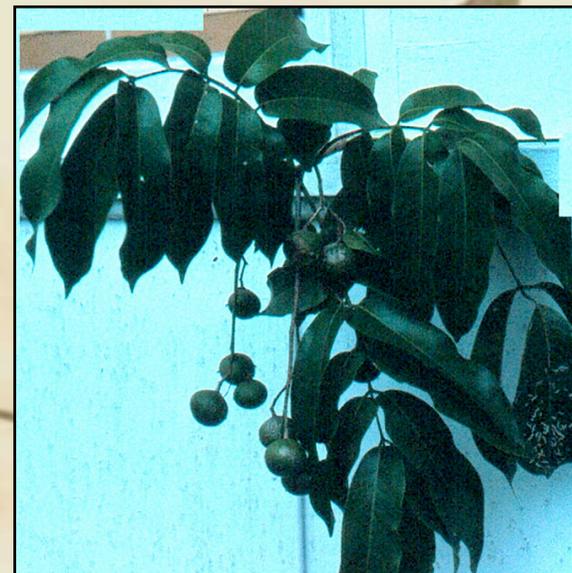
Solanum quitoense

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



Hibiscus sabdariffa

Pawpaw - self sown in the lowlands



Carica papaya

Malay apple -



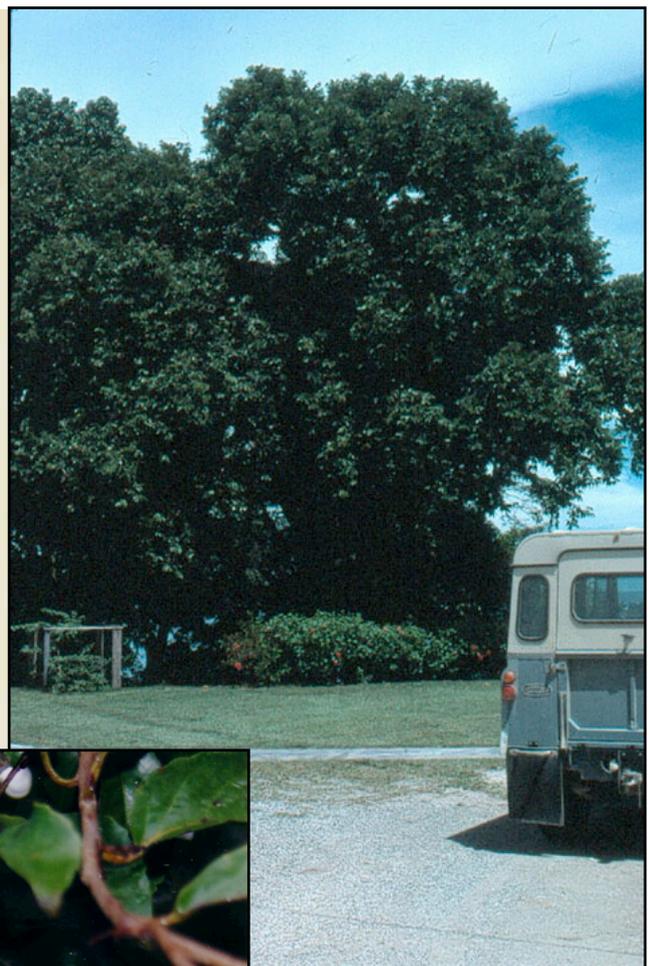
Syzygium malaccense

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

