Potentially Important Fruit and Nuts of the Western Pacific

Practical ways of growing local food plants and doing it well
Two Llamas undertakes environmental and social projects that help Indigenous communities improve their health through improved nutritional awareness.

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

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

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Potentially Important Fruit and Nuts in the Western Pacific

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

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Other publication in this series:

Potentially Important Leafy Greens and Vegetables in the Western Pacific

Good Gardening and Growing Root Crops in the Western Pacific
Western Pacific
islands of fabulous fruit
Fruit taste good and keep us healthy

Everybody should eat some fruit every day.

Good gardeners and farmers plant several kinds of fruit trees.

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

Pineapple
Mango
Pawpaw
Guava
Watermelon
Pacific lychee
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.
Yellow-fleshed bananas are normally rich in carotenoids that help good eyesight.

Ask someone who knows bananas well to find out which ones are sweet and which are for cooking.

Many Western Pacific bananas ripen into sweet snack foods.

Bananas are rich in potassium which helps maintain normal blood pressure.

*Musa spp*
Pineapple - a popular snack

*Ananas comosus*

Planting the lowest suckers gives fruit more quickly.
Guava - vitamin C for children

Fruit are rich in Vitamin C.

Trees grow easily and should be near houses so children can enjoy the fruit.

*Psidium guajava*
Pacific lychee

*Pometia pinnata*

A traditional Western Pacific fruit, beautiful in season.
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

Citrullus lanatus

The seeds are nutritious when dried, salted and roasted. They are rich in zinc and protein.
Pawpaw - self-sown in the lowlands

Pawpaw fruit can be cooked as a vegetable while green, or eaten ripe as a fruit.

Long fruited kinds do not need male trees for pollination. Male flowers can be cooked and eaten.
Western Pacific islands of amazing nut foods
Nuts - nutritious, storable and tasty

Coastal almond

Galip nut

Cashew

Polynesian 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.
Galip nut - a delight in the lowlands

The kernel can be eaten raw or roasted.

Canarium indicum
Coastal almond - zinc supplement, especially good for children

Nuts are rich in zinc and planting of extra trees is encouraged.
Spinach jointfir - a great snack food and nut

Tasty and nutritious leaves, flowers and nuts

Gnetum gnemon
Polynesian chestnut - a coastal and Pacific Island favourite

The nuts are boiled or roasted and eaten.

Inocarpus fagifer
Peanut - a bean eaten as a nut

Seeds are nutritious and can be eaten raw or cooked.

Peanuts can improve the soil and provide food.
Nuts with commercial potential

There is a ready market for these nuts - grow them for sale.
Acknowledgements

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Solutions to Malnutrition

and Food Security