

# Potentially Important Fruit and Nuts of the Western Pacific

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



**FOOD PLANT  
SOLUTIONS  
ROTARIAN ACTION GROUP**

*Solutions to Malnutrition  
and Food Security*



[www.twollamas.org.au](http://www.twollamas.org.au)

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



[www.foodplantsolutions.org](http://www.foodplantsolutions.org)

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*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](mailto:info@foodplantsolutions.org) or [info@supwildernessadventures.com](mailto: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](http://www.foodplantsolutions.org)

We encourage and welcome your support.

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# Potentially Important Fruit and Nuts in the Western Pacific

*Practical ways of growing local food plants,  
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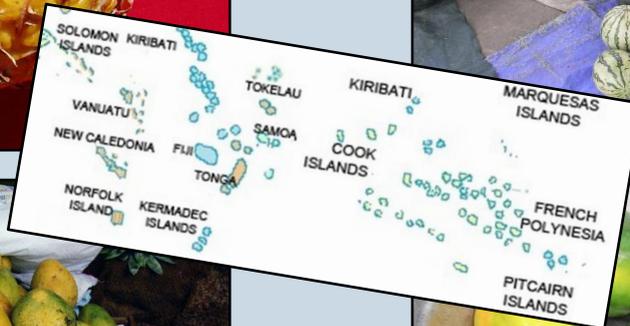
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**Other publication in this series:**

**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



**Pineapple**



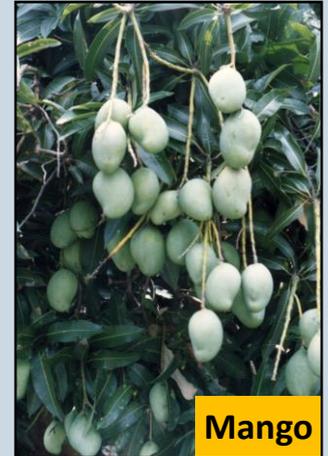
**Pacific lychee**

**Fruit to be enjoyed by all.**

**Some grow quickly.**

**Some need to be planted for the future .**

**Many are seasonal.**



**Mango**



**Pawpaw**



**Guava**



**Watermelon**

# 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.

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

*Musa spp*



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



Many Western Pacific bananas ripen into sweet snack foods.

# Pineapple - a popular snack



*Ananas comosus*

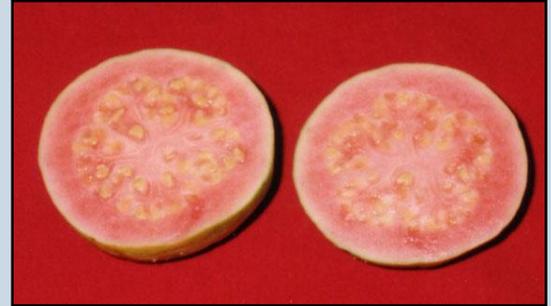


**Planting the lowest suckers gives fruit more quickly.**

# 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*



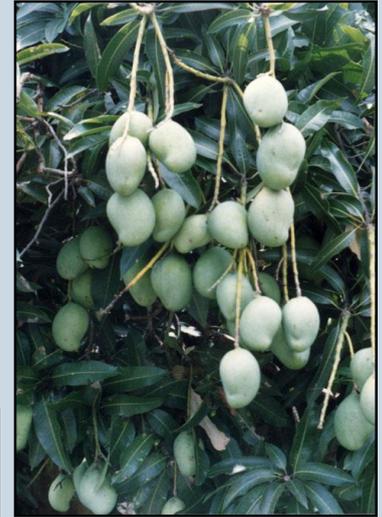
A traditional Western Pacific fruit, beautiful in season.

# 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*

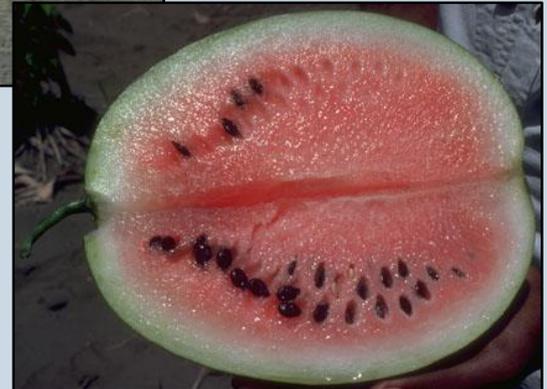
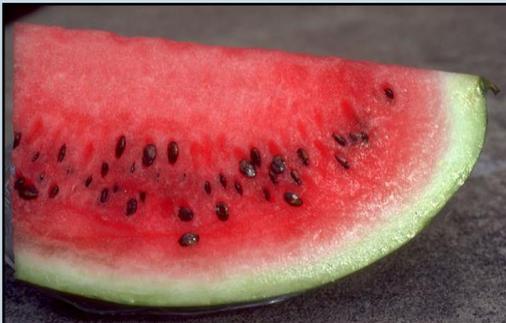
# Watermelon - cool and refreshing



*Citrullus lanatus*

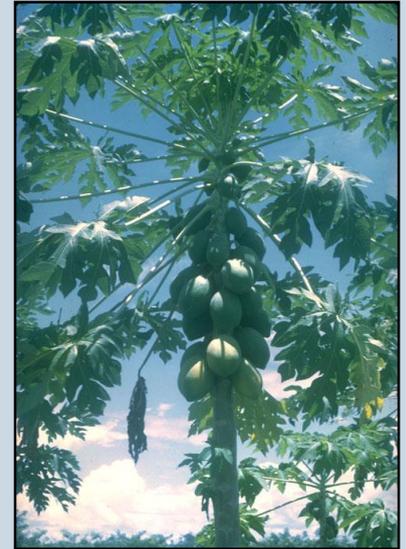


The seeds are nutritious when dried, salted and roasted. They are rich in zinc and protein.



# Pawpaw - self-sown in the lowlands

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

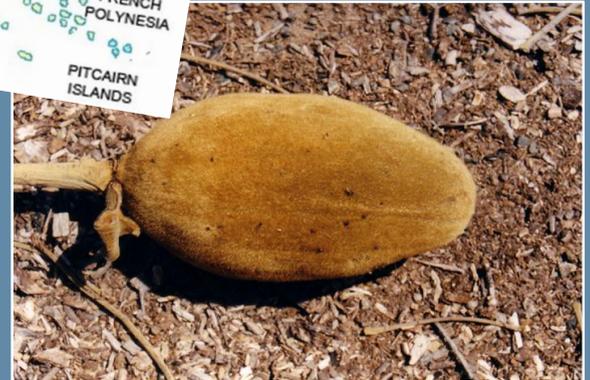


*Carica papaya*



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

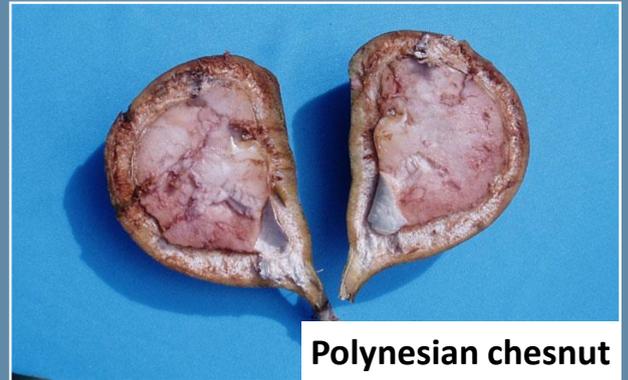
Coastal almond



Cashew



Galip nut



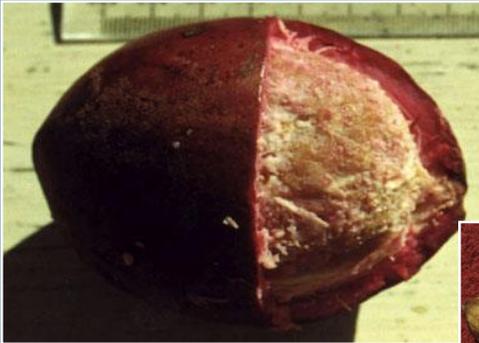
Polynesian chesnut

# For protein, minerals and vitamins, try nuts!

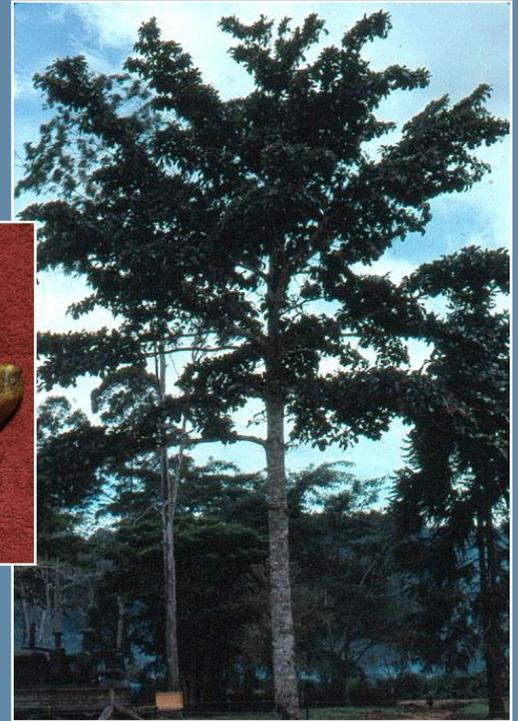
- A seasonal variation in the diet.
- Often a storable reserve food.
- Often loved by children.
- Cheaper and better than bought snack foods.



# 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



*Terminalia catappa*



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



*Arachis hypogea*

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.

# Notes

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# Acknowledgements

This publication has been developed as part of a program undertaken by Food Plant Solutions Rotarian Action Group and SUP Wilderness Adventures.

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