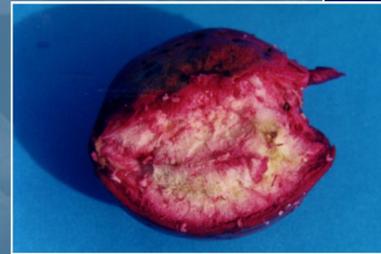


# POTENTIALLY IMPORTANT FRUIT AND NUTS OF THE PHILIPPINES

*PRACTICAL WAYS OF GROWING LOCAL  
FOOD PLANTS AND DOING IT WELL*



**FOOD PLANT  
SOLUTIONS**  
ROTARIAN ACTION GROUP

*Solutions to Malnutrition  
and Food Security*



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

# Potentially Important Fruit and Nuts in the Philippines



Founded in 2008, the Muravah Foundation Inc. head office is in Barangay Sua (Philippines), a small community of 1900+ people. Inspired by the poverty and poor living condition of the area, they have one mission and main objective “We take the people out of poverty, permanently”.

The Muravah Foundation adopts the whole community, and by doing so, is able to address the socio-economic, cultural and environmental issues and concerns of the area and not just do patch work.

The Muravah Foundation is delighted to partner with Food Plant Solutions and believes that this publication will educate the Filipino people on the nutritional value and importance of the local plants.

This publication was made possible through the generous support of the Rotary Club of Hobart and District 9830.

In addition to this booklet, other publications have been created for the Philippines, which can be downloaded from our website: [www.foodplantsolutions.org](http://www.foodplantsolutions.org)

For further details about the project please contact us at: [info@foodplantsolutions.org](mailto:info@foodplantsolutions.org)  
We welcome and encourage your support.

**Food Plant Solutions** - A project of the Rotary Club of Devonport North, Rotary District 9830 & Food Plants International.

Food Plant Solutions operates in accordance with Rotary International Policy but is not an agency of, or controlled by Rotary International



# Potentially Important Fruit and Nuts in the Philippines

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

## Contents:

<b>Fruit</b>	<b>Pages 1 - 14</b>
<b>Nuts</b>	<b>Pages 15 - 22</b>

**Other publications in this series:**

**Food Plants for a Healthy Diet in the Philippines**

**Potentially Important Leafy Greens and Vegetables in the Philippines**

**Good Gardening and Root Crops in the Philippines**

# Philippines - a country of fabulous fruit



# Fruit tastes good and keeps 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.

Banana



Mangosteen



Jackfruit



Rambutan



Soursop



# Fruit for hot humid climates

Mango



Fruit to be enjoyed by all.

Some grow quickly.

Some need to be planted for the future .

Many are seasonal.



Pawpaw

Jackfruit



Avocado

# Enjoy fruit to enjoy a good life

- Fruit adds flavour to life.
- Fruit is often rich in vitamins.
- Fruit makes good, quick snacks.
- Fruit is 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.**



**Many bananas ripen into sweet snack foods.**



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

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



# Mango



Ripe fruit are eaten raw.



*Mangifera indica*

# Guava

Fruit are rich in Vitamin C.

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



# Pawpaw

Fruit can be eaten raw when ripe or when green, cooked.



*Carica papaya*



# Jackfruit

Unripe fruit can be cooked and eaten as a vegetable.

Ripe fruit can be eaten raw.



*Artocarpus heterophyllus*

# Avocado

The fruit pulp is eaten raw when ripe.

*Persea americana*



# Rambutan

Fruit can be eaten fresh when ripe.



Sour fruit can be stewed.

*Nephelium lappaceum*

# Soursop

Fruit can be eaten fresh and young fruit can be cooked as a vegetable.



*Annona muricata*



# Pomelo — Vitamin C for children



**Fruit are rich in  
Vitamin C.**



**Fruit are  
eaten fresh  
or dried and  
candied.**

*Citrus maxima*



# Mangosteen



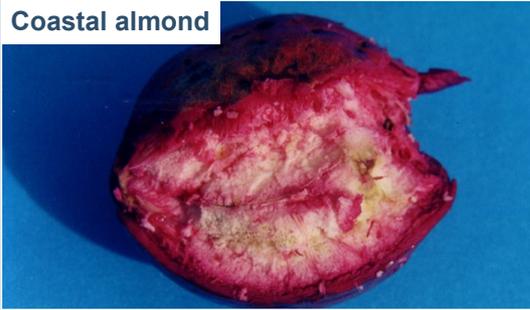
Fruit are best eaten fresh

*Garcinia mangostana*



# Philippines - nut foods

Coastal almond



Macadamia



Baobab



# Nuts - nutritious, storable, tasty and rich in protein, vitamins and minerals

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



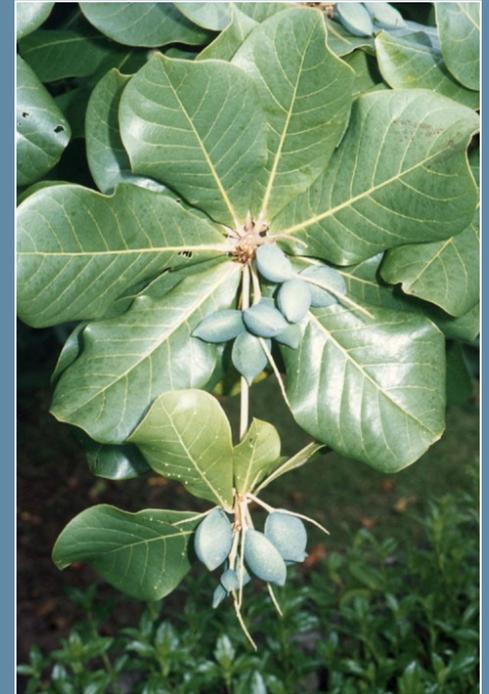
# Coastal almond



The kernel of the fruit is eaten raw.



*Terminalia catappa*



# Cashew nut - zinc supplement, especially good for children



*Anacardium occidentale*

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



# Pili nut



Nuts can be eaten raw or roasted.



*Canarium ovatum*



# Macadamia



Nuts are nutritious  
and can be eaten raw  
or cooked.



*Macadamia integrifolia*

# Baobab



The seeds of the baobab are high in energy.

They can be eaten fresh or dried and ground into flour.



*Adansonia digitata*

# Chinese chestnut



The nuts can be eaten both fresh and dried.



*Castanea mollissima*



**Notes:**

# Acknowledgements

This publication was made possible through the generous support of the Rotary Club of Hobart and District 9830.

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For further details about the project please contact us at [info@foodplantsolutions.org](mailto:info@foodplantsolutions.org).

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