POTENTIALLY IMPORTANT FRUIT AND NUTS OF THE PHILIPPINES

PRACTICAL WAYS OF GROWING LOCAL FOOD PLANTS AND DOING IT WELL
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

For further details about the project please contact us at: 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:
- Fruit: Pages 1 - 14
- Nuts: Pages 15 - 22

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.

- Mangosteen
- Rambutan
- Banana
- Jackfruit
- Soursop
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.
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.
Ripe fruit are eaten raw.

Mango

Mangifera indica
Guava

Fruit are rich in Vitamin C.

Trees grow easily and should be near houses so children can enjoy the fruit.
Fruit can be eaten raw when ripe or when green, cooked.

Pawpaw

Carica papaya
Jackfruit

Unripe fruit can be cooked and eaten as a vegetable.

Ripe fruit can be eaten raw.

Artocarpus heterophyllus
The fruit pulp is eaten raw when ripe.

*Persea americana*
Fruit can be eaten fresh when ripe.

Sour fruit can be stewed.

*Nephelium lappaceum*
Fruit can be eaten fresh and young fruit can be cooked as a vegetable.
Pomelo — Vitamin C for children

Fruit are rich in Vitamin C.

Fruit are eaten fresh or dried and candied.

Citrus maxima
Mangosteen

Garcinia mangostana

Fruit are best eaten fresh
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

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

*Anacardium occidentale*
Nuts can be eaten raw or roasted.
Nuts are nutritious and can be eaten raw or cooked.

Macadamia

Macadamia integrifolia
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
Acknowledgements

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

It would have not been possible without the commitment and support of the various volunteers, who have shared the vision and unselfishly given their time to support this project.

Review, layout and formatting - Lyndie Kite and John McPhee

For further details about the project please contact us at info@foodplantsolutions.org.

We welcome and encourage your support.

Food Plant Solutions

www.foodplantsolutions.org
Solutions to Malnutrition and Food Security

FOOD PLANT SOLUTIONS
ROTARIAN ACTION GROUP

www.foodplantsolutions.org