FRUIT AND NUTS OF VIETNAM

PRACTICAL WAYS OF GROWING LOCAL FOOD PLANTS AND DOING IT WELL

A project of the Rotary Club of Devonport North and District 9830
We welcome and encourage your support.

Food Plant Solutions produces educational materials to enable people to understand the nutritional value of local food plants and increase awareness of highly nutritious plants that are adapted to the local environment. Some of these plants are under-utilised species and many are superior to imported foods and plants. Food Plant Solutions produces these materials because every minute of every day, five children under the age of five die from malnutrition.

Fruit and nuts of Vietnam
Vietnam - a country of fabulous fruit

Pawpaw

Banana

Mango

Pineapple
Fruit tastes good and keeps us healthy

Everybody should eat some fruit every day.

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

Good gardeners and farmers plant several kinds of fruit trees.
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.

Banana
Pawpaw
Mangosteen
Mango

Banana
Pawpaw
Mangosteen
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.
Vitamin A in fruit

Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women. People who are short of Vitamin A have trouble seeing at night. In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.
Vitamin C in fruit

Vitamin C is important for helping us to avoid sickness
Mango

Ripe fruit is eaten raw.
Unripe fruit is pickled.
Young leaves can be eaten raw or cooked

Mangifera indica
Pineapple

Fruit is eaten fresh or used for juice.

Unripe fruit can be eaten cooked.

*Ananas comosus*
Banana

Fruit are eaten raw or cooked, depending on the variety.

*Musa spp*
Pawpaw

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

*Carica papaya*
Watermelon

Ripe fruit are eaten raw.

Seeds can be eaten.  

*Citrullus lanatus*
Rambutan

Ripe fruit are eaten fresh.

*Nephelium lappaceum*
Dragon fruit

Ripe fruit are eaten fresh.
Unopened flower buds are cooked and eaten as a vegetable.

*Hylocereus undatus*
Flesh around the seeds is eaten.

*Durio zibethinus*

Unripe fruit can be eaten as a vegetable.
Mangosteen

Flesh around the seed is eaten fresh
Vietnam - nuts and seeds

Safflower

Cashew

Coastal almond
**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.
Cashew nut

Nuts are eaten raw or roasted.
The flesh of the "apple" is eaten when very ripe

Anacardium occidentale
Peanut

The seed can be dried and stored for later use.

They are nutritious and can be roasted and eaten as snacks.

Peanuts can improve the soil whilst providing food.

*Arachis hypogea*
Coastal almond

The kernel of the fruit is eaten raw.

Terminalia catappa
Safflower

The seeds are eaten hulled and roasted.

The seed oil is used in cooking.

*Carthamus tinctorius*
Acknowledgements

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# Image acknowledgements

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