

FRUIT AND NUTS OF VIETNAM

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



FOOD PLANT SOLUTIONS
ROTARY ACTION GROUP
Solutions to Malnutrition and Food Security



A project of the Rotary Club of Devonport North and District 9830

Fruit and nuts of Vietnam



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.

We welcome and encourage your support.

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

This booklet is based on information from the Food Plants International (FPI) database, "Edible Plants of the World", developed by Tasmanian agricultural scientist Bruce French.

Version 2, April 2023

Vietnam - a country of fabulous fruit



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.



Durian



Watermelon



Rambutan



Dragon fruit

Fruit for hot humid climates



Mango



Banana

Fruit to be enjoyed by all.

Some grow quickly.

Some need to be planted for the future .

Many are seasonal.



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.



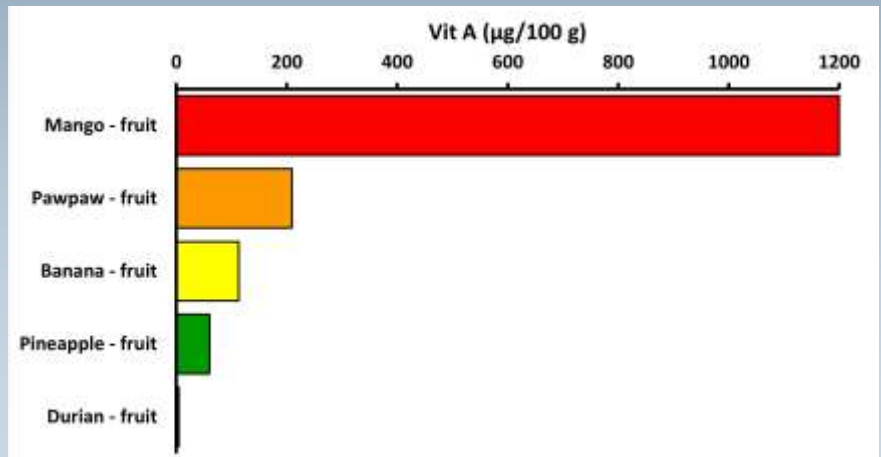
We are meant to enjoy the exciting flavours and textures of an amazing variety of tropical fruit.

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

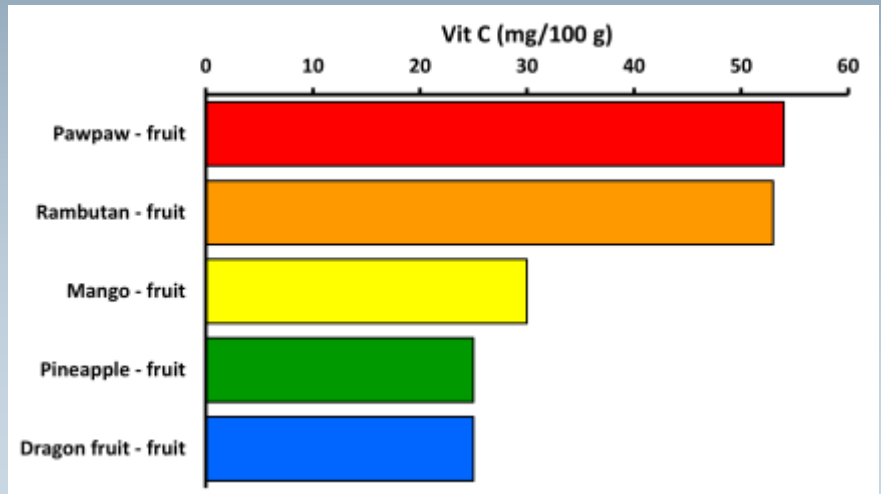


Rambutan



Pawpaw

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



Ananas comosus

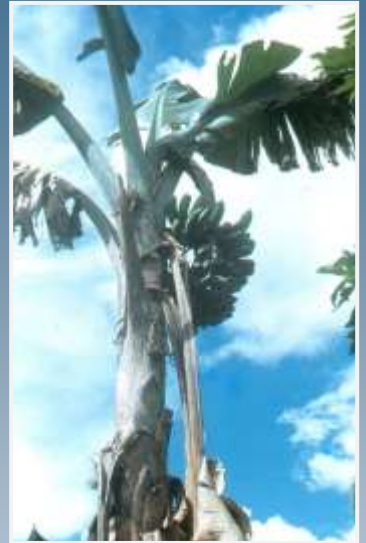
Fruit is eaten fresh or used for juice.

Unripe fruit can be eaten cooked.

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.

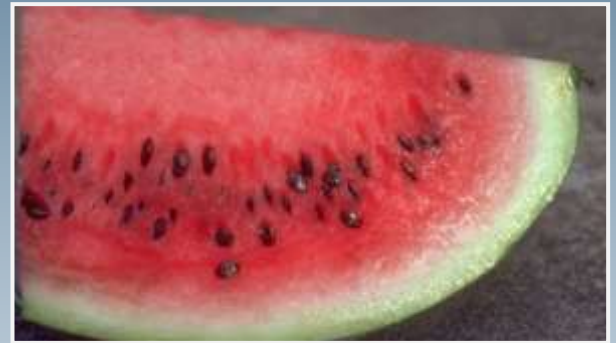


Carica papaya



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



Durian

**Flesh around the seeds
is eaten.**

Durio zibethinus



**Unripe fruit can be
eaten as a vegetable.**



Mangosteen

Flesh around the seed is
eaten fresh



Garcinia mangostana



Vietnam- nuts and seeds



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.

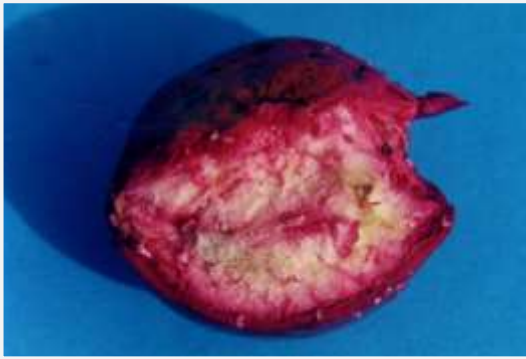
Peanuts can improve the soil whilst providing food.



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



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

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, Rick Campbell and John McPhee

For further details contact us at: info@foodplantsolutions.org, website: www.foodplantsolutions.org

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

Image acknowledgements

Most images used in this publication are drawn from the Food Plants International database. Acknowledgement is given for images of the following plants sourced from the internet.

| Scientific name | Common name | Image URL |
|-------------------------------|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Vietnam market | https://flexiclassess.com/vietnamese/market/ |
| <i>Carthamus tinctorius</i> | Safflower | https://www.illinoiswildflowers.info/weeds/plants/safflower.html https://supplements.selfdecode.com/blog/safflower-oil/ |
| <i>Carthamus tinctorius</i> | Safflower seed | https://www.indiamart.com/proddetail/safflower-seed-16285347097.html |
| <i>Anacardium occidentale</i> | Cashew (apple) | https://blogs.extension.iastate.edu/answerline/2021/04/13/cashews-not-really-a-nut/ |

Notes

Notes



FOOD PLANT SOLUTIONS
ROTARY ACTION GROUP
Solutions to Malnutrition and Food Security



www.foodplantsolutions.org