

POTENTIALLY IMPORTANT FRUIT AND NUTS OF TIMOR-LESTE

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



**FOOD PLANT
SOLUTIONS**
ROTARIAN ACTION GROUP

*Solutions to Malnutrition
and Food Security*



ChildFund
Timor-Leste

www.foodplantsolutions.org

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

Potentially Important Fruit and Nuts in Timor-Leste



ChildFund Timor-Leste is a representative office of ChildFund Australia. ChildFund Australia is an international development agency that works in partnership with children and their communities to create lasting and meaningful change by supporting long-term community development and promoting children's rights and directly implements child-focused development programs in six countries—Vietnam, Papua New Guinea, Laos, Cambodia, Myanmar, and Timor-Leste.

ChildFund Timor-Leste has partnered with Food Plant Solutions to improve the health and nutrition for children under 5 years by promoting kitchen gardens and equip parents with skills to provide nutritious food to their girl and boy child, especially in the first 1000 days.

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

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 Timor-Leste

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

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Other publications in this series:

Food Plants for a Healthy Diet in Timor-Leste

Potentially Important Leafy Greens and Vegetables in Timor-Leste

Good Gardening and Root Crops in Timor-Leste

Timor-Leste country of fabulous fruit



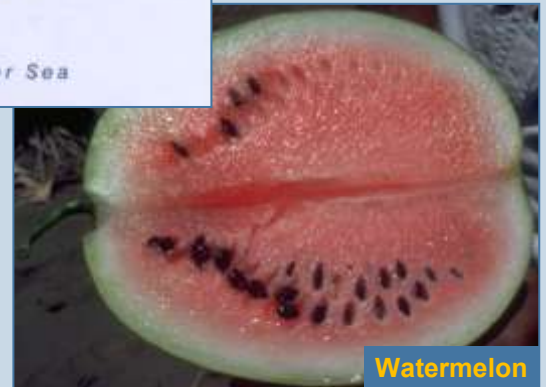
Soursop



Pacific lychee



Mango



Watermelon

Fruit tastes good and keeps us healthy

Avocado



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.

Pomelo



Mango



Malay-apple



Banana



Breadfruit



Fruit for hot humid climates

Soursop



Fruit to be enjoyed by all.
Some grow quickly.
Some need to be planted for the future .
Many are seasonal.



Pacific lychee

Chemedak



Watermelon



Tamarillo

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.



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.

Soursop - a popular snack



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.**



Pacific lychee

The fleshy layer around the seed is eaten raw.



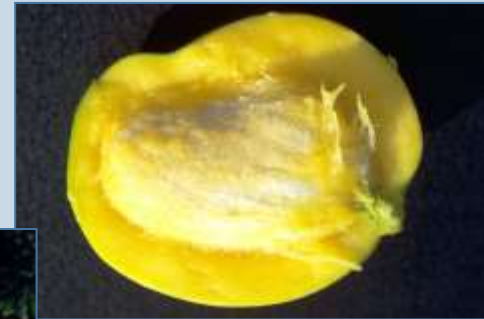
Seeds can be roasted and eaten.



Mango



Ripe fruit are eaten raw.



Avocado

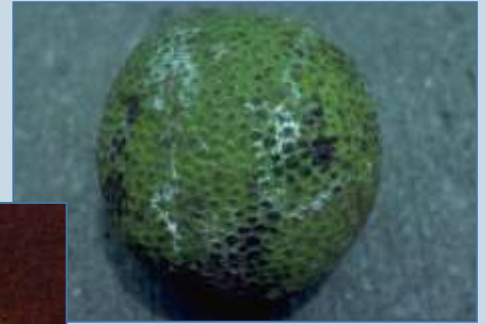


The fruit pulp is eaten raw or cooked.



Breadfruit

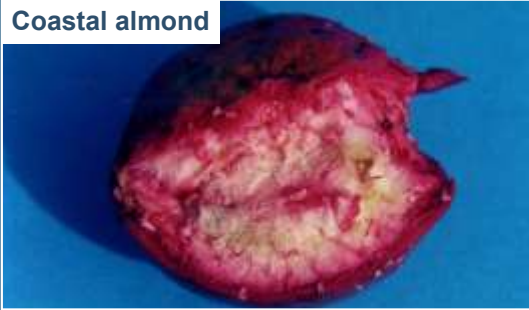
The flesh of the fruit is eaten cooked.



The flesh can be boiled, baked, steamed or mashed.

Timor-Leste - nut foods

Coastal almond



Polynesian chestnut



Nypa palm



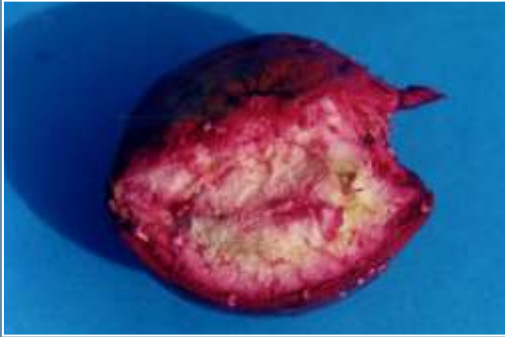
Cashew

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.



Cashew nut - zinc supplement, especially good for children



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



Polynesian chestnut



Nuts are normally roasted.



Peanut



**Seeds are nutritious
and can be eaten raw or
cooked.**



**Peanuts can improve
the soil and provide
food.**



Notes:

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Acknowledgements

This publication has been developed as part of a project undertaken by Food Plant Solutions Rotarian Action Group, ChildFund Timor–Leste and the Australian Government (DFAT).

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