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
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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
 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.
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.

- Soursop
- Chemedak
- Watermelon
- Pacific lychee
- Tamarillo
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.
Fruit can be eaten fresh and young fruit can be cooked as a vegetable.
Fruit are rich in Vitamin C.

Fruit are eaten fresh or dried and candied.

Pomelo — Vitamin C for children
Pacific lychee

The fleshy layer around the seed is eaten raw.

Seeds can be roasted and eaten.
Mango

Ripe fruit are eaten raw.
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.
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.
Peanuts can improve the soil and provide food.

Seeds are nutritious and can be eaten raw or cooked.
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