

POTENTIALLY IMPORTANT LEAFY GREENS AND VEGETABLES IN 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,
and Food Plants International

Potentially Important Leafy Greens and Vegetables 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.
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 Leafy Greens and Vegetables in Timor-Leste

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

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Fruit and Nuts in Timor-Leste

Good Gardening and Growing Root Crops in Timor-Leste

Food Plants for Healthy Diets in Timor-Leste

Timor-Leste

country of beautiful leafy vegetables



Amaranth



Okra



Bean leaves

Leafy greens - the health foods of the nation

Slippery cabbage



Indian spinach



Sweet potato



Spinach jointfir



Using leafy greens

Collect and cook a mixture of leaves



Many edible leafy greens grow around houses and along roadsides.



Healthy food

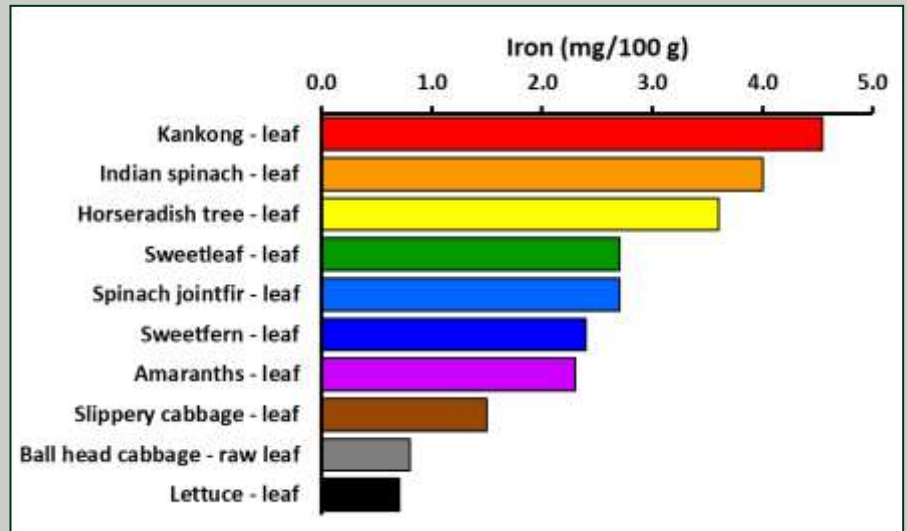


Green leafy vegetables should be cooked.

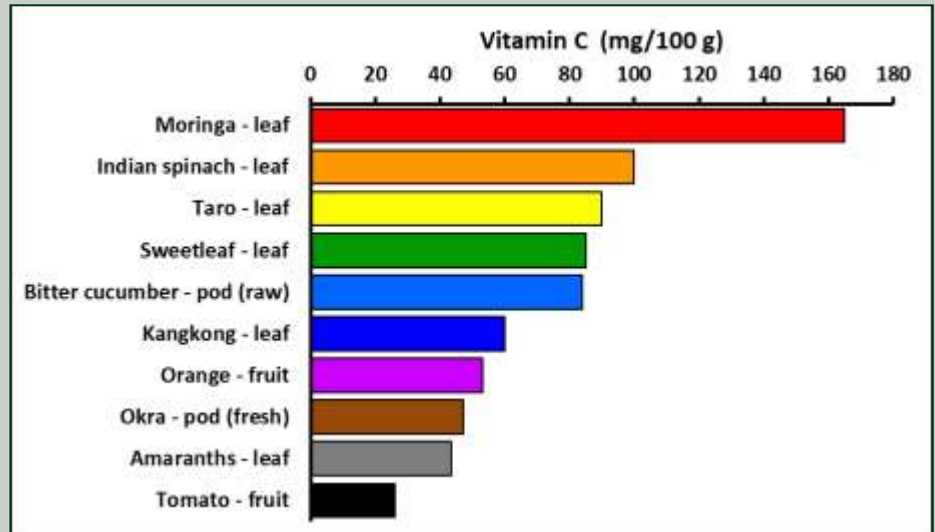
Healthy people eat leafy greens

- Many plants have edible leaves.
- Edible leaves are nutritious.
- Normally, all leaves should be cooked to kill bacteria.
- Everybody should eat a fish tin full of dark green leaves every day to stay healthy.
- Some leafy greens can be grown as hedges, in swamps, and around houses to provide a regular daily supply of leafy vegetables.

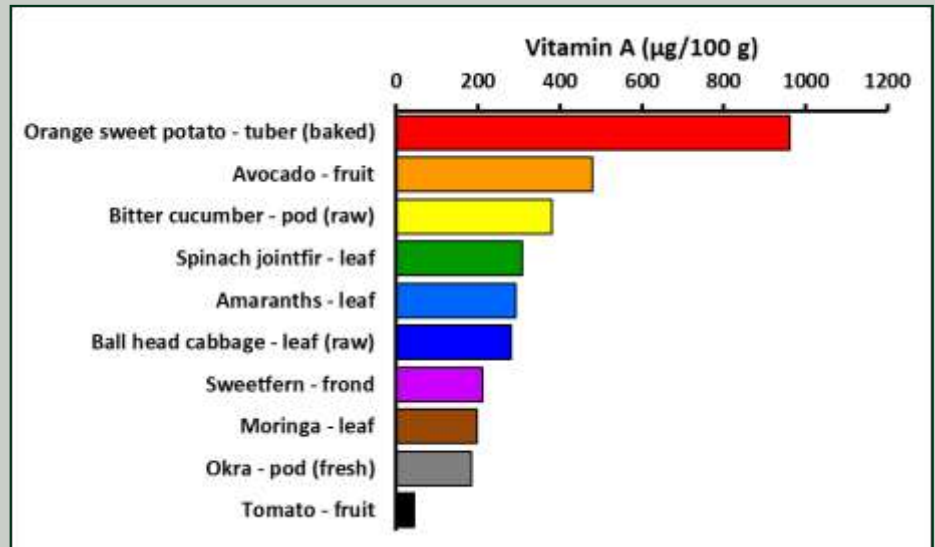
Green leafy vegetables - Iron content



Vitamin C for good health



Vitamin A value of leaves



Slippery cabbage - a delicious, highly nutritious leaf



Fry or steam it to
avoid it going
slimy.



Abelmoschus manihot



Amaranth - a quick growing green

A home garden favourite



Scattering seeds in
old fire ashes helps
plants grow well.



Amaranthus
spp



Chinese taro



A nutritious leaf that grows easily.

***Xanthosoma*
*sagittifolium***



Kangkong



The young tips of shoots can be boiled, steamed or stir-fried.

Plants can be grown from cuttings or seeds



Ipomoea aquatica

Sweet potato leaf



Leaves are edible raw or cooked.

Ground cover or climbing plant.



Ipomoea batatas

Spinach jointfir



Young leaf tips are eaten cooked.



Gnetum gnemon



Sweetleaf

Older leaves are cooked.



The young tips, young leaves, flowers and small fruit are eaten raw.



Shrubs grow for a long time.

Sauropus androgynus



Cassava



Young leaves are edible after cooking.



Manihot esculenta

Indian spinach



**It grows up fences,
sticks or over stumps.**

**The leaves can be
fried, steamed and
used in soups and
stews.**



Basella alba

Taro leaf

A good quality
delicacy.



Colocasia esculenta



Sweetfern

The fronds are cooked and eaten as a vegetable.



Diplazium esculentum



Leafy greens of Timor-Leste



**Dark green leaves
should be eaten daily.
They should be cooked
and can be steamed,
fried or boiled.**



Edible leaves



Taro



Okra



Slippery cabbage



Bitter cucumber leaf



Chinese taro

Edible leaves



Winged bean leaf



Cashew leaf



Choko leaf

Edible leaves



Plant poisons

Some foods contain substances that can cause illness. Check preparation methods before eating. Some examples are:

- **Bacteria on leaves can cause stomach upsets. Food should be cooked to kill bacteria.**
- **Cyanide is a poison commonly found in plants (e.g. cassava). It makes them bitter, but is destroyed when food is well cooked.**
- **Oxalates are common in plants (e.g. taro). They are sour and can burn the throat. Changing the water during cooking can reduce oxalates.**
- **Plants can accumulate nitrates that are poisonous to children. This happens when excess nitrogen fertilisers are added to some leafy vegetables (e.g. amaranth).**

Vegetable foods of Timor-Leste



Vegetables for variety and nutrition

Some vegetables and edible leaves should be planted near houses so they are easily available, even on wet days, or when people can't get to distant gardens.



Tomato



Choko



Bulb onion

As some vegetables only grow in certain seasons, families should plant a wide range to provide food all year.

Vegetables - nutritious and tasty



Okra



Winged bean



Moringa



Chinese taro

Foxtail millet - versatile seeds

The sprouted seeds can be used like a vegetable.



Setaria italica

Okra



Young leaves, pods and seeds can be eaten. Leaves are edible cooked, like slippery cabbage.

The pods can be eaten cooked or used to thicken soups.



*Abelmoschus
esculentus*



Bitter cucumber



Momordica charantia

Pods are eaten cooked.



The leaves can be used in salads or cooked.



Seeds are best soaked for 24 hours before sowing to give quick germination.

Lima bean



The seeds, leaves and young pods are all eaten.



Phaseolus lunatus



Winged bean

A popular climbing bean with leaves, pods, seeds and root tubers that can be cooked and eaten.



Psophocarpus tetragonolobus

Choko



The fruit can be pickled, baked or steamed.

The entire fruit is planted
as the seed can not
stand drying out.



Sechium edule



Lotus root

The white roots can be eaten raw or cooked.

Seeds can be eaten
raw or roasted.



Nelumbo nucifera

Pigeon pea - a shrub with edible seeds and leaves



Pigeon pea has deep roots that recycle nutrients and help it to grow in drier places.

Being a legume it puts nitrogen into the soil.



The leaves, pods, seeds and sprouts can all be cooked and eaten.

Cajanus cajan



Moringa

The roots, leaves, flowers
and fruits are eaten
cooked.



Moringa oleifera



Acknowledgements

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