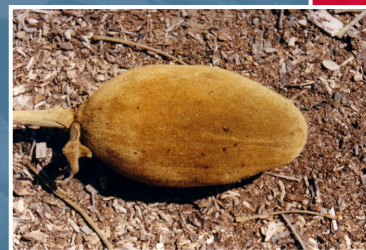


FRUIT AND NUTS OF CAMBODIA

*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 Cambodia



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,
developed by Tasmanian agricultural scientist Bruce French, AO.

Version 1, Mar 2025 (English)

Cambodia - a country of fabulous fruit



Mango



Rambutan



Durian



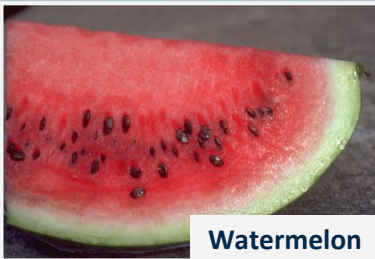
Banana

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.



Many fruit suit the climate of Cambodia

Fruit to be enjoyed by all.

Some grow quickly.

Some need to be planted for the future.

Many are seasonal.



Banana



Pineapple



Mango



Rambutan

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.



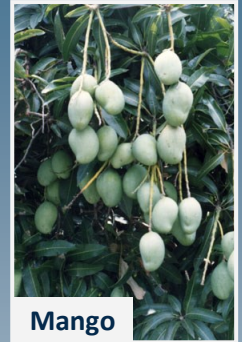
We are meant to enjoy the exciting flavours and textures of an amazing variety of fruit.

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.

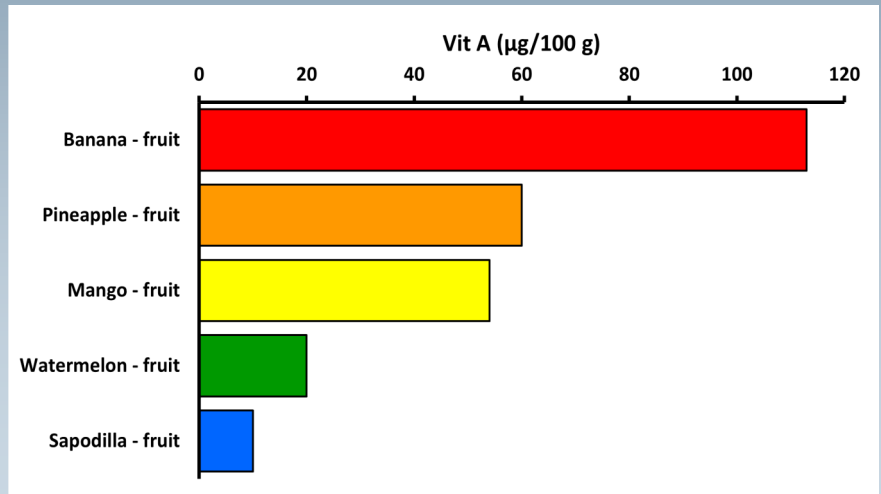
In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.



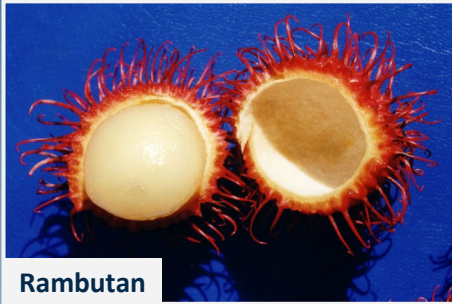
Mango



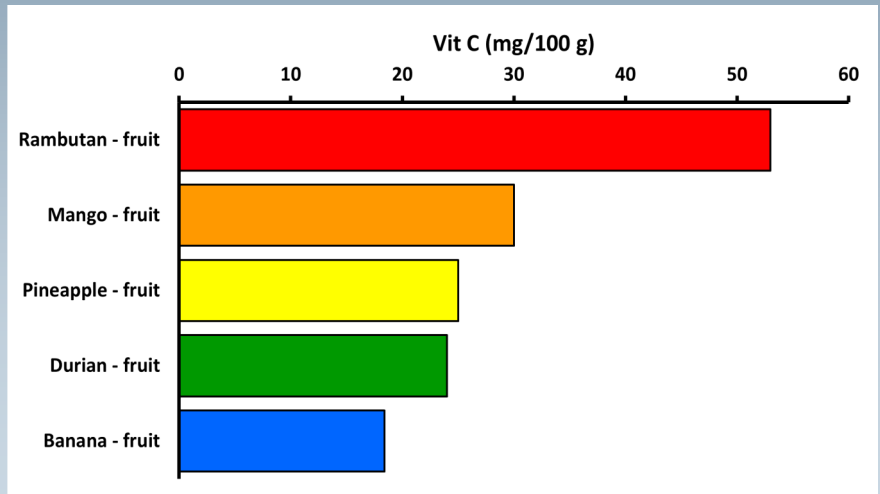
Banana



Vitamin C in fruit



Vitamin C is important for helping us to avoid sickness



Mangosteen



The fruit of the mangosteen is best eaten fresh.

The seeds can be eaten after boiling or roasting.



Garcinia mangostana



Pineapple

Ripe fruit are eaten fresh and raw.

Fruit can be dried and eaten later.



Ananas comosus



Mango

Fruit are rich in Vitamin A.

Ripe fruit are eaten raw.

Unripe fruit can be pickled.

Mangifera indica



Durian

The flesh around the seeds is eaten. Fruit should only be opened at the time of eating to prevent spoilage.



Durio zibethinus



Banana

There are many varieties. Some are eaten raw, others cooked.



Musa spp.



Rambutan

Fruit are eaten fresh when ripe,
or may be stewed.

Nephelium lappaceum

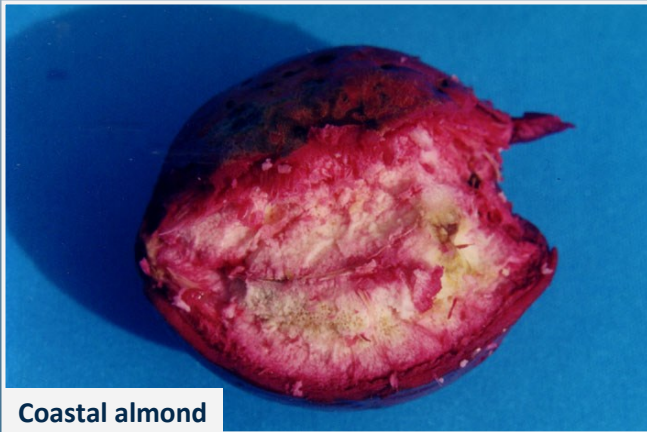


Cambodia - nuts and seeds



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

Anacardium occidentale

The seeds are roasted before eating.
The fleshy “apple” is edible when very ripe.



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 hypogaea



Coastal almond

Nuts are nutritious and can be eaten raw or cooked.
They are a good source of zinc.



Terminalia catappa



Acknowledgements



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Review, layout and formatting - Lyndie Kite, John McPhee

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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 from the Food Plants International database ([Welcome - Food Plants International](#)).

Acknowledgement is given for images of the following plants sourced from the internet.

Scientific name	Common name	Image URL
<i>Anacardium occidentale</i>	Cashew	https://www.bing.com/images/search?view=detailV2&ccid=jnGqYycL&id=F3C548F85B08FD018DAB3BF6FB14AFCE31B89452&thid=OIP.jnGqYycLZadMWpU8mo8heAHaHa&mediaurl=https%3a%2f%2fi.etsystatic.com%2f14286705%2fr%2fi%2fcb4513%2f1268394173%2f1_794xN.1268394173_me15.jpg&exp=794&expw=794&q=Anacardium+occidentale&simid=608027002056821993&FORM=IRPRST&ck=6B555E319DF565DDB05F462B50938DDA&selectedIndex=16&itb=0
		https://pixabay.com/photos/food-snack-cashew-nuts-healthy-3093374/
<i>Ananas comosus</i>	Pineapple	https://pixabay.com/photos/pineapple-pineapple-field-4119946/
		https://cdn.pixabay.com/photo/2015/02/07/14/12/pineapple-627285_1280.jpg
<i>Durio zibethinus</i>	Durian	https://cdn.pixabay.com/photo/2021/08/12/19/19/fruit-6541599_1280.jpg
<i>Garcinia mangostana</i>	Mangosteen	https://www.pexels.com/photo/pile-of-mangosteen-fruits-18451687/
<i>Mangifera indica</i>	Mango	https://th.bing.com/th/id/OIP.cLiCvFcmgNvmY7OkE_7JAHaFj?rs=1&pid=ImgDetMain
<i>Musa spp.</i>	Banana	https://cdn.pixabay.com/photo/2021/10/31/15/03/banana-6757733_1280.jpg
		https://cdn.pixabay.com/photo/2019/01/30/10/01/banana-3964193_1280.jpg
<i>Nephelium lappaceum</i>	Rambutan	https://www.pexels.com/photo/a-close-up-shot-of-fresh-rambutan-7906303/
		https://cdn.pixabay.com/photo/2016/03/16/18/11/vietnam-1261415_1280.jpg
<i>Terminalia catappa</i>	Coastal almond	https://th.bing.com/th/id/OIP.-8V_YEiBToUH_GNI-09I4AHaFN?w=244&h=180&c=7&r=0&o=5&dpr=1.5&pid=1.7
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		https://th.bing.com/th/id/OIP.G7cB4bKAqLZpuHKyUGv_GAHaHZ?w=183&h=181&c=7&r=0&o=5&dpr=1.5&pid=1.7

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