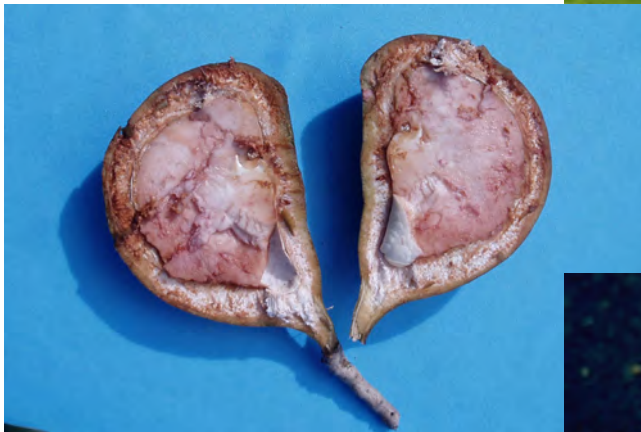
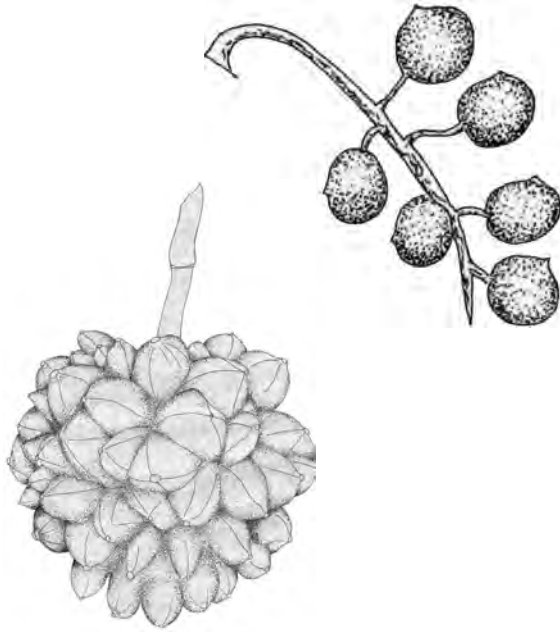




# Nuts



**Names****English:****Pijin:** Ngali nut**Local:****Scientific name:** *Canarium harveyi* Seem.**Synonyms:****Plant family:** Burseraceae

**Description:** A small or medium-sized tree which can be 3 - 21 m high. The small branches are angular. They are 5 - 8 mm thick. The youngest parts are brown and hairy. The leaves have 2 - 4 pairs of leaflets and a leaflet at the end. The leaves are 40 cm long and the leaflets 4 - 20 cm long by 2 - 8 cm wide. The leafy structure (stipule) at the base of the leaf stalk is ear-shaped and falls off. Male and female flower clusters occur separately on the same tree. The male flower cluster is 10 - 20 cm long and with many flowers. The female flower cluster is 4 - 9 cm long and has 6 - 7 flowers. The fruiting stalk is 2 - 12 cm long and has 1 - 4 fruit. The fruit are green at first, but become purple to black at maturity. The fruit have 3 cells, but they may not all have seeds. Fruit are large in the Solomons and small in Fiji.



**Distribution:** It grows in Pacific countries including Fiji, Niue, Samoa, Solomon Islands, Tonga, and Vanuatu. It grows in dense forest from sea level to 600 m altitude.

**Cultivation:**

**Production:** Flowers have been recorded from February to June, and fruits from April to December.

**Use:** The seeds are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Canarium hirsutum* var. *leeuwenii* Kim**Synonyms:****Plant family:** Burseraceae**Description:****Distribution:** It grows in Solomon Islands in the Pacific region.**Cultivation:****Production:****Use:** The seeds or nut kernels are eaten.**Food Value:** Per 100 g edible portion

<b>Edible part</b>	<b>Moisture %</b>	<b>Energy kJ</b>	<b>Protein g</b>	<b>Calcium mg</b>	<b>Iron mg</b>	<b>proVit A µg</b>	<b>proVit C mg</b>	<b>Zinc mg</b>
Nut								

**Insects:**



**Names****English:** Java almond**Pijin:****Local:** Kenari, Galip,**Scientific name:** *Canarium indicum* L.**Synonyms:** *Canarium commune* L.**Plant family:** Burseraceae

**Description:** It is a large tree, often up to 40 m high. The stems are often twisted or rough and 1 m across the trunk, and there are usually buttresses at the base of the tree. The buttresses are tall and thin. The small branches are powdery on the surface. The vascular strands, (the groups of cells that carry water and food up and down the plant), are arranged differently in the galip tree to most other plants. They can be seen in the centre mass of cells (pith) within the trunk and branches, not arranged in a continuous circle as in many trees. The leaf is made up of 3 - 7 pairs of leaflets. The leaves do not have hairs on them. The leaflets are oblong and can be 7 - 28 cm long and 3 - 11 cm wide. In young trees, the leaves are distinctly larger. The leaves are pointed at the tip and rounded at the base. The leaflets are stiff and glossy being dark green on top and light green underneath. At the base of a leaf where the stalk joins the branch, there is a stipule or leafy structure. It is large and has saw-like teeth around the edge. This is important for identifying species. The flowers are mostly produced at the end of the branches. A group of flowers are produced on the one stalk. The flowers are separately male and female, often on separate trees. The male flowers have 6 anthers or pollen containers in a ring. In the female flower, these 6 stamens are improperly developed (staminodes) around a 3-celled ovary. The fruit is slightly triangular in cross-section and black when mature. The fruit has 3 cells (sometimes 4), but mostly only one cell is fertile, so that 2 of the cells are empty, and one has a kernel. The fruit has a thin layer of pulp and a very hard, inner shell. The kernel is inside the shell. Fruit can be 6 cm x 3 cm. This kernel is oily and edible. Considerable varietal variation occurs.



**Distribution:** It grows through Asia and the Pacific, including Solomon Islands. The galip (*Canarium indicum*) grows in coastal areas, and is most common in the islands such as North Solomons Province, New Britain and New Ireland. It also occurs naturally in Solomon Islands, Vanuatu and Guam. It occurs on the New Guinea mainland and Irian Jaya, as well as in Maluku in Indonesia. It has been taken to some other countries to grow. It is a tropical plant. Galip nuts are common in the lowland rainforest. They mostly grow from sea level up to about 450 m altitude in the equatorial tropics.

**Cultivation:** Trees are planted near houses. They are mostly grown from seed. Many of the galip nuts take several months for the seeds to start to grow. As well, the seeds normally should not be buried under the ground, but should be sown just near the surface of the ground. Care is needed to see that the seeds and seedlings do not dry out. As the seed grows or germinates, a well-defined cap is split off the nut. They can be grown by budding or grafting.

**Production:** Trees grow fairly quickly. The main season is often April to May, but trees can bear nuts 2 or 3 times a year. An average kernel weighs 3 g. Climbing the large trees is difficult and dangerous, so often nuts are harvested after they fall.



**Use:** The kernels are eaten raw or slightly roasted. Seeds can be dried and stored. The nuts can be pressed for oil. The fresh oil is mixed with food. Nuts are often stored inside houses after the fleshy outer layer is removed but the hard shell remains. Nuts which are removed from the shell and roasted can be stored in sealed containers for many months. The nuts are often coarsely ground and added to other foods. It is an important nut crop and food.

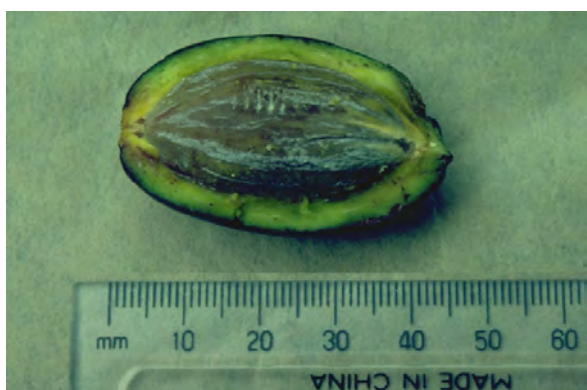
**CAUTION:** The seed coat should not be eaten as it carries some substances that produce diarrhoea.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:** Seychelles scale (*Icerya seychellarum*); *Planococcus pacificus*; *Pseudococcus solomonensis*

Java almond



**Names****English:****Pijin:****Local:** Adoa, Gatoga**Scientific name:** *Canarium salomonense* B.L.Burt**Synonyms:****Plant family:** Burseraceae

**Description:** A large tree up to 30 m high with buttresses at the base. The buttresses branch. The bark is smooth grey and peels off in thin flakes. The small branches are round in cross-section and less than 1 cm across. The wood and bark have a mild, pineapple-like smell. The leaves can be 18 - 30 cm long made up of several leaflets, but often without a leaflet at the end. The leaf-like part (stipule) near the base of the leaf is about 1 cm from where the leaf stalk joins. It is small and ear-shaped and without the toothed-edge like in *Canarium indicum*. The flowers occur on the ends of branches. The male flower clusters have more branches, more flowers and are larger (20 - 30 cm long), while the female flower clusters are slender, with fewer flowers and are smaller (8-20 cm long). The flowers have short, soft hairs, but become hairless at maturity. The male flowers are smaller (0.4 - 0.5 cm long) than the female (0.9 - 1 cm long). The flowers are pale yellow or light green. The fruit is 3 - 4 cm long and 1 - 2 cm across, slightly flattened and purplish-black. Normally, only one cell of the seed is developed. There are a range of varieties which differ in size, flavour and ease of opening.

**Distribution:** It grows in Papua New Guinea, and in the Pacific in Solomon Islands and Vanuatu. It occurs in North Solomons Province of Papua New Guinea and in Solomon Islands from sea level up to 500 m or more. It grows in the rainforest and is cultivated near villages.

**Cultivation:** It grows wild and is cultivated.

**Production:** The nuts have a hard shell and are opened by striking on the side.

**Use:** The nuts are eaten. The resin is used for making torches.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**

**Names****English:** Chinese-olive**Pijin:****Local:****Scientific name:** *Canarium vulgare* Leenhouts**Synonyms:****Plant family:** Burseraceae

**Description:** A tree which grows up to 45 m high. It can be 70 cm across the trunk. Buttresses can be 3 m high and 1.5 m wide. The small branches are about 0.5 cm across. When a branch, trunk or root is cut across, separate vascular strands (the groups of cells that carry water and food through the plant) can be seen. A similar structure is found in most *Canarium*s. The leafy structures (stipules) fall off early, but are more on the branch than the leaf stalk. They are oblong and 1 - 5 cm long by 0.5 - 1.7 cm wide. The edges are not divided. The leaves have 4 or 5 pairs of leaflets and are without hairs. The leaflets are oblong and 5 - 16 cm long by 3 - 8 cm wide. They can be papery in texture. The base can be broadly wedge-shaped. The tip tapers. There are 12 - 15 pairs of veins in each leaflet, which are slightly curved. The flower clusters occur at the ends of branches. Male flower clusters can be 35 cm long with branches 20 cm long. Female flower clusters are 20 cm long with branches 10 cm long. The flowers are hairy and male flowers have almost no stalk, while female flower stalks are 6 - 7 mm long. The fruiting stalks can be 15 cm long with about 12 fruit. The fruit are oval and slightly triangular. They are 3 - 5 cm long by 1.5 - 3 cm across with 1 - 3 seeds inside.



**Distribution:** It grows in Asia, including Indonesia, Malaysia, and the Philippines. It also grows in the Pacific, including the Cook Islands, Fiji, Ponape, and probably, Solomon Islands. It is a tropical plant. It does well on limestone soils.

**Cultivation:****Production:**

**Use:** The nuts are eaten. An oily mixture can be made from the nuts and used as a baby food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**



**Names****English:****Pijin:****Local:** Vutu kana**Scientific name:** *Barringtonia edulis* Seem.**Synonyms:****Plant family:** Barringtoniaceae

**Description:** A small tree up to 15 m high. The trunk is 30 - 40 cm across. The bark is smooth and greyish-brown. The large leaves are glossy on both sides. They are 17 - 45 cm long by 10 - 20 cm across. They are wedge-shaped near the base, and wavy or with rounded edges, near the tip. The mid-rib and veins are raised on both leaf surfaces. The leaf stalk is about 1 cm long and there are 15 - 20 pairs of veins. This nut tree has flowers with stalks from a single unbranched stalk. These flower and nut stalks come from the end of the branch and hang down. The flower stalk can be up to 50 cm long and have about 40 flowers and nuts. The fruit can be 4 - 5 cm long and 2 cm across. The fruit skin colour is green when ripe. The seed kernel inside the hard shell can be 3 cm by 1 cm in size. This species is very similar to *Barringtonia procera*, but this one has leaves with leaf stalks, the flowers are on stalks, the fruit is green when fresh, and the fruit is more smooth and egg-shaped.



**Distribution:** It grows in Indonesia, tropical Australia and Papua New Guinea and the Pacific, including Fiji, Solomon Islands, and Vanuatu. This species mainly occurs in Fiji. Other similar species occur in Solomon Islands, Papua New Guinea and other Pacific countries. It occurs in forest, woodland and grassland up to 400 m above sea level.

**Cultivation:** The flowering and fruiting is mostly just before Christmas, from September to December.

**Production:**

**Use:** The nut is eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:** *Milviscutulus pilosus*

**Names****English:****Scientific name:** *Barringtonia niedenzuana* (K.Schum) R. Knuth**Pijin:****Synonyms:****Local:****Plant family:** Barringtoniaceae

**Description:** A small tree up to 15 m tall. Trunks are 5 - 25 cm across and twigs are 2 - 5 mm thick. The tree has a dense, cone-shaped group of leaves at the top. The bark is cracked and irregular. The leaves are egg-shaped and 12 - 26 cm long by 4 - 9 cm wide. The leaves are like paper with a wavy or toothed-edge. They are dark green on top and paler underneath. A cluster of five leaves occurs on the end of a branch. The leaves are pointed at the tip and wedge-shaped at the base. The mid-rib and main veins are prominent on both sides, while the fine veins are only prominent under the leaf. The flower stalks are 20 - 90 cm long with about 30 flowers. The flower buds are pale green, sometimes with a purple tinge. The flower petals can vary from purple to red, pink or yellow. The fruit is dark green. The fruit have 4 angles and are about 5 cm long by 1 cm across. The kernel or seed is about 3 cm long by 5 mm wide.

**Distribution:** It grows in Papua New Guinea and Solomon Islands. It grows in rainforest, especially on limestone slopes. It can also grow under the rainforest and in low, damp places near mangroves. It occurs up to 700 m above sea level.

**Cultivation:**

**Production:** Flowering occurs from January to November and fruiting is mainly between April and November.

**Use:** The kernel of the nut is eaten.

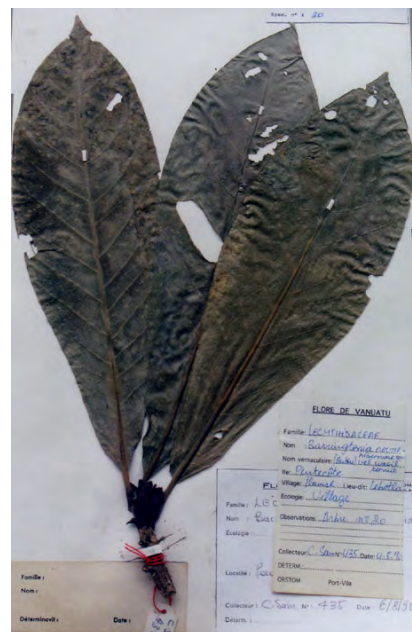
**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**

**Names****English:****Pijin:** Kat nut**Local:** Pao nuts**Scientific name:** *Barringtonia novae-hibernae* Laut.**Synonyms:****Plant family:** Barringtoniaceae

**Description:** The tree grows up to 6 - 8 m tall. The trunk is often only 10 - 15 cm across and, near the top the tree, has a few short, thick branches. The leaves are large and shiny. The leaves are crowded towards the end of branches. A leaf can be 50 - 60 cm long and 20 - 24 cm across. Near the tip of the leaf, the edge is wavy and often slightly-toothed, with the tip bent backwards. The veins of the leaf show up clearly on both sides of the leaf. The leaf stalk is only short, about 1 cm long. A long, hanging, yellow flower is produced from the branches. It can be 80 cm long and is densely covered with flowers. The flowers do not have a scent. There can be up to 120 flowers along a stalk. , The fruits form along this stalk, giving a long, hanging stalk of quite large nuts. The fruit are oval-shaped and about 6 - 8 cm long by 3 - 4 cm across. The seed or nut inside the fruit has lines running along its surface. This edible part is about 3 cm long by 1 - 2 cm across and white-coloured. The seed is flattened, particularly on one side. There are different types of poa nut. The size and shape of the nuts can vary slightly. Also, some are white inside and some are red. The most obvious difference is the colour of the outside of the fruit. Some kinds are green or slightly blue, whereas others are a dark, reddish-black. The nuts have a fairly hard shell and need to be split open with a knife.



**Distribution:** It grows in Papua New Guinea and the Pacific, including Solomon Islands and Vanuatu. Trees grow in tropical coastal areas and up to about 600 m altitude. They occur in primary rainforest on rich alluvial soil. They grow naturally and are also planted.

**Cultivation:** Pao nut trees are mostly grown from seed. Several different types of pao nut have been selected by villagers and these trees seem to produce fruit that is similar to the seed that was planted. Trees can be grown from stem cuttings. Trees grown from cuttings have shorter trunks and branch closer to the ground.

**Production:** Pao nut trees tend to flower and produce nuts throughout the year. If trees are planted in suitable sites and are well looked after, they can produce fruit in a year or two. As pao nuts often do well and are most common on low off-shore islands and coral waterfront villages, it may be particularly suited to coral and alkaline soils. This needs to be further studied.

**Use:** The kernels inside the nuts are eaten raw or roasted. The white part in the centre is eaten raw. It also has a fairly hard texture.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**



**Names****English:****Pijin:****Local:** Pao nuts**Scientific name:** *Barringtonia procera* R Knuth**Synonyms:****Plant family:** Barringtoniaceae

**Description:** A small tree up to 15 m tall. The trunk is 8 cm across and the twigs are about 1 - 1.5 cm across. The leaves are smooth and hairless and can be 30 - 50 cm long by 8 - 20 cm wide. They are oblong and very shiny. They have a tapering tip which curves backwards, and are wedge-shaped at the base. The flower stalk is at the end of a branch, is 30 - 80 cm long, and hangs down. There can be up to 120 flowers. The fruit are 8-sided and about 6 - 8 cm long by 3 - 5 cm across. The seed kernel, found inside the hard shell within the fruit, is about 3 cm by 1.5 - 2 cm cross. It is slightly flattened in one direction. This nut tree has short flower stalks (shorter than *Barringtonia edulis*) and the skin colour of the ripe fruit is purple. The leaves have almost no stalks. This species differs from *Barringtonia novae-hibernae*.



**Distribution:** It grows in Papua New Guinea, and the Pacific in Fiji, Solomon Islands and Vanuatu. It grows in secondary rainforest at low altitude. It is also planted in villages.

**Cultivation:**

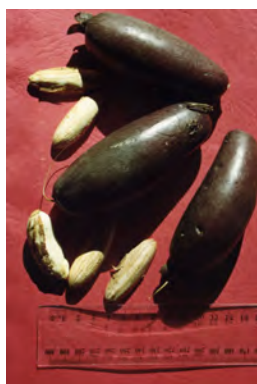
**Production:** Trees flower and fruit throughout the year.

**Use:** The nuts are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**



**Names****English:** Breadfruit**Pijin:****Local:****Scientific name:** *Artocarpus altilis* (Parkinson) Fosberg**Synonyms:** *Artocarpus communis* Forster & Forster f.**Plant family:** Moraceae

**Description:** A large tree up to 20 - 26 m in height. The trunk can be 6 m tall before branching. The trunk can be up to 1 m across. It is an evergreen tree, but can lose its leaves in dry weather. The divided leaves are large and vary in the number of divisions. They can be entire or divided into 5 - 11 lobes. The leaves are bright green on the upper surface with yellow veins and pale and dull on the under surface. They have very small, stiff, hairs underneath. Male and female flowers occur on the same tree. The male flowers are cylindrical spikes which droop and are 12 - 30 cm long. The female flowers are grouped in a round head. The flower head develops into the compound fruit. The fruit are large and green. They can be 20 cm across. Seeded kinds have spines, and seedless kinds have a smoother surface. Seeded, small-seeded and non-seeded types occur. There are a number of cultivars of each. Seed can be 2 cm across.



**Distribution:** This is a Pacific region plant that has now been taken to many tropical countries. It occurs in the hot, humid, tropical lowlands. The plant is purely tropical and normally occurs below about 650 m altitude, but can grow up to about 1150 m. Seeded types are more dominant in the west of Papua New Guinea. The tree is killed by temperatures below 5°C. It tends to grow in the temperature range 16 - 38°C. It probably requires an average temperature over 22°C to grow well. It grows on a range of soils, provided they are well-drained. There is some cultivar difference in drought tolerance and salt tolerance. Uniformly, warm, humid climates, with an annual rainfall of 2000 - 2500 mm and a relative humidity of 70 - 80%, suit it best. It suits hardiness zones 11 - 12.

**Cultivation:** Seeded forms are self-sown by birds or bats, and also grown from seed. The presence or absence of seeds influences how plants are grown. Seeded trees are mostly propagated by seed which needs to be sown fresh, without the seed drying out. Seedless trees are propagated by root cuttings. Cuttings of roots 1.5 - 4 cm across and 25 cm long are suitable. Cuttings can be rooted in sand during the wet season. They should be placed horizontally. They need to be kept moist and shaded. Using intermittent mist improves root formation and cutting establishment. Use of rooting hormones also assists. This process takes 10 weeks or more and then rooted cuttings should be hardened off in a sunny position for up to 3 more months before planting out into the field. Young plants do best with adequate sun and do not grow well in shade. Root suckers, produced naturally, or by damaging the roots, are a common method of production of new material. Marcottage, or budding, can also be used for propagation. The vegetatively-propagated trees are therefore clones, or copies, and the variation is presumably therefore just in the leaves and not the seeds. Fruit set can be improved by dusting male flowers onto female flowers 3 days after they emerge. Because trees often occur from natural seed dispersal by fruit bats and marsupials, they are often randomly spaced and common in secondary forest. A spacing of 10 - 13 m is suitable between trees. Fruit can be 12 - 22 cm long and 9 - 17 cm wide. The fruit shape varies from round to oblong. Leaves vary from entire to deeply-lobed and from rough to smooth and shiny. The central core of the fruit and the skin are not eaten. Seeded fruit have projecting tubercles on the surface. Seedless fruit have either rounded, or 5 to 6 sided, bumps on the surface.

**Production:** Male and female flowers grow separately on the same tree. Male flowers form an oblong catkin, while female flowers form a globular head. The flowers are in the axils of leaves (where the leaves join the stem). Both flowers normally appear at the same time. Artificial pollination has resulted in increased yields in some places. This is due to both an increase in fruit

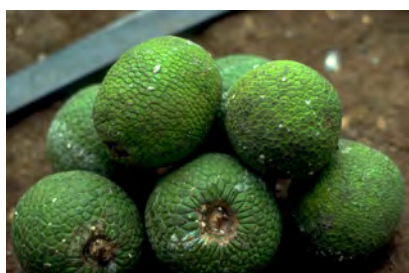
size, and more fruit retained on the tree to maturity. The pollen in the male flower is available 10 - 15 days after emergence. It is about 3 months from flowering to fruit maturity. Seeded fruit have 30 - 90 seeds per fruit. Trees rarely receive much attention after establishment, but pruning of branches to allow easier access to fruit is sometimes undertaken. Seedless fruit are picked before maturity, when the fruit is eaten by boiling. Mature fruit can be sweeter, but they need to be cooked by baking or roasting. Seeded fruit are normally allowed to drop and are then harvested. The seeds are about 20% of dry matter as protein, with a good nutritional balance. The essential amino acid levels are high for vegetable protein. Fresh fruit are highly perishable and need to be handled carefully and efficiently. Trees begin to bear after 3 - 6 years. Growth of the trees is vigorous, with fruiting starting after about 3 years. Trees grow to 10 - 15 m high in 10 - 12 years. Mature trees can be 30 m high. Fruiting can occur over 5 - 8 months in some locations, and this is partly due to varieties with overlapping fruit seasons. A young tree can produce 50 - 150 fruit per year. Fruit can weigh 1 - 1.6 kg each. Large trees can give 700 fruit per year of 1 - 4 kg each. An average seed weighs 5 g. Fruit are harvested 65 - 95 days after flowering. It is an important seasonal fruit and nut.

**Use:** The large seeds are boiled in salted water or roasted and eaten. The flesh of the fruit is eaten cooked. The young leaves are edible. The male and female flowers are edible. Pit preservation of breadfruit involves lactic acid fermentation. The fermentation needs to be done for 2 - 3 months to produce a palatable product. Breadfruit slices can be stored under refrigeration in a fresh marketable state at 14°C for up to 10 days. Segments can be boiled for 2 - 5 minutes, then frozen at minus 15°C for at least 11 weeks.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed	56.5	799	7.4		3.7	26	6.6	0.9
Fruit	74.4	506	1.5		0.4	4	25	0.2
Leaf								
Flower								

**Insects:** Pink wax scale (*Ceroplastes rubens*); Seychelles scale (*Icerya seychellarum*); *Milviscutulus mangiferae*; *Planococcus pacificus*; White scale (*Pseudaulacaspis pentagona*); Longtailed mealybug (*Pseudococcus longispinus*); Coconut shot-hole borer (*Xyleborus perforans*)





**Names****English:** Jackfruit**Pijin:****Local:****Scientific name:** *Artocarpus heterophyllus* Lam.**Synonyms:** *Artocarpus integra* (Thunb.) Merr.**Plant family:** Moraceae

**Description:** An evergreen tree of the breadfruit family growing up to 20 m tall. Trees form many branches, but have one or two main trunks. The bark is smooth and dark green. Leaves of young trees have 1 or 2 lobes, but mature leaves are long (15 cm) and entire. They are leathery, deep green and glossy. Flowers occur on spikes, on stalks from the trunk, or on main branches. Some stalks have only male flowers, others have only female flowers, while some have both male and female spikes. Generally, male flowers are on short stalks among the leaves, and female flowers are on trunks. Male flowers are 5 cm long by 2 cm wide and are dull green. Female flowers are bright green. The very large, spiny fruit grow on main branches and the trunk. The fruit is a compound fruit made up from the many individual flowers of the flower cluster. Fruit can be 1 m long and weigh 36 kg. They have 6-sided fleshy spines. Each seed is surrounded by a yellow, fleshy sheath. Seeds are 2 - 4 cm long and 1 - 2 cm wide. There can be 100 - 500 seeds in a fruit. Unlike breadfruit, there are no seedless jackfruit. When ripe, the unopened fruit has a strong smell.



**Distribution:** The plant occurs in many tropical countries, but is especially common in Asia. It has been introduced to Solomon Islands. It grows in the tropical lowlands and up to about 1200 m altitude. It grows in Nepal up to 800 m altitude. It can stand some drought, but not water-logging. Trees do best where there is year-round rainfall. It yields poorly where humidity is low. It does best in a well-drained, frost-free location that is warm and sunny. They are slightly more tolerant of cold than breadfruit. It suits areas with a temperature range 22 - 35°C. Trees can survive occasional frosts down to 0°C. It is best with a pH of 6 - 6.5. It has some wind and salt tolerance. It suits hardiness zones 10 - 12.

**Cultivation:** Trees are usually grown from seeds, but it is best to sow them in their final location as seedlings don't transplant easily. They have a long delicate taproot which makes transplanting difficult. Fresh seed (less than 4 weeks old) must be used. If fresh seeds are planted immediately, they grow more quickly and more seeds germinate. It is better to use larger seeds. The fleshy layer around the seeds should be removed. Seeds can be soaked in water for 24 hours to give better germination. It is best to sow seeds with the narrow end pointing downwards. Seeds germinate in 3 - 8 weeks. A spacing of 12 m is suitable. Where trees are used as a windbreak, trees are spaced 6 m apart. Air-layering can be used, and stem cuttings are also possible. Air-layering (part of the plant cut and wrapped in dirt so it produces new shoots) is best done in the rainy season. Rooting hormones can be used to help roots develop. The shoots used for air-layering should be 2 - 3 years old and brown in colour. To produce air layers, a small branch, 3 - 4 cm across, is cut below a node and only part way around the stem. A ring, 5 - 7 cm wide, is cut and a layer of sand wrapped around the stem and covered with plastic. Using 1% IBA growth substance (a chemical hormone) helps shoots to strike and form roots. Roots form in about 22 days and the stem can be cut off and planted after about 2 - 3 months. Because trees vary in their growth rate, and how quickly they flower and fruit, it is best to grow plants by using the green, leafy parts from good trees. This can be done by budding or grafting onto 12 month old seedlings already established in the field.

Budding and grafting are not easy with jackfruit. Because the fruit develops on the trunk, early pruning to allow 2 - 3 trunks to develop is helpful. Trees can be topped to prevent them becoming too tall and large.

**Production:** Jackfruit is a fast growing tree. They can be 7 m tall at 3 years age. Trees begin bearing after about 8 years. The fruiting season lasts about 4 months in subtropical places, but fruit can be produced year-round in tropical places. Fruit take about 100 - 120 days from when the flower is pollinated until a fully mature fruit is developed, but can take another 4 months to ripen. Trees tend to have heavy crops every second year. Pollination is usually by wind, but hand-pollination has been used to improve the amount of fruit set. Fruit can weigh be up to 50 kg. Fruit change from green to yellow when mature. Up to 250 fruit can be produced each year on large trees. Fruit do not store well, but can be kept in a cool store for 4 - 6 weeks at 11 - 12°C and with high humidity.

**Use:** The flesh of ripe fruits can be eaten raw. Unripe fruit can be cooked and eaten as a vegetable. Unripe fruit are pickled. The seeds can be eaten when roasted or boiled. The young leaves and flowers are edible.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit ripe	74.5	395	1.5		0.6	30	6.7	0.4
Fruit	85.8		1.6		0.1		13	
Seed	57.6		5.6		0.8		10	
Leaf								
Flower								

**Insects:** Seychelles scale (*Icerya seychellarum*); *Milviscutulus mangiferae*



**Names****English:****Scientific name:** *Artocarpus vrieseanus* Miq**Pijin:****Synonyms:****Local:****Plant family:** Moraceae

**Description:** A tall tree. The branches are brown with shallow cracks along their length. They also have round air-pores in the bark. The leaves are thin and can be soft or papery. They are oval and have a tail at the tip. They are smooth and 20 cm wide by 25 cm long. The flower cluster has separate male and female flowers. The fruit is a composite fruit with its many parts fused together. It is 5 cm across. The fruit are orange, pulpy and edible.

**Distribution:** It grows in Papua New Guinea and Solomon Islands. It is a coastal tropical plant.

**Cultivation:** Plants are mostly self-sown. Presumably, they grow from seeds.

**Production:**

**Use:** The fruit are eaten after cooking. The young fruit are chewed as a substitute for betel nut.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:**

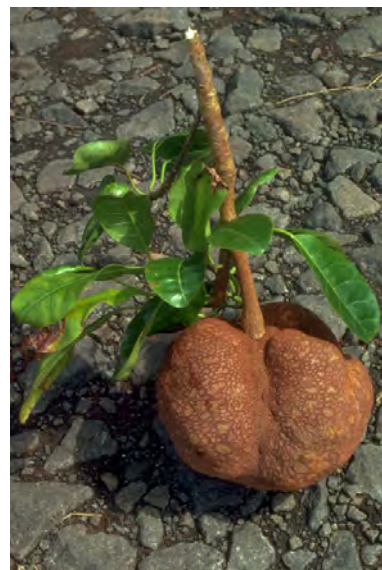
**Scientific name:** *Parartocarpus venenosus* (Zoll. and Mor.)  
Becc.

**Pijin:****Synonyms:**

**Local:** Purut, Pakal,

**Plant family:** Moraceae

**Description:** A medium-sized tree with milky sap, growing 35 - 45 m tall. The trunk is 45 cm across. The bark is yellow or grey-brown. It is papery and scaly. The twigs are 3 - 8 mm thick. The leaves are alternate and oblong and pointed at the tip. They are leathery. They can be rounded or pointed at the base. They are 8 - 15 cm long and 5 - 7 cm wide. They are smooth on the upper surface and can have hairs on the veins underneath. The flowers are borne in the axils of the leaves (where the leaves join the stem). Male and female flowers occur separately but both on the one tree. Male flower heads are round and 15 - 30 mm across. They are covered by close, hard spines. The flower stalk is 12 - 35 mm long. The fruit is a cluster of "seeds" forming a rough checkered head about 18 cm across. The "seeds" are about 3 cm long. The fruit is brown on the outside and yellow inside with milky sap and irregular in shape.



**Distribution:** It grows in Asia in Indonesia, Malaysia, Thailand, Papua New Guinea and the Philippines, and in the Pacific in Solomon Islands. It occurs in central and southern Luzon, Mindoro, Samar and Leyte in the Philippines. The subspecies that occurs in PNG occurs from 500 - 1000 m altitude. It occurs in humid forest.



**Cultivation:** It grows wild and it can be grown from seed. Seeds are distributed naturally by flying foxes.

**Production:** The fruit turns very brown on the outside and has a sweet smell when ripe. Fruit production is seasonal. It is an occasional wild fruit.

**Use:** The seeds are eaten either raw or cooked. The ripe fruit are edible. They are very dry so a drink is needed with them.

**CAUTION:** The unripe seeds are poisonous. The sap of the tree is often used as an arrow poison.

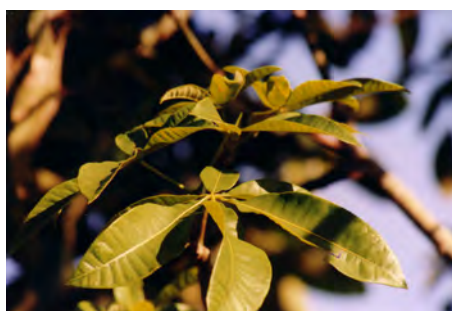
**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								
Fruit								

**Insects:**

**Names****English:** Water Chestnut**Pijin:****Local:****Scientific name:** *Pachira aquatica* Aublet**Synonyms:****Plant family:** Bombacaceae

**Description:** An evergreen tree. It grows to a height of 7 - 18 m with a spread of 3 m. The trunk is erect and branches heavily. The leaves are large and compound like the fingers on a hand. There are up to 9 leaflets. The leaflets can be 30 cm long. The leaves are dark green and shiny. The flowers are cream with bright red tips. The petals are long and droop outwards. The red tips of the stamens look like a shaving brush, which gives it one of its common names. The flowers occur in long, hanging groups. The flowers are short-lived, opening in the morning and falling by evening. The fruit is like a round pod. It can be 30 long and 15 cm across. The pod bursts open when ripe. The pod opens in about 5 sections. The seeds are round and 1 - 2 cm across. They are brown. It is a good shade tree, but other plants will not grow under it.



**Distribution:** It originated in Central America and is now grown in many tropical countries, including Solomon Islands.

A tropical plant that suits humid places. It can grow in subtropical places. It requires a warm sunny, well-protected position. It is drought-tolerant. It is sensitive to frost, but can survive light frosts. It can grow in moist or boggy places and it grows on creek and river banks. It is a very attractive introduced nut. It suits hardiness zones 10 - 12.

**Cultivation:** It is grown from seed. Seed will only remain viable for a short period, so should be sown fresh. Cuttings can also be used to grow trees. Aerial-layering can probably be used.

**Production:** Trees are slow-growing. Flowering can occur throughout the year, but fruit develop mostly in the late, dry season. Seeds can be stored for several months.

**Use:** The seeds are cooked (boiled, roasted or fried) and eaten. They can also be eaten raw. The leaves and flowers are eaten as a vegetable.

**CAUTION:** The seeds are claimed to contain poisonous, cyclopropenic fatty acids.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								
Leaf								
Flower								

**Insects:**





**Names****English:****Pijin:****Local:** Bakong, Taboan**Scientific name:** *Pandanus dubius* Spreng.**Synonyms:****Plant family:** Pandanaceae

**Description:** A large, erect and branched screwpine with prop roots. The leaves are numerous, spirally-arranged, and crowded towards the ends of branches. The edges and mid-rib are covered with spines.



**Distribution:** It grows in Asia, Australia, Indonesia, Marianas, Pacific, Papua New Guinea, Philippines, Rotuma, Solomon Islands and Vanuatu. The plants are widely distributed in wooded areas along the seashore.

**Cultivation:****Production:**

**Use:** The kernels of the nuts are eaten raw. They are also cooked and stored.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**

**Names****English:** Coastal Pandanus**Pijin:****Local:****Scientific name:** *Pandanus tectorius* (Solander) Parkinson**Synonyms:** *Pandanus odoratissimus* sensu auct.non L.f.**Plant family:** Pandanaceae

**Description:** An erect, branched shrub 3 - 5 m high. It can be up to 14 m tall. The trunk has several prop roots. The stems are prickly. The leaves are spirally-crowded towards the ends of branches and covered with a waxy powder. They are up to 1.5 m long and 3 - 5 cm wide. The edges of the leaf and the mid-rib have sharp, spiny teeth, pointing towards the end of the leaf. Male and female flowers occur on separate trees. Male flowers have shown white bracts. The female plants produce woody, pineapple-like fruit. The fruit heads form singly and hang down. They are rounded and 20 cm long. They are composed of 50 - 75 fibrous, fleshy fruit with a stone in the centre. They are somewhat angular.



**Distribution:** It grows in many tropical countries in Asia and the Pacific along the seashore. It grows in Solomon Islands. It grows on the sandy edges of mangroves and along rivers. It is very common along the seashore throughout the islands of the Philippines. It is never found very far inland. In Samoa, it grows to 300 m altitude. It suits hardiness zones 11 - 12.

**Cultivation:** Plants are normally self-sown. The preferred kinds are grown from cuttings.



**Production:** A fruit bunch can weigh 9 - 14 kg. This can contain 50 keys or nuts.

**Use:** The fleshy portion of the lower part of the mature fruit is eaten raw. The seeds are eaten.

**CAUTION:** The seeds can contain calcium oxalate crystals, which irritate the mouth. They can be removed by cooking and straining. The tender shoots are eaten as a vegetable. The tip of the aerial root is eaten raw or roasted.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	80.0		0.4					
Seed								
Shoot								
Root								

**Insects:** Pineapple mealy bug (*Dysmicoccus brevipes*); Seychelles scale (*Icerya seychellarum*); Asiatic rhinoceros beetle (*Oryctes rhinoceros*); *Planococcus pacificus*

**Names****English:****Pijin:****Local:****Scientific name:** *Pandanus ysabelensis* St.John**Synonyms:****Plant family:** Pandanaceae**Description:****Distribution:** It grows in Solomon Islands.**Cultivation:****Production:****Use:****Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**



**Names**

**English:**

**Scientific name:** *Terminalia calamansanai* (Blanco)

Rolfe

**Pijin:**

**Synonyms:**

**Local:**

**Plant family:** Combretaceae

**Description:** A large tree. It grows up to 40 m tall. The tree has plank-like buttresses which extend 10 m up the trunk. The small branches are often grouped in rings and thickened where they branch. The young tips of branches are ridged. The leaves are crowded near the ends of twigs and leave scars after they fall off. The leaves are hard and stiff. The leaves are oval and 8.5 - 16 cm long and 4 - 8 cm wide. They taper towards the base. Flowers are yellowish-green to brown and easily fall off. They are very small. The fruit is flattened and has very broad wings. The fruit is more broad than long. It is 2 - 5 cm wide and 1 - 2 cm long. The fruit is dry and does not burst open. The seeds are brownish-yellow and covered with fine, short hairs. They have two wings up to 4 cm wide and less than 1 cm long.



**Distribution:** It grows in SE Asia, Papua New Guinea and Solomon Islands. It is a tropical plant. It occurs occasionally in most areas of the Philippines amongst trees near the sea.

**Cultivation:**

**Production:**

**Use:** The fruit is eaten raw.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Coastal almond**Pijin:****Local:****Scientific name:** *Terminalia catappa* L.**Synonyms:****Plant family:** Combretaceae

**Description:** A large tree, up to 25 - 40 m tall. It loses its leaves during the year. The trunk can be straight or twisted. There can be buttresses up to 3 m tall. The branches lie horizontally and come out in layers. The leaves are long, smooth and shiny, with an abrupt point at the tip and a rounded base. Leaves tend to be near the ends of branches. Leaves can be 17 - 29 cm long and 10 - 15 cm wide. Young leaves have soft hairs. The leaves turn red and fall off twice a year. Flowers are greenish-white and in a spike at the end of the branches. The lower flowers on a spike are female, and the others are male. The fruit is about 6 cm long by 3 - 4 cm wide, thick and flattened, with a flange around the edge. The fruit are green and turn red when ripe. The pulp is edible.



**Distribution:** It grows on beaches in almost all tropical countries in the world, including Solomon Islands. It is a tropical plant, and sometimes cultivated as a shade tree. The tree is common in lowland areas particularly on sandy or rocky beaches. Seeds are spread by bats and sea water, as well as being planted by people. It is common along streets in coastal towns. It will grow from sea level up to about 800 m altitude. Plants are frost-susceptible. It can tolerate drought. It suits hardiness zones 11 - 12.

**Cultivation:** Plants can be grown from seed. Seeds can be stored dry for a year or more. Seeds germinate freely and most seeds grow. Insects can badly damage the leaves of young seedlings.

**Production:** It is fast growing. Nut production is seasonal.

**Use:** The kernel of the fruit is eaten raw. An edible oil can also be extracted.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:** Cacao false looper (*Achaea janata*); Brown awl (*Badamia exclamationis*); Seychelles scale (*Icerya seychellarum*); *Milviscutulus mangiferae*; *Planococcus pacificus*; Brown coffee scale (*Saisettia coffeae*)

**Names****English:****Scientific name:** *Terminalia copelandii* Elm**Pijin:****Synonyms:****Local:** Talis**Plant family:** Combretaceae

**Description:** A large tree, up to 40 m tall. Trees often have many buttresses. The twigs are thick and have leaf scars which are prominent. The leaves are crowded at the thickened end of the small branches. Leaves are 22 - 36 cm long and 9 - 13 cm wide. They have no true leaf stalk. Flowers are small and white, and occur on many flowered stalks 22 - 30 cm long near the end of branches. Flowers towards the base of the flower spike are female and the ones towards the end are male. The fruit is 3.5 - 6 cm long and 2.2 - 3 cm wide. They are oval and slightly flattened.

**Distribution:** It grows in Asia, Indonesia, Papua New Guinea, the Philippines and Solomon Islands. It occurs in primary rainforest up to 500 m altitude.

**Cultivation:****Production:**

**Use:** The fruit kernels are recorded as edible.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**



**Names****English:****Pijin:****Local:** Okari**Scientific name:** *Terminalia kaernbachii* Warb.**Synonyms:****Plant family:** Combretaceae

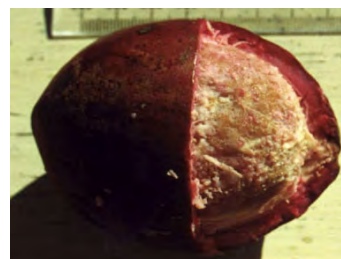
**Description:** A large tree. It can be 20 - 30 m tall. It usually has buttresses. The branches are in layers and the leaves are mostly near the ends of the thick twigs. The twigs are hairy when young. The young leaves are yellow-green. The leaves are large, hairy and reddish-brown. The leaf stalks are 2 cm long. The leaves can be 15 - 28 cm long by 6 - 13 cm wide. They are thick, with a tip at the end. They taper towards the base. The veins often stick out underneath the leaf and are depressed on the upper surface of the leaf. The flowers occur on spikes which stick upwards. The buds are usually hairy. The flower stalks are shorter than *Terminalia impediens*. The fruit is very large, up to 11 cm x 8 cm and slightly flattened. They are red and smooth when ripe. The fruit have reddish-brown hairs when young. The fruit has a large woody stone inside. The stone inside the fruit splits into 2 roughly equal parts. There are 3 - 4 thin seedling leaves wrapped inside the nut.



**Distribution:** It grows in Hawaii, Indonesia, Papua New Guinea, the Philippines, Solomon Islands, and Sri Lanka. It is a tropical plant that occurs in lowland areas. It will grow up to 1300 m altitude, but does not produce well at this altitude.



**Cultivation:** Okari nut trees are normally grown from seeds. Seeds grow easily, but rapidly lose their viability, or usefulness. The trees grow very fast and they can increase in height by up to 2 m in one year. Trees need to be fairly old before they produce many nuts. Fruit are normally harvested after they have fallen.



**Production:** Trees grow quickly, but nut production may not start for 20 years. The kernel can be 7 - 8 cm long and 3 - 4 cm wide. The kernel is made up of coiled leaves which make up the seed. A kernel can weigh up to 10 g.

**Use:** The kernel inside the stone of the fruit is edible. The seed can be pressed to extract oil. It is an important food nut.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:** Brown awl (*Badamia exclamationis*)

**Names****English:****Scientific name:** *Terminalia megalocarpa* Exell**Pijin:****Synonyms:****Local:****Plant family:** Combretaceae

**Description:** A tree which can be up to 40 m tall. The leaves are at the tips of twigs and tend to hang downwards. The leaf stalks are very long (307 cm). The fruit is large and up to 8 cm long. The fruit inside is thin-shelled and the embryo inside has 3 or 4 twisted cotyledons, or seed leaves.

**Distribution:** It grows in Papua New Guinea and Solomon Islands. It occurs in lowland forests.

**Cultivation:**

**Production:**

**Use:** The outer flesh of the fruit is edible.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Terminalia sepicana* Diels**Synonyms:****Plant family:** Combretaceae

**Description:** A tree 25 - 40 m tall. It often has buttresses. The leaves are clustered at the twig tips. The leaf stalks are less than 2 cm long. The leaves are 8.5 - 15 cm by 4 - 8 cm. They taper near the base. The flowers are 3 - 4 mm long and 1 - 3 fruit are produced per spike. The fruit are 4 - 6 cm long by 2.5 - 4.5 cm wide. They are green, with 4 - 5 flanges. The fruit redden and become fleshy when ripe.

**Distribution:** It grows in Papua New Guinea and Solomon Islands. It occurs in lowland rainforest and often in swampy areas.

**Cultivation:****Production:****Use:****Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Terminalia solomonensis* Exell**Synonyms:****Plant family:** Combretaceae

**Description:** Trees grow 25 - 40 m tall. The trunk can be 3.3 m around. The bark is dark brown and thick. It peels in strips from the bottom and the lower part bends outwards. The crown is small and cone-shaped. The branches are not in distinct layers. The leaves are generally in clusters on the ends of twigs. The leaf stalk is 2 - 3 cm long and often curved. The leaves are 10 - 18 cm long and 6 - 9 cm wide. The tip is rounded, but the base is tapering. The flowers are about 3 mm long and on spikes about 18 cm long. Male and female flowers are separate on the same spike. The fruit is 4 - 5 cm long and 2 - 3.5 cm wide. It is mostly smooth and unwrinkled, but sometimes flattened. It does not have a distinct wing. The fleshy fruit is red and firm when ripe.



**Distribution:** It grows in Indonesia, Papua New Guinea and Solomon Islands. It occurs mostly in the lowland areas but can be found up to 1200 m altitude. It can grow on swampy ground.

**Cultivation:**

**Production:** In Papua New Guinea, trees are in flower in July and August with fruit in December.

**Use:** The flesh of the ripe fruit can be eaten. They are preferred cooked.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Seed								

**Insects:**



**Names****English:****Scientific name:** *Terminalia whitmorei* Coode**Pijin:****Synonyms:****Local:****Plant family:** Combretaceae

**Description:** A medium sized tree. It grows to 20 m tall. The twigs have leaf scars close together on them. The young plant parts are densely hairy. The leaves are tightly clustered near the tips of twigs. The leaf stalks are thick and up to 1 cm long. The leaf blade is 12 - 20 cm long by 6 - 9 cm wide. The leaf tapers towards the base. The tip is pointed. The flowers are small. The fruit are flattened and oval. Young fruit have thin, wide wings. The mature fruit is oval, red and fleshy. They are 4 cm long by 3 cm wide.

**Distribution:** It grows in Solomon Islands. It occurs at low altitudes on coral slopes.

**Cultivation:**

**Production:**

**Use:**

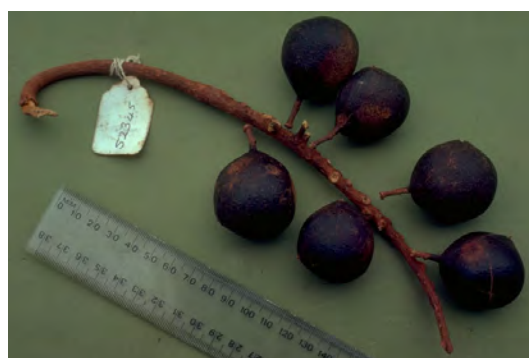
**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**

**Names****English:****Scientific name:** *Finschia chloroxantha* Diels**Pijin:****Synonyms:** *Grevillea densiflora* Diels**Local:** Sauge, Akama, Togtua, Mbrein**Plant family:** Proteaceae

**Description:** A tree, growing 24 - 30 m tall, with roots developing from stems up to 1.5 m above the ground. Leaves are long (25 cm) and narrow (5 cm) and without hairs. The leaves are often clustered near the ends of branches so that the tree does not have a dense covering of leaves. The leaves can be 25 cm by 10 cm in size and have a vein around the edge joining the other leaf veins. The flowers occur in a long cluster up to 30 cm long and are bright orange in colour. They hang below the leaves on the older wood. The flowers have both male and female parts in the same flower. The nuts are round, brown and 2.5 cm by 3 cm across. They have a sharp point on one side. The outside of the fruit is soft, but there is a hard shell inside with one large edible seed. Flowers are rusty-brown in long strings up to 20 cm long. Fruit are about 5 cm across. They have one seed inside. The nuts are round and 2.5 cm by 3 cm across and brown.



**Distribution:** It grows in the Papua Province of Indonesia, in Papua New Guinea and in the Pacific in Solomon Islands and Vanuatu. Trees occur in lowland and mountain areas throughout Papua New Guinea up to about 1800 m altitude. They are usually found in well-drained primary forest.

**Cultivation:** Trees are planted from seed, but also grow wild.

**Production:** Seeds often germinate slowly. The fruit is harvested when ripe, and roasted to crack the shell to obtain the edible kernel. Trees flower from December to March, and nuts are available from March to August. The seeds can weigh 3 - 4 g.

**Use:** The kernels of the fruit are eaten. The hard shell is broken by burning after cooking.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**

**Names****English:****Scientific name:** *Finschia waterhousiana* Burt**Pijin:****Synonyms:****Local:****Plant family:** Proteaceae

**Description:** A medium sized tree. It has stilt roots and buttresses. The wood is red-brown and strong. The flower is a bright orange, long, drooping flower stalk.

**Distribution:** It grows in the Pacific in Solomon Islands. It grows in lowland rainforest.

**Cultivation:**

**Production:**

**Use:** The kernels of the fruit are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**

**Names****English:** Polynesian chestnut**Pijin:****Local:****Scientific name:** *Inocarpus fagifer* (Parkinson) Fosberg**Synonyms:** *Inocarpus fagiferus* (Park.) Fosb.  
and *Inocarpus edulis* J. R. Forst. & G. Forst.**Plant family:** Fabaceae

**Description:** A tree from 9 - 30 m tall with buttresses at the base of the trunk. The bark is dark grey and gives a red sap when cut. The branches droop downwards. The leaves are long (20 cm), leathery, shiny and feather-veined. The leaves have short stalks and alternate one after the other along the branch. The leaves are large and reddish when young, and shiny green when adult. The flowers are not obvious. They are pale yellow and hang loosely on the twigs where the leaves join. They have five narrow petals, joined in a tube. The flowers smell sweet. The fruit is irregular, or kidney shaped, and is a one-seeded pod with ridges on the surface. It can be 8 - 10 cm across and 3 cm thick. The ripe fruit is yellow.



**Distribution:** It grows in most Pacific island countries, including Papua New Guinea, the Philippines and Solomon Islands. It also grows in Asia. It grows in the lowland primary and secondary forest from sea level up to 390 m altitude. It often grows near rivers and swamps and mostly as a clump of trees. It often grows very close to the water front. It grows better where there is no distinct dry season.

**Cultivation:** Plants are grown mostly from seed. Seeds are also naturally distributed by bats. Plants can be reproduced by cuttings of half-ripe wood. Seeds are the more common method of production. Seeds store easily for over a month, but their viability or usefulness declines fairly rapidly in salt water. It prefers swampy ground but also grows satisfactorily on higher slopes. It is presumed the plants have some salt tolerance, as they often grow along the foreshore.

**Production:** Time from planting to the first production of nuts is about 8 years. An average seed weighs 40 g. Fruit production occurs throughout the year, but there is a main fruiting season. Uncooked seeds can be stored.

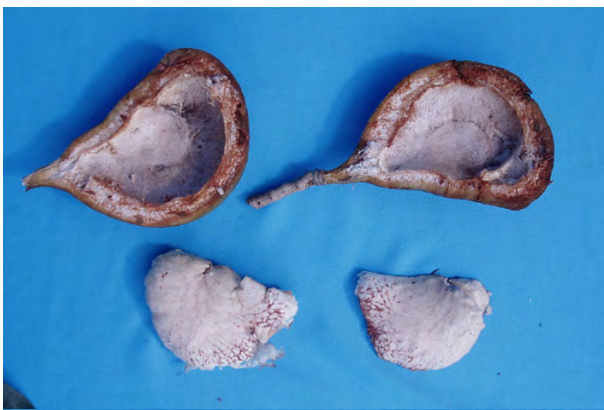
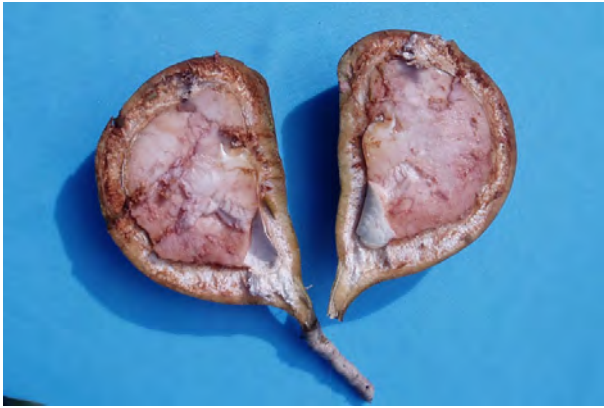
**Use:** Seeds are cooked and eaten. The fleshy layer around the seed is eaten after cooking. The nuts are usually roasted, although they can be boiled. Soaked nuts can be grated, mixed with coconut milk, and roasted in banana leaves. Seeds can be stored by partly fermenting them in pits in the ground. Nuts can be stored for a considerable time, but once shelled or cooked, will keep only a short time. It is an important food nut.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:** Pink wax scale (*Ceroplastes rubens*); Cottony cushion scale (*Icerya purchase*); Seychelles scale (*Icerya seychellarum*); *Maculicoccus malaitensis*; *Planococcus pacificus*; also fruit flies.





Polynesian chestnut

**Names****English:** Nypa palm**Pijin:****Local:****Scientific name:** *Nypa fruticans* Wurmb.**Synonyms:****Plant family:** Arecaceae

**Description:** A palm with stout creeping underground stems. It forms clumps. The stems lie along the ground or can be underground in soft mud. The leaves have leaflets along a 7 m long axis. The leaves occur in erect clusters. The leaflets are up to 1.3 m long by 5 - 8 cm wide. The fruit are flat and 12 cm long by 10 cm across. They are crowded into a very characteristic large round fruiting head which is borne on a special erect stalk. The female flower is a round head on the end of the stalk and, below it, long male flowers are produced. The centre of the fruit is edible.



**Distribution:** It grows from Asia to the Pacific including Solomon Islands. It occurs along tidal streams and in tidal mud flats, and thrives in brackish swamps.

**Cultivation:** Plants can be grown from seed, or by dividing off suckers. Tree densities of up to 2,500 palms/ha occur but only 700 – 750/ha are sap producing. Plants are spaced at 1.5 - 1.7 m giving 390/ha where plantings occur. Plants are pollinated by insects, so contact insecticides need to be avoided. The almost full-grown head is cut off to collect sap. About 2 mm of the tip is removed each day during sap collection. Sap flow is increased by banging the trunk and tapping the fruit stalk regularly.

**Production:** Palms flower and fruit after 3 - 5 years. Yields of up to 1,500 ml of sap/day/palm over one month can be achieved. Tapping can occur for 50 years. Yields can be 87,000 litres of sap/ha.

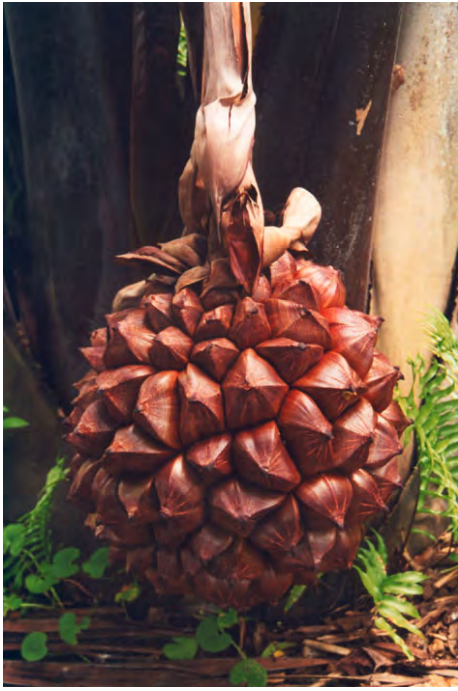
**Use:** The kernel inside the nut is edible. It is normally eaten while immature. Also, the base of the "nut" is chewed. Sugar (or vinegar) can be obtained by collecting the sap from the fruit stalk. Young shoots are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Sap								
Nut	88.9		1.6		0.4		2	
Shoot								

**Insects:** Lesser coconut borer (*Diocalandra tautense*); Asiatic rhinoceros beetle (*Oryctes rhinoceros*); Coconut spathe moth (*Tirathaba rufivena*)





Nypa palm



**Names****English:****Pijin:****Scientific name:** *Omphalea queenslandiae* F.M.Bail.**Synonyms:** *Omphalea gageana* (Pax & Hoffm.) Airy Shaw**Local:** Tambor**Plant family:** Euphorbiaceae

**Description:** A large, woody vine which climbs high up into trees. It has a red, sticky sap when cut. The vine can be 10 - 15 cm across and grow to 20 m long. Leaves are alternate. Young leaves are deeply five-lobed and the base of the leaf can extend down the stem. Leaves are 10 - 18 cm across and 15 - 20 cm long. Leaves are dark green and leathery. There are conspicuous glands at the base of the leaf. Flowers are white, greenish or red. The flowers are of one sex, with several male flowers clustered around one female flower. A cluster of fruit is borne near the base on a branch up to 5 cm long. Fruit is 6 - 10 cm across and fleshy, with 3 - 4 lobes. The fruit surface is smooth and yellow when ripe. The seed coat is hard, brown and ridged. The kernel is white.

**Distribution:** It grows in Australia, Papua New Guinea and Solomon Islands. It occurs from sea level up to at least 1800 m altitude in hot places near the equator, and to 800 m in Queensland. It grows in the rainforest. Plants require a sunny position in well-drained soil. It cannot withstand frost.

**Cultivation:** It is normally self-sown. Plants can be grown from seed or from cuttings of firm new growth.

**Production:** Fruit production is seasonal. Fruit are ripe February to May. A kernel of a nut weighs about 3 g.

**Use:** The kernels are eaten after cooking.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut	28.5	1991	11.5		2.1		3.4	

**Insects:**



**Names****English:** Candle nut**Pijin:****Local:****Scientific name:** *Aleurites moluccana***Synonyms:****Plant family:** Euphorbiaceae

**Description:** A large tree, up to 40 m tall and 1 m diameter at the base. The bark is rough. The leaves are large and can be round, triangular or have several lobes. The leaves have a pale colour. The leaves are alternate, silvery-green and crowded near the tips of branches. Young leaves are hairy and sometimes lobed. The leaves, leaf stalks and flowers are all covered with short, soft hairs. There are two distinct brown glands where the leaf blade and stalk join. The flowers are small and white and in large groups on the ends of branches. Male and female flowers are separate, but on the same tree. The female flowers are on the end surrounded by small, male flowers. The fruit is a large (4 - 5 cm across), green, two-lobed berry with 1 or 2 large (2.5 cm across) seeds in a hard, corrugated shell. They do not open naturally to release the seeds.



**Distribution:** It is a tropical tree. It mostly grows in the lowland rainforest, but can grow up to 2000 m altitude. It suits drier climates. It does well on well-drained sandy soil. It suits hardiness zones 10 - 12.

**Cultivation:** Candle nut trees are often self-sown, growing in the bush where the seeds fall. These small trees can be transplanted to a more suitable place if needed. Seeds are very hard-shelled. The seed coat needs to be cracked to get seeds to start growing more quickly. To do this, a single layer of seeds are put on the ground, covered with dry grass, then burnt. Immediately after burning, while the seeds are still hot, they are thrown into cold water, and then planted. This cracks the shells, allowing more rapid germination. Without this, it may take many months for this hard shell to break down and germination to commence. Trees can also be grown from cuttings.

**Production:** The tree grows quickly. Trees can start producing after one year and 30 - 45 kg of nuts can be produced on a tree in one year.

**Use:** The nuts are normally roasted. The hard, oily nut is used for thickening in Asian dishes. They are used in a sauce for the greens eaten with rice.

**CAUTION:** The nuts contain a moderately poisonous substance, so should be well-cooked before eating. The raw kernels of candle nut are poisonous. They are a strong purgative. Mostly, the nuts are roasted in the fire until the shell is blackened and half-burnt, then the kernels are taken out by cracking the shells. The nuts should probably only be eaten in moderate amounts. Because the kernels are high in oil, they can be burnt as candles.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut	1.4	2836	20.6		22.6			3.2

**Insects:** *Planococcus pacificus*



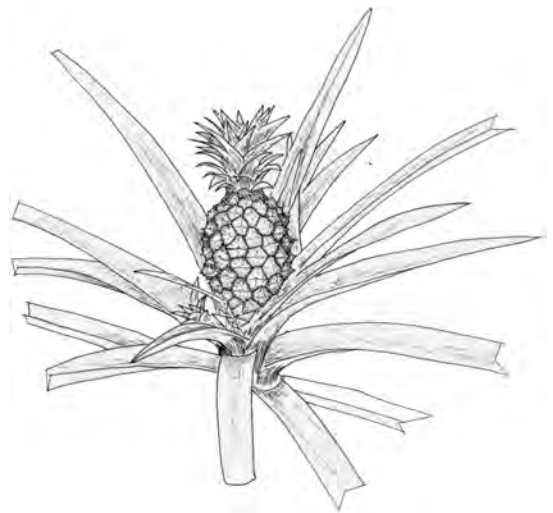
Candle nut







# Fruit





**Names****English:** Pawpaw, Papaya**Pijin:****Local:****Scientific name:** *Carica papaya* L.**Synonyms:****Plant family:** Caricaceae

**Description:** Pawpaw is one of the very well-known fruits of the tropics. The straight, soft-stemmed plant grows 3 - 5 metres tall and only occasionally has branches. The stem is softly woody and has scars from fallen leaves along it. There is a clump of leaves at the top of the plant. The leaves are large (50 cm wide), deeply-lobed and on long leaf stalks. The leaf stalks are 90 cm long. There is a crown of leaves at the top of the trunk. Trees can be male, female or bisexual. The male flowers are small and white and on long stalks. Female and bisexual flowers are on short stalks. These have no fruit, round fruit and long fruit respectively. There are three forms of long fruit. The seeds are black.



**Distribution:** It is a tropical plant grown in most tropical and some subtropical countries, including Solomon Islands. Pawpaws will grow up to about 1700 m altitude in the equatorial tropics. In cooler regions, it has to be planted, but in humid tropical regions, is commonly self-sown. Sunlight allows germination when forest is cleared. It cannot tolerate frost. It needs a night temperature above 12°C. It cannot tolerate flooding and dies after 48 hours in standing water. It needs a pH between 5 - 8. It suits hardiness zones 11 - 12.

**Cultivation:** Pawpaw seeds grow easily and plants grow quickly. Fresh seeds can be used, but dry seeds should be soaked before planting. They need a reasonably fertile soil to produce well. Seeds can be sown directly, or grown in a nursery and the seedlings transplanted. Seeds in a nursery should be sown about 1 - 2 cm deep. Seedlings can be transplanted when they are about 20 cm high. Plants should be about 3 m apart.

**Production:** Continuous fruit production depends on fertility, temperature and moisture being adequate to maintain active growth. The fruit is produced year-round, but the growth and development rate decreases with temperature. The size and quality of fruit declines at lower temperatures. Pollination is by wind and insects. Normally, cross and self-pollination both occur. Pollination is not normally limiting. Seeds are widely dispersed by birds, bats and people. Seeds remain viable for a few months and also germinate freely. Seeds emerge in 2 - 3 weeks. Vegetative growth before flowering is 4 - 8 months. Fruit is produced as one or more per leaf axil, about every 1 - 2 weeks under good growing conditions. With good growth, 100 fruit can be produced from one plant in a year. Fruit development from pollination to maturity is about 2 - 3 months. On the coast in tropical equatorial regions, pawpaws start producing fruit after about 4 - 5 months, but in the highlands this may not start for 12 - 18 months. The first fruit are ripe 6 - 11 months from planting. Practical tree life is about 2 - 3 years, although trees may live for 10 - 12 years.

**Use:** Fruit can be eaten ripe and raw. Green fruit can be cooked as a vegetable. The young leaves can be eaten cooked, but are bitter. The flowers and the middle of the stem can be eaten. Papaya contains papain which is a meat tenderiser. It is a common and popular fruit.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	88.0	163	0.5		0.4	290	54	0.18
Leaf	75.4	378	8.0		0.77		140	
Flower								

**Insects:** Green coconut bug (*Amblypelta cocophaga*); *Eucalymnatus tessellates*; Seychelles scale (*Icerya seychellarum*); White scale (*Pseudaulacaspis pentagona*); Cane weevil borer (*Rhabdoscelus obscures*); Brown coffee scale (*Saisettia coffeae*); Cacao armyworm (*Tiracola plagiata*)



Pawpaw



**Names****English:** Pineapple**Pijin:****Local:****Scientific name:** *Ananas comosus* (L.) Merrill**Synonyms:****Plant family:** Bromeliaceae

**Description:** A perennial herb with a rosette of long, thick, spiky leaves, up to 1 m high and spreading 1 - 1.5 m. The leaves are arranged in spirals. Some kinds have thorns along the edges of the leaves. The plant produces suckers, both near the base of the stem and also higher up the stem near the fruit. These are called slips, or suckers, and are broken off and used for planting. The main plant dies after producing a fruit, but the suckers keep growing. The plant produces a flower and fruit at the end. The fruit is made up of about 150 berry-like fruitlets that are almost fused together. There is a small crown of leaves on top of the fruit. The fruit can be 25 cm long and weigh 0.5 - 4 kg. There are two main types of pineapples. The rough-leafed variety has spines on the leaves and produces a smaller but sweeter fruit. The smooth leaf variety has spineless leaves and larger fruit.



**Distribution:** The plant has been taken to most tropical and subtropical places. It is a tropical plant. It grows up to 1800 m altitude near the equator. It can survive brief periods down to freezing, but cold retards growth, delays fruiting, and causes fruit to be more acid. A loose, well-drained soil with high organic matter is best. It can survive drought, but adequate soil moisture is necessary for good fruit production. Pineapples need an annual average temperature of 17.2 - 26.9°C. Growth ceases below 20°C. In the equatorial tropics, this is mostly between sea level and 1800 m altitude. Pineapples need well-drained and fertile soil. It suits an acid soil and can develop roots in soils where lime has been added. The soil acidity can be between pH 3.3 - 6.0. The best range is pH 4.5 - 5.5. Soils which are not sufficiently acid can be treated with sulphur. It suits hardness zones 9 - 10.

**Cultivation:** The suckers, slips, and the top of the fruit, can be used for planting. The time to maturity is the fastest for the suckers near the bottom of the plant and slowest when the top of the fruit is planted. Therefore, use suckers that grow from the stem near the ground for earliest yield. Pineapple flowering hormone can be used for fruit production with thorny varieties and calcium carbide for smooth varieties. Fruiting is less seasonal in the highlands than in the lowlands. Pineapples can be planted with 35,000 - 43,000 plants/ha or 3 - 4 plants per square metre. If plants are spaced more widely, they produce more suckers. Fruits become more acid where plants are closely spaced. If too many suckers are left growing from the main plant, then smaller fruit will be produced. They can grow in partial shade and, in this situation, the plants are normally more green. The red colouring of pineapple leaves is due to a deficiency of the nutrient nitrogen. This shows up more quickly in plants in full sunlight. When the plant is sufficiently large, it responds to changes, such as less available nutrients or water, and starts to produce a flower, then a fruit. The number of hours of sunlight, as well as reducing temperature and reduced sunlight, also help the flowers form. The result of this is that flowering and fruiting is often seasonal. This can easily be changed by using a fruiting hormone which allows fruit to be produced at times to suit the grower. Pineapples can grow in semi-arid conditions because the leaves can store some water. They also tend to lose only small amounts of water from evaporation through their leaves, but they can grow well with plenty of water. The roots are very sensitive to water-logging, so the soil must be well-drained. Pineapples do not cover the soil well, so it is good to use a mulch of plant material to help weed control, provide some nutrients and to stop soil erosion.

**Production:** Plants usually produce for about 4 years. Fruiting is less seasonal in the highlands than in the lowlands in the tropics. The growth rate for pineapples slows at cooler temperatures. Plants grown in the highlands, or at higher latitudes, take longer to mature. It takes 60 days from when the flower starts to form until the fruit appears, then a further 5 months until the fruit is ready for harvest. The time from planting to harvesting ranges from 11 - 32 months, depending on temperature. The fruit are smaller, poorer shape and more acid where the temperatures are lower or there is less sunlight.

**Use:** The fruit is eaten fresh or used for juice. Unripe fruit are also cooked and eaten. The young, heart-leaves can be eaten. It is an attractive and popular snack food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	84.3	194	0.5		0.4	60	25	0.1
Shoot								

**Insects:** Pineapple mealy bug (*Dysmicoccus brevipes*); Migratory locust (*Locusta migratoria*); *Milviscutulus mangiferae*; *Planococcus pacificus*; Cottony urbicola scale (*Pulvinaria urbicola*); New Guinea Rhinoceros beetle (*Scapanes australis grossepunctatus*)





**Names****English:****Pijin:****Local:** Bukubuk**Scientific name:** *Burckella obovata* (Forst.) Pierre**Synonyms:****Plant family:** Sapotaceae

**Description:** A tree which can be up to 30 m tall. The trunk can be 3 m across and have buttresses. A white, sticky sap is produced from the broken ends of twigs and leaves, which is typical of this family of trees. Leaves tend to be clustered near the ends of branches. Leaves are simple and shiny. The leaf tip is tapered to a point and the base is wedge-shaped. The leaf stalk is 1 - 4 cm long. The 20 - 50 flowers occur together without flower stalks and in a cluster near the ends of branches. The fruit is large (9 cm across) and green. It has a very thin skin. The flesh is white. A fruit normally has 4 or 5 furrows around it. The fruit has 3 - 5 cells, but often only one or two seeds mature. The seed is oval-shaped and about 4 cm long. Fruit shape can vary, with some being more round, and others more elongated. The fruit are carried near the ends of the branches. The fruit has a sweet smell. Fruit varies significantly in size and edibility throughout the regions where the tree occurs. Good fruit have a texture like an avocado and a taste like a sweetsop, but less sweet.



**Distribution:** It grows from Indonesia in Asia to Vanuatu in the Pacific, including Solomon Islands. Trees grow wild in coastal areas of Papua New Guinea. They are also planted. It will probably grow up to about 1100 metres altitude. It has been introduced to Fiji.

**Cultivation:** Trees are grown from seed. There is normally only one fertile seed in each fruit. Both domesticated and wild trees occur. Trees grow wild in coastal areas. They are also planted.

**Production:** Fruiting is not seasonal, although two main seasons may occur in a year. Fruit bruises easily, so is hard to transport. It needs to be stored in soft containers lined with leaves or packaging. Fruit are often harvested while not quite ripe to avoid fruit damage. It can be stored for a short time if baked, and is also stored in pits where it is fermented.

**Use:** The fruit is eaten raw. Occasionally, the fruit is baked.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

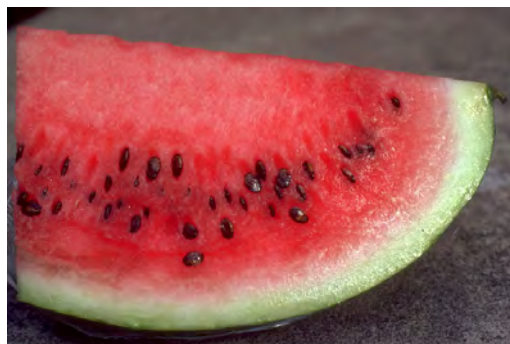
**Names****English:****Scientific name:** *Burckella sorei* Royen**Pijin:****Synonyms:****Local:****Plant family:** Sapotaceae**Description:** A large tree. The fruit tend to be elongated.**Distribution:** It grows in Solomon Islands in the Pacific region, particularly in the coastal lowlands. It is rare.**Cultivation:** It grows naturally from seed.**Production:****Use:** The fruit is eaten.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Watermelon**Pijin:****Local:****Scientific name:** *Citrullus lanatus* (Thunb.) Mansf.**Synonyms:** *Citrullus vulgaris* Schrad.**Plant family:** Cucurbitaceae

**Description:** An annual climber, with deeply divided leaves and tendrils along the vine. It trails over the ground and has hairy, angular stems. The leaves are on long leaf stalks. The leaves are deeply divided along their length. These leaf lobes are rounded and can themselves be divided. The leaves are 5 - 20 cm long by 2 - 12 cm across. The tendrils are divided. The plant has separate male and female flowers on the same plant. The flowers are pale yellow and smaller than pumpkin flowers. The flowers occur in the axils of leaves. The male flowers appear first. Fruit are large and round or oval. They can be 60 cm long. Fruit have a hard smooth skin. Several fruit colours and shapes occur. They often have a dark green mottle, or blotches. The fruit has reddish, juicy flesh and black or red seeds. The seeds are oval-shaped and smooth.



**Distribution:** It grows in most tropical and subtropical countries. It grows best on the coast in the tropics, but will grow up to about 1000 m altitude. It will not stand water-logging and does well on sandy soils. Plants are frost-sensitive. Seed will not germinate below 21°C. Temperatures between 24 - 30°C are suitable. Fruit are sweeter in arid warm areas. It suits hardiness zones 10 - 12.

**Cultivation:** They are suitable mainly for the dry season. A spacing of 1.5 - 2 m is suitable. They grow easily from seed. They do best when fully exposed to the sun. Seed can be dried and stored. If too much vegetative growth occurs, picking out the tip to produce side branches will produce more fruit.

**Production:** Harvesting commences after 4 - 5 months. The main fruit season is November to January. The ripeness can be determined by tapping the fruit to get a dull sound. The part of the fruit on the ground changes from green to light yellow and the tendril near the base of the fruit becomes dry when ripe. Fruit yield can be 45 - 60 t/ha.

**Use:** The fruit is eaten raw when ripe. Small, unripe fruit can be cooked as a vegetable. The skin is sometimes candied in vinegar and eaten with fish. Seeds are also eaten. They are dried, soaked in salt water, then roasted. Oil is extracted from the seeds. Very young leaves are occasionally eaten. It is a popular fruit.

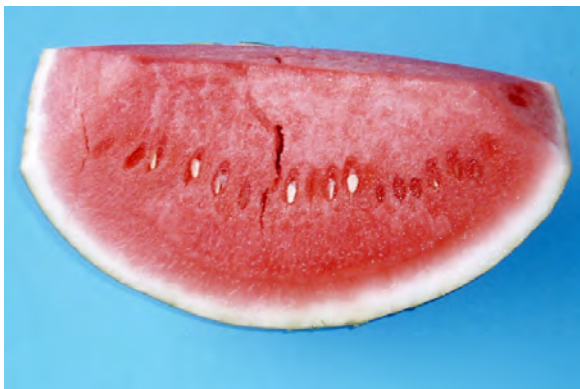
**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	94.0	92	0.4		0.3	20	5	0.1
Seed	5.1	2330	28.3		7.3	0	0	10.2

**Insects:** Cape gooseberry budworm (*Helicoverpa assulta assulta*); *Planococcus pacificus*; Brown coffee scale (*Saissetia coffeae*); Cacao armyworm (*Tiracola plagiata*)



Watermelon





**Names****English:** Soursop**Pijin:****Local:****Scientific name:** *Annona muricata* L.**Synonyms:****Plant family:** Annonaceae

**Description:** It is a low, bushy tree, 8 - 10 m high. The leaves are long (14 cm) and narrow (4 cm). The leaves are thick and slightly shiny on top. The flowers are large (2 - 3 cm), rounded and produced on short stems on the branches. They occur singly or in groups of three. The flowers have two layers of thick, fleshy petals. The fruit are 10 - 30 cm long. The fruit is spiny and the flesh is juicy. Many black seeds are embedded in the white flesh. Fruit are often distorted, or mis-shapened, due to only some of the ovules, or young undeveloped seeds, being fertilised. Beetles are normally thought to do the pollinating. This means fruit end up heart-shaped when unevenly pollinated. Several types occur with different sweetness, shape and juiciness.



**Distribution:** It has been taken to most tropical countries. It is a tropical plant. It grows in tropical lowland areas below 1200 m altitude. It can tolerate quite poor soils and a humid climate. It cannot tolerate frost. The trees can withstand temperatures down to freezing (0°C) for a short time but salt-laden winds from the sea can kill the trees. It needs a well-drained soil and cannot tolerate waterlogging. Trees continue to grow and produce satisfactorily in fairly poor, compacted soil, but improving the fertility increases the amount of fruit. It can grow well in hot humid areas, but a fungus disease called Blossom blight can cause flowers to fall off. It suits hardiness zones 10 - 12.

**Cultivation:** Trees are grown either as seedling trees or grafted plants. They can be grown from cuttings or air-layering (part of the plant cut and wrapped in dirt so it produces new shoots). Trees are easy to grow and maintain. Plants can easily be grown from seeds. Seeds can be planted fresh or stored. Seeds grow in about 15 - 20 days. Trees grown from seeds vary in the quality of the fruit. Seedlings are transferred to plastic bags when 15 cm tall. Trees can also be grown from cuttings or by grafting. This allows better trees to be selected and produced. Seedlings are suitable for grafting after 6 months. Trees need to be about 5 m apart. Flowers are pollinated by insects. Hand-pollination of flowers can increase the number of fruit that are produced. Fruit are soft and fleshy, and difficult to transport.

**Production:** Trees grow quickly and commence bearing by the third year. It bears fruit almost continually throughout the year, but there is normally one season when more fruit are getting ripe. A tree can produce 12 - 24 fruit in a year, weighing up to 4 - 5 kg each. The fruit contain 11 - 14% sugars.

**Use:** Fruit can be eaten fresh, or used in ice-cream and for drinks. Young fruit can be cooked as a vegetable. Leaves are edible when cooked. The trees are fairly common, but the fruit may not be widely used.

**CAUTION:** The seeds are toxic, so should be removed before processing.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	82.4	294	0.88		0.3		16	0.1
Leaf								

**Insects:** Coconut white fly (*Aleurodicus destructor*); Green coconut bug (*Amblypelta cocophaga*); Coffee leaf roller (*Homona coffearia*); Seychelles scale (*Icerya seychellarum*); *Laingiococcus painei*; Coffee mealybug (*Planococcus lilacinus*); Longtailed mealybug (*Pseudococcus longispinus*); Brown coffee scale (*Saisettia coffeae*)



Soursop



**Names****English:** Bullock's heart**Pijin:****Local:****Scientific name:** *Annona reticulata* L.**Synonyms:****Plant family:** Annonaceae

**Description:** A small tree, up to 7.5 m tall. It has several branches near the base. Trees lose their leaves at some times of the year. New shoots have short, brown hairs, but older wood is smooth and shiny. The leaves are long and spear-shaped, with short leaf stalks. Leaves have a clear edge. The leaves smell when crushed. Flowers are greenish-yellow. They occur in groups where the leaves join the stalk. Flowers occur on new wood growth. The fruit are reddish-brown in colour and 10 - 12 cm across. There is a fine hexagonal pattern over the fruit. Inside, there are large brown seeds. The fruit are edible, but the seeds are not eaten.



**Distribution:** The plant has been taken to most tropical countries, including Solomon Islands. It occurs in the tropical lowlands and grows up to at least 1200 m altitude. It can grow on poorer soils with different levels of acidity. It suits humid climates. It is less suited to dry climates. In Nepal, it grows to 900 m altitude. It suits hardiness zones 10 - 12.

**Cultivation:** Plants are normally grown from seeds. Seedling trees vary quite a bit. Seedlings are easy to transplant. A spacing of 4 - 7 m is suitable. Better kinds can be grown using budding or grafting.

**Production:** Trees begin fruiting at 3 - 5 years. Fruit setting is often improved by hand-pollination. Fruit can vary from 0.25 - 2.25 kg each. The fruit has 13% sugar. Fruit production is seasonal. The season is normally December to March.

**Use:** The ripe fruit is eaten fresh.

**CAUTION:** The seed kernel is poisonous.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	66.4	462	2.06		0.5	10	50	

**Insects:** Seychelles scale (*Icerya seychellarum*)





**Names****English:** Sweetsop, Sugar apple**Pijin:****Local:****Scientific name:** *Annona squamosa* L.**Synonyms:****Plant family:** Annonaceae

**Description:** A bushy, deciduous tree, up to 6 m tall. It has irregular, spreading branches. The leaves are oblong and narrow, often 12 cm long by 4 cm wide. The leaves have fine hairs underneath. The leaves are dull green and smell when crushed. The flowers droop or hang from branches either singly or in groups of 2 or 3. The flowers are greenish-colour. The fruit are 8 - 10 cm across and greenish in colour. The fruit is covered with round, fleshy scales which drop off as the fruit ripens. Inside the fruit are several shiny, black seeds about 1.5 cm long. The fruit flesh is white and soft.



**Distribution:** It has been taken to most tropical countries, including Solomon Islands. It suits drier, lowland climates. It grows naturally in the dry hills around Port Moresby in Papua New Guinea. The trees will probably grow satisfactorily up to about 1000 m altitude in equatorial zones. Sweetsop cannot stand frost, but is able to survive droughts better than many fruit trees. Trees do not like wet soils. Sweetsop can grow in fairly poor, dry, stony soils. In Bolivia, it grows in areas with rainfall or 500 - 1000 mm per year. It suits hardiness zones 10 - 12.

**Cultivation:** It is normally grown from seeds and the seeds retain their viability (usefulness) for several years. It is better to grow sweetsop from fresh seeds and it is best to soak seeds for 3 days before sowing. Seeds germinate and start to grow 50 - 70 days after planting. The fruit is borne on old and new wood. As the fruit is more common on new wood, pruning is an advantage. Trees can be budded or grafted. A small branch of a selected variety is grafted onto another seedling sweetsop. Plants are very hard to get to grow from cuttings. A spacing of 6 m apart is suitable for sweetsop trees. When the fruit is ripe, it is easy to separate the different soft fleshy parts of the fruit. It is often easiest and best to harvest the fruit when they are nearly ripe and then let them ripen in a warm place.

**Production:** The tree is slow growing. Trees can start to produce fruit two years after they are planted. Fruit are often 200 - 300 g each. The pulp is 20% sugar.

**Use:** The fruit is eaten raw. The sweet, soft, fleshy layer around the seeds can be eaten raw. It is also used in ice cream. The juice is used for drinks. The cherimoya (*Annona cherimola*) and Atemoya (*Annona cherimola* x *Annona squamosa*) are probably also grown.

**CAUTION:** The seeds, leaves and roots are poisonous. An alkaloid, and hydrocyanic acid, have both been shown to occur in these parts of the plant.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	76.4	441	2.09		0.6	1	40	0.1

**Insects:** Coffee mealybug (*Planococcus lilacinus*)





Sweetsop

**Names****English:** Fijian longan**Pijin:****Local:** Ton**Scientific name:** *Pometia pinnata* J.R. & G.Forster**Synonyms:****Plant family:** Sapindaceae

**Description:** An evergreen large tree, 40 - 50 m tall. There are often large buttresses at the base, and the rough, scaly bark is a bright, orange-brown colour. The hard timber is widely used. The young leaves and twigs are bright red. The lowest pair of leaflets are small and clasp the stem-like stipules. There are 5 - 11 pairs of leaflets along a stalk and the leaflets at the centre are often the largest. The leaflets droop from long stalks. The flowers are produced in clusters on stalks up to 50 cm long that grow near the ends of the branches. The flowers are small and yellowish-green. They have no scent. The skin of the ripe fruit peels off like a mandarin. The edible part is a clear layer around the seed, like in a rambutan. An inedible type also occurs. The fruit is about 6 cm across and the seed about 3 cm across.



**Distribution:** It grows in Asia, Australia, Papua New Guinea, Solomon Islands and other Pacific countries. It is native from Malaysia to Polynesia. It occurs in lowland and lower, mountainous forest, from sea level to 700 m altitude, and along riverbanks and near swamps. The inedible type occurs on the ridges and is the more useful timber tree. In Samoa, it grows from sea level to 500 m altitude.

**Cultivation:** Dispersal of self-sown trees is probably by bats or fresh water. Trees are produced from seeds. Seedlings are transplanted from a nursery site. Self-sown seedlings are also transplanted and some trees occur wild in the bush. It probably takes about 5 years from planting until the tree bears fruit.

**Production:** Plants grow quickly. There is a short and clearly defined fruiting season early in the year. There also appears to be significant variation between years on the amount of fruit set. This does not follow a clear biennial pattern (grows in the first year, flowers in the second year, then dies). In Santa Cruz, it has been observed that fruit set does not always follow flowering. The cause is not known. The season is very short and is between November and March.

**Use:** The fleshy layer (aril) around the seed is eaten raw. The seeds are roasted and eaten in parts of the Solomons and other countries.

**CAUTION:** The edible form of must be chosen. The seeds have been reported to be poisonous.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Seed								

**Insects:** *Milviscutulus mangiferae*; *Planococcus pacificus*; Green shield scale (*Pulvinaria psidii*)

**Names****English:** Avocado**Pijin:****Local:****Scientific name:** *Persea americana* var. *americana* Mill.**Synonyms:****Plant family:** Lauraceae

**Description:** A small to medium-sized tree that usually grows 8 - 10 m tall. Trees can grow to 25 m tall. The leaf stalk is 1.5 - 5 cm long. Leaves are entire, oval and 5 - 40 cm long. Flowers are greenish, small and on the ends of branches. Clusters of flowers may contain 200 - 300 flowers. Normally, only 1 - 3 fruit develop from each cluster. The fruit is pear-shaped or round. It can be 7 - 20 cm long. The fruit are greenish-yellow with some red colouration. The fruit has greenish-yellow flesh and a large round seed. There are 3 named races - West Indian, Guatemalan and Mexican.



**Distribution:** A subtropical plant that grows in many tropical and subtropical countries. Trees grow from sea level up to 2250 m altitude in the tropics. It cannot tolerate waterlogged soils. Branches are easily damaged by wind. It needs to be in a frost free location or where frosts are rare. West Indian varieties thrive in humid, tropical climates and freeze at, or near, 0°C. It does best with neutral or slightly acid soil. West Indian avocados can tolerate some salinity and need a well-aerated soil. Growth is disrupted when soil temperatures are below 13°C. It needs high humidity at flowering and fruit set. It suits hardiness zones 9 - 11.

**Cultivation:** Plants are often grown from seed. Seeds remain viable for 2 - 3 weeks. Fresh seed held at 15°C night to 25°C day temperatures will germinate in 3 weeks. It is best to propagate vegetatively. Tip cuttings, layers and grafts can be used. Because different types have pollen at different times of day, for best pollination, a mixture of trees which have pollen and flowers receptive at different times gives best fruit set. Although trees will grow in shade, they need sun for fruiting. The leaves do not rot easily and can accumulate under trees. Other plants cannot be grown under avocado trees.

**Production:** Seedlings grow quickly and continuously in warm, moist conditions. Seedlings bear after 5 - 8 years. Grafted trees can fruit in 1 - 2 years. A good tree produces 400 - 600 fruit each year. Fruit can weigh 50 g to 1 kg. In the subtropics, trees often produce 2 main flushes of fruit per year. From fruit set to maturity can take 6 - 12 months. Fruit ripen off the tree in 4 - 14 days.

**Use:** The pulp of the fruit is eaten raw or cooked. It is mixed with salads. It is a popular fruit.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	74.4	805	1.8		0.7	480	11	0.4

**Insects:** Green coconut bug (*Amblypelta cocophaga*); White wax scale (*Ceroplastes destructor*); Pink wax scale (*Ceroplastes rubens*); Striped mealy bug (*Ferrisia virgata*); Seychelles scale (*Icerya seychellarum*); *Milviscutulus mangiferae*; *Milviscutulus spiculatus*; *Planococcus pacificus*; Brown coffee scale (*Saisettia coffeae*)





Avocado





**Names****English:** Guava**Pijin:****Local:****Scientific name:** *Psidium guajava* L.**Synonyms:****Plant family:** Myrtaceae

**Description:** A small tree or shrub 8 - 10 m high. It is evergreen. It has smooth bark which is mottled. The bark peels off in smooth flakes. The plant branches close to the ground. The branches are four-angled. Trees are shallow rooted. The leaves are opposite, dull green, and somewhat hairy. They are oval and somewhat pointed at both ends. They are 15 cm long by 2 - 5 cm wide. The leaves have short leaf-stalks. The flowers are white and showy, and borne in loose, irregular types of arrangements 1 to 3 flowers. The petals are 1.5 - 2 cm long. Both self and cross-pollination occurs due to insects. The flowers grow in the axils of leaves on new growth. The fruit are rounded and 4 - 5 cm long. They are green, but turn yellow when ripe. The outer covering is firm and encloses a pink, or nearly white, sweet-smelling, edible pulp. This contains many seeds. In better selected varieties, both the skin and the seeds are fully edible. Fruit vary from very acid to very sweet.



**Distribution:** It grows in practically all tropical countries. It is native to Central and South America. Guava thrives in both humid and dry tropical climates. It does best in sunny positions. It grows wild and is also cultivated. In Papua New Guinea, it grows well up to 1600 m altitude, and occurs up to 1900 m. In Nepal, it grows up to 1400 m altitude. It is killed by frost. It fruits better where there is a cooler season. Temperatures near 30°C give best production. It is very widely distributed in open places and secondary forests throughout the islands of the Philippines and Papua New Guinea, and can become weedy under some conditions. It produces better in soils with good organic matter. It prefers a well-drained soil but can stand some brief water-logging. A pH of 5 to 7 is suitable. It can tolerate a pH from 4.6 - 8.9. Trees cannot tolerate salty conditions. It suits hardiness zones 9 - 12.

**Cultivation:** They are mostly grown from seeds but seedling trees vary in quality. Seeds remain viable for a year or longer. Seeds usually germinate in 2 - 3 weeks, but can take 8 weeks. Selected trees can be propagated by budding or grafting. They can also be propagated by layering, root cuttings or stem cuttings if hormones are used. For stem cuttings, the tips are used and grown under mist at 28 - 30°C with bottom heat. Suckers can also be used. Using vegetative methods of propagation enables better fruit kinds to be preserved. In the lowland tropics, trees are self-sown. As fruit are produced on new season's growth, pruning does not affect greatly fruiting. Trees should be managed to give the maximum number of vigorous, new shoots. Trees can be pruned for shape. Trees can be grown at 2.5 m within rows and 6 m apart between rows.

**Production:** Seedling trees may begin to bear 2 - 3 years after transplanting. Pruning back the tips slightly increases fruit production. Fruit taste best if ripened on the tree. Ripening after picking can be hastened by placing them in a brown paper bag with a banana or apple. Mature fruit which have not changed colour can be stored 2 - 5 weeks at temperatures of 8 - 10°C and relative humidity of 85 - 95%. Mature fruit ripen in 2 - 3 days at normal temperatures and will keep for 7 days.

**Use:** The fruit are eaten raw. The fruit can be used for jams and jellies. Half-ripe fruit are added to help the jelly set. The young leaves are eaten raw or cooked. It is an attractive and nutritious fruit.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	77.1	238	1.1			60	184	0.2
Leaf								

**Insects:** Green coconut bug (*Amblypelta cocophaga*); *Bactrocera oblique*; White wax scale (*Ceroplastes destructor*); Pink wax scale (*Ceroplastes rubens*); *Eucalymnatus tessellates*; Striped mealy bug (*Ferrisia virgata*); Seychelles scale (*Icerya seychellarum*); *Planococcus pacificus*; Green shield scale (*Pulvinaria psidii*); Cottony urbicola scale (*Pulvinaria urbicola*); Brown coffee scale (*Saisettia coffeae*); Mexican black scale (*Saissetia Miranda*); *Saissetia neglecta*



**Names****English:** Golden apple**Pijin:****Local:****Scientific name:** *Spondias cytharea* Sonnerat**Synonyms:** *Spondias dulcis* Soland. ex Forst.f.**Plant family:** Anacardiaceae

**Description:** A Golden apple tree can grow up to 30 m tall, but more often 15 m tall in cultivation. It has a trunk 60 cm across. The trunk can have buttresses. The bark on the trunk of the tree is fairly smooth. The twigs break off easily. The wood is soft and not much use. The leaf is made up of 4 - 12 pairs of leaflets which have fine teeth around the edge. The leaves are 20 - 30 cm long. The leaves are smooth and dark green on top and pale green underneath. The leaves are alternate. The leaves of the tree fall off for a part of the year. The old leaves wither to a bright, yellow colour. The flowers are produced near the ends of the branches and, mostly, the flowers develop before the new young leaves grow. The flowers occur as several flowers on long stalks. The flower panicle is 15 - 30 cm long. The flowers are small and white. They look something like a mango flower. The fruit is yellow and oval, and up to 7 cm long and 4 cm across. The outside of the fruit sometimes has a mottled, black colour. There is one large stone inside, divided into 5 cells, with a seed in each. The stone is branched and has fibres.



**Distribution:** It grows in many tropical countries in Africa, Asia, the Pacific and the Americas, and also in Australia, Papua New Guinea and Solomon Islands. It is a tropical plant that occurs in well-drained soils or in dry forests. It occurs in lowland rainforest and in valleys up to about 950 m altitude in the equatorial tropics. It suits warm tropical and subtropical climates and is frost-tender. Flowering is normally during the dry season. This may be important for fruit set. This species covers a full range, from being a wild, unutilised tree in some areas to a planted, pruned and highly regarded village fruit tree in other areas. It is better suited to deeper, alluvial soils and rarely occurs on limestone with a thin, clay soil cover. Trees often grow as a pioneer tree on landslides. The wild trees are probably spread around by birds, pigs and people.

**Cultivation:** Trees are mostly grown from seed and often grow wild. Flowers are bisexual, and there are no apparent pollination problems. The seeds do not produce true to type, so that poor and sour fruit are often produced. Seed normally germinates within one month. It is possible to grow plants from cuttings, although it is difficult. Large cuttings should be used. Doing this would enable better types of fruit to be regrown. It can also be grown using budding. Seedling trees are larger and more vigorous than budded or grafted trees. Tree spacing varies from 7.5 - 12 m. Young trees benefit from shade during their first year. The top can be cut off trees to give a lower and more spreading tree.

**Production:** Trees may bear from 4 - 5 years old from seed. Cuttings take 2 - 3 years. Fruiting occurs seasonally from January to April in the southern hemisphere.

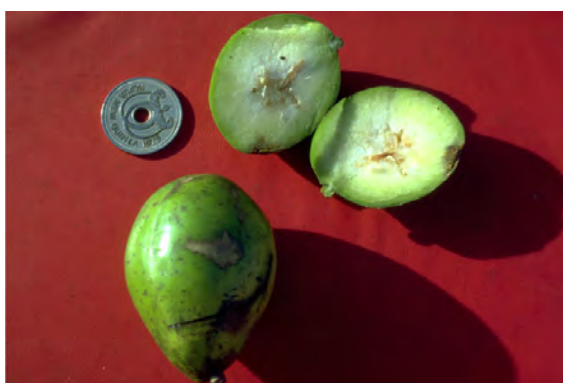
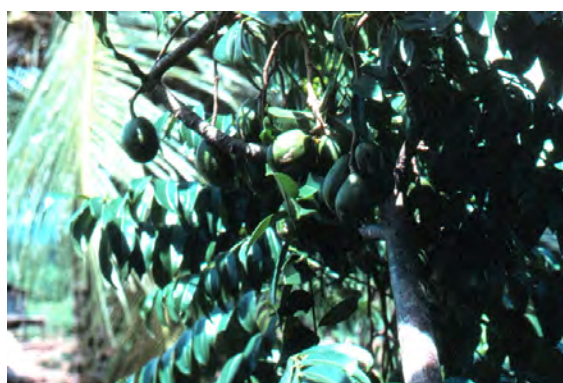
**Use:** Fruit are eaten after peeling. They are eaten raw or pickled. Some fruit are poor size and very sour. Leaves are edible raw or cooked. The kernel of the seed may be edible. The fruit are also used for sweet drinks and made into jams and chutneys. It is a common fruit, but only casually used.



**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	70.0	657	0.6		0.4	1	34	0.1
Leaf								

**Insects:** Seychelles scale (*Icerya seychellarum*); *Planococcus pacificus*



Golden apple



**Names****English:****Pijin:****Local:****Scientific name:** *Spondias novoguineensis***Synonyms:****Plant family:** Anacardiaceae

**Description:** A tree which can grow 40 m tall. The trunk does not have branches for 25 m. The trunk can be 120 cm across. It has large buttresses. These can be 1.5 m tall. The leaves are grouped at the ends of the twigs. The leaves are 40 cm long. The leaflets are almost opposite. There are 9 - 10 pairs of leaflets. The leaflets are oblong and 4 - 15 cm long by 1.5 - 2.5 cm wide. They taper to a short tip. The flowers are in a panicle. This can be 20 cm long. The fruit is oblong and fleshy, with a stone inside. It is 3 cm long by 4 cm wide and is a dirty orange. The flesh is greenish-white.

**Distribution:** It grows in Indonesia, Papua New Guinea and Solomon Islands. It grows in lowland, tropical rainforest.

**Cultivation:****Production:**

**Use:** The acid, or sour, fruit are used as a flavouring for food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Bilimbi, Cucumber tree**Pijin:****Local:****Scientific name:** *Averrhoa bilimbi* L.**Synonyms:****Plant family:** Oxalidaceae

**Description:** A small, evergreen tree growing 7 - 10 m tall. It can spread 3 m across. The stem is erect and short. Leaves are large and can have up to 34 pairs of leaflets. Leaves are pale green and are often clustered near the branch tips. Flowers are crimson. They are produced on old branches and the stem. The flowers are in 15 cm long clusters. These then bear clusters of cucumber-shaped fruit on the trunk and older branches. Fruit are 8 - 10 cm long and yellow or green. They are soft and fleshy, with a few flat seeds in the centre. Fruit are edible, but sour.

**Distribution:** A tropical plant taken to many tropical countries, including Solomon Islands. The tree is drought-resistant. It will grow from sea level up to at least 750 m altitude in the tropics. It prefers well-composted, moist soil in a protected, partly shaded position. It is frost-tender. It suits hardiness zones 10 - 12.

**Cultivation:** Trees are mostly grown from seeds. It grows wild in secondary forest in many coastal areas.

**Production:** Flowers are produced all year round. Flowering is more common in dry seasons.

**Use:** It is a very sour fruit, occasionally used to sour dishes. It can also be used for jams, drinks, pickles and in curries.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	94.2	84	0.8		1	30	16	

**Insects:**



**Names****English:** Carambola, Five-cornered fruit,**Pijin:****Local:****Scientific name:** *Averrhoa carambola* L.**Synonyms:****Plant family:** Oxalidaceae

**Description:** A small, evergreen tree, up to 6 - 12 m tall. The trunk of the tree is short and crooked, and has branches near the base. The bark is smooth and dark grey. A leaf is made up of 2 to 11 leaflets, with a leaflet at the end. The leaves are darker and more shiny on the top surface. The flowers are small (8 mm long), red and white, and in clusters on the small branches. The fruit are star-shaped with five or six angled ridges. They are yellow and up to 16 cm long and 9 cm wide. The flesh is white. There are one or two shiny light brown seeds, about 1 cm long, in the bottom of each lobe. Some carambola have short styles (female flower parts) and these types need to be cross-pollinated by insects. This means two types need planting. Long style types can fertilise themselves. Fruit flavour can vary from very sour to very sweet.



**Distribution:** It has been taken to many tropical countries, including Solomon Islands. Carambola needs a warm tropical climate, so it is mostly seen in the coastal lowlands below about 500 m altitude. It will grow up to 1200 m in the equatorial tropics. Mature trees can tolerate slight frost. It can grow on several different types of soil. The soil should be well-drained. It will grow on alkaline soils, but is better in acid soils. It cannot tolerate water-logging. It is suited to moist places, but performs better in areas where there is some dry season rather than in places with heavy, constant rain. Trees are fairly wind-resistant, providing the winds are not cold. Trees are stressed by temperatures near 0°C as well as above 37°C. It grows in Nepal to about 300 m altitude. It suits hardiness zones 10 - 12.

**Cultivation:** Trees are grown from seed. Seeds grow easily, but only a small number of seeds are fertile. Well-developed seeds should be chosen. Seeds are planted in a seed bed and planted out when 15 - 20 cm high. Because seeds are produced by cross-pollination, variation is common. It is therefore better to use budding or grafting. Taking buds off good trees, or grafting twigs from them onto 1 year old seedling roots, is the most common method. Air-layering can also be used, although it is difficult. A spacing of 6 m x 6 m is suitable. Trees need to be grafted if sweeter kinds of fruit are to be selected. Because the seeds are covered by a fatty layer, washing them with soap improves the germination.

**Production:** Seedling trees fruit after 4 - 5 years. They can produce 400 fruit per tree. Flowers open after 14 - 21 days and fruit mature after 14 - 15 weeks. Trees live for a long time. Flowers and fruit can be found on the tree at most times of the year, although there are often 2 or 3 main flushes of flowering and fruiting. Fruiting tends to be seasonal, about March to May in the southern hemisphere. Trees do not require pruning or any special care once established. Flowers are cross-pollinated by bees, flies and other insects. Hand-pollination does not help much with fruit set. Once ripe, fruit will keep for 7 - 20 days, but can be stored longer at 12°C.

**Use:** Fruit can be eaten raw or used for drinks. They are used in curries. They can be used for souring dishes. They are also used for jams, jellies, preserves and pickles. (They are also useful for cleaning brass.)

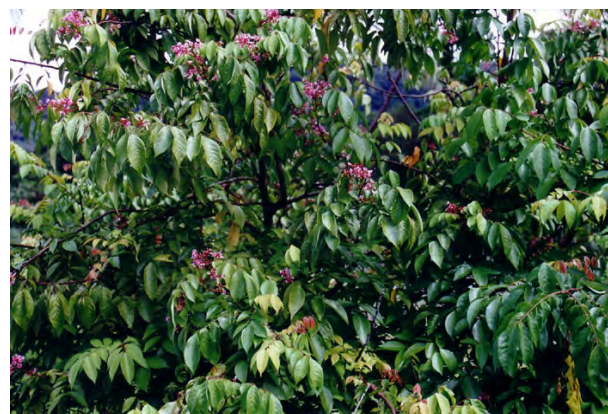
**CAUTION:** The fruit contain soluble oxalates.



**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:** Coffee mealybug (*Planococcus lilacinus*)



Carambola





**Names****English:** Lime**Pijin:****Local:****Scientific name:** *Citrus aurantifolia* (Christm.) Swingle**Synonyms:****Plant family:** Rutaceae

**Description:** A small, much-branched evergreen tree. It grows up to 5 - 6 m tall with short, sharp spines. It spreads to 3 m across. The leaves are small and dark green. There are narrow wings on the leaf stalk. The leaf blade is oval and about 5 cm long by 3 cm wide. The leaves have a sweet smell when crushed. There is a thorn at the base of each leaf. (Thorn-free kinds are known). The flowers are yellowish-white. They are 2.5 cm across and have 5 petals. The flowers are produced in the leaf axils or at the ends of branches. The fruit is small, round, 3 - 4 cm across and becomes pale orange to yellow when ripe. The fruit is thin-skinned. The flesh of the fruit is green. West Indian limes, with larger, better fruit also occur.



**Distribution:** It grows in most tropical countries, including Solomon Islands. It needs a warm climate and is most common in coastal regions in the lowland tropics. It grows from sea level to 2200 m altitude in Papua New Guinea. It suits humid areas and can survive in poor soils. Light to medium well-drained soils are best. It is drought and frost-sensitive. It grows in Nepal to about 1800 m altitude. It can grow in alkaline soil. It suits hardiness zones 11 - 12.

**Cultivation:** They are often grown from seed but are better if grafted. Plants can be grown by cuttings. A spacing of 4 - 5 m is suitable. When grown from seed, several shoots may develop from the one seed, which means the seedlings may be identical to the parent. It is a citrus that does reasonably well in the tropics.

**Production:** Trees can start producing fruit quickly. They fruit in 5 - 6 years. They normally produce fruit all the year round. Fruit drop when mature. Black limes are sun-dried limes. They are 2.5 - 4 cm across.

**Use:** Fruit are mainly used for juice and drinks. They can be used in pickles.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	91.0	133	0.7		0.25	4	40	0.1

**Insects:**

**Names****English:** Pomelo, Pummelo**Pijin:****Local:****Scientific name:** *Citrus grandis* (L.) Osbeck**Synonyms:** *Citrus maxima* (Burm.) Merr**Plant family:** Rutaceae

**Description:** A spreading, spiny tree. It grows up to 15 m tall. Leaves are large. The leaf stalks have wings. Young shoots and stems have fine hairs on them. Flowers are large (2 cm) and creamy white. The flowers are produced in bunches from woody shoots. The fruit is very large (20 cm), with a thick skin. The skin is dotted with oil glands. The skin is light green or pale yellow. The flesh can be white, pink or red. Each segment of the fruit is covered by a strong membrane. Some kinds have many seeds, while others are almost seedless.

**Distribution:** It grows in many African, Asian and Pacific countries, including Solomon Islands. A tropical plant that thrives in warm, lowland areas in the tropics. It can grow from sea level up to 900 m. It tolerates brackish and salty conditions and suits humid climates.

**Cultivation:** They are mostly grown from seed, but do not breed true. The seed only produce one seedling, unlike many citrus. Trees are often produced by aerial-layering (part of the plant cut and wrapped in dirt so it produces new shoots), but budding, or grafting, can be used. Air-layered trees from sweet-fruited plants give sweeter fruit. Trees start producing after about 9 years. Trees need to be about 9 m apart. Trees grown away from other pomelo trees often produce almost seedless fruit.



**Production:** Fruit is produced almost all the year round. The time from flowering to ripe fruit is about 6 months. Fruit can be stored quite well.

**Use:** The fruit can be eaten fresh or made into marmalade. The peel can be candied. It is a tropical citrus that is often enjoyed by children.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	89.1	159	0.76		0.11	0	61.0	0.1
Peel								

**Insects:**

**Names****English:** Lemon**Pijin:****Local:****Scientific name:** *Citrus limon* (L.) Burm.f**Synonyms:** Probably now *Citrus x limon***Plant family:** Rutaceae

**Description:** A small, evergreen tree with short spines. It grows to 7 m high and spreads to 3 m across. It branches freely. Young branches are often reddish. Leaves are about 5 - 12 cm long. They are green and drawn out to a point with notched edges. The leaf stalk is usually not winged. The leaves do not have much of a scent. The flowers are white, with 5 petals and have a strong sweet smell. They are 4 - 5 cm across. The fruit is oval-shaped with a knob at the end. Fruit can be 7 - 15 cm long. The skin is fairly thin, rough and light yellow. The flesh is sour and the seeds are oval.



**Distribution:** It is grown in many Mediterranean climates and subtropical countries, and also in tropical regions including Solomon Islands. It does not do well on the coast in the tropics, but will grow well at about 1300 m. It will grow up to 2200 m altitude in Papua New Guinea. It prefers a light to medium, well-drained soil. It is drought-resistant, but most varieties are frost tender. It needs a temperature above 3 - 5°C for growth. It suits warm temperate regions. It suits hardiness zones 9 - 11.

**Cultivation:** Many trees are seedlings. Better trees are grafted.

**Production:**

**Use:** The fruit is mostly too sour to eat fresh, but the juice is used to make drinks. The peel is candied.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	83.3	65	1.1		0.4	Tr	80	0.1
Juice	91.3	31	0.3		0.1	Tr	50	Tr

**Insects:**



**Names****English:** Grapefruit**Pijin:****Scientific name:** *Citrus paradisi* Macf.**Synonyms:** Probably now *Citrus x aurantium* Grapefruit  
sp**Local:****Plant family:** Rutaceae

**Description:** A medium-sized, evergreen tree, up to 10 - 15 m high. They spread 5 m across. The stem is stout and crooked. The branches hang down, giving a rounded crown. The thorns are small. The leaves are dark shiny green and sword-shaped. They can be 18 cm long. The leaves are leathery and have rounded teeth along the edge. The leaf stalk usually has a broad wing. The flowers are creamy white and large. The flowers occur either singly or in clusters (2 - 20) in the axils of leaves. The flowers are 4 - 5 cm across. The fruit are large, yellow and in clusters. Fruit can be 9 - 15 cm across. Fruit are very juicy with a sweet-sour pulp. The juice sacs are large, but closely packed. There are many cultivars.



**Distribution:** It grows in many tropical countries, including Solomon Islands. Plants grow from sea level up to 2000 m altitude in the tropics. It is frost tender. It prefers well-drained soils and a protected sunny position. It is drought-sensitive and does best in humid climates. It suits hardiness zones 9 - 11.

**Cultivation:** Plants can be grown from seed. The seed should be sown fresh. Trees are best grown by layering or grafting.

**Production:** Fruiting tends to be seasonal, from April to August, in the southern hemisphere.

**Use:** The fruit is eaten fresh, or the juice is used as a drink.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	43.5	45	0.3		0.1	Tr	19	0.1

**Insects:** *Citrus spp.* Cacao false looper (*Achaea janata*); Green coconut bug (*Amblypelta cocophaga*); White wax scale (*Ceroplastes destructor*); Pink wax scale (*Ceroplastes rubens*); Citrus rust thrips (*Chaetanaphothrips orchidii*); *Eucalymnatus tessellates*; Fruit piercing moth (*Eudocima fullonia*); Striped mealy bug (*Ferrisia virgata*); Coffee leaf roller (*Homona coffearia*); Cottony cushion scale (*Icerya purchase*); *Laingiococcus painei*; *Maculicoccus malaitensis*; Spherical mealybug (*Nipaecoccus viridis*); Spur throated locust (*Nomadacris guttulosa*); Citrus mealy bug (*Planococcus citri*); Longtailed mealybug (*Pseudococcus longispinus*); Green shield scale (*Pulvinaria psidii*); Corn leaf aphid (*Rhopalosiphum maidis*); Brown coffee scale (*Saisettia coffeae*); Coconut shot-hole borer (*Xyleborus perforans*); *Persicoptila haemanthes*



**Names****English:** Mandarin**Pijin:****Local:****Scientific name:** *Citrus reticulata* Blanco**Synonyms:****Plant family:** Rutaceae

**Description:** A small, evergreen tree, up to 4 - 8 m tall. It spreads to 2 m across. The stem is erect, branching and thorny. The leaves are dark green, and long and narrow in shape. They are 3 - 4 cm long. There is only a narrow wing on the leaf stalk. It has a few or no spines. The flowers are white and star-shaped. They are 2.5 - 4 cm across and have a scent. Fruit are almost round and the skin peels off easily. The fruit are 4 - 8 cm long. The flesh is red, juicy and sweet.



**Distribution:** It is grown in many tropical countries, including Solomon Islands. The hardiest of the citrus. It grows from sea level up to 2300 m altitude in the tropics. It does best between 800 m and 1200 m altitude. A well-drained soil is needed. It also prefers a drier climate. It is drought and frost resistant. It needs a temperature above 3 - 5°C. It suits hardiness zones 9 - 11.

**Cultivation:** Trees are often grown from seed. Some breed true from seed. Seedling trees take a long time to start producing fruit. Budded trees are best. A spacing of about 8 m between trees is suitable. Several seedlings can grow from one seed. Using seedlings of seeds with three or more shoots helps produce trees true to type. Cuttings or layering can also be used.

**Production:** Fruit tend to be produced seasonally. The season is often from April to August in the southern hemisphere.

**Use:** The fruit are eaten fresh.

**Food Value:** Per 100 g edible portion

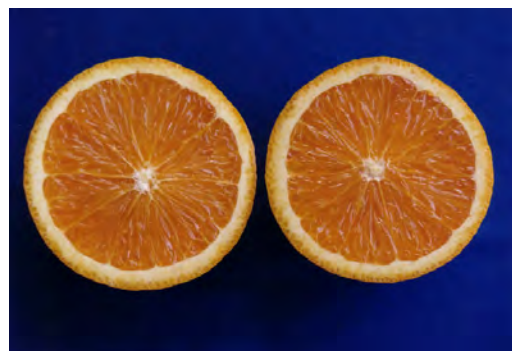
Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	87.6	184	1.5		0.8	42	136	

**Insects:**



**Names****English:** Orange**Pijin:****Scientific name:** *Citrus sinensis* (L.) Osbeck**Synonyms:** Probably now *Citrus x aurantium*  
Sweet Orange group**Local:****Plant family:** Rutaceae

**Description:** An evergreen tree, up to 8 - 10 m high. It spreads to 4 m across. The stem is short, stout and spiny. It has a dense, rounded crown. The leaves are dark green, sword-shaped and taper towards the tip. They are 5 - 15 cm long. The leaves have a sweet smell when crushed. The leaf stalks have narrow wings and the stalk is jointed to the blade. The flowers are white and have a scent. The flowers have five petals and occur either singly or in clusters. The fruit often remain green in colour and don't turn orange when ripened below 600 m altitude in the tropics. The fruit are about 9 cm across. They have 10 - 14 segments.



**Distribution:** It grows in many Mediterranean climate and tropical countries. It is not suited to very wet areas, and not suited to high altitudes. It needs a well-drained, fertile, sandy soil. It is drought and frost sensitive. Trees need temperatures above 3 - 5°C to grow. Seeds won't start to grow below 13 °C. It suits hardiness zones 9 - 11.

**Cultivation:** Trees are often grown from seeds but these do not breed true. Seeds grow most easily between 27 - 32°C. It is better to use budded plants. Plants can also be grafted.

**Production:** Green fruit can be treated with ethylene to give an orange colour if people think an "orange" fruit is not supposed to have green colour.

**Use:** The fruit is eaten fresh, and the juice used in drinks. It is not of such great importance in the humid tropics.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	86.8	197	0.94		0.1	21	53.2	0.1

**Insects:** .

**Names****English:****Scientific name:** *Corynocarpus cribbianus* (F.M.Bail.)

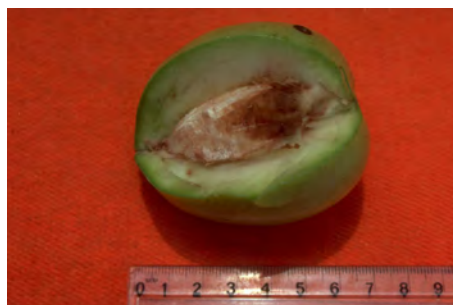
L.Smith

**Pijin:****Synonyms:** *Cyanocarpus cribbiana* F.M. Bail.**Local:** Mundroi**Plant family:**

**Description:** A medium sized tree, up to 20 m high. The trunk can be straight or crooked. The bark is grey, with many long cracks along it. The twigs vary between angular and round in cross-section. The leaf stalk is 1 - 5 cm long and with a groove along it. The leaf is 9 - 26 cm long by 3 - 13 cm wide. (Leaves tend to be larger in the Solomons than in Papua New Guinea or Australia.) The leaf is pointed at the tip, and rounded near the base. The 8 - 11 pairs of veins curve, and join near the leaf edge. The veins have a dent inwards on the top of the leaf surface, and are raised underneath the leaf. The leaf is thin textured but firm. The flower cluster is branched and about 20 cm long. The individual flower stalks are about 2 - 4 mm long. The flowers have a scent, and are whitish or, occasionally, slightly pink or greenish. It produces clusters of fruit on the ends of the branches. The fruit are 10 - 12 cm x 8 - 10 cm, and have one large seed inside. The fruit is green when young, and pink or cream when ripe. The fruit is shaped like a mango. This is an attractive tree, especially when fruiting. It is a good shade tree.



**Distribution:** It occurs naturally in Australia, Papua New Guinea and Solomon Islands. It occurs in well-drained rainforest, up to 1800 m altitude in the tropics near the equator. It has been recorded up to 2750 m above sea level. In the Solomons, trees have been recorded up to 600 m above sea level.



**Cultivation:** Trees are grown from seed.

**Production:** The tree flowers and fruits throughout the year. The fruit fall when ripe and are then collected from the ground. (It is important to only use fruit which fall naturally.)

**Use:** The fruit are edible. They are sweet, but not juicy. Fruit can be eaten raw or cooked. It is a rare fruit used in some places.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** New Guinea walnut**Scientific name:** *Dracontomelon dao* (Blanco) Merr. & Rolfe**Pijin:****Synonyms:** *Dracontomelon puberulum* Miq.**Local:** Mon**Plant family:** Anacardiaceae

**Description:** A large tree, up to 50 m tall with an umbrella-shaped crown of leaves. It often has buttresses at the base. The leaves are hairy and compound, with both the leaflets and leaves carried alternately. The leaves come one after the other on opposite sides and have 5 - 7 pairs of leaflets. The leaves are pointed at the end and bluntly pointed at the base. The leaflets have a smooth edge. Young leaves are reddish colour. The flowers are small and white, with no smell, and carried as several on a stalk. The fruit is yellow, round, 2 - 3 cm across and has five flecks around it. There is little edible flesh around the flattened seed.



**Distribution:** A tropical plant. It grows in lowland rainforest and in valleys up to about 800 m. It occurs in high rainfall areas. It is common throughout the Philippines at low altitudes. The tree also occurs in other SE Asian countries. It is common from northern Luzon to southern Mindanao in the Philippines.



**Cultivation:** Trees are grown from seed. Many trees grow wild.

**Production:** It flowers and fruits throughout most of the year. Leaf fall and a fruit flush follows a dry spell. Trees can produce after 3 - 4 years. An average fruit weighs 17 g. The season normally coincides with the breadfruit and mango season. The fruit turn slightly yellow when ripe and the seed inside turns brown. If the seed inside is white, then the fruit is not ripe.



**Use:** The fleshy part of the fruit is eaten raw. It is sour and used as a sour relish. The flowers and leaves can be cooked and eaten as a vegetable. The kernel inside the seed is edible. It is a small, hard fruit, regularly eaten in some places.

**CAUTION:** The sap of the tree may be irritating and/or poisonous.

**Food Value:** Per 100 g edible portion

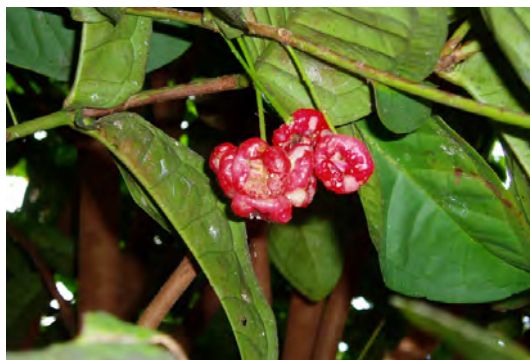
Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Leaf								
Flower								
Kernel								

**Insects:**



**Names****English:** Watery rose apple**Pijin:****Local:****Scientific name:** *Syzygium aqueum* (Burm.f.) Alst.**Synonyms:** *Eugenia aquea* Burm.f.**Plant family:** Myrtaceae

**Description:** It mostly grows as just a small, 5 - 8 m tall shrub, with branches near the base, but it can grow as a tree up to 10 - 30 m high with a short, crooked trunk. The trunk can be 70 cm across. The twigs are angular and carry simple opposite leaves. The leaves are somewhat narrow and pointed at both ends, and they clasp the stem without a stalk. They are stiff. They are from 5 - 23 cm long by 6 cm wide. They have a heart-shaped base. The leaves have many oil dots. The flowers are yellowish-green. They are about 3 cm across. The flowers occur in many flowered clusters in the angles of leaves. They can also be on the ends of branches and on side-shoots from stems. Flowers and fruit are slightly scented. The fruit is a fleshy yellow or red berry, which is bell-shaped. The fruit is about 3 - 5 cm across. It has a crater in the end with a long thread in it. The fruit is waxy and crisp and is often seedless. When seeds occur there can be one or more seeds. The fruit is edible.



**Distribution:** A tree, grown in most tropical Asian countries, and also Australia, Papua New Guinea, the Philippines, Solomon Islands and Vanuatu. It grows in lower mountainous forest. It grows from sea level to 1600 m near the equator. It grows well in wet places, but needs a well-drained soil. It can grow in poor alkaline soils. It is sensitive to frost. It suits hardiness zones 10 - 12.

**Cultivation:** Trees can be grown fairly easily from cuttings, but can also be grown by air layering or budding. Buds do not always continue to grow successfully. A spacing of 6 - 8 metres between trees is suitable. Where seeds occur, plants can be grown from fresh seed. Fruit from these plants can be more oily and acidic.

**Production:** Fruiting is seasonal, but there can be 2 or 3 crops a year. In the southern hemisphere, flowering is often about October, with fruit from October to January. Fruit develop quickly.

**Use:** The fruit are eaten raw and also used for drinks. It is a common fruit used as a snack.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:** *Bactrocera oblique*



Watery rose apple



**Names****English:****Scientific name:** *Syzygium clusiifolia* (A.Gray) Muell.**Pijin:****Synonyms:****Local:** Fekika vao, Asi vai, Asi vao**Plant family:** Myrtaceae

**Description:** A tree growing up to 8 m tall. The leaves are oval and grow opposite each other along the stem. The leaves are up to 15 cm long and 8 cm wide. Many narrow veins run across the leaf joining near the edge. The leaf stalk is about 1 cm long. It has a groove along its length. Flowers are small, but occur in large open clusters. They are produced on the trunk and larger branches. The fruit is oval and about 1 cm long. It is dark purple and edible.

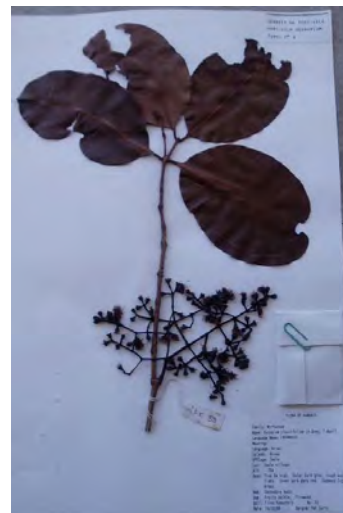
**Distribution:** It grows in the Pacific in Fiji, Niue, Samoa, Solomon Islands and Tonga. It grows from sea level to 200 m altitude.

**Cultivation:****Production:**

**Use:** The fruit is eaten raw.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Malay-apple**Pijin:****Local:****Scientific name:** *Syzygium malaccense* (L.) Merr. et Perry**Synonyms:****Plant family:** Myrtaceae**Description:** An evergreen tree growing 5 - 25 m tall.

It spreads to 4 m across. Trees tend to branch near the base. Leaves are simple, thick and leathery and shiny on both surfaces. They are large and oval. Leaves can be 25 - 30 cm long and 12 cm wide. The leaves have a vein around the edge. Flowers are produced on old wood and on the trunk, as well as in the angles where leaves join and at the ends of branches. Flowers are purple, crimson or white and 2.5 cm across. They mostly occur in dense clusters, giving a brilliant display. The red stamens often fall under the tree. The fruit is rounded or oblong and 5 - 6 cm across by 6 - 8 cm long. The fruit has white flesh around a large, brown seed. The seed is about 1.3 cm by 1.7 cm. Some kinds are seedless. The skin of the fruit is red or pink with darker stripes. The fruit are edible.



**Distribution:** It is grown in many tropical countries in Africa, Asia, the Pacific and the Americas. It grows in Solomon Islands. It grows in coastal areas in the tropics and up to 1000 m altitude. It is a rainforest species. It needs fertile soil, plenty of moisture, and good drainage. They are sensitive to frost. It does best in an open sunny position. It can tolerate drought but does best where there is an absence of drought. It suits hardiness zones 10 - 12.

**Cultivation:** Trees are normally grown from seed. Seeds need to be fresh. Growing plants in light shade reduces problems related to termites. Plants can be grown by budding, grafting, layering or cuttings. Aerial-layering (part of the plant cut and wrapped in dirt so it produces new shoots) is probably the most common method for vegetative propagation. Budding onto rootstocks of the same species has proven successful, but it is rarely successful if rootstocks of related species are used. A spacing of 10 m between trees is suitable.

**Production:** Flowering and fruiting is seasonal. In the southern hemisphere, flowering occurs October to November. Fruit ripen in 2 - 3 months. The fruit ripen from January to February.

**Use:** The fruit can be eaten fresh or cooked. They are also used in jam and pickles. The young leaves are eaten. The flowers have also been recorded as being eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	91.1	105	04		0.4	0	15	0.1
Leaf								
Flower								

**Insects:** *Bactrocera oblique*; Pink wax scale (*Ceroplastes rubens*); *Eucalymnatus tessellates*; *Milviscutulus mangiferae*; *Planococcus pacificus*; Green shield scale (*Pulvinaria psidii*)



Malay-apple

**Names****English:** Java apple**Scientific name:** *Syzygium samarangensis* (Blume) Merr. & Perry**Pijin:****Synonyms:****Local:****Plant family:** Myrtaceae

**Description:** A tree, up to 15 m high, which branches near the base, giving a spreading, open tree. The leaves are smaller (25 cm x 10 cm) and more pointed than Malay apple, and on short stalks. Flowers are about 3 cm wide and white. They are on leafy twigs. It produces clusters of attractive, glossy, pink, waxy-looking fruit. Fruit are 3 cm long and 3 - 5 cm wide. At the end of the fruit, there is a cavity almost enclosed by four lobes. The fruit has a waxy skin and crispy flesh.



**Distribution:** It grows in many tropical Asian and Pacific countries including Australia, Papua New Guinea and Solomon Islands. Trees grow in coastal areas in the tropics. It needs a deep fertile soil, adequate rainfall, and some humidity. In Samoa, it grows from sea level to 930 m altitude. It suits hardiness zones 11 - 12.

**Cultivation:** Plants are mainly raised from seeds. Fresh seeds must be used. Often, few seeds are produced. They can be propagated by budding or air-layering (part of the plant cut and wrapped in dirt so it produces new shoots). Girdling of the shoots and using rooting hormones enables cuttings to be used for propagation. A spacing of 8 - 10 m apart is suitable.

**Production:** It is fast growing. Trees start fruiting when quite small. Fruit production is seasonal. Large numbers of fruit are normally produced.

**Use:** The fruit is eaten fresh.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Bamaga satinash**Scientific name:** *Syzygium tierneyanum* (F. Muell.) T.G. Hartley & L.M. Perry**Pijin:****Synonyms:****Local:****Plant family:** Myrtaceae

**Description:** A small tree. It grows 10 - 25 m tall with a spreading, dense crown. The bark is flaky. The young shoots are coppery-brown. The leaves are sword shaped and thin. They are smooth and have no hairs. They are 9 - 18 cm long by 6 cm wide. They are dark glossy green on the upper surface and paler underneath. The flowers are fairly large. They are cream, and borne in small clusters in the axils of the older leaves. The fruit are round and 2 cm across. They are usually pink or red, but may be white. The fruit is edible. There is one seed inside. It is 5 - 8 mm across. The cut seed is red-purple.



**Distribution:** It is a tropical rainforest tree that grows in Australia, Papua New Guinea and Solomon Islands. It occurs in north-east Queensland in Australia. It grows between sea level and 460 m altitude. It will grow in a range of soils. It needs plenty of moisture.

**Cultivation:** Plants can be grown from fresh seed.

**Production:** In Australia, the fruit are ripe in January and February.

**Use:** The fruit are eaten. It is a minor food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Thornless rukam**Pijin:****Local:** Lovi-lovi**Scientific name:** *Flacourtia inermis* Roxb.**Synonyms:****Plant family:** Flacourtiaceae

**Description:** It is a small tree. It grows up to 15 m high. It has no spines on the trunk. The trunk is often crooked. Leaves are 10 - 20 cm long and 5 - 9 cm wide. New leaves are deep red. Flowers have both sexes. The fruit is round, green when young, and dark red when ripe. It is about 2 - 3 cm across and has five seeds inside.



**Distribution:** It grows in Asia from India, through Sri Lanka and Indonesia, Malaysia, Papua New Guinea, and the Philippines, to the Pacific in Solomon Islands. It occurs in New Britain in Papua New Guinea, and some other coastal areas. It grows from sea level up to about 1300 m. It can be grown on a variety of soils. It is an introduced fruit grown in some areas.

**Cultivation:** Trees are mostly grown from seed. It is better to grow them by budding or air-layering (part of the plant cut and wrapped in dirt so it produces new shoots). Seedlings take up to 18 months to be ready to plant out. A spacing of 12 - 16 m apart is needed. Seeds are small.

**Production:** Fruit is mostly ripe about May to July in the southern hemisphere.

**Use:** Many types have sour fruit, so they are often cooked or used for jam, jellies, syrups and preserves.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Rukam**Pijin:****Local:****Scientific name:** *Flacourtia rukam* Zoll. and Mor.**Synonyms:****Plant family:** Flacourtiaceae

**Description:** A tree reaching a height of 5 - 20 m and about 30 cm across the trunk. It can reach 40 m tall with a trunk 1 m across. The old branches are usually crooked, with furrows along them. The leaves are 5 - 15 cm long, 4 - 7 cm wide, and pointed at the tip. Young leaves are reddish-brown. The leaves are shiny on top. The young stems are very rough. The flowers are very small and occur in greenish-yellow clusters in the axils of leaves. They occur with separate sexes in separate flowers. The fruit is a flattened berry with soft, juicy flesh, and a red colour. The trunk in young trees has many simple spines. The leaf size and shape varies a lot.



**Distribution:** It grows through tropical Asia and the Pacific, including Solomon Islands. It grows in humid, tropical conditions in tall lowland rainforest. It can grow in shade as well as full sun. It occurs in Benguet to the southern parts of the islands of the Philippines. It probably grows from sea level up to about 1600 m in Papua New Guinea. In Samoa, it grows from 50 - 550 m altitude. It suits hardiness zones 10 - 12.

**Cultivation:** Trees are mostly self-sown. Seeds germinate quickly and easily. Trees can be grown from seed or root suckers. Root suckers are commonly produced. Fruit are made sweeter by rubbing them after harvest. Trees can also be budded or grafted. Trees are spaced 8 - 12 m apart.

**Production:** Fruiting is seasonal. There can be several flowering and fruiting times during the year. Fruit are often produced about September - November in the southern hemisphere. Fruit take 14 weeks to ripen.

**Use:** The fruit are eaten raw when ripe. They can be sour and are used for jam, sauce or pickles. The young leaves and shoots are edible. The young roots are edible.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	77	345	1.7					
Leaf								
Root								

**Insects:**



**Names****English:****Pijin:****Local:** Chi Chi**Scientific name:** *Rubus brassii***Synonyms:****Plant family:** Rosaceae**Description:****Distribution:** It grows in Solomon Islands.**Cultivation:****Production:****Use:** The fruit are eaten.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:****Names****English:** Raspberry**Pijin:****Local:****Scientific name:** *Rubus dendrocharis***Synonyms:****Plant family:** Rosaceae**Description:****Distribution:** It grows in Solomon Islands.**Cultivation:****Production:****Use:** The berry fruit are eaten.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Red raspberry**Pijin:****Local:****Scientific name:** *Rubus fraxinifolius* Poir.**Synonyms:****Plant family:** Rosaceae

**Description:** A scrambling shrub reaching 2 - 4 m high. It is armed with sharp spines. The leaves have 3 - 11 leaflets on opposite sides of the stalk. The edges are toothed. The leaflets are pointed at the tip and slanting at the base. The flowers are white and the berries are borne in clusters. The berries are bright red and fairly juicy, but tasteless. The fruit are 0.8 - 1.4 cm across.

**Distribution:** It grows in Asia and Australia, Papua New Guinea, the Philippines, and Solomon Islands. It grows in damp forests at low and medium altitudes up to 1800 m. It occurs from Luzon to Mindanao in the Philippines. It grows in thickets near sea level in Taiwan.

**Cultivation:****Production:****Use:** The berry fruit are eaten raw.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Moluccan bramble**Pijin:****Local:****Scientific name:** *Rubus moluccanus* L.; Hook.f. in part**Synonyms:****Plant family:** Rosaceae

**Description:** A scrambling shrub, reaching 2 - 3 m high. The stems can be 10 - 15 m long. The stems and leaves are armed with medium sized spines. The leaves are large and lobed, and the upper surface is hairy. The leaves can be 25 cm long and 25 cm wide. They are broadly heart-shaped, with five indistinct lobes. The flowers are white and borne in clusters. The berries are about 1 - 3 cm across. They are red and have little flavour.



**Distribution:** It grows in Asia, Australia, Papua New Guinea, the Philippines, Solomon Islands and Vietnam. It occurs in mountains from Bontoc, Mountain Province, in the Philippines to the northern limits of the islands. It is common in the highlands of Papua New Guinea from sea level to 2700 m. In tropical Queensland, it grows between 265 -1200 m altitude.

**Cultivation:** They grow wild and could be grown by division of the root.

**Production:**

**Use:** The berry fruit are eaten raw.

**Food Value:** Per 100 g edible portion

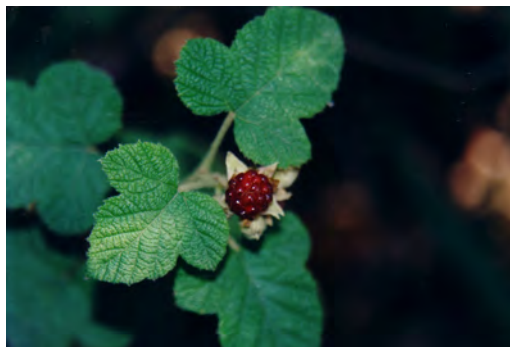
Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Rose-leaf bramble**Pijin:****Local:****Scientific name:** *Rubus rosifolius* Smith**Synonyms:****Plant family:** Rosaceae

**Description:** A spiny, evergreen shrub. It grows to 3 m high and spreads to 3 m across. The stem is trailing and forms suckers. The leaves have 3 - 7 leaflets on opposite sides of the stalk. These are either smooth or hairy, with lobed edges. The leaflets are 1 - 9 cm long. The flowers are white and 3 cm across. The fruit are red and about 1.5 - 2 cm across. They occur on their own or in clusters. They are juicy and tasteless. They have several seeds inside, which are very tiny.



**Distribution:** It grows in a range of tropical countries in Africa, Asia and the Pacific, including Solomon Islands. It is resistant to drought and frost. It is common in the forests of Luzon, Visayas and Mindanao in the Philippines at low and medium altitudes. In Papua New Guinea, it grows from 750 - 2850 m altitude. It suits hardiness zones 9 - 11.

**Cultivation:** They grow wild and could be grown by division of the root or from cuttings.

**Production:**

**Use:** The berry fruit are eaten. It is a common self-sown raspberry, eaten mainly by children.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Purple passionfruit**Pijin:****Local:****Scientific name:** *Passiflora edulis* Sims**Synonyms:****Plant family:** Passifloraceae

**Description:** A vine which grows for several years. The main vine becomes woody and can be 6 - 7 m long. It climbs by tendrils. The leaves are shaped like the fingers on a hand, with three lobes. They are 5 - 10 cm long. The vine can set flowers, which are white and often tinted purple, at each leaf. They are 5 cm across. The fruit are oblong and have a hard skin thickly dotted with purple when ripe. They have a sweet smell. The black seed occupy most of the inside with a small amount of orange, edible flesh. The flowers open in the morning.



**Distribution:** It grows in many countries throughout the tropics and subtropics. It is a subtropical plant, cultivated up to 2000 m altitude in the tropics. The purple variety grows in the highlands up to 3000 m. The yellow variety grows in the lowlands. Its normal range is 700 - 2300 m. Fruit set is often poor in wet conditions. Wind breaks are important for protection. Vines can tolerate very light frosts. Heavy rain at flowering can reduce fruit set through poor pollination. Soils should be fertile, moist and well-drained. Plants cannot tolerate waterlogging. A pH in the range 5.5 - 6.5 is best. It grows satisfactorily between 20 - 30°C. It suits hardiness zones 8 - 11.

**Cultivation:** Plants are grown by seeds or cuttings. Seeds germinate in 15 - 45 days. Seedlings can be grafted. When the end shoots of the mother plant are the same thickness as the seedling stem, shoot tips 8 cm long can be used for grafting. The leaves should be removed from the grafted cutting. Uniform light and high humidity allows these grafted plants to be ready in a few weeks. Plants are put in a hole 30 cm deep with organic matter added. A spacing of 3 - 4 m apart is suitable. Plants need a trellis to climb over. A trellis 2 m high is often used. The side shoots are normally picked off until the vine reaches trellis height. The tip is then picked out to promote branching. Mulching around the plant helps retain moisture, adds nutrients and controls weeds. Hand-pollination can improve fruit set. The fruit turns purple, wrinkles, and drops off, when ripe. Use of balanced fertiliser to promote healthy growth is important. Deficiencies of magnesium, iron, zinc, copper and boron can occur in some places. Regular pruning keeps vines vigorous but should not be done with old plants.

**Production:** Plants produce after about 12 - 18 months and keep producing for 4 - 5 years. Good production is related to keeping the vine growing well by avoiding low temperatures and lack of water. Plants are pollinated by insects, so it is important to not kill these with insecticides. They can also self pollinate. Fruit mature 60 - 100 days from pollination.

**Use:** The fleshy portion of the fruit is eaten raw. The seeds are edible. Passionfruit are also used for flavouring in juices, and with other foods.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	73.3	280	2.8		1.3	10	20	0.1
Seed								

**Insects:** Citrus mealy bug (*Planococcus citri*); White scale (*Pseudaulacaspis pentagona*); Cacao armyworm (*Tiracola plagiata*)

**Names****English:** Passionflower**Pijin:****Local:****Scientific name:** *Passiflora foetida* L.**Synonyms:****Plant family:** Passifloraceae

**Description:** A vine with tendrils. It creeps over the ground. The vine can be 2 - 10 m long. It has a strong smell. The stems are yellowish and have soft, erect hairs. The leaves are 3-lobed with fine hairs. They are pale green. The leaves are 3 - 10 cm long and 3 - 8 cm wide. The base of the leaf is often heart-shaped. The flowers occur singly on flower stalks. The flowers are flattish with several rings of structures. They are 5 cm wide. They are white with a purple centre. The fruit is small (2 - 3 cm across), yellow and with a soft skin. The fruit is enclosed in a green net which dries brown, then falls off. The fruit is edible. Seeds are flat.



**Distribution:** It grows in many tropical countries, including Solomon Islands. It is a tropical plant. It is common in the lowlands and occurs up to 1000 m altitude in the tropics. It is drought-resistant and can grow on poor soils. It prefers sunny situations and grows best in humid places. It suits hardiness zones 10 - 12.

**Cultivation:** Plants are grown from seed. It grows wild in the lowlands. Seeds germinate rapidly.

**Production:** Fruit occur throughout most of the year.

**Use:** The ripe fruit are eaten. The seeds are also eaten. The young stalks and leaves are boiled and eaten in soup in times of food shortage.

**CAUTION:** The unripe fruit and leaves are claimed to be poisonous. They contain cyanide, so can be poisonous if eaten raw.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	64.2	421	4.9		8.4		5	1.1
Leaf	86.0	176	6.9				220	
Seed								

**Insects:**





**Names****English:** Granadilla**Pijin:****Local:****Scientific name:** *Passiflora quadrangularis* L.**Synonyms:****Plant family:** Passifloraceae

**Description:** A long, creeping vine with square stems. It has fleshy tuberous roots. The vine can be 5 - 15 m long. The vine has four wings. The tendrils are pale green and coiled in a spiral. The tendrils are not branched and can be 30 cm long. The leaf stalk is 3-sided and 5 - 8 cm long. The leafy structures (stipules) at the base of the leaf are sword shaped and 2 - 5 cm long by 1 - 2.5 cm wide. The leaves are also large (10 - 25 cm long and 8 - 17 cm wide) and green or purple. The flowers occur singly in the axils of the leaves and can be 10 - 12 cm across. Flowers are white and purple and have red dots on them. The fruit is greenish-yellow, 12 - 30 cm long by 10 - 18 cm wide and with black seeds amongst purple flesh. The aril or layer around the seed is white and edible. The seeds are 1 cm long.



**Distribution:** It grows in many tropical countries, including Solomon Islands. It mainly occurs in the tropical lowlands, but grows up to about 1000 m. It is fairly common in many coastal areas. It suits hot, humid, lowland areas in the tropics. Fruiting is often best between 200 - 500 m altitude. It can tolerate cool temperatures when mature. At 21 - 26°C, seed germinate in 1 - 2 weeks, but at lower temperatures, seed can take 10 weeks. It suits hardiness zones 10 - 12.

**Cultivation:** Plants are normally grown from cuttings but they can be grown from seed. Cuttings 25 - 30 cm long from well-matured stems should be used. A spacing of 2 - 3 m between plants is suitable. It needs a trellis to grow over. It often pays to hand-pollinate. Seed germinate in 2 - 4 weeks. Seedlings can be planted in the field within 4 months.

**Production:** A vine lasts for 5 - 6 years. Flowers are produced 9 months from planting. Fruit are ready to harvest 60 - 80 days from flowering. A vine can produce 16 - 50 fruit in a season.

**Use:** Unripe fruit is sometimes boiled as a vegetable. Otherwise, the fruit is eaten ripe. It can be used for juice. The swollen root is sometimes cooked and eaten like a yam.

**CAUTION:** The leaves are poisonous.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	94.4	170	0.7		0.8		15	
Root	78.4	339	1.9		2.9		15	

**Insects:**





Granadilla



**Names****English:****Pijin:****Local:** Warap**Scientific name:** *Pouteria maclayana* (Muell.) Baehni**Synonyms:****Plant family:** Sapotaceae

**Description:** A small to medium sized tree. It commonly has buttresses. It can grow up to 27 m tall with a 2 m girth. The branches are green with brown areas. The leaves are at the ends of the small branches. They are long and rounded. They are 23 cm long by 9 cm wide, and have a wavy and scalloped edge. The base of the leaf tapers to the leaf stalk. The leaves are dark green and shiny on top, and dull underneath. The veins are whitish and prominent on both sides of the leaf. There are 7 - 8 pairs of side veins. The leaf stalk is about 2.5 cm long. The flowers occur in clusters of six in the axils of leaves. The flowers are small and creamy-white. The fruit are like flattened spheres, about 7.5 - 10 cm across. They are light olive-green. The flesh is orange and fibrous with 2 - 3 large seeds. The pulp has a sickly, sweet smell. The seed are 6 cm long by 2.5 cm wide. The seed is partly covered by a hard shell.

**Distribution:** It grows in Papua New Guinea and Solomon Islands. It mainly grows on the coast. It grows up to 500 m altitude.

**Cultivation:****Production:**

**Use:** The fruit have an edible yellow flesh. It is probably cooked. It is a minor fruit.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:****Scientific name:** *Pouteria myrsinodendron* (F. Muell.)

Jessup

**Pijin:****Synonyms:****Local:****Plant family:** Sapotaceae

**Description:** A large tree with buttresses. It grows up to 15 - 25 m high and spreads to 10 - 15 m across. The branches are spreading and the bark is brownish-green and smooth. Young growth has hairs. The leaves are alternate and the edge of the leaf is often wavy. The mid-rib of the leaf sticks out on the lower surface. There are 10 - 12 pairs of side veins. The leaf is up to 8 - 20 cm by 3 - 8 cm. The leaf stalk is 2 cm long with a gland half way along. The flowers are in clusters of 3 - 6 and are pale yellow. The fruit is a berry, 2.5 cm by 1.5 cm across. It becomes dark red when ripe. The seed is about 2 cm by 1 cm. It is brown and shiny when ripe.

**Distribution:** It grows in Australia, Indonesia, Malaysia, Papua New Guinea and Solomon Islands. It grows on hill slopes up to 500 m above sea level.

**Cultivation:** Plants are grown from fresh seed.

**Production:**

**Use:** The fruit are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Northern Yellow Boxwood**Pijin:****Local:****Scientific name:** *Pouteria obovata* (R. Br.) Baehni**Synonyms:** *Planchonella obovata* (R. Br.) Pierre**Plant family:** Sapotaceae

**Description:** Shrubs or trees which can be up to 40 m tall. The trunk is 50 cm across. The trunk is crooked and has buttresses. The bark is brown. The small branches are angular and have rust coloured hairs when young. The leaves are scattered along the twigs. The leaf stalk is 0.5 - 5 cm long. The leaf blade is oval to sword shaped and 6 - 24 cm long by 1.5 - 15 cm wide. They are membranous and papery or leathery. There are 5 - 13 pairs of secondary veins. The leaves are rust-coloured and hairy on one side and smooth and shiny on the other. Several flowers (1 - 20) occur on clusters in the axils of leaves. They can be female, or of both sexes. The flower petals are 2 - 3 mm long. They are white to greenish. The fruit is white, yellow, red or blue when fresh. It is round to oval and about 1.5 cm across. It is smooth with yellow sweet flesh. There are 1 - 5 seeds inside. The seeds are 8 - 12 mm long by 2 - 3.5 mm across. They are yellow, with a narrow scar.



**Distribution:** It grows in Asia, South America and the Pacific, including Solomon Islands. It grows in thickets at low elevations. It occurs in wet tropical forests. It can grow in cooler conditions. It can grow in poor soil conditions. It grows on rocky and sandy coasts on the landward side of mangroves. In Indonesia, it can grow in lowland forest up to 400 m altitude. In the Andes, it grows from sea level to 2700 m altitude.

**Cultivation:** Plants are grown from fresh seed.

**Production:** Plants can produce in 5 years from seed.

**Use:** The fruit is eaten fresh. It is also made into a drink. The fruit are dried and ground into a powder and stirred into milk.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Durian**Pijin:****Local:****Scientific name:** *Durio zibethinus* Murray**Synonyms:****Plant family:** Bombacaceae/Malvaceae

**Description:** A large, evergreen tree, up to 30 - 50 m tall with buttresses. The bark is dark red-brown and rough and peels off irregularly. The leaves are alternate and oval. They are about 10 - 15 cm long and 3 - 5 cm wide. The upper surface is smooth and shiny, and the mid-rib is sunken. The lower surface is covered with silver scales. The flowers are on the older branches and form bunches of flowers where the lower flower stalks are longer. They have 3 - 30 flowers on a main stalk up to 5 cm long. The fruit are green to yellow, fat, and up to 25 cm long by 20 cm wide. They have sharp spines over the surface. The seeds are completely covered with a yellowish, soft, very sweet, seed covering. The fruit drop unopened. As the fruit ripens, it splits open naturally into 3 - 5 sections which have large seeds embedded in a yellow coloured pulp. The seeds are oval and 4 - 5 cm long by 2.5 - 3.5 cm wide.



**Distribution:** It is common in Asia and has been introduced to some Pacific countries, including Solomon Islands. A tree of the humid tropics preferably below 300 m altitude, but they may grow up to about 800 m above sea level in the equatorial tropics. It grows mainly within 15° latitude of the equator. It needs plenty of soil moisture and a rich soil. For a tropical tree, it can tolerate cooler temperatures, e.g. 23°C, and can tolerate temperatures up to 46°C. A rainfall of over 2000 mm, evenly distributed throughout the year, is best. A drier period during flowering is beneficial. Poorly drained or sandy soils are not suitable. It can grow well in acid soils with pH 5 - 6.5. It suits hardiness zone 12.

**Cultivation:** Trees grow readily from seed. Seeds need to be fresh. Seeds germinate in about 3 days and can be transplanted in about 4 weeks. Seeds do not breed true. Trees can be grown by budding or grafting. A spacing of at least 14 m between plants is needed. Grafted trees seldom reach 20 m height. Heavy mulching near the trunk can help patch canker (*Phytophthora palmivora*) to develop. Trees should be pruned and shaped for uniform branching, and by topping to reduce excessive growth and give the best production.

**Production:** Grafted trees can produce in 4 - 5 years, but seedling trees take 10 years. Flowers are cross-pollinated by bats. Normally, flowers cannot self-pollinate. Flowers open in the afternoon and fall by next morning. Up to 50 fruit can be produced per tree per year. Up to 400 fruit can grow on one tree and this varies with season. Fruit can weigh 3 -5 kg. Fruiting is seasonal. Fruit take between 90 - 130 days from flowering to maturity depending on variety.

**Use:** The flesh around the seeds is eaten. Fruit need to be eaten within 2 days of falling from the tree. Fruit should only be opened at time of eating as the flesh goes sour. The raw fruit is used as a vegetable or in soups. The unripe fruit can be cooked as a vegetable. Fruit are also processed for ice-creams and desserts. The seeds are edible, usually cooked. The young leaves and shoots can be eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	61.1	602	2.5	5	0.7	5	24	0.3
Seed								
Leaf								

**Insects:**



Durian





**Names****English:** Mangosteen**Pijin:****Local:****Scientific name:** *Garcinia mangostana* L.**Synonyms:****Plant family:** Clusiaceae

**Description:** A medium sized tree, 10 - 20 m tall, with bright, glossy leaves. Trees keep their leaves all year. Leaves are 15 - 25 cm long and leathery. Male and female flowers are on separate trees. Commercial trees only have female flowers. Male trees occur, but are rare. Flowers are produced on shoots near the end of branches. Female flowers have four cream petals and four sepals and a round ovary with a thick stigma composed of 4 - 8 lobes. No pollination is required because fruit develop without fertilisation. The fruit is dark blue with 4 - 8 white juicy segments inside the thick skin. Each segment is enclosed in fine, pinkish veins. It is 8 cm across and has flower sepals attached to the stalk end. It leaks yellow sap from wounds. Fruit is produced on side branches near to the tips of the main branches. Fruit often have no seeds or up to two. These are not true seeds, but they will grow.



**Distribution:** Although originally an Asian plant, it is now grown in other tropical countries in Africa and Central America. It is grown in the Pacific, including Solomon Islands. It is a tropical plant. It needs a hot, humid climate (25 - 35°C). Temperatures below 5°C will kill the plant and temperatures below 20°C will slow growth. It grows from sea level up to 1000 m altitude in the equatorial tropics, although it grows very slowly at this altitude. It can stand light shade. It often does not do well with sea breezes, and needs protection from wind. It cannot tolerate drought. It needs fertile soil. Good fertility enables earlier bearing. It cannot tolerate alkaline soils. It suits high rainfall areas over 2500 mm per year. It suits hardiness zones 11 - 12.

**Cultivation:** Trees breed true from seed because they are produced asexually. This means trees are very uniform. As well, some seeds can produce more than one seedling. They 10 - 54 days to germinate. Seeds need to be fresh (less than 5 days after extraction) and undamaged, and cleaned of pulp. They quickly lose their viability (usefulness). Transplanting is done with care after 2 years. Long tap roots make this difficult. Young trees require shade during hot weather. The slow, early growth is because the original roots of the seedling are replaced by new roots from the base of the stem. A spacing of 7 - 10 m suits. Grafting onto vigorous root stocks is difficult. It has been performed on *Garcinia tinctoria*. Budding, cuttings and air-layering have been unsuccessful.

**Production:** Trees are slow growing and begin to bear after 8 - 20 years. Fruit are produced on shoots which are more than two years old so pruning is necessary. Fruiting is seasonal, once or twice a year. Often, more fruit are produced every second year. The main fruiting season is November to March. Fruit need to be harvested when mature and ripe. Fruit can only be transported with difficulty. They can be stored under refrigeration (10°C for up to eight weeks). Between 500 - 1500 fruit are produced per tree. Fruit are best opened by cutting the skin around the middle to prevent tannins from the skin spoiling the flavour. Fruit can be stored for 3 weeks if undamaged.

**Use:** Fruit is best eaten fresh. It is the aril, or layer around the seed, which is eaten. The seeds are edible raw.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	81.3	299	0.6		0.4		2.7	
Seed								

**Insects:** Seychelles scale (*Icerya seychellarum*)



Mangosteen





**Names****English:** Wild mango**Pijin:****Local:****Scientific name:** *Mangifera altissima* Blanco**Synonyms:****Plant family:** Anacardiaceae

**Description:** A large tree growing 12 - 35 m tall or taller. The trunk is 35 - 80 cm across or wider. The small branches are angular with prominent leaf scars. The leaves are long and narrow, and pointed at both ends or wedge-shaped at the base. They are 15 - 43 cm long by 2 - 11 cm wide. They are rough. They are dark green on the top surface. The flowers are small and white and have a smell. They are produced in large numbers on branched, compound flowers. The veins are net-like. The leaf stalk is 1.5 - 5 cm long. The flower stalks are crowded near the ends of the twigs. They are 10 - 25 cm long. The flowers are creamy-white. They occur in groups of 4 - 5 on side branches. The fruit is 5 - 8 cm long and 4 - 6 cm wide. It is shaped like a mango and is smooth, green and sticky. It turns yellow as it ripens. The flesh is white and fibrous. The stone is 4.5 cm long by 2.5 cm wide and 1 cm thick.

**Distribution:** It grows in Asia in Indonesia and the Philippines, and in the Pacific in Papua New Guinea and Solomon Islands. It grows in the humid tropics up to 400 m altitude. It does best in places with a wet and dry season.

**Cultivation:** Plants are usually grown from seed. They can be grown by cleft grafting.

**Production:** A fruit can weigh about 40 g. Fruit can be harvested about 70 days from flowering. They ripen in 6 days.

**Use:** The fruit are used to make pickles or mixed with vegetables. The immature fruit are also eaten fresh. Ripe fruit are used to prepare marmalade. The seeds are salted and pounded to prepare an edible meal.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Seed								

**Insects:**

**Names****English:** Mango**Pijin:****Local:****Scientific name:** *Mangifera indica* L.**Synonyms:****Plant family:** Anacardiaceae

**Description:** An erect, branched, evergreen tree. It can grow to 10 - 40 m high and is long-lived. Trees grown vegetatively are smaller and more compact. It spreads to 15 m across. It has strong deep roots. The trunk is thick. The bark is greyish-brown. The leaves are simple and shaped like a spear. Some kinds of mangoes have leaves with a wavy edge. They can be 10 - 30 cm long and 2 - 10 cm wide. They are arranged in spirals. The leaf stalk is 1 - 10 cm long and flattened. Leaves are often brightly coloured and brownish-red when young. These tender leaves, which are produced in flushes, become stiff and dark-green when mature. The flower stalks are at the ends of branches. They are 10 - 50 cm long and branching. Up to 6000 flowers can occur on a stalk. Most of these are male, although between 1 - 35% have both male and female flower parts. Fruit are green, yellow or red and 2.5 - 30 cm long. The fruit hang down on long stalks. The outside layer of the seed is hard and fibrous and there is one seed inside. Several embryos can develop from one seed by asexual reproduction. The fruit shape, colour, amount of fibre, and flavour vary.



**Distribution:** Mango grow in most tropical countries. It grows in the tropics and subtropics. It grows from sea level up to 1300 m altitude in the tropics. It does best in areas below 700 m and with a dry season. Rain and high humidity at flowering reduces fruit set. It thrives best where temperatures are about 25°C, but will grow with temperatures between 10 - 42°C. Temperatures of 0°C will damage young trees and flowers. Low temperatures (10 - 20°C) at flowering time will reduce fruiting. As temperatures get lower due to latitude or altitude, fruit maturity is later and trees become more likely to only have good crops every second year. Mango can grow on a range of soils. In wetter areas, soils with less clay are better. It can withstand occasional flooding. A soil pH of 5.5 - 6.5 is best. Soils with pH above 7.5 cause plants to develop iron deficiency. It suits hardiness zones 11 - 12.

**Cultivation:** Trees are grown by planting fresh seed and they can be transplanted. Mangoes vary in their ability to breed true from seed. When more than one seedling emerges from the seed, some of these are asexual and breed true. Clean seed germinate best if they are treated in hot water at 50°C for 20 minutes, then planted on their edge, with the round bulge upwards and near the soil surface. The husk around the seed should be removed. Seeds germinate in 3 - 6 weeks. The strongest growing seedlings from this seed are used and the others thrown away. The seedlings from the folds of the seed are vegetative, while the seedlings from the centre of the seedling, near the stalk end, may be sexual and show variation from type. Other seeds only produce one seedling, and these normally vary and can be different from the parent tree. Plants can be propagated by budding. In wetter places, flowers need to be protected with fungicides to enable fruit to form. If organic manure is used, this should not be directly in the planting hole nor immediately against the new plant. Young, transplanted seedlings need regular watering. A spacing of 6 - 12 m between plants is used. Wind protection is advisable to prevent fruit rubbing and getting damaged. Trees should only ever be lightly pruned as fruit develop on new growth and heavy pruning can reduce flowering. Flowering can be brought about by foliage sprays of potassium nitrate.

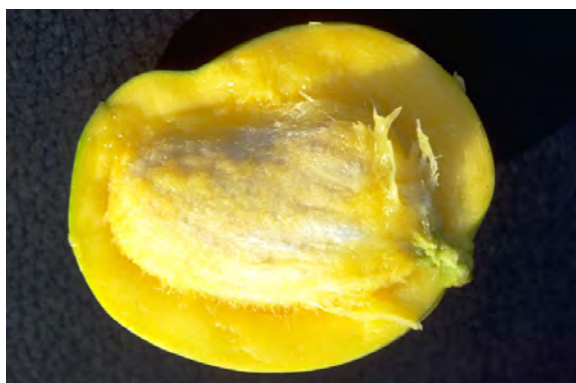
**Production:** Seeds germinate after about 20 days. Seedling trees produce after 4 - 6 years and increase in production up to 20 years. Trees often bear better each second year. Rain at flowering reduces fruit setting. Fruiting is at the end of the year. Fruit take 4 - 5 months to mature. Fruit vary in weight from 200 - 1000 g. Trees can produce one million flowers, but only 500 fruit. Trees last for many years.

**Use:** Ripe fruit are eaten raw. Unripe fruit is pickled. Amchur is made from the dried unripe fruit. This is used in curries, and pickles and chutneys. Seeds can be eaten cooked. They are boiled or roasted. They are made into meal by powdering. Young leaves can be eaten cooked. The seed kernels are used for famine food in India. They are boiled, roasted or soaked to remove the bitterness. It is a common and popular fruit in season.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	83.0	253	0.5		0.5	1200	30	0.04
Leaf		122	0.5				60	
Kernel								

**Insects:** Green coconut bug (*Amblypelta cocophaga*); Pink wax scale (*Ceroplastes rubens*); Pineapple mealy bug (*Dysmicoccus brevipes*); *Eucalymnatus tessellates*; Cottony cushion scale (*Icerya purchasi*); Seychelles scale (*Icerya seychellarum*); *Milviscutulus mangiferae*; *Milviscutulus spiculatus*; Spherical mealybug (*Nipaecoccus viridis*); Coffee mealybug (*Planococcus lilacinus*); *Planococcus pacificus*; Brown coffee scale (*Saisettia coffeae*)





**Names****English:** Wild mango**Pijin:****Local:****Scientific name:** *Mangifera minor* Bl.**Synonyms:****Plant family:** Anacardiaceae

**Description:** A large tree, often 10 - 15 m tall, but can be up to 30 m tall. The trunk can be 30 - 120 cm across. It can have buttresses. It has a thick round crown of leaves. Leaves are narrower than the cultivated mango. They are 10 - 22 cm long by 3 - 6 cm wide. The leaves are dark green and shiny on top, but paler and smooth underneath. They are papery. The leaf stalk is 1 - 3 cm long. The flowers occur on the ends of branches in a much-branched flower arrangement. The flower stalks are 30 cm long. The individual flowers are small. The flowers have a scent. The fruit is yellow green and flattened at the sides, and with one large seed inside. It is smaller than mango. It can be 6 - 10 cm long by 4 - 7 cm wide. The fruit has a stringy flesh. It is edible. The stone is very fibrous.

**Distribution:** Wild mango grows in Asia and the Pacific in Indonesia, Papua New Guinea, the Philippines, Solomon Islands and Timor. It occurs mainly in the lowlands and foothills below 750 m altitude, but grows up to 1900 m altitude. It occurs as scattered, individual trees. It prefers damp, even, wet ground. It is common near the foreshore. It grows in the humid tropics.

**Cultivation:** Trees grow from seed, both as wild and cultivated plants.

**Production:**

**Use:** The fruit is peeled and eaten.

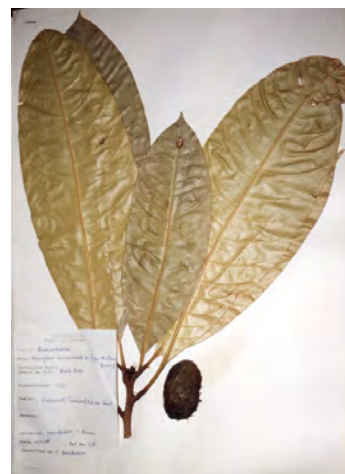
**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Wild mango**Pijin:****Local:****Scientific name:** *Mangifera mucronulata* Bl.**Synonyms:****Plant family:** Anacardiaceae**Description:****Distribution:** It grows in the Papuan Province of Indonesia to Solomon Islands in the Pacific. It grows in the humid tropics.**Cultivation:****Production:****Use:** The fruit are eaten.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Grapevine, European grape**Pijin:****Local:****Scientific name:** *Vitis vinifera* L.**Synonyms:****Plant family:** Vitaceae

**Description:** A woody vine which keeps growing from year to year. It is often pruned to reduce its size. It climbs by coiled tendrils which attach to objects. It has large leaves which are roughly, heart shaped. They can be entire or be deeply divided into 3 - 5 lobes. Leaves can be 20 cm across. The edges of the leaf are sharply and irregularly toothed. The tip of the leaf is pointed and the base is rounded. The leaves are sometimes hairy. The flowers are small and yellow-green. They occur in clusters which are 5 - 20 cm long and beside the leaves.

The five green petals drop off together to show five central stamens and the ovary. These bear clusters of fleshy fruit. The fruit is a berry, 1 - 4 cm long, which is generally oval and juicy. The flesh is edible. They contain a few hard seeds. The skin can be yellow or violet-black. There are 10,000 cultivated varieties.



**Distribution:** It is a subtropical plant grown most in warm temperate and Mediterranean climate countries, but is also grown in the tropics, including Solomon Islands. It prefers Mediterranean climates, with hot, dry summers and cool, rainy winters. It needs shelter from the wind. In Nepal, it grows up to 1400 m altitude. A soil pH of 6.5 - 7.5 is suitable. It suits hardiness zones 6 - 9.

**Cultivation:** It is mostly grown from hardwood cuttings. It needs a trellis for support. It is normally pruned to control the growth. A spacing of 2.4 m by 3 m is suitable. Vines are pruned when they have lost their leaves. Pruning in the first year is designed to form the permanent shape of the plant. It is normally pruned to allow a single stem with two branches just below the trellis.

**Production:** It is a very occasional, and poorly-producing, fruit in Solomon Islands.

**Use:** The fruit are eaten ripe and also used for juice and wines, champagnes and brandies. The dried fruit are eaten as raisins. Young, slightly acid leaves are sometimes eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Leaf								

**Insects:**



**Names****English:** Indian mulberry, Cheese fruit**Pijin:****Local:** Noni**Scientific name:** *Morinda citrifolia* L.**Synonyms:** *Morinda tinctoria* Ridley**Plant family:** Rubiaceae

**Description:** A small, evergreen tree. It grows 4 - 10 m tall and spreads 2 - 6 m wide. The branches are thick and somewhat 4-angled. It has large oval leaves which grow opposite each other along a four sided shiny branch. The leaves have a small, leaf-like appendage at the base of the leaf stem which is fused into a type of sheath. The leaves are 12.5 - 31 cm long by 6.2 - 15 cm wide. The stalks are 0.6 - 2.5 cm long. The flowers are numerous. They are 1.5 cm across. They grow in clusters in the axils of leaves. The fruit are rounded and small, each with two, 1-seeded nutlets. The fruit are yellowish-white when mature, with warty looking lumps. They are about 6 cm across. The fruit is a little like soursop and has an unpleasant smell when ripe.



**Distribution:** It grows in many tropical countries, especially in Asia and the Pacific, including Solomon Islands. It is common along the seashores throughout the Philippines. It grows wild in coastal areas and is also planted. It suits dry areas because of high drought tolerance. It is part of the coastal vegetation behind the beach. It can grow on sand and is salt tolerant. Seeds can float easily in salt water. It can grow up to about 1500 m altitude and cannot tolerate frost.

**Cultivation:** Trees are grown from seeds. Seeds remain viable for at least 6 months. Seeds are planted in a nursery. They germinate in 3 - 9 weeks after sowing. Trees can be grown from cuttings.

**Production:** Trees can grow to 1.5 m in 6 months. Flowering and fruiting start in the third year. Trees last for up to 25 years.

**Use:** The fruit can be eaten raw or cooked. It is often eaten with salt. Green fruit are curried. The juice is made into a drink. The young leaves are cooked as a vegetable or pot herb. Red, yellow and brown non-edible dyes are obtained from the root. It is normally a rarely used fruit, but lately, has become the subject of more attention.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	86.1	160	0.8		1.1		56	
Leaf	77.6	449	4.5		2.3		50	

**Insects:** *Eucalymnatus tessellatus*; *Milviscutulus spiculatus*; *Planococcus pacificus*; Green shield scale (*Pulvinaria psidii*); Brown coffee scale (*Saisettia coffeae*); Mexican black scale (*Saissetia Miranda*)

**Names****English:** Sapodilla**Pijin:****Local:****Scientific name:** *Manilkara zapota* (L.) Van Royen**Synonyms:** *Achras sapota* L.**Plant family:** Sapotaceae

**Description:** A medium sized, evergreen tree, up to 18 m tall. It can grow to 30 m in tropical regions. The leaves are 8 - 12 cm long by 2 - 4 cm wide. The leaves are green and shiny. The leaves tend to be clustered in spirals near the ends of twigs. The flowers are single and white in the axils of leaves. They are bell like and 1 cm across and produced on long stalks. The fruit has several smooth, black, shiny seeds. The fruit is normally in pairs and 5 - 8 cm across. It is rusty brown in colour. The fruit can be seedless, or can have 3 - 12 hard shiny seeds inside. The seeds are flattened and about 2 cm long. The tree has a milky juice.



**Distribution:** It grows in many tropical countries, including Solomon Islands. It is an attractive, tropical fruit, although probably not yet common in Solomon Islands. It will grow in subtropical climates. It needs a warm climate above 18 - 24°C. It can tolerate temperatures down to freezing for short periods of time. Frost will kill young trees, but mature trees can tolerate reasonable frosts. Good, year round, rainfall is needed, especially for young trees. It will probably grow up to 1000 m in the tropics, but is better at lower altitudes. It can tolerate some salt in the soil. It needs good fertile soil. It can grow in heavy clay soils and in acid soils. Young trees need extra fertiliser for good growth. It does best in sunny positions. It cannot tolerate water-logged soils, but can withstand drought. It can stand strong winds. It suits hardiness zones 10 - 12.

**Cultivation:** Trees can be grown from fresh seeds, but they are not true to type. This has resulted in many varieties, which vary in fruit shape and size. It is best to use grafted plants. Seed remain viable for several years. Better varieties should be grown by grafting or air-layering (part of the plant cut and wrapped in dirt so it produces new shoots). It can be grown from cuttings of mature branches. Seedling trees tend to be taller. Growing from cuttings is not easy. A spacing of 8 - 9 m is suitable. Thinning of fruit is rarely undertaken as sap discolours other fruit. Trees need little pruning although topping of the tree can be done if the tree becomes too tall.

**Production:** Trees are slow growing. Seedling trees take about 8 - 10 years to commence bearing. Grafted trees bear when about 4 - 5 years old. Fruit takes about 4 - 6 months after flowering to mature. There can be several bunches of fruit throughout the year. The fruit should be harvested when fully ripe to avoid the sticky latex. There are often two crops each year. A well-established 10 year old tree can produce 200 - 250 kg of fruit per year. Fruit need to be fully ripe. It is not easy to determine ripeness except for a slight colour change. Allowing fruit to fall ensures full maturity. Fruit weigh about 110 g. Fruit can be stored for 6 weeks at 2°C.

**Use:** The fully ripe fruit are eaten fresh. They can be used for drinks, jams or jellies. The unripe fruit can be pickled. The juice can be boiled into syrup or made into syrup or wine. The bark contains a gummy substance (chicle) used for chewing gum. The very young shoots and leaves may be eaten, but older leaves contain an alkaloid poison.

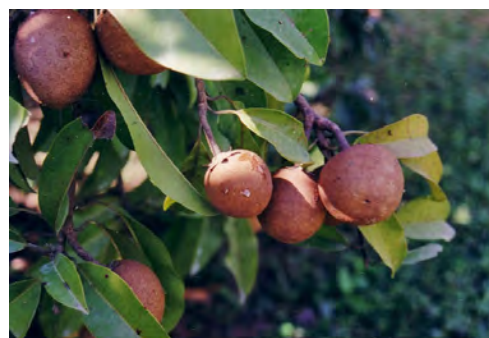
**CAUTION:** The seeds are hooked and can catch in the throat, so should be removed.



**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	74.0	361	0.5		0.7	10	12	0.1
Sap								

**Insects:**



Sapodilla

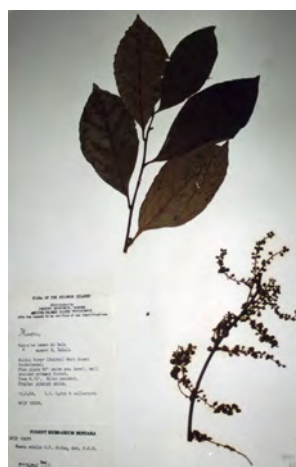
**Names****English:****Pijin:****Local:****Scientific name:** *Maesa edulis* White**Synonyms:****Plant family:** Maesaceae

**Description:** A small, spreading tree or large shrub up to 8 m high with dark green leaves. The leaves are papery and long. Flowers occur with 2 - 4 together in a cluster. The flowers are bell-shaped with an orange centre. The fruit is cream-coloured and transparent, with black seeds visible from the outside. It has a sweetish pulp.

**Distribution:** It grows in Papua New Guinea and Solomon Islands. It grows in coastal areas in lowland rainforest on both the mainland in Papua New Guinea and in the islands.

**Cultivation:****Production:** Trees fruit at least February to August.**Use:** The fruit is edible. It is a minor fruit.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Stalk								

**Insects:**



**Names****English:** Garuga**Pijin:****Local:** Kagi**Scientific name:** *Garuga floribunda* Decne**Synonyms:** *Garuga pacifica* Burkill**Plant family:** Burseraceae

**Description:** A small tree. It grows 8 - 12 m tall and spreads 5 - 10 m wide. The branches are thick and have scars left where the leaves have fallen. The leaves are crowded at the ends of branches. The leaves are 10 - 30 cm long and divided into leaflets along the central stalk. There are 14 - 16 leaflets and these are 4 - 8 cm long by 2 - 4 cm across. They are oval or sword-shaped. They are leathery and dark green on the upper surface and paler underneath. They taper towards the tip and have unequal slanting sides at the base. Young leaves often have a reddish tinge. The flower branch is 20 - 30 cm across and occurs at the ends of small branches. The flowers are greenish-white and hairy, and 1 cm across. The fruit is fleshy with a woody shell around the seed inside. The edible fruit is about 2.5 cm across. It is oval and rough.



**Distribution:** It grows in India, Indonesia, Malaysia, the Philippines, Australia, Papua New Guinea, Fiji, Samoa, Solomon Islands, Tonga and Vanuatu. It suits coastal regions in tropical places. It is very sensitive to cold. It needs an open, sunny position and well-drained soil. It grows from sea level to 450 m altitude in Samoa.

**Cultivation:** It is grown from seed which should be sown while fresh. The seed germinates irregularly. It may be best to scratch the seed to break the seed coat, then soak in water, before sowing.

**Production:**

**Use:** The fruit are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Sugarcane**Pijin:****Local:****Scientific name:** *Saccharum officinarum* L.**Synonyms:****Plant family:** Poaceae

**Description:** A tall, thick-stemmed, clumpy grass. It has many nodes. It grows 1 - 6 m tall. It spreads 100 cm wide. A large number of different cultivars occur. The leaves are long and narrow. They taper to the tip. They are rigid and droop at the tip. The cane varies in thickness, length of nodes, colour, etc. The stalks have distinct nodes and the bottom of the leaf is wrapped in a sheath around the stalk. The flower is brownish. It is surrounded by dense, silky, white hairs.

**Distribution:** It is grown in most tropical countries and some subtropical regions, including Solomon Islands. It is a tropical plant and occurs throughout the country of Papua New Guinea. It needs a temperature over 21°C for sprouting. It is frost-sensitive. In Nepal, it grows up to about 1400 m altitude. It suits hardiness zones 9 - 12.

**Cultivation:** Plants are mostly grown from tops of canes. They can be grown from sections of the stalk or division of the root stock. It requires a fertile soil and good rainfall. Plants can be ratooned, or cut back, if the soil fertility is high. Tall cultivars need staking.



**Production:** Plants mostly take 14 - 18 months until they are ready for harvest.

**Use:** The stems are chewed. The flowers can be cooked and eaten before the flower opens. It is a major food in subsistence diets.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Stem								
Flower								

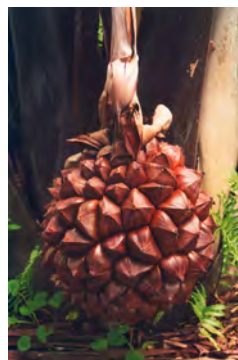
**Insects:** Green coconut bug (*Amblypelta cocophaga*); White jassid (*Cicadella spectra*); Rice leaf roller (*Cnaphalocrocis medinalis*); *Compsolacon gracilis*; Elephant beetle (*Dynastes gideon*); Pineapple mealy bug (*Dysmicoccus brevipes*); Paddy bugs (*Leptocoris acuta*); Migratory locust (*Locusta migratoria*); Rice armyworms (*Mythimna loreyi*); Spur throated locust (*Nomadacris guttulosa*); Asiatic rhinoceros beetle (*Oryctes rhinoceros*); *Oxya gavisa*; *Oxya japonica*; Taro beetles (*Papuana aninodalis*); Corn laternfly (*Peregrinus maidis*); *Planococcus pacificus*; Cane weevil borer (*Rhabdoscelus obscures*); Corn leaf aphid (*Rhopalosiphum maidis*); Violet rice stem borer (*Sesamia inferens*); African armyworm (*Spodoptera exempta*); Paddy armyworm (*Spodoptera mauritia*); Coconut shot-hole borer (*Xyleborus perforans*)







## Edible palms





**Names****English:** Coconut**Pijin:****Local:****Scientific name:** *Cocos nucifera* L.**Synonyms:****Plant family:** Arecaceae

**Description:** A palm with an unbranched trunk. The trunk has ring-like leaf scars along it. At the base, it is swollen and surrounded by a mass of roots. It grows to about 25 m tall. Dwarf varieties have been produced. The fronds are 2 - 6 m long. They are divided along the stalk into strap shaped leaflets. The leaflets are 60 - 90 cm long. They are narrow and tapering. Clusters of large fruit develop beneath the fronds. Male and female flowers are separate on the one stalk. Female flowers are near the base. Flowers are cream. The flowers are covered by boat-shaped bracts. About 10 - 12 coconuts per stalk is a good crop. Leaves are up to 5 m long. Fruit can be 25 cm across. The fruit are fibrous. The hard shell inside is filled with coconut milk and a white copra layer.



**Distribution:** It grows in the coastal areas of most tropical countries. It is common in Solomon Islands. It occasionally grows up to 1000 m in the tropics. In Fiji, coconut palms rarely bear above 400 m altitude. Temperatures of 27 - 32°C are best, with a daily range of 5 - 7°C. It needs a minimum temperature of over 18°C to bear fruit. It needs an annual rainfall of over 1000 mm, preferably 1500 mm. Soils need to be well-drained. It requires plenty of sunlight. Sunlight of 1800 hours per year gives good growth. It is salt tolerant. It can tolerate soils with pH 5 - 8. In Nepal, plants grow to 500 m altitude. Coconuts are normally confined to within 26° of the equator. It suits hardiness zone 12.

**Cultivation:** Seeds should be selected from regular bearing palms that produce more than 80 nuts per year. Selected nuts are sprouted in a nursery, then planted out. Seeds that have not germinated within three months are usually rejected. Seedlings are ready for transplanting when they have 3 - 4 leaves (about 1 year). The nut should be planted in a hole 0.6 m x 0.6 m. A spacing of about 7 - 8 m is suitable. Temperatures need to be above 15°C for nuts to germinate.

**Production:** Early germinating nuts give early production in the field. They can commence production after 6 - 8 years. The best yields are often produced between 12 - 60 years of age. Trees can live for 100 years. Palms can produce 15 - 100 nuts per year. Fruit take about 1 year to mature. Tapping the flower stalk can give 1 kg sap/day for 6 months.

**Use:** The liquid of fresh nuts is used as a drink. The flesh is eaten, and the "apple" in sprouting nuts is eaten. The flesh is grated and used in cooking as "coconut" milk. The young shoots at the top of the palm can be eaten. The sap from the flower stalk can be tapped for the sugary juice. Oil can be extracted from the kernel. It is a very important food in daily diets.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Milk	84.9	1004	3.7		1.3		8	0.4
Flesh	80.9	119	1.1		0.2			0.2
Shoot								
Sap								

**Insects:** Coconut white fly (*Aleurodicus destructor*); *Amarygmus hydrophiloides*; Green coconut bug (*Amblypelta cocophaga*); *Amblypelta* bugs (*Amblypelta costalis szentivanyi*); Crazy ant (*Anoplolepis longipes*); Coconut spathe bug (*Axiagastus cambelli*); Coconut hispid (*Brontispa longissima*); Pink wax scale (*Ceroplastes rubens*); *Diocalandra frumenti*; Lesser coconut borer (*Diocalandra taitense*); Elephant beetle (*Dynastes gideon*); Pineapple mealy bug (*Dysmicoccus brevipes*); *Eucalymnatus tessellatus*; Seychelles scale (*Icerya seychellarum*); *Ischiosopha wallacei*; *Laingiococcus painei*; Migratory locust (*Locusta migratoria*); *Maculicoccus malaitensis*; *Milviscutulus mangiferae*; *Milviscutulus pilosus*; *Mutabilicoccus simmondsi*; *Oryctes centaurus*; Asiatic rhinoceros beetle (*Oryctes rhinoceros*); *Oxya japonica*; *Palmicultor browni*; *Panglaphyra douboulayi*; Taro beetles (*Papuana aninodalis*); Taro beetles (*Papuana laevipennis*); *Papuana nigerrima*; Taro beetles (*Papuana woodlarkiana*); (*Papuanella cyanea*); *Paraputo leverii*; Coastal brown ant (*Pheidole megacephala*); *Planococcus pacificus*; *Platylecanium cocotis*; Hispine coconut beetle (*Promecotheca opacicollis*); Coconut leaf miner (*Promecotheca papuana*); Cane weevil borer (*Rhabdoscelus obscures*); Red palm weevil (*Rhynchophorus ferrugineus*); *Rhynchophorus schach*; Brown coffee scale (*Saisettia coffeae*); Mexican black scale (*Saisettia Miranda*); New Guinea Rhinoceros beetle (*Scapanes australis australis*); New Guinea Rhinoceros beetle (*Scapanes australis grossepunctatus*); Coconut spathe moth (*Tirathaba rufivena*); *Trichogomphus fairmairei*; Solomon Islands rhinoceros beetle (*Trichogomphus semilinki*); Coconut shot-hole borer (*Xyleborus perforans*); Two coloured coconut leaf beetle (*Plesiocha reichi*); *Agonoxena pyrogramma*; *Euryphlepsia cocos*; *Aulostyrax nuciferae*; *Trionymus malaitensis*; *Heterococcus painei*; *Pseudococcus leverii*; *Graffea rosea*; *Megacrania phelaus*; *Brizica alacris*; *Amblypelta cristobalensis*



**Names****English:** Betel nut**Pijin:****Local:****Scientific name:** *Areca catechu* L.**Synonyms:****Plant family:** Arecaceae

**Description:** A straight, slender palm, up to 30 m tall. The leaves can spread 5 m across. The trunk is slender and erect. The trunk has rings around it and is about 10 - 15 cm across. The fronds, or leaves, are divided into leaflets along a stalk. The leaves are a dark green and 1.5 m long, with leaf divisions about 25 cm long. The leaves arch over. The ends of the leaflets have irregularly placed teeth. A much branched flower cluster develops below the sheath. This can be 60 cm long, with pale yellow flowers. The female flower occurs on its own at the base surrounded by small, white, sweet smelling male flowers. The fruit are egg shaped and up to 7 cm long. They change from green to red or yellow as they ripen.



**Distribution:** It grows in Asian and Pacific countries. It is a tropical plant. It occurs from sea level up to 900 m altitude in the tropics. It does best in rich moist soils in a shady, sheltered position. It needs soils of reasonable depth for good production. It is drought and frost tender. The seed needs to be sown when temperatures are 24 - 27°C. It can tolerate temperatures down to a minimum of 13 - 15°C. It grows in Nepal up to 400 m altitude. It suits hardiness zones 11 - 12.



**Cultivation:** Trees are grown from seed. The seedlings are transplanted at 1 - 2 years of age. A spacing of 3 m between plants is best. Banana trees can be used to provide temporary shade while betel nut palms get established. Holes, 50 cm across and deep, need to be dug. The seedlings should be planted 20 cm below ground level. As emerging prop roots develop, the hole should be filled in.

**Production:** The palm commences bearing fruit after about 7 years. The fruit take 6 - 8 months to ripen. Trees can continue fruiting for 30 - 60 years.

**Use:** The nut is chewed (with lime and betel pepper) as a masticatory. Shoots from the heart of the palm are edible and eaten raw or cooked. It is popular for chewing but a minor food.

**CAUTION:** Chewing betel nut is associated with cancer of the mouth and throat. It contains alkaloids and tannins.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								
Shoot								

**Insects:**



**Names****English:****Pijin:****Local:** Bua Lau**Scientific name:** *Areca guppyana***Synonyms:****Plant family:** Arecaceae

**Description:** A palm with a thin, solitary trunk. It grows to 3 m tall. It has stilt roots at the base. The crownshaft is slender and smooth. The crown has short fronds. Each frond has about five pairs of widely spaced, broad leaflets. The fruit are bright red.



**Distribution:** It occurs in Australia, New Caledonia, the Pacific, Papua New Guinea and Solomon Islands. It grows in tropical rainforests.

**Cultivation:****Production:**

**Use:** The nut is used as betel substitute. It is a minor nut and food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**

**Names****English:** Highland Betel nut palm**Pijin:****Local:****Scientific name:** *Areca macrocalyx* Zipp. ex Blume**Synonyms:****Plant family:** Arecaceae

**Description:** This is a small palm, 2 - 10 m tall. It has a thick, dark green crown. The trunk is straight. It is green in its younger parts. There are widely spaced, white rings of leaf base scars along the trunk. The crownshaft is long and narrow. It is 1.2 m long. The leaves are 2 m long. They stick upwards and do not arch over. The leaflets are pleated. They vary in width and spacing. They are dark green above and pale underneath. It has dead male spikes between the rows of nuts. It has dense, club-like, clusters of fruit. The fruit can be round or elongated. They are deep orange when mature.



**Distribution:** It grows from the Papua Province of Indonesia to Solomon Islands. It grows in the highlands of Papua New Guinea mostly between 1000 - 1900 m. It grows in tropical and subtropical areas.

**Cultivation:** Plants can be grown from seed.

**Production:**

**Use:** The nuts are used as a substitute for betel nut. The shoots of the palm heart are edible. It is a minor nut for chewing and only a minor food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								
Shoot								

**Insects:**

**Names****English:** Papuan white rattan**Pijin:****Local:****Scientific name:** *Calamus hollrungii* Becc.**Synonyms:****Plant family:** Arecaceae

**Description:** A vigorous, climbing palm, 10 - 15 m tall. The stems are 2.5 cm wide. It can be 26 m long. It produces side roots at the nodes and can have stilt roots at the base. The stalk usually ends with a tendril-like structure up to 1 m long. The fronds are 3 - 4 m long and, usually, without a leaf stalk. The sheath around the stem is armed with spines up to 4 cm long. The leaflets are 20 - 40 in number and are broad, long, smooth and dark green. They are 25 cm long. They have small spines along the main veins towards their base. The flower branch is a large, hanging, branched, flower stalk. The fruit are 0.8 - 1.2 cm across and cream in colour.

**Distribution:** It grows in Australia, Papua New Guinea and Solomon Islands. It is a tropical plant and is very frost-sensitive. It is mostly found growing in lowland rainforest. It needs a shady position and well-drained soil. It often grows along stream banks.

**Cultivation:** Plants can be grown from seed. Seeds should be sown fresh and will germinate in 3 - 4 months.

**Production:**

**Use:** It has been recorded as a food. It is unknown what parts are edible. The flesh of fruit may be edible.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Claudie River Lawyer Vine**Scientific name:** *Calamus warburgii* Schumann.**Pijin:****Synonyms:****Local:****Plant family:** Arecaceae

**Description:** A climbing palm with many thorns. It forms large clumps. The stems are 35 m long and 2.5 cm wide. The leaves are 2.6 m long. The leaves climb upwards, but arch over. The leaves have 80 - 100 shiny-green leaflets. The leaflets are 25 cm long and 2 cm wide. The leaf sheath has spines about 5 cm long. The leaflets are limp and regularly spaced. They narrow towards the tip. There are 4 m long stalks at the ends of many leaves which help the plant climb.

**Distribution:** It grows in Australia, Papua New Guinea and in the Pacific in Solomon Islands. It is a tropical plant. It is very frost-sensitive. It needs a well-drained soil. Seedlings need to be in the shade. In northern Australia, it grows from sea level to 400 m altitude.

**Cultivation:** Plants are grown from seed. The seed germinate in 3 - 4 months. Seed need to be sown fresh. Seedlings are difficult to transplant.

**Production:**

**Use:** It has been recorded as edible. The part used is uncertain. In many *Calamus* species, the shoots or the fruit are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Fishtail palm**Pijin:****Local:****Scientific name:** *Caryota rumphiana* var. *papuana* Becc.**Synonyms:****Plant family:** Arecaceae

**Description:** A spineless palm with triangular-shaped leaflets. It grows to a height of 18 m and spreads to 5 m across. The stem is slender and erect. The leaflets are bi-pinnate (two branches on the leaves) and the whole leaf is up to 5 - 6 m long and 3 - 4 m wide. The leaves have irregular teeth on the edges towards the top. The leaves arch over. The flowers are purple and yellow-green. They occur on long spikes or fruiting stalks. These can be 3 m long. These fruiting stalks are stout. Long chains of fruit hang from near the leaves along each stalk. The fruit are bluish and can irritate the skin of people.



**Distribution:** It is a tropical plant that grows in Australia, Papua New Guinea and Solomon Islands. The palm is common and widespread at low elevations in Papua New Guinea. It grows up to at least 1200 m altitude. It will grow in most soils. It needs a protected, warm, moist position. It is sensitive to frost. It suits hardiness zones 10 - 12.

**Cultivation:** It grows wild. It can be grown from seeds. Seeds need to be sown while fresh and can take 6 - 12 months to germinate.

**Production:**

**Use:** The pith of the young trunk is eaten (heart cabbage). The trunk is sometimes used for pounding sago starch. The trunk is also used to cultivate sago grubs.

**CAUTION:** The juice of the fruit can irritate the skin.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Cabbage								
Starch								

**Insects:**

**Names****English:** Oil palm**Pijin:****Local:****Scientific name:** *Elaeis guineensis* Jacq.**Synonyms:****Plant family:** Arecaceae

**Description:** An unbranched palm with a stout, erect stem. The stem is rough due to the leaf bases which remain attached. It grows 20 - 30 m tall. The trunk is about 75 cm across. The crown consists of about 40 open leaves that hang downwards. The leaves develop from the bud as a tightly rolled shoot which later opens. The palm crown spreads 5 - 9 m across. Casual roots grow from the lower 1 m of the base of the trunk. Many roots also grow just under the soil and spread out for 20 m around the palm. The leaves are about 7.5 m long. The leaves have spines along the leaf stalk. These leaves are made up of many leaflets (100 - 160 pairs). These are slender, long and thin, and rich green. These are held at different levels along the mid-rib (almost two rows). The flowers are of one sex only. The male flowers occur with a spiny tip. The female flowers are on long stalks. They are 30 - 45 cm long. The fruit is a large round bunch of small fruits. These are 4 cm long by 2 cm across. There can be 200 fruit in a bunch.



**Distribution:** It is a tropical plant and needs a temperature above 18°C. It suits the hot, humid tropics. It grows between 16°N and 15°S in Africa. It grows well in rich moist soil. A rainfall above 2000 mm is needed for good production. It needs a sunny position. It is drought and frost tender. Plantations are established in West New Britain in Papua New Guinea and palms occur in some other areas of the country. It suits hardiness zones 10 - 12.

**Cultivation:** They are normally grown from seed in a nursery then transplanted. The seed is soaked for 7 days, then sown into warm ground. Seeds are slow to germinate. Heat treatment is often used to ensure even germination. Seeds germinate in 2 - 5 months under hot conditions. Seeds are sown in plastic bags. A second nursery transplant is sometimes used before final planting in the field 1.5 - 2 years later.

**Production:** The early growth of seedlings is slow. Palms commence bearing after about 4 - 6 years. They produce 2 - 6 bunches per year when mature. The flower bud does not develop until about 9 months after the leaf containing it has opened. Bright, sunny weather helps the development of female flowers. Male flowers are more common in wet, cloudy weather. Fruit matures 5 - 9 months after flowering. A bunch can weigh 18 - 25 kg. Palms live for many years. Individual trees can live for 200 years.

**Use:** The outer layer of the fruit yields an orange cooking oil. The oily fruit are sometimes eaten, but can cause nausea. The kernel also produces oil. The palm cabbage is edible. The sap tapped from the male flower is used to make wine. It is a significant cash crop, but minor local food plant.



**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed	28.0	2247	1.6		4.0	18	9	
Cabbage								
Sap								

**Insects:**



Oil palm



**Names****English:****Pijin:****Local:** Niniu**Scientific name:** *Gulubia cylindrocarpa***Synonyms:****Plant family:** Arecaceae

**Description:** A tall palm growing to 35 m tall. The trunk is less than 25 cm across. The trunk is light grey to white. It has closely spaced rings of leaf scars. The trunk is expanded at the base. The crownshaft is 1 m long and light or silvery green. It is slightly bulged at the base. The leaf crown is rounded, with 15 - 18 leaves. The leaves are 2.3 m long with 25 cm long stalks. The leaves arch over and curve back at the tips. The leaflets are 1 m long, narrow and sword-shaped. They are olive green on top and greyish-green underneath. They are stiff and divide at the tips. They grow at an angle forming a V shape. The fruit are 2 cm long by 0.7 - 0.8 cm wide. They are orange or yellow.

**Distribution:** It grows in in mountainous rainforest Papua New Guinea, Solomon Islands and Vanuatu. It grows between 100 - 1060 m altitude.

**Cultivation:****Production:**

**Use:** The fruit is eaten. The palm heart is eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Cabbage								

**Insects:**

**Names****English:** Calappa palm**Scientific name:** *Actinorhysis calappa* (Blume) H. Wendl & Drude**Pijin:****Synonyms:****Local:****Plant family:** Arecaceae

**Description:** A tall palm with a narrow trunk. The trunk is grey-brown with a bright green crownshaft. It has an appearance a little like a coconut. It grows 20 - 30 m high. The fronds are divided along the leaf stalk into narrow leaflets. These have a sharp point. These leaflets (pinnae) have one strong mid-nerve and 4 - 5 parallel side veins. The leaf sheath is about 1 - 1.3 m long. The flowering stalk comes from below the crownshaft. This has one stiff main axis, 4 - 5 stiff side branches and many twigs which hang down. The whole flowering stalk is about 1 m long. There are two spathes, or leaf-like structures, protecting the flowering palm stalk. These are about 1 m long. The flowers are of separate sexes, both on the same tree. At the base of the flowering stalk there is one female flower to two male flowers, but towards the tip the flowers are only male. Female flowers are larger than the male. The fruit are round and 4 - 5 cm across. The young nut has a juicy kernel. The nut has grooves spreading out like rays from the centre.



**Distribution:** It grows in tropical rainforest from India to Solomon Islands. It is widespread in Papua New Guinea.

**Cultivation:****Production:**

**Use:** The young nut is chewed like betel nut. The palm heart is eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								
Cabbage								

**Insects:**



**Names****English:****Pijin:****Local:** Poamau**Scientific name:** *Actinorhysis poamau***Synonyms:****Plant family:** Arecaceae

**Description:** A tall palm with a slender trunk. It can be up to 24 m high. The fronds spread out and curve. The segments are drawn out to a sharp tip. The leaflets have clear scales on the upper side. The flowering stalk branches. The flowers are white. The fruit are large and oval. They are 6 cm long by 4 cm wide. They are dark green when ripe.

**Distribution:** It grows in the tropics in the Pacific region, in Solomon Islands and the Loyalty and Treasury Islands.

**Cultivation:****Production:**

**Use:** The nut is used as a betel nut substitute.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**

**Names**

**English:**

**Scientific name:** *Drymophloeus subdistichus*

(H.E.Moore)

**Pijin:**

**Synonyms:**

**Local:**

**Plant family:** Arecaceae

**Description:** A single-stemmed palm. The trunk can be 13 m tall and 13.5 cm across. The crownshaft from the leaf sheaths is 53 cm long and is silvery-green. The trunk is light brown or grey. There are darker rings of leaf base scars. There are about 8 - 9 leaves at the top of the palm. The leaves are 2 - 3 m long. There are 37 segments on either side of the leaf. The bracts near the fruiting stalk are 50 cm long. The flowering stalk arises below the crown shaft. The fruiting stalk is branched. The fruit are orange.

**Distribution:** It grows in Solomon Islands. It grows naturally near the edges of the forest. It needs good drainage, shade and plenty of water. It grows from sea level to about 300 m altitude.

**Cultivation:** Plants can be grown from seed. Seeds germinate in 2 - 3 months.



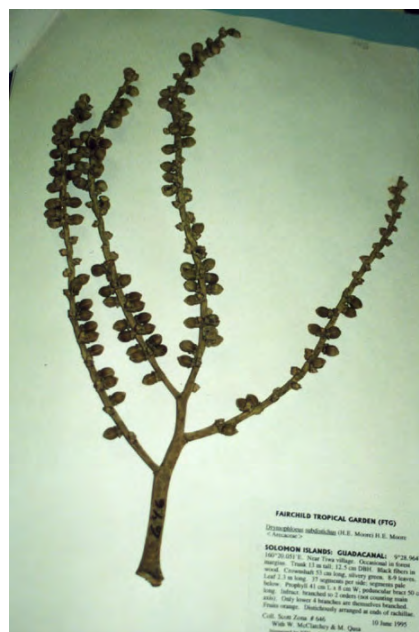
**Production:**

**Use:** It is a minor food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**



**Names****English:****Scientific name:** *Ptychococcus spp.***Pijin:****Synonyms:****Local:****Plant family:** Arecaceae

**Description:** It is a solitary palm. It does not have thorns. The leaves are feathery. They have a long crownshaft. The flowering stalk comes from below the crownshaft. The flowers are of one sex, but both sexes occur on the one plant. Each fruit contains a single seed.

**Distribution:** It grows in Papua New Guinea and Solomon Islands. It grows as an understorey plant in rainforests and along streams. It needs good drainage.

**Cultivation:** Plants are grown from seed. Fresh seed take about 3 months to germinate.

**Production:**

**Use:** The seeds are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								

**Insects:**



**Names****English:** Manila palm**Pijin:****Local:****Scientific name:** *Veitchia merrillii* (Becc.) Moore f.**Synonyms:****Plant family:** Arecaceae

**Description:** A palm resembling the betel nut palm, but not as tall. It is a solitary palm, but is often planted in twos. The single trunk is slim and often tapers. It can be 5 - 7 m high. The leaves are strongly arched and feather-shaped. They are dull green above and whitish below and curl in on each other. The leaf scars are clearly visible. The crownshaft is prominent and green. The fruiting stalk is about 40 - 50 cm long. The flower cluster differs from betel nut. The flowers are greenish-white. The bright, crimson fruit are on whitish, fruit stalks and with ornamental sheaths. The fruit are about 3 cm long and occur in large numbers below the crownshaft.

**Distribution:** It is a tropical plant grown in several tropical countries, including Solomon Islands. It is probably rare, and rarely used in Solomon Islands. It is abundant in limestone formations in Palawan and the Calamianes Islands (Coron) in the Philippines. It will not tolerate frost. It is cold-sensitive. It grows easily in a sunny position.



**Cultivation:** Fresh seeds germinate readily.

**Production:** Seedling growth is rapid.

**Use:** The bud is eaten raw or cooked. The nut is chewed instead of betel nut.

**Food Value:** Per 100 g edible portion

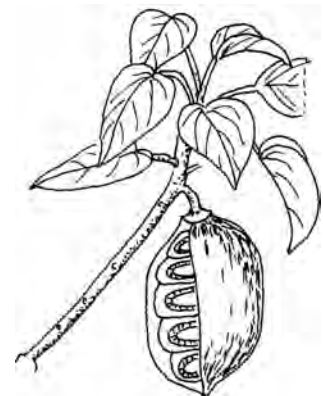
Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Bud								
Nut								

**Insects:**





# Minor food plants



**Names****English:****Pijin:****Local:** Belimbing hutan**Scientific name:** *Aceratium oppositifolium* DC.**Synonyms:** *Elaeocarpus edulis* Teysm & Binn.**Plant family:** Elaeocarpaceae

**Description:** A small tree, 3 - 6 m tall, but it can grow up to 15 m tall. The tree is very variable in form. It has branches which are slender, long and brown. Young branches have hairs. Leaves are simple and produced opposite one another. The leaves are sword-shape, but slightly curved in the middle and tapering to a sharp tip. The edges of the leaves are wavy. The leaves have a toothed edge and are green and shiny above, but with a bluish-green covering underneath. The leaf blade is 6 cm long by 2.5 cm wide. The leaf stalk is 4 mm long. Flowers are yellow. Fruit are bright red, fleshy and juicy. The fruit has 3 – 5 angles, one seed and is about 3 cm long by 2 cm wide. The fruit stalk is 1 cm long. The seed is three sided.

**Distribution:** The plant grows from Indonesia to Solomon Islands. It thrives in shady places. It grows from sea level up to 300 - 800 m in the tropics. It is common on wet soils. It occurs in mountain forest.

**Cultivation:** It is grown from seed.

**Production:**

**Use:** The fruit is eaten. It is acid, so is used for jellies or pickles.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Coral Pea, Bead tree**Pijin:****Local:****Scientific name:** *Adenanthera pavonina* L.**Synonyms:****Plant family:** Fabaceae/Mimosoideae

**Description:** A deciduous tree, up to 7 - 20 m high. It spreads to 4 m across. It is a legume. It loses many of its leaves during the hot, dry season of the year. The stem is erect and slender. The bark is smooth and light brown. The leaves are green and divided twice into leaflets. The whole leaf is 30 - 45 cm long. The leaf is divided into 3 - 5 pairs of segments, 10 - 15 cm long. Each is divided again into 10 - 18 alternate, oblong leaflets. These are 1.7 - 4 cm long by 0.8 - 2 cm wide. These leaflets are dark green on top and paler underneath. The flowers are small and white or yellow. They occur at the ends of branches. The fruit is a long (20 cm) dark brown pod with red seeds. The pod twists up as it opens. The seeds are shiny red and hard and 0.7 - 1 cm across. The pods remain on the tree long after ripening.



**Distribution:** It grows in the tropics from Africa, through Asia to the Pacific Islands. It grows in the tropical lowlands and up to 600 m. It is often planted as a shade and ornamental tree. It also grows wild in the rainforest. It prefers well-drained soil and an open, sunny position. It cannot tolerate drought and is frost-tender. It will grow on most soil types. It suits hardiness zones 11 - 12.

**Cultivation:** It is grown from seeds. The seeds should be soaked before sowing.

**Production:** It grows quickly. In the southern hemisphere, flowering occurs November to February and fruiting from December to March.

**Use:** The leaves are eaten as a vegetable. The seeds are roasted, shelled and eaten. It is a minor food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								
Seed								

**Insects:**



**Names****English:** Lacewing vine**Pijin:****Local:****Scientific name:** *Adenia heterophylla* (Blume) Koord.**Synonyms:****Plant family:** Passifloraceae

**Description:** A slender climber. It grows 20 - 30 m long. The stem is square. The leaves are heart-shaped, tapering to the tip. They are bright green and shiny. There are a few teeth along the edge of the leaf. The leaf is 10 - 15 cm long by 5 - 10 cm wide. They have three pairs of side veins and a pair of glands at the base of the leaf blade. The plant has long tendrils with a thick hook at the end. The flowers are of one sex, but male and female flowers occur on the same plant. The male flower cluster has up to 40 flowers. The female has 1 - 4 flowers. The flowers are small, green and 0.8 cm across. The fruit is a capsule and narrows towards both ends. It hangs from the vine. It is bright red and turns purple. The fruit is 8 cm long by 3 cm wide. It splits into three. There are many seeds. They are grey, covered with a white pulp and occur in rows.

**Distribution:** It a tropical plant that grows throughout tropical Asia, Australia and the Pacific. It occurs in low hills in rainforest and monsoon scrub. In tropical Queensland, it grows from sea level to 300 m altitude. It prefers semi-shade and is very sensitive to frost.

**Cultivation:** It can be grown from seed. It may be best to ferment the seeds inside the fruit before planting. Stem cuttings can be used. Plants need regular pruning because they grow vigorously.

**Production:**

**Use:** The whole fruit, including skin and seeds, is eaten when ripe. The seeds inhibit trypsin (a protein), unless heated. A minor food plant that probably should be avoided or treated with caution.

**CAUTION:** Most *Adenia* are poisonous.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Alpinia novae-pommeraniae* Schum.**Synonyms:****Plant family:** Zingiberaceae

**Description:** A ginger family plant which has a yellow, sweet-smelling rhizome (underground stem). The leaves are long and narrow like a sword, with a long, tapering point. They are ranked in opposite pairs of leaflets along the stem. The leaves are 40 - 75 cm long and 8 - 16 cm wide. The edges of the leaves are smooth and without teeth, although they are slightly wavy. The top of the leaf surfaces are smooth and without hairs, but under the leaf there are some fine hairs. The leaf stalk has a channel along its 8 - 15 cm length on the upper side. The flower occurs at the end of the leaf stalk and is stalked. The petals are yellow on the edges, then have a brown stripe, before becoming dark red in the middle. The seed capsule is round and 2 - 3 cm across. At an early stage, the seed capsule has small hairs, but later becomes smooth and orange or red.

**Distribution:** It grows in Papua New Guinea and Solomon Islands.

**Cultivation:** It grows naturally in undisturbed primary forest. It can easily be transplanted or grown.

**Production:**

**Use:** The rhizome has a sweet smell and it is possibly used for flavouring.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Rhizome								

**Insects:**

**Names****English:****Pijin:****Local:** Sorua**Scientific name:** *Alstonia pacifica* (Seem.) A.C.Sm.**Synonyms:****Plant family:** Apocynaceae

**Description:** A slender tree that can grow 2 - 20 m tall. The cut bark secretes a white latex. The leaves are simple and opposite. The leaves are simple with a smooth leaf blade. They can be 7 - 22 cm long by 3 - 11 cm wide. Male and female parts are born in the same flower. Flowers are white to yellow. They are produced on long, spreading, branching, flowering stalks. These develop towards the tip of the branches. The fruit are long and bean-like. They can be 13 - 38 cm long. As they mature, they dry up and split open. The seeds are small, narrow, hairy and winged.

**Distribution:** It grows in the Pacific in Fiji, Samoa, Solomon Islands and Vanuatu. It is a tropical plant. It grows from sea level to 1000 m altitude.

**Cultivation:**

**Production:** The flowers are fruit have been recorded all year round.

**Use:** The latex is chewed as chewing gum. It is a very minor and incidental food.

**Food Value:** Per 100 g edible portion

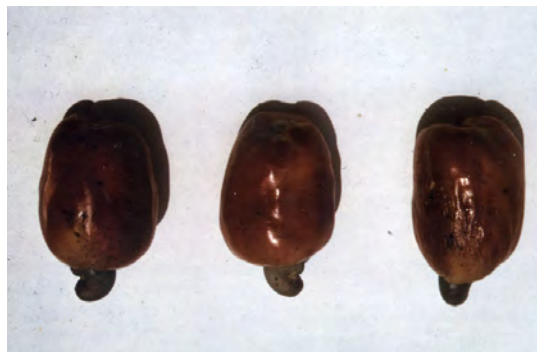
Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Latex								

**Insects:**



**Names****English:** Cashew**Pijin:****Local:****Scientific name:** *Anacardium occidentale* L.**Synonyms:****Plant family:** Anacardiaceae

**Description:** A spreading, evergreen tree, growing 7 - 14 m tall. The canopy can spread to 12 m. The roots grow deeply and spread widely. The bark is rough. The trunk is 15 - 20 cm across. The leaves are alternate. The leaves are pale green and large. They are 10 - 15 cm long by 6 - 8 cm wide. They have fine veins and are narrow at the base. The leaf stalk is 1 - 2 cm long. The leaves are shiny. Red flowers are produced on the ends of the branches. About 14% of the flowers are both male and female and the remainder are male. Many of the flowers which contain female flower parts do not form fruit. The nut is borne below the "apple" which is really a fleshy stalk. The nut is kidney shaped. It is about 3 cm long.



**Distribution:** This tropical plant has been taken to most tropical countries, but does best in the drier regions. It suits the lowland tropics but will grow up to about 1200 m altitude. It is only a minor plant in Solomon Islands. It only bears well in dry areas because of blight of the flowers. It needs warm, frost-free locations. It grows with temperatures between 22 - 26°C. An annual rainfall of 1750 mm is considered suitable, but good yields have been obtained with rainfall of 750 mm. Wider spacing is needed in drier areas. is drought-resistant. It can grow on poor soils but needs good drainage. In South India it grows up to 1000 m altitude. It suits hardiness zones 11 - 12.

**Cultivation:** It is usually grown from seeds. Seeds germinate poorly and slowly. Only nuts which sink in water (or a solution of 150 g of sugar in a litre of water) should be planted. Seeds are sun dried for 2 - 3 days to improve germination. Seeds can be sown in a nursery then transplanted, or more commonly, are sown directly. Trees are spaced 7 - 10 m apart. The crop is cross-pollinated mostly by insects. It can be propagated by air-layering (part of the plant cut and wrapped in dirt so it produces new shoots). For good production, complete fertiliser or appropriate organic material should be applied. Pruning to shape the tree is often undertaken in the first 2 - 3 years. Cashews are often grown scattered in gardens or amongst other trees. Clearing under the tree prevents fire and makes finding nuts easier. Allowing nuts to fall before harvesting ensures only ripe nuts are collected. Resin in the cashew nut shell can damage hands and discolour the nuts. Roasting the nuts before removing the kernel avoids this.

**Production:** Trees commence bearing after three years. Fruit production is seasonal. The fruiting season is normally October to January. Mature nuts are produced in 2 - 3 months. Yields of 80 - 200 kg/ha of nuts are normal. Trees produce at their maximum after 10 years and can last for about 100 years.

**Use:** The fleshy "apple" is edible, but acid until very ripe. It is used for jams and drinks. The nut is eaten after roasting. The young shoots and leaves are edible. The apple is used to make spirits.

**CAUTION:** The oil of the nut can blister the skin if not roasted.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut	4.0	2478	17.5		2.8			4.8
Leaf								
Fruit	84.7	213	0.8		1.0	0.12	265	0.2

**Insects:**

Cashew



**Names**

**English:**

**Pijin:**

**Local:**

**Scientific name:** *Antidesma olivaceum* Schum.

**Synonyms:**

**Plant family:** Euphorbiaceae

**Description:**

**Distribution:** It occurs in Solomon Islands in the Pacific. There are 24 *Antidesma* species with edible fruit and they are mostly in Asia and the Pacific. Three species occur in Papua New Guinea - *Antidesma ghaesembilla*, *Antidesma erostre* and *Antidesa bunius*.

**Cultivation:**

**Production:**

**Use:** Fruit

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names**

**English:**

**Pijin:**

**Local:**

**Scientific name:** *Archidendron* spp. (14598/DCRS 536)

**Synonyms:**

**Plant family:** Mimosaceae

**Description:** A medium sized tree. The fruit are fleshy orange pods. They are 8 - 12 cm long with 6 - 8 black oval seeds.

**Distribution:** It grows in Solomon Islands in the Pacific region. It mostly occurs on reefs.

**Cultivation:**

**Production:**

**Use:** The ripe, yellow fruit can be eaten raw or baked.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** White mangrove**Pijin:****Local:****Scientific name:** *Avicennia alba* Bl.**Synonyms:****Plant family:** Avicenniaceae

**Description:** A small or medium sized tree. It grows up to 20 - 25 m in height and has a trunk which is 60 cm across. The bark is dark brown. It can have short cracks along it. The trunk has many low branches. The twigs have a white covering at first, but then become smooth and shiny. There are many aerial roots. The leaves are simple and produced opposite each other. The leaf blade is long and sword-shaped. It has a tip at the end and is wedge-shaped near the base. The upper surface of the leaves is pale green, while the lower surface is silvery and hairy. The side veins are easy to see. The leaves can be 3 - 16 cm long and 1.5 - 5 cm wide. The flowers are in 3-branched arrangements with a flower on each stalk. There can be 10 - 30 flowers opposite each other. The flower stalks are 1 - 3 cm long. The fruit is a greenish-yellow, pear shaped capsule. Seeds germinate before the fruit falls. The fruit are edible.

**Distribution:** It occurs in Asia and the Pacific. It grows in mangrove regions along the coast in tropical countries in Asia and the Pacific. It demands light, so is often one of the first mangrove species to grow in a new area. It tends to be at the outer edge of mangrove forests. It often grows along tidal riverbanks. It suits hardiness zones 11 - 12.

**Cultivation:** It grows naturally from the many fruit it produces. Plants can be grown from seed.

**Production:** It is fast growing.

**Use:** The fruit are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Grey mangrove**Pijin:****Local:****Scientific name:** *Avicennia marina* (Forsk.) Vierh.**Synonyms:****Plant family:** Avicenniaceae

**Description:** A small tree growing 3 - 8 m high. It spreads to 2 - 5 m wide. It often has several stems. It has many slender, aerating roots. These are pencil thin and arise from the radiating roots under the surface. The bark is smooth and grey to white. The leaves are 3 - 8 cm long by 2 - 3 cm wide. They are oval to sword-shaped, and shiny grey-green. They are leathery, and whitish underneath. The leaves occur opposite one another. The leaves have a short stalk. The flowers are 0.5 cm across. They are yellowish and have a sweet scent. They occur in the axils of leaves. The fruit capsule is flattened and has two large seed leaves. The fruit is edible. There is one seed inside. The seed germinates on the tree above before it drops. This species varies a lot.

**Distribution:** It grows in tropical places in Africa, Asia and the Pacific, including Solomon Islands. It grows in the tropics, but also extends into cooler regions. It occurs most commonly on the seaward edge of the mangroves. It suits hardiness zones 10 - 12

**Cultivation:** Plants are often self-sown. Seedlings can be transplanted.

**Production:** Trees in Australia flower from October to January and fruit January to February.

**Use:** The fruit are eaten after roasting. They are extensively soaked and cooked.

**CAUTION:** The bitter juice is used to produce abortions in India.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Kapok tree**Pijin:****Local:****Scientific name:** *Bombax ceiba* (Burm.) L.**Synonyms:****Plant family:** Bombacaceae/Malvaceae

**Description:** A large tree. It loses its leaves in the dry season. It grows to 20 - 25 m tall and spreads to 8 - 15 m wide. It has an erect stem with buttresses when mature. The trunk and branches are covered with large pyramid-shaped spines. The crown is umbrella shaped. The bark is pale ash-coloured. It develops cracks along its length with age. The leaves are rounded, 30 - 50 cm across, and arranged like fingers on a hand. There are 5 - 7 leaflets, which are elliptical (narrow and tapering at each end). These are 12 - 20 cm long and bright green and leathery. The trees flower during the dry season when the tree has no leaves. The flowers are red, open or cup-shaped, and 10 - 15 cm across. The flowers are often clustered near the ends of branches. The flower petals are thickened and curved backwards in the upper half. The fruit is a brown, oval capsule. This seed envelope is about 15 cm long. It has five angles and many seeds. The seeds are covered with soft, silky cotton.



**Distribution:** It grows in most Asian and Pacific tropical countries. It grows in tropical, monsoonal rainforest. It requires an open sunny position and will grow on most soils. It is drought and frost tender and must have a temperature above 13°C. In Nepal, it grows to 1200 m altitude. It is found at low altitudes throughout the Philippines. It grows in all deciduous forests in India. It suits hardiness zones 10 - 12.

**Cultivation:** Plants can be grown from seed or cuttings. Seeds germinate easily. Cuttings of half-ripe wood are used.



**Production:** It is fast growing.

**Use:** The taproot of young plants is peeled then roasted and eaten. Flowers are cooked as a vegetable or pickled. The flowers are dried and pounded and used for bread. The young leaves are boiled with tasty foods then eaten. The unripe and ripe fruits are cooked as vegetables. The seeds contain 22 - 25% of an edible fatty oil. The buds, young pods and roots of seedling can be eaten cooked. The young bark is used as a famine food.

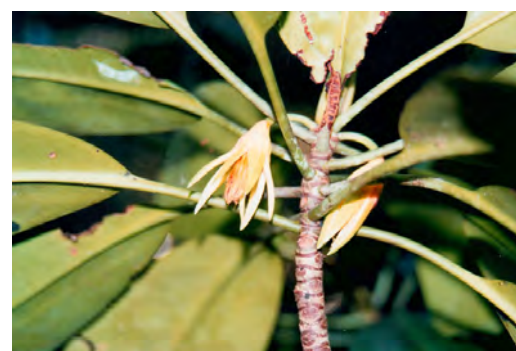
**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Root								
Flower								
Leaf								
Fruit								
Seed								

**Insects:**

**Names****English:** Large-fruited orange mangrove **Scientific name:** *Bruguiera gymnorrhiza* (L.) Lam.**Pijin:****Synonyms:****Local:****Plant family:** Rhizophoraceae

**Description:** A large evergreen tree, up to 36 m high, with stilt and knee-like roots. The trunk can be 80 cm across and is mostly straight. The bark is rough and grey on the outside and red inside. The leaves are mostly clustered near the ends of the many branches. They have simple, oval, leathery leaves measuring 15 - 22 cm by 6 - 9 cm. They are pointed at the tip and the base is wedge-shaped. The tip of the leaves does not have the mid-rib extended. The upper surface is shiny and the lower surface dull. The leaf stalk is red. The flowers are distinctive and often found washed up along the sand and mud. They are red and occur singly in the axils of leaves. They are 3 - 4 cm across. The outer case of sepals is bell-shaped and leathery, and for half its length has 12 - 15 narrow, pointed teeth. The fruit is 3 cm long. It can germinate and produce a hypocotyl up to 25 cm long, which is a long, green structure growing from the centre of the flower. It has ridges along it. The leaves are more densely grouped together, and the fruit are longer, than those of *Bruguiera sexangula*.



**Distribution:** It grows in most Asian countries and the Pacific, including Solomon Islands. It occurs in the driest, best aerated soil in mangrove swamps. It can tolerate brackish or salt water, flooded by high tide. It is a significant food, especially on some small islands.

**Cultivation:** It grows wild. Seeds normally germinate and sprout while still attached to the tree. These seeds or seedlings can be planted or transplanted.

**Production:** It is a slow growing tree. Flowering is from March to April in the northern hemisphere and May to November in the southern hemisphere. Fruiting is in the following 2 months. Flowers and fruit can also occur throughout the year. Seeds can keep their germination ability for 5 - 6 months.

**Use:** Because the fruit contain tannin, the fruit need to be grated then washed and rinsed before being cooked in coconut milk to give flavour. The fruit are boiled twice in water, the outer covering being removed between the cookings. The starchy fruit are then eaten. Young leaves may be cooked and eaten. The timber is a good fuel, but corrodes metal while burning.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Leaf								

**Insects:**

**Names****English:** Slender-fruited orange mangrove**Scientific name:** *Bruguiera parviflora* (Roxb.)  
Wight & Arn. ex Griff.**Pijin:****Synonyms:****Local:****Plant family:** Rhizophoraceae

**Description:** A straight growing tree of medium size. It reaches 35 m high. The trunk is straight and up to 30 cm across. It can have buttresses up to 1 m high and has knee-shaped aerial roots. The bark is smooth and grey with white blotches. The leaves are in tufts at the end of the upward-bending twigs. The long leaves are dull yellowish-green and taper at both ends. They are 4 - 11 cm long by 2 - 4 cm wide. The leaf stalk is less than 2.5 cm long. The flowers are in groups of 2 - 5 on stalks in the axils of leaves. The flowers are small, being 0.3 cm across. The fruit is long, about 1.5 - 3 cm, and with eight tiny teeth clasping the slender (10 - 20 cm), long shoot (hypocotyl) that forms.

**Distribution:** It grows in tropical Asian and Pacific countries, from India to Vanuatu, including Solomon Islands. It grows on the inner edge of mangrove swamps on level or slightly sloping ground. It occurs along flooded tidal rivers and can be flooded by normal high tides. It prefers stiff, humus-rich mud. It is not shade tolerant, so needs open land to germinate and grow.

**Cultivation:** Seeds can be planted directly or seedlings can be transplanted. The fruit can easily be spread by rain and water, and often washes onto the higher areas of mangrove swamp land.

**Production:** In the southern hemisphere, it flowers and fruits in July.

**Use:** The fruit is only occasionally used as food. The germinating embryo is eaten as a vegetable.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein G	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Little gooseberry tree**Pijin:****Local:****Scientific name:** *Buchanania arborescens* (Blume) Blume**Synonyms:****Plant family:** Anacardiaceae

**Description:** A medium-sized, evergreen tree. It grows 10 - 15 m high and with a spread of 3 m. The tree shape is like a cone, not an umbrella. It has round branches with a smooth tip. The leaves come one after the other around the branch and are crowded near the ends of branches. The young shoots are covered with silky hairs. New growth is bronze red. The leaves are darker green on the upper surface. They are shiny and stiff and look like mango leaves. The leaves are 5 - 26 cm long by 2 - 7 cm wide. The veins and mid rib show up clearly. The leaf stalk is 4 - 6 cm long. The flowers are dull white to cream and very small (0.2 - 0.4 cm long) in long flowering branches. These flowering branches occur on the ends of branches or in the angles of upper leaves. At flowering time, the whole tree has a white display of flowers. The flowers have a sweet smell. Only one of the five female flower parts is fertile producing fruit. The fruit are berries (drupes) and occur on short stalks. They are hard, smooth and dull red or purple. They are about 1 cm across and flattish. It is an attractive, ornamental and shade-producing tree.



**Distribution:** It is a tropical plant that grows in Asia and the Pacific, including Solomon Islands. It is found throughout the islands of the Philippines in the lower wooded regions. It is also native to Australia, occurring in the northern tip regions. It prefers rich, moist, well-drained soils in a sunny position, but often occurs on sandstone hills. Trees are often found near monsoon forest beside freshwater streams. It gets damaged by both drought and is very frost-sensitive.

**Cultivation:** It can be grown from seed or by cuttings. Seeds should be planted in well-drained soil. It needs to be kept well watered.

**Production:** Flowering in the southern hemisphere occurs August to October and fruiting follows in November to December, being ready to harvest in January.

**Use:** The fruit are eaten raw. They are sweet. The fruit can be used to make a drink.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Beach calophyllum**Pijin:** Beach kalofilum**Local:****Scientific name:** *Calophyllum inophyllum* L.**Synonyms:****Plant family:** Clusiaceae

**Description:** A medium-sized tree. It grows up to 20 m tall with spreading branches. The bark is light yellow-grey and smooth. The glossy green leaves are opposite and leathery. The leaves are oval and 10 - 15 cm long by 4 - 6 cm wide. They have many fine side veins which come out at right angles to the mid-rib. The flowering structure is unbranched and they occur in the axils of leaves. The flowers are white and have both sexes. They are 2 - 2.5 cm across. The fruit is round, ending in a point. It is 2.5 cm across and yellowish. It has a woody layer around the seed.



**Distribution:** It grows from India, through Asia and into the Pacific, including Solomon Islands. It is a tropical plant native to tropical Asia and the Pacific. It often grows near water and near the sea shore. It can tolerate salt spray. It needs sandy, well-drained soil. It grows wild or cultivated on open waste sites on hills, seashores, sandy wastelands at 100 - 200 m altitude in China. It suits hardiness zones 11 - 12.

**Cultivation:** It is grown from seed which must be sown fresh. Seeds germinate easily.

**Production:** Young seedlings grow rapidly. The tree grows slowly. The seeds yield 20 - 30% oil, but seed kernels yield 50 - 60% oil. The oil is edible after refining and removing toxic (poisonous) components.

**Use:** The fruit is eaten. It is probably a minor food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Billabong tree**Pijin:****Local:****Scientific name:** *Carallia brachiata* (Lour.) Merr.**Synonyms:****Plant family:** Rhizophoraceae

**Description:** A medium sized tree growing 5 - 15 m tall. The bark is cream and thick. It has cracks along it and a corky texture. The branches are in pairs which cross at right angles. It has spreading branches which point upwards. It spreads 3 - 6 m wide. It can occasionally have buttresses and aerial roots (roots growing from a stem). The leaves are oval and broad. They are 7 - 14 cm long by 4 - 8 cm wide. The leaves are rich, glossy green on top. They have a papery texture and the underside is covered with tiny, black spots. The mid-rib is raised underneath the leaf. The leaf stalk is 1.2 cm long. The flowers are small and composed of 5 - 8 greenish petals up to 2 mm long. The flowers are borne in clusters in short, woody stems. These are produced in the axils of leaves or on old wood. The fruit are succulent berries which are green, but turn red when ripe. They are 0.6 cm across. They have persistent sepals (leaves that covered the bud) at their crown. The ripe fruit is edible. There is one seed inside. It is 4 - 5 mm across.

**Distribution:** It grows through Asia and into the Pacific, including Solomon Islands. It grows in rainforests along river banks and the edges of freshwater swamps. It will grow on a range of soils. It can grow on salty soils or in areas with salt spray. It grows to 1800 m altitude in Indonesia and up to 1500 m altitude in Madagascar.

**Cultivation:** Plants can be grown from seed. The seed should be sown fresh.

**Production:** It is moderately fast growing. In northern Australia, it fruits June to October. (April to July, according to another source of information).

**Use:** The fruit are eaten raw. The leaves are used for a tea-like drink. The seeds yield an edible oil.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Leaf								
Seed oil								

**Insects:**

**Names****English:** Mangrove cedar**Pijin:****Local:****Scientific name:** *Carapa granatum* (Koenig) Alston**Synonyms:****Plant family:** Meliaceae

**Description:** A tree growing 8 - 12 m tall, but it can be 27 m tall. They are shorter in low rainfall areas. The trunk is often crooked when it grows in mangrove swamps. It can have buttresses and aerial roots. The buttresses extend across the mud. The bark is bright orange-brown and smooth. The leaves are alternate and tend to point upwards. The leaflets are leathery. The flowers have four parts and are about 1 cm wide. They occur at the ends of branches in small clusters. The fruit is round, 12 - 15 cm across, and brown when ripe. The seeds are like four-faced triangles.

**Distribution:** It grows in Africa, Asia and the Pacific, including Solomon Islands. It occurs in open forest and near mangrove swamps. It only occurs in the drier parts of mangrove swamps which are occasionally flooded. It can tolerate heavy shade.

**Cultivation:** Plants are grown from seed. The seed floats easily. The young shoot can be 60 - 90 cm long before producing leaves.

**Production:** It grows rapidly.

**Use:** It is unsure what parts are used for food, if any.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**



**Names****English:** Quail grass**Pijin:****Local:****Scientific name:** *Celosia argentea* Linn.**Synonyms:****Plant family:** Amaranthaceae

**Description:** An erect, short-lived, annual herb up to 1 m tall. The leaves are alternate and light green. They are 2 cm wide and 6 cm long, but longer on flowering shoots. They are dark green. The flower spike grows on the end of the main stem and is red or purple. The seeds are small (1 mm across). Two kinds occur as red and green forms.

**Distribution:** It is a tropical plant that grows in most tropical countries and some temperate places. It suits damp humid places and often occurs on clay soil. The plant is widespread as a wild plant at low altitudes. Temperatures between 25 - 30°C are best. It needs good sunlight and does best in soils with high organic matter. It grows up to 1600 m altitude in Nepal, and up to 1700 m in Ethiopia.

**Cultivation:** The plant can be grown by seeds. The seeds are very small, so can be mixed with sand to allow more even sowing. These plants are often grown as ornamentals. The seed is broadcast, then mulched with dry grass, which is removed once the seeds have germinated. Seedlings do not transplant easily.



**Production:** Harvesting of leaves can commence about 4 - 5 weeks after planting. Tops can be cut off over a period of 3 - 5 months. It grows slowly at first. Therefore, repeated picking of tips gives better production than harvesting small whole plants.

**Use:** The tender leaves and young flowers are cooked and eaten as a vegetable.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								
Flower								

**Insects:**

**Names****English:** Star apple**Pijin:****Local:****Scientific name:** *Chrysophyllum roxburghii* G. Don**Synonyms:****Plant family:** Sapotaceae

**Description:** A tree growing to 30 m tall. It can have buttresses. It has a white, sticky sap. The leaves are simple and 5 - 15 cm long by 2 - 3 cm wide. New growth has rusty brown hairs. The leaf stalk is 5 - 8 mm long. The flowers are in groups in the axils of leaves. There are five green or white petals 2 - 3 mm long. The fruit is fleshy, green or yellow and 5 - 6 cm long and wide. It has a sticky white sap. There can be five shiny brown seeds 24 mm long.

**Distribution:** It grows in Asia and the Pacific, including Solomon Islands. It grows in rainforest. In tropical Queensland, it grows from sea level to 450 m altitude.

**Cultivation:****Production:****Use:** The fruit are eaten.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:****Names****English:****Pijin:****Local:****Scientific name:** *Chydenanthus excelsus* (Blume) Miers**Synonyms:****Plant family:** Barringtoniaceae**Description:**

**Distribution:** It grows in Asia, Indonesia, Solomon Islands, Fiji and Vanuatu.

**Cultivation:****Production:****Use:** The seeds are eaten.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Claoxylon* aff. *indicum* (DCRS 203)**Synonyms:****Plant family:** Euphorbiaceae**Description:****Distribution:** It grows in Solomon Islands in the Pacific region.**Cultivation:****Production:****Use:** The leaves are reported to be used.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:****Names****English:****Pijin:****Local:****Scientific name:** *Claoxylon microcarpum* A Shaw**Synonyms:****Plant family:** Euphorbiaceae

**Description:** A small tree with a crooked trunk. The leaves are entire and taper towards both ends. The edges are wavy. The bark is light brown and smooth. The flowers are cream and have no smell.

**Distribution:** It grows in Solomon Islands in the Pacific region. It grows in well-drained, primary forest.

**Cultivation:****Production:****Use:** Leaves.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Claoxylon tumidum* J.J.Sm.**Synonyms:****Plant family:** Euphorbiaceae**Description:****Distribution:** It grows in Solomon Islands in the Pacific region.**Cultivation:****Production:****Use:** Leaves**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**



**Names****English:** Ivy gourd**Pijin:****Local:****Scientific name:** *Coccinia grandis* (L.) J.O.Voigt.**Synonyms:****Plant family:** Cucurbitaceae

**Description:** A climbing or trailing herb. It has long, tuberous roots. The leaves are heart-shaped, with the lobes towards the base in an angular shape. The leaves are 5 - 10 cm across. The edges of the leaves are irregular. The flowers occur as male and female flowers on separate plants. The flowers are large and white, and occur singly. The fruit is oblong and up to 10 cm long by 2.5 cm across. It is green with white stripes. The fruit become bright red when mature. The seeds are white or light brown. They are hairy and flattened, with a broad rim.



**Distribution:** It grows in most tropical countries, including Solomon Islands. It does well in warm climates. In cold weather, plants remain dormant. It cannot grow in waterlogged soil. It requires a well-distributed rainfall and a fairly high humidity. It requires a sandy soil with good drainage and a high level of organic material. It grows up to 1400 m altitude in Nepal, and between 550 m and 1600 m altitude in Ethiopia.

**Cultivation:** Plants are grown from stem cuttings or tuberous roots. They can also be grown from seeds. Stem cuttings about 12 - 15 cm long are suitable. The plant needs a trellis to climb over. One male plant to every ten female plants is enough to ensure pollination. A spacing of 150 cm apart is suitable. Watering is required during dry periods.

**Production:** Plants can grow for 3 - 4 years. The yield of fruit can be about 10 kg/plant.

**Use:** The leaves, shoots, and immature fruits are cooked as a vegetable. Mature fruits are eaten fresh. The ripe fruit are eaten and used in curries. Fruit are sometimes candied. The leaf tips are cooked as a vegetable.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Leaf								

**Insects:**

**Names****English:** Coffee (Robusta)**Pijin:****Local:****Scientific name:** *Coffea canephora* Pierre ex Froehner**Synonyms:****Plant family:** Rubiaceae

**Description:** A larger tree than Arabica coffee. It is an evergreen shrub. It grows to 10 m tall and has thicker, larger leaves. It is shallow rooted, with most feeding in the top 12 cm of soil. In heavy shade, trees have a more developed trunk. The leaves are 15 - 30 cm long by 5 - 15 cm wide, and rounded at the base, with wavy edges. The mid-rib is prominent underneath the leaf. There are 8 - 13 pairs of side veins. The leaf stalk is stout and 1 - 2 cm long. The flower clusters arise in the axils of leaves on sideways growing, fruiting branches. Normally, only 3 - 4 buds develop in each leaf axils and 2 - 4 flowers develop on each flower stalk. The flowers are white and have a scent. The flowers have almost no stalk. The fruit are round and 0.8 - 1.5 cm long by 1.2 cm wide. The fruit are green, but turn red when ripe. They turn black and remain on the tree till harvest. 20 - 40 fruit can develop at each node. The seed are 7 - 9 mm long, and flattened on the surfaces that are nearest each other.



**Distribution:** It grows in many tropical countries, including Solomon Islands. It grows more in the lowland tropics. It occurs naturally in rainforests in Africa between 10° N & S of the equator and from sea level to 1600 m altitude. It grows in areas with rainfall from 1000 - 2500 mm per year. Temperatures in the range 18° - 32°C are suitable. It suits hardiness zones 10 - 12.

**Cultivation:** Many plants are grown from seed. They can be grafted onto other rootstock. If cuttings are used, two different kinds need to be planted together to ensure good pollination. Plants are spaced at 3 m x 3 m. Light shade is normally helpful. Several of the upright stems are allowed to grow because some side branches die off. Plants are cross-pollinated.

**Production:** It takes 9 - 10 months from flowering to harvest. Mature cherries can be picked off the tree. These are then dried and hulled.

**Use:** The seeds are used for coffee. In some places, the fruit are lightly boiled, then chewed.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								
Fruit								

**Insects:**

**Names****English:** Jute, Bush okra**Pijin:****Local:****Scientific name:** *Corchorus olitorius* L.**Synonyms:****Plant family:** Tiliaceae/Malvaceae

**Description:** An annual plant. It is upright, branching, and slightly woody. Plants vary in height, shape, leafiness and hairiness. Plants grown for leaves are usually only 30 cm tall. They also have many branches. Leaves are shiny and have leaf stalks. The leaves have teeth along the edge. The tips of the lowest leaves on each side have long bristle-like structures. Small clusters of yellow flowers grow in the axils of the leaves. The fruit are ridged capsules. They can be 7 cm long. These have partitions across them between the seeds. A ripe capsule contains 180 - 230 seeds. The seeds are dull grey with four faces and one long point. Each seed has one pale line along it.



**Distribution:** It grows in many tropical countries in Africa, Asia and the Pacific, including Solomon Islands. It is a tropical plant. It is mostly coastal, growing below 250 m altitude. Temperatures of 22 - 35°C are suitable. It can stand both drought (2 - 3 weeks) and waterlogging, except when young. A well-drained soil is best. It requires humus-rich soils. A pH of 5.5 - 7.0 is best, but it can grow in soils with pH up to 8.5. It also needs adequate moisture for good leaf production. A rainfall of 1000 mm is suitable. A high relative humidity (80 - 90%) is best. It produces seeds when day lengths are short.

**Cultivation:** Plants grow from seed and can be transplanted. Seeds are often broadcast into fine seed beds at the beginning of the wet season. Mixing the small seeds with sand makes it easier to sow them evenly. Seeds are often slow to start growing. This can be overcome by soaking them in hot water. A spacing of 20 - 30 cm between plants is suitable. For vigorous varieties, this could be increased to 45 - 50 cm. Seeds are saved from pods for re-sowing.

**Production:** First leaves can be harvested after 5 - 6 weeks. Tips about 20 - 30 cm long are picked. Production of edible green tips is not large. 7 - 8 kg of leaf tips can be harvested from 3 - 8 pickings over 3 - 4 months. Seeds can be collected after 13 - 15 weeks. If seeds of a particular variety are desired, it is necessary to grow these plants at least 16 m away from other plants, to avoid cross-pollination. Seeds can be stored for 8 - 12 months in well-sealed containers.

**Use:** The young leaves and stem tops are eaten cooked. They are slimy unless fried. They are also used to make a thick soup. Leaves can be sun dried, pounded to flour, then stored for a significant time.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf	80.4	244	4.5		7.2	6410	80	0.8

**Insects:**

**Names****English:** Sea trumpet**Pijin:****Local:****Scientific name:** *Cordia subcordata* Lamarck & Poiret**Synonyms:****Plant family:** Boraginaceae/Ehretiaceae

**Description:** A spreading shrub or tree, 2 - 15 m high and 3 - 10 m across. The stem is erect and the bark is grey and slightly rough. It has cracks along its length. The leaves are broad and oval. They are 8 - 20 cm long and 5 - 15 cm wide. They sometimes have two lobes near the base, making the leaf heart-shaped. On the lower surface of the leaf, there are fine hairs near the veins. The leaves are glossy green on top and paler underneath. The leaf stalks are long (3 - 5 cm). The flowers are orange. They form a tube 3.5 - 5 cm long and with 5 - 7 broad lobes which spread to 3 - 4 cm across. The flower heads are made up of 6 - 20 flowers, and they occur at the ends of branches. The fruit is 2 - 3 cm long by 1.5 - 2.5 cm across. It is green or yellow. It hangs down and turns brown when ripe. There is a single 2 - 3 cm long seed inside. The fruit has a beak at the tip and an apple-like texture, but is fairly hard.

**Distribution:** It grows in many tropical countries in Africa, Asia and the Pacific, including Solomon Islands. It is a tropical plant that grows in vine thickets above high tide level near beaches. It needs well-drained, moist soils, in an open, sunny position. It is drought and frost tender. It suits hardiness zones 10 - 12.

**Cultivation:** Plants are grown from seed. The seed needs to be sown fresh.

**Production:** In Australia, the tree flowers from February to March and fruits March to May.

**Use:** The fruit and seed are eaten raw.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Seed								

**Insects:**



**Names****English:** Turmeric**Pijin:****Local:****Scientific name:** *Curcuma domestica* Val.**Synonyms:** *Curcuma longa* Koenig non L.**Plant family:** Zingiberaceae

**Description:** A herb in the ginger family which continues growing from year to year. For harvesting, it is grown as an annual crop. It grows up to 1 m high and spreads to 50 cm across. The stem is erect. It has a bright orange, sweet smelling, fattened stem (or rhizome) under the ground. The main fattened part is about 5 - 8 cm long by 1 - 5 cm across. It has thinner branches off it. These are thickened with secondary tubers. The leaves are in a cluster and have leaf stalks that clasp the stem. The leaves are sword-shaped and have long leaf stalks. Leaves are long, flat and bright green. The flowers are dull yellow. They occur in clusters of 3 - 5. The cultivated turmeric is normally a sterile triploid (three sets of chromosomes) plant that does not bear fruit.



**Distribution:** It is a tropical plant and is widespread in coastal areas up to 1000 m altitude in the Philippines. It needs a hot, moist climate and a well-drained soil. The soil needs to be loose for good rhizomes. Plants can grow in the shade but the yield is lower. Plants are drought and frost tender. It suits hardiness zones 10 - 11.

**Cultivation:** Plants are normally grown from pieces of the rhizome. Pieces with one or two buds are used. Larger side tubers are best. They are planted 6 - 8 cm deep. The distance between plants needs to be 30 - 40 cm. They can also be grown from seed where these occur. The roots are harvested as the leaves start to die back.

**Production:** Leaves appear above ground in about 4 weeks. The crop is harvested in about 9 - 10 months when the lower leaves turn yellow. When the roots are harvested, they are put in boiling water for an hour. This assists drying and avoids sprouting. They are then dried in the sun. The outer layer is removed by rubbing.

**Use:** The orange-coloured rhizome is used as seasoning, especially in curry. It is also used for food colouring and can be used fresh or boiled and dried. The young shoots are also eaten. It is a minor spice.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Rhizome dry	11.4	1481	7.8		41.4	0	25.9	4.4
Shoot								

**Insects:**

**Names****English:** Ceylon sago**Pijin:****Local:****Scientific name:** *Cycas rumphii* Miquel**Synonyms:****Plant family:** Cycadaceae

**Description:** A palm-like plant growing 3 - 10 m high. The trunk is not swollen at the base. The trunk is covered with the bases of the old leaves. The leaves have leathery leaflets with a distinct mid-rib. The leaves are something like ferns. They are 1 - 2 m long and have leaflets along the stalk. These leaflets are 28 cm long by 2 cm wide. A cone of thick leaves containing large seeds is produced at the top. The seeds are 3 - 4 cm across, with a thin, fleshy covering and a starchy centre. There are separate male and female plants.

**Distribution:** It grows in Asia and the Pacific, including Solomon Islands. It occurs in tropical lowland grassland and forest areas from sea level to 700 m altitude. It is more common in places with a dry, seasonal climate. It suits hardiness zones 9 - 11.

**Cultivation:** It can be grown from seeds. Plants, especially damaged ones, produce suckers.

**Production:** It is a slow-growing plant. Plants for sago need to be seven years old and to not have flowered.

**Use:** The pith is processed to extract the starch during times of food shortage. The seeds are sometimes eaten after treatment by slicing, fermenting for two weeks and then cooking. In Malaysia, the very young leaves are cooked and eaten.

**CAUTION:** The young leaves are poisonous to cattle. The seeds contain a toxic glucoside and are poisonous unless properly treated.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Starch								
Seed								
Leaf								

**Insects:**

**Names****English:** Lemon grass**Pijin:****Local:****Scientific name:** *Cymbopogon citratus* (Nees) Stapf.**Synonyms:****Plant family:** Poaceae

**Description:** A coarse, clumpy grass, about 1 m high. It forms dense tufts and clumps. The stems are hollow and cane-like. The leaves have a rough edge and are about 1 m long by 1 cm wide. They curve over. They are pale blue-green. It very rarely produces flowers. When flowers are produced, they are in a loose, branched panicle 5 cm long. It has a lemon smell when crushed.



**Distribution:** It is a tropical and subtropical plant grown in many tropical countries, including Solomon Islands. It occurs in coastal areas and up to at least 1400 m altitude. It is a good plant for borders and erosion control. It is frost tender. It needs good drainage and a temperature above 10°C to grow. It suits hardiness zones 9 - 11.

**Cultivation:** It is grown from portions of the clump. A spacing of about 1 m between clumps is needed. Plants can be easily grown by putting the stem end of a shoot in water until roots form, then planting out.

**Production:** It can be cut 4 - 8 months after planting and then every 3 - 4 months. Harvesting can continue for 3 - 4 years.



**Use:** It is mostly used as a flavouring in lemon grass tea, other drinks and stews. The leaves can be dried and stored for use in tea. The very young, fleshy white bases of the shoots are used in Asian cooking. The outer layers are peeled off.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								
Shoot								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Deeringia amaranthoides* (Lmk.) Merr.**Synonyms:****Plant family:** Amaranthaceae

**Description:** A small shrub or climber, up to 5 m tall. The branching stem is woody. Young shoots are slender and smooth. The leaves are alternate and oval or sword-shaped. They are 10 cm long and 2 - 4 cm wide. They are drawn out to a long point and are bright green, with a thin texture. The flowers occur in slender spikes up to 25 cm long. These are in the axils of the upper leaves. Flowers are 0.4 cm across and greenish-white. Flowers contain both sexes. Seeds are about 1.2 mm across, smooth and black. They are inside a bright red berry which is carried in clusters on long, slender spikes. The fruit is 0.5 cm long with three furrows along it.



**Distribution:** A tropical plant that grows in Asia and the Pacific, including Solomon Islands. It often occurs near forest edges and near creeks in the rainforest. It occurs up to 1200 m altitude. This plant is also used as food in Fiji, Indonesia and Taiwan. It needs a well-drained, humus rich soil. It needs a sheltered position and partial shade. It is drought and frost tender.

**Cultivation:** It grows wild. Plants are grown from seed. The seed need to be sown fresh. Plants can also be easily grown from cuttings.

**Production:**

**Use:** The young leaves are eaten. A minor, edible leaf.

**CAUTION:** This plant is suspected of poisoning cattle.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**



**Names**

**English:**

**Scientific name:** *Dendrocnide longifolia* (Hemsl.)

Chew. Also *Dendrocnide rechingeri* (Winkl.) Chew

**Pijin:**

**Synonyms:**

**Local:**

**Plant family:** Urticaceae

**Description:** A shrub or small tree growing 3 - 5 m tall. The leaves are narrow and stiff, curved over or hanging down. They are dark green to blackish-purple. The leaf has a wavy edge or is twisted. They are 40 - 70 cm long by 4 - 10 cm wide. The leaf stalk is 4 - 12 cm long. Male and female flowers occur on separate plants.

**Distribution:** It grows in Papua New Guinea and Solomon Islands.

**Cultivation:**

**Production:**

**Use:** Although recorded as edible, this needs checking, as these often have stinging sap. The fruit of some similar plants are eaten.

**CAUTION:** These plants often have stinging sap.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**



**Names****English:****Pijin:****Local:****Scientific name:** *Desmodium umbellatum* (L.) DC.**Synonyms:****Plant family:** Papilionaceae

**Description:** A small tree or shrub. It can grow 1.5 - 12.5 m tall. The stems are grey-brown and finely rough. The leaves have three leaflets. They tend to be oval and 5.5 - 14 cm long by 1.6 - 10 cm wide. The tip tends to be rounded. The leaf stalk is 2 - 3 cm long. The flowers are 1.5 - 2 cm long and have a scent. The flower clusters occur in the axils of leaves on very short stalks. The petals can be white or yellow and there is a often greenish patch near the base of the standard. The fruit are pods, 1 - 5 cm long. They become hard and woody. There are 2 - 7 segments in the pod. They are only slightly indented along the edge.

**Distribution:** It grows mostly in Asia and the Pacific, including Solomon Islands, but is also in Africa and the Americas. In Papua New Guinea, it occurs from sea level to 180 m altitude.

**Cultivation:****Production:**

**Use:** The young leaves are used as a vegetable.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Dichapetalum papuanum* (Becc.) Boerl.**Synonyms:****Plant family:** Dichapetalaceae

**Description:** A bushy shrub, up to 2 m tall. It climbs by attaching by roots from the nodes. Young shoots are hairy. The small branches are angular. The leaves are simple and oval or sword-shaped. They are 12 cm long by 4 cm wide. They are bright green with wavy edges. The leaf stalk is 2 - 3 cm long. The flowers occur in clusters. They are small (0.5 cm across) and cream or green. The edible fruit are fleshy and orange and about 1.5 cm long. They have 1 - 4 lobes.

**Distribution:** A tropical and subtropical plant that grows in Australia, Papua New Guinea and Solomon Islands. It grows in hill forest. It needs a sheltered position and a well-aerated soil. It suits a shady position. In tropical Queensland, it grows between sea level and 1130 m altitude.

**Cultivation:** They can be grown from fresh seed. They can possibly also be grown from cuttings.

**Production:** Plants are slow growing. In Australia, the fruit ripen in April to May.

**Use:** The fruit are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Striped cucumber**Pijin:****Local:** Kongakonga**Scientific name:** *Diplocyclos palmatus* (L.) C Jeffrey**Synonyms:** *Bryonopsis affinis* (Endl.) Cogn.**Plant family:** Cucurbitaceae

**Description:** A slender, climbing plant with angular stems. The stems are weak, but the lower part can be somewhat woody. It can climb 2 - 4 m high. The stems are angular and grooved. The rootstock is fleshy. The leaves have three or five lobes, divided like fingers on a hand, and are 10 - 15 cm wide by 6 - 17 cm long. There are fine teeth on the top edges of the leaves, and the leaves are angular. The leaves are rough on top, but smooth underneath. The leaf stalks are 3 - 9 cm long. The stem has tendrils with 1 or 2 branches. Flowers are small and yellow or green. Male and female flowers are separate, but often together near a leaf. One or two female flowers are often surrounded by several male flowers. The fruit is 4 cm long and green with pale streaks along it. The leaves and stems give off a bad smell when damaged.



**Distribution:** It grows in Asia, Papua New Guinea and the Pacific, including Solomon Islands.

**Cultivation:** It is a tropical plant and occurs on the coast in Papua New Guinea up to about 1000 m above sea level. It needs a well-drained soil and can grow in a sunny or partially shaded position.

**Production:** Plants can be grown from seeds or cuttings.

**Use:** The leaves are eaten cooked.

**CAUTION:** The fruit are claimed to be poisonous. It is considered to be poisonous in Australia, but is eaten in India.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**



**Names****English:****Pijin:****Local:****Scientific name:** *Dysoxylum alliaceum* (Blume) Blume**Synonyms:****Plant family:** Meliaceae

**Description:** A tree that grows up to 38 m tall. All parts smell of onion. The trunk can be 80 cm across and is fluted at the base. It can have buttresses. The leaves are compound, with leaflets in pairs, but no leaflet at the end. There are 3 - 8 pairs of leaflets. The leaves can be 60 cm or longer. The leaf stalk is 5 - 15 cm long. The leaflets are oval and 7.5 - 25 cm long by 2.5 - 7.5 cm wide. The flowers are close together with short stalks. The flowering stalk can be 40 cm long. The flowers have a sweet scent. The fruit capsule is 7.5 cm across. It can be 25 cm long and is constricted between the seeds. There are 1 - 4 red, oblong seeds per capsule.

**Distribution:** It grows from Asia to Solomon Islands. It grows in rainforest. It also grows on limestone. It grows up to 1800 m altitude.

**Cultivation:****Production:**

**Use:** Fresh leaves are cooked with fish to give an onion flavour. The seeds are used with ginger to prepare a sauce. The dried seeds have been used as a garlic substitute.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								
Seed								

**Insects:**

**Names****English:** Blue quandong**Bookmark not defined.** Blume**Pijin:****Local:****Scientific name:** *Elaeocarpus angustifolius* **Error!****Synonyms:****Plant family:** Elaeocarpaceae

**Description:** A medium sized to tall tree. It grows 35 - 40 m high with buttresses 5 - 6 m up the trunk. It has an open crown. The bark is light grey and the young shoots are pale green. The leaf stalks are 15 mm long, slender, and narrowly winged near the tip. The leaves are partly deciduous. The leaves are oval and 7 - 18 cm long by 3.5 - 5 cm wide. They are dark green and glossy on top and paler underneath. They are thin textured. The edges of the leaves have fine teeth. Old leaves turn bright red. The flowers are borne on twigs behind the leaves. Flowers are 1.2 - 1.5 cm across and placed along a stalk on side branches. This flower arrangement is 5 - 15 cm long. The flowers are greenish-white. The petals have a fine fringe. The fruit is 2 - 3 cm across and round. It is shiny bright blue or purple. The flesh is often fibrous. The seeds have a hard, pitted coat. The fruit is edible.



**Distribution:** It grows from Asia to Solomon Islands and Fiji. It occurs in lowland, secondary forest, in rainforests and along stream banks. It requires well-drained soil and plenty of moisture. In Nepal, it grows between 600 - 1100 m altitude. It grows in hardiness zones 10 - 12.

**Cultivation:** Plants can be grown from seed. Seeds germinate irregularly. Cracking the hard seed coat helps seeds grow more quickly. Seeds have also been made grow better by fermenting them and by storing them in plastic bags. Plants can be grown from cuttings.

**Production:** Plants are very fast growing. In Australia, plants flower in March to June and then in December, and fruit are mature from August to January.

**Use:** The fleshy layer of the fruit, around the hard stone, is edible, when ripe. It is a minor food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:****Pijin:****Local:****Scientific name:** *Elatostema novae-hibernae* Ltb.**Synonyms:****Plant family:** Urticaceae

**Description:** A herb 1 m tall. The flowers are pink and do not have a smell.

**Distribution:** It grows in Solomon Islands.

**Cultivation:**

**Production:**

**Use:** Although recorded as eaten, the details need checking. The leaves of several similar plants are cooked and eaten in other countries.



**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names****English:** Cardamom**Pijin:****Local:****Scientific name:** *Elettaria cardamomum* (L.) Maton**Synonyms:****Plant family:** Zingiberaceae

**Description:** A ginger-like plant that keeps growing from year to year. It grows to 3 m high and spreads to 1 m across. It has a clump of leafy, aerial stems and then thick, fleshy, underground stems. The leaves are long and can be 1 m x 30 cm. They are dark green and alternate. The leaves are paler with soft hairs underneath. The flowers are green and white and produced on a branched flower stalk near the ground. The flowers have a violet tip. Seed capsules with several wrinkled seeds develop. The capsule has three sweet smelling, pale green cells.



**Distribution:** It is a tropical plant and grows in tropical countries in Asia and the Pacific, including Solomon Islands. It grows from sea level up to about 1200 m altitude in the tropics. It prefers warm, rich, moist soils. It needs a protected and partly shaded position. It is drought and frost tender. It needs a temperature above 10°C. Seeds need a temperature range of 19 - 24°C to grow. It suits hardiness zones 10 - 12.

**Cultivation:** It can be grown from seed. It is normally grown under the shade of the primary rainforest. Seeds are slow to germinate. It can be grown from slips of plants.

**Production:** The capsules are harvested when they are almost ripe but before they turn yellow. They are then dried in a warmed and ventilated shed.

**Use:** The seeds are used as a flavouring. They are used in biscuits and cakes. They are also used in curries and added to coffee. It is a minor crop.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed	8.3	1303	10.8		14.0	0	21.0	7.5

**Insects:**



**Names****English:** Tower pine**Pijin:****Local:****Scientific name:** *Endospermum medullosum* L.S. Sm.**Synonyms:****Plant family:** Euphorbiaceae

**Description:** A large tree. The trunk is long, straight and with buttresses. The crown is flat and spreading, with few leaves. The bark is light grey with pink blotches. The leaves are large and the leaf stalk is attached to the middle of the under surface of the leaf. The leaf shape varies from round to heart-shaped. The leaf blade is 29 cm long by 22 cm wide. The leaves are clustered near the ends of branches. There are two pairs of veins near the base running around the edge of the leaf. The young leaves have golden hairs. The flowers are small and sexes occur separately. The flowers have a sweet smell. The fruit is a small, yellow green berry with one, hard, black seed.

**Distribution:** It grows in Papua New Guinea and Solomon Islands. It grows in lowland rainforest.

**Cultivation:****Production:**

**Use:** The young leaves are reported as sometimes cooked and eaten. It is possibly a very minor food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**

**Names****English:** False monstera**Pijin:****Local:****Scientific name:** *Epipremnum pinnatum* (L.) Engl.**Synonyms:****Plant family:** Araceae

**Description:** An evergreen vine climbing 6 - 50 m high. The stem is slender and fibrous, but fleshy. The leaves are green and shiny. They are oval or sword-shaped. The leaves can be 70 cm long by 40 cm wide, and hang downwards. The form a point towards the tip. The leaves are deeply divided, although forms occur with entire leaves. The leaf stalk is about the same length as the leaf. The flowers are dense fleshy spikes, 15 - 20 cm long. The flower is surrounded by a large, green, boat-shaped bract. The flower spikes contain both sexes, with the female flowers lower on the spike. These are followed by fruit. The berry is made up of many red fruit.



**Distribution:** It grows in Asia and the Pacific, including Solomon Islands. It is a tropical and subtropical plant. It grows best with warm conditions, high humidity and with light shade. It is damaged by drought and frost. It needs good drainage. It suits hardiness zones 10 - 12.

**Cultivation:** It is grown from runners which are put in water to form roots. Plants need then to be put in shady, humid situations and can be trained to climb up trees. Plants can be grown from fresh seed or from stem cuttings.

**Production:** In Australia, it flowers in December to March.

**Use:** Starch is extracted from the leaf stalk.

**CAUTION:** The sap can irritate the skin.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Starch								

**Insects:**

**Names**

**English:**

**Pijin:**

**Local:**

**Scientific name:** *Eriandra fragrans* Royen & Steenis

**Synonyms:**

**Plant family:** Polygalaceae

**Description:** A tree growing up to 20 m high. It has a crooked trunk, and thin buttresses up to 1 m high. The bark is grey and smooth. The flowers are white and do not have a smell. The fruit is green.

**Distribution:** It grows in Solomon Islands.

**Cultivation:**

**Production:**

**Use:** The details of if, and how, this plant is used are not available.



**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names****English:** Veiny climbing pandan**Pijin:****Local:****Scientific name:** *Freycinetia percostata* Merr. & Perry**Synonyms:****Plant family:** Pandanaceae

**Description:** A woody and bushy root climber. The stems are 2 cm across. The leaves are simple and 38 - 52 cm long by 2 - 3 cm wide. They are organised in spirals around the stem. The underside edges of the leaves have teeth. The flowering cluster has bright orange to pink bracts underneath it. These are 20 cm long. There are 3 - 4 female heads which are 5 - 6.5 cm long by 0.8 - 0.9 cm wide. They are like a cylinder. The male spikes are 9 - 13 cm long by 0.6 - 0.8 cm wide. They are pale orange. The fruit are 14 - 30 cm long by 2.5 - 4.5 cm wide and occur singly or in twos. They have many small seeds. The flesh is edible.

**Distribution:** It grows in Australia, Papua New Guinea and Solomon Islands. It is a tropical plant and needs a shady location. It needs a sturdy tree trunk to climb. It grows naturally in rainforests in NE Queensland in Australia. It grows from sea level to 450 m altitude.

**Cultivation:** Plants can be grown from cuttings.

**Production:**

**Use:** The flesh of the fruit is edible in small amounts, but it may sting the mouth and throat.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Scaly Ash, Daintree hickory**Scientific name:** *Ganophyllum falcatum* Blume**Pijin:****Synonyms:****Local:****Plant family:** Sapindaceae

**Description:** A medium sized tree growing 10 - 25 m high. It has a dense, spreading crown. The young branches secrete resin and are scaly. The bark is smooth, light grey and slightly flaky. The leaves are alternate, smooth and divided along their length. The whole leaf is 15 - 35 cm long and divided into 5 - 20 alternate leaflets. The leaflets are 3 - 10 cm long by 1.5 - 5 cm wide. The leaflets are curved and are not the same shape on either side of the mid-rib. They are shiny and dark green on top and paler underneath. The leaflets have a pointed tip. The leaf stalk is 4.5 - 6.5 cm long. The flowers are very small and greenish-white. They are 0.2 - 0.5 cm across and many flowers occur together in a large panicle, or branched flower cluster, which is 10 - 30 cm long. These are produced in the axils of the upper leaves. Male and female flowers occur on separate branches. The fleshy fruit is smooth and oval. It has one stone inside. The fruit is 1 - 1.5 cm long by 0.6 - 0.8 cm wide. It is orange-red when ripe, with a pointed tip. There are one or two seeds inside. The seeds are 8 mm long by 12 mm wide.

**Distribution:** It grows from the Andamans and Nicobar Islands of India, through Asia in Indonesia and Malaysia, to Australia, Papua New Guinea and the Philippines, and to Solomon Islands in the Pacific. It is a tropical and subtropical plant. It grows naturally in coastal monsoon vine forest. It is often found on coastal sand dunes and near freshwater streams. It needs well-drained soil and plenty of moisture. It is sensitive to cold. In Indonesia, it grows in forests up to 1200 m altitude.

**Cultivation:** Plants can be grown from seed. The seed should be sown while fresh.

**Production:** Plants can be fast growing. In Australia, trees flower from October to January and fruit occur from December to February. Flowering coincides with the start of the wet season.

**Use:** The fruit are eaten raw. It is the layer around the seed, or aril, that is eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Aril								

**Insects:**

**Names****English:** Scrambling lily**Scientific name:** *Geitonoplesium cymosum* (R. Br.)

A.Cunn. ex Hook.

**Pijin:****Synonyms:****Local:****Plant family:** Philesiaceae

**Description:** An evergreen, climbing plant growing 1 - 8 m high. It keeps growing from year to year. The stem is smooth and wiry, and has many branches which can often be leafless. The leaves are oval or long shaped, with fine veins. They are 5 - 8 cm long by 1 - 2 cm wide and have short leaf stalks. The flowers are star-like and creamy white, green or purplish. They have three, petal-like sepals and three petals. These flowers occur in heads which hang over and are at the ends of branches. The heads are 10 cm long. The flowers have a sweet smell. The fruit are bluish-black, round berries. They are 0.8 cm across.

**Distribution:** It grows in Australia, Norfolk Island and in the Pacific in Fiji, New Caledonia, Papua New Guinea and Solomon Islands. It does best in medium to heavy soils. It needs a protected, shaded position. It is damaged by drought, but can tolerate frost. It grows in moist forest.

**Cultivation:** Plants can be grown from seed or cuttings. Seeds are slow to germinate. They can take 12 months to grow. Seed treatment is helpful. Plants can be grown by division of the fleshy root system.

**Production:**

**Use:** The very young shoots can be cooked and eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Shoot								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Geniostoma rupestre* J.R. & G Forst.**Synonyms:****Plant family:** Loganiaceae

**Description:** A smooth shrub growing 3 - 8 m tall. The branches are very brittle and break easily. The leaves are opposite and oblong, with a sharpened base. They are 10 - 12 cm long and 5 - 6 cm wide. The leaves are dark green and shiny. The leaf stalk is less than 1 cm long. The flowers are very small, white and in small, branching clusters. There are 2 - 6 flowers per cluster. The fruit is oval and pointed. It is 5 - 8 mm long. Fruit are blackish. The plant varies a lot and has been split into several species by some authors.

**Distribution:** It grows in Australia, Asia, China, Fiji, Indonesia, Malaysia, New Caledonia, New Zealand, Niue, Philippines, Samoa, Solomon Islands, Taiwan, Tonga, and Vanuatu. It grows near the seaside. It requires a protected position in well-drained soil. It grows up to about 300 m in Taiwan. In Samoa, it grows from sea level to 1600 m altitude.



**Cultivation:** Plants can be grown from seed which should be sown fresh.

**Production:** It flowers and fruits from August to December.

**Use:** Young shoots are eaten cooked in some areas. They turn black when cooked. The fruit and seed have also been recorded as eaten.

**CAUTION:** Many *Loganiaceae* are very poisonous.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Shoot								
Fruit								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Globba marantina* L.**Synonyms:****Plant family:** Zingiberaceae

**Description:** A herb that keeps growing from year to year. It grows 50 cm tall. It has tuberous roots. It has leafy shoots with 8 - 15 leaves. The leafy growth, or ligule, is 2 mm long and fringed with hairs. The leaf stalk of the upper leaves is distinct and is 5 mm long. The leaf blade is sword-shaped and 15 cm long by 4 - 5 cm wide. It has short hairs underneath. The flowers are compact and 1 - 4 cm long. The flower stalk is 1 - 3 cm long. There are 8 - 15 sterile bracts (leaf-like parts which are below the flower). They overlap. The lower ones are large and are 1.5 - 2.5 cm long by 2 cm wide. The upper ones are smaller. Each one usually carries a small bulb. These are narrowly oval or cone-shaped and 1 cm long. The flowers are yellow.

**Distribution:** A plant that grows through tropical Asia and to Solomon Islands. It grows in dry, forested areas and also on sandbanks. It can grow in sago plantations.

**Cultivation:** Plants can be grown from the bulbils. When the plant dies back, these bulbils become dormant for 5 months, then they germinate.

**Production:**

**Use:** The slightly spicy bulbils are eaten fresh or dried as a seasoning.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Bulbil								

**Insects:**



**Names****English:****Pijin:****Local:** Kaunigai**Scientific name:** *Haplolobus floribundus* (Schum.) Merr.**Synonyms:****Plant family:** Burseraceae

**Description:** Medium to large trees that develop short medium, round buttresses. It can vary from 5 - 24 m tall. The trunk can be 60 cm across. The bark is covered with small growths, but is not rough to touch. The bark smells like green mangoes, and when cut, oozes pale white latex. The leaves occur on opposite sides along the stalk. The leaflets are hairy on the underside. There is no stipule or leafy structure at the base of the leaf stalk, which helps distinguish them from closely related *Canariums*. Male and female flower parts are on separate flowering stalks. These flowers occur among the leaves, not at the very tips. The flowers are small and white, and have a smell. The fruit are thinned-walled. Fruit range from 2 - 5 cm and are mostly oval, with a sharp tip.



**Distribution:** It grows in the Pacific in Fiji, Papua New Guinea, Samoa, Solomon Islands and Vanuatu. It occurs on Rennell Island in the Solomons. In Fiji, it grows between 90 and 850 m altitude.

**Cultivation:****Production:** The fruit are harvested by climbing.

**Use:** The fruit are boiled for about 5 minutes, then the flesh is eaten. The seeds are soaked for some weeks to remove toxicity, then cooked.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Seed								

**Insects:**

**Names****English:** Sunflower**Pijin:****Local:****Scientific name:** *Helianthus annuus* L.**Synonyms:****Plant family:** Asteraceae

**Description:** An upright, annual plant. It varies in height from 1 - 4 m. It has a strong tap root. Plants are mostly unbranched, but may have some branches. The stems are hairy. The leaves are large and oval to heart-shaped. They have teeth around the edges. They are roughly hairy and mid- to dark green. Leaves can be 10 - 40 cm long by 5 - 20 cm wide. The leaf stalk is long. The flowers are yellow and daisy-like. Flowers are 9 - 20 cm across. They are sometimes tinged red or purple.



**Distribution:** It suits the highlands of the tropics and can stand a light frost. It needs a well-drained soil and prefers a rich soil. It is drought and frost resistant. Sunflower grows from the equator to 55° latitude. It does not suit the wet tropics. It cannot tolerate very acid soils. In Nepal, it grows up to 600 m altitude. It suits hardiness zones 4 - 11.

**Cultivation:** Plants are grown from seed. Only well-filled seed should be planted. It is easy to save your own seed. Dry seed stores well. It will grow on most soils. A plant spacing of 1 m by 0.5 m is suitable. Seeds are sown at a depth of 2 - 4 cm. At maturity, heads are collected by hand and dried then threshed.

**Production:** Time to maturity is usually 4 - 5 months. Seeds are ready to eat when the flower starts to wither.

**Use:** An edible oil is extracted from the seeds and used for cooking. Sometimes seeds are eaten raw or roasted. The seeds can be ground into a meal for using in bread and cakes. They are also dried, roasted and ground and used as a coffee substitute.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed	5.4	2385	22.8		6.8	5	1.4	5.1

**Insects:**



**Names****English:** Looking glass mangrove**Pijin:****Local:****Scientific name:** *Heritiera littoralis* Dryander ex Aiton**Synonyms:****Plant family:** Malvaceae/Sterculiaceae

**Description:** A tree growing to 30 m tall, with a silvery crown and wide, spreading, branch-like buttresses. The trunk can be 90 cm across. The bark is light coloured and coarsely furrowed. The leaves are grouped near the ends of branches and are dark green on top, with silvery scales underneath. The leaves are 14 - 29 cm long. The upper side of the leaf is smooth and hairless, while the under side is silvery. The flowering branches are borne in the axils of leaves and have many flowers. The flowers are small and hang in tassels. The flowers are of one sex, yellowish-green and bell-shaped. The fruit are hard, woody, smooth, shiny and boat-shaped. The fruit occur in clusters near the ends of branches. Fruit are 5 - 10 cm long. There is one seed inside, which is edible. The wood is very hard.

**Distribution:** It grows in tropical regions from East Africa, through Asia and into the Pacific, including Solomon Islands. It is found in the inner part of the mangrove swamp, and sometimes on dry land just at the back of the swamp, in the tropics. It grows on sandy and rocky coasts and occurs up to 50 m altitude.

**Cultivation:** Trees grow wild. The fruit can float in seawater for long distances and still germinate.

**Production:** Trees are slow growing. In the southern hemisphere, flowering and fruiting is from April to November.

**Use:** The seeds are bitter and are sometimes eaten with fish.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								

**Insects:**

**Names****English:** Beach hibiscus**Pijin:****Local:****Scientific name:** *Hibiscus tiliaceus* L.**Synonyms:****Plant family:** Malvaceae

**Description:** A tree which keeps its leaves throughout the year. It is small and spreading. It grows 5 - 9 m tall and spreads 3 - 6 m across. The stem is erect and short. The bark is grey and smooth. The branches spread widely. The crown has an open texture. The leaves are light green and can be round or heart-shaped. They are 12 cm long and covered with dense hair underneath. They have a short, pointed tip. The flowers are yellow and have a deep pink/purple centre. They are 12 cm across and have five overlapping petals. The flowers are in the axils of the upper leaves. The fruit is a hairy, partly brown, woody capsule. It is 2 cm across and splits open when ripe. It contains several small, kidney-shaped seeds.

**Distribution:** It grows in tropical countries from Africa to tropical America. It grows in the Pacific islands, including Solomon Islands. It grows in warm, temperate regions. It can grow in the tropics and subtropics. It suits light soils in an open, sunny position. The soils need to be well-drained, but moist. It is damaged by frost. It can tolerate drought and salt spray. It often grows naturally near the seashore. It grows along most tropical coasts in tidal forests. In Samoa, it grows from sea level to 650 m altitude. It suits hardiness zones 10 - 12.

**Cultivation:** Plants can be grown from seed or cuttings.

**Production:** It is a fast-growing plant.

**Use:** Roots, flowers and young leaves can be eaten. The bark, shoots and sap wood are recorded as eaten in New Caledonia. The slimy sap and bark are eaten. The stalks are sucked.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								
Root								
Bark								

**Insects:**



**Names****English:****Scientific name:** *Homalomena alba* Hassk.**Pijin:****Synonyms:****Local:****Plant family:** Araceae**Description:** A herb with large, simple leaves and a sweet smell.**Distribution:** It grows in Solomon Islands. These mostly occur in the lowlands.**Cultivation:****Production:****Use:** The details of how this plant is used are not available. Some similar plants have their leaves or stems used as flavouring.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names****English:** Native cardamon**Pijin:****Local:****Scientific name:** *Hornstedtia scottiana* (F.Muell) Retz.**Synonyms:****Plant family:** Zingiberaceae

**Description:** A perennial plant of the ginger family. The stalks reach 1.5 - 4 m high and have a swollen base. The leaves occur one after another in two rows along the main stem. The leaf blade is 60 cm long and 12 cm wide. The edges of the leaves are softly hairy. The leaf sheath on the stem is about 13 cm long. The leaves are shiny and smooth on top and dull underneath. The mid-rib has a dent inwards on the top surface with veins going off at 30° angles. The flower is a cone like structure up to 12 cm high at the base of the plant. The flower grows without a stalk near ground level. The flower is white and has overlapping bracts. The outside of the lower bracts is red. The seeds are 2 mm across and they are grouped inside casings of the cone. The red bracts hide these casings. The pulp around the seeds is edible.



**Distribution:** It grows in Asia, Australia, Indonesia, Papua New Guinea and the Pacific in Solomon Islands and Vanuatu. It is a tropical plant and a rainforest species. It is common in the lowland rainforest in the tropics. It is very frost tender.

**Cultivation:** Plants can be grown from seed or by division of the rhizome.

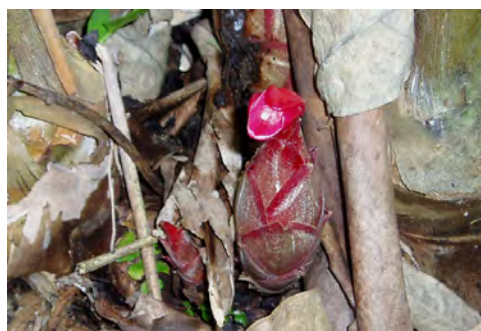
**Production:** The flower can be broken off the underground stem, or rhizome, and the seeds and sap are sweet and cardamom like.

**Use:** The seeds are edible. It is a minor snack food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								

**Insects:**



**Names****English:****Pijin:****Local:****Scientific name:** *Horsfieldia spicata* (Roxb.) Sinclair**Synonyms:****Plant family:** Myristicaceae

**Description:** A small tree with spreading horizontal branches. The leaves come one after another in two rows along the branch. The leaves are longer than they are wide with a pointed tip and rounded base. They can be 30 cm long by 8 cm wide. Both sides of the leaves are smooth, but the top surface is green and shiny, while the lower surface is a dull whitish-green colour. About 12 - 20 pairs of side veins join near the leaf edge. The leaf stalk is short (1 cm) with a furrow along the top. The flower cluster occurs on strong twigs on a branched stalk. The tree produces flowers of one sex, with male and female flowers on different trees. The flowers are small and yellow. The fruit is pear-shaped and 3 cm long by 2 cm across. The fruit is greenish-yellow, but turns red.

**Distribution:** It grows in Papua New Guinea and Solomon Islands. It is a tropical plant and grows in the lowlands.

**Cultivation:****Production:**

**Use:** The details of how this plant is used are not available, but several similar plants have nuts or fruit used in other countries.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names****English:****Scientific name:** *Mackinlaya celebica* (Harms) Philipson**Pijin:****Synonyms:****Local:****Plant family:** Araliaceae

**Description:** A shrub or small tree. It grows to 6 m high. The leaves vary in size and shape. The leaf stalk can be 52 cm long and 1 - 2 cm wide. It is angular and has lines along it, and a sheath which clasps the stem. There are usually five leaflets. The leaf blade is oval and 48 cm long by 22 cm wide. There can be teeth along the edge. The leaves have a parsley-like smell.

**Distribution:** It grows in Asia in Indonesia, Philippines, Papua New Guinea, and in the Pacific in Solomon Islands. It grows in rainforest as secondary growth from sea level to 1450 m altitude.

**Cultivation:****Production:****Use:** The leaves are eaten.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:****Names****English:****Scientific name:** *Marsdenia* aff. *tenaciosina* W. & A.**Pijin:****Synonyms:****Local:****Plant family:** Asclepiadaceae

**Description:** A climber in the forest. The young plant is soft and fleshy but hardens as it matures.

**Distribution:** It grows in Solomon Islands. It grows in cool, damp, shady places under the forest canopy.

**Cultivation:****Production:****Use:** Young leaves are cooked and eaten.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**



**Names****English:** Weeping Paperbark**Pijin:****Local:****Scientific name:** *Melaleuca leucadendra* (L.) L.**Synonyms:** *Melaleuca leucodendron* L.**Plant family:** Myrtaceae

**Description:** An evergreen tree. It grows to a height of 10 - 40 m and spreads 5 - 8 m. The trunk is upright and the branches hang over. The bark is pale, thick, soft and spongy. This papery bark is a distinctive feature of the tree. The leaves are simple and long. They are about 7-20 cm long by 1-2 cm wide. The leaves are pale or dull, dark green colour and carried one after another along opposite sides of the stalk. They have a short leaf stalk. The 5 or 6 veins of the leaf run along the leaf. The flowers are cream, green or slightly pink and may be carried without a stalk, or on a stalk up to 10 cm long. The flowers are at the end of branches of the upper leaves and appear in winter. They have 1 - 1.5 cm long stamens. The flowers are scented and make a showy display. The fruit is a small, cup-shaped, woody capsule about 0.3 - 0.4 cm across. These capsules turn brown when ripe and carry many, very small seeds.

**Distribution:** It grows in several tropical Asian countries and Australia, and also in Solomon Islands. It is a tropical plant and prefers an open, sunny position. It will also grow in subtropical and warm, temperate regions. Moist, loose soils are suitable. It often grows naturally along streams and on deep, sandy soils. It is damaged by drought and frost. It can tolerate being occasionally flooded by seasonal rains. It suits hardiness zones 10 - 12.

**Cultivation:** Plants are easily grown from seed. Seeds germinate easily and seedlings grow rapidly. Plants can need support during the early stages if in exposed places. Plants respond to being well-watered and to applied fertiliser.

**Production:** It is fast-growing. Flowering is April to September. Fruit are produced mainly from May to October.

**Use:** The leaves are used to flavour cooking. The leaves are also used for tea.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								
Nectar								

**Insects:**

**Names****English:** Bellbird vine**Pijin:****Local:****Scientific name:** *Melodinus australis* (F. Muell.) Pierre**Synonyms:****Plant family:** Apocynaceae

**Description:** A climbing vine or twine that grows 3 - 8 m tall. The leaves are simple and 3 - 16 cm long and 0.5 - 6 cm wide. The leaves are darker green on top and paler beneath. The broken leaves and twigs drip milky sap. The branched flower stalk occurs in the angles between leaves and stem in the upper leaves. The flowers are 0.4 - 0.7 cm across. They are pale yellow. They have a strong smell. The fruit are 4 - 15 cm long and 2 - 4 cm wide. They hang singly or in bunches in the axils of leaves. The fruit often have several colours. First they are green, but then turn yellow, then orange. The fruit have many seeds which are 5 - 7 mm long. The pulp around the seed is edible. The fruit are also eaten by cockatoos and cassowaries.

**Distribution:** It grows in Australia, Papua New Guinea and Solomon Islands. It occurs in coastal tropical rainforests at low to moderate heights above sea level. It grows from sea level to 1200 m altitude.

**Cultivation:** It can be grown from seed or from cuttings taken from firm wood. Seed should be sown fresh. It grows best with partial shade but if kept well watered can grow in full sun. It can tolerate a slight frost.

**Production:** Fruiting is December to April. Flowers and fruit can occur at the same time on a plant.

**Use:** The fruit is edible.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:** Apple mint**Pijin:****Local:****Scientific name:** *Mentha arvensis* L.**Synonyms:****Plant family:** Lamiaceae

**Description:** A herb with stalks that lie along the ground and curve up slightly. The plant can be 10 - 60 cm long. The leaves are toothed and hairy. They are narrowly oval and can be 7.5 cm long. The flowers are lilac, pink or white. They are at the top of the plant and in rings.



**Distribution:** It is a temperate plant that grows in a range of temperate and tropical places. It grows in damp soils and along shores. It suits hardiness zones 6 - 9.

**Cultivation:** It is grown from stem cuttings. The runners root easily at the nodes. A spacing of 20 cm is suitable.

**Production:** The first harvest of leaves can occur after 45 - 60 days.

**Use:** The leaves are eaten as a flavouring. The fresh or dried leaves can be used to make tea.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Merremia pacifica* var. *Ooster***Synonyms:****Plant family:** Convolvulaceae

**Description:** A climber on trees. The leaves are almost round and can be 20 cm across. There are 7 - 20 flowers on a stalk in the axils of leaves. The flowers are white and trumpet shaped. It is only a minor food.

**Distribution:** It grows in Solomon Islands, Papua New Guinea, Vanuatu and Micronesia. It grows near the edges of the rainforest, from sea level up to 300 m altitude.

**Cultivation:****Production:****Use:** Leaves**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**



**Names****English:** Ribbon-bush**Pijin:****Local:****Scientific name:** *Muehlenbeckia platyclada***Synonyms:** *Homocladium platycladium***Plant family:** Polygonaceae

**Description:** A clambering shrub that loses its leaves during the year. It grows 3 - 4 m high. The stems are flattened and green. The leaves are sword-shaped and 5 cm long. They fall off before flowering. The flowers are very small. The petals are greenish-white and in clusters in the axils of leaves. They do not have a flower stalk. The fruit is small and red to black.

**Distribution:** It grows in Solomon Islands. It does well in seasonally, moist and dry climates. It needs an average, well-drained soil. It needs bright, filtered light. It suits hardiness zones 10 - 12.

**Cultivation:****Production:****Use:****Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names****English:** Queensland nutmeg**Pijin:****Local:****Scientific name:** *Myristica insipida* R. Br.**Synonyms:****Plant family:** Myristicaceae

**Description:** A large spreading tree that grows 10 - 20 m high. The branches spread out horizontally. The bark is tight, rough and grey-brown. The leaves are alternate and smooth. They are leathery and oval. They are 10 - 21 cm long by 4 - 8 cm wide. They are dark and glossy green on top. Underneath the leaf is paler and the mid-rib is raised. The tip is pointed and the leaf stalk is short and thick. The trees are separately male and female. The male flowers are small and cream. They occur in clusters in the axils of leaves. Female flowers are in smaller clusters. The fruit is oblong and smooth. The skin is thick and leathery. They are about 3 - 4 cm long by 1.5 - 2 cm wide and are dull yellow when ripe. They each enclose a single, large seed, wrapped in a bright red, thread-like aril, or covering, on the seed.



**Distribution:** It is a tropical plant that grows in Asia, Australia, Indonesia, the Pacific, Papua New Guinea and Solomon Islands. It grows in coastal areas on sand dunes. It can occur in lowland forest near permanent water. It needs good drainage.

**Cultivation:** Plants can be grown from fresh seed. They can also be grown from cuttings.

**Production:** It is slow growing. In Australia, plants flower from February to March and fruit from September to December.

**Use:** The seeds can be used as a nutmeg substitute.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								

**Insects:**

**Names****English:****Pijin:****Local:** Uskeke**Scientific name:** *Myristica schleinitzii* Engl.**Synonyms:****Plant family:** Myristicaceae

**Description:** A medium sized tree growing to 15 m tall. It sometimes has stilt roots. The twigs are slender and smooth. The leaf is oval and 8 - 32 cm long by 5 - 12 cm wide. The base of the leaf is often rounded or heart-shaped. The mid-rib and veins are sunken in the top surface of the leaf and raised underneath the leaf. The leaf stalk is 1 - 2 cm long. The male and female flowers are separate on the same tree. The male flower cluster is 5 - 7 cm long. The female flower cluster has fewer and shorter branches than the male. The fruit are oval and 3.5 cm long by 1.5 cm wide. They are yellow. The base of the fruit is narrowed into a false stalk, 3 - 4 mm long. The fruit stalk is slender and 2 - 2.5 cm long. The seed is 3 cm long by 1 cm wide. It is covered with a red aril, or seed covering. It is divided irregularly.

**Distribution:** A tropical plant that grows in Papua New Guinea and Solomon Islands. It grows naturally near the coast, often on coral rocks.

**Cultivation:**

**Production:**

**Use:** The fruit have been used as a spice. Normally, spices can only be eaten in very small amounts to add flavour.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:****Scientific name:** *Ochrosia coccinea* (Teysm. & Binn.)  
Miq.**Pijin:****Synonyms:** *Lactaria coccinea*;  
*Bleekeria coccinea*;  
*Excavatia coccinea*;**Local:** Guang e mei gui shu**Plant family:** Apocynaceae**Description:** A tree up to 6 m tall. The leaves are oblong or sword-shaped. They have a long point at the tip. They are 8 - 19 cm long by 2 - 5 cm wide. There are many fine, side veins. The leaf stalk is slender. It is 10 - 18 mm long. The flowers are white. The fruit has many seeds and splits down one side on ripening. It is 2 - 3 cm long and is a shiny red.**Distribution:** A plant that grows in Asia in China, Malaysia and Singapore and in the Pacific in Papua New Guinea and Solomon Islands. It grows in the mountains.**Cultivation:****Production:****Use:** It is cultivated in some countries and used for medicine.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

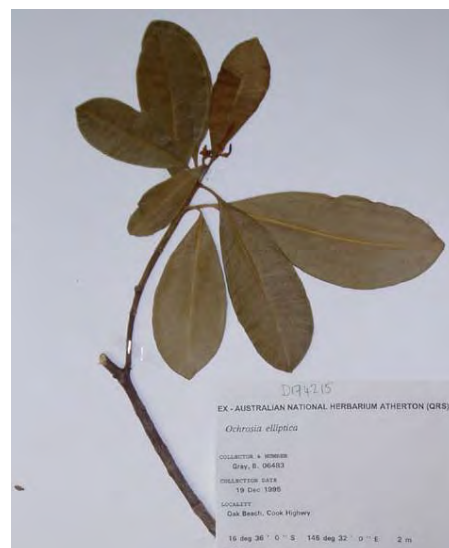
**Insects:**



**Names****English:** Mangrove ochrosia**Pijin:****Local:****Scientific name:** *Ochrosia elliptica* Labill.**Synonyms:****Plant family:** Apocynaceae

**Description:** A tall shrub with a spreading habit. It grows 3 - 8 m tall. The young plant parts are shiny. The leaves grow in rings of three around the stalk. The leaves are 8 - 20 cm long by 4 - 8 cm wide. They are dark green, shiny and leathery. The flowers are short and in the angles of upper leaves. They are 0.8 cm long, have a scent and are white. The fruit are large and colourful. They are 3 - 6 cm long by 1 - 2 cm wide. They are bright red and pointed. The fruit are poisonous. Seeds are about 1 cm across, round, with a wing along them.

**Distribution:** It grows in Australia, China, Fiji, Lord Howe Island, New Caledonia, Solomon Islands, Vanuatu and Taiwan. It is a tropical rainforest plant. It grows amongst mangrove and coastal scrub. It cannot tolerate frost. It is salt tolerant. It suits hardiness zones 10 - 11.



**Cultivation:** Plants can be grown from fresh seed. Seedlings are slow to get established. Plants can be grown from cuttings.

**Production:** It is slow growing.

**Use:** The seeds of *Ochrosia parviflora* that grows in the Pacific in Solomon Islands and Vanuatu are recorded as eaten. *Ochrosia elliptica* is grown and used in medicine in some countries.

**CAUTION:** Sap of leaves and fruit considered poisonous.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names****English:** Sweet basil**Pijin:****Local:****Scientific name:** *Ocimum basilicum* L.**Synonyms:** *Ocimum americanum* Jascq.**Plant family:** Lamiaceae

**Description:** An erect, branched, woody shrub. The branches are hairless and smooth. The leaves are hairless and oblong, with a narrow tip and blunt base. The base of the stems is tinged red. The leaf stalk is 1.5 cm long. The leaf blade is 2.5 - 5 cm long by 1 - 2.5 cm wide. The flowers are somewhat purplish, with very short stalks. The small nuts are smooth, oval and slightly flattened. Plants vary a lot, and several varieties have been selected. They can have licorice, cinnamon or lemon flavours, and vary in size.



**Distribution:** It grows in many warm temperate countries, but also in the tropics, including Solomon Islands. It suits both the lowlands and the highlands in the tropics. It cannot stand frost. It suits warm and hot climates. It needs some shade in tropical areas. It needs protection from wind. It needs rich, moist, well-drained soil. Soil should be at 25 - 30°C for seed to germinate. It suits hardiness zones 10 - 12.

**Cultivation:** It is grown from seed. Seed should be sown 2 - 3 mm deep and covered with a light sand or soil. Seeds germinate within 3 - 5 days. Seedlings are thinned out to 20 cm apart. Seedlings can be transplanted. If top shoots are picked off, a more bushy plant is produced and flowering is delayed.

**Production:**

**Use:** The seeds are soaked in water and eaten. The leaves are used raw or boiled to flavour foods. The seed yields an oil used to flavour sauces, pickles, meats and confectionary.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf	91.0	113	2.5		3.2	386	18.0	0.9
Seed	6.4	1051	14.4		42.0	938	61.2	5.8

**Insects:**

**Names****English:** Holy basil**Pijin:****Local:****Scientific name:** *Ocimum tenuiflorum* L.**Synonyms:****Plant family:** Lamiaceae

**Description:** A small herb the keeps growing from year to year. It grows to 70 - 100 cm high. It has a sprawling, suckering habit. There are many branches and they are soft and pithy. The base is woody. The leaf stalk is 1 - 2.5 cm long. The leaf blade is oblong and 2.5 - 5.5 cm long by 1 - 3 cm wide. It is hairy. The edges can be wavy, or have teeth. The flowers are very small and white. They occur among rings of small leaves along an erect stalk at the ends of the plant. The nutlets are brown and oval. They are about 1 mm long by 0.7 mm wide.



**Distribution:** It grows in temperate places, but also in tropical places, including Solomon Islands. It is grown in several Asian countries. It needs a sunny, sheltered position. Soil should be kept moist. In Asia, it grows up to 600 m altitude. In China, it grows in dry sandy areas. It suits hardiness zones 9 - 10.

**Cultivation:** It is grown from seed. Seeds are sown directly where they are to grow.

**Production:** Leaves suffer cold injury if stored below 12°C after harvest.

**Use:** The soft seeds are soaked in water to make a drink. The leaves are used for flavouring. The fresh leaves can be added to salads. They are also used as a substitute for tea.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								
Seed								

**Insects:**

**Names****English:** Catkin blooming**Pijin:****Local:****Scientific name:** *Opilia amentacea* Roxb.**Synonyms:****Plant family:** Opiliaceae

**Description:** A shrub or woody climber. It grows off other trees and plants. It grows to 4 - 10 m tall and has stems 20 cm across. The bark is rough and light grey. It has furrows along it and is corky. The aerial branches often hang downwards. The leaves are fairly smooth and leathery. They are 5 - 14 cm long by 2 - 5 cm wide. The mid-rib is prominent underneath the leaf. The leaf has a pointed tip. The leaf stalk is 0.3 - 0.7 cm long. The new leaves are bright, shiny green. The base of the leaves is slightly curved backwards. The flowers are very small and yellow green. They are star-shaped. They have a sweet scent. Many flowers occur together on short stalks around a central stem. These occur in the axils of leaves and are 2 - 3.5 cm long. The fruit can occur singly or in clusters. The fruit are oval with white flesh. They are 1.5 - 3 cm long by 1.2 - 1.8 cm wide. They are pale yellow or orange when ripe. The fruit are edible. They have one seed inside. The seed is 21 mm long by 15 mm wide.

**Distribution:** It grows in many Asian countries and in Papua New Guinea, Australia and Solomon Islands. It grows in tropical areas, occurring near the beach in monsoon areas. It often grows on sandy soil. It needs fresh water, so is often found near streams. It grows in forests and on mountain slopes between 500 m and 800 m altitude in Yunnan in southern China.

**Cultivation:** It can be grown from fresh seed. The seeds need to be placed on the ground surface, not buried.

**Production:** In Australia, flowering is from August to October and fruiting occurs in the wet season, from October to January.

**Use:** The fruit are eaten fresh.

**CAUTION:** Eaten in large quantities, the fruit can irritate the lips and tongue.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names**

**English:**

**Pijin:**

**Local:**

**Scientific name:** *Palaquium erythrospermum* Lamk.

**Synonyms:**

**Plant family:** Sapotaceae

**Description:** A large tree with a white, milky sap

**Distribution:** It grows in Solomon Islands. It grows in the rainforest.

**Cultivation:**

**Production:**

**Use:** The details of its use are not available but the fruit and seeds of several similar *Palaquium* species are used in other countries.



**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names****English:** Cairns pencil cedar**Scientific name:** *Palaquium galactoxylum* (F. Muell.)  
Lam.**Pijin:****Synonyms:** *Bassia galactoxyla* F.Muell.;**Local:****Plant family:** Sapotaceae

**Description:** A tree up to 30 m high and spreading 10 - 20 m wide. It loses its leaves during the year. The bark is cracked and brown. Young growth has rusty-coloured hairs. The leaves are simple and 8 - 16 cm long by 3 - 4 cm wide. They occur one after another or in rings. They are dark green, wedge-shaped with a rounded tip, and tapering to the base. The broken leaves and twigs have milky fluid or latex. The flowers are 0.7 cm long and greenish-white. They are like tubes at the base with five pointed lobes. The fruit are 30 - 40 mm long by 20 - 30 mm wide. These occur singly in the axils of leaves and from mature branches. They have one seed inside. The seed is 25 mm long by 12 - 20 mm wide. The flesh of the fruit is edible.

**Distribution:** It grows in Australia, Papua New Guinea and Solomon Islands. It grows in tropical rainforests, in coastal districts, and along streams. It needs well-drained soil.

**Cultivation:** Plants are grown from fresh seed.

**Production:**

**Use:** The fruit are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:****Pijin:****Local:** Sis, Pangi**Scientific name:** *Pangium edule* Reinw. ex Blume**Synonyms:****Plant family:** Flacourtiaceae

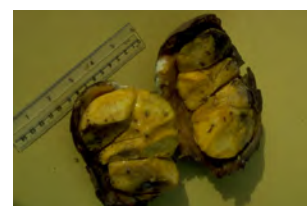
**Description:** A large tree, reaching a height of 25 - 40 m and about 50 - 100 cm across the trunk. The crown of the tree can spread to 50 m across. It has buttresses. The branches normally droop over. The leaves are very large and smooth. They can vary from 10 - 60 cm long by 8 - 40 cm across. They can be entire or lobed, are pointed at the tip, and can be rounded or heart-shaped at the base. Leaves in young trees have three lobes. Leaves are often in a spiral arrangement near the ends of branches. Flowers are separate sexes and often on different trees. The flowers are yellowish-white and have a faint smell. They are about 4 cm wide. The fruit are large, up to 15 cm long, brown and contain several seeds embedded in yellowish edible pulp. The seeds are about 5 cm long. The fruit has a strong smell.



**Distribution:** It grows in the Andaman Islands of India through Asia, Indonesia, Malaysia, Papua New Guinea, and the Philippines to Solomon Islands, Vanuatu and Yap. It is native to SE Asia. It is a plant of the hot, humid tropics. It is widely distributed in primary forests and clearings at low and medium altitudes from southern Luzon to Palawan and southern Mindanao in the Philippines. It mostly grows below 300 m altitude but can be up to 1000 m. It occurs in lowland and mid-altitude rainforests, often near creeks. It prefers slightly acidic soils.



**Cultivation:** Plants grow wild and are also cultivated from seeds. Seeds can float for a long time in water.



**Production:** Trees start to fruit when about 10 - 15 years old. Trees live for a long time. Fruiting is seasonal and the fruit season tends to be May to August.

**Use:** The fleshy portion around the seeds is eaten raw or cooked. The seeds are eaten after a long process of steeping and roasting to remove poison. Seeds are sometimes buried and fermented for about 40 days. The old leaves are eaten after shredding and being cooked. It is a minor food.

**CAUTION:** All parts of the plant can contain large amounts of poison (Prussic acid). This must be thoroughly removed by processing. Mature fruit are less poisonous than young fruit.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								
Fruit								
Leaf								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Paratrophis tahitiensis* Drake**Synonyms:** Probably now *Streblus***Plant family:** Moraceae**Description:****Distribution:** It grows in Solomon Islands and Vanuatu.**Cultivation:****Production:****Use:** The leaves are eaten.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**



**Names****English:** Nonda plum**Pijin:****Local:****Scientific name:** *Parinari nonda* F.v.Muell. ex Benth.**Synonyms:** *Parinari papuanum* CT White**Plant family:** Chrysobalanaceae

**Description:** A small tree, growing 10 - 15 m tall. It is often only 3 m tall, but can be as tall as 34 m. It has an open growth habit. The bark is greyish-brown and cracked along its length. The small branches are angular, drooping and hairy. The leaves are narrow, oval and leathery. They are 3.5 - 8 cm long by 2 - 4.5 cm wide. They are dark green and smooth on the upper surface and paler, with dense white hairs, underneath. Under the leaf, the mid-rib is prominent and the veins are like a net. The tip of the leaf has a blunt point. The leaf stalk is short. Flowers are brownish-yellow and very small. They occur at the ends of branches and in the axils of upper leaves. The fruit is smallish (2 cm x 3 cm) and brownish. It hangs on the ends of the branches. The fruit has a slightly rough skin due to a brown scaly layer. The fruit is edible. Inside the fruit is a rough kernel or seed.



**Distribution:** It is a tropical plant that grows in Australia, Papua New Guinea and Solomon Islands. The tree grows in lowland areas up to 1300 m altitude in Papua New Guinea. It occurs in moist rainforest and open woodland. It is often in dunes behind sandy beaches. It occurs in northern Australia. It suits dry, tropical, seaside regions and can tolerate drought. It needs full sun.

**Cultivation:** The tree grows wild. It can be grown from fresh seed. It can probably be grown from cuttings of semi ripe wood.

**Production:** It is slow growing. Fruiting occurs in August and November. Fruit are bitter when fresh from the tree so are best ripened off the tree to make them sweeter. Burying them for a week has been used to improve ripening. They can be harvested after they fall. Nut-milk used to be made by drying the fruit and crushing the kernels, and then washing, squeezing and straining the mash to extract the white "nut-milk".

**Use:** The fruit is eaten raw. The floury pulp of the fruit can be ground into flour and baked.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit	78.3	222	1.0		1.5		1	0.4
Flour								

**Insects:**

**Names****English:****Pijin:****Local:** Pelajau**Scientific name:** *Pentaspadon motleyi* Hook.f.**Synonyms:****Plant family:** Anacardiaceae

**Description:** A large tree that can grow 15 - 50 m high. The trunk can be 70 - 80 cm across. The bark is smooth and light brown. The bark can be cracked along its length and flakes off irregularly. It has buttresses which can be high and wide. The leaves are made up of 4 - 5 pairs of leaflets. These are thin, rough and oblong. They can be 6 - 13 cm long and 2 - 6 cm wide or larger. The leaf tapers towards the tip. Twigs and new growth are red. The flower panicles are up to 31 cm long. The flowers are cream coloured. The fruit can be 3 - 5 cm long by 2 - 3 cm across. They have a rough surface. The seed is oval and 2 - 4 cm long by 1 - 2 cm across. The fruit are black when they have fallen on the ground.

**Distribution:** It grows in Asia in Brunei, Indonesia and Malaysia, and in the Pacific in Papua New Guinea and Solomon Islands. It is a tropical plant. It grows naturally in lowland rainforest. It often occurs in places that are flooded at times during the year. It occurs mostly from sea level to 75 m altitude, but occasionally grows up to 300 m altitude.

**Cultivation:** It grows rapidly in the early stages. Flowering is from March to December and fruiting from January to December.

**Production:**

**Use:** Seeds are eaten fresh or roasted. The oil from the seeds is squeezed over food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								

**Insects:**

**Names****English:** Smartweed**Pijin:****Local:****Scientific name:** *Persicaria barbata* (L.) H. Hara**Synonyms:****Plant family:** Polygonaceae

**Description:** A herb that can grow in water or on land. It continues growing from year to year. It grows to 0.5 - 1.2 m tall and spreads 0.6 - 2 m across. The stems are erect and creeping. The stem is about 5 mm thick near the base. It can have stiff upward-pointing hairs. The plant often branches repeatedly. The branches are often floating and can be smooth or hairy. They have a sheath which is 2 cm long and pale and lets light through. The short sheath around the stem has hairs. The leaves are 7 - 20 cm long by 1.5 - 3 cm wide. They are narrow and oval. They have short stalks. The leaves are green and are hairy on the lower mid-rib and along the edges. The tip is pointed. The flowers occur in branched flower arrangements at the ends of branches. These are about 10 cm long. The flowers are about 0.2 cm long and greenish-white. The fruit is a small, glossy, black nut.

**Distribution:** It is a tropical plant that grows in a range of tropical countries in Africa, Asia and the Pacific. It is a moisture-loving plant and usually grows beside waterways. It grows from sea level to over 2000 m altitude. In Nepal, it grows up to 1200 m altitude.

**Cultivation:** It can be grown from seed or by dividing the clump, using sections with roots on the lower parts. It grows naturally in many places.

**Production:**

**Use:** The leaves have been recorded as eaten in Congo and Madagascar. Tender shoots and leaves are cooked and eaten in Nepal.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**

**Names****English:** Parsley**Pijin:****Local:****Scientific name:** *Petroselinum crispum* (Miller) Nyman**Synonyms:****Plant family:** Apiaceae

**Description:** A short-lived, perennial plant. It often grows and flowers over two years. It forms clumps and is hairless. It has upright, grooved branching stems up to 50 cm long. Several stems come from the top of the fattened taproot. It spreads to 50 cm across. The leaflets are fern like, dark green and finely divided. They are triangular and divided three times into toothed segments about 3 cm long. They have a strong smell. The flowers are greenish-white and star-shaped. They occur at the ends of branches. The flowers are flat topped and up to 4 cm across. There are about 30 varieties of curled parsley. Some are more tightly curled than others.



**Distribution:** It is a temperate plant, but also grown in tropical countries. It can be grown from sea level up to 2400 m altitude in the tropics. It grows best in moderately cool, shady and humid conditions. It can grow well in full sunlight, but also in slight shade. Young plants can be damaged by frost. It suits hardiness zones 7 - 9.

**Cultivation:** It is grown from seed and transplanted. Seeds are slow to germinate. They can be sown directly where they are to grow. Seeds are collected by cutting flowers before they ripen, then shaking the seeds out onto a cloth. Seeds germinate in 3 - 4 weeks. It is best to soak the seed in water for one day before sowing. Seedlings are transplanted and spaced at 45 cm.

**Production:** Leaves are picked throughout the first growing season. The plant becomes bitter after flowering. The outer and larger leaves are harvested first.

**Use:** The leaves are used for flavouring. They are used in salads, sauces, stews, stuffings and other cooked dishes.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf	78.7	88	5.2		8.0	7000	150	0.9

**Insects:**



**Names****English:**

**Scientific name:** *Pimeleodendron amboinicum* (Miq.) Hassk.

**Pijin:****Synonyms:****Local:**

**Plant family:** Euphorbiaceae

**Description:** A tree that grows 10 - 20 m tall. It spreads 5 - 15 m across. The trunk is 50 cm across. The sap is milky. It hardens and turns bright yellow. The bark is smooth and light brown. It is 0.8 cm thick. The leaf stalks have two prominent swollen glands near the leaf end. The leaves are alternate. The leaves are 8 - 15 cm long by 6 - 12 cm wide. They are oval and crowded towards the ends of the small branches. The edges of the leaves are slightly wavy. The leaves are dark green and taper to the tip. The flowers are in groups which are 2 - 5 cm long. They occur in clusters in the axils of leaves or from the old wood. The flowers are yellow and 0.3 cm across. The flowers are of one sex and without petals. The fruit are 1.5 - 2 cm across, round or pear-shaped, and pink or red. There is one large seed.

**Distribution:** It grows in Asia in Indonesia and Malaysia, and in Australia, Papua New Guinea and Solomon Islands. It is a tropical plant and grows in lowland rainforests. In Papua New Guinea, it grows up to 800 m altitude.

**Cultivation:** Plants are grown from fresh seed.

**Production:**

**Use:** The seeds are eaten and taste like hazel nuts.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								

**Insects:**

**Names****English:** Betel pepper**Pijin:****Local:****Scientific name:** *Piper betle* L.**Synonyms:****Plant family:** Piperaceae

**Description:** A woody vine which attaches to trees by roots at the nodes on the main vine. The stems are 2.5 - 5 mm thick. The leaf stalk is 2 - 5 cm long. It has a fine powdery covering. The leaves can be 7 - 15 cm long and 5 - 11 cm wide. The leaves are papery or slightly leathery. The flowers are separately male and female. Male spikes are thinner and longer than female. The spikes droop. The fruit is composed of fused parts, making a compound fruit.



**Distribution:** It occurs in the lowlands and up to about 700 m altitude. It needs a reasonably good rainfall. It suits hardiness zones 10 - 12.

**Cultivation:** It is grown from cuttings of the main vine. It also grows wild. It needs stakes or a tree to climb. Pruning increases the number of fruiting branches.

**Production:** Plants can last for 10 - 12 years.

**Use:** It is used as a masticatory with betel nut. The leaves and/or fruit are used.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								
Fruit								

**Insects:**



**Names****English:****Scientific name:** *Piper caninum* Blume**Pijin:****Synonyms:****Local:****Plant family:** Piperaceae

**Description:** A slender, climbing plant. Both the twigs and leaf stalks have scattered hairs. The leaf blade is oval and 14 cm long by 7 cm wide. Male and female flowers are separate. The female flowering organ is as long as the leaves. The male flowering shoots are longer. The fruiting body is longer than the leaves. The fruit is a round, red, berry, 4 mm long by 3 mm wide.

**Distribution:** It grows in Asia, Australia, Indonesia, Malaysia, Papua New Guinea, Philippines, Solomon Islands, and Vietnam. It grows in mixed forests in the lowlands.

**Cultivation:****Production:**

**Use:** The fruit is used as a flavouring.

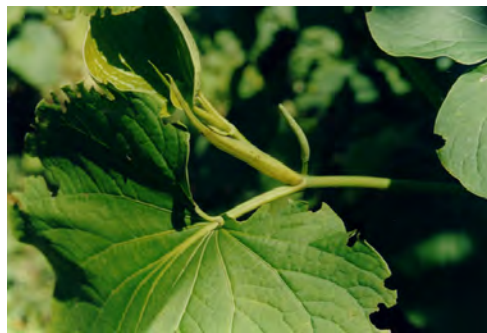
**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Kava**Pijin:****Local:****Scientific name:** *Piper methysticum* Forster**Synonyms:****Plant family:** Piperaceae

**Description:** A shrub that grows 2 - 3 m high. It has thick, woody, underground stems or rhizomes. The roots become knotty and greyish-green. The stems have prominent, swollen nodes. The leaves are large and rounded. They are heart-shaped and have veins spreading out like fingers on a hand. The greenish-white coloured flowers occur in single spikes.



**Distribution:** It is a tropical plant that suits hot, humid places. It will grow in most well-drained soils.

**Cultivation:** It can be grown from seed or stem cuttings. Plants are grown at a spacing of 1 m apart.

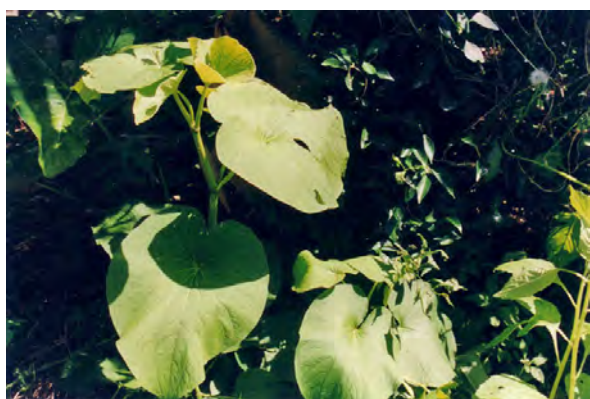
**Production:** The roots are harvested 2 - 4 years after planting.

**Use:** The roots are peeled, pulped and fermented to make a drink. Kava is a crop of major cultural significance in the Pacific.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Root								

**Insects:**





**Names****English:** Pepper**Pijin:****Local:****Scientific name:** *Piper nigrum* L.**Synonyms:****Plant family:** Piperaceae

**Description:** A woody, climbing, green, leafy vine. The nodes are enlarged. The plant has roots on the main stem which attach to tree trunks. The vines can be 8 - 10 m long. The leaf stalk is 1 - 2 cm long. The leaf blade is oval and 10 - 15 cm long by 5 - 9 cm wide. It is thick and leathery. The base of the leaf is rounded and it tapers to a short tip. The flowers are usually of one sex, but many flowers occur together. The flower spikes are opposite the leaves. The spikes are 3 - 3.5 cm long by 0.8 mm wide. They can be 10 cm long. It has clusters of berries on the side branches. The berries are red when ripe and 3 - 4 mm across.



**Distribution:** It is a tropical plant. It grows from sea level up to at least 1100 m altitude in equatorial places. It suits areas with a temperature between 24 - 26°C. It cannot tolerate frost. It likes high humidity and shade. It does best with an annual rainfall of 1200 - 2500 mm. It has been planted in commercial stands in a few coastal areas of Papua New Guinea. It originally came from the tropics of India. It suits hardiness zones 10 - 12.

**Cultivation:** Plants are normally grown from cuttings of the main (rooted) vine. Pruning of the tips can increase branch formation on which berries are produced. It needs a support to climb.

**Production:** Berries, dried with the skin on, give white pepper. Berries, with the skin soaked off in water for a few days, produce black pepper. Plants produce in the third year. They can continue producing for 20 years. Flowering normally follows rain. Fruit ripen after 3 - 4 months.

**Use:** The berries are used as a spice. The dried fruit are used as pepper. Immature green berries are sold in brine or dried. As a spice, it is unlikely that sufficient is eaten to contribute to the diet.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed white	11.4	1238	10.4		14.3	0	21.0	1.1
Seed black	10.5	1067	11.0		28.9	19	21.0	1.4

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Piper surrogatus***Synonyms:****Plant family:** Piperaceae**Description:** There are over 1,000 *Piper* species.**Distribution:** It grows in Solomon Islands.**Cultivation:****Production:****Use:** Used for chewing with betel.**Food Value:** Per 100 g edible portion

<b>Edible part</b>	<b>Moisture %</b>	<b>Energy kJ</b>	<b>Protein g</b>	<b>Calcium mg</b>	<b>Iron mg</b>	<b>proVit A µg</b>	<b>proVit C mg</b>	<b>Zinc mg</b>
Leaf								

**Insects:**

**Names****English:** Lettuce tree**Pijin:****Local:****Scientific name:** *Pisonia grandis* R.Br.**Synonyms:****Plant family:** Nyctaginaceae

**Description:** A medium to large, soft wooded tree. It grows 10 - 24 m tall and has a spread of 4 - 6 m. The stem is erect and stout and 30 - 50 cm across. The trunk is pale grey and has furrows along it. It has large leaf scars. The branches are brittle. The young growth is finely hairy. The leaves are opposite and rather thin. They are oval and tapering to the base. They are up to 20 - 30 cm long and 10 - 18 cm wide. The leaf stalk is 5 - 8 cm long. The leaves are light green. There are 8 - 10 side veins each side of the mid-rib. The flowers are small and on the ends of branches. The flowers are greenish and very sticky. Birds can be trapped and die due to the sticky flowers. The flowers can have either one or two sexes. The fruit have glands. The fruit are about 1 cm long by 0.2 cm wide. The fruit have five ribs, and there are prickles along the ribs. They are hairy between the ribs. The seeds are 9 - 10 mm by 1.5 - 2 mm. Trees rarely flower in the Solomons.



**Distribution:** It grows in Asia and the Pacific, including Solomon Islands. It grows in coastal areas. It prefers moist, well-drained soils and open, sunny positions. It is drought and frost tender. It often grows on coral islands and atolls. It suits hardiness zones 11 - 12.

**Cultivation:** Trees can be grown from cuttings. Seeds can also be used. Fruit ripen about July to October. Fresh seed should be used. Birds also help scatter seed. Large sea birds help spread the plant to very remote islands due to the sticky seeds.

**Production:** Many of the leaves are succulent and edible. It is a well-liked vegetable leaf from a large tree.

**Use:** The young leaves are eaten cooked.



**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**

**Names****English:** Rusty pittosporum**Scientific name:** *Pittosporum ferrugineum* Dryander ex  
W.T. Aiton**Pijin:****Synonyms:****Local:****Plant family:** Pittosporaceae

**Description:** A tall shrub or small tree. It grows up to 20 m tall. Sometimes, it is only 3 - 4 m tall. The branches have rusty hairs. The leaves are 25 cm long by 8 cm wide. They are alternate and sword-shaped. They are dark green above, with rusty hairs underneath. Flowers are about 0.8 cm across. They are white or creamy yellow. They occur in groups at the ends of branches. The flower petals are 6 - 7 mm long. The fruit is a 3-valved capsule. It is tiny and the fruit is a dull yellow. The fruit is about 1.5 cm across. The seeds are bright red and sticky.

**Distribution:** It grows in Asia and the Pacific, including Solomon Islands. It is a tropical plant suited to seasonally dry areas. It does best in shade and needs well-drained soils. It grows in vine forests and on the edges of rainforests.

**Cultivation:** Plants can be grown from seed or cuttings of firm, young growth.

**Production:**

**Use:** The seeds are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								

**Insects:**



**Names****English:** Indian borage**Pijin:****Local:****Scientific name:** *Plectranthus amboinicus* (Lour.) Spreng.**Synonyms:****Plant family:** Lamiaceae

**Description:** A small, hairy, rather succulent, erect herb. It grows up to 50 cm high. The fleshy leaves are in opposite pairs. They are egg-shaped, with teeth around the edge. The leaves are yellowish, hairy and have a sweet smell. The flowers are around a central stalk and are small and pale purple.

**Distribution:** It grows in a range of tropical countries from Africa to Asia and tropical America. It also grows in Solomon Islands. It needs warm, subtropical climates. It suits hardiness zone 10.

**Cultivation:**

**Production:**

**Use:** The leaves have a sweet smell used to flavour food such as meat. They are used like sage in seasonings and stuffing. Only one leaf is used.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Pleocnemia irregularis* Holtt.**Synonyms:** *Pleocnemia tripinnata***Plant family:** Aspleniaceae

**Description:** A fern. The fronds are fairly soft and light green. The leaf blade is divided 2 or 3 times.

**Distribution:** It grows in Solomon Islands and also in Malaysia.

**Cultivation:**

**Production:**

**Use:** The fronds cooked and eaten as a vegetable.



**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Frond								

**Insects:**

**Names****English:** Plum pine**Pijin:****Local:****Scientific name:** *Podocarpus neriifolius* D.Don**Synonyms:****Plant family:** Podocarpaceae

**Description:** An evergreen tree growing to 45 m tall. The trunk is 100 cm across. The crown is dome-shaped. There can be buttresses 2 m high. The bark is grey-brown and scaly. It is cracked with scaly ridges. The young leaves are 15 - 24 cm long by 2.4 cm wide and taper to a sharp tip. The base narrows to a short leaf stalk. The mature leaves are 7 - 12 cm long by 1 - 1.8 cm wide. The male cones occur singly or in groups of 2 or 3. They do not have stalks. The female cones have a bright red receptacle. The seed is oval and 7.5 - 10 mm long. The fruit are edible.

**Distribution:** It grows in a range of Asian tropical countries and into the Pacific in Solomon Islands. It is native from SE Asia to the Pacific. It suits tropical and subtropical regions. It grows in primary rainforest from near sea level to 2100 m altitude. It often occurs on rocky hilltops.

**Cultivation:** Plants can be grown from seed or cuttings of firm young growth. Cuttings are best rooted under mist. Plants can also be grown from layers.

**Production:**

**Use:** The fruit are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Indian mast tree**Scientific name:** *Polyalthia longifolia* (Lamk.) Benth. & Hook.f.**Pijin:****Synonyms:****Local:****Plant family:** Annonaceae

**Description:** This tree grows 14 - 28 m tall. It is an evergreen tree, keeping its leaves throughout the year. The bark can become gnarled and distorted. The trunk is straight. The leaves are long and narrow, with a wavy margin. They are 22 cm long and are dark green and shiny. New leaf growth is yellow. It has small flowers, 2 cm across. The flowers are greenish-yellow and are shaped like a star. They occur in bunches. The small, plum-like fruit change from green to black when ripe. They contain a ringed seed. The fruit are 2 cm across. There is a variety where the branches hang down (var. *pendula*).



**Distribution:** It grows in tropical Asian countries, and the Pacific in Solomon Islands. It is native to India and Sri Lanka. It grows in lowland rainforest and can grow in dry forest. It needs a fertile, well-drained soil and full sun. It is cultivated between 300 - 400 m altitude in southern China. It suits hardiness zones 11 - 12.

**Cultivation:** It can be grown from seeds which germinate in 2 - 6 weeks. The seedling trees grow quickly, but older trees grow more slowly. It can also be grown from cuttings.

**Production:** The fruit ripen quickly.

**Use:** The fruit are eaten in times of scarcity. It is a very minor food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**





**Names****English:** Spotted lady's thumb**Pijin:****Local:****Scientific name:** *Polygonum minus* Hudson**Synonyms:****Plant family:** Polygonaceae

**Description:** An annual herb. It can also keep growing from year to year. It lies along the ground, but can also reach to 1 m high. The stems are slender and 1 - 4 mm thick. The leaf stalks are short. The leaves are sword-shaped or almost linear. They are 5 - 12 cm long. The leaves are hairy underneath. The flowering arrangement is at the top. There are one or more false spikes which are loosely arranged. These are 1 - 6 cm long. There are 3 - 6 flowers and the bracts are funnel-shaped. The fruit are lens-shaped, with faces which curve outwards. They are 1.5 - 2 mm long and are shiny black or brown.

**Distribution:** It grows in some Mediterranean climate countries, and some tropical countries, including Solomon Islands. It grows at low altitudes in wet places in Papua New Guinea. It grows in well drained places at higher altitudes. It can grow from sea level to 2500 m altitude.

**Cultivation:****Production:****Use:** The leaves are eaten in curries. The seeds are eaten.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								
Seed								

**Insects:**

**Names****English:****Pijin:****Local:** Dodofu**Scientific name:** *Polyporandra scandens* Becc.**Synonyms:****Plant family:** Icacinaceae

**Description:** A climber with slender branches. It can climb 35 m high and has a stem 8 cm around. The leaves are opposite and entire. The flowers are small and in groups of 5 - 6 in the axils of leaves.

**Distribution:** It grows in Solomon Islands, Indonesia and Papua New Guinea.

**Cultivation:**

**Production:**

**Use:** The leaves are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**

**Names****English:****Pijin:****Local:****Scientific name:** *Psychotria capitulifera* Merr. & Perry**Synonyms:****Plant family:** Rubiaceae

**Description:**

**Distribution:** It grows in Solomon Islands.

**Cultivation:**

**Production:**

**Use:** The details about its use are not known but the fruit of several *Psychotria* species are eaten in other countries.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names****English:** Tall-stilted mangrove**Pijin:****Local:****Scientific name:** *Rhizophora apiculata* Bl.**Synonyms:****Plant family:** Rhizophoraceae

**Description:** A medium height, straight tree. It grows 5 - 12 m tall. It usually has prop roots covered with breathing pores. The leaves are dark green and not rolled at the edge. They are somewhat dull on top, twice as long as wide, and end in a sharp tip. The leaves can be 8 - 19 cm long by 4 - 9 cm wide. The flowers are in pairs on short stalks. They are cream and 1.5 cm long. The flowers normally occur as two together below the oldest leaves. The fruit are relatively small (21 mm wide). The hypocotyl (the long, fruit-like shoot) is green and about 280 mm long, with a blunt tip.



**Distribution:** It grows in Asia, Australia, India, Indonesia, Malaysia, Papua New Guinea, Solomon Islands and Sri Lanka. It occurs in the middle to upper part of the mangrove where fresh water runoff is constant.

**Cultivation:** It is normally self-sown.

**Production:**

**Use:** The fruit are boiled in water then eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**



**Names****English:****Pijin:****Local:****Scientific name:** *Rhopaloblaste elegans* H.E.Moore**Synonyms:****Plant family:** Arecaceae

**Description:** A medium sized, slender palm. It grows about 12 m tall and is 9 - 15 cm across. It has a swollen base. The trunk is light grey. It has a dense, scaly crownshaft. This is 1 m long. The leaves spread out and are 3.3 m long. The leaflets are narrow, light green, stiff and papery. They are 60 cm long. They bend downwards at 45° to the stalk. They are regularly, and closely, spaced. The fruit change from yellow to orange, then red during ripening. The fruit are round or oval and covered with a blue-green bloom when fresh.

**Distribution:** It grows in Australia and Solomon Islands. It is a tropical plant that occurs abundantly in dense forest in the Solomons. It grows on limestone soils.

**Cultivation:****Production:**

**Use:** The fruit can be used as a betel nut substitute during times of betel nut scarcity.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Nut								

**Insects:**

**Names****English:****Scientific name:** *Rhyticaryum longifolium***Pijin:****Synonyms:****Local:** Nu-marrio**Plant family:** Icacinaceae**Description:** A shrub or small tree. It usually grows up to 5 m tall but can be 15 m tall.**Distribution:** It grows in the lowlands of Solomon Islands and Papua New Guinea.**Cultivation:****Production:****Use:** Leaves are cooked and eaten. The sap is used in medicine to relieve a blocked nose.**Food Value:** Per 100 g edible portion

<b>Edible part</b>	<b>Moisture %</b>	<b>Energy kJ</b>	<b>Protein g</b>	<b>Calcium mg</b>	<b>Iron mg</b>	<b>proVit A µg</b>	<b>proVit C mg</b>	<b>Zinc mg</b>
Leaf								

**Insects:**



**Names****English:** Rollinia**Pijin:****Local:****Scientific name:** *Rollinia emerginata* Schltr.**Synonyms:****Plant family:** Annonaceae

**Description:** A fast growing, semi-deciduous tree. It grows up to 13 m tall, but is often only 5 m tall. It has light green leaves. The fruit are yellow, with long protuberances. It has a yellowish-white, sweet, juicy pulp.



**Distribution:** A fruit from Brazil that is now grown in Solomon Islands and other tropical countries. It is probably not yet common in Solomon Islands. It is a tropical or subtropical tree. Once mature, it can tolerate temperatures down to freezing for short periods. The soil needs to be free draining. Shelter from wind is important. It can grow in full sun or light shade.

**Cultivation:** They are grown from seed. A spacing of 4 m is suitable. Mulching is useful, as long as it is kept away from the trunk. Thin, hanging branches can be pruned back.

**Production:** The fruit is harvested when it just begins to turn yellow. The best time to eat the fruit is when the fleshy spines start to turn black. Fruit can be stored at 15 - 17°C.

**Use:** The fruit are eaten.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:****Scientific name:** *Saccharum robustum* Brandes & Jeswiet  
ex Grassl.**Pijin:****Synonyms:****Local:****Plant family:** Poaceae**Description:** A tall grass-like sugarcane.**Distribution:** It grows from India, through Indonesia and Papua New Guinea, to Solomon Islands.**Cultivation:****Production:****Use:** The sap is sucked. It is a very minor edible plant.**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Sap								

**Insects:**

**Names****English:** Lolly berry**Pijin:****Local:****Scientific name:** *Salacia chinensis* L.**Synonyms:****Plant family:** Celastraceae/Hippocastanaceae

**Description:** It is a woody climber with small, slender twigs. New green shoots are flattened. The leaves are oval and produced opposite one another. They are leathery and dark green. They are 10 - 18 cm long by 4 - 6 cm wide. The veins in the leaf curve towards the leaf edge. The leaf stalk is 1 cm long. The flowers are greenish and small. They are produced singly or in clusters. They develop from small pads below the leaves on leafless twigs. The fruit is oval, orange-red and 3 cm across. The fruit are edible and have one seed inside.

**Distribution:** It is a tropical and subtropical plant that grows in Asia, Australia, Papua New Guinea and Solomon Islands. It needs a well-drained soil in a sunny position.

**Cultivation:** Plants are grown from seed. Seeds need to be sown fresh.

**Production:** In Australia, flowers are produced from August to October and fruit are ripe from March to April. They can also produce throughout the year.

**Use:** The flesh of the fruit is peeled and eaten. The flesh is sweet.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:****Scientific name:** *Schleinitzia novo-guineensis* (Warb.)  
Verdc.**Pijin:****Synonyms:****Local:****Plant family:** Fabaceae/Mimosaceae

**Description:** A tree growing 4.5 - 20 m tall. It has spreading branches and a feathery crown. The young stems and leaf stalk are densely hairy. The leaves are sensitive. The leaflets are in 17 - 24 pairs each with 40 - 50 pairs of leaflets. These are 2 - 5 mm long and 0.5 - 1 mm wide. The flower heads are 1 cm across. The fruit or pods are red brown and straight. They are 4 - 8 cm long and 1.4 - 2 cm wide. They have 15 - 20 seeds. The seeds are black and shiny.

**Distribution:** It grows in Papua New Guinea and Solomon Islands. It is common on beach edges and coastal plains, but one variety can grow up to 1800 m altitude.

**Cultivation:****Production:** It is often a short-lived tree.**Use:****Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names****English:****Scientific name:** *Semecarpus brachystachya* Merr. & Perry**Pijin:****Synonyms:****Local:****Plant family:** Anacardiaceae**Description:****Distribution:** It grows in Solomon Islands.**Cultivation:****Production:**

**Use:** The details of use are not known, but several other *Semecarpus* species fruit and nuts are used in other countries.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**



**Names**

**English:**

**Pijin:**

**Local:**

**Scientific name:** *Semecarpus forstenii* Blume

**Synonyms:**

**Plant family:** Anacardiaceae

**Description:** A shrub or tree, 3 - 10 m tall. The leaves are alternate and oblong, measuring 16 - 50 cm long x 7 - 11 cm wide. The leaf stalk is 1 - 4 cm long.

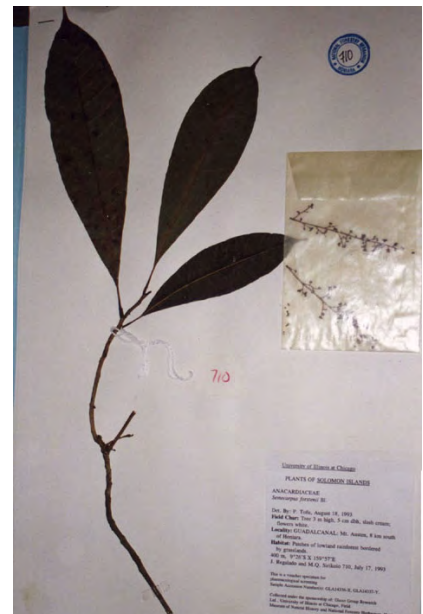
**Distribution:** It grows from Indonesia, through Papua New Guinea, to Solomon Islands.

**Cultivation:**

**Production:**

**Use:** The fleshy fruit stalk is eaten.

**CAUTION:** The sap of the tree can badly damage the skin.



**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Stalk								

**Insects:**

**Names****English:** Stinking cassia**Pijin:****Local:****Scientific name:** *Senna tora* (L.) Roxb.**Synonyms:****Plant family:** Fabaceae

**Description:** A small shrub. It grows 2 m tall. It has a sparse covering of small hairs. The leaves are compound and alternate and 5 - 6 cm long. There is a gland between the lower two pairs of leaflets. There are 4 - 6 leaflets and they are 2.2 - 5.5 cm long by 1 - 3.5 cm wide. The flowers are in the axils of leaves on branched stalks. There are five yellow petals. The fruit is 12 - 18 cm long and 2 - 5 mm wide. It has several brown seeds 3 - 4 mm long.

**Distribution:** It grows in Asia, Australia, Papua New Guinea and Solomon Islands. In tropical Queensland, it grows from sea level to 300 m altitude.

**Cultivation:****Production:**

**Use:** The seed has been recorded as being used for food.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								

**Insects:**

**Names**

**English:**

**Pijin:**

**Local:**

**Scientific name:** *Solanum aviculare* Forster.f.

**Synonyms:**

**Plant family:** Solanaceae

**Description:** A shrub which keeps growing from year to year. It grows 2 - 4 m tall and spreads to 5 m across. The stem is erect with spreading branches. The stems are purplish-green and angular. The leaves are dark green and 10 - 30 cm long and 1 - 12 cm wide. Normally, the leaves are deeply divided into long, tapering triangular segments. The leaf stalks are 3 cm long. The flowers are blue or purple and 3.5 cm across. They are 5-sided, or star-shaped, with sharply pointed lobes. They develop in bunches in the axils of leaves and towards the ends of branches. The bunches can be 5 - 13 cm across. The fruit are egg-shaped berries. They are orange, red or yellow and 2.5 cm long. There are several seeds inside the soft pulp.



**Distribution:** It grows in both temperate and tropical countries, including Papua New Guinea and Solomon Islands. It is a warm and cool temperate plant. It is drought and frost resistant. It will grow on most soils. It is more common near the edges of rainforests. It is probably a very minor food in Solomon Islands. It suits hardiness zones 9 - 11.

**Cultivation:** Plants can be grown from seed or cuttings.

**Production:** The fully mature fruit are collected after they drop from the plant. They have then lost their unpleasant acid taste.

**Use:** The fully ripe fruit is eaten raw or baked until the skin breaks open.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**



**Names****English:****Pijin:****Local:****Scientific name:** *Solanum verbascifolium* L.**Synonyms:****Plant family:** Solanaceae

**Description:** A thornless shrub that grows 1 - 6 m tall. The stems give off a smell. The leaves are 8 - 20 cm long by 5 - 9 cm wide. The leaves are white underneath. The flowers are white and on long stalks. The berry is 10 - 13 mm across. It turns yellow when ripe and has many seeds.

**Distribution:** It grows in Asia, Australia, Papua New Guinea and Solomon Islands. It occurs widely in the tropics in forest and open space.

**Cultivation:****Production:**

**Use:** The fruit are used to make a fermented drink. The ripe fruit are eaten cooked.

**CAUTION:** Caution should probably be used with raw fruit as many raw *Solanum* fruit are poisonous.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								

**Insects:**

**Names****English:** Firefly mangrove**Pijin:****Local:****Scientific name:** *Sonneratia caseolaris* (L.) Engl.**Synonyms:****Plant family:** Sonnerataceae

**Description:** A medium sized tree. It grows 6 - 20 m tall. The trunk is swollen at the base when young. The trunk can be 30 cm across. Air roots are up to 60 cm long. The smallest branches are jointed and 4-angled. The leaves are thick, leathery and narrow. They are opposite. They are 5 - 13 cm long by 2 - 5 cm wide. The flowers occur singly. The petals are red and narrow and fall off very early. The outer case of sepals (green leaf-like structure around the flower) is green. The fruit are hard, round and pressed down at the tip. They are 4 cm long by 7.5 cm wide and contain many seeds.



**Distribution:** A plant that grows in a range of tropical Asian countries and Australia, Papua New Guinea, Solomon Islands and Vanuatu. It grows in swamps of brackish water. It occurs along the seashore and along the upper stretches of tidal streams throughout the Philippines.

**Cultivation:****Production:**

**Use:** The fruit is cooked and eaten as food and used for vinegar. It has a sour taste. It is used for flavouring chutneys and curries. The ripe fruit can be eaten raw or cooked. The leaves have been recorded as being eaten, probably as a spice.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Fruit								
Leaf								

**Insects:**



**Names****English:** Sorghum**Pijin:****Local:****Scientific name:** *Sorghum bicolor* (L.) Moench**Synonyms:****Plant family:** Poaceae

**Description:** A millet grass. A mature sorghum plant looks like a corn plant. Plants vary in height from 45 cm - 4 m. It is an annual grass with an erect, solid stem. The stem can be 3 cm across at the base. It has a widely branching and extensive root system. Prop roots occur near the base. There are a range of different types of sorghum. Some have one main stem, while others have many tillers. There are more tillers when plants are widely spaced. The nodes on the stem are slightly thickened. The distance between nodes is shortest near the base of the plant. Short, early maturing varieties have seven leaves, while tall, late varieties may have 24 leaves. The leaf blade can be 30 - 135 cm long. Leaves are bluish-green and waxy, and have a prominent mid-rib. The large, flower panicle can be 20 - 40 cm long. The flower occurs at the top of the plant. It can stick upright or bend over. The flower can be open or compact. Over 1000 cultivated varieties occur in China.



**Distribution:** It is grown in many warm temperate and tropical countries. It is also grown in Solomon Islands. Although a major food crop in Africa, it is probably only a minor food in Solomon Islands. It suits the savannah zones in the tropics, and tolerates heat and drought. It can recover from drought, even as a seedling. It can be grown on heavy or light soils. Sorghum needs short day lengths to flower. Many kinds are adapted to specific daylength and rainfall patterns. It suits hardiness zones 9 - 12.

**Cultivation:** Sorghum seeds will germinate soon after harvest. The seeds also store well if kept dry and protected from insects.

**Production:** Grain is ready for harvest 4 - 8 weeks after flowering.

**Use:** Flour is prepared then used for porridge or other dishes. It cannot be used for bread as it contains no gluten, so the bread won't rise. The stems of some varieties are sweet and are chewed.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								
Stem								

**Insects:**

**Names**

**English:**

**Pijin:**

**Local:**

**Scientific name:** *Sphaerostephanos unijuga* Copel

**Synonyms:**

**Plant family:** Thelypteridaceae

**Description:** A fern.

**Distribution:** It grows in Solomon Islands.

**Cultivation:**

**Production:**

**Use:**

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names**

**English:**

**Pijin:**

**Local:**

**Scientific name:** *Sterculia parkinsonii* Muell.

**Synonyms:**

**Plant family:** Sterculiaceae

**Description:** A medium-sized, lowland rainforest tree.

**Distribution:** It grows in Solomon Islands.

**Cultivation:**

**Production:**

**Use:** Children eat the seeds of the ripe fruit.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Seed								

**Insects:**

**Names****English:****Scientific name:** *Uncaria appendiculatus* ssp. *longiflora*  
Benth.**Pijin:****Synonyms:****Local:****Plant family:** Rubiaceae

**Description:** A climbing shrub. The leaves are egg-shaped with a long, drawn-out tip. The flowers occur in hanging heads. The fruit is a long capsule.

**Distribution:** It grows in Papua New Guinea and Solomon Islands.

**Cultivation:**

**Production:**

**Use:**

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg

**Insects:**

**Names****English:** Vanilla**Pijin:****Local:****Scientific name:** *Vanilla planifolia* Andrews**Synonyms:****Plant family:** Orchidaceae

**Description:** A orchid that climbs by means of roots. It can climb 10 - 15 m high. The stem is 1 - 2 cm across and flexible, but easily broken. There are 5 - 15 cm between nodes. It is often trained to a lower height to allow easier pollination and harvesting. Aerial roots arise from the stem opposite the leaves. These are white and 2 mm across. They attach to supports. The vine has long, pointed, fleshy leaves. They have almost no stalk, and can be 8 - 25 cm long by 2 - 8 cm wide. The tip of the leaf is pointed and the base is rounded. The flowers are greenish-yellow, large and waxy. They occur in groups of up to 30 in the axils of the leaves. The fruit is a long, fleshy pod with small, black seeds inside.



**Distribution:** It grows in many tropical countries, including Solomon Islands. It needs a warm moist climate. The best temperature range is 21 - 32°C, with an average around 27°C. It will grow to at least 1300 m altitude. It does best with an evenly distributed rainfall of 2000 - 5000 mm per year. Ideally, it should have two drier months to allow the flowers to develop. It needs a well-drained location, and lots of humus and organic matter to grow in. It suits hardiness zones 11 - 12.

**Cultivation:** It is grown from cuttings in a layer of rotting plant material and forest debris. It needs a pole to climb and should have light shade. When the vine extends along a branch, it is pulled down to promote flowering. Flowers should be hand-pollinated on a sunny morning after rain. Using a small, match-sized stick, pollen is removed by squeezing the flower, then put onto the sticky stigma. Flowering tends to be seasonal and occurs once per year during the drier months. It is necessary to cross-pollinate the plants to get fertile, cross-pollinated seed. In Mexico, small bees of the genus *Melapona* naturally pollinate vanilla.

**Production:** Fertilised flowers produce pods in 6 weeks. The pods are ready for harvest about 9 months after pollination, when the pods turn slightly yellow at the end. The beans are partly dried then allowed to sweat for 2 - 3 weeks to increase flavour. They are then dried. They become dark brown in colour.

**Use:** Alcohol is used to extract flavour from the pods. This is used to flavour chocolate, ice cream, milk shakes, and sweet dishes. Normally, not enough vanilla would be eaten to make any significant contribution to nutrition.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Pod								

**Insects:**

**Names****English:** Sunflower daisy**Pijin:****Local:****Scientific name:** *Wedelia biflora* (L.) DC**Synonyms:****Plant family:** Asteraceae

**Description:** A trailing shrub, growing up to 2 m long, which is rough to the touch. The leaves are opposite and shallowly toothed. They are 10 - 15 cm long by 8 - 10 cm wide. There are three nerves near the base of the leaf. The leaf stalk is 3 - 4 cm long. The flower heads are about 2.5 cm wide. These develop at the ends of branches or from the axils of the upper leaves. There are about 8 flowers around the edge, then 20 - 30 flowers in the central disk. The fruit are wedge-shaped and 2 - 3 mm long.

**Distribution:** It is grown in several African and Asian countries and in Australia, Papua New Guinea, Solomon Islands and other Pacific islands. It is mostly found along rocky shores. In Papua New Guinea, it occurs from sea level to 700 m altitude.

**Cultivation:****Production:**

**Use:** The young leaves are cooked with fish to give it flavour. Only small amounts should be eaten. Probably not enough of these leaves would be eaten to make any significant contribution to nutrition.

**CAUTION:** The flowers and old leaves are claimed to be poisonous.

**Food Value:** Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	Calcium mg	Iron mg	proVit A µg	proVit C mg	Zinc mg
Leaf								

**Insects:**



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