

Ol lokol kakae blong Wes Pasifik

*Samfala wei we yumi
save planem ol lokol
kakae mo mekem oli
gro grud.*



**FOOD PLANT
SOLUTIONS
ROTARIAN ACTION GROUP**

*Solutions to Malnutrition
and Food Security*



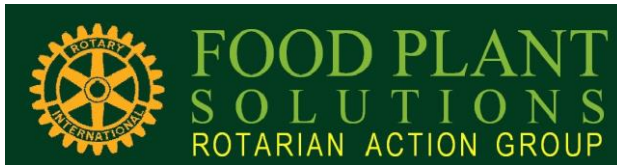
www.twollamas.org.au

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



www.foodplantsolutions.org

Ol lokol kaka'e blong Wes Pasifik



Two Llamas Environmental & Social Projects works with remote Indigenous communities throughout Oceania and Southeast Asia. We partnered with Food Plant Solutions to help improve nutritional intake by sharing knowledge, strengthening self-reliance and improving food security. For further information about our work, please reference: www.twollamas.org.au

Sapos yu wantern save mo infomesen long prokram ia, bae yu save kasem mifala tru long ol email ia: info@foodplantsolutions.org o info@supwildernessadventures.com (Two Llamas Environmental & Social Projects)

Mifala I mekem sam narafala book tu blong Wes Pasifik antap long hem ia we bae yu save daoniodem long wesaet blong mifala we hemi – www.foodplantsolutions.org

Mifala I enkarejem yu mo welkamem yu blong sapotem mifala.



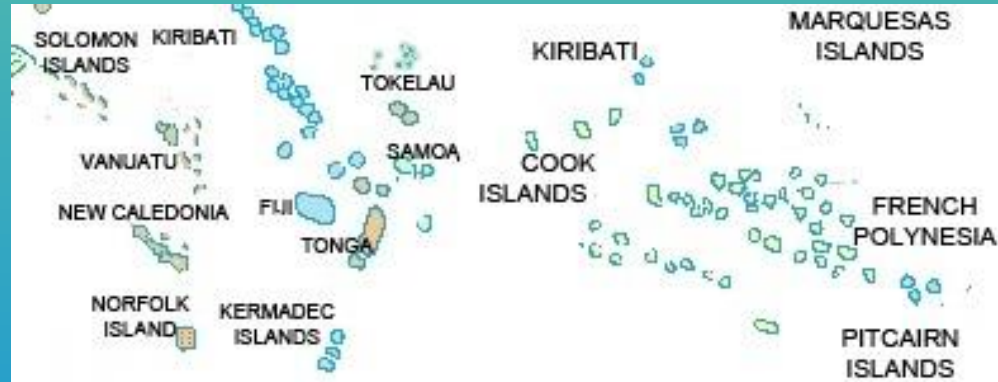
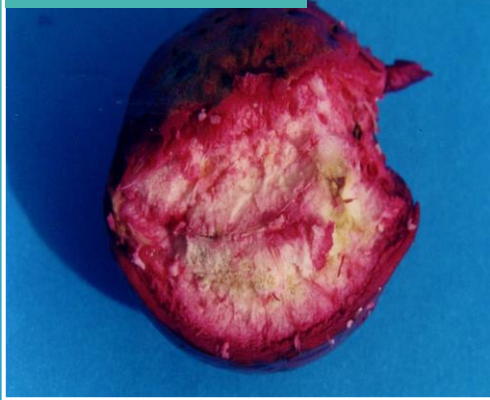
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Hao blong usum gud ok kakae we oli stap gro olsem ol plan.

Coastal almond



Wota taro



Winged bean

Blong wan nesen hemi stap helti, hemi mas mekem gud use long ol kakae we oli stap gro olsem ol plan long graon blong hem.



Manioc



Aelan kabis



Wotamelen



Pinat



Okra

Ol lokol kakae long Wes Pasifik we oli save givim helti diet

Sweetfern



Wetern wan rij, tropikel klaemet, ol difren kaen graon, mo paten blong ren, hemi taem blong faenem aot ol difren gudfala lokol kakae we oli stap gro long ol aelan blong yumi; ol kakae we oli fulap long ol niutrien mo oli save gro gud long klaemet blong yumi. Hemi taem blong Wes Pasifik I proud long ol lokol kakae blong hem.

Swit yam



Paenapol

I kat fulap difren lokol kakae we oli stap gro long rejen – Samoa hemi kat 251, Vanuatu hemi kat 364 mo Fiji hemi kat 771.



Pigeon pea

Helti diet

Blong stap heltit, evri man, mo nao ol pikinini, oli sud kakae fulap difren kakae we oli gro olsem ol plan. Ol kakae ia I sut kamaot long trifala grup blong kakae ia – eneji kakae, kakae blong gro mo helt kakae. Hemia bae mekem se yumi tekem in stret amaon blong ol difren niutrien we bodi blong yumi hemi nidim.



Guava

Helt kakae



Kumala

Eneji kakae



Pinat

Kakae blong gro

Sekuriti blong kakae



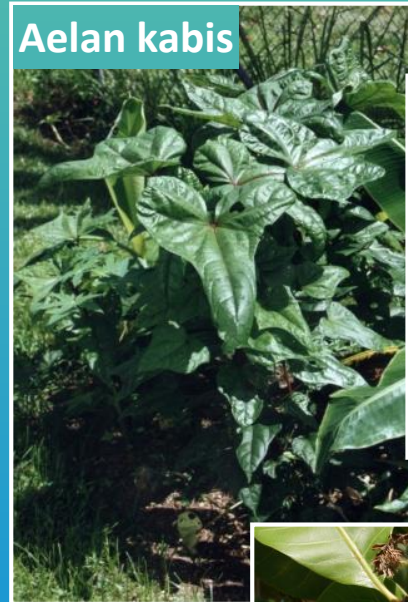
Water taro



Kumala



Manioc



Aelan kabis



Sweet leaf



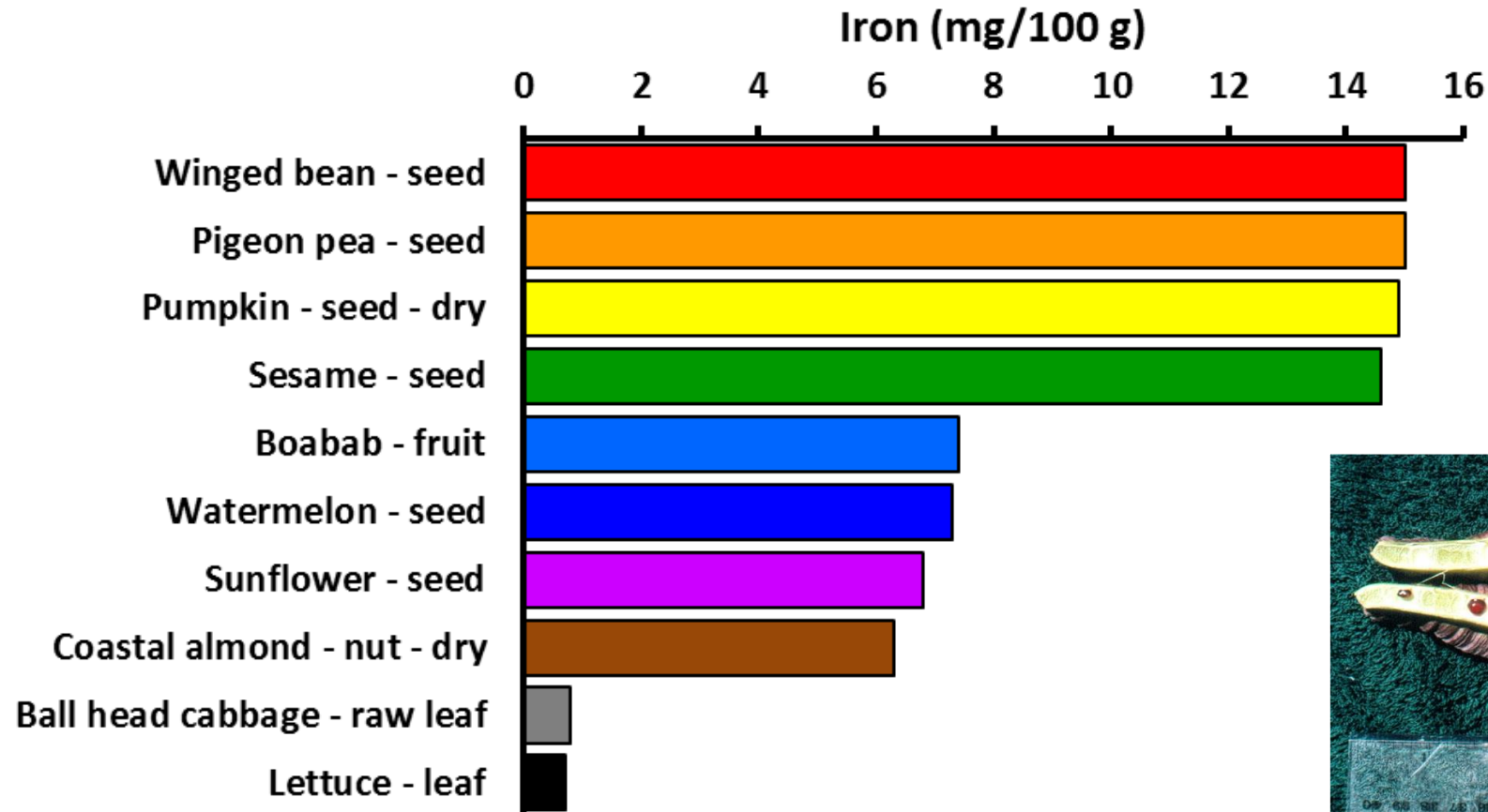
Cashew



Popo

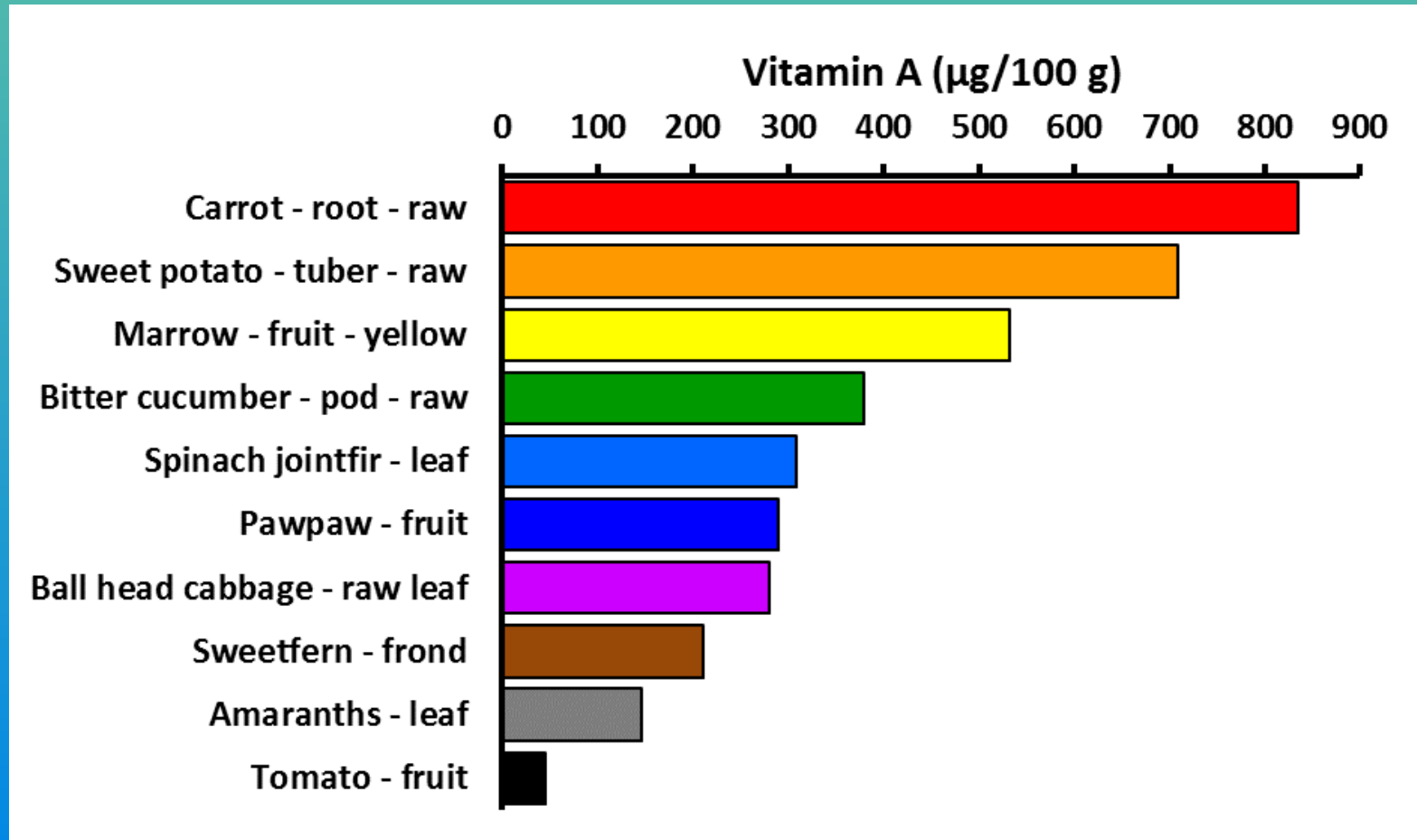
Planem fulap difren kakae long ol dif difren taem long wan
via blong makem se yu no sot long kokae eni taem. Hemia
hemi mimim se yu planem tu ol frut tri.

Iron hemi mekem blad hemi holti



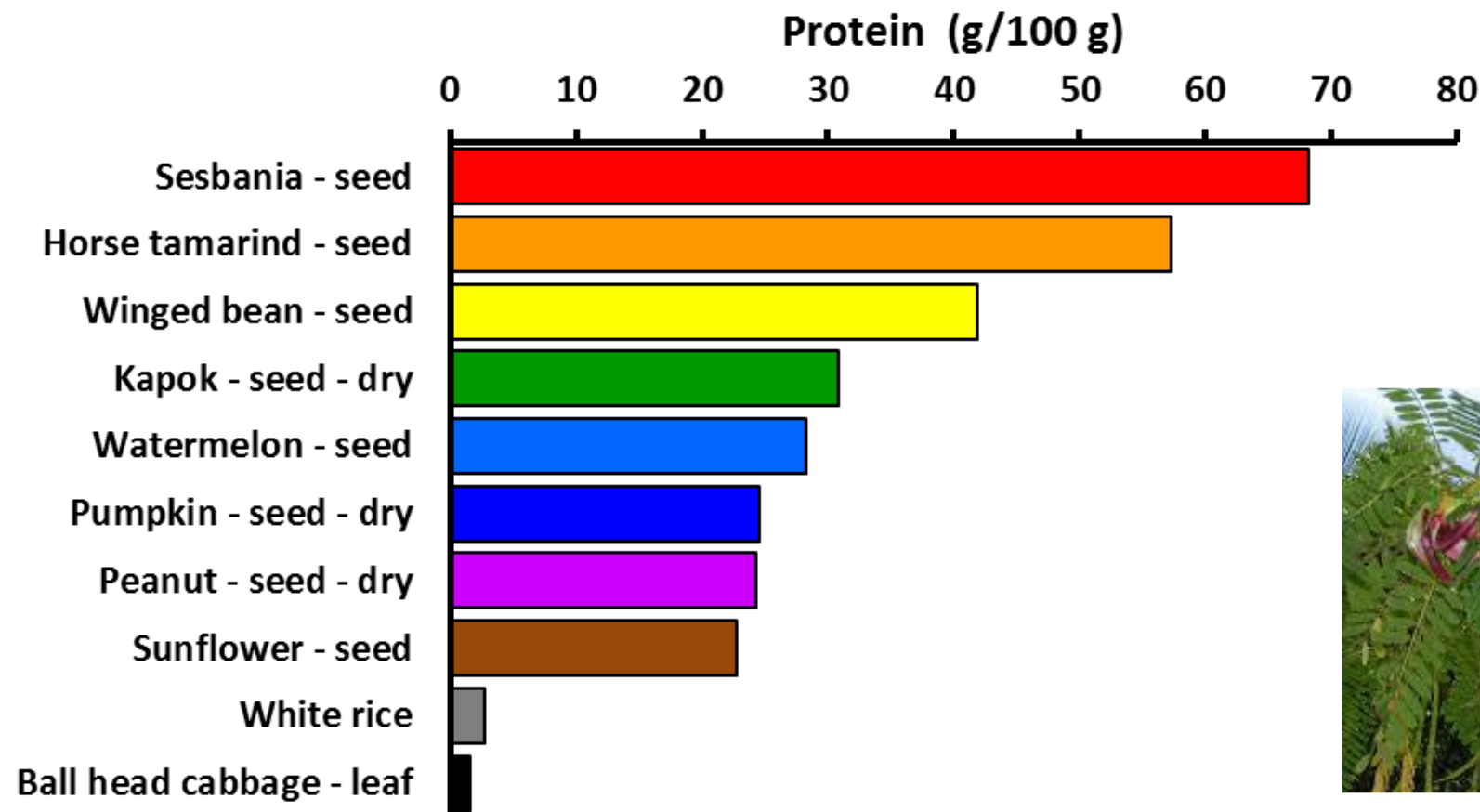
Iron hemi impoten long blad blong yumi. Hem nao hemi mekem blad hemi red. Iron hemi helpem oxygen blong kasem lank blong yumi mo hemi mekem se yumi kat pawa blong wok. Taem yumi sut long iron, oli singaotem yumi 'anaemic'. I kat fulap mo iron taem we I kat Vitamin C tu I stap.

Vitamin A hemi mekem yu save lukluk gud



Vitamin A hemi impoten blong ae blong yumi. Ol man we oli sot long Vitamin A oli kat trabol blong lukluk long naet. Ol plan oli mekem hemi wan kemikel we taem yumi kakae, bodi blong yumi hemi jenjem hemi kam Vitamin A.

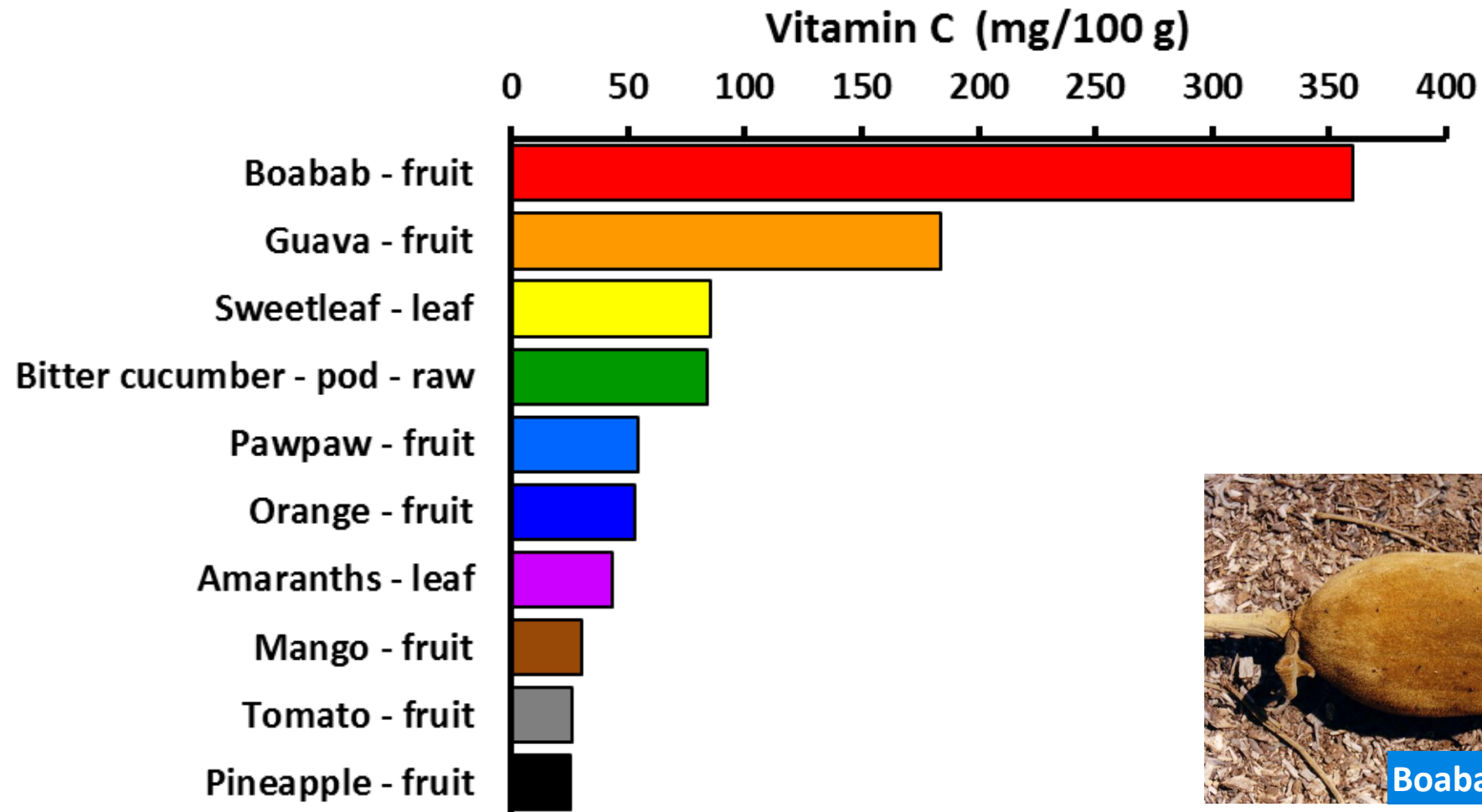
Ol kakae we oli givim protein



Sesbania

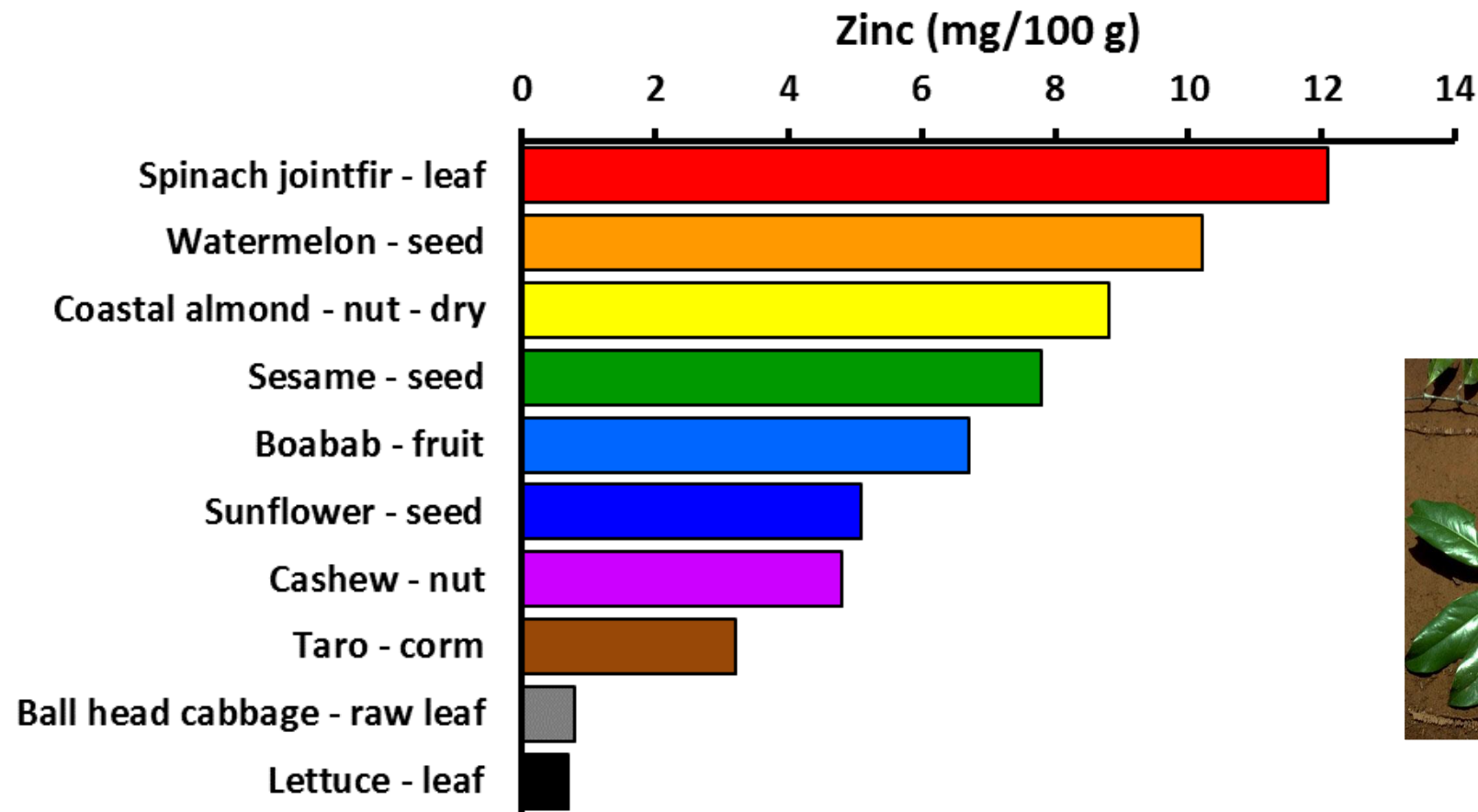
Ol lokol kakae oli givim wan impoten amaon blong protein (o kakae blong gro) long yumi.
Ol fis mo mit oli save leftemap kwaliti blong ol protein.

Vitamin C hemi mekem yumi helti



Vitamin C hemi impoten from hemi blokem yumi long ol sik.

Zinc hemi mekem bodi blong yumi save kro

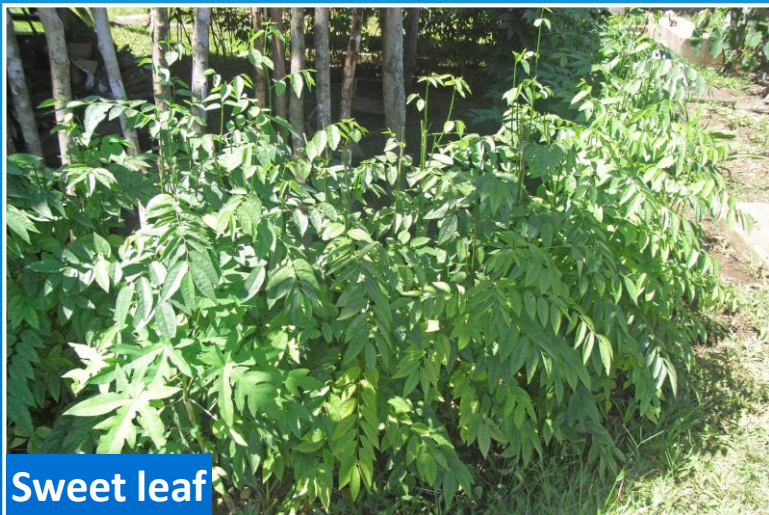


Zinc hemi impoten nao blong mekem ol pikinini mo yangfala oli save gro helti.

Ol grin lif kakae



Ol dak grin tropikel lif oli save givim iron, protein mo ol narafala vitamin mo mineral we oli impoten long wan helti diet. Evriwan, mo nao ol woman mo pikinini, oli sut kakae wan 'fish tin full' evri dei.



Ol rut krop oli ol gudfala plan blong ol hot tropikel klaemet



Kumala

Ol kakae we oli fulap long starch nao oli ol main kakae blong Wes Pasifik.

Yumi nid blong lukaot long ol pepet, ol sik mo ol saen se ol plan ia oli stap gro long ol graon we oli no gud tumas.



Taro fiji



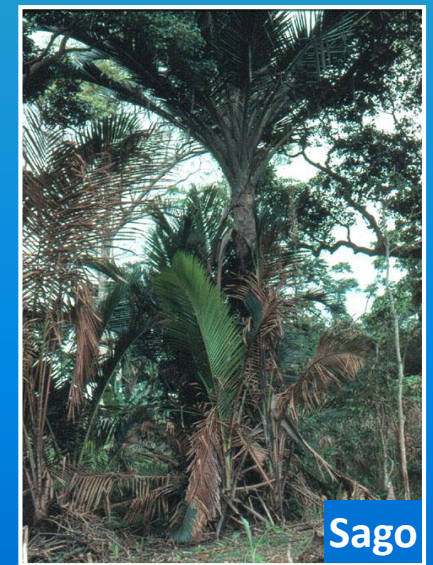
Wota taro



Swit yam



Manioc



Sago

Ol bean oli givim protin mo mekem graon hemi rij



Ol bean oli kat wan spesel bacteria we hemi stap long ruts blong olgeta mo hemi allawem olgeta blong tekem nitrogen long eia mo putum I ko insaed long graon blong ol plan oli usum.

Bae yumi save talem se hemi wan fri fetelasea!



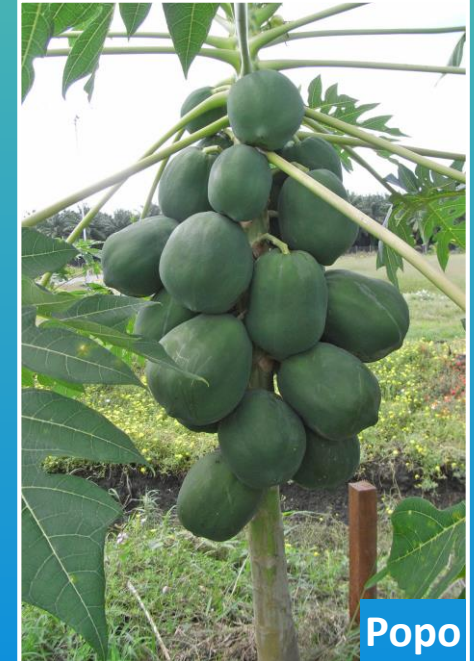
Evriwan oli sut kakae sam frut evridei

Ol frut givim mineral mo vitamin mo ol narafala impoten nutrient we evriwan oli nidim blong stap helti gud oltaem.

Ol gudfala fama oli planem ol difren kaem frut tri.



Wotamelen



Popo



Guava



Mango



Nantau



Paenapol

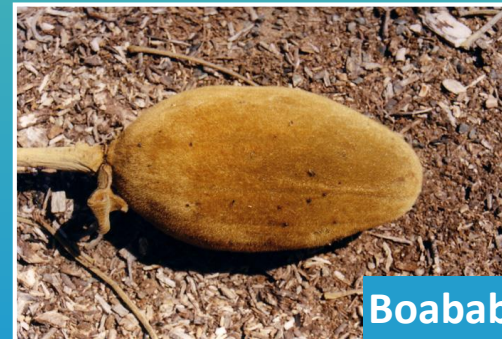
Ol frut mo nat tri blong planem raon long haus



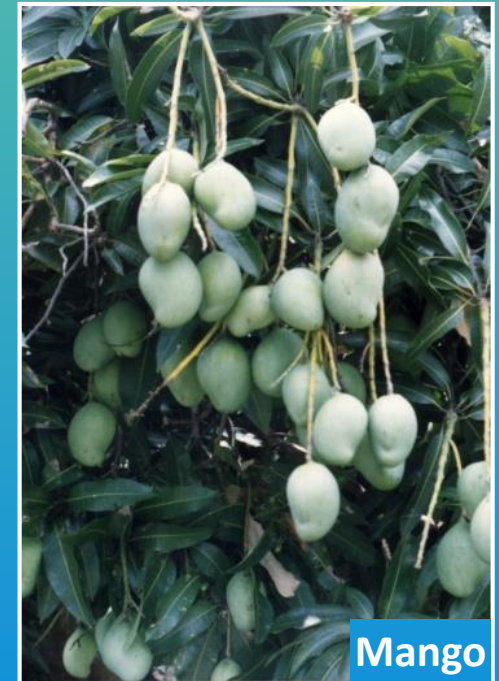
Coastal almond



Sesbania



Boabab



Mango



Popo

Ol frut we bae evriwan I save enjoyem. Sam yumi nid blong planem blong fiuja. Fulap oli kat frut folem ol sisen nomo. Sam oli gro hariap mo bitim ol narafala wan.



Cashew

Ol difren vejtebol mo nutrisen

Bitter cucumber



From sam vejtebol oli gro long sam sisen nomo, ol famli oli sud planem fulap difren vejtebol blong kat kakae tru long yia.

Karot



Yumi sud planem sam vejtebol mo ol lif we yumi save kakae raon long haus mekem se taem ren I ren o taem yumi taet o bisis mekem se yumi nosave ko long karen be bae I stil kat kakae.

Amaranth



Marrow



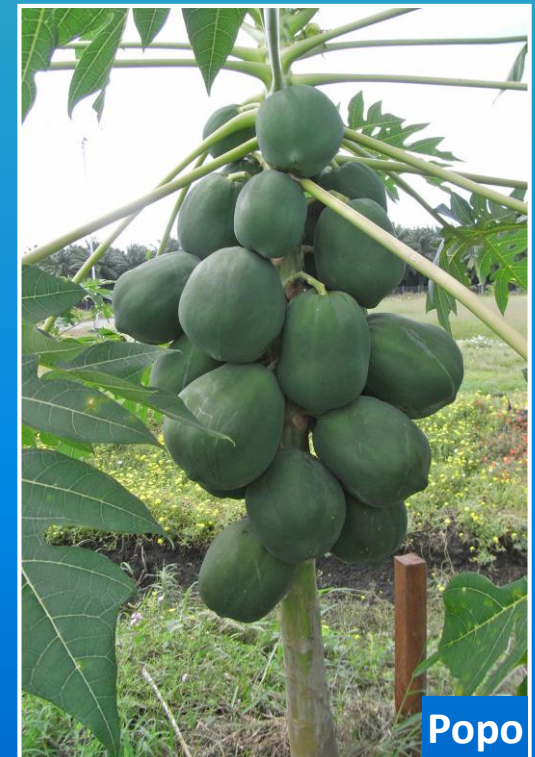
Okra



Ol kakaë blong planem long edj blong karen



Ol plan we oli stap gro bigwan, bae yumi save planem raon long edj blong karen.



Ol kakaë blong planem long edj blong karen

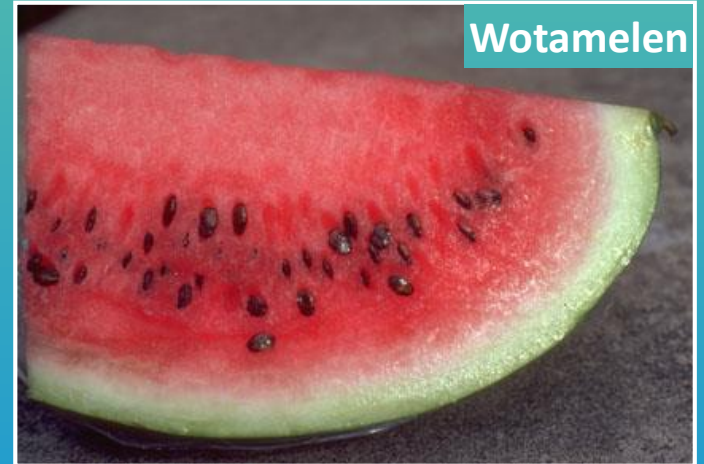
Long pitpit



Wota taro



Wotamelen



Pigeon pea



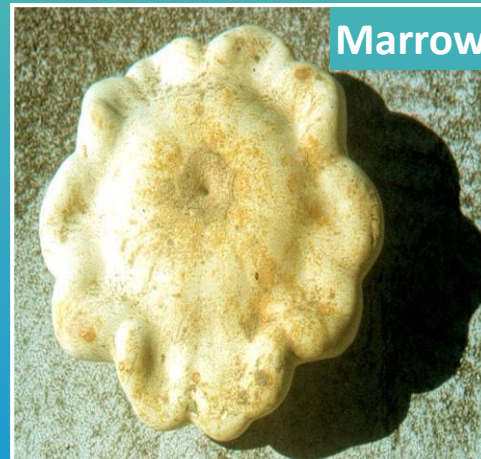
San flawa



Guava



Ol kakaë blong planem insaed long karen



Ol plan we oli save klaem long fenis



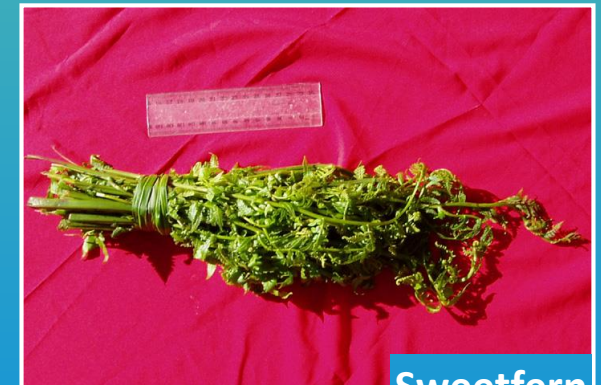
Fulap plan oli save gro long ol fenis raon long haus o karen.



Ol kakaē blong planem long pies we I kat wota



Wota taro



Sweetfern

Ol kakaē ia oli sav gro long fulap difren ples,
mo tu long ol swamp o ples we I kat wota.



Ol pepet mo ol sik



Banana scab moth damage

↑ Smol moth (wan kaen bataflae) ia hemi haed long san undanit long ol flawa blong banana.

Manioc we stap gro long graon we I kat ston long m bade nosave tekem in fulap kakae blong fidim m wan.



Manioc I nokat enag nutrien

Sapos yumi planem gud ol lokol kakae, bae I nosave kat tumas pepet o sik I spolem olgeta. Sapos graon hemi nogud, bae ol lokol kakae oli save draw o lusum kala. Hemi impoten blong luk save ol saen ia mo tekem aksen eli.

Taro blight fankas ia hemi wasem ren I ko insaed long lif long ol naet we ren I ren ples I hot.



Taro blight

Fankas scab ia hem ko mo nogud taem graon we kumala I gro long hem I nogud mo tu nao long ol kaen kumala we oli karem ovasi I kam.



Ol lif blong kumala oli ringle

Fankas hemi spolem lif ia mo mekem hemi tet eil.



Yam anthracnose

Scientific name	English
<i>Abelmoschus esculentus</i>	Okra
<i>Abelmoschus manihot</i>	Slippery cabbage
<i>Adansonia digitata</i>	Boabab
<i>Amaranthus tricolor</i>	Amaranths
<i>Anacardium occidentale</i>	Cashew
<i>Anans comosus</i>	Pineapple
<i>Arachis hypogea</i>	Peanut
<i>Cajanus cajan</i>	Pigeon pea
<i>Carica papaya</i>	Pawpaw
<i>Citrullus lanatus</i>	Watermelon
<i>Colocasia esculenta</i>	Taro
<i>Cucurbita pepo</i>	Pumpkin
<i>Cucurbita pepo</i>	Marrow
<i>Cyrosperma merkusii</i>	Swamp taro
<i>Caucus carota subsp. Sativus</i>	Carrot
<i>Dioscorea esculenta</i>	Lesser yam
<i>Diplazium esculentum</i>	Sweetfern
<i>Gnetum gnemon</i>	Spinach jointfir
<i>Helianthus annuus</i>	Sunflower
<i>Ipomoea batatas</i>	Sweet potato
<i>Mangifera indica</i>	Mango

Scientific name	English
<i>Manihot esculentum</i>	Cassava
<i>Metroxylon sagu</i>	Sago
<i>Momordica charantia</i>	Bitter cucumber
<i>Musa sp.</i>	Banana
<i>Pometia pinnata</i>	Pacific lychee
<i>Psidium guajava</i>	Guava
<i>Psophocarpus tetragonolobus</i>	Winged bean
<i>Saccharum edule</i>	Long pitpit
<i>Sauropus androgynus</i>	Sweet leaf
<i>Sesbania grandiflora</i>	Sesbania
<i>Terminalia catappa</i>	Coastal almond
<i>Vinga unguiculata subsp. Sesquipedalis</i>	Snake bean
<i>Xanthosoma sagittifolium</i>	Chinese taro

Notes

Acknowledgements

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