

Food plants for healthy diets in Vietnam

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



**FOOD PLANT
SOLUTIONS
ROTARIAN ACTION GROUP**

*Solutions to Malnutrition
and Food Security*



www.aogwr.org

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



www.foodplantsolutions.org

Food plants for healthy diets in Vietnam



AOG World Relief Vietnam partners with communities throughout Vietnam for the purpose of seeing them empowered to not only participate in, but also ultimately determine and sustain, their own development.

In addition to this booklet, other publications have been produced for Vietnam, available in either English or Vietnamese. They can be downloaded from our website - www.foodplantsolutions.org

For further details about the project please contact us at:
info@foodplantsolutions.org or admin@aogwr.org

We encourage and welcome your support.

Food Plant Solutions - A project of the Rotary Club of Devonport North,
Rotary District 9830 & Food Plants International

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Using food plant resources well

Pigeon pea



Sweet acacia



Kangkong

The health, well-being and food security of a nation requires making the best use of all available food plant resources.



Cassava



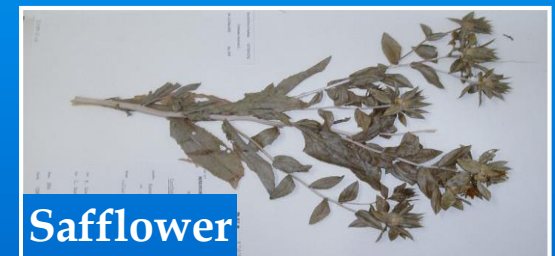
Chinese water chestnut



Cashew



Dragon fruit



Safflower

Food plants for healthy diets in Vietnam

Amaranth



With a rich, diverse tropical climate, and a variety of soils, altitudes and rainfall patterns, it is time to discover and explore the amazing range of frequently over-looked tropical food plants that suit the locations, are rich in nutrients, and are adapted to this climate. It is time for Vietnam to be proud of its own tropical foods.

Jack bean

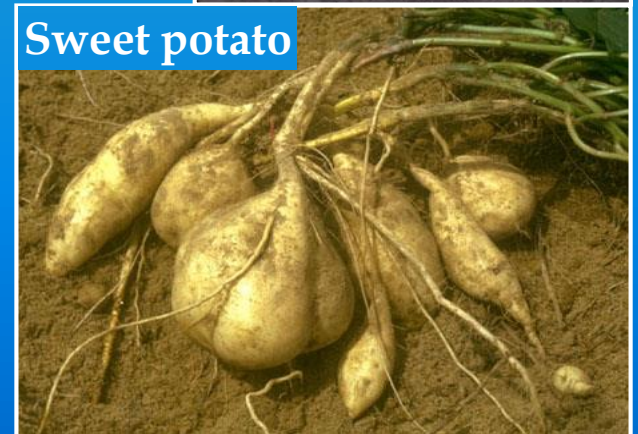


Mango



There are lots of tropical food plants in the region – Vietnam has 2,365, Laos has 1,893 and Cambodia has 1,082.

Sweet potato



Healthy diets

To stay healthy, all people, and especially children, should eat a wide range of food plants. This should include some plants from each of the food groups – energy foods, growth foods and health foods. Then each of the nutrients required by our bodies will be met in a balanced manner.



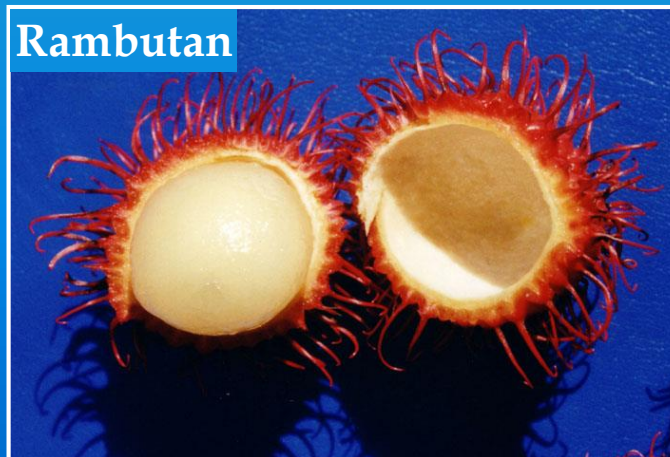
Winged bean

Health food

Energy food



Taro



Rambutan

Growth food

Food security



Peanut



Sweet potato



Jack bean



Indian Spinach



Okra



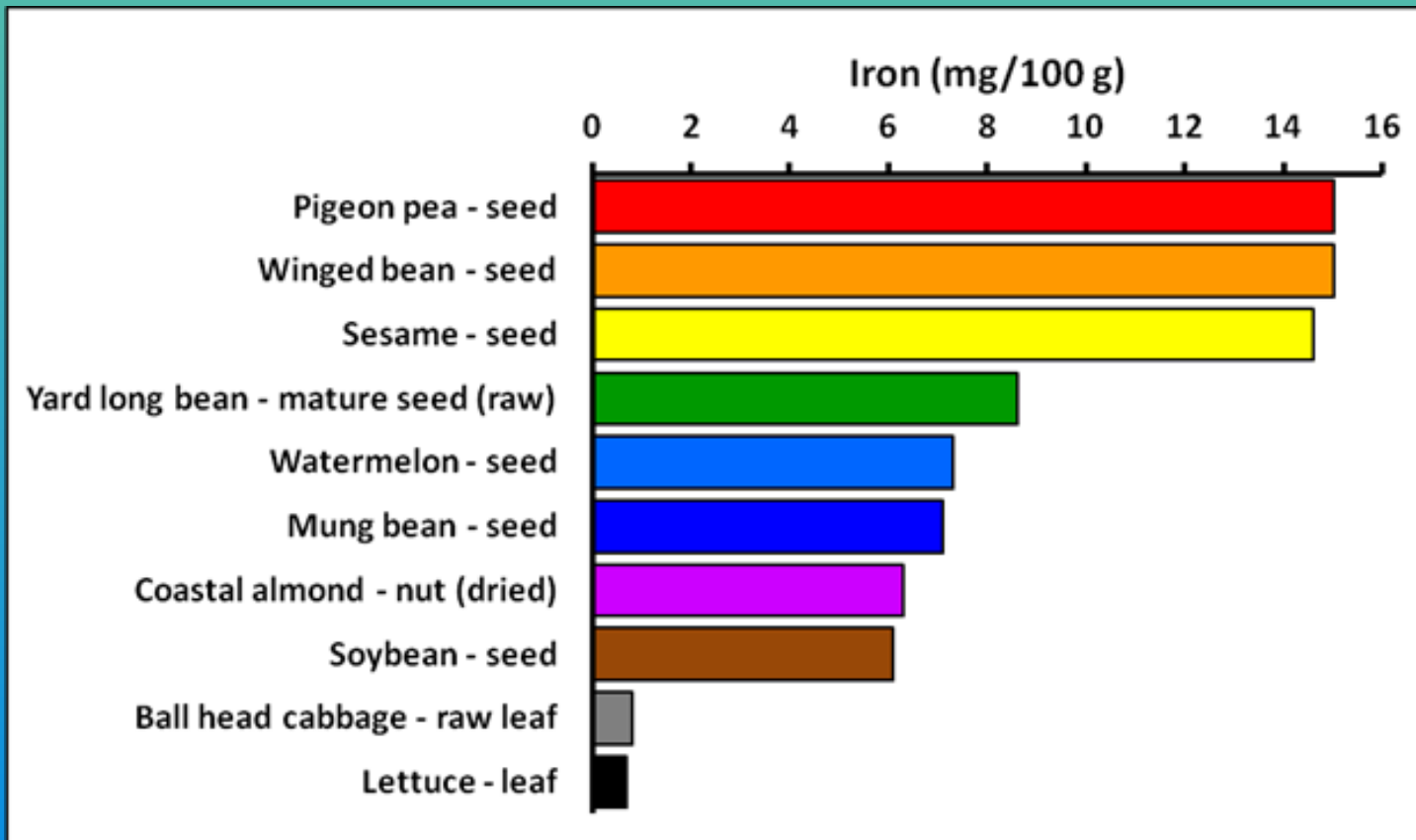
Chinese Radish



Kangkong

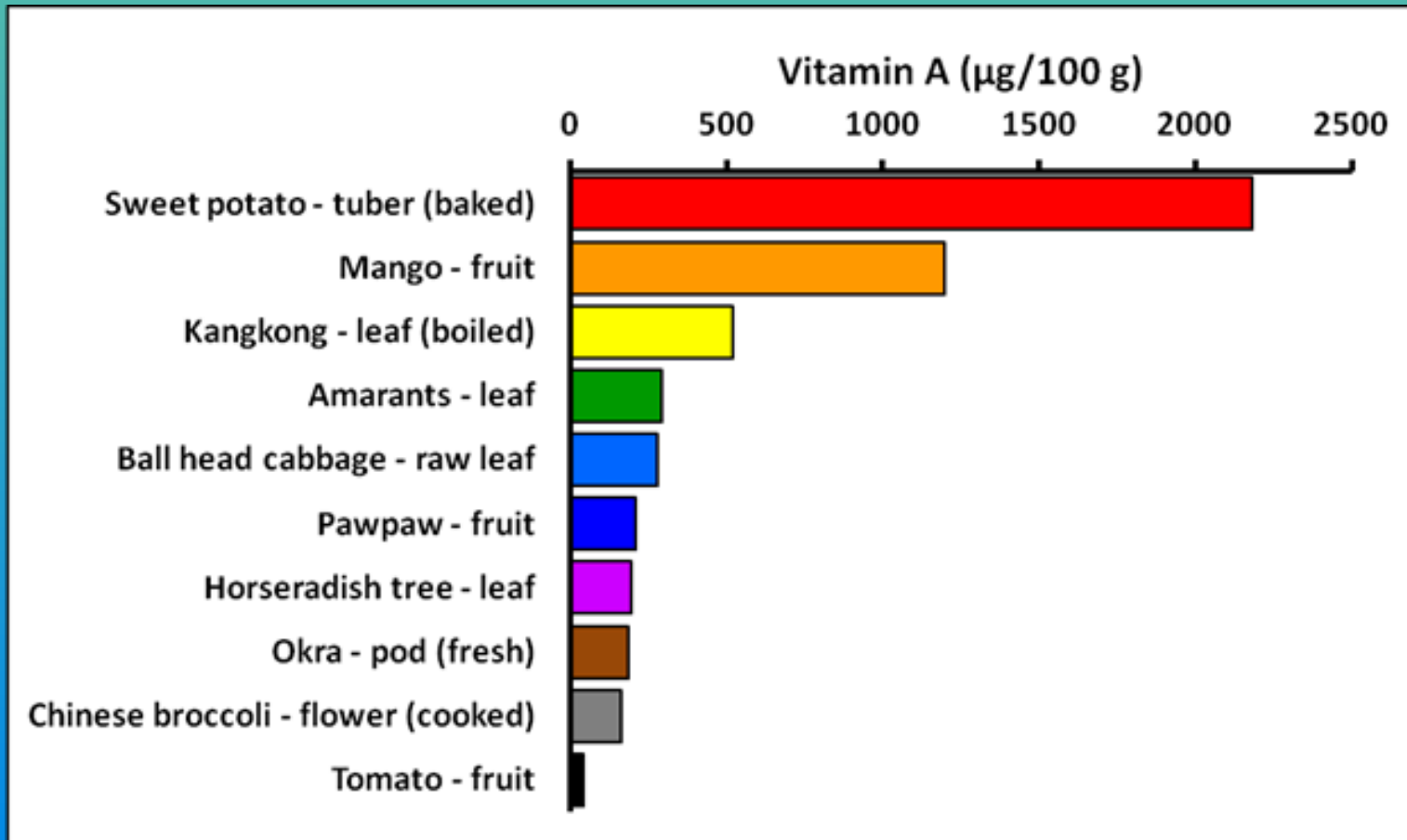
Grow a range of different food plants, planted at different times throughout the year, so food doesn't become short in some seasons. This should include fruit & nut trees.

Iron for healthy blood



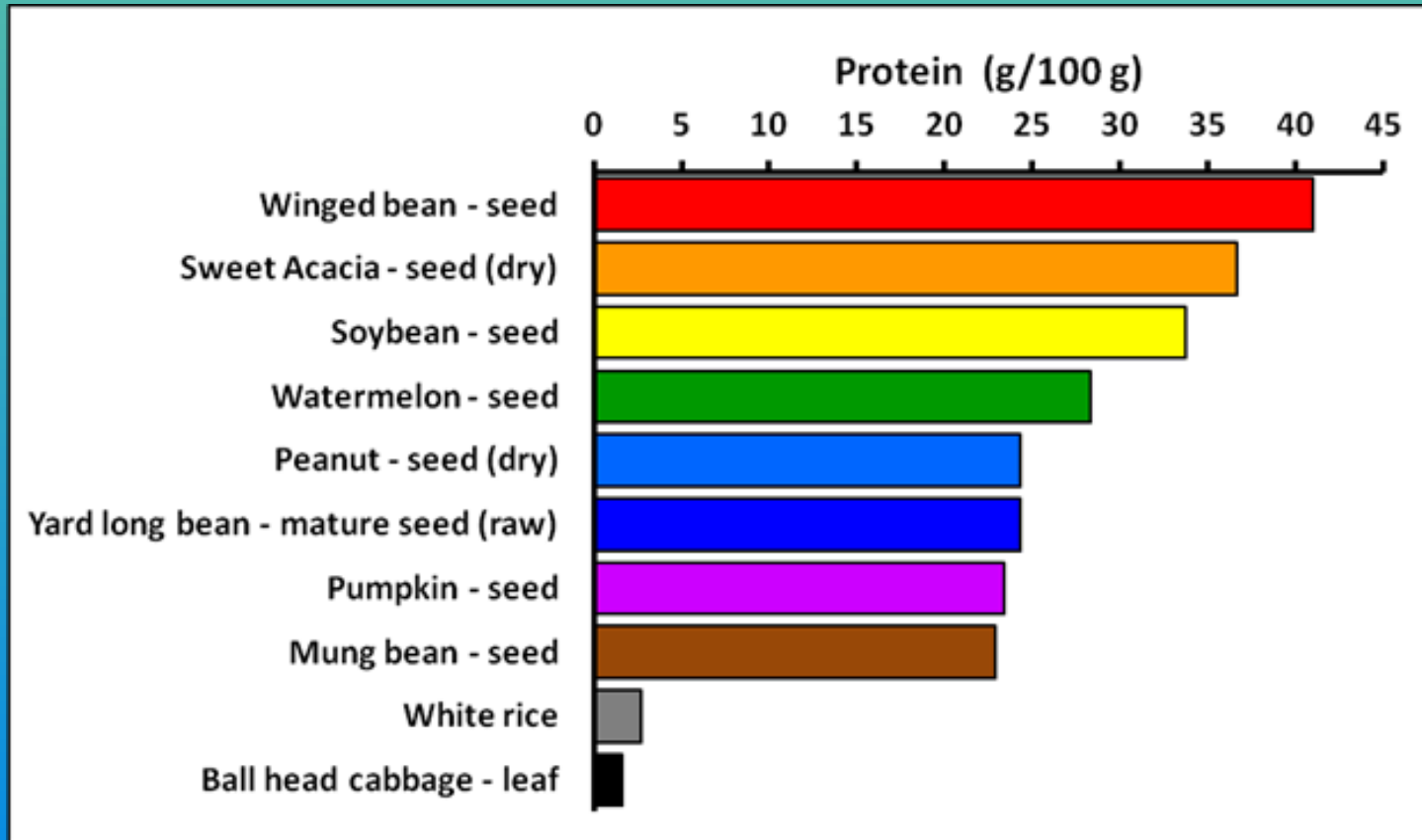
Iron is important in our blood. It is what makes our blood red. Iron helps oxygen get to our lungs. This helps us have energy to work. When we are short on iron we are called anaemic. Iron is more available when Vitamin C is also present.

Vitamin A for good eyesight



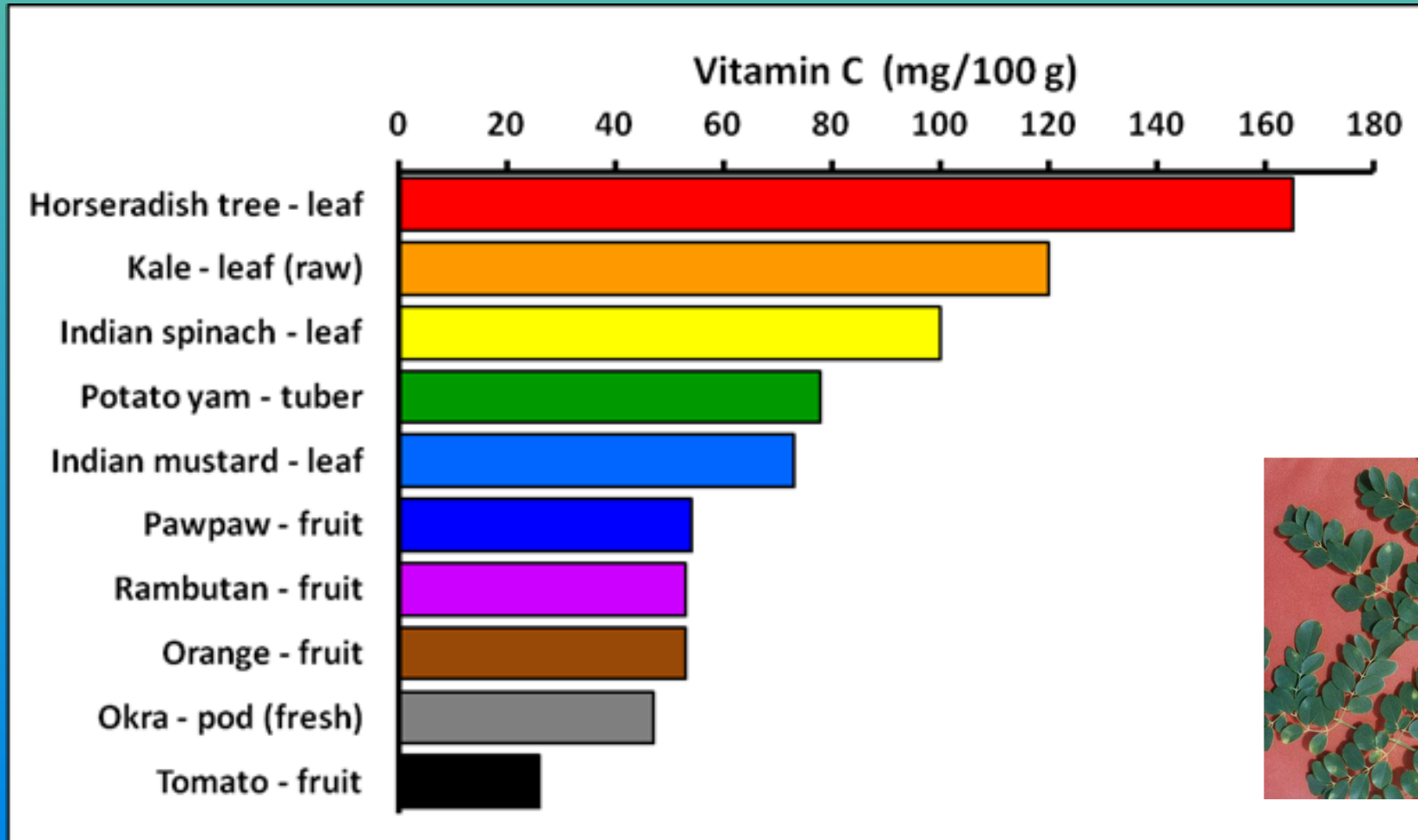
Vitamin A is very important for eyesight. People who are short of Vitamin A have trouble seeing at night. In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.

Protein foods



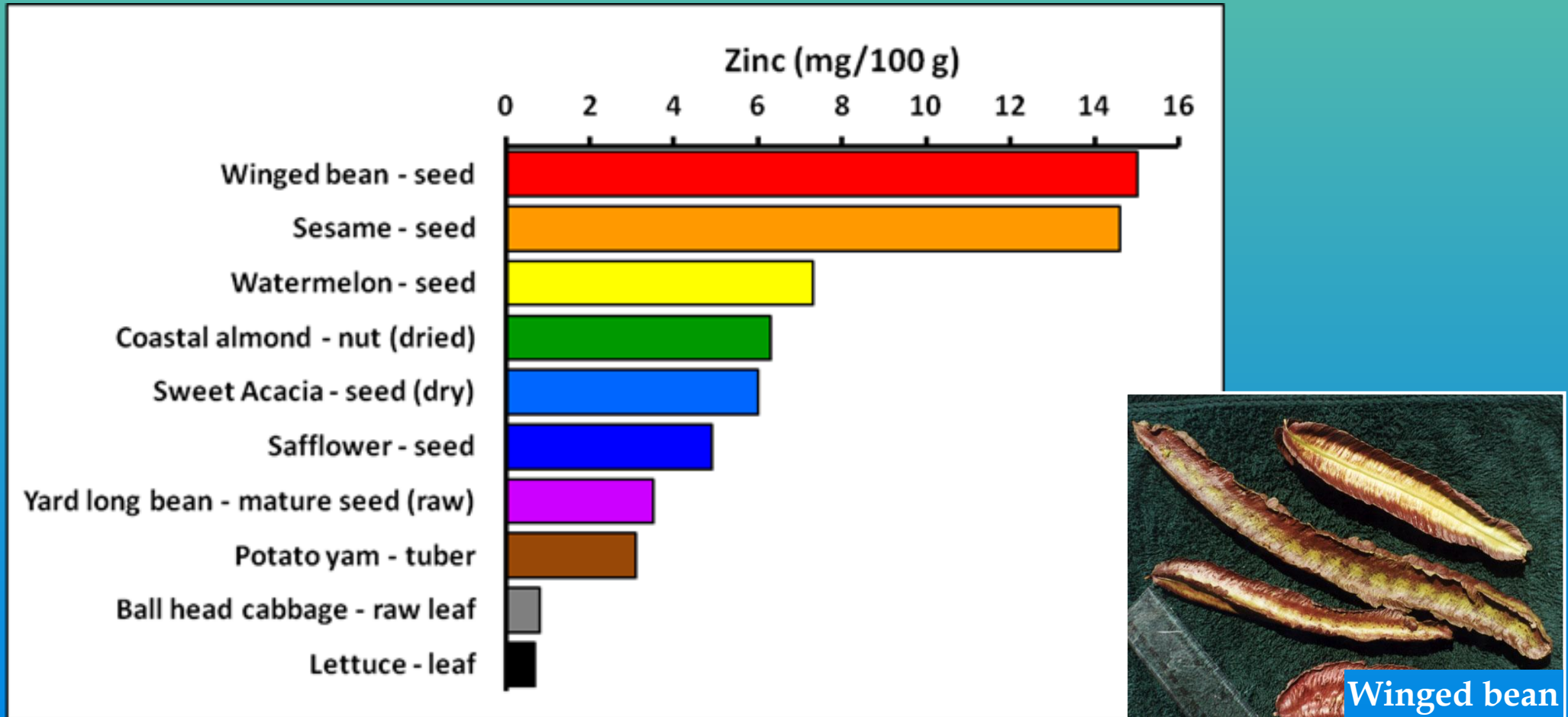
Food plants add an important amount of protein or growth food into our diets. Fish and meat can improve the quality of the protein.

Vitamin C for good health



Vitamin C is important for helping us to avoid sickness.

Zinc for growing bodies



Zinc is particularly important for the healthy growth of young children and teenagers.

Leafy green foods

Amaranth



Indian spinach



Dark green tropical leaves are an important source of iron, protein and other vitamins and minerals essential for healthy diets. Everybody, especially women and children, should eat a fish tin full each day.

Indian mustard



Kale



Root crops are perfect plants for hot humid tropical climates

Sweet potato



Starchy staple foods are the lifeblood of Vietnam.

We need to look out for pests, disease, and signs that the plants are growing in poor soil.

Peanut



Chinese water chesnut



Taro



Elephant foot yam



Cassava



Beans provide protein and restore soils



Mung bean

Beans have special bacteria attached to their roots that allow them to take nitrogen from the air and put it into the soil for plants to use. It is free fertiliser!



Peanut



Winged bean



Yard long beans



Pigeon pea

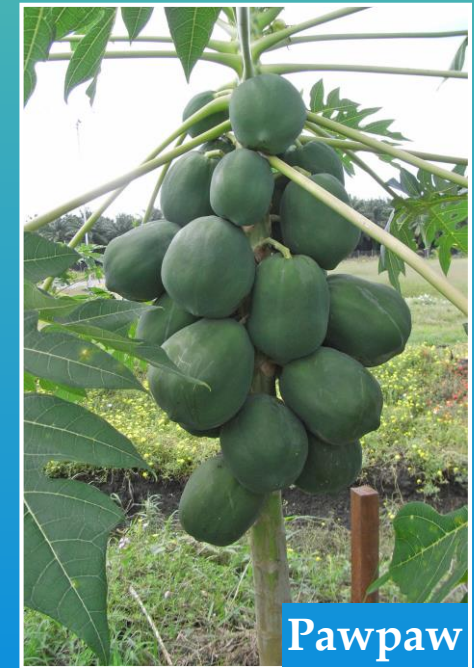
Everyone should eat some fruit every day

Fruit provide minerals and vitamins
and other important nutrients that
everybody needs to stay healthy and
well.

Good farmers plant several
kinds of fruit trees.



Banana



Pawpaw



Watermelon



Pineapple



Mangosteen



Durian

Fruit & nut trees for around houses



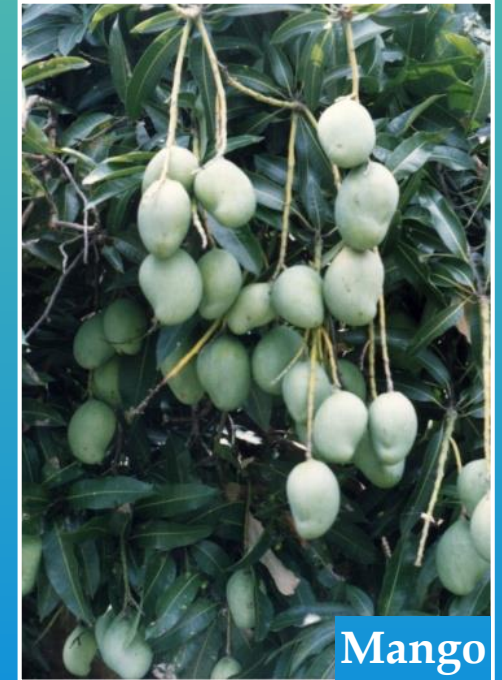
Rambutan



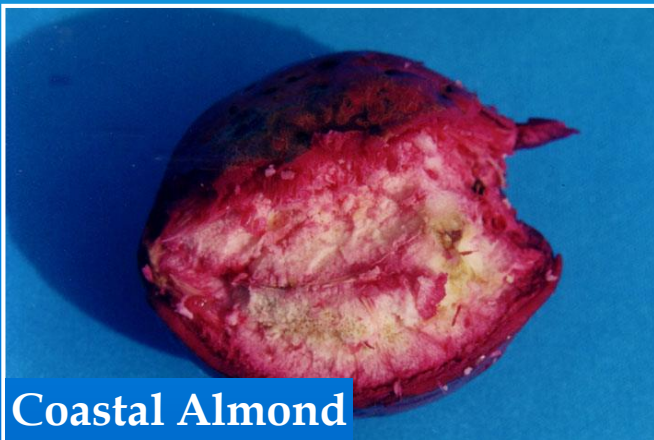
Banana



Mangosteen



Mango



Coastal Almond

Fruit to be enjoyed by all.
Some need to be planted for
the future.
Many fruit are seasonal.
Some grow quickly.



Cashew

Vegetables for variety and nutrition

Bitter cucumber



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

Pumpkin



Some vegetables and edible leaves should be planted near houses so they are easily available even on wet days, or when people are too tired or busy to go to distant gardens.



Chinese Broccoli



Eggplant



Okra

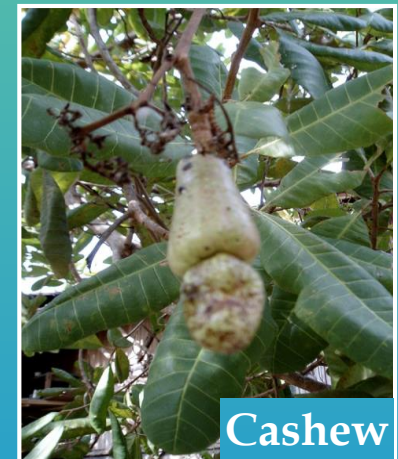
Plants for the edge of gardens



Mangosteen



Banana



Cashew

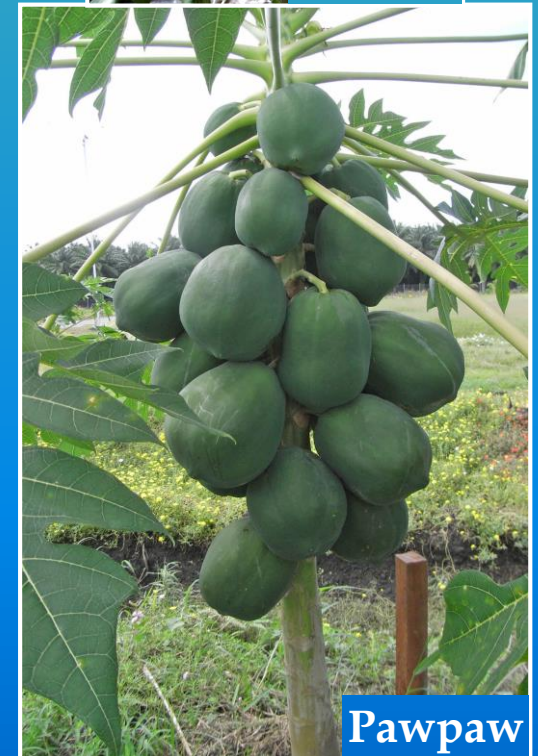
Larger plants can be grown around the edges of gardens.



Coastal Almond



Horseradish tree



Pawpaw

Plants for garden edges

Cassava



Taro



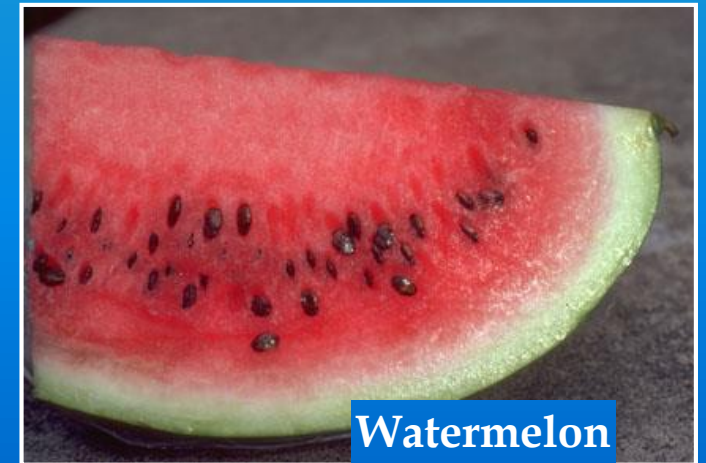
Pigeon pea



Pineapple



Watermelon



Plants for garden beds



Peanut



Indian Spinach



Amaranth



Soybean

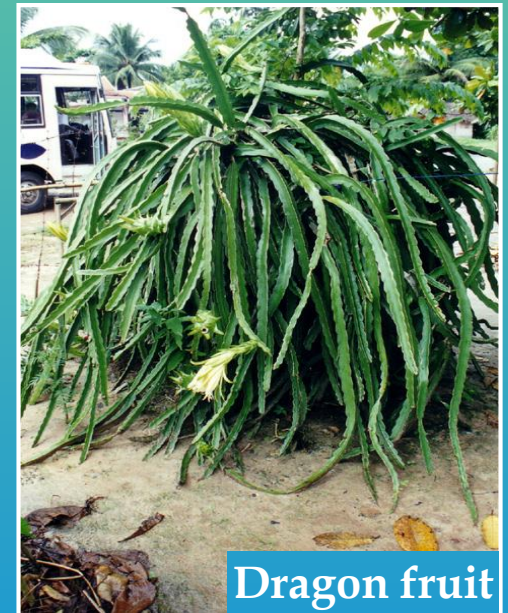


Sesame

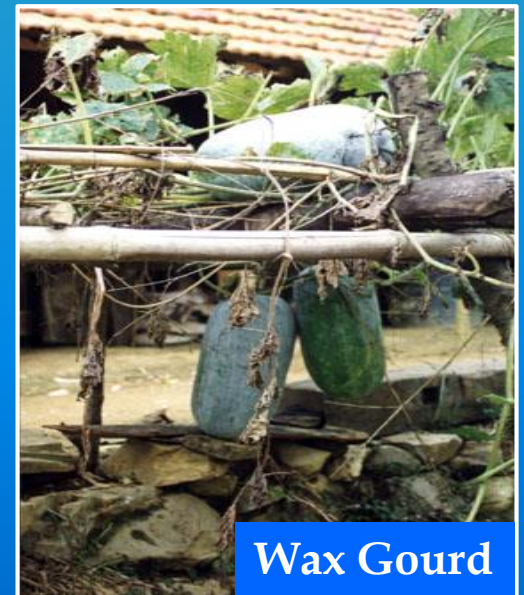
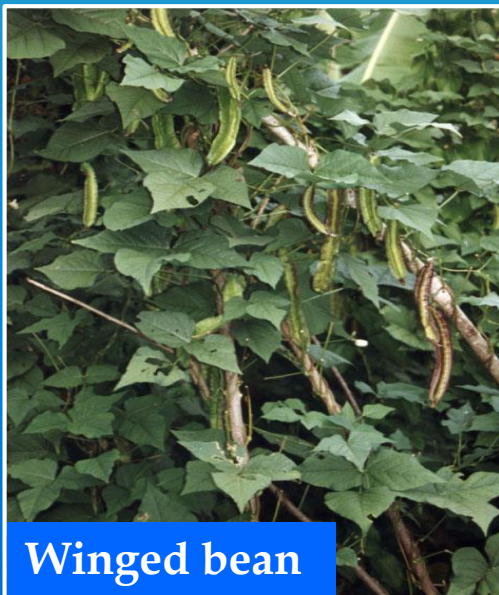


Okra

Plants to climb on fences



Many plants can be grown on fences around houses and gardens.



Plants for swampy places

Chinese water chestnut



Kangkong



Food plants can be grown in all sorts of places, even swamps.

Pests, disease and deficiencies



Banana scab moth damage

↑ The very small moth hides from the sun under the flower bracts.

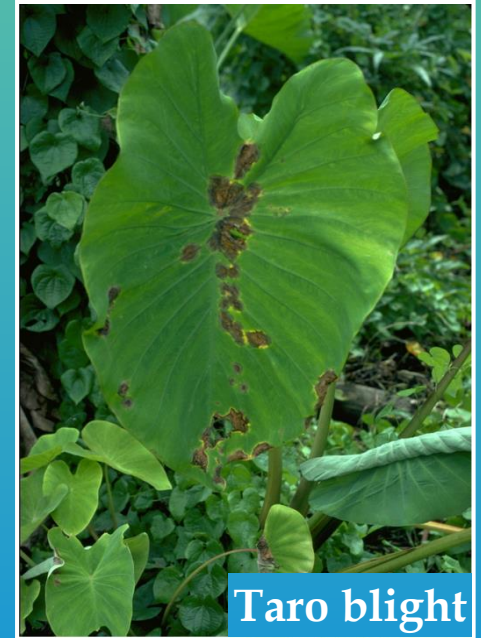
Cassava growing in very poor coral soil cannot take up enough plant food.



Cassava short of nutrients

If plants are grown well, they are less damaged by insect pests and diseases. If the soil is poor, they may go dry or pale. It is important to recognise these signs and act early.

The taro blight fungus washes in the rain on hot wet nights.



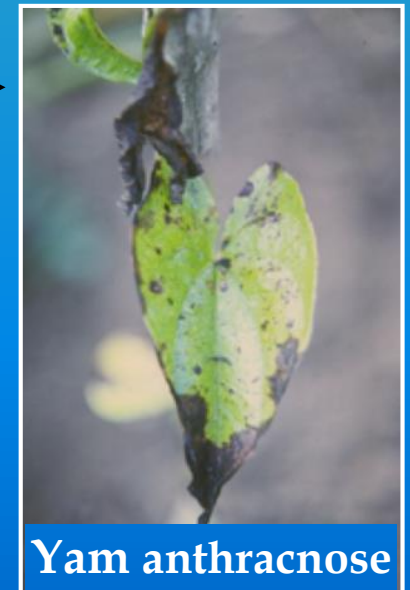
Taro blight

This fungus scab gets bad when soils are poor, and also on varieties from overseas.



Wrinkled sweet potato leaves

This fungus makes leaves die off early when the leaves get damaged.



Yam anthracnose

Scientific name	English	Vietnamese
<i>Abelmoschus esculentus</i>	Okra	Đậu bắp, đậu tây
<i>Acacia farnesiana</i>	Sweet acacia, Prickly Moses	Keo thơm, keo ta, mâm xôi
<i>Amaranthus tricolor</i>	Amaranth	Rau dền
<i>Amorphophallus paeonifolius</i> var. <i>campanulatus</i>	Elephant foot yam	Cây chột nửa, cây nửa chuông, khoai nửa hoa chuông
<i>Anacardium occidentale</i>	Cashew	Đào lộn hột, cây điều
<i>Ananas comosus</i>	Pineapple	Cây dứa, cây thơm
<i>Arachis hypogea</i>	Peanut	Đậu phộng, Lạc
<i>Basella alba</i>	Indian spinach	Cây mồng tơi
<i>Benincasa hispida</i>	Wax Gourd	Bí đao, bí xanh
<i>Brassica oleracea</i> var. <i>acephala</i>	Kale	Cải xoăn
<i>Brassica oleracea</i> var. <i>alboglabra</i>	Chinese broccoli	Cải làn, cải rổ
<i>Brassica juncea</i>	Indian mustard, Leaf mustard	Cây xanh, cải cay, cải canh (cải mù tạt)
<i>Cajanus cajan</i>	Pigeon pea	Cây đậu triều
<i>Canavalia ensiformis</i>	Jack bean	Cây đậu kiếm
<i>Carica papaya</i>	Pawpaw	Cây đu đủ

Scientific name	English	Vietnamese
<i>Carthamus tinctorius</i>	Safflower	Cây rum, hồng hoa
<i>Citrullus lanatus</i>	Watermelon	Dưa hấu
<i>Colocasia esculenta</i>	Taro	Khoai môn
<i>Cucurbita moschata</i>	Pumpkin	Bí ngô, bí đỏ
<i>Dioscorea bulbifera</i>	Potato yam	Khoai dái, củ đại, khoai trời
<i>Durio zibethinus</i>	Durian	Cây sầu riêng
<i>Eleocharis dulcis</i>	Chinese water chestnut	Củ ấu, năn ngọt
<i>Garcinia mangostana</i>	Mangosteen	Cây măng cụt
<i>Glycine max</i>	Soybean	Cây đậu nành, đậu tương
<i>Hylocereus undatus</i>	Dragon fruit	Thanh long
<i>Ipomoea aquatica</i>	Kangkong	Rau muống
<i>Ipomoea batatas</i>	Sweet potato	Khoai lang
<i>Mangifera indica</i>	Mango	Cây xoài
<i>Momordica charantia</i>	Bitter cucumber	Khổ qua, mướp đắng
<i>Moringa oleifera</i>	Horseradish tree	Cây chùm ngây, cây cải ngựa
<i>Musa sp (A &/or B genome) cv.</i>	Banana	Cây chuối

Scientific name	English	Vietnamese
<i>Nephelium lappaceum</i>	Rambutan	Cây chôm chôm
<i>Psophocarpus tetragonolobus</i>	Winged bean	Cây đậu rồng
<i>Raphanus sativus var. longipinnatus</i>	Chinese radish, Daikon	Củ cải trắng
<i>Sesamum indicum</i>	Sesame, Oil-seed sesame	Mè, vừng
<i>Solanum melongena</i>	Eggplant, Aubergine	Cà tím, cà dái dê
<i>Terminalia catappa</i>	Coastal almond	Cây bàng
<i>Vigna radiata</i>	Mung bean	Cây đậu xanh
<i>Vigna unguiculata subsp. sesquipedalis</i>	Yard long bean	Cây đậu đũa

Notes

Acknowledgements

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Review, layout and formatting – Lyndie Kite, John McPhee and Karalyn Hingston.

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