

Potentially Important Fruit and Nuts of the Western Pacific

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



**FOOD PLANT
SOLUTIONS**
ROTARIAN ACTION GROUP

*Solutions to Malnutrition
and Food Security*



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



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Potentially Important Fruit and Nuts in the Western Pacific



Two Llamas undertakes environmental and social projects that help Indigenous communities improve their health through improved nutritional awareness.

For further details about the program please contact us at: info@foodplantsolutions.org or info@supwildernessadventures.com (*Two Llamas*).

In addition to this booklet, other publications have been produced for the Western Pacific. All can be downloaded from our website - www.foodplantsolutions.org

We encourage and welcome your support.



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Potentially Important Fruit and Nuts in the Western Pacific

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

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Other publication in this series:

Potentially Important Leafy Greens and Vegetables in the Western Pacific

Good Gardening and Growing Root Crops in the Western Pacific

Western Pacific islands of fabulous fruit



Fruit taste good and keep us healthy



Pineapple

Everybody should eat some fruit every day.

Good gardeners and farmers plant several kinds of fruit trees.

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



Pacific lychee



Banana



Guava

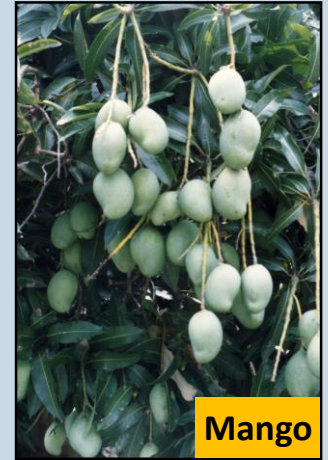


Pawpaw



Watermelon

Fruit for hot humid climates



Fruit to be enjoyed by all.

Some grow quickly.

Some need to be planted for the future .

Many are seasonal.



Enjoy fruit to enjoy a good life

- **Fruit add flavour to life.**
- **Fruit are often rich in vitamins.**
- **Fruit make good quick snacks.**
- **Fruit are fun.**

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

Bananas - a good snack food

Yellow-fleshed bananas are normally rich in carotenoids that help good eyesight.

Ask someone who knows bananas well to find out which ones are sweet and which are for cooking.

Musa spp



Bananas are rich in potassium which helps maintain normal blood pressure.



Many Western Pacific bananas ripen into sweet snack foods.



Pineapple - a popular snack



Ananas comosus



Planting the lowest suckers gives fruit more quickly.

Guava - vitamin C for children



Fruit are
rich in
Vitamin C.



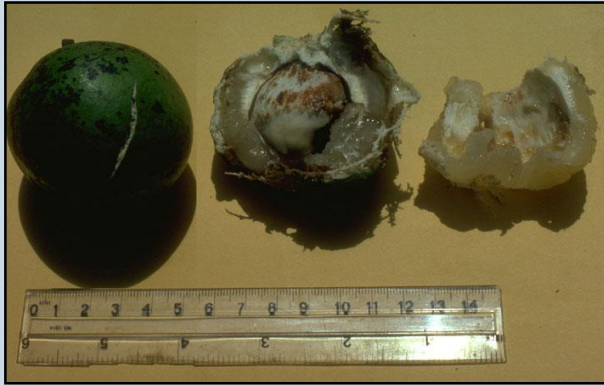
Trees grow easily and should be near
houses so children can enjoy the fruit.



Psidium guajava



Pacific lychee

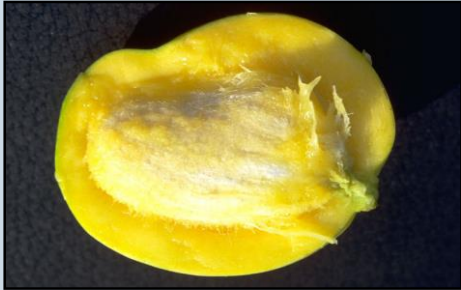


Pometia pinnata



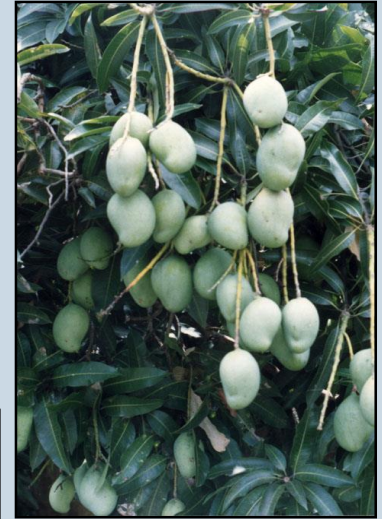
A traditional Western Pacific fruit, beautiful in season.

Mango - a lowlands favourite, especially in seasonally dry areas



A popular
seasonal
fruit.

Some seedlings breed true to
type giving new plants like
the parent one.



Mangifera indica

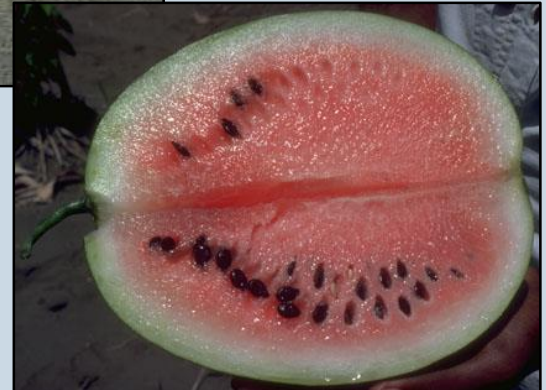
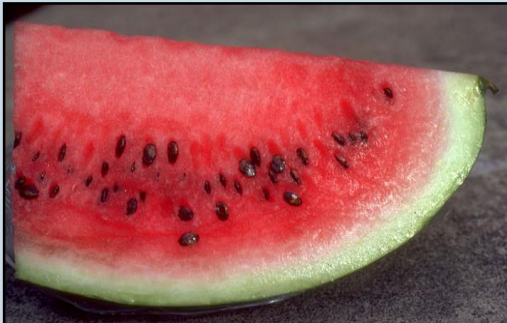
Watermelon - cool and refreshing



Citrullus lanatus

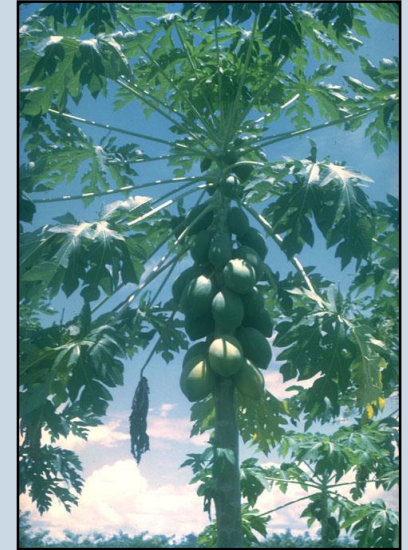


The seeds are nutritious when dried, salted and roasted. They are rich in zinc and protein.



Pawpaw - self-sown in the lowlands

Pawpaw fruit can be cooked as a vegetable while green, or eaten ripe as a fruit.



Carica papaya



Long fruited kinds do not need male trees for pollination. Male flowers can be cooked and eaten.

Western Pacific islands of amazing nut foods



Nuts - nutritious, storable and tasty

Coastal almond



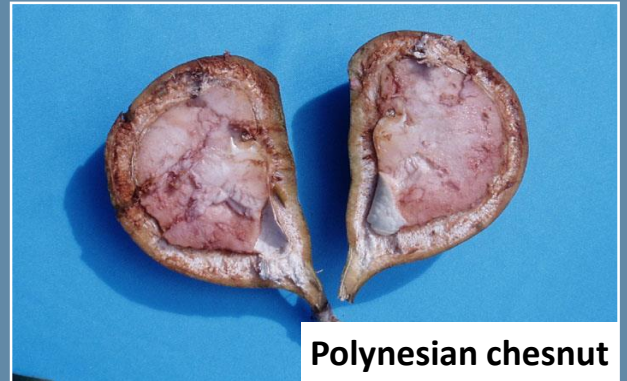
Cashew



Galip nut



Polynesian chesnut

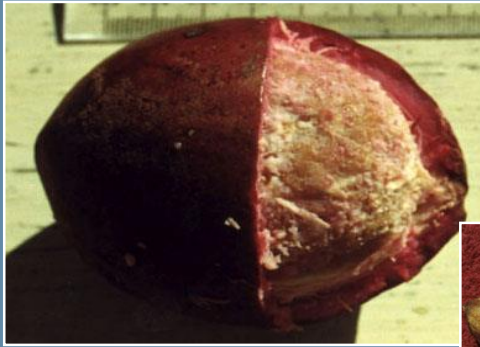


For protein, minerals and vitamins, try nuts!

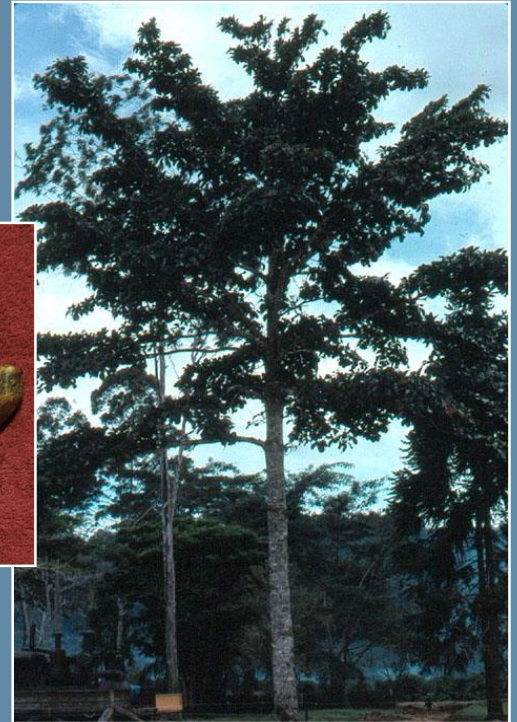
- A seasonal variation in the diet.
- Often a storable reserve food.
- Often loved by children.
- Cheaper and better than bought snack foods.



Galip nut - a delight in the lowlands



The kernel can
be eaten raw or
roasted.



Canarium indicum

Coastal almond - zinc supplement, especially good for children



Terminalia catappa

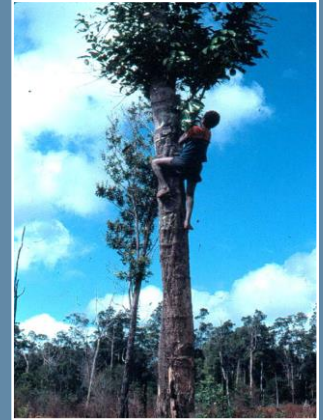
Nuts are
rich in zinc
and planting
of extra
trees is
encouraged.



Spinach jointfir - a great snack food and nut



Tasty and nutritious leaves,
flowers and nuts



Gnetum gnemon



Polynesian chestnut - a coastal and Pacific Island favourite



The nuts are boiled or roasted and eaten.



Inocarpus fagifer



Peanut - a bean eaten as a nut



Arachis hypogea

Seeds are nutritious and can be eaten raw or cooked.



Peanuts can improve the soil and provide food.



Nuts with commercial potential



Galip



Coastal almond



Polynesian chestnut

There is a ready market for these nuts - grow them for sale.



Spinach jointfir

Notes

Notes

Notes

Acknowledgements

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