

# Food plants for healthy diets in Cambodia

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



**FOOD PLANT  
SOLUTIONS**  
ROTARIAN ACTION GROUP

*Solutions to Malnutrition  
and Food Security*



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



[www.foodplantsolutions.org](http://www.foodplantsolutions.org)

# Food plants for healthy diets in Cambodia



A partnership with Food Plant Solutions provides a great opportunity for Boart Longyear to demonstrate its commitment to duty of care and to give something back to the communities it works in. Boart Longyear, utilising Food Plant Solutions resources will provide education resources to mothers with the aim of creating awareness and enabling a better understanding of the nutritional value of their local food plants.

For further details about the project please contact us at [info@foodplantsolutions.org](mailto:info@foodplantsolutions.org).

We welcome and encourage 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*



Watermelon



Peanut



Cassava



Okra



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



Coastal Almond



Wax Gourd



Potato yam



Winged Bean



# ***Food plants for healthy diets in Cambodia***



Drumstick Tree

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, and are rich in nutrients. It's time for Cambodia to be proud of it's own tropical foods.



Pineapple

There are lots of tropical food plants in the region  
- Cambodia has 1237.



Pigeon pea



Elephant foot yam



# *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.

Peanuts



Growth food

Health food



Mango

Sweet potato



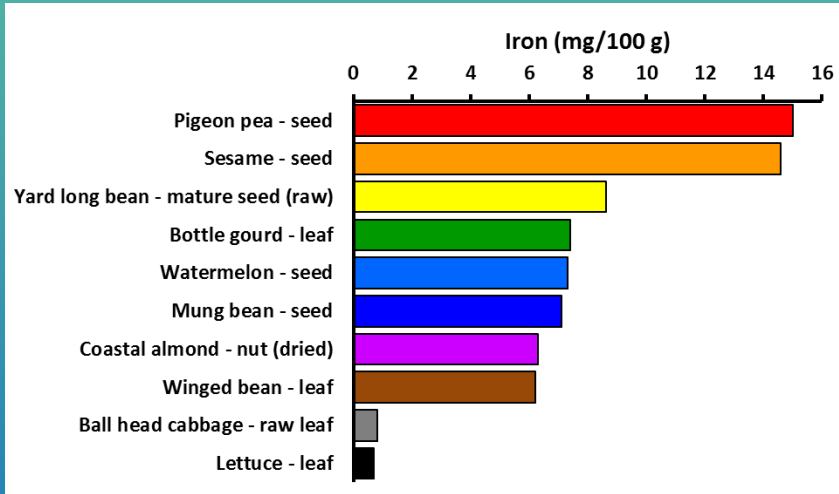
Energy food

# *Food security*



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.

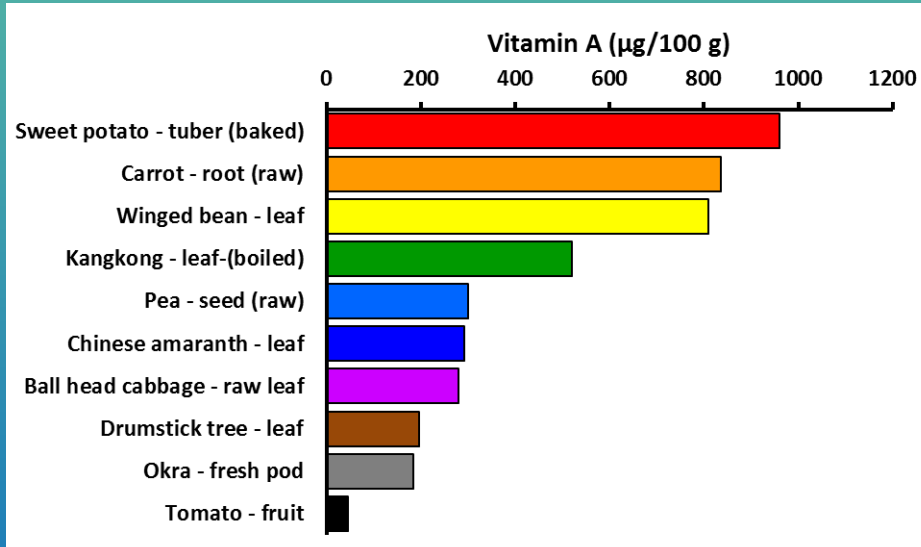
# *Iron for healthy blood*



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

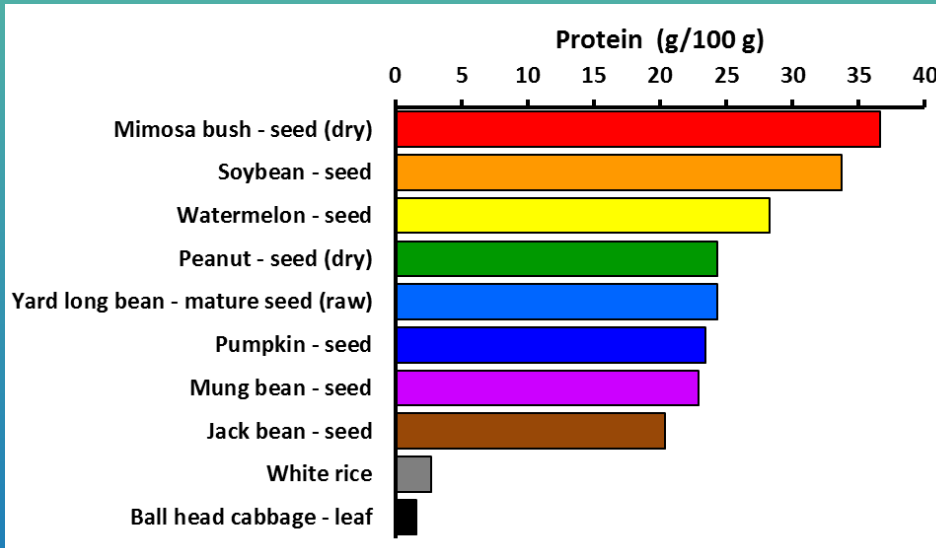


# *Vitamin A for good eyesight*



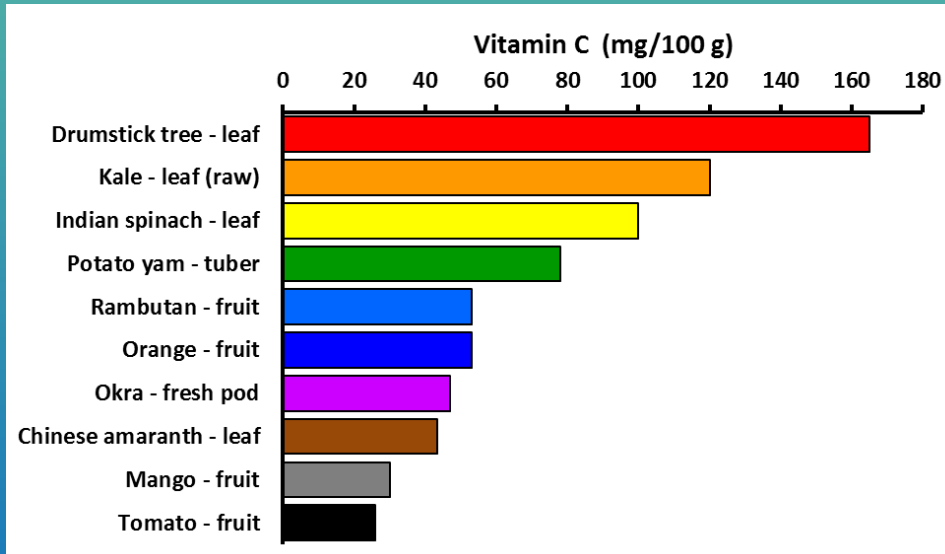
Vitamin A is very important for eyesight. People who are short of Vitamin A have trouble seeing at night. In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.

# 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.

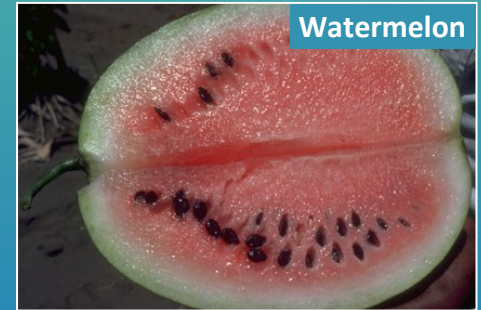
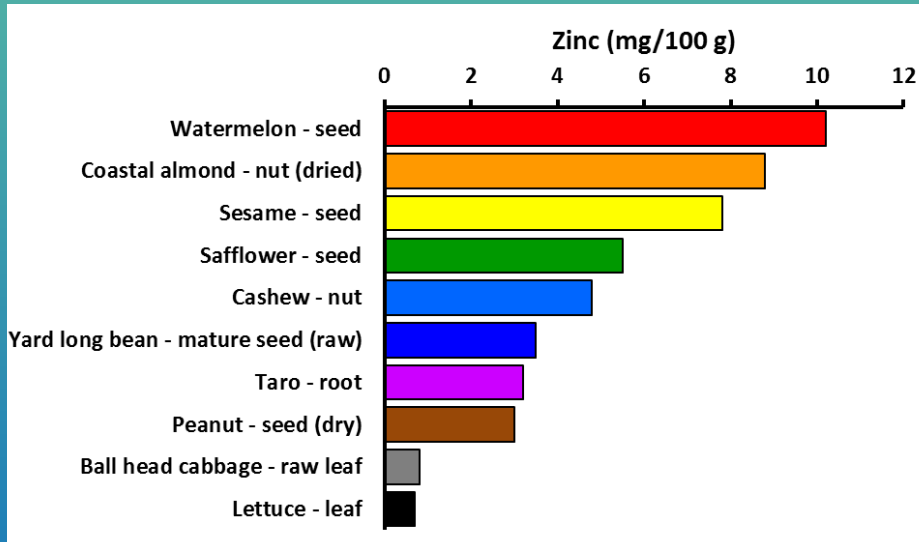
# *Vitamin C for good health*



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*



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.



# *Root crops are perfect plants for hot humid tropical climates*

Taro



Starchy staple foods are the lifeblood of Cambodia.

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

Elephant foot yam



Cassava



Rice



Sweet potato





# *Beans provide protein and restore soils*



Winged 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



Snake bean



Soybean



Jack bean

# *Everyone should eat some fruit everyday*



Mango

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.



Pineapple



Mangosteen



Watermelon



Sapodilla

# *Fruit and nut trees for around houses*

Mangosteen



Cashew



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

Coastal almond



Rambutan



Banana





# *Vegetables for variety and nutrition*



Okra

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



Pea

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.



Eggplant



Pumpkin



Carrot

# *Plants for garden edges*





# *Plants for the edge of gardens*



Pigeon pea

Larger plants can be grown  
around the edges of gardens.



Taro



Elephant foot yam



Drumstick tree

# *Plants for garden beds*

Amaranth greens



Okra



Peanut



Sweet potato

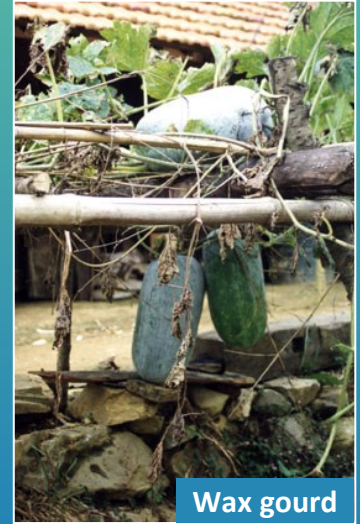


Rice





# *Plants to climb on fences*



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



# *Plants for swampy places*



Kangkong



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



Taro





# ***Pests, disease and deficiencies***



**Banana scab moth**

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



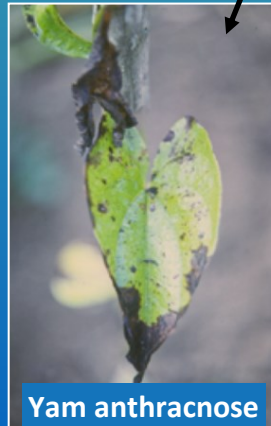
If plants are grown well, they are less damaged by insect pests and diseases. If the soil is poor, they may go dry or pale. It is important to recognise these signs and

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

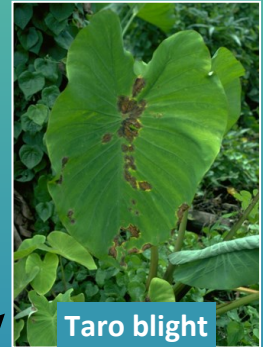


**Wrinkled sweet potato leaves**

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



**Yam anthracnose**



**Taro blight**

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



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



**Cassava short of nutrients**

| Scientific name                                 | English           | Khmer          |
|-------------------------------------------------|-------------------|----------------|
| <i>Abelmoschus esculentus</i>                   | Okra              | ពោតបារាំង      |
| <i>Acacia farnesiana</i>                        | Sweet Acacia      | អាកាស្យាផ្អែម  |
| <i>Amaranthus hybridus</i>                      | Amaranth greens   | ផ្ទឹបៃតង       |
| <i>Amaranthus tricolor</i>                      | Chinese amaranth  | ផ្ទឹម          |
| <i>Amorphophallus paeonifolius</i> var.         | Elephant foot yam | ដំឡូងទាល់      |
| <i>Anacardium occidentale</i>                   | Cashew            | ស្វាយចន្ទី     |
| <i>Ananas comosus</i>                           | Pineapple         | ម្នាស់         |
| <i>Arachis hypogea</i>                          | Peanut            | សណ្តែកដី       |
| <i>Basella alba</i>                             | Indian spinach    | ស្ពីណាចឥណ្ឌា   |
| <i>Benincasa hispida</i>                        | Wax Gourd         | ត្រឡាច         |
| <i>Brassica oleracea</i> var. <i>acephala</i>   | Kale              | ខាត់ណា         |
| <i>Brassica oleracea</i> var. <i>alboglabra</i> | Chinese broccoli  | ខាត់ណាចិន      |
| <i>Cajanus cajan</i>                            | Pigeon pea        | សណ្តែកអង្ក្រែង |
| <i>Canavalia ensiformis</i>                     | Jack bean         | សណ្តែកទេស      |
| <i>Carthamus tinctorius</i>                     | Safflower         | ស្បែងឆ្មារ     |



| Scientific name                     | English        | Khmer            |
|-------------------------------------|----------------|------------------|
| <i>Citrullus lanatus</i>            | Watermelon     | ខ្ចីទឹក          |
| <i>Cleome gynandra</i>              | Cat's whiskers | មមាញ             |
| <i>Colocasia esculenta</i>          | Taro           | ត្រាវ            |
| <i>Cucurbita moschata</i>           | Pumpkin        | ល្អៅ             |
| <i>Daucus carota subsp. sativus</i> | Carrot         | ការ៉ុត           |
| <i>Dioscorea bulbifera</i>          | Potato yam     | ដំឡូងស្ពឺម៉ុប្រៃ |
| <i>Durio zibethinus</i>             | Durian         | ផ្លូវេន          |
| <i>Garcinia mangostana</i>          | Mangosteen     | មង្គុត           |
| <i>Glycine max</i>                  | Soybean        | សណ្តែកសៀង        |
| <i>Ipomoea aquatica</i>             | Kangkong       | ត្រកួន           |
| <i>Ipomoea batatas</i>              | Sweet potato   | ដំឡូងជ្វា        |
| <i>Langenaria siceraria</i>         | Bottle gourd   | ឃ្លោក            |
| <i>Mangifera indica</i>             | Mango          | ស្វាយ            |
| <i>Manihot esculenta</i>            | Cassava        | ដំឡូងមី          |
| <i>Manilkara zapota</i>             | Sapodilla      | លូត              |

| Scientific name                              | English            | Khmer            |
|----------------------------------------------|--------------------|------------------|
| <i>Moringa oleifera</i>                      | Drumstick tree     | ម្រៀម            |
| <i>Musa sp (A &amp;/or B genome) cv.</i>     | Banana             | ចេក              |
| <i>Nephelium lappaceum</i>                   | Rambutan           | សាវម៉ាវ          |
| <i>Oryza sativa</i>                          | Rice               | ស្រូវ            |
| <i>Pisum sativum</i>                         | Pea                | សណ្តែកបារាំង     |
| <i>Psophocarpus tetragonolobus</i>           | Winged bean        | ប្រពាយ           |
| <i>Sesamum indicum</i>                       | Sesame             | ល្ង              |
| <i>Solanum melongena</i>                     | Eggplant           | ត្រប់សណ្តែក      |
| <i>Terminalia catappa</i>                    | Coastal almond     | ដើមឆ័ត្រ         |
| <i>Vigna radiata</i>                         | Mung bean          | សណ្តែកបាយ        |
| <i>Vigna subterranean</i>                    | Bambara ground nut | សណ្តែកដី Bambara |
| <i>Vigna unguiculata subsp. sesquipedal-</i> | Snake bean         | សណ្តែកច្រៀង      |

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