

Ol impoten grin lif mo vejtebol Wes Pasifik

*Samfala wei we bae
yumi save planem
lokol kakae mo
mekem oli gro gud*



**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

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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

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

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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Ol impoten grin lif mo vejtebol Wes Pasifik

Ol wei blong mekem ol lokol kakae oli gro gud.

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Grin lif

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Ol narafala buk long series is I kat:

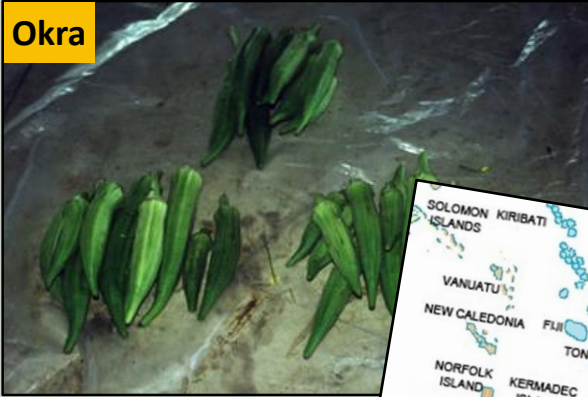
Ol frut mo nat long Wes Pasifik

**Gudafala wei blong mekem karen mo planem ol rut krop long
Wes Pasifik**

Wes Pasifik

Ol alean blong ol naes lif vejtebol

Okra



Sweet fern



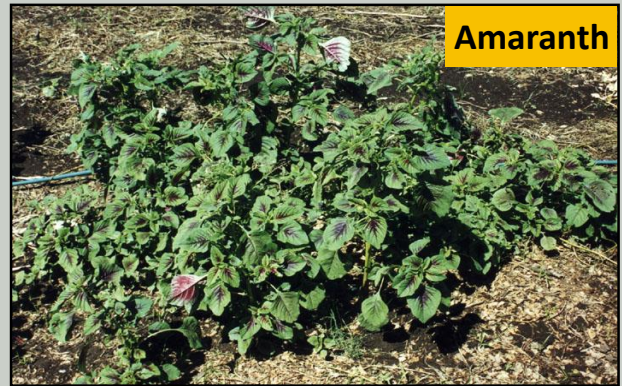
Ofenga



Lif blong bean



Ol grin lif - helti kakae blong nesen



Hao blong usum grin lif

Karem mo cukum ol plante difren grin lif sem taem



Fulap grin lif we yumi save kakae oli gro raon long haus mo folem rod.



Yumi mas cukum ol grin lif vejtebol bifo yumi kakae.



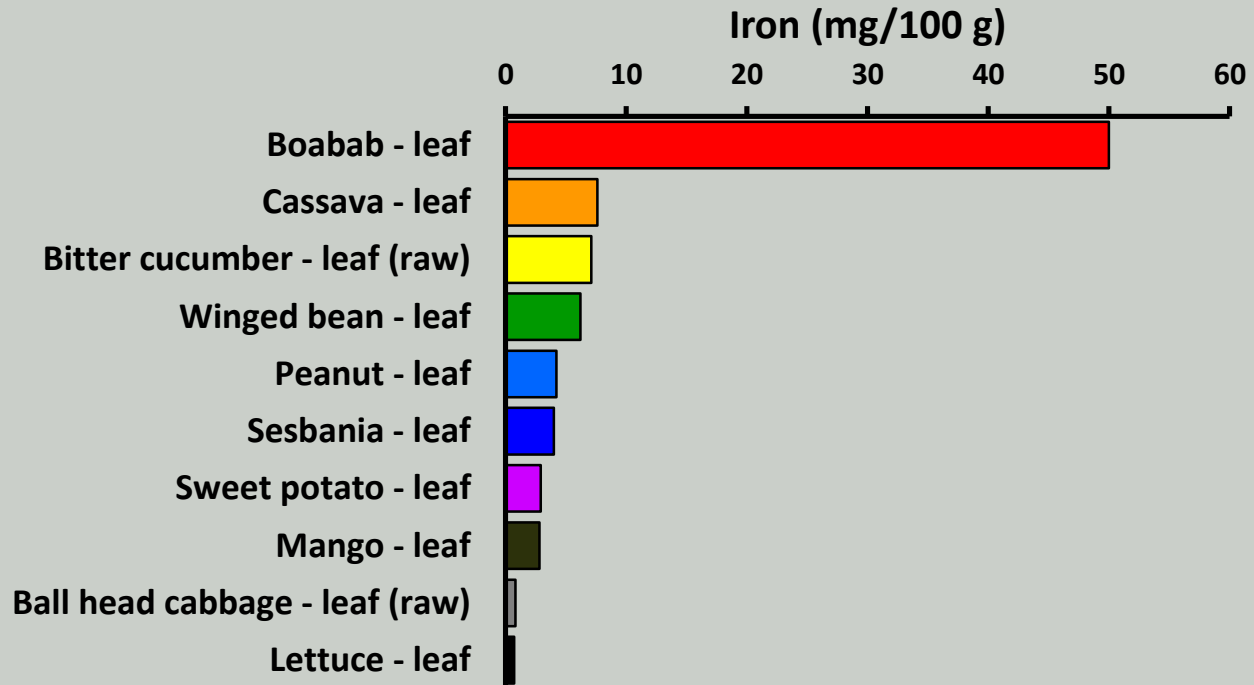
Helti kakae



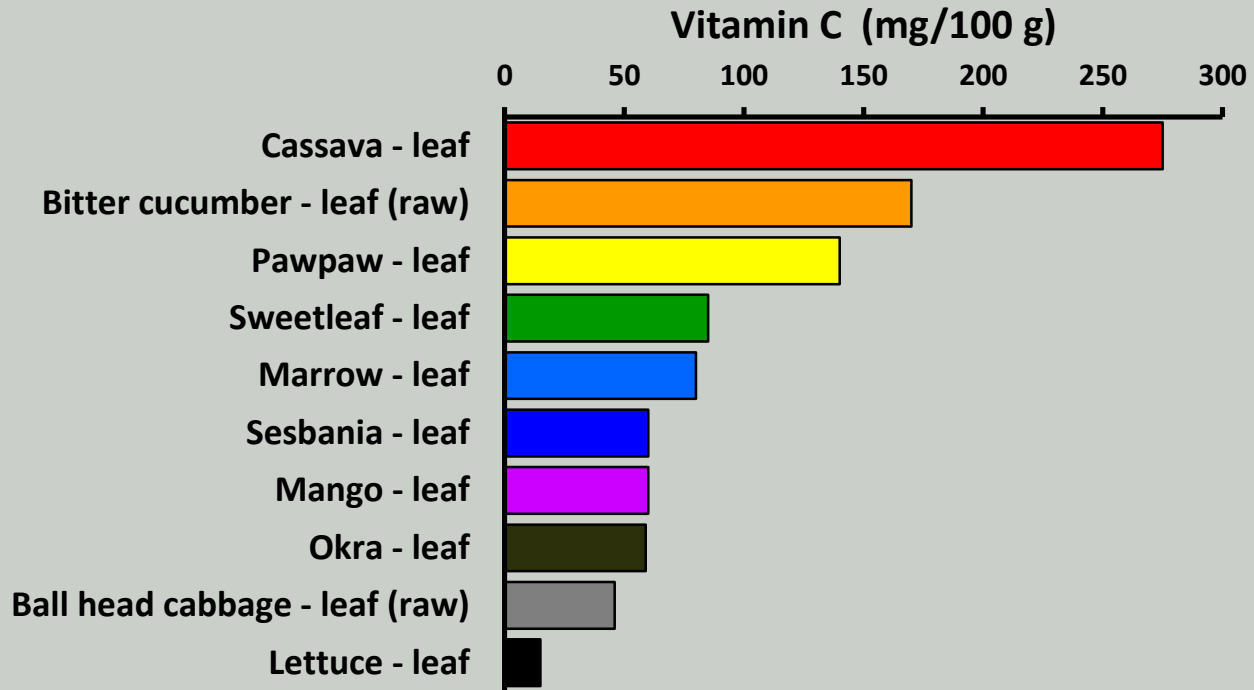
Ol helti man oli stap kakaе ol grin lif

- Fulap plan oli kat ol lif we yumi save kakaе.
- Ol lif we yumi save kakaе oli kat fulap nutrien.
- Fulap taem, yumi mas cukum ol lif ia blong kilim eni pepet bifo yumi kakaе.
- Evriwan oli sud kakaе wan ‘fish tin’ blong dak grin vejtebol lif evridei blong stap helti
- Sam grin lif oli save gro long edj blong karen, sam long ol swamp, long ol graon we oli ston mo raon long hao blong mekem se yumi kat saplae blong grin lif vejtebol oltaem.

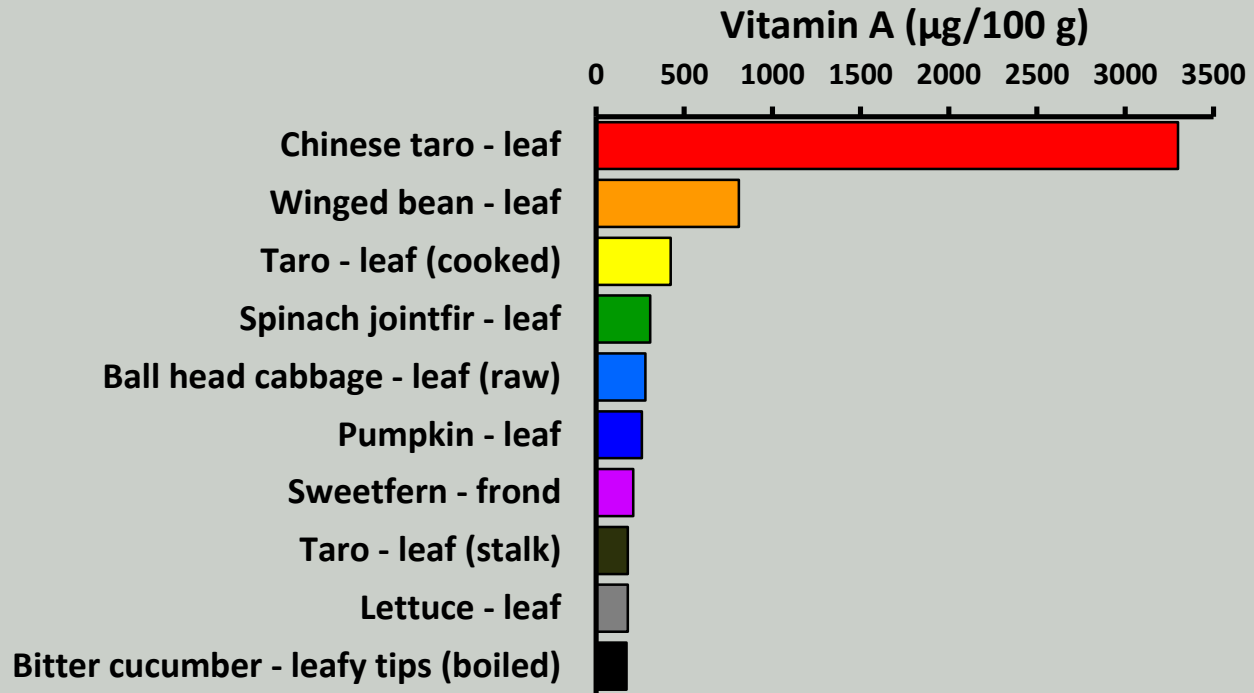
Ol grin lif vejtebol we kat iron insaed long olgeta



Vitamin C hemi givim gudfala helt



Ol grin lif we oli kat Vitamin A



Aelan kabis — wan naes lif blong kakae mo we I rij long ol nutrien



Fraenem o
stimim
blong
mekem
hemi no tan
tumas



Abelmoschus manihot



Amaranth — wan kaen grin lif we I save gro hariap

Wan favaret blong planem raon long haos



Sakem ol sids
long ples we
ashis blong
faea I stap
long hem
blong mekem
ol plan ia oli
gro gud .



Amaranthus spp



Taro Fiji



Xanthosoma sagittifolium



Lif blong Taro ia hemi rij
long nutrient mo hemi
save gro hariap.



Swamp taro

Cyrtosperma merkusii



Swamp taro hemi laekem
blong gro kolosap long wota
o long ol swamp.



Yumi save cukum mo kakae ol lif mo yang
flawa blong taro ia.



Lif blong kumala

Plan ia hemi save gro kavaremap graon o klaem antap



Yumi save kakae lif
blong kumala drae
nomo o yumi save
cukum tu.

Ipomoea batatas



Spinach jointfir



Gnetum gnemon

Hemi wan swit sopsop lif.



Sweetleaf — hemi lif blong wan smol tri we I naes blong kakae

Hemi popula long Asia mo Wes Pasifik



Sauropus androgynus

Young leaves are eaten raw and older leaves are cooked. Fruit can be used for jam.



Lif blong pampkin



Cucurbita maxima

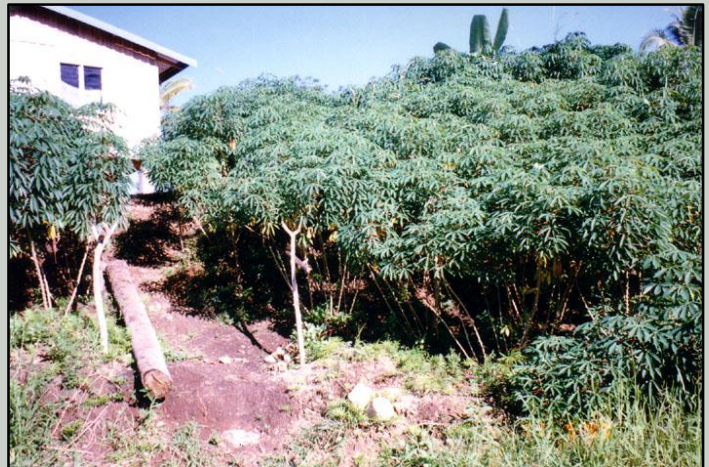


Manioc



Manihot esculenta

Yumi save cukum mo kakae
yang lif blong hem.



Sweet fern

Hemi popula long Asia mo Pasifik

Hemi naes blong kakae taem yu
cukum wetem milk blong kokonas.
Yu save fraenem, stimim mo cukum
wetem stew.



Diplazium esculentum

Hemi gro long
ol graon we
oli wetwet mo
narasaed long
ol riva.



Lif blong wota Taro



Colocasia esculenta

Ofenga — wan spesel kakae blong Malaita



Pseuderanthemum whartonianum



Ol grin lif vejetbol blong Wes Pasifik

Yumi sud kakae ol dak
grin lif oltaem. Yumi
save cukum olgeta,
stimim, fraenem o
boilem.



Mango



Amaranth



Long bean



Marrow



Aelan kabis

Ol lif we yumi save kakae



Okra



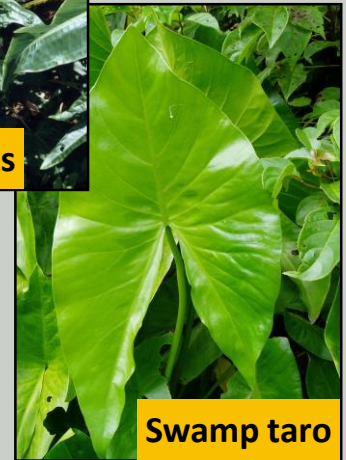
Aelan kabis



Pamkin



Wota taro



Swamp taro

Ol lif we yumi save kaka



Bitter cucumber



Spinach jointfir



Popo

Ol lif we yumi save kaka



Ol lif we yumi save kaka



Ol lif we yumi save kaka



Kumala



Taro Fiji



Sweetfern



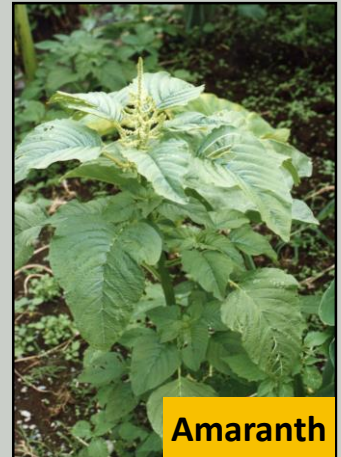
Wotamelen



Ofenga



Winged bean



Amaranth

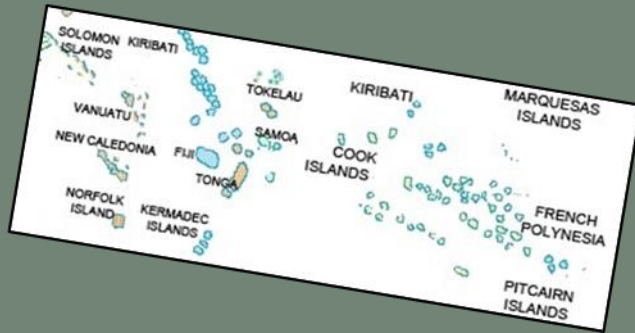
Ol posen blong ol plan

Sam kakae oli kat sam samting insaed long olgeta we oli save mekem ol man oli sik. Yu mas save hao blong preparem gud bifo yu kakae. Hemia hemi sam exampol:

- Oli pepet olsem bacteria oli stap long ol lif mo oli save mekem bel blong man I so. Hemia nao yumi mas cukum kakae blong kilim bacteria.
- Cyanide hemi wan posen we I stap long ol plan (olsem Manioc). Hemi mekem oli tes konkon, be taem yumi cukum gud kakae, yumi save distroyem cyanide.
- Oxalate tu hemi stap long ol plan (olsem taro). Hemi mekem kakae I knokon mo I save sikrasem trot blong man. Jenjem wota taem yu stap cukum blong save mekem amaon blong oxalate I ko daon.
- Ol plan oli save bildim ap nitrate we hemi posen long ol pikinini. Hemia hemi hapen taem I kat extra nitrogen fetelaesa we yumi putum long ol lif vejtebol blong yumi (olsem Amaranth).

Wes Pasifik

Ol aelan blong ol naes vejtebol kakae



Ol difren vejtebol mo nutrisen



Marrow

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

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 bisi mekem se yumi nosave ko long karen be bae I stil kat kakae.



Karot



Pamkin

Ol vejtebol – oli kat plante nutrient mo oli tes gud



Long pitpit



Amaranth



Long bean



Winged bean

Long pitpit — I gud blong mekem wetem milk blong kokonas



Wan naes kakae
we I fulap long
nutrient mo I kat
sisen blong hem.

Saccharum edule



Okra – wan plan we I stap gro long tropik

Hemi gro gud mo long lo graon bitim long hae graon.



Abelmoschus esculentus



Yumi save kakae ol ynag lif, frut mo sids blong hem. Yumi mas cukum ol lif blong hem oslem aelan kabis bifo yumi kakae. Yumi save kakae frut bong hem afta we yumi cukum o yumi save usum frut blong hem blong mekem soup I tik.



Bitter cucumber – hemi hot



Momordica charantia

Yumi save
cukum ol yang
sopsop lif blong
addem flava
long kakae.

Oli stap usum yang
konkon frut ia long
sup mo wetem stew.
Frut ia hemi wan
meresin tu ia we hemi
save help blong
faetem ol sik we oli
pas tru long virus.



Yu putum sids
insaed long wota
blong 24 awa bifo
yu planem. Ol plan
ia oli nidim wan
samting blong
klaem long hem.



Pamkin — yumi save kakae frut mo lif blong hem



Taem yu usum
ol lokol sids,
bae pamkin
plan blong yu
bae nosave
kasem tumas
sik. Yumi save
rusum siids
blong olgeta
mo yumi save
kakae tu lif
blong olgeta.



Cucurbita maxima and
Cucurbita moschata



Winged bean – wan gudfala plan

Yumi save kakae ol lif, flawa, frut mo ruts blong hem



Psophocarpus tetragonolobus



Wan impoten plan we I givim gud kwaliti kakae mo I mekem tu graon hemi gud. Ruts blong olgeta hemi gro I kam fatfat taem oli gro long ples we I kolkol lelepet.



Long bean – wan plan blong bifo



Wan popula bean we I
stap klaem long ol
samting mo yumi save
kakaef lif, frut, sids mo
ruts blong hem sapos
yumi cukum.

*Vigna unguiculata subsp.
sesquipedalis*



Kasis

Yumi save boilem mo kakae yang
frut blong hem.



Leucaena leucocephala

Pinat — hemi gro gud nao long drae sisen

Arachis hypogea



Yumisave
kakaesids
blong hem
drae nomo
o yumi save
cukum.



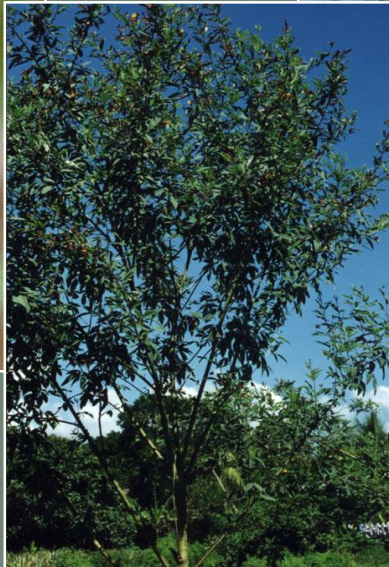
Pigeon pea — wan smol tri we yumi save kakae frut mo lif blong hem



Cajanus cajan



Yumi save cukum mo kakae ol lif, frut, sids mo flawa blong hem.



Ruts blong pigeon pea hemi gro dip I ko daon long graon mo hemi help blong resaeklem nutrient mekem se hemi save gro long draw ples. From hemi wan legume, hemi putum nitrogen I ko insaed long graon.

Flawa blong banana – wan spesel vejtebol



Musa spp.



Yumi save terterem,
cukum mo kakae ol
man flawa blong sam
kaen banana. Olgeta
oil kat insaed long
olgeta sam protein
mo iron.

Acknowledgements

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