

# FRUIT AND NUTS OF VIETNAM

*PRACTICAL WAYS OF GROWING LOCAL  
FOOD PLANTS AND DOING IT WELL*



FOOD PLANT SOLUTIONS  
ROTARY ACTION GROUP  
*Solutions to Malnutrition and Food Security*



A project of the Rotary Club of Devonport North and District 9830

# Fruit and nuts of Vietnam



Food Plant Solutions produces educational materials to enable people to understand the nutritional value of local food plants and increase awareness of highly nutritious plants that are adapted to the local environment. Some of these plants are under-utilised species and many are superior to imported foods and plants. Food Plant Solutions produces these materials because every minute of every day, five children under the age of five die from malnutrition.

We welcome and encourage your support.

**Food Plant Solutions** - A project of the Rotary Club of Devonport North & Rotary District 9830.

This booklet is based on information from the Food Plants International (FPI) database, "Edible Plants of the World", developed by Tasmanian agricultural scientist Bruce French.

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# Vietnam - a country of fabulous fruit



# Fruit tastes good and keeps us healthy

Everybody should eat some fruit every day.

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

Good gardeners and farmers plant several kinds of fruit trees.



Durian



Watermelon



Rambutan



Dragon fruit

# Fruit for hot humid climates



Mango



Banana

Fruit to be enjoyed by all.

Some grow quickly.

Some need to be planted for the future .

Many are seasonal.



Pawpaw



Mangosteen

# Enjoy fruit to enjoy a good life

- Fruit adds flavour to life.
- Fruit is often rich in vitamins.
- Fruit makes good, quick snacks.
- Fruit is fun.



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

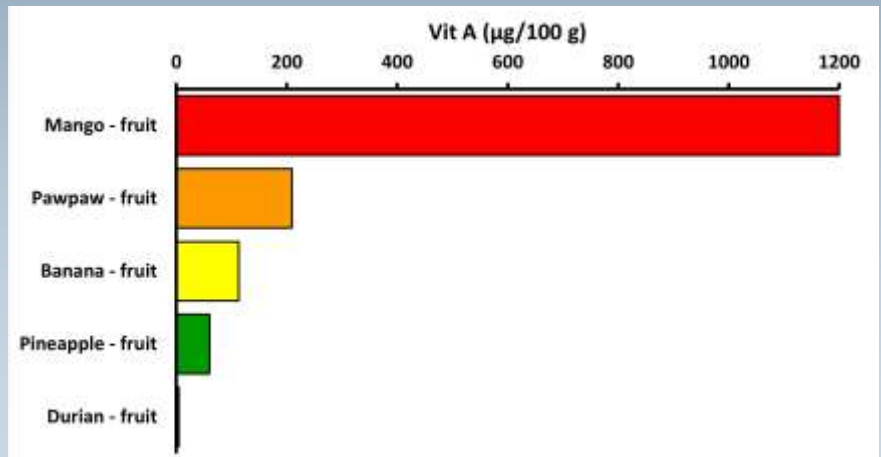


# Vitamin A in fruit

Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

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.



# Vitamin C in fruit

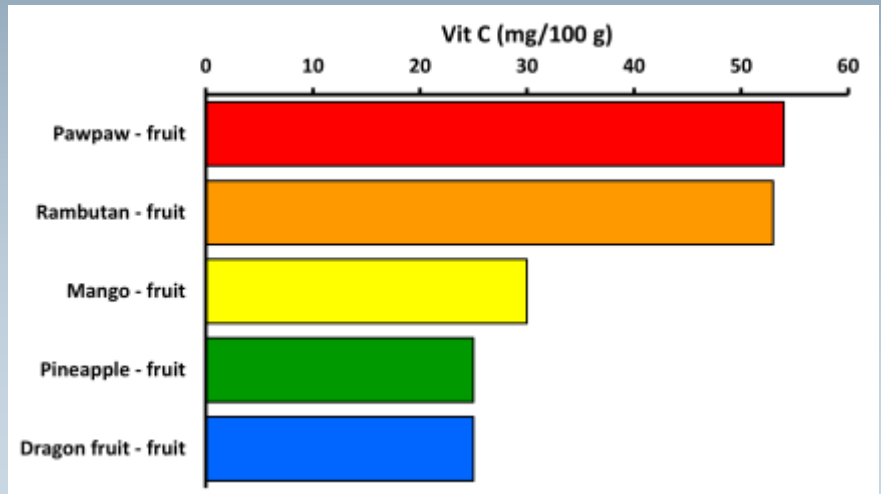


Rambutan



Pawpaw

Vitamin C is important for helping us to avoid sickness





# Mango



Ripe fruit is eaten raw.

Unripe fruit is pickled.

Young leaves can be eaten raw or cooked



*Mangifera indica*

# Pineapple



*Ananas comosus*

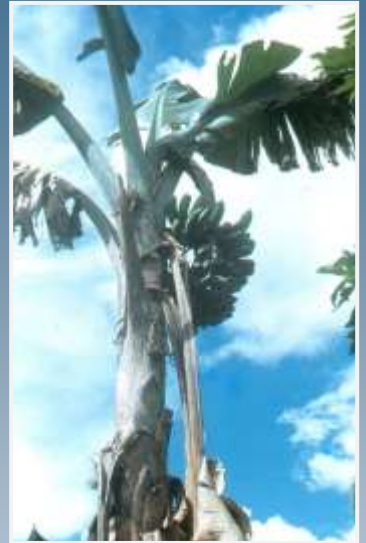
**Fruit is eaten fresh or used for juice.**

**Unripe fruit can be eaten cooked.**

# Banana

Fruit are eaten raw or cooked,  
depending on the variety.

*Musa spp*



# Pawpaw

Fruit can be eaten raw when ripe or cooked when green.

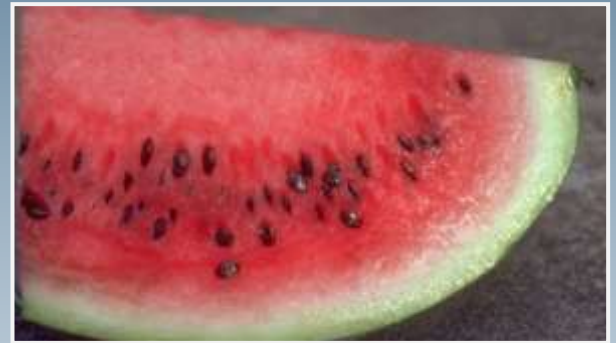


*Carica papaya*



# Watermelon

**Ripe fruit are eaten raw.**



**Seeds can be eaten.**

*Citrullus lanatus*

# Rambutan

Ripe fruit are eaten fresh.



*Nephelium lappaceum*



# Dragon fruit

Ripe fruit are eaten fresh.

Unopened flower buds are cooked and eaten as a vegetable.

*Hylocereus undatus*





# Durian

**Flesh around the seeds  
is eaten.**

*Durio zibethinus*



**Unripe fruit can be  
eaten as a vegetable.**



# Mangosteen

Flesh around the seed is  
eaten fresh



*Garcinia mangostana*



# Vietnam- nuts and seeds



# Nuts - nutritious, storable, tasty and rich in protein, vitamins and minerals

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



# Cashew nut



**Nuts are eaten raw or roasted.**  
**The flesh of the "apple" is eaten when very ripe**

*Anacardium occidentale*



# Peanut

The seed can be dried and stored for later use.

They are nutritious and can be roasted and eaten as snacks.

Peanuts can improve the soil whilst providing food.

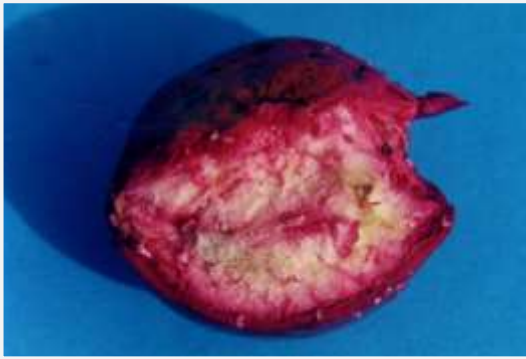


*Arachis hypogaea*





# Coastal almond



The kernel of the fruit is eaten raw.



*Terminalia catappa*



# Safflower

The seeds are eaten hulled and roasted.

The seed oil is used in cooking.



*Carthamus tinctorius*



# Acknowledgements



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# Image acknowledgements

Most images used in this publication are drawn from the Food Plants International database. Acknowledgement is given for images of the following plants sourced from the internet.

Scientific name	Common name	Image URL
	Vietnam market	<a href="https://flexiclassess.com/vietnamese/market/">https://flexiclassess.com/vietnamese/market/</a>
<i>Carthamus tinctorius</i>	Safflower	<a href="https://www.illinoiswildflowers.info/weeds/plants/safflower.html">https://www.illinoiswildflowers.info/weeds/plants/safflower.html</a> <a href="https://supplements.selfdecode.com/blog/safflower-oil/">https://supplements.selfdecode.com/blog/safflower-oil/</a>
<i>Carthamus tinctorius</i>	Safflower seed	<a href="https://www.indiamart.com/proddetail/safflower-seed-16285347097.html">https://www.indiamart.com/proddetail/safflower-seed-16285347097.html</a>
<i>Anacardium occidentale</i>	Cashew (apple)	<a href="https://blogs.extension.iastate.edu/answerline/2021/04/13/cashews-not-really-a-nut/">https://blogs.extension.iastate.edu/answerline/2021/04/13/cashews-not-really-a-nut/</a>

# Notes

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