

Potentially Important Food Plants of Cambodia



**FOOD PLANT
SOLUTIONS**
ROTARIAN ACTION GROUP

Solutions to Malnutrition



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A Project of the Rotary Club of Devonport North,
District 9830 & Food Plants International

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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. This partnership will help to address malnutrition in Asia, specifically Cambodia, one of their operating countries. 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.

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Dedication

This book is dedicated to the 3 billion hard working farmers and families around the world who cultivate these, and other, food plants for their own subsistence, and who help conserve them in their rich diversity for other people to enjoy.

Preface

This guide is based on information from the Food Plants International (FPI) database developed by Tasmanian agricultural scientist Bruce French. The source material and guidance for the preparation of the book has been made possible through the support of Food Plants International, the Rotary Clubs of District 9830, particularly the Rotary Club of Devonport North who founded Food Plant Solutions, (previously the Learn&Grow project), and many volunteers who have assisted in various ways.

The selection of plants included in this guide has been developed by Melanie Bower working in a voluntary capacity using the selection criteria developed by Food Plant Solutions. These selection criteria focus on the local plants from each of the main food groups with the highest levels of nutrients important to human nutrition and alleviation of malnutrition. It is intended as a guide to indicate some important food plants that serve as examples for this purpose. Other important nutritious plants may be equally useful, and it is recommended that the FPI database be used to source information on the full range of plants known to occur in Cambodia. This guide has been developed with the best intention to create interest and improve understanding of the important local food plants of Cambodia, and on the understanding that it will be further edited and augmented by local specialists with appropriate knowledge and understanding of local food plants.

Food Plant Solutions was initiated by the Rotary Club of Devonport North to assist in creating awareness of the edible plant database developed by Food Plants International, and its potential in addressing malnutrition and food security in any country of the world. In June 2007, Food Plant Solutions was established as a project of Rotary District 9830, the Rotary Club of Devonport North and Food Plants International. The primary objective of the project is to increase awareness and understanding of the vast food resource that exists in the form of local plants, well adapted to the prevailing conditions where they naturally occur, and how this resource may be used to address hunger, malnutrition and food security. For more information, visit the website www.foodplantsolutions.org. More detailed or specific information on plants, including references to material by other authors, is available on DVD on request.

Disclaimer: This Field Guide has been produced using information from the “Edible Plants of the World” database compiled by Bruce French of Food Plants International. Although great care has been taken by Food Plants International and Food Plant Solutions, neither organisation, or the people involved in the compilation of the database or this Field Guide:

- makes any expressed or implied representation as to the accuracy of the information contained in the database or the Field Guide, and cannot be held legally responsible or accept liability for any errors or omissions
- can be held responsible for claims arising from the mistaken identity of plants or their inappropriate use
- assume responsibility for sickness, death or other harmful effects resulting from eating or using any plant described in the database or this Field Guide

Always be sure you have the correct plant, and undertake proper preparation methods, by consulting with specialist scientists or local users of the plant. The Food Plants International database, from which the information in this Field Guide is drawn, is a work in progress and is regularly being amended and updated.

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Introduction

This book is designed as a simple introduction to the more common food plants of Cambodia. It is hoped people will take greater pride and interest in these plants and become confident and informed about how to grow and use them. Many of the local food plants that occur in every country are very good quality foods. Unfortunately, people often reject traditional food plants and grow more of the introduced vegetables, such as ballhead cabbage. These do not have the same food value as many traditional, tropical, dark green, leafy vegetables.

Growing food

Growing food to feed a family is, without doubt, one of the most important things anyone can do. The more interest you take in your garden and the more you learn about plants and how to grow them well, the more interesting and fun food gardening becomes.

A country with very special plants

The local food plants of most countries have not been promoted and highlighted in the way they deserve. Visiting a local food market will quickly show what a rich variety of food plants can be grown in this country. Good information about these plants is often still in the minds and experience of local farmers, and has not been written down in books. This can make it hard for the next generation of young people to find out how to grow them.

In many countries, some of the traditional food plants are only harvested from the wild and others are only known in small areas. Others have hundreds of varieties and are the main food for people in different regions. Information on all these plants, their food value and the pest and diseases that damage them is available in the Food Plants International database.

Getting to know plants

People who spend time in gardens and with their food plants get to know them very well. It is a good idea to learn from someone who grows plants well. Each plant grows best in certain conditions and there are often special techniques in getting it to grow well. For example, sweet potato will not form tubers if the soil is too wet, but it may still grow lots of green leaves. Taro will grow in light shade, but sweet potato will not. Ginger can grow in fairly heavy shade. Pruning the tips of betel leaf or pepper vines will cause more side branches to grow and therefore, produce more fruit. Stored yam tubers need special treatment if you want them to put out shoots early. There are lots of unique things about every plant and learning about these helps a good gardener produce more food.

Naming of plants

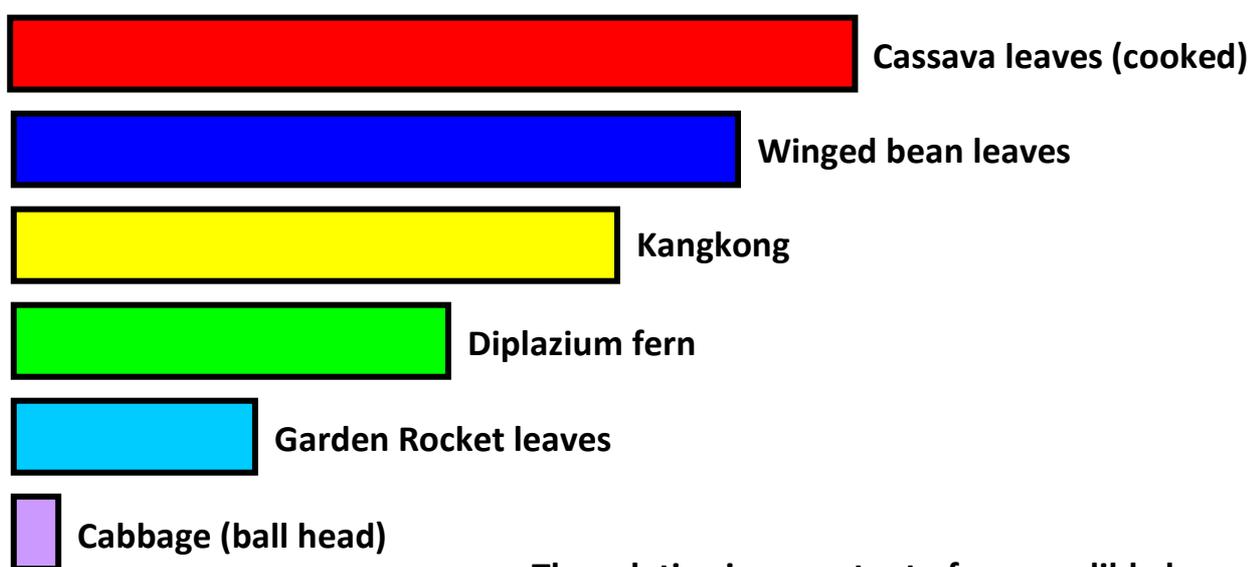
Many food plants have local names, as well as a common English name. Every type of plant also has its own scientific name. Although the scientific name might not be widely recognised, this is the link by which people in different countries and with different languages can recognise the same plant. We know that many plants are grown in many different countries, but relying on local or common names, we might not recognise the same plant grown in different places. By using scientific names to accurately identify plants, we can get useful information from people in other countries. Wherever possible, plants in this book are named by their common English name and their scientific name.

Local food plants are often very good

People sometimes think that local food plants are not very special and that any food plant that is new or comes from another country must be a lot better. This is often not true. Many of the

newer or introduced food plants, such as the round or ballhead cabbages, have very little food value. Many traditional tropical green, leafy vegetables and ferns have 10 times or more food value as ballhead cabbage or lettuce. It is important to find out more information about the food value of different foods if we want to eat well. Citrus fruit, such as lemons and oranges, are often grown for vitamin C that helps keep people healthy. These fruits do not grow well in the tropics - the common guava fruit has three times as much vitamin C and is loved by children. This is just one example that there are often much better choices of local foods with higher levels of important nutrients.

Our bodies need a variety of food plants to enable us to grow, stay healthy and have enough energy to work. Different foods are needed to provide energy, protein, vitamins and minerals. The following diagram highlights the iron content value of some traditional edible, tropical plant leaves, compared with cabbage. Iron is a nutrient that is very important for our bodies and especially our blood. People who are short of iron become anaemic and lack energy.



The relative iron content of some edible leaves

A healthy balanced diet

Good nutrition, or eating a healthy balanced diet, is really very simple. If people eat a wide range of food plants, their bodies will normally get a balanced amount of all the different nutrients they require. If a nutrient is lacking in one food plant, then they are likely to get it from another plant if they are eating a range of food plants. For this reason, everybody should eat a range of different food plants every day. The food group that is especially important for young people is the dark green leaves. Everyone should eat a good serving of dark green leaves every day. They have many vitamins and minerals, as well as protein. There are many spices or flavouring plants that can improve the taste of foods, but taste should be considered separately from food value.

Learning to cook well

Even though some nutrients in food can lose some of their value during cooking, it is normally much safer to cook all food plants, at least for a short time. Bacteria, which cause diarrhoea, can occur in gardens and on food plants. These are killed during cooking. Many plants in the tropics develop cyanide, a chemical that makes them bitter and poisonous. This happens often with cassava (tapioca, manioc) and beans, but can also occur in many other plants. Boiling the food for two minutes normally destroys cyanide and makes the food safe to eat. Some of the nutrients our

bodies need (such as vitamin A for good eyesight) only become available when food is cooked in oil.

Learning to grow “wild” food plants

Many plants grow wild in the bush and are not cultivated by people. We can normally find someone who has taken an interest in them and has learned to grow them. This may be people from a different language group. It may be that in their area they have found better types than the ones that simply grow wild.

Saving better types of plants

If we simply allow plants to grow from seed, the improvements that have been made in finding sweeter or better types may get lost. Some fruit trees are like this and the fruit produced may not be sweet at all. It is often necessary to take cuttings from a tree to be sure the new plant is exactly the same as the old one. If the plants won't easily grow from cuttings simply by sticking a piece of the branch in the ground, there are other ways of helping these plants to form roots and start to grow. One good way is to make a small cut in the bark of a young branch and then wrap soil around the cut and cover it with plastic. With plants like guava, new roots will start to grow from this cut and grow into the soil wrapped around the branch. It can then be cut off and planted. This is called air-layering. A similar method is used with the roots of breadfruit. A shallow root is uncovered and a small cut made from which a new sucker will start to grow. This can be cut off and replanted.

Growing from cuttings and suckers

Many food plants are grown from cuttings and suckers. This is very important, as it allows all the different kinds of yams, taros, bananas, sweet potato and sugarcane to be continually grown and ensures the varieties are preserved. Each plant has its own special propagation method. It is important to use healthy planting material, as diseases can be spread in planting material.

Saving seed

Some food plants are grown from seed. Sometimes this is very easy as the seeds are large, store well, grow easily and grow the same as the original plant. It is more difficult with other plants. Many large fleshy seeds, such as breadfruit, need to be planted while still fresh, as they do not store easily. Other seeds do not “breed true” or do not grow into new plants that are the same as the original plants. For example, the fruit may not be as large or sweet or have the same colour or taste. With many of these plants, it may be necessary to find ways of growing them from cuttings or other methods such as grafting. Some plants “inbreed” and get smaller or poorer. This happens when a plant self-pollinates or receives pollen from a close relative. Corn grown in small plots normally does this and the plants grown from seed grown in this situation get smaller and smaller each year. The seed needs to be saved from several different plants with different history and then mixed together before sowing. All the seeds on one cob are related and will inbreed. Some seeds develop a hard seed coat and need to be scratched, soaked in water, or even put into hot water, before they will start to grow. Saving local seeds is often a good idea as they are already adapted to local conditions. For example, seed saved from pumpkins grown locally will produce plants with less pest and disease damage than those grown from imported seed. *If you can't get seeds or planting material from local gardens – it is probably not a suitable local plant!*

Growing a garden of mixed plants

In nature, one variety of one plant never grows alone. There are always lots of different plants of different kinds and sizes, all growing together. Anyone who has ever walked into a tropical jungle

will know this very well. The reason people all over the world want to save the rainforest is because it has so many different kinds of plants all growing together. Growing plants in a food garden in a way similar to how they grow in nature, as a mixed group of plants, is very good agriculture. Mixing plants in a garden usually gives more reliable food production, as any disease from one plant will wash off in the rain onto a different plant, where it cannot survive. Small plants fill the gaps and reduce the need for weeding.

Different types of plants for food security

There is another reason for growing a range of food plants in a local garden or around a village. If something goes wrong, like extreme insect damage to plants, some disease occurring in the garden, or a poor growing season, some plants will be more damaged than others. With a variety of plants, there will still be some food to eat until the other plants recover and grow again. Also, a wide variety of plants will mean that different ones will be maturing at different times, which helps ensure a continuous supply of food. There are shrubs that can be planted as edible hedges around houses, and fruit and nut trees that need to be planted as a gift for your children, several years before they will be able to enjoy them. Some nuts can be stored and eaten when other foods are not available. Most yams will store well for a few months.

Looking after the soil

Gardeners in traditional tropical agriculture usually move their gardens often by shifting to a new piece of land. There are usually three reasons for this:

- In the tropical lowlands, weeds can become a very big problem. There are usually a lot fewer weeds in the first year or two after clearing and burning the land, but weeds increase in the following years.
- Some of the nutrients in the soil are used each year and the soil becomes poorer and plants do not grow as well. There are ways of reducing this loss of nutrients.
- Very small worms called nematodes build up in the soil after a few years and get into the roots, especially of annual vegetable plants, and stop their roots working properly. For example, root knot nematode will cause the roots of plants like tomatoes and beans to become twisted resulting in poor growth of the plant.

Building up the soil

When a new garden has been cleared, it has lots of leaf mulch and other old plant material. This provides plant nutrients for new plants to grow. There is a simple rule for growing plants and improving the soil - "If it has lived once, it can live again." Any old plant material can provide nutrients for new plants to grow, but it must be allowed to rot into mulch or compost for this to happen. If this plant material is burnt, some nutrients, especially phosphorus and potassium ("potash"), get left behind in the ashes for new plants to use, although it also allows these important nutrients to be lost by being washed away by rain. But with burning other important nutrients, such as nitrogen and sulphur, get lost in the smoke and disappear from the garden and soil. These last two plant nutrients are especially important for growing green leaves and when their levels are low, plants grow small or pale green. When nitrogen is lacking, the old leaves of the plant go pale and fall off early, and when sulphur is lacking, the young leaves go pale. Wherever possible, old plant material should be covered with some soil to allow it to rot down and not simply dry out or get burnt.

Poor soils where crops won't grow

When soils are very acid (or sour), plants cannot get the necessary nutrients. Natural chemicals in the soil that are toxic to plants when present at higher levels become soluble, get into plants, and

stop them growing. Adding limestone to these soils can improve them. Using compost will not make them less acid, but will keep the plant nutrients in the soil in a more readily available form that plants can use.

Soil nutrients

Plants need 16 different kinds of plant food or nutrients in different amounts to grow properly. A plant that has already been growing will have these nutrients in them and probably even have them in a balanced amount. That is why composting old plant material is so important. Plants usually show some signs or symptoms if any of these nutrients is running out.

One of the most common and important nutrients for plant growth is nitrogen, which actually comes from the air, but gets into plants through the soil. When plants are short of nitrogen, their older leaves often become yellow or pale. When grass family plants, like sugarcane and corn, are short of nitrogen, the centre of the oldest (lowest) leaves starts to develop a dry or dead V-shape. The plant cannot find enough nitrogen in the soil so it gets it from an old leaf to grow a new leaf. This causes the old leaf to die, forming a characteristic V-shape in the centre of the leaf. The plant does not get any bigger as an old leaf dies each time a new leaf is produced. Village farmers often walk through grassland before they clear it for gardens, looking to see if the grass leaves are dry and dead, because they know gardens on this soil won't grow well. It is necessary to use compost or legumes (such as beans) to put nitrogen back into the soil. Growing plants from the bean family (legumes) is the most efficient way to increase the level of nitrogen in the soil.

Corn is a good plant for indicating which nutrients are running short in the soil. If the older leaves go dry along the edges, the soil is running out of potash. If leaves that are normally green develop a bluish colour, the soil is short of phosphorus. Generally, leafy crops need lots of nitrogen, and root crops need lots of potash.

Making compost

Compost is old plant material that has been allowed to rot down into a fine, sweet smelling mulch that is full of nutrients that can be put back on the soil to grow new plants. Making good compost is very simple. A simple heap of plant material can be made in the corner of a garden or near a house. The composting process is carried out by small bacteria that live in the soil and feed on decaying plants. They break down old plant material into compost. These bacteria are living, so they need air, water and food. A good compost heap must have air, so don't cover it with plastic or put it in a container. This makes a foul smelling compost, as different bacteria that don't need air turn it into an acid mixture that preserves it. Good compost must have moisture, so keep the heap damp, but not too wet. The compost bacteria like a balanced diet, which means that both green material and dried material is needed to balance the carbon and nitrogen in the compost pile. If the compost material gets too dry and brown, it will not break down, and if it gets too green, it will go slimy. Using a little bit of compost from an old heap will make sure the right bacteria are there to start the whole process off. As soon as the plant material is broken down to a fine mulch it can be put onto the garden. It is best if it is dug in, but if it is regularly put onto the surface of the garden, worms will mix it into the soil.

Pests

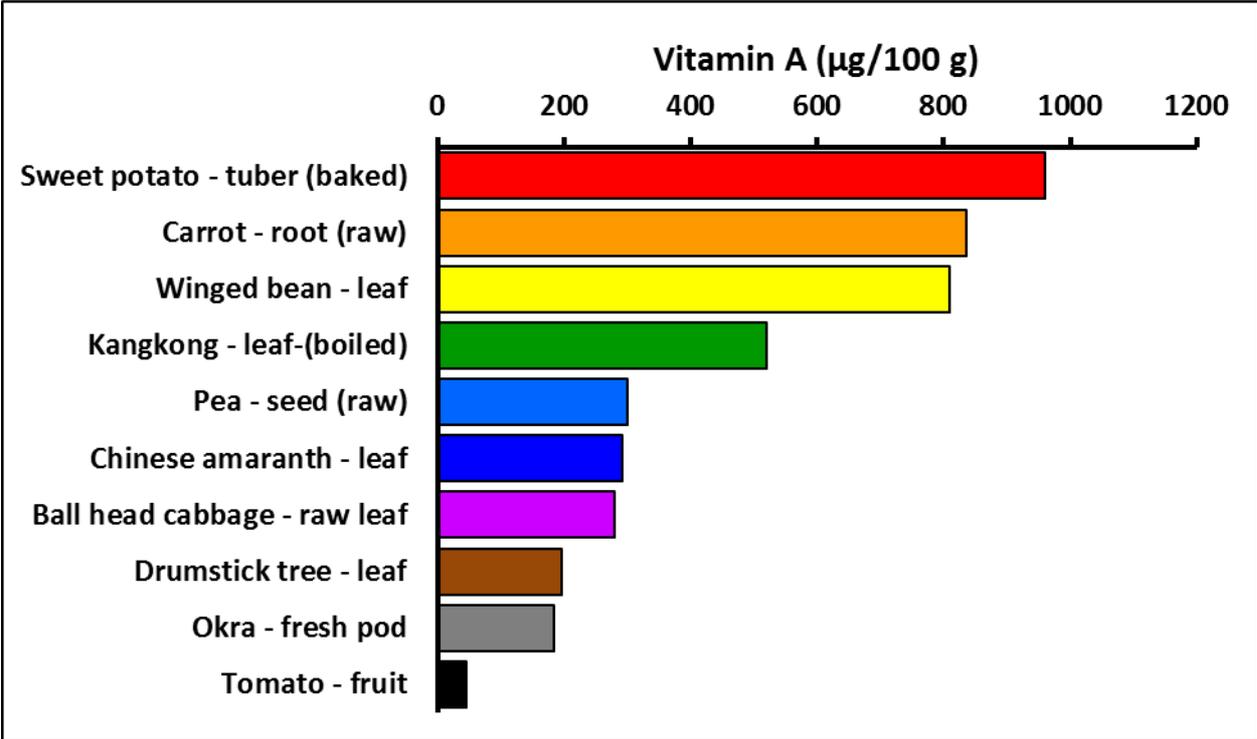
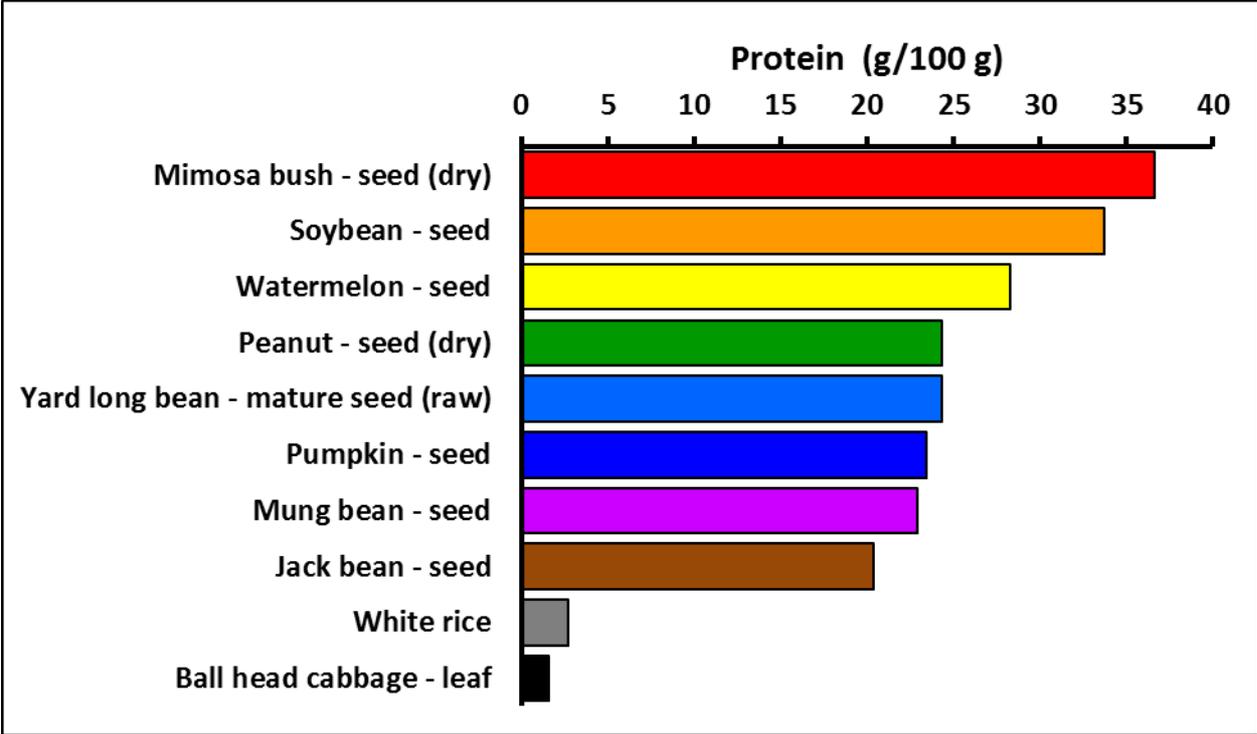
There are a large number of insects that enjoy sharing our food with us! We should not try to kill all these insects as they have an important role to play in keeping everything in nature in balance. What we need to do is to learn to manage these insects so we can all get some food to eat! Some insects are attracted to lights, and if the garden is near village lights, some insects can cause a lot

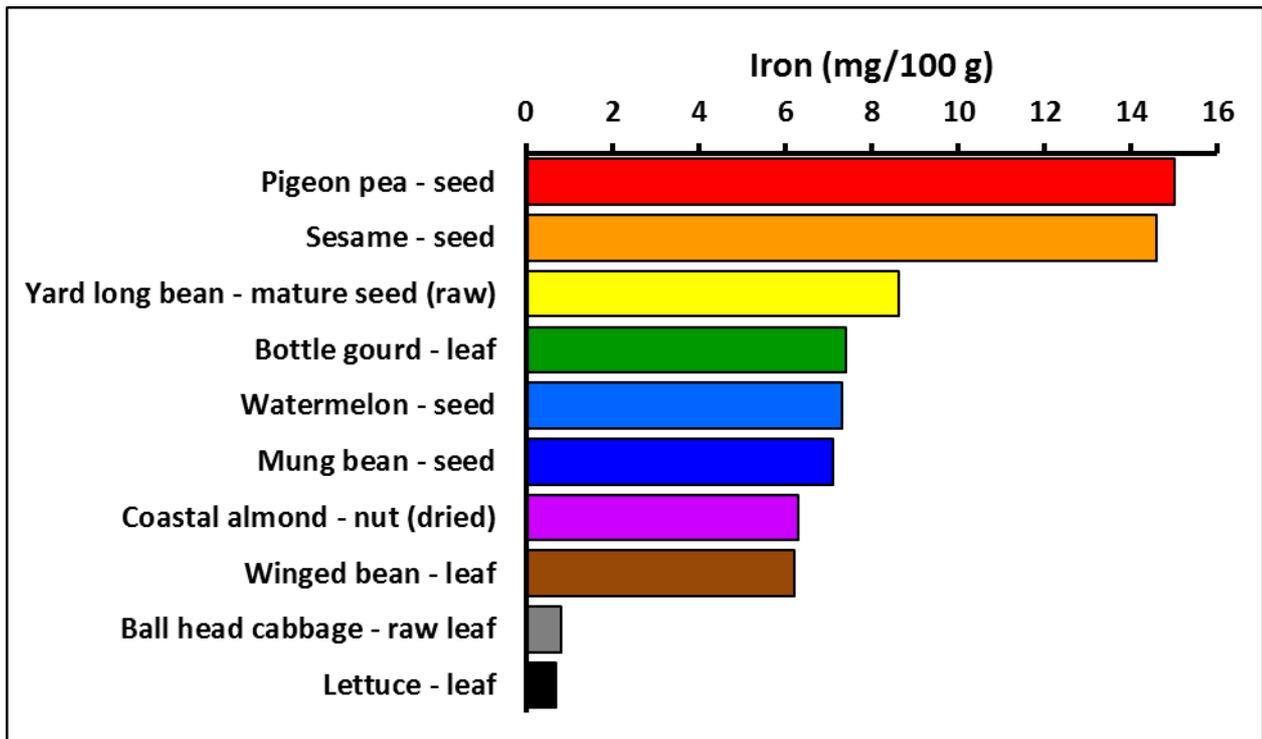
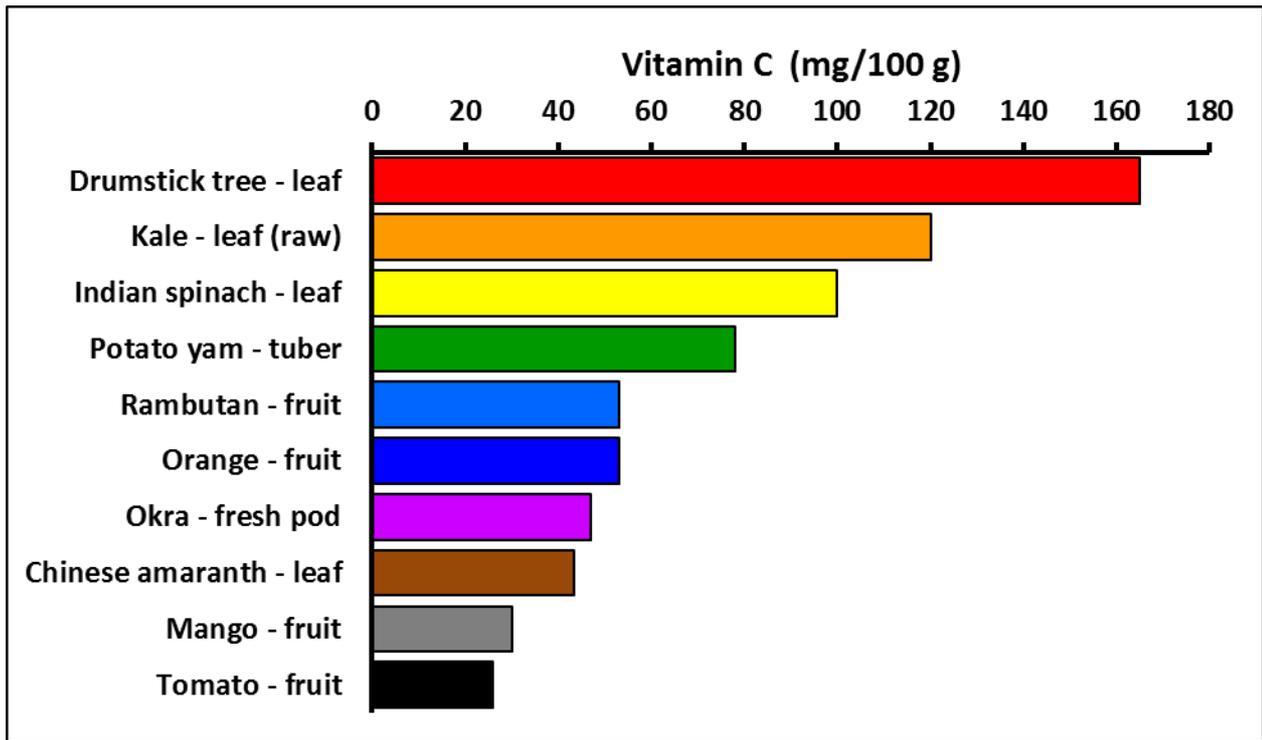
of damage. If large areas of one particular crop are planted, insects can breed more quickly and cause a lot of damage. As an example, insects called armyworms can breed up in large numbers on the shade trees of cacao and then move “like an army” into gardens. Some insects are large and breed slowly and can be picked off and removed. The large, green grubs with pointy tips that hide under taro leaves are best controlled by simply picking them off. Some insects, like taro beetles, can be a serious problem, but the young curl grubs of this insect are tasty if you catch and cook them. Some insects do not like sunlight. The very small moth that damages banana fruit is like this. Simply pulling off the leafy bracts over the banana fruit reduces the damage, as this lets sunlight in and the insect flies away. The best rule for reducing pest damage is to grow healthy plants, as they suffer less damage.

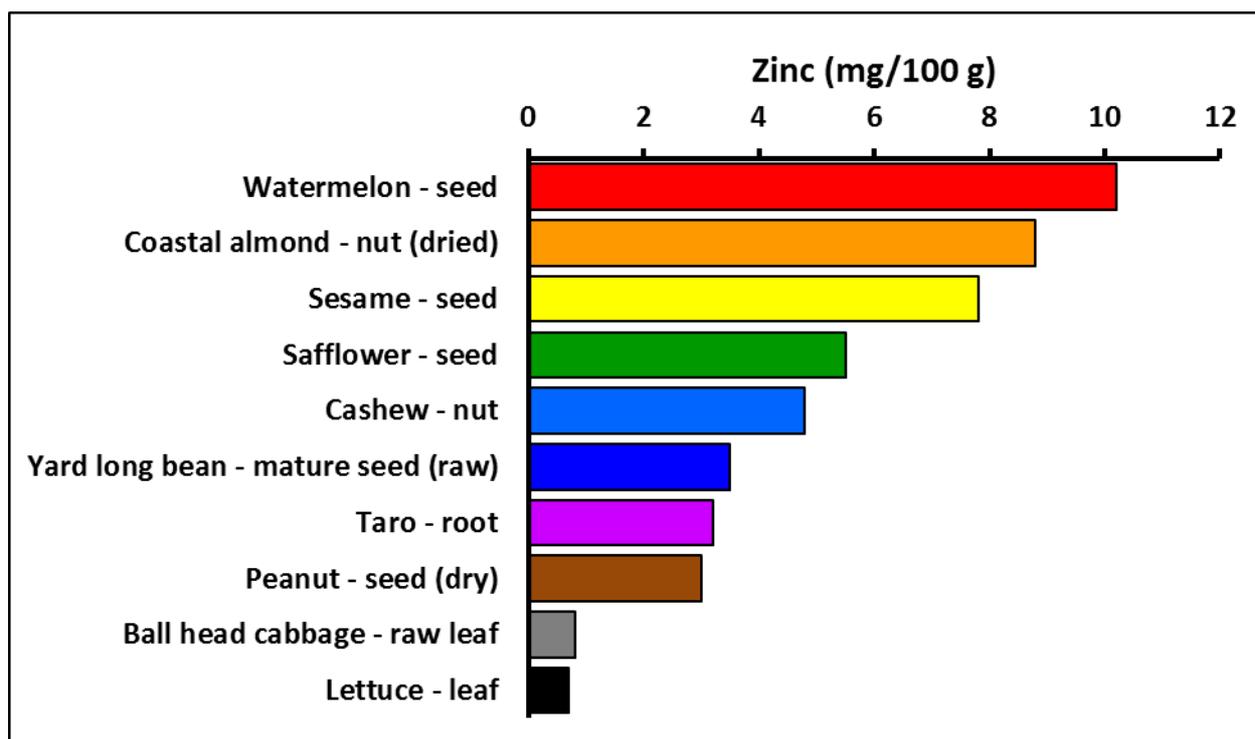
Diseases

The living organisms that cause disease are much smaller than insects. These disease organisms can often only be seen with a microscope. There are three main kinds of disease organisms - fungi, bacteria and viruses. Fungi are like the mushrooms we eat, only very much smaller. They usually make distinct dry spots on leaves and other plant parts. Fungi have spores that often blow in the wind. Bacteria are often smaller and live in damp places. They usually make plants go soft and squashy, and they may cause a smell. Bacteria are mostly spread with rain and in water. Viruses are very, very small and usually make irregular stripes and patterns on leaves and other plant parts. Viruses usually spread in planting material or in the mouths of small sucking insects. One common fungus disease on sweet potato causes the leaves to become wrinkled and twisted. It usually gets worse in old gardens and where soils are running out of nutrients. It doesn't affect all kinds of sweet potato to the same extent. The answer is not to stop the disease, but to improve the soil. The general rule is that healthy plants that are growing well will suffer less damage from disease.

Food value charts for a selection of plants from Cambodia







A note about this field guide

In compiling this field guide, we acknowledge that some staple foods and commercial crops that are grown widely in Cambodia may be omitted. Such foods are often in the starchy staple category (e.g. rice, corn). This does not mean that they are not useful, but merely reflects a desire for the Food Plant Solutions project to concentrate on plants that are less well known and/or underutilised.

Plants suggested in this guide have been evaluated based on the suitability to Cambodian climate, ease of production, cultural significance and nutritional value.

The Cambodian climate is predominately tropical with two distinct seasons, wet and dry. There is also topographical variation from coastal areas to inland mountainous regions, which influence the selection of plants in this field guide.

Cultural significance to the Cambodian people is of high importance and in some cases plants have been selected solely on this criteria. For example, when selecting suitable fruit plants, the top 3 fruit, based on research, that are significant in Cambodian culturally are Durian, Mangosteen and Sapodilla.

In addition to cultural significance, there are a number of plants selected that could fit into numerous categories due to the multiple plant parts that are of nutritional value. For example, Watermelon, as a fruit, can be eaten raw or cooked but the seed can be dried, and roasted providing a high protein source and a good source of zinc. Another example Okra fruit can be cooked while the seeds provide a high protein source and the leaves are a substantial vitamin A and C source.

A wide range of plants should be eaten to ensure adequate nutrition is achieved.

Starchy staples

English: Rice

Khmer រៀន

Scientific name: *Oryza sativa*

Plant family: POACEAE

Description: An annual grass with hollow stems. The stems can be 30 - 150 cm tall. (Floating varieties can be 5 m long.) The nodes are solid and swollen. The stem is protected by a skin layer which can often be high in silicon. A clump of shoots are produced as tillers from buds in the lower leaf axils. The leaves are narrow and hairy. They taper towards the tip. Each stem produces 10 - 20 leaves and the seeds hang from the flower stalk at the top. Some varieties are glutinous and cling together when cooked.



Distribution: A tropical plant. It grows in tropical and subtropical countries. Plants are grown in both flooded and dryland sites. It will grow over a range of conditions but is normally between sea level and 900 m altitude in the tropics. Occasionally it is grown up to 1,600 m. It needs a frost free period of over 130 days.

Use: The grains are boiled and eaten after the husks are removed by pounding and winnowing. It is also made into flour, desserts, puddings, starch and noodles. Rice paper can be made from the flour. Rice bran is used for pickling vegetables. The sprouted seeds are eaten in salads. Young seedlings can be used as a vegetable. Rice can be used to make alcohol and milk like drinks.

Cultivation: Plants are grown from seed. Seed can be sown direct or in a nursery and transplanted. For dryland crops, sow 5 - 10 seeds in holes 20 - 25 cm apart. For transplanting, 2 or 3 plants as a 20 x 20 cm spacing is suitable. Weed control is a problem in the early stages. Flooding can be used for weed control.

Production: The glumes are removed to produce husked rice. Polishing removes the integument giving polished rice. Rice development takes 90 - 200 days depending on variety.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed (white)	11.4	1530	6.4	-	0	1.9	-
seed (brown)	13.5	1480	7.6	-	-	2.8	-

Starchy staples

English: Cassava

Khmer: ដំឡូងដី

Scientific name: *Manihot esculenta*

Plant family: EUPHORBIACEAE

Description: A plant that can re-grow year after year from the thickened roots. It has several stems. The stems are woody and have some branches. Plants grow up to 3 metres tall. Stalks have distinct scars where leaves have fallen. The leaves tend to be near the ends of branches. The leaves are divided like the fingers on a hand. The leaves have long leaf stalks. The leaves have 3 - 7 long lobes, which can be 20 cm long. These are widest about 1/3 of the distance from the tip and taper towards the base. The colour varies. It produces several long tubers. These can be 50 cm long by 10 cm across. The flowers are on short stalks around a central stalk. They are produced near the ends of branches. The female flowers are near the base of the flower stalk and the male flowers higher up.



Distribution: A tropical plant. Plants grow from sea level up to about 1,650 m. In Fiji they grow to 900 m. They can grow in poor soil and can survive drought. It is native to tropical America. It grows between 25°N and 25°S and needs a rainfall above 750 mm. It suits hardiness zones 10 - 12.

Use: The tubers are eaten after thorough cooking. They are boiled, roasted or made into flour. The starch is used in puddings, soups and dumplings. Young leaves are edible after cooking. They are also sometimes dried and stored. Seeds are also eaten. **Caution:** Bitter kinds of cassava contain poison but this is destroyed on heating. This kind of cassava should be cooked, sun dried, soaked and cooked again.

Cultivation: Cassava is planted from sections of the stalk. Sections about 15 - 20 cm long of the more mature woody stem are cut and stuck into the ground. They can be completely buried or put at almost any angle and it affects the growth little. Soon roots form and leaves start to sprout from the stalk. Cassava seeds need a soil temperature of 30°C for their germination. Flower and fruit production is more common under lower temperatures such as in highland or less equatorial conditions.

It is not necessary to dig a hole to plant cassava and on many soils where the soil is loose, it can be planted without digging the soil first. Cassava does not suit waterlogged soils and preferably, they should not be too shallow or stony.

Cassava can be planted at any time of the year but to get started it needs moisture so is often planted near the beginning of the wet season. The crop once established can survive for several months without rain. The ability to tolerate drought varies significantly with cultivar. During drought less and smaller leaves are produced and leaves die off more quickly but storage roots can be increased in the short term.

Because cassava can still grow satisfactorily in poorer soils, it is often put last in a rotation after others crops have already been grown on the piece of land. Cassava is more responsive to nitrogen and potassium than phosphorus under many field situations. Nitrogen can increase cyanide levels. Under very acid conditions with high soluble aluminium levels, cassava has been

able to achieve and maintain top growth but with significantly reduce root yields. When drainage is good and soil moisture is adequate, cassava stalks can be planted at any orientation from horizontal to vertical, but in very sandy soils, horizontal planting is best and in heavy clay soils, vertical planting is best.

Because of the slow growth in early establishment stages, soil loss from erosion with heavy rains can be significant. To avoid this planting should be timed so that the maximum vegetative growth is occurring during the heaviest rains. A leaf area index between 2.5 - 3.5 is optimal for cassava yield. The critical period for weed control is the time from 2 - 8 weeks after planting. Cassava tuber bulking is delayed under shaded conditions. Yields are also reduced. In mixed cropping situations using crops that mature early, allowing the cassava time to recover is one possible strategy. For optimum production, shading should be avoided.

Cassava takes about 10 - 12 months to produce mature tubers in the lowlands tropics although some varieties produce a smaller yield earlier. Yields in the range of 20 - 45 t/ha have been recorded for 12 - 14 month crops. The plants can be left growing and the tubers stored in the soil for considerable time. Crops of 24 months duration occur. Once the tubers have been dug, they do not keep for more than a few days. Pre-harvest pruning of plants increases the storage time of tubers after harvest.

Spacing and plant density varies with soil climatic conditions and variety. Plant densities from 10,000 to 30,000 plants per hectare are used. Plants from the higher density crops have been shown to have quick post-harvest deterioration. Mulching has given significant yield increases in some conditions. It also reduces the incidence and damage of some root boring insects.

Production: Plants can be harvested after 10 months in the lowlands. There are some faster growing varieties. Yields in the range of 20 - 45 t/ha have been recorded for 12 - 14 month crops.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
tuber	62.8	625	1.4	30	15	0.23	0.48
leaf	82.0	382	7.1	57	275	7.6	-

Starchy staples

English: Elephant foot yam

Khmer: ដំឡូងទាល់

Scientific name: *Amorphophallus paeoniifolius*

Plant family: ARACEAE

Description: A taro family plant but with a very divided leaf. It grows to 1 m tall. It is an herbaceous plant with rough and mottled leaf stalks. It has a straight stem and the leaf is divided into leaflets. The leaves can be 1 m wide. The leaves usually come singly from the ground. The flower stalk can be 3 - 20 cm long. The edge is curved back and wavy. The flower is dull purple and up to 30 cm across. The flower gives off a bad smell like rotting meat and this attracts flies. The flower only develops after the leaves have died off. The leaves and corms especially in the wild varieties contain many stinging crystals. It has a large round tuber up to 25 cm across. The large round underground corm produces small corms around the side. These can be 10 cm long.



Distribution: A tropical plant. It occurs mainly in seasonally dry areas and grassland up to 800 m altitude in equatorial zones. It requires an average temperature of 25 - 35°C and rainfall of 1,000 - 1,500 mm during the growing season. Soils need to be well drained as it cannot stand waterlogging.

Use: The corm is cooked and eaten. The leaves are edible. The young petioles or leaf stalks are eaten cooked.

Cultivation: The cormels are planted. Seeds will grow but flowers need hand pollination. Small corms from around the side are the normal part planted. If a very small corm is planted, the plant may need to grow for several seasons to produce a large yield. Setts or small cormels of 200 g are suitable for use planted at 30 cm x 30 cm spacing and produce seed corms of about 500 g. Larger corms take 3 - 4 years to produce. This is achieved by digging up corms and replanting next season. Each crop takes about 8 months to mature. Corms are planted 15 cm deep. Spacing is increased between plants in successive years of growth. After harvest, the corm needs to be kept for a few months before it is ready to produce a new shoot and re-grow.

Production: The stalk dies back when the plant is mature. The corm will keep for several months. An individual corm can finally weigh 8 kg. Eventually the corm under the ground increases in size then the leaf dies back. The corm could be harvested and stored, or eaten at this stage. If it is just left, a very large flower is produced. This type of growth pattern where vegetative growth is followed by a storage organ with dormancy is the type of growth that suits areas with a distinct wet and dry season. It has the advantage that the corm will store well after harvest and can be eaten in the dry season when food is short.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
tuber	78.0	340	2.0		6.0	2.4	1.1
corm	76.1	352	1.3		3.5	0.6	0.2

Starchy staples

English: Sweet potato

Khmer: ដំឡូងផ្លា

Scientific name: *Ipomoea batatas*

Plant family: CONVULVULACEAE

Description: This is a root crop that produces long creeping vines. The leaves are carried singly along the vine. Leaves can vary considerably from divided like fingers on a hand, to being entire and rounded or heart shaped. Purple trumpet shaped flowers grow at the end of the vine. Fattened tubers are produced under the ground. There are a large number of varieties, which vary in leaf shape and colour, tuber shape, colour, texture and in several other ways.



Distribution: A tropical and subtropical plant. They grow from sea level up to about 2,700 m altitude in the tropics. Plants can grow with a wide range of rainfall patterns and in different soils. Plants are killed by frost and can't stand water-logging. Plants grow well with temperatures between 21 - 26°C. It can grow with a pH between 5.2 - 6.8. Sweet potato are not tolerant to shading. Under shaded conditions, both foliage growth and storage root production are decreased. Some cultivated varieties can be selected for increased production under mild shade but not heavy shade. The survival of cuttings at planting is also reduced under shaded conditions. Under shaded conditions plant become more climbing and with fewer leaves which are however larger. With increasing shade less tubers are produced and these grow more slowly. Sweet potato tends to be responsive to potassium fertiliser. Cultivated varieties are often selected for yield under low fertility conditions. Under lowland conditions in the tropics sweet potato tubers undergo active tuber enlargement from 6 - 16 weeks. Weed control is essential especially during early stages of growth. The rate of ground coverage by foliage varies greatly with growing conditions and cultivar but once ground coverage has occurred weed control is less of a problem. Sweet potato tuber initiation is subject to aeration in the soil. Either heavy clay soils, waterlogged conditions or other factors reducing aeration can result in poor tuber production. For this reason sweet potatoes are often grown on mounded beds. It suits hardiness zones 9 - 12.

Use: Tubers are boiled or baked. They can be steamed, fried, mashed or dried. They can be fermented into alcoholic drinks. They can also be used in pies, cakes, puddings, candies, and jams. They can be used in noodles. The chopped and dried tubers can be boiled with rice or ground into flour and mixed with wheat flour to make cakes or bread. The young leaves are edible.

Cultivation: Vine cuttings are used for planting. In grassland soils, it is grown in mounds, ridges or other raised beds. In bush fallow, it is mostly planted in undug loose soils. It needs a sunny position. Tubers won't form if the ground is waterlogged when tubers start to develop. Sweet potato is grown by cuttings of the vine. About 33,000 cuttings are required per hectare. These weigh about 500 kg. Vine lengths of about 30 cm are optimum. As long as the vine is adequately inserted in the soil, the length of vine inserted does not significantly affect yield. Fresh sweet potato seeds germinate relatively easily and lead to continuous production of new cultivars under tropical conditions. Excess nitrogen restricts storage root initiation and therefore excess leaves are produced without significant tuber yield. Dry matter percentage increases with increasing age of the crop. Higher dry matter tubers are normally preferred.

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Production: The time to maturity ranges from 5 months to 12 months depending on the variety planted and the altitude at which it is being grown. Yields range from 6 - 23 t/ha.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
tuber (baked)	72.9	431	1.7	961	24.6	0.5	0.3
tuber (raw)	70.0	387	1.2	709	25	0.7	0.4
tuber (boiled)	72.0	363	1.1	787	15	0.6	0.3
leaf	86.3	168	3.9	105	58	2.9	-

Starchy staples

English: Potato yam

Khmer: ដំឡូងស្ករ

Scientific name: *Dioscorea bulbifera*

Plant family: DIOSCOREACEAE

Description: A yam with a long smooth stemmed vine, round in cross section and without spines. The vine winds to the left, can climb into trees and grow to long lengths. The large leaves (14 - 30 cm across and slightly longer than wide) have pointed tips and round bases. About 7 veins arise from the tip of the leaf stalk. It produces often flattened bulbils (potatoes) in the leaf angles along the vine. They can be grey brown or purple. The smaller tuber underground is normally covered with roots. The flowers are large. The male flowers are in spikes up to 20 cm long. The female spikes are usually in pairs. The winged fruit are about 2.5 cm long by 1.5 cm across. The seeds have wings. The bulbils normally have few fibres through the tissue compared to some yam tubers. Many varieties have yellow flesh.



Distribution: An annual tropical plant. It will grow from the coast up to about 1,700 m altitude in equatorial zones. It is common near the edge of grassland and forest at mid altitudes. Both wild and cultivated forms occur. It is common near secondary forest at low and medium altitudes.

Use: The cooked tubers aerial bulbils are eaten. Some kinds are bitter and inedible or at least require special processing and cooking. Some varieties are poisonous.

Cultivation: Either the vine bulbils or the underground tubers are planted. The long vines can be trained up trees. The bulbils need a set storage time before sprouting. The leaves die off for 1 - 4 months each year before re-sprouting from the tuber. Bulbils only grow shoots from one end unless the bulbil is cut into pieces. If larger bulbils are cut, the cut surfaces should be dried and healed in a shady place for 2 - 3 days before planting. Bulbils are planted 8 - 12 cm below ground at a spacing of about 100 cm by 100 cm. Nitrogen and potassium fertilisers give greater responses than phosphorus. Friable well drained soils are most suitable. Often little cultivation or mounding is done. A high level of organic matter improves yield. Strong staking is required with branched 2 m stakes, or with trees or living stakes. Vine and tuber growth can be extensive and heavy.

Production: Bulbils or aerial yams are produced as leaves begin to unfold, continue until plant maturity, and often fall. Harvesting can start 3 months after planting but immature tubers have less starch. Underground tubers are normally not harvested until leaf die back. Wounds and damage to the tubers normally heal naturally given dry aerated conditions. Some varieties have seasonally dormant aerial tubers, which only grow after an extended storage period. Others germinate quickly.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
tuber	70.8	357	2.7	-	78	3.1	0.4
bulbil	79.4	326	1.4	-	-	2.0	-

Starchy staples

English: Taro

Khmer: ត្រាវ

Scientific name: *Colocasia esculenta*

Plant family: ARACEAE

Description: This plant has large flat leaves on the end of upright leaf stalks. It grows up to 1 m high. The leaf stalk or petiole joins the leaf towards the centre of the leaf. The leaves are 20 - 50 cm long. Near the ground, a thickened rounded corm is produced. Around this plant there is normally a ring of small plants called suckers. Many different varieties occur. If left to maturity, a lily type flower is produced in the centre of the plant. It has a spathe 15 - 30 cm long that is rolled inwards. The flowers are yellow and fused along the stalk. There are many named cultivated varieties. Taro comes in two basic forms. The Dasheen type *Colocasia esculenta* var. *esculenta* and *Colocasia esculenta* var. *antiquorum* or the Eddoe type. The basic difference is the adaptation of the Eddoe type to storage and survival in seasonally dry places, while the dasheen type needs to be maintained in a more or less continuously growing vegetative stage.



Distribution: It is a tropical plant. Taro grows from sea level up to about 2,300 m altitude in the tropics. It grows well in humid places. It can stand damp soil and grow under light shade. It suits hardiness zones 9 - 12.

Use: The corms, petioles and leaves are all edible after cooking. The leaves are also dried and stored. Fresh leaves can be stored for 4 - 5 days. **Caution:** Some varieties burn the throat due to oxalate crystals.

Cultivation: Taro can be planted from cormels or from the top of the central corm. Other sections of the corm could also be used but this is not commonly done. Flowering of taro and seed production can lead to new cultivars. Flowering can be promoted by the use of gibberellic acid. The general growth pattern is for an increase in top growth, in terms of leaf number, leaf area and petiole length, to continue for about 6 months under tropical lowland conditions then for each of these to decrease and tuber storage to continue to increase. Corm weight increases significantly from 5 - 11 months. Starch content also increases with time but protein content declines over the corm development period.

Taro can be grown under flooded conditions but root rots develop if the water becomes stagnant. For flooded cultivation, the land is cleared, ploughed, cultivated and puddled. The aim is to get a field that is flat with embankments allowing the impounding of water. Planting is done into 2 - 5 cm of standing water.

For dryland taro, the soil is prepared by digging, unless a fresh bush fallow is used where the natural friability of the soil allows plants to be put into the undug soil in a small hole that is prepared. Plants are put into a hole 5 - 7 cm deep or deeper. Mulching to conserve moisture and reduce weed growth is beneficial. Setts from corms normally give higher yield than that from cormels. The greater leaf area and root production may be responsible for this. Setts of about 150 g are optimum.

The time of planting is primarily determined by the availability of moisture. Planting is done shortly after the rainfall has become regular, if seasonally distinct wet and dry occur. Higher rainfall, higher temperatures, and higher hours of sunlight, enhance production and determine seasonality of production.

Evapotranspiration for flooded taro averages about 4 mm per day, ranging from 1.5 - 7.2 mm, with a total of about 1,200 mm for the crop. Intermittent moisture can result in irregular shaped corms. Flooding has been found to be more effective than sprinkler irrigation, or furrow irrigation. Increased suckering, giving greater leaf area, seems to be the reason for this.

Taro is sensitive to weed competition throughout most of its growth, but it is more critical during early growth up to 3 - 4 months. About 7 - 9 weedings are required, to keep the crop clean under tropical lowland conditions, where flooding is not used. Due to the decrease in height and leaf area towards the end of the growth cycle when starch accumulation in the corms is maximum, weed competition and weed control are again significant. Mechanical weeding needs to be shallow to avoid damaging the superficial taro roots. A range of herbicides have been recommended in various situations.

Taro produces the highest dry matter yield under full sunlight, but it can still grow under moderate shade. Under shaded conditions, it grows more slowly and develops fewer cormels. They require good moisture conditions and have little tolerance for drought. Taro residue has an allelopathic factor, which can reduce the germination and growth of other plants, for example, beans.

Taro tends to demand high fertility, and is responsive to additional NPK fertiliser. Higher doses of K increases starch content and higher doses of N increases protein content. Both N and K applications increase oxalic acid content of the tubers.

Spacing affects total yield, and marketable, harvestable yield, of corms. Close spacing increases the corm yield per area, and the shoot yield per area, but decreases the corm yield per plant, and the contribution of sucker corms, to the yield. Where spacings of 30 cm x 30 cm are used, giving about 110,000 plants per hectare, a very large amount of planting material is required, which reduces the net return per unit of planting material. A spacing of 60 cm x 60 cm is more common. Wider spacings of 90 cm x 90 cm reduces overall yield.

Production: Crops mature in 6 - 18 months. Yields of 5 - 15 tonnes per hectare are probably average.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kj	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
root	66.8	1231	1.96	3	5	0.68	3.2
leaf	85.0	210	5.0	57	90	0.62	0.7
leaf stalk	93.0	101	0.5	180	13	0.9	-
leaf (cooked)	92.2	100	2.7	424	35.5	1.2	0.2

Legumes

English: Pigeon pea

Khmer: សណ្តែកអង្កាម

Scientific name: *Cajanus cajan*

Plant family: FABACEAE

Description: An upright perennial shrubby legume that can live for 3 - 4 years. They can grow up to 4 m tall and spread to 1.5 m wide. It has a bushy appearance and a strong deep taproot. The root nodules are round and sometimes lobed. The leaf consists of 3 narrow, green leaflets, which are silvery-green underneath. The end leaflet is larger with a longer leaf stalk. The pea shaped flowers are red and yellow and occur on branched flower stalks, which stick upwards in the axils of leaves. Pods are long, straight and narrow, often with 4 - 8 seeds. Seeds vary in shape, size and colour. The pods are slightly hairy. Pods are often 4 - 8 cm long and have a beak at the end. Pods are constricted between the seeds. Many varieties of pigeon pea occur. Some are dwarf and day length neutral.



Distribution: A tropical plant that requires a tropical or subtropical climate. Plants grow from sea level up to about 1,800 m in the tropics. They can tolerate drought and are suited to a drier climate. They can grow in places with less than 600 mm rainfall per year. They do less well in the wet tropics. They suffer in waterlogged soils and are damaged by frost. It can also tolerate heat. It will grow on poor soils cannot grow on salty soils. It can grow in arid places and suits hardiness zones 10 - 12.

Use: Young leaves, shoots and pods are eaten. The pods can be used in curries. The leaves and shoots as potherbs. Young seeds are cooked and eaten like peas. Ripe seeds are also cooked and eaten in soups and curries. Bean sprouts can be produced and eaten. Preparation of the seeds for dahl is somewhat complicated.

Cultivation: They are grown from seeds. It is best to sow seeds where the plants are to grow. Seeds normally germinate easily and well. Before sowing seed it helps to soak them in cold water for one day. Seeds store well if kept cool and dry. A spacing of 1.5 m x 1.5 m is suitable. Plants can be cut back and allowed to re-grow. Plants can also be grown from cuttings.

Production: Plants are fast growing. Pods are ready after 5 months. Mature seeds take about 8 months. Plants will often live for 3 - 4 years. Plants are cross pollinated by insects, or self pollinated.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed	10.0	1449	19.5	55	-	15.0	-
pod (young)	64.4	477	8.7	-	-	2.0	-
seed (young, boiled)	71.8	464	6.0	2	28.1	1.6	0.8

Legumes

English: Jack bean

Khmer: សំណ្តែកក្រៃស

Scientific name: *Canavalia ensiformis*

Plant family: FABACEAE

Description: A perennial climber, although short kinds do occur. Often it is a more bushy plant than the sword bean. Plants grow up to 1.5 m long. Stems can be hairy. Leaves have 3 leaflets. The leaflets are oval and 5.7 - 20 cm long by 3.2 - 11.5 cm wide. The leaf tends to be wedge shaped at the base. The leaf stalks are 2.5 - 11 cm long. Flowers are red/purple. They occur on flower clusters 5 - 12 cm long and with flower cluster stalks which are 10 - 34 cm long. The individual flower stalks are 2 - 5 mm long. Pods are long and sword shaped. Pods can be 15 - 35 cm long. Seeds are white with a light brown hilum half as long as the seed. Seeds are 2 cm long, by 1 cm across.



Distribution: It grows in tropical and subtropical places. It requires a fairly high temperature (15° - 30°C). It will possibly grow up to 900 m altitude. It is fairly drought resistant and also has some resistance to water-logging and salt in the soil. It can tolerate shade. It can tolerate pH from 4.5 - 8.0 but does best at about 6.1. The optimum mean annual temperature is 14.4° - 27.8°C. Seed germinate between 24 - 27.5°C. It is a short day plant growing well with a day length of 10 - 12 hours of sunlight. It can grow in arid places.

Use: The leaves and top shoots are eaten. The very young pods are boiled and eaten. The flowers can be eaten. The young seeds are eaten boiled, roasted, or peeled and cooked. The seeds are also fermented. The ripe seeds are roasted and used as a coffee substitute. **Caution:** The ripe seeds can contain poison and need to be well cooked and the water changed before eating. They are also often left under running water or fermented.

Cultivation: It is grown from seeds. Seeds need to be 2 cm deep. A spacing of about 60 cm is suitable. Plants preferably need a support to climb over. It benefits from a fertile soil but adding nitrogen depresses yield.

Production: Green pods are produced in 3 - 4 months, but ripe seeds need 6 - 9 months. Yield of seeds can range from 700 - 5,400 kg/ha.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed	10.0	1423	20.4	160	-	4.9	-
pod (fresh)	88.0	155	2.4	-	-	-	-

Legumes

English: Snake bean

Khmer: សណ្តែកស្រ្កាង

Scientific name: *Vigna unguiculata* subsp. *sesquipedalis*

Plant family: FABACEAE

Description: A climbing bean with long pods. The vines can be 3 m long. They normally twine around stakes. Dwarf kinds also occur. Leaves have 3 leaflets. The leaflets are oval and side leaflets are at an angle. Leaflets can be 2 - 16 cm long by 1 - 12 cm wide. The centre leaflet can have lobes near the base and the side leaflets can have lobes on the outer edge. The leaf stalks can be 2 - 13 cm long. The flowering stalks are in the axils of leaves. There can be few or several flowers. The flowers can be white, yellow or blue. Flowers are 1 - 3 cm long by 1 - 3 cm wide. Pods are long (up to 90 cm) and flexible. The seeds can vary between white to dark brown. They are oblong or kidney-shaped. Seeds are 4 - 12 mm long by 2 - 6 mm wide.



Distribution: It is grown in many tropical countries in Africa, Asia, and the Americas and in Australia, Papua New Guinea and Solomon Islands. Plants grow in coastal areas in the tropics from sea level up to about 300 m in equatorial regions. Seeds shoot in moist soil over 22°C. For growth, day temperatures between 25 - 35°C and night temperatures not below 15°C are required. It suits wet areas and cannot tolerate drought. It is a day-length neutral plant that performs best under full sunlight, but can tolerate some shade. It has a high water requirement when fully grown (6 - 8 mm/day). It can tolerate a wide range of soils with pH of 5.5 - 7.5. Seeds show no dormancy or inactivity. This is a very important bean for the hot, humid tropics, including Solomon Islands.

Use: The young pods and leaves are eaten. The ripe seeds can also be eaten.

Cultivation: Plants are grown from seed. Seeds germinate quickly (2 - 3 days) and plants grow rapidly. Flowering occurs after 5 weeks and harvesting of young pods can start 2 weeks later. Plants die after about 3 - 4 months. A spacing of 60 cm is suitable. Plants need sticks to climb up. Sticks about 2 - 2.5 m long are suitable. Often 5 - 6 seeds are sown around the one stick. Plants are often topped when growing too vigorously. It only grows as an annual bean, so seeds need to be replanted each year. The pods need to be harvested every 2 - 3 days. It suffers more from diseases if the bean does not have sticks to climb. Damage by bean pod borer is less if snake beans are grown intercropped with maize.

Production:

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
pod (fresh)		197	2.8	43	18.8	0.47	0.37
seed (boiled)	87.5	197	2.5	20	16.2	0.98	0.36
seed (dry, raw)	8.4	1453	24.3	0.16	1.6	8.61	3.5

Food values obtained from: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>

Legumes

English: Soybean

Khmer: សណ្តែកស្បៀង

Scientific name: *Glycine max*

Plant family: FABACEAE

Description: A small erect bean growing up to 60 cm tall. It grows each year from seed. Straggling kinds can occur. Stems, leaves and pods are softly hairy. The leaves have 3 leaflets. The leaflets have stalks. Flowers are small and white or blue. They occur in groups in the axils of leaves. The pods are broad, flat and hairy. Pods have 2 - 4 seeds. The seeds can be yellow to black.



Distribution: It is a temperate plant that suits lowland areas. It can be grown from sea level to 2,000 m altitude. Many varieties will not flower in the tropics (short days). It needs fertile soil. The best soil acidity is pH 5.5 - 7.0. It is damaged by frost.

Use: The young pods and ripe seeds are eaten. They are used for flour. The dried seeds are boiled or baked and used in soups, stews and casseroles. The seeds are used for oil. Toasted seeds are eaten like a snack. Strongly roasted seeds are used for coffee. Soy flour is used for noodles, and confectionary. The beans are fermented and used in a range of foods. Sometimes the young leaves are eaten. The seeds are also used for sprouts and for making cooking oil and soya sauce etc. Because soybean contains a trypsin inhibitor they should be cooked and even the sprouts should be lightly cooked.

Cultivation: It is grown from seed. Seeds need to be inoculated with bacteria before planting. Plants need to be about 20 cm apart.

Production: Plants flower about 8 weeks after sowing and pods mature about 16 weeks after sowing. Often plants are pulled up and hung up before threshing out the seed.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed	9.0	1701	33.7	55	-	6.1	-
seed (immature)	68.0	584	13.0	16	27	3.8	0.9
sprout	79.5	339	8.5	1.0	8.3	1.3	1.0

Legumes

English: Pea

Khmer: សណ្តែកបារាំង

Scientific name: *Pisum sativum*

Plant family: FABACEAE

Description: A short-lived herb plant. A creeping plant with white or pink flowers. Plants can be 30 - 150 cm tall. It has a well developed tap root and many slender side roots. The stem is weak and round. Leaves are made up of 1 - 3 pairs of leaflets and a branched tendril at the end. There are large leaf-like stipules at the base of the leaf. The lower half of these stipules has teeth. The flowers occur in the axils of leaves and are either on their own or in 2 - 3 flowered clusters with equal length stalks. The flowers are pink or purple in varieties grown for dry seeds and usually white in kinds grown for fresh pods. The pods are swollen and green and can have up to 10 seeds inside. Seed shape can vary. Large numbers of varieties have been recorded.



Distribution: A temperate plant that grows best at altitudes over 1,000 m in the tropics. They suit a humid climate. Hot dry weather interferes with seed setting. They are frost tolerant except at flowering. They need temperatures of 13 - 18°C. They need a soil pH of 5.5 - 6.5 and reasonably good fertility. They cannot tolerate waterlogging or very acid soils.

Use: Mostly the young seeds are eaten. They can be eaten raw or cooked. Sometimes the young pods and leaves are eaten. The sprouted and dry seeds are eaten and are used in soups and stews and ground into flour. Roasted seeds are used as a substitute for coffee. The young leaves and buds are cooked as a vegetable.

Cultivation: Plants are grown from seed. Seed can be collected for re-sowing. A spacing about 5 cm apart in rows 25 cm apart is suitable. Seed can be sown 3 - 5 cm deep. If rotting is a problem, plants can be supported off the ground. Plants need inoculation with bacteria for good production. For dried peas, plants are cut when mature then dried and threshed.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed (raw)	78.5	283	5.8	300	25	1.9	0.7
seed (boiled)	80.0	223	5.0	300	15	1.2	0.5

Legumes

English: Winged bean

Khmer: ប្រពាំង

Scientific name: *Psophocarpus tetragonolobus*

Plant family: FABACEAE

Description: A climbing perennial bean up to 4 m tall. It can re-grow each year from the fattened roots. Stems twine around supports or trail over the ground. Leaves have 3 leaflets 8 - 15 cm long with long leaf stalks. Flowers are blue or white and occur on the ends of branches from within the axils of leaves. Pods have wavy wings and are roughly square in cross section. They are 6 - 36 cm long with 5 - 30 seeds. Seeds can be white, yellow, brown or black and are bedded in the solid tissues of the pod. The seeds are round and smooth with a small hilum. The root has large nodules.



Distribution: A tropical plant that grows from sea level up to about 1,850 m altitude in the tropics. It normally only produces tubers at 1,200 - 1,850 m altitude. It is a short day plant and needs a day length less than 12 hours. It will not produce flowers or pods at places far from the equator. The main areas of production are between 20°N and 10°S latitudes. It is ideally suited to the tropics including the hot humid lowlands. For maximum seed production, temperatures of 23 - 27°C are needed, and for tubers, the temperatures should be 18 - 22°C. Winged beans can grow on a wide variety of soils and have been grown on soils with pH from 3.6 - 8.0. Very acid soils have soluble aluminium to which winged beans are sensitive. Soils should not be waterlogged.

Use: Young leaves, flowers, young pods, ripe seeds and root tubers are edible. The seeds can be used to extract an edible oil.

Cultivation: Seeds are sown at the beginning of the rainy season. Seeds germinate and grow slowly for the first 3 - 5 weeks. For tubers, vines are pruned off at about 1 m high (or left unstaked) and some flowers are removed. Cultivation procedures vary slightly depending on which part of the plant is to be eaten. Short podded winged bean is used for tubers and long podded ones have poor tubers. Tuber production is not as efficient in tropical lowland conditions.

Production: The first green pods are ready about 10 weeks after sowing. Tubers are ready after 4 - 8 months. Seed yields of 1.2 tons/ha and tuber yields of 4 tons/ha are possible. A single plant can produce up to 75 pods. Dry bean yields of 45 - 330 g per plant can be produced depending on variety. Tuber yields of 5,500 - 12,000 kg per hectare have been produced. Seeds can contain a trypsin inhibitor, which reduces protein digestibility. This inhibitor is destroyed by soaking seeds then boiling them well. Tubers can also contain this chemical and need to be well cooked.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed	8.5	1764	41.9	-	-	15.0	4.5
pod (fresh)	92.0	105	2.1	-	-	-	-
leaf	95.0	197	5.0	809	30	6.2	1.3
seed (young)	87.0	205	7.0	13.0	18.3	1.5	0.4
root	57.4	619	11.6	-	-	2.0	1.4

Legumes

English: Bambara groundnut

Khmer: សំណ្តែកដី Bambara

Scientific name: *Vigna subterranea*

Plant family: FABACEAE

Description: An annual plant that can be either a bunchy bush or a trailing plant. Often the creeping stems are near ground level. It often appears as if bunched leaves arise from branched stems near ground level. It has a well-developed taproot. The leaves have 3 leaflets. The leaf stalk is erect and thickened near the base. The end leaflet is slightly larger than the side leaflets. Leaflets are about 6 cm long by 3 cm across. The flowers are yellowish-white and occur in pairs. The flower/fruit stalk elongates after being fertilised and pushes into the soil. The fruit are pods, which are round and have one seed. Some kinds have 3 seeds. This pod develops under the ground on a long stalk. The seeds are hard and are of many colours. Pods can be 3.7 cm long.



Distribution: It is a tropical plant that can grow in hot climates. It can also grow on poor soils. It does best with moderate rainfall and sunshine. It can tolerate drought. Long day-lengths can reduce or prevent pod development in some kinds.

Use: Seeds can be eaten fresh or roasted while immature. Mature seeds are hard so must be boiled before being used in cooking. Seeds can be dried and made into flour and used for baking. They can be popped like corn. The seeds are roasted as a coffee substitute. Young pods are cooked and used as a vegetable or in stews. The leaves can be eaten.

Cultivation: Plants are grown from seed. Plants are often put in rows 50 cm apart and with 15 cm spacing between plants. Ridges are formed to enable the pods to penetrate the soil. It is mostly grown intercropped with other plants. Soil should be light and friable and the seed bed loose and fine. Normally the whole plant is pulled up for harvesting. Any pods which become detached are harvested by hand. Pods are dried in the air before threshing.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed	7.3	1572	18.4	-	-	4.6	2.2
seed (boiled)	66.4	578	7.7	-	-	1.4	1.1

Legumes

English: Sweet acacia

Khmer: អាកាស្យាផ្លែធូប

Scientific name: *Acacia farnesiana*

Plant family: FABACEAE

Description: An evergreen shrub. It grows 5 - 7 m tall and 3 m across. The stem is slender and erect. The crown is open. It is a spreading, densely branched shrub. The bark is smooth and brown. The leaves are branched and green. There are 4 - 6 pairs of larger leaves and 10 - 20 pairs of small leaflets. They have tiny leaflets and thorns up to 2 cm long, occur in pairs. The leaf stalk has a gland at or above the middle. The flowers are large orange balls. They are strongly perfumed. (The oil is used as a perfume in France.) The pods are long and dark brown to black. They are 5 - 8 cm long by 0.5 - 1 cm wide. They are inflated and sausage like. Often they are curved. They are marked with narrow lines. The pods have hard grey seeds imbedded in a pithy substance. The pods do not split open at maturity. The seeds are chestnut brown and 7 - 8 mm long by 5.5 mm wide.



Distribution: It is a tropical plant. This tree occurs naturally in Australia, Asia and Africa. It will grow on most soils. It is drought and frost resistant. It most commonly grows naturally on clay soils. In Papua New Guinea the plants are coastal below 60 m altitude. It grows in areas with an annual rainfall between 400 - 4,000 mm. It can grow in acid or alkaline soils. It can grow in arid places. It suits hardiness zones 11 - 12.

Use: The pods have been recorded as eaten after cooking. The gum is eaten. The ground up seeds are eaten. The germinated seeds are claimed to be eaten. The gum is used to prepare sweets. The young leaves are used in India as a substitute for tamarind in chutneys.

Cultivation: It is grown from seed.

Production: It is fast growing. Flowering can occur almost continuously if watering is regular. In northern Australia, flowering is normally May to July, with pods available from September to November.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed (dry)	8.1	1522	36.6	-	-	6.0	0.6

Leafy greens

English: Indian spinach

Khmer: ស្ពីណាចសណ្តែក

Scientific name: *Basella alba*

Plant family: BASELLACEAE

Description: An annual or perennial climbing herb with thick fleshy leaves. The vine is smooth and juicy and can be 10 m long. It branches freely. The vine and leaves can be red or green. The leaves are fleshy and pointed at the tip. They can be 8 - 18 cm long and 8 - 10 cm across. They are carried alternately along the vine. Leaves can be heart shaped or oval. It has white, pink or red flowers in short spikes, which are in the axils of the leaves. The fruit are round and soft. They can be red, white or black and are 6 - 8 mm across. The seeds are round and black. They are 3 mm across. (Often the ones with heart shaped leaves are called *Basella cordifolia*, the ones with a red stem *Basella rubra* and the short day flowering dark green kind *Basella alba*.)



Distribution: A tropical plant. It occurs mostly in the tropical lowlands and is best below 500 m but will grow up to about 1,600 m. in the equatorial tropics. It will grow quite well in the temperature range 15 - 35°C. It does not like water-logging but can survive 4 - 12 weeks drought once well established. It requires adequate water during the growing season. The best pH is 5.5 - 7.0. It cannot tolerate salty conditions. Flowering does not occur when day lengths are over 13 hours.

Use: The young shoots and leaves are eaten cooked. They are somewhat slimy. In soups and stews the mucilage can be used as thickening. The purple colour of fruit is harmless and is used to colour vegetables and agar-agar. Some lemon juice added to the dye enhances the colour. The leaves can be eaten raw in salads or cooked like a vegetable. The leaves are used to make tea and can also be dried and stored. The seeds can be crushed to use as an edible dye for jellies.

Cultivation: It can be sown from seeds or cuttings. Seeds germinate in a few days. Sticks can be provided for support, or it can grow over fences and stumps. If seeds are used, 3 kg of seed will sow one hectare. They are best sown in a nursery and transplanted. A spacing of 1 m is suitable. Plants grown from seed are more productive than those grown from cuttings. When cuttings are used, 20 - 25 cm long cuttings are suitable. Where the plant grows over light soil it can root at the nodes and continue growing. Partial shade, rich fertile soil and adequate moisture favour abundant leaf production. It is responsive to nitrogen fertiliser. Light shade gives bigger leaves. It requires a trellis to climb over. Frequently picking of the bud encourages branching.

Production: It is 4 - 6 weeks until the first harvest. It grows reasonably well on poor soils and is fairly resistant to pest and disease. Leaves will only store for one day at 20 - 30°C. Yields of 40 kg of leaves from a 10 metre square bed is possible over 75 days.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kj	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
leaf	85.0	202	5.0	56	100	4.0	-

Leafy greens

English: Kale

Khmer: ខាត់ណា

Scientific name: *Brassica oleracea var. acephala*

Plant family: BRASSICACEAE

Description: A cabbage plant. The leaves are ruffled or crinkled but some are more smooth than normal kales. The leaf shape and colour varies considerably. The flowers are yellow or white.

Distribution: It is a warm temperate to subtropical plant. The leaves grow best in cool weather. It suits hardiness zones 8 - 11.

Use: The leaves are eaten boiled, steamed, used in soups and stews. The unopened flower buds are used like broccoli.

Cultivation: Plants are grown from seed or transplanted. Plants should be spaced 30 - 45 cm apart no more than 1cm deep.

Production: Leaves are harvested 40 - 60 days.



Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
leaf (raw)	84	210	3.3	70	120	1.7	0.3
leaf (boiled)	91.7	109	2.1	313	18	0.5	0.4

Cultivation and production information and photograph from: Canberra organic growers society 1977-2010, <http://www.cogs.asn.au/growing-guides/kale/>

Leafy greens

English: Drumstick leaf tree

Khmer: ផ្លែឈើ

Scientific name: *Moringa oleifera*

Plant family: MORINGACEAE

Description: A small, soft-wooded tree that grows 9 - 12 m tall. The tree loses its leaves during the year. The bark is grey, thick, corky and peels off in patches. The leaves are pale green and the leaf is divided 3 times. The whole leaf is 30 - 60 cm long and the leaflets are usually oval and 1 - 2 cm long. The leaflets are jointed with a gland near the joint. The flowers are pale yellow. They occur in long sprays 30 cm long. Each flower has 5 petals and of these one is erect and 4 are bent backwards. The fruit is a long capsule 30 - 100 cm long by 2 cm wide. The seed capsules are up to 45 cm long. They are roughly triangular in shape. The seeds have 3 wings. Often the fruiting kinds are grown as annual plants.



Distribution: A tropical and subtropical plant. They suit the dry lowland areas and grow up to 1,350 m altitude in the tropics. They are not hardy to frost. They cannot tolerate water-logging. A pH of 6 - 7.5 is suitable. It can grow in arid places. It suits hardiness zones 9 - 12.

Use: The young tops and leaves are eaten cooked. They are eaten as potherbs or used in soups and curries. They can be dried and stored for later use. The very young long pods are eaten cooked, especially in curries and soup. They are also pickled. The young seeds are eaten roasted or fried. Sometimes the roots are used as a horseradish substitute. A gum from the bark is used as seasoning. The bark is used for tea. The roots, leaves, flowers and fruits are eaten cooked in water and mixed with salt and chili peppers. The oil expressed from the seeds is used in salads.

Cultivation: It is best to grow plants from 1 metre long cuttings but they can be grown from seed. They can be used as a hedge and pruned regularly to produce more leaves. Properly dried seed can be stored for a long time in sealed containers in a cool place. Normally perennial types are grown from cuttings and annual types are grown from seed.

Production: Trees are fast growing. They can be pruned or topped. With one variety the tree flowers and fruits continuously while with the other variety there are flowers and fruit once per year. The fruit ripens 3 months after flowering. Annual types produce fruit 6 months after planting. Leaves are best dried in the shade to retain more of their Vitamin A.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kj	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
leaf	76.4	302	5.0	197	165	3.6	-
flower	84.2	205	3.3	-	-	5.2	-
leaf (boiled)	87	189	4.7	40	31.0	2.0	0.2
pod (raw)	88.2	155	2.1	7	141	0.4	0.5
seed	6.5	-	46.6	-	-	-	-

Leafy greens

English: Amaranth greens

Khmer: ផ្លែបៃតង

Scientific name: *Amaranthus hybridus*

Plant family: AMARANTHACEAE

Description: An upright annual herb that grows 80 cm - 2 m tall. It is often green but can be dark red. The leaves are simple and alternate, oval shaped and can be 15 cm long. The flowers can be red, yellow or white. They occur in spikes at the top of the plant and in the axils of leaves. The seeds are small, shiny and black.



Distribution: A tropical plant that grows well in fertile soil. It can grow in warm temperate places as well as the tropics. In Kenya it grows from 900 - 2,600 m above sea level.

Use: The leaves and young shoots are cooked and eaten. They are also dried.

Cultivation: Plants are grown from seeds.

Production:

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
leaf	87.4	189	4.9	-	108	5.7	-

Image source from: https://en.wikipedia.org/wiki/Amaranthus_hybridus

Leafy greens

English: Chinese Amaranths

Khmer: រាបខ្មៅ

Scientific name: *Amaranthus tricolor*

Plant family: AMARANTHACEAE

Description: A small, annual, leafy green herb about 1 m high, spreading to 45 cm wide. An upright, much-branched annual with a thin membrane covering the stems. Sometimes the plant lies over. The stems are angular. The plant branches in the upper part of the plant. It does not have thorns and grows from seed each year. Leaves have long leaf stalks, which can be 5 - 10 cm long. Leaves vary in shape, size and colour. The leaf blade can be 5 - 25 cm long by 2 - 6 cm wide. Leaves are dull-purplish and the top leaves can be yellow or red.



Some types have coloured leaves or patterns on the leaves. It has a clumpy seed head at the top. The flower spike at the top can be 30 cm long. The seeds are 1 - 1.2 mm across and black.

Distribution: It grows in most tropical countries, including the Pacific and Solomon Islands. It will grow in warm, temperate places. Plants grow wild in waste places. Amaranths grow from sea level to 2,400 m altitude in the equatorial tropics. Amaranth seeds need a temperature above 15 - 17°C to germinate. In areas of the equatorial highlands above 1,800 m, average temperatures are probably below this during the cooler months. It may be more difficult to get Amaranths started during these months. It suits hardiness zones 8 - 11.

Use: The young leaves and stems are cooked and eaten as a vegetable. The seeds can be eaten. It is a very important tropical vegetable. It grows quickly, produces well and is nutritious.

Cultivation: The very small seeds of this plant are scattered over ashes or fine soil in fertile ground. The seeds are normally spread by rubbing the dry seed heads between the hands. Some types are self-sown. These plants grow in most tropical countries. The soil must be fertile. If they are put in an old garden, they will grow very poorly. They should either be put in a new garden site, when it is cleared from bush, or in old ground that is had compost added. Small gardens close to a house can often be built up to a good fertility by using food scraps and ashes that are left over near houses. Amaranths need high amounts of two nutrients, nitrogen and potash. The ashes from fires are high in potash, so farmers scatter seeds of Amaranth over areas they have burnt. Normally, the hotter it is, the better they grow. They also like plenty of sunlight and do not suit shaded places. They need to have water most of the time they are growing. This is mostly not an issue in areas with high rainfall.

Production: Plants can be harvested when small by thinning out closely-spaced plants. These can be either transplanted or eaten cooked. Plants can be harvested whole or have top leaves harvested several times. Harvesting begins after 4 - 7 weeks and can continue over the next 2 months.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
leaf	91.7	96	2.5	292	43.3	2.3	0.9

Leafy greens

English: Kangkong

Khmer: ក្រូច

Scientific name: *Ipomoea aquatica*

Plant family: CONVOLVULACEAE

Description: Kangkong is a creeping sweet potato-like plant. It has hollow stems and can float on water. The leaves are green and are normally not divided like some sweet potato leaves, but the shape and size varies a little between different kinds. The trumpet shaped flower looks like a sweet potato flower and is normally white. The runners develop roots at the nodes and also branch. This branching increases when tips are picked off. Some variation in leaf shape can be observed. Leaf shape is less variable than in the related sweet potato, but narrow and broad leafed kinds occur. White and green stemmed kinds occur. Green stemmed kinds have more cold tolerance than white stemmed.



Distribution: Kangkong is a tropical plant. It grows best in short day, stable high temperature, moist conditions. Temperatures need to be above 25°C for satisfactory growth. In equatorial regions plants probably grow up to 1,000 m altitude. Below 23°C the growth rate is too slow for economic production, so production is mainly in the lowland tropics. Optimum soil pH is between 5.3 - 6.0. It suits damp places and grows well in swamps. It can grow as a partly floating plant in swamps and lagoons behind the beach along the coast. In some countries they grow the dry land form in gardens.

Use: The young tips of shoots are cooked and eaten. They can be boiled, steamed, stir-fried, or added to soups, stews or curries. The young stems can be used in pickles. The young tips can be eaten raw in salads and the roots are occasionally cooked and eaten.

Cultivation: Dryland kangkong is normally grown from seed. Sometimes seed are pre-soaked for 12 - 24 hours prior to sowing. Plants can also be grown from cuttings and establishment is rapid. Top cuttings 25 - 40 cm long can be planted beside a pond.

Production: Young tips can be harvested 30 days after planting, and subsequent harvests every 7 - 10 days. Production of new shoots probably declines at flowering. Yields up to 60,000 kg/ha have been recorded.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
leaf	90.3	126	3.9	40	60	4.5	-
leaf (boiled)	92.9	84	2.1	520	16	1.3	0.2

Leafy greens

English: Okra

Khmer: ពោតបារាំង

Scientific name: *Abelmoschus esculentus*

Plant family: MALVACEAE

Description: A tropical annual herb that grows erect, often with hairy stems. It mostly grows about 1 m tall but can be 3.5 m tall. It becomes woody at the base. The leaves have long stalks up to 30 cm long. Leaves vary in shape but are roughly heart shaped with lobes and teeth along the edge. Upper leaves are more deeply divided than lower ones. The flowers are yellow with red hearts. The fruits are green, long and ribbed. The seeds are 4 - 5 mm across. They are round and dark green.



Distribution: A tropical plant that suits the hot humid tropical lowlands but is unsuited to the highlands. It is very sensitive to frost. It can grow in salty soils. It grows best where temperatures are 20 - 36°C. It can grow well in dry climates with irrigation. It suits hot humid environments. It does best on well drained well manured soils but will grow on many soils. A soil pH of 5.5 - 7.0 is best.

Use: Pods are eaten cooked. They are slimy, but less so if fried. Dried powdered seeds can be used in soups as a thickener. They can also be pickled. Young leaves can be eaten cooked. They can be dried and stored. Flowers can also be eaten. Okra is frozen and canned. The seeds are roasted and used as a coffee substitute.

Cultivation: They are grown from seeds, which are easy to collect. They need high temperatures for germination (over 20°C) and a sunny position. Often seeds are soaked for 24 hours before sowing to give quick germination. Seeds are sown 1.5 - 2.5 cm deep with 2 - 3 seeds per hole. Later these are thinned out to one plant. Seeds can be sown in nurseries and plants transplanted. Pinching out the tops of plants when 30 cm high encourages branching. A spacing of about 90 x 45 cm is suitable. About 8 - 10 kg of seed are required for one hectare. Most kinds respond to fertiliser. Seeds do not breed true and can cross with other kinds of okra growing nearby. This is not normally a problem but simply means plants and fruit are not all the same.

Production: Plants maintain production if the fruits are harvested regularly. Plants are ready to harvest 8 - 10 weeks after sowing. Seed yields of 500 - 800 kg per hectare are recorded. Pod yields of 4 - 6 tonnes per hectare occur. It takes 2 - 4 months from sowing to harvest of young pods. Pods develop 5 - 10 days after flowering. Pod harvests can continue for 1 - 2 months. Leaving pods on the plants stops new pods developing.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed	9.2	1721	23.7	-	-	-	-
leaf	81.0	235	4.4	116	59	0.7	-
pod (fresh)	88.0	151	2.1	185	47	1.2	-
fruit (cooked)	90.0	134	1.9	58	16.3	0.5	0.6

Leafy greens

English: Cat's-whiskers

Khmer: មាត់ញី

Scientific name: *Cleome gynandra*

Plant family: CLEOMACEAE

Description: An annual herb with a long tap root that grows 60 - 90 cm tall. It is erect and somewhat hairy. It usually has purple stems. The leaves occur one after another along a long stalk. There are 5 - 7 leaflets which are unequal and spread out at the end. They are oblong and about 2.5 - 6 cm long by 1.4 - 3.2 cm wide. The leaflets are pointed at the base with a rounder point at the tip. There are fine teeth along the edges of the leaves. The flowers are white or purple and occur in long flower clusters at the end of branches. These are 30 cm long. The flower clusters are showy with a spidery like appearance. The fruit are a slender capsule with 2 valves and many small seeds. They are 5 - 10 cm long and very narrow. The seeds are kidney shaped and rough. They are brown and have fine lines along them. They are 1 - 1.5 mm across.



Distribution: A widespread tropical plant. It commonly occurs as a self sown weed on cultivated land. It grows in warm or tropical regions at a range of elevations but especially above 600 m altitude. It will grow from semi arid to wet humid climates. It will grow on many soil types, but needs fertile soil for good leaf production. A temperature of 18 - 25°C seems best. Plants need plenty of sunlight. They are not drought resistant but can produce a crop with short periods of rain. Plants cannot withstand flooding. It is often abundant near the sea. It can grow in arid places.

Use: The leaves are eaten. If they are cooked, the bitter taste is reduced. They are also used in flavouring sauces. The leaves are also blanched, dried and stored. The flowers can be eaten. Young pods are also eaten. The oil from the seeds is edible without needing to be refined. The leaves can be candied in vinegar or in salt water, then eaten with fish. The seeds are used as a spice in curries. **Caution:** Fresh plants can contain hydrocyanic acid and should be cooked.

Cultivation: The plant is grown from seed that are broadcast. Fertile soil is needed to get plants with good leaf coverage. The seed germinate erratically, because the seed have a rest period after harvest. Seed germinate best 6 months after harvest. Once they are ready to grow, they germinate in 4 - 5 days. Leaves or whole plants can be harvested when 15 cm high. Picking out the tops encourages side growth and longer leaf production. Removing flowers extends the harvest period.

Production: Leaves can be harvested 4 - 5 weeks after planting. Seeds reach maturity about 5 months after sowing.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
leaf	86.6	142	4.8	-	26	6.0	-

Vegetables

English: Chinese broccoli

Khmer: ខាត់ណាចិន

Scientific name: *Brassica oleracea var. alboglabra*

Plant family: BRASSICACEAE

Description: A cabbage plant with a single fleshy stem. Although it keeps growing from year to year it is normally grown as an annual. It grows 45 cm high and spreads 40 cm across. The leaves are dark green and rounded on long stems. Plants start to flower when 10 leaves are present. Flowers are white but there are varieties with yellow flowers. There are several named cultivars.



Distribution: It does best in a fertile soil. The soil needs to be well drained. It prefers a soil pH of 6 - 7. Temperatures during the day of 18 - 28°C are best. It can tolerate frost. It grows well in tropical regions but cool temperatures are necessary for flowering.

Use: The flower stalk, flower heads, buds and tender leaves are all eaten. The stems are steamed or braised and often served with oyster sauce. They are also used in soups.

Cultivation: Plants are grown from seed. Seed can be sown direct or put in a nursery then transplanted. Seed is sown about 0.5 cm deep and germinate in 3 - 10 days. A spacing of 15 cm is suitable. Wide spacing causes stems to become thick and tough. Because plants are shallow rooted, they need regular watering.

Production: Chinese broccoli is fast growing. Flower heads are harvested after about 9 weeks. Heads are harvested individually to allow others to form. Harvesting is done before buds start to open.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kj	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
flower (cooked)	93.5	92	1.1	164	28.2	0.6	0.4

Picture sourced from <http://thedahliafarm.blogspot.com.au/2010/06/gai-lohn-or-chinese-broccoli-or-chinese.html>

Vegetables

English: Wax gourd

Khmer: ត្រីម្សៅ

Scientific name: *Benincasa hispida*

Plant family: CUCURBITACEAE

Description: A climbing, pumpkin family plant. The vine can grow to 3 m long. The plant re-grows from seed each year. The vines are thick, furrowed and hairy. The leaves are heart shaped with 5 - 7 lobes. They are rough to touch. Flowers are yellow. The immature fruit can have skin of various colours depending on variety. The fruit is up to 30 cm long and 20 cm across and green with a waxy covering when mature. This waxy layer enables the fruit to be stored for a long time. Fruit shape and size can vary with variety. The flesh is firm and white. The fruit are heavy, weighing from 8 - 45 kg.



Distribution: A tropical plant. It is suited to warm, lowland, tropical conditions. It does better in dry areas or drier seasons. They are reasonably drought tolerant. The best temperature for growing is 23 - 28°C. They need a well-drained soil. They grow best with a soil pH of 6.5.

Use: The white flesh is added to stir fried dishes. The seeds can be fried and eaten. Young leaves and flower buds can be eaten. The young fruit are used as a vegetable. The mature fruit are peeled, cut in pieces and candied.

Cultivation: It is grown from seeds. There are about 1,800 seeds per kg. Seeds are sown 3 - 5 cm deep with a spacing of 60 - 80 cm between plants. Seed can be sown in nurseries and transplanted when 15 - 20 cm tall. They are usually planted in mounds and allowed to grow over a strong trellis. They can be allowed to stay on the ground. If plants are going to be allowed to trail over the ground, a spacing of about 3 m is necessary. Decayed manure or compost is used where available. Plants are responsive to sulphate of ammonia. Flowering normally starts 60 - 80 days after planting. Flowers are open in the early morning. Hand pollination may assist fruit development. This becomes more important in colder areas. Thinning of fruit gives larger fruit. The growing tips of plants can be pruned out to encourage branching or to restrict growth.

Production: Fruit are ready 3 - 5 months after planting. The fruit keeps well when fully mature. They can be stored for 6 months at 13 - 15°C in a dry atmosphere. The pulp of wax gourds can be shredded and dried for later use.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
fruit	92.0	118	0.7	0	15	0.6	0.6
fruit (cooked)	96.6	54	0.4	0	10.5	0.4	0.6

Vegetables

English: Eggplant

Khmer: ត្រប់សណ្តាម

Scientific name: *Solanum melongena*

Plant family: SOLANACEAE

Description: A perennial shrubby herb up to 1 m tall. It is often grown as an annual. It has a deep taproot and branched side roots. The stem is thick and covered with many woolly hairs. The plant has many branches. Often the plant is spiny. Leaves can be 20 cm long and wavy along the edge. Leaves are covered with hairs. Flowers are bluish red and 5 cm across. They are either solitary or in small groups opposite the leaves. They have 5 large woolly lobes which continue to surround the base of the fruit. Fruit are white, blue, green or purple. The fruit colour and shape vary. Sometimes the fruit is spiny. Often the fruit are 10 - 20 cm long and 5 - 8 cm wide. Numerous kidney shaped seeds are in the flesh of the berry. There are many cultivated varieties.



Distribution: A tropical plant. Plants grow from sea level up to 2,200 m altitude in the tropics. It suits wet climates but does well in dry climates with irrigation. It needs a long warm growing period. A daily mean temperature of 20 - 30°C is most suitable. They are frost tender. They need a rich, friable, well tilled soil. In the sub-tropics they can be grown as a summer crop.

Use: Fruit are mostly fried then eaten. They can also be grilled, baked, stuffed and stewed. They are used in curries. The fruit are also dried and stored. The leaves, although edible, are hairy and not good flavor.

Cultivation: Plants are grown from seeds. Seeds germinate slowly. At the best temperature, they germinate in 8 - 12 days. Seed are sown in nursery beds. Seedlings can be transplanted when about 8 cm tall or 4 - 6 weeks old. Plants need to be about 60 - 100 cm apart. Because some cross pollination can occur, seed crops need to have varieties planted 400 m apart.

Production: Fruit are ready for harvest after 3 months. They continue to yield for 3 - 4 months.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kj	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
fruit	91.8	117	0.8	6	1.3	0.4	0.2
fruit (fresh)	93.4	62	0.7	50	5	0.4	0.3

Vegetables

English: Bottle gourd

Khmer: ធុង្កា

Scientific name: *Lagenaria siceraria*

Plant family: CUCURBITACEAE

Description: A pumpkin family plant. It is an annual vine with large leaves. It can grow 3 - 9 m long and spread 3 - 6 m wide. The thick stems have furrows along them. It can climb over logs by attaching the tendrils which grow out of the stem near the leaf. The leaves are large and have soft hairs especially underneath. Flowers of both sexes are borne in the same plant. The plant produces male flowers first and these are on long stalks. Next it produces female flowers on short stalks. Flowers are large and white. They can be 10 cm across. They are mainly pollinated by insects. Fruit vary in shape and can be 8 - 90 cm long. They have brown seeds in a whitish green pulp. There are several varieties.



Distribution: A tropical plant that grows from sea level up to 2,700 m altitude in the tropics. It grows best in a warm humid climate. It is sensitive to frost and prefers full sunlight. It grows best with a night temperature of 17 - 23°C and day temperatures of 28 - 36°C.

Use: The young fruit are boiled as a vegetable. The skin and seeds are removed and can also be steamed, fried or pickled. Young tips and leaves are edible. They are often cooked with milk or coconut milk to improve the flavour. They are also mixed with other edible leaves. The seeds are sometimes eaten and provide an edible oil. Old fruit are used as containers, and the seeds are not normally edible.

Cultivation: To achieve fast and uniform emergence, seed should be soaked overnight. Seeds are best sown in raised beds. Seedlings emerge in 5 - 7 days. Seedlings can be transplanted if required. Because plants cross pollinate, plant and fruit types vary. Removing the young fruit to use as a vegetable will prolong the life of the plant. Large fruit can be obtained by removing some of the small fruit. A spacing of 1 - 2 m is suitable. It prefers a trellis to climb. Because it is shallow rooted, weeding needs to be done carefully.

Production: It is fast growing and flowers 2 months after seeding.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
bean (dry)	3.2	2399	28.2	-	-	5.3	-
leaf	83.0	180	4.4	66	-	7.4	-
fruit	93.0	88	0.5	25	10	2.4	-

Vegetables

English: Carrot

Khmer: កាប៉ូត

Scientific name: *Daucus carota* subsp. *sativus*

Plant family: APIACEAE

Description: A root crop grown from seed. It normally grows a fattened root one year then forms a flower the next year. It can be 60 cm high and spread to 50 cm wide. The root is long in shape and orange in colour. The stem is erect, tough and furrowed. The leaves are feathery and divided 3 times. The leaves have a sheath clasping the stalk at the base. The flowers are white and lacy. They form a dense compound cluster at the top of the plant. Sometimes flowers are only produced into the second year of growth, depending on temperature.



Distribution: A temperate plant. In the tropics it is mostly grown in the highlands, but will grow from sea level to 2,600 m altitude. Sometimes on the coast only leaves are produced. Carrots are frost resistant. In Nepal carrots are grown up to 1,700 m altitude. It needs a deep loose soil. Seed germinate well in the temperature range 7 - 24°C. Plants grow well with a temperature about 15°C. It grows best with a pH of 6 - 7. It suits hardiness zones 3 - 9.

Use: Both the roots and the leaves are edible. The young leaves are used in soups. The roots can be eaten raw or cooked. They can be steamed, fried, pickled, made into jam, or used in stews. Carrot seed oil is used as a flavouring. The juice is used raw and fermented. The roots can be dried and the flour used to flavour and thicken soups.

Cultivation: They are grown from seeds sown directly. Because the seeds are very small, they are sometimes mixed with sand before sowing to allow a more even distribution of plants. A spacing 5 cm apart in rows 15 - 20 cm apart is suitable. Often this spacing is achieved by thinning out plants. For seed production, a low temperature of 4 - 9°C for 40 - 60 days is needed before flowering to break the dormancy.

Production: There are tropical varieties that mature within 90 - 110 days.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kj	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
root (raw)	89.9	180	1.0	835	6	0.6	0.4
root (boiled)	91.5	79	0.6	852	4	0.4	0.3
leaf	87.4	-	2.2	65	-	-	-

Vegetables

English: Pumpkin

Khmer: ផ្លែក្រូច

Scientific name: *Cucurbita moschata*

Plant family: CUCURBITACEAE

Description: A pumpkin family plant. It is a creeping plant with long creeping stems and softly hairy but without prickly hairs. The stems are rounded or 5 angled and moderately hard. They can grow 15 - 20 m long. The leaves are large and shallowly lobed and divided like fingers on a hand. Occasionally the leaves have white blotches. They have rounded lobes. They are 20 cm by 30 cm. The leaf stalk is 12 - 30 cm long. The flowers have male and female flowers separately on the same plant. The fruit stalk is distinctly expanded where it joins the fruit. The fruit are not hard shelled and are dull in colour. The flesh is yellow and often has fibres through it. The seeds are plump and white to brown. They separate easily from the pulp of the fruit. The edge of the seed is scalloped and irregular in outline. There are a large number of cultivated varieties.



Distribution: A tropical plant that suits the wet tropics. It will thrive in humid as well as in very hot climates. A temperature of 18 - 30°C is best. It can tolerate some shade. It can grow in soils with a pH of 5.5 - 6.9. It suits hardiness zones 8 - 11.

Use: The fruit are eaten cooked. They are boiled, fried or baked. They can be mashed and used in pies, soups, bread and cakes. They can be dried, ground into flour and used for bread. The young leaves and flowers are edible. They can also be dried and stored. The seeds are eaten roasted. They can also be roasted in salt.

Cultivation: Plants are grown from seed. Seeds can be put in a nursery and transplanted.

Production: Fruit mature in 70 - 180 days after sowing depending on variety.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed	5.5	2331	23.4	-	-	2.8	-
leaf	93.6	88	3.0	95	10	2.1	-
fruit	95.0	35	0.7	-	14	0.4	-

Fruit

English: Durian

Khmer: ផ្លែឆ្មារ

Scientific name: *Durio zibethinus*

Plant family: DURIONACEAE

Description: A large evergreen tree with buttresses that grows 30 - 50 m tall. The bark is dark red-brown and rough and peels off irregularly. The leaves are alternate and oval with a cover of silver scales on the lower surface. The flowers are on the older branches and form bunches of flowers where the lower flower stalks are longer. The fruit are green to yellow, fat and have sharp spines over the surface. The seeds are completely covered with a yellowish soft, very sweet seed covering. The fruit drop unopened. As the fruit ripens it splits open naturally into 3 - 5 sections which have large seeds embedded in a yellow coloured pulp.



Distribution: A tropical plant that grows in the humid tropics, preferably below 300 m altitude, but they may grow up to about 800 m altitude in the equatorial tropics. They need plenty of soil moisture and a rich soil. It can tolerate temperatures down to 23°C and up to 46°C. A rainfall of over 2,000 mm evenly distributed throughout the year is best. A drier period during flowering is beneficial. Poorly drained or sandy soil are not suitable. It can grow well in acid soils with pH 5 - 6.5.

Use: The flesh around the seeds is eaten. Fruit need to be eaten within 2 days of falling from the tree. Fruit should only be opened at time of eating as the flesh goes sour. The unripe fruit can be cooked as a vegetable. Fruit are also processed for ice-creams and desserts. The seeds are edible, usually cooked. The young leaves and shoots can be eaten. The raw fruit is used as a vegetable or in soups.

Cultivation: Trees grow readily from seed. Seeds need to be fresh. Seeds germinate in about 3 days and can be transplanted in about 4 weeks. Seeds do not breed true. Trees can be grown by budding or grafting. Trees fruit about 7 years after planting. A spacing of at least 14 m between plants is needed. Grafted trees seldom reach 20 m height. Heavy mulching near the trunk can help patch canker (*Phytophthora palmivora*) to develop. Trees should be pruned and shaped for uniform branching and by topping to reduce excessive growth and give optimum production.

Production: Grafted trees can produce in 4 - 5 years but seedling trees take 10 years. Flowers are cross pollinated by bats. Normally flowers cannot self pollinate. Flowers open in the afternoon and fall by next morning. Up to 50 fruit can be produced per tree per year. Up to 400 fruit can grow on one tree and this varies with season. Fruit can weigh 3 - 5 kg. Fruiting is seasonal. Fruit take from 90 - 130 days from flowering to maturity depending on variety.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed	51.5	794	2.6	-	-	1.0	-
fruit (raw)	61.1	602	2.5	5	24	0.7	0.3

Fruit

English: Mangosteen

Khmer: មង្គុត

Scientific name: *Garcinia mangostana*

Plant family: CLUSIACEAE

Description: Mangosteens are a medium sized tree, growing up to 20 m high. Trees keep their leaves all year. Leaves are 15 - 25 cm long, bright, glossy and leathery. Male and female flowers occur on separate trees. Commercial trees only have female flowers. Male trees occur but are rare. Flowers are produced on shoots near the end of branches. Female flowers have 4 cream petals and 4 sepals and a round ovary with a thick stigma composed of 4 - 8 lobes. No pollination is required because fruit develop without fertilisation. The fruit is dark blue with 4 - 8 white juicy segments inside the thick skin. Each segment is enclosed in fine pinkish veins. It is 8 cm across and has flower sepals attached to the stalk end. It leaks yellow sap from wounds. The fruit is produced on side branches near to the tips of the main branches. Fruit often have no seeds or up to 2. These are not true seeds but they will grow.



Distribution: Mangosteens are tropical plants and require a hot humid climate (25 - 35°C). Temperatures below 5°C will kill the plant and temperatures below 20°C slow growth. It grows from sea level to 1,000 m altitude in the equatorial tropics although it grows very slowly at higher altitudes. It can stand light shade but does not do well with sea breezes, and needs protection from wind. It cannot tolerate drought or alkaline soils. It needs fertile soil. Good fertility enables earlier bearing. It suits high rainfall areas over 2,500 mm per year. It suits hardiness zones 11 - 12.

Use: Fruit is best eaten fresh. They are also cooked and used in desserts. The seeds are eaten after boiling or roasting. They can be ground to produce a vegetable butter.

Cultivation: Trees breed true from seed because they are produced asexually. This means trees are very uniform. Some seeds can produce more than one seedling. They germinate between 10 and 54 days after planting. Seeds need to be fresh (less than 5 days after extraction), undamaged, and cleaned of pulp. They quickly lose their viability. Transplanting is done with care after 2 years. Long tap roots make this difficult. Young trees require shade during hot weather. The slow early growth is because the original roots of the seedling are replaced by new roots from the base of the stem. A spacing of 7 - 10 m suits. Grafting onto vigorous root stocks is difficult. It has been performed on *Garcinia tinctoria*. Budding, cuttings and layering have been unsuccessful.

Production: Trees are grow slowly and begin to bear after 8 - 20 years. Fruit are produced on shoots more than two years old so pruning is unnecessary. Fruiting is seasonal once or twice a year. Often more fruit are produced every second year. The main fruiting season is November to March. Fruit need to be harvested when mature and ripe. Fruit can only be transported with difficulty. They can be stored under refrigeration (10°C for up to eight weeks). Between 500 and 1,500 fruit are produced per tree. Fruit are best opened by cutting the skin around the middle to prevent tannins from the skin spoiling the flavour. Fruit can be stored for 3 weeks if undamaged.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
fruit	81.3	299	0.6	-	2.7	0.4	-

Fruit

English: Sapodilla

Khmer: ល្ងាត់

Scientific name: *Manilkara zapota*

Plant family: SAPOTACEAE

Description: A medium sized evergreen tree that grows up to 18 m tall. It can grow to 30 m in tropical regions. The leaves tend to be clustered in spirals near the ends of twigs. The flowers are single and white and bell like in the axils of leaves. The fruit has several smooth black shiny seeds. The fruit are normally in pairs and 5 - 8 cm across. It is rusty brown in colour. The fruit can be seedless or can have 3 - 12 hard shiny seeds inside. The seeds are flattened and about 2 cm long. The tree has a milky juice.



Distribution: It is a tropical plant that will grow in sub-tropical climates. It needs a warm climate of 18 - 24°C. Good year round rainfall is needed especially for young trees. It will probably grow up to 1,000 m in the tropics but grows better at lower altitudes. It can tolerate some salt in the soil but needs good fertile soil. It can grow in heavy clay and acid soils. Young trees need extra fertiliser for good growth. It does best in sunny positions. It cannot tolerate waterlogged soils. It can stand strong winds.

Use: They can be used for drinks, jams or jellies. The fruit can be dried, preserved, or used in custards, sherberts, ice cream, pies and muffins. The unripe fruit can be pickled. The juice can be boiled into syrup or made into syrup or wine. The bark contains a gummy substance (chicle) used for chewing gum. The very young leaves are eaten. The very young shoots and leaves may be eaten, but older leaves contain an alkaloid poison. **Caution:** The seeds are hooked and can catch in the throat so should be removed.

Cultivation: Trees can be grown from fresh seeds but they are not true to type. It is best to use grafted plants. Seed remain viable for several years. Better varieties should be grown by grafting or air-layering. Trees can be grown from cuttings of mature branches. Seedling trees tend to be taller. Growing from cuttings is not easy. A spacing of 8 - 9 metres is suitable. Thinning of fruit is rarely undertaken as sap discolours other fruit. Topping of the tree can be done if the tree becomes too tall. Trees need little pruning.

Production: Trees are slow growing. Seedling trees take about 8 - 10 years to commence bearing. Grafted trees bear when about 4 - 5 years old. Fruit takes about 4 - 6 months after flowering to mature. The fruit should be harvested when fully ripe to avoid the sticky latex. Often there are two crops each year. A well established 10 year old tree can produce 200 - 250 kg of fruit per year. It is not easy to determine ripeness except for a slight colour change. Allowing fruit to fall ensures full maturity. Fruit weigh about 110 g. Fruit can be stored at 2°C for 6 weeks.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
fruit	74.0	361	0.5	10	12	0.7	0.1

Fruit

English: Rambutan

Khmer: សាវម៉ាវ

Scientific name: *Nephelium lappaceum*

Plant family: SAPINDACEAE

Description: A medium sized tree 12 - 25 m tall. It keeps its leaves throughout the year. Trees spread to 6 m wide. The leaves are alternate with leaflets opposite along the stalk. There are 5 - 7 pairs of leaflets. Each leaflet can be 20 cm long by 8 cm wide. The leaflet stalks are short and the leaflets are pointed at the tip and rounded at the base. The flowers are very numerous on compound flower arrangements. Seedling trees can produce only female or only male trees. Some kinds have both male and female flowers or both flower parts in the one flower. The dark red fruit has many prominent projections united at the base. The colour can vary between yellow, green, orange and bright red. Some trees are separately male and female, and sometimes seedless fruit is set. Male and female flowers are often separate on the same tree. The fruit is up to 5 cm long in loose clusters of 10 - 12. It normally contains one large seed. There are several named cultivated varieties.



Distribution: A tropical plant that suits the humid tropical lowlands mostly within 12° of the equator. It grows from sea level up to about 500 m in equatorial zones and will grow about 17° from the equator. It does best where the temperature is constant around 28°C or ranges from 22 - 30°C with a rainfall of 2,000 - 5,000 mm per year. Low humidity can cause leaf scorch. Excessive rainfall before flower formation reduces flowering. A dry period of about one month assists flower initiation and areas with two seasonal dry periods can get double crops. A well drained soil is needed.

Use: The fruit are eaten fresh. Sour fruit are eaten stewed. The seeds are sometimes roasted and eaten, and can be used for oil.

Cultivation: Trees can be grown from fresh seeds. The short lived seeds need to be planted fresh, after washing. Germination takes place in 7 - 10 days. Seedlings are not easy to transplant. Roots are sensitive to drying out. Selected trees can be propagated by budding or air-layering. Seedling tree quality varies considerably due to cross pollination. Trees are planted 10 m apart at densities of 80 - 120 per ha. About 1% male flowers are sufficient if enough pollinating insects are present. A mixture of varieties might be needed to get good fruit set. Organic manure is often used twice yearly.

Production: Seedling trees can bear after 6 years and vegetative trees after 4 years. Flowering occurs during the dry season. The main fruit season is November to March. Fruit mature about 110 days after flowering. Where trees with only female flowers occur, male pollinator trees are needed. Fruit can weigh 20 - 40 g and need to be harvested when ripe. A well maintained tree can produce 150 kg.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
fruit (raw)	82.0	271	1.0	0	53	1.9	0.1

Fruit

English: Pineapple

Khmer: ផ្លាស់

Scientific name: *Ananas comosus*

Plant family: BROMELIACEAE

Description: A perennial herb with a rosette of long, thick, spiky leaves, up to 1 m high and spreading 1 - 1.5 m. The leaves are arranged in spirals. Some kinds have thorns along the edges of the leaves. The plant produces suckers, both near the base of the stem and also higher up the stem near the fruit. These are called slips, or suckers, and are broken off and used for planting. The main plant dies after producing a fruit, but the suckers keep growing. The plant produces a flower and fruit at the end. The fruit is made up of about 150 berry-like fruitlets that are almost fused together. There is a small crown of leaves on top of the fruit. The fruit can be 25 cm long and weigh 0.5 - 4 kg. There are two main types of pineapples. The rough-leaved variety has spines on the leaves and produces a smaller but sweeter fruit. The smooth leaf variety has spineless leaves and larger fruit.



Distribution: The plant has been taken to most tropical and subtropical places. It is a tropical plant. It grows up to 1,800 m altitude near the equator. It can survive brief periods down to freezing, but cold retards growth, delays fruiting, and causes fruit to be more acid. A loose, well-drained soil with high organic matter is best. It can survive drought, but adequate soil moisture is necessary for good fruit production. Pineapples need an annual average temperature of 17.2 - 26.9°C. Growth ceases below 20°C. In the equatorial tropics, this is mostly between sea level and 1,800 m altitude. Pineapples need well-drained and fertile soil. It suits an acid soil and can develop roots in soils where lime has been added. The soil acidity can be between pH 3.3 - 6.0. The best range is pH 4.5 - 5.5. Soils that are not sufficiently acid can be treated with sulphur. It suits hardiness zones 9 - 10.

Use: The fruit is eaten fresh or used for juice. Unripe fruit are also cooked and eaten. The young, heart-leaves can be eaten. It is an attractive and popular snack food.

Cultivation: The suckers, slips, and the top of the fruit, can be used for planting. The time to maturity is the fastest for the suckers near the bottom of the plant and slowest when the top of the fruit is planted. Therefore, use suckers that grow from the stem near the ground for earliest yield. Pineapple flowering hormone can be used for fruit production with thorny varieties and calcium carbide for smooth varieties. Fruiting is less seasonal in the highlands than in the lowlands. Pineapples can be planted with 35,000 - 43,000 plants/ha or 3 - 4 plants per square metre. If plants are spaced more widely, they produce more suckers. Fruits become more acid where plants are closely spaced. If too many suckers are left growing from the main plant, then smaller fruit will be produced. They can grow in partial shade and, in this situation, the plants are normally more green. The red colouring of pineapple leaves is due to a deficiency of the nutrient nitrogen. This shows up more quickly in plants in full sunlight. When the plant is sufficiently large, it responds to changes, such as less available nutrients or water, and starts to produce a flower, then a fruit. The number of hours of sunlight, as well as reducing temperature and reduced sunlight, also help the flowers form. The result of this is that flowering and fruiting is often seasonal. This can easily be changed by using a fruiting hormone, which allows fruit to be

produced at times to suit the grower. Pineapples can grow in semi-arid conditions because the leaves can store some water. They also tend to lose only small amounts of water from evaporation through their leaves, but they can grow well with plenty of water. The roots are very sensitive to water-logging, so the soil must be well-drained. Pineapples do not cover the soil well, so it is good to use a mulch of plant material to help weed control, provide some nutrients and to stop soil erosion.

Production: Plants usually produce for about 4 years. Fruiting is less seasonal in the highlands than in the lowlands in the tropics. The growth rate for pineapples slows at cooler temperatures. Plants grown in the highlands, or at higher latitudes, take longer to mature. It takes 60 days from when the flower starts to form until the fruit appears, then a further 5 months until the fruit is ready for harvest. The time from planting to harvesting ranges from 11 - 32 months, depending on temperature. The fruit are smaller, poorer shape and more acid where the temperatures are lower or there is less sunlight.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
fruit	84.3	194	0.5	60	25	0.4	0.1

Fruit

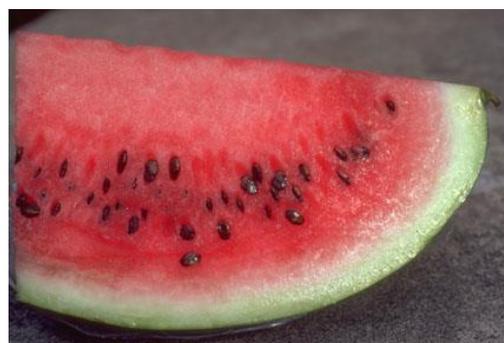
English: Watermelon

Khmer: ឱឡើង

Scientific name: *Citrullus lanatus*

Plant family: CUCURBITACEAE

Description: An annual climber, with deeply divided leaves and tendrils along the vine. It trails over the ground and has hairy, angular stems. The leaves are on long leaf stalks. The leaves are deeply divided along their length. These leaf lobes are rounded and can themselves be divided. The leaves are 5 - 20 cm long by 2 - 12 cm across. The tendrils are divided. The plant has separate male and female flowers on the same plant. The flowers are pale yellow and smaller than pumpkin flowers. The flowers occur in the axils of leaves. The male flowers appear first. Fruit are large and round or oval. They can be 60 cm long. Fruit have a hard smooth skin. Several fruit colours and shapes occur. They often have a dark green mottle, or blotches. The fruit has reddish, juicy flesh and black or red seeds. The seeds are oval-shaped and smooth.



Distribution: It grows in most tropical and subtropical countries. It grows best on the coast in the tropics, but will grow up to about 1000 m altitude. It will not stand water-logging and does well on sandy soils. Plants are frost-sensitive. Seed will not germinate below 21°C. Temperatures between 24 - 30°C are suitable. Fruit are sweeter in arid warm areas. It suits hardiness zones 10 - 12.

Use: The fruit is eaten raw when ripe. Small, unripe fruit can be cooked as a vegetable. The skin is sometimes candied in vinegar and eaten with fish. Seeds are also eaten. They are dried, soaked in salt water, and then roasted. Oil is extracted from the seeds. Very young leaves are occasionally eaten. It is a popular fruit.

Cultivation: They are suitable mainly for the dry season. A spacing of 1.5 - 2 m is suitable. They grow easily from seed. They do best when fully exposed to the sun. Seed can be dried and stored. If too much vegetative growth occurs, picking out the tip to produce side branches will produce more fruit.

Production: Harvesting commences after 4 - 5 months. The main fruit season is November to January. The ripeness can be determined by tapping the fruit to get a dull sound. The part of the fruit on the ground changes from green to light yellow and the tendril near the base of the fruit becomes dry when ripe. Fruit yield can be 45 - 60 t/ha.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
fruit	94.0	92	0.4	20	5	0.3	0.1
seed	5.1	2330	28.3	0	0	7.3	10.2

Fruit

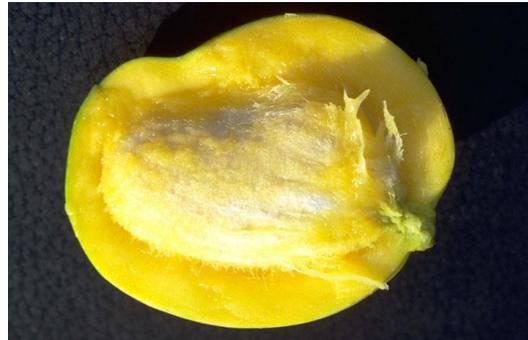
English: Mango

Khmer: ផ្លែឈើ

Scientific name: *Mangifera indica*

Plant family: ANACARDIACEAE

Description: An erect, branched evergreen tree. It can grow to 10 - 40 m high and is long lived. (Trees grown by vegetative means are smaller and more compact.) Trees spread to 15 m across. It has strong deep roots. The trunk is thick. The bark is greyish-brown. The leaves are simple and shaped like a spear. Some kinds of mangoes have leaves with a wavy edge. They can be 10 - 30 cm long and 2 - 10 cm wide. They are arranged in spirals. The leaf stalk is 1 - 10 cm long and flattened. Leaves are often brightly coloured and brownish-red when young.



These tender leaves which are produced in flushes become stiff and dark-green when mature. The flower stalks are at the ends of branches. They are 10 - 50 cm long and branching. Up to 6,000 flowers can occur on a stalk. Most of these are male and up to 35% have both male and female flower parts. Fruit are green, yellow or red and 2.5 - 30 cm long. The fruit hang down on long stalks. The outside layer of the seed is hard and fibrous and there is one seed inside. Several embryos can develop from one seed by asexual reproduction. The fruit shape and colour vary as well as the amount of fibre and the flavour. India has many varieties and they cannot tolerate humidity.

Distribution: A tropical and subtropical plant. It grows in the lowlands. It grows from sea level up to 1300 m altitude in the tropics. It does best in areas below 700 m and with a dry season. Rain and high humidity at flowering reduces fruit set. It thrives best where temperatures are about 25°C but will grow with temperatures from 10 - 42°C. Temperatures of 0°C will damage young trees and flowers. Low temperatures (10 - 20°C) at flowering time will reduce fruiting. As temperatures get lower due to latitude or altitude, fruit maturity is later and trees become more likely to only have good crops every second year. Mangoes can grow on a range of soils. In wetter areas soils with less clay are better. They can withstand occasional flooding. A soil pH of 5.5 - 6.5 is best. Soils with pH above 7.5 cause plants to develop iron deficiency. It grows in the Sahel. It can grow in arid places. It suits hardiness zones 11 - 12.

Use: Ripe fruit are eaten raw. Unripe fruit is pickled. Seeds can be eaten cooked. They are boiled or roasted. They are made into meal by powdering. Young leaves can be eaten raw or cooked. Amchur is made from the dried unripe fruit. This is used in curries, and pickles and chutneys. The seed kernels are used for famine food in India. They are boiled, roasted or soaked to remove the bitterness. **Caution:** The sap from the tree or fruit can cause skin problems with some people.

Cultivation: Trees are grown by planting fresh seed and they can be transplanted. Mangoes vary in their ability to breed true from seed. When more than one seedling emerges from the seed some of these are asexual and breed true. Clean seed germinate best if they are treated at 50°C for 20 minutes, then planted on their edge with the round bulge upwards and near the soil surface. The husk around the seed should be removed. Seeds germinate in 3 - 6 weeks. The strongest growing seedlings from this seed are used and the others thrown away. The seedlings from the folds of the seed are vegetative while the seedling from the centre of the seedling near the stalk end may be sexual and show variation from type. Other seeds only produce one seedling

and these normally vary and can be different from the parent tree. Plants can be propagated by budding, or by grafting using in-arching. This is not easy and care is required. In wetter places, flowers need to be protected with fungicides to enable fruit to form. If organic manure is used this should not be directly in the planting hole nor immediately against the new plant. Young transplanted seedlings need regular watering. A spacing of 6 - 12 m between plants is used. Wind protection is advisable to prevent fruit rubbing and getting damaged. Trees should only ever be lightly pruned as fruit develop on new growth and heavy pruning can reduce flowering. Flowering can be brought about by foliar sprays of potassium nitrate.

Production: Seeds germinate after about 20 days. Seedling trees produce after 4 - 6 years and increase in production up to 20 years. Trees often bear better each second year. Rain at flowering reduces fruit setting. Fruiting is at the end of the year. Fruit take 4 - 5 months to mature. Fruit vary in weight from 200 - 1,000 g. Trees can produce one million flowers but only 500 fruit. Trees last for many years.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A μ g	proVit C mg	Iron mg	Zinc mg
fruit	83.0	253	0.5	54	30	0.5	0.04
leaf	82.1	226	3.9	-	60	2.8	-

Fruit

English: Banana

Scientific name: *Musa sp (A &/or B genome) cv.*

Khmer: ប៊ែន

Plant family: MUSACEAE

Description: These are the main group of cultivated bananas. They can be classed into diploid, triploid and tetraploid kinds with various amounts of the A or B parents. They grow 2 - 9 m high. They are large non woody herbs with broad long leaves. Most kinds have several suckers. Bananas grow a soft firm false stem from an underground corm. The fruiting stalk eventually emerges from the top of this false stem and normally curves over pointing towards the ground. Fruit occur in clumps or hands along this stem. The male flowers are in a red bud at the end of the flower stalk. The colour of the stem, bracts, bud and fruit varies considerably depending on the variety. The fruit can be 6 - 35 cm long depending on variety. They can also be 2.5 - 6 cm across.



Distribution: A tropical and subtropical plant. They grow from sea level up to about 2,000 m altitude in the tropics. They are rarely an important food above about 1,600 m. In Nepal they grow to about 1,800 m altitude. They do best in warm and humid tropical climates. Temperatures need to be above 15°C. The best temperature is 27°C. The maximum temperature is 38°C. Bananas grow best in full sun. For best growth, a rainfall of 200 - 220 mm per month is needed. A deep friable soil is best. They can tolerate a pH between 4.5 - 7.5. It suits hardiness zones 10 - 12. It is widely grown in many countries.

Use: Fruit are eaten raw or cooked depending on variety. Male buds and flowers are eaten on some varieties. They are cooked as a vegetable. The central pith of the false stem and the underground rhizome are also sometimes eaten.

Cultivation: They are planted from sword suckers. Diploids need re-planting annually but many triploids can be re-suckered from the base on the same site. Spacing depends on variety. A spacing of 1,000 - 3,000 plants per hectare is used depending on variety. Suckers are usually put 30 cm deep.

Production: Time to maturity varies from 6 - 18 months depending on variety and altitude. Triploids have larger bunches than diploids. Tetraploids are very large plants.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
fruit (cooking)	65.3	510	2.0	113	18.4	0.6	0.1
fruit (sweet)	70.7	365	1.7	-	2	0.9	0.4
flower buds	91.3	109	1.6	-	-	1.0	-

Nuts, seeds, herbs and other foods

English: Peanut

Khmer: ស្ពៃក្រូច

Scientific name: *Arachis hypogea*

Plant family: FABACEAE

Description: Peanuts grow on spreading bushy plants up to about 40 cm high. The leaves are made up of 2 pairs of oppositely arranged leaflets. Flowers are produced in the axils of the leaves. Two main kinds of peanuts occur. The runner kind (Virginia peanut) has a vegetative or leafy branch between each fruiting branch and therefore produces a spreading bush. The bunch type (Spanish-Valencia peanuts) produces fruiting branches in a sequence one after the other along the branches. They grow as a more upright plant and grow more quickly.



Pods are produced on long stalks, which extend under the ground and they contain between 2 - 6 seeds. The stalk or peg from the flower grows down into the soil and then produces the pod and seed under the ground. The flowers need to be no more than 18 cm from the soil surface for the seed pod to develop underground.

Distribution: Peanuts grow in tropical and subtropical areas. They grow well from sea level up to about 1,650 metres in the equatorial tropics. They require temperatures of 24 - 33°C. Plants are killed by frost. They need a well-drained soil and cannot stand water-logging and often require raised garden beds. Peanuts need 300 - 500 mm of rain during the growing season. Dry weather is needed near harvest.

Use: The seeds can be eaten raw, cooked or sprouted. They are boiled, steamed, roasted, salted or made into peanut butter or flour. The young leaves and unripe pods are edible after cooking. An edible oil is extracted from the seeds. The remaining meal can also be eaten.

Cultivation: Peanuts require soil with good levels of calcium and boron or they produce empty pods. Peanuts have nitrogen fixing root nodule bacteria and therefore can give good yields in soils where nitrogen is low. The nuts are normally removed from the shell before planting and are sown 2 - 3 cm deep, with 10 cm between plants and 60 - 80 cm between rows. The soil needs to be weeded and loose by the time the flowers are produced to allow the peg for the seed pods to penetrate the soil.

Production: Flowering can commence in 30 days and it takes 3.5 - 5 months until maturity. Peanuts are harvested by pulling out the plant when the top of the plants die down. After harvesting, they should be left to dry in the sun for 3 - 4 days. Virginia peanuts have a longer growing season and the seeds need to be stored for 30 days before they will start to re-grow.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kj	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed (dry)	4.5	2364	24.3	-	-	2.0	3.0
seed (fresh)	45	1394	15	-	10	1.5	-
leaf	78.5	228	4.4	-	-	4.2	-

Nuts, seeds, herbs and other foods

English: Cashew

Khmer: ស្លាប៊ុន

Scientific name: *Anacardium occidentale*

Plant family: ANACARDIACEAE

Description: An evergreen tree, with spreading branches, growing 7 - 14 m tall. The canopy can spread to 12 m. The roots grow deeply and spread widely. The shiny leaves are pale green and large. They are 10 - 15 cm long by 6 - 8 cm wide. They have fine veins. The flowers are produced on the ends of the branches. They are red in colour. The kidney-shaped nut is about 3 cm long and is borne below the "apple" which is really a fleshy stalk.



Distribution: It is a tropical plant that suits the lowland tropics but will grow up to about 1,200 m altitude. It only bears well in dry areas because of blight of the flowers. It grows best in temperatures of 22 - 26°C. A rainfall of 1,750 mm per year is considered suitable but good yields have been obtained with rainfall of 750 mm. It can grow on poor soils but needs good drainage.

Use: The fleshy "apple" is edible but acid until very ripe. It is used for jams, drinks, candy, chutney and pickles. The nut is eaten after roasting. The young shoots and leaves are edible. They are picked during the rainy season and eaten fresh with hot and spicy dishes. **Caution:** The oil of the nut can blister the skin until roasted. The apple is used to make spirits.

Cultivation: It is usually grown from seeds. Seeds germinate poorly and slowly. Only nuts which sink in water (or a solution of 150 g of sugar in a litre of water) should be planted. Seeds are sun dried for 2 - 3 days to improve germination. Seeds can be sown in a nursery then transplanted, or more commonly, are sown directly. Trees are spaced 7 - 10 m apart. The crop is cross pollinated mostly by insects. For good production, complete fertiliser or appropriate organic material should be applied. Pruning to shape the tree is often undertaken in the first 2 - 3 years. Cashews are often planted scattered in gardens or amongst other trees. Clearing under the tree prevents fire and makes finding nuts easier. Allowing nuts to fall before harvesting ensures only ripe nuts are collected. Resin in the cashew nut shell can damage hands and discolour the nuts. Roasting the nuts before removing the kernel avoids this.

Production: Trees commence bearing after 3 years. Fruit production is seasonal, normally October - January. Mature nuts are produced in 2 - 3 months. Yields of 80 - 200 kg of nuts per hectare are normal. Trees reach maximum production after 10 years and last for about 100 years.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
nut	4.0	2478	17.5	-	-	2.8	4.8
leaf	69.9	418	5.2	-	-	-	-
fruit	84.7	213	0.8	0.12	265	1.0	0.2

Nuts, seeds, herbs and other foods

English: Sesame

Khmer: ល្ង

Scientific name: *Sesamum indicum*

Plant family: PEDALIACEAE

Description: A small, erect annual plant. It is very branched and grows 1 - 2 m tall. The stem is stout, 4 sided and furrowed along its length. It is densely covered with fine, downy, glandular hairs that vary in shape. The lower leaves have long stalks and are spear shaped, often with lobes or a toothed edge. The leaf stalks are 3 - 11 cm long. The leaf blade is 4 - 20 cm long by 2 - 10 cm wide. Upper leaves are narrow and oblong. They are 0.5 - 2.5 cm wide. The flowers occur in the axils of upper leaves, either on their own, or in groups of 2 or 3. They can be white, pink, purplish and with yellow spots and stripes. The fruit can be smooth or rough and there are 2 chambers in the capsule. The fruit are brown or purple. They are oblong and deeply grooved. The seeds are small and oval. They are 3 mm by 1.5 mm and vary in colour from white, yellow, grey, red, brown or black. The fully ripe pods burst open.



Distribution: A tropical plant that suits the hot, dry, semi-arid tropics and sub-tropics. It can tolerate short periods of drought once established. It needs a temperature of 20 - 24°C in early growth, then 27°C for ripening. It grows from sea level to about 1,200 m in areas with an annual rainfall of 400 - 1,000 mm. Soils need to be well drained. It is very intolerant of water-logging. It cannot stand high humidity and needs frost free conditions. It needs a dry period for seed drying. It does not like acid soils. It grows in open sunny places. It can grow in arid places.

Use: The seeds are eaten. They are used in soups or fried or boiled. They are used in tahini and hummus. Seeds are eaten in the form of sweetmeats. Roasted seeds are used in pickles. They are also put on bread. Oil from the seeds is used in cooking and on salads. The refuse from the seed after the oil has been extracted is boiled in water and made into soup.

Cultivation: Plants are grown from seed. Seed will not germinate below 21°C. Seeds are broadcast on well prepared land and then harrowed in using a light harrow, or sown 2 - 15 cm apart in rows 20 - 45 cm apart. Plants can be thinned or weeded during early growth to produce a better crop. Seeding rates of 9 - 11 kg/ha are used. Some varieties shatter easily.

Production: Yields of 340 - 500 kg/ha are average. Plants reach maturity in 80 - 180 days. Crops are harvested as the leaves begin to drop. Plants are cut and stoked or dried in racks. The hull is removed by soaking in water overnight, then partly dried and rubbed against a rough surface.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed (dry)	4.7	2397	17.7	1	-	14.6	7.8
leaf (raw)	85.5	188	3.4	-	-	-	-
oil	-	3683	0.2	-	-	-	-

Nuts, seeds, herbs and other foods

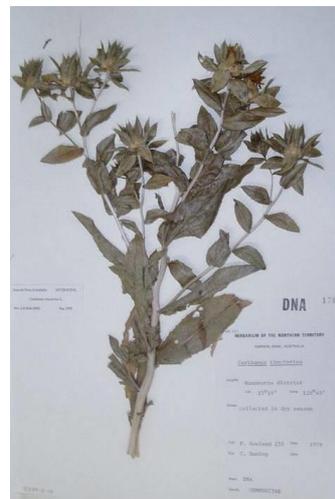
English: Safflower

Khmer: វិស្សាភិណ្ណ

Scientific name: *Carthamus tinctorius*

Plant family: ASTERACEAE

Description: An erect, annual herb that grows to 60 - 150 cm tall. It has many branches. It has spines but the numbers vary. The stems are white, stiff and round with fine grooves along their length. The types with more spiny leaves are better for oil production. The leaves are arranged in spirals around the stem. They do not have leaf stalks. The leaves are dark green and glossy. They are 10 - 15 cm long and 2 - 4 cm wide. The flower head is made up of many small flowers that are 13 mm long and like tubes. They are yellow to orange in colour. The fruit is 4 angled and has a hard hull and a single white or grey seed. The seed is oblong.



Distribution: It grows in both tropical and temperate zones. It does better in drier regions. It cannot tolerate waterlogging. It does not suit the low, wet tropics. It needs a good dry season for drying. It is resistant to drought. It can stand some wind and salinity. High temperatures can result in poor seed set. It does best where temperatures are 17 - 20°C on average. At the equator it can grow at 1,600 - 2,000 m altitude but most commonly in other regions it grows below 900 m altitude. A soil pH of 5 - 8 is suitable. It can grow in arid places.

Use: The young shoots and leaves are eaten cooked or raw. They can be seasoned with soy sauce. The seeds are hulled and roasted. They are eaten as snacks. They are also used in chutneys. The seed oil is used in cooking and as a salad oil. This can be done by boiling the seeds and floating off the oil. The dried, edible petals are used to colour foods. They can give red or yellow dyes. The slightly bitter petals can be cooked with rice.

Cultivation: Plants are grown from seed. A fine seed bed is required and seed are broadcast or drilled. It is best sown about 2 - 3 cm deep. Seeds germinate in 4 - 7 days and a soil temperature of 15°C is best. Plants should be topped as soon as the first buds appear to increase the number of flower heads. A spacing of 15 - 30 cm between plants is suitable. Wider spacing gives more heads per plant and closer spacing gives higher yields per area. A seeding rate of 20 - 30 kg per hectare is required. Crops respond to fertiliser if there is sufficient moisture. In very dry weather, harvesting in the more moist morning or evening avoids seed shattering. Plants are uprooted and heaped for a few days before threshing.

Production: Plants take 120 days to maturity. Seeds are ripe about 35 - 40 days after maximum flowering. Plants are harvested when leaves turn brown.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed	5.6	2163	16.2	5	0	4.9	5.5

Nuts, seeds, herbs and other foods

English: Mung bean

Khmer: សណ្តែកបាយ

Scientific name: *Vigna radiata*

Plant family: FABACEAE

Description: An upright hairy bean plant that can grow to 1 m tall. It has many branches. The leaves have 3 leaflets, are dark green and grow on long leaf stalks. There are oval stipules at the base of the leaf. Flowers are pale yellow and small. They occur in bunches of 10 - 20 on the ends of long hairy flower stalks. Pods are black and straight. They do not have a beak. Pods contain 10 - 20 seeds which are usually green or golden yellow. They are smaller than black gram. The beans can be black. They have a flat white hilum. There are 2,000 varieties.



Distribution: A tropical and subtropical plant. The plant will grow from sea level up to about 2000 m in the tropics. It is drought resistant but can't stand water-logging. Plants are damaged by frost. They cannot stand salinity. Rainfall at flowering is detrimental. It requires a deep soil. Both short day and long day varieties occur. It can grow where annual temperatures are from 8 - 28°C. It can tolerate a pH from 4.3 - 8.1. It suits a drier climate and can grow in arid places. It suits hardiness zones 10 - 11.

Use: Seeds are eaten ripe, raw or roasted. They are added to soups and stews. They are also fermented. Young pods and leaves can be eaten. The seeds can be germinated for sprouts and used in salads and stir-fried dishes. The seeds are ground and used for starch to make noodles.

Cultivation: Plants are grown from seed. In some areas these are broadcast while for small plots often 2 - 3 seeds are sown in holes 50 - 60 cm apart. Seeding rates of 6 - 22 kg per ha are used in different locations. It normally requires phosphorus fertiliser for adequate growth. Seeds germinate in 3 - 5 days.

Production: Green pods are ready after about 2 months and ripe pods may take another 1 - 2 months. For ripe beans the whole plant is harvested and dried before threshing. Yields of 450 - 560 kg/ha of seeds are common.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kj	Protein g	proVit A µg	proVit C mg	Iron mg	Zinc mg
seed	11.0	1432	22.9	55	4	7.1	-
seed (cooked)	-	439	7.0	2.4	1.0	1.4	-
seed (sprouted)	90.4	126	3.0	2	13.2	0.9	0.4

Nuts, seeds, herbs and other foods

English: Coastal almond

Khmer: ដើមផ្កាត្រី

Scientific name: *Terminalia catappa*

Plant family: COMBRETACEAE

Description: A large tree, up to 25 - 40 m tall. It loses its leaves during the year. The trunk can be straight or twisted. There can be buttresses up to 3 m tall. The branches lie horizontally and come out in layers. The leaves are long, smooth and shiny, with an abrupt point at the tip and a rounded base. Leaves tend to be near the ends of branches. Leaves can be 17 - 29 cm long and 10 - 15 cm wide. Young leaves have soft hairs. The leaves turn red and fall off twice a year. Flowers are greenish-white and in a spike at the end of the branches.



The lower flowers on a spike are female, and the others are male. The fruit is about 6 cm long by 3 - 4 cm wide, thick and flattened, with a flange around the edge. The fruit are green and turn red when ripe. The pulp is edible.

Distribution: It grows on beaches in almost all tropical countries in the world, including Solomon Islands. It is a tropical plant, and sometimes cultivated as a shade tree. The tree is common in lowland areas particularly on sandy or rocky beaches. Seeds are spread by bats and seawater, as well as being planted by people. It is common along streets in coastal towns. It will grow from sea level up to about 800 m altitude. Plants are frost-susceptible. It can tolerate drought. It suits hardiness zones 11 - 12.

Use: The kernel of the fruit is eaten raw. An edible oil can also be extracted.

Cultivation: Plants can be grown from seed. Seeds can be stored dry for a year or more. Seeds germinate freely and most seeds grow. Insects can badly damage the leaves of young seedlings.

Production: It is fast growing. Nut production is seasonal.

Food Value: Per 100 g edible portion

Edible part	Moisture %	Energy kJ	Protein g	proVit A μ g	proVit C mg	Iron mg	Zinc mg
nut (fresh)	31	1810	15.9	-	4	4.6	4.9
nut (dry)	4.2	2987	20.0	-	2	6.3	8.8

Nutritional values of food plants

Family	Botanical Name	Common name	Edible part	Moisture	Energy	Protein	proVit A	proVit C	Iron	Zinc	Page
AMARANTHACEAE	<i>Amaranthus hybridus</i>	Amaranth greens	leaf	87.4	189	4.9	-	108	5.7	-	30
AMARANTHACEAE	<i>Amaranthus tricolor</i>	Chinese amaranth	leaf	91.7	96	2.5	292	43.3	2.3	0.9	31
ANACARDIACEAE	<i>Anacardium occidentale</i>	Cashew	nut	4.0	2478	17.5	-	-	2.8	4.8	52
ANACARDIACEAE	<i>Mangifera indica</i>	Mango	fruit	83	253	0.5	54	30	0.5	0.04	48
APIACEAE	<i>Daucus carota subsp. sativus</i>	Carrot	root (raw)	89.9	180	1.0	835	6.0	0.6	0.4	39
ARACEAE	<i>Amorphophallus paeonifolius var. campanulatus</i>	Elephant foot yam	tuber	78.0	340	2.0	0	6.0	2.4	1.1	13
ARACEAE	<i>Colocasia esculenta</i>	Taro	root	66.8	1231	1.96	3.0	5.0	0.68	3.2	17
ASTERACEAE	<i>Carthamus tinctorius</i>	Safflower	seed	5.6	2163	16.18	5	0	4.9	5.5	54
BASELLACEAE	<i>Basella alba</i>	Indian spinach	leaf	85.0	202	5.0	56	100	4.0	-	27
BRASSICACEAE	<i>Brassica oleracea var. acephala</i>	Kale	leaf (raw)	84.0	210	3.3	70	120	1.7	0.3	28
BRASSICACEAE	<i>Brassica oleracea var. alboglabra</i>	Chinese broccoli	flower (cooked)	93.5	92	1.1	164	28.2	0.6	0.4	35
BROMELIACEAE	<i>Ananas comosus</i>	Pineapple	fruit	84.3	194	0.5	60	25	0.4	0.1	45
CLEOMACEAE	<i>Cleome gynandra</i>	Cat's whiskers	leaf	86.6	142	4.8	-	26	6.0	-	34
CLUSIACEAE	<i>Garcinia mangostana</i>	Mangosteen	seed	81.3	299	0.6	-	2.7	0.4	-	42
COMBRETACEAE	<i>Terminalia catappa</i>	Coastal almond	nut (dried)	4.2	2987	20	-	2	6.3	8.8	56
CONVOLVULACEAE	<i>Ipomoea aquatica</i>	Kangkong	leaf- (boiled)	92.9	84	2.1	520	16.0	1.3	0.2	32
CONVOLVULACEAE	<i>Ipomoea batatas</i>	Sweet potato	tuber (baked)	72.9	431	1.7	961	24.6	0.5	0.3	14
CUCURBITACEAE	<i>Benincasa hispida</i>	Wax Gourd	fruit	92.0	118	0.7	0	15.0	0.6	0.6	36
CUCURBITACEAE	<i>Citrullus lanatus</i>	Watermelon	seed	5.1	2330	28.3	0	0	7.3	10.2	47
CUCURBITACEAE	<i>Cucurbita moschata</i>	Pumpkin	seed	5.5	2331	23.4	-	-	2.8	-	40
CUCURBITACEAE	<i>Langenaria siceraria</i>	Bottle gourd	leaf	83.0	180	4.4	66	-	7.4	-	38
DIOSCOREACEAE	<i>Dioscorea bulbifera</i>	Potato yam	tuber	70.8	357	2.7	-	78.0	3.1	2.4	16
DURIONACEAE	<i>Durio zibethinus</i>	Durian	fruit	61.1	602	2.5	5	24.0	0.7	0.3	41
EUPHORBIACEAE	<i>Manihot esculenta</i>	Cassava	tuber	62.8	625	1.4	30	15.0	0.23	0.48	11
FABACEAE	<i>Acacia farnesiana</i>	Sweet Acacia	seed (dry)	8.1	1522	36.6	-	-	6.0	0.6	26
FABACEAE	<i>Arachis hypogea</i>	Peanut	seed (dry)	4.5	2364	24.3	-	-	2.0	3.0	51
FABACEAE	<i>Cajanus cajan</i>	Pigeon pea	seed	10.0	1449	19.5	55	-	15.0	-	19
FABACEAE	<i>Canavalia ensiformis</i>	Jack bean	seed	10.0	1423	20.4	160	-	4.9	-	20
FABACEAE	<i>Glycine max</i>	Soybean	seed	9.0	1701	33.7	55	-	6.1	-	22
FABACEAE	<i>Pisum sativum</i>	Pea	seed (raw)	78.5	283	5.8	300	25.0	1.9	0.7	23
FABACEAE	<i>Psophocarpus tetragonolobus</i>	Winged bean	leaf	95.0	197	5.0	809	30	6.2	1.3	24
FABACEAE	<i>Vigna radiata</i>	Mung bean	seed	11.0	1432	22.9	55	4	7.1	-	55
FABACEAE	<i>Vigna subterranean</i>	Bambara ground nut	seed	7.3-	1572	18.4	-	-	4.6	2.2	25
FABACEAE	<i>Vigna unguiculata subsp. sesquipedalis</i>	Snake bean	mature seed (raw)	8.4	1453	24.3	18.5	1.6	8.61	3.5	21
MALVACEAE	<i>Abelmoschus esculentus</i>	Okra	fresh pod	88.0	151	2.1	185	47.0	1.2	-	33

Family	Botanical Name	Common name	Edible part	Moisture	Energy	Protein	proVit A	proVit C	Iron	Zinc	Page
MORINGACEAE	<i>Moringa oleifera</i>	Drumstick tree	leaf	76.4	302	5.0	197	165	3.6	-	29
MUSACEAE	<i>Musa sp (A &/or B genome) cv.</i>	Banana	fruit	65.3	510	2.0	113	18.4	0.6	0.1	50
PEDALIACEAE	<i>Sesamum indicum</i>	Sesame	seed	4.7	2397	17.7	1	0	14.6	7.8	53
POACEAE	<i>Oryza sativa</i>	Rice	seed (brown)	13.5	1480	7.6	-	-	2.8	-	10
SAPINDACEAE	<i>Nephelium lappaceum</i>	Rambutan	fruit	82.0	271	1.0	0	53.0	1.9	0.1	44
SAPOTACEAE	<i>Manilkara zapota</i>	Sapodilla	fruit	74.0	361	0.5	10	12.0	0.7	0.1	43
SOLANACEAE	<i>Solanum melongena</i>	Eggplant	fruit (fresh)	93.4	62	0.7	50	5.0	0.4	0.3	37



*Solutions to Malnutrition
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