FRUIT AND NUTS OF NEPAL

PRACTICAL WAYS OF GROWING LOCAL FOOD PLANTS AND DOING IT WELL

Rotary

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

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

REGISTERED CHARITY

Fruit and nuts of Nepal

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

We welcome and encourage your support.

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

This booklet is based on information from the Food Plants International (FPI) database, developed by Tasmanian agricultural scientist Bruce French, AO

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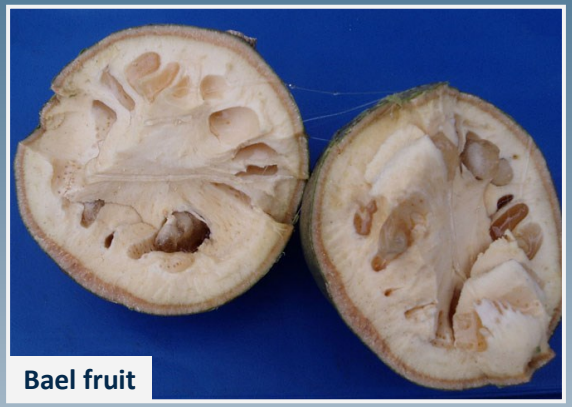
Nepal - a country of fabulous fruit



Bael fruit

Fig

Brier rose

Fruit tastes good and keeps us healthy

Everybody should eat some fruit every day.

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

Good gardeners and farmers plant several kinds of fruit trees.

Banyan tree

Trind

Apricot

Cape gooseberry

Many fruit suit the climate of Nepal

Indian jujube

Fruit to be enjoyed by all.

Some grow quickly.

Some need to be planted for the future.

Many are seasonal.

Brier rose

Chinese laurel

Tamarillo

Enjoy fruit to enjoy a good life

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


Bael fruit


Indian jujube


Fig


Apricot

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

Vitamin A in fruit

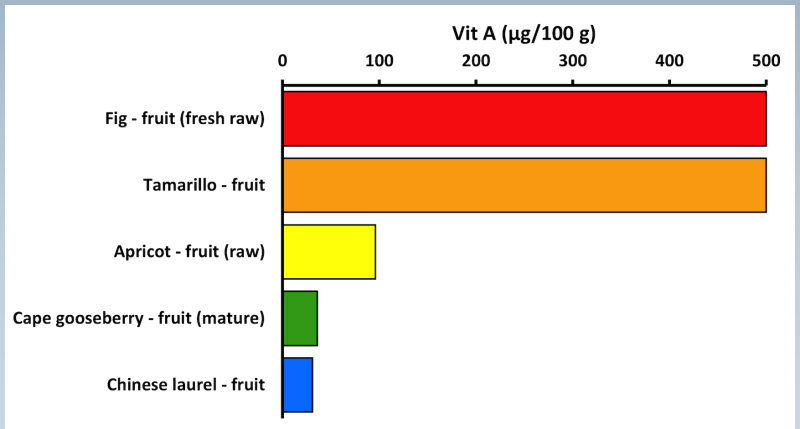
Vitamin A is very important for eyesight and fighting disease, particularly in infants, young children and pregnant women.

People who are short of Vitamin A have trouble seeing at night.

In plants, this chemical occurs in a form that has to be converted into Vitamin A in our bodies.


Fig


Tamarillo

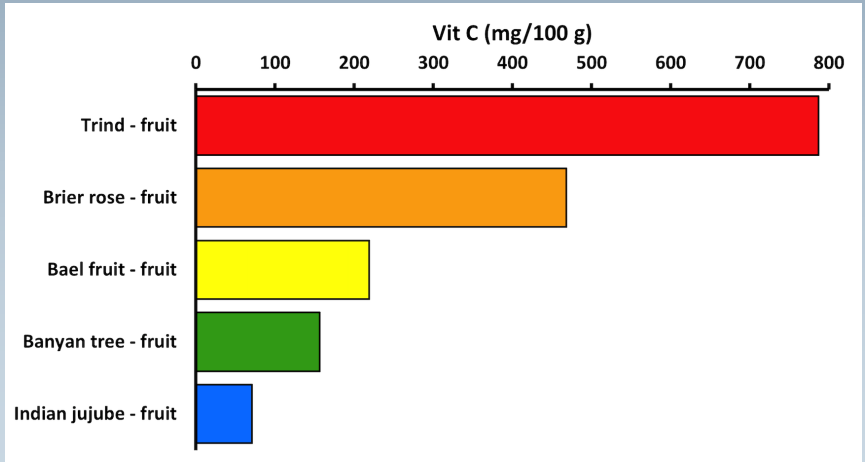


Vitamin C in fruit

Brier rose

Vitamin C is important for helping us to avoid sickness

Trind



Cape gooseberry

The ripe fruit are eaten fresh or cooked.

They are used for jam.

They can be dried, preserved, stewed, pureed, or used in pies, cakes, jellies and sauces.

Physalis peruviana

Tamarillo

Cyphomandra betacea

It can be eaten raw or cooked.

The seeds can be eaten, or strained out.

Sometimes the fruit is boiled to make a drink.

The fruit can be stewed, grilled, baked, pickled, or used in jams, jellies, chutneys, conserves, pickles, pies, preserves and sauces.

Apricot

The ripe fruit are eaten.

The kernels can be eaten.

The fruit are also used for juice and are can be eaten when dried or pickled.

They are also used for jam and in pastries, pies and cakes.

Prunus armeniaca

Bael fruit

The ripe fruit are eaten raw.

They are also used to make drinks.

The fruit are often sliced and dried.

Marmalade can be made from ripe pulp.

They can also be pickled or used in jams and jellies.

Agele marmelos

Trind

The ripe fruit are eaten.

Rosa macrophylla

Indian jujube

The ripe fruit is eaten fresh, dried, in jelly or candied.

The unripe fruit are pickled.

The ripe fruit are sliced or pounded and sun dried for storage.

Ziziphus mauritiana

Nepal - nuts and seeds

Walnut

Sesame

Almond

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

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

Almond

Walnut

Walnut

The kernels of the nuts are eaten raw or cooked.

They are used on cakes, ice cream sauces, soups etc.

The young green fruit can be pickled in vinegar and eaten.

They can also be made into jams and preserves.

Juglans regia

Almond

The kernel of sweet kinds is eaten.

They can be eaten fresh or dried, crushed, flaked, ground and used as cooking ingredients.

Prunus dulcis

Safflower

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 salads.

Carthamus tinctorius

Sesame

The seeds are ground and 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.

Sesamum indicum

Acknowledgements

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Image acknowledgements

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

Scientific name	Common name	Image URL
Aegle marmelos	Bael fruit	http://phytoimages.siu.edu/CUBIC_IMAGES/phytoimages/paraman1/9_16_06_3/WBW4/WW11Image021.jpg
Aegle marmelos	Bael fruit	https://efloraofindia.com/wp-content/uploads/2020/10/IMG_7267.jpg
Carthamus tinctorius	Safflower	https://www.feedipedia.org/sites/default/files/images/safflower_leaves.JPG
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Cyphomandra betacea	Tamrillo	https://www.quintadosouriques.com/wp-content/uploads/2023/01/cyphomandra-betacea-18280.jpg
Ficus carica	Fig	https://newfs.s3.amazonaws.com/taxon-images-1000s1000/Moraceae/ficus-carica-fr-dkarp-a.jpg
Prunus armeniaca	Apricot	https://image.freepik.com/free-photo/tasty-apricot-tree_78361-522.jpg
Prunus armeniaca	Apricot	https://uhdwallpapers.org/uploads/converted/18/04/03/apricots-3840x2160_59954-mm-90.jpg
Rosa macrophylla	Trind	https://www.treesandshrubsonline.org/site/assets/files/7587/rosa-macrophylla.jpg
Rosa macrophylla	Trind	https://upload.wikimedia.org/wikipedia/commons/thumb/4/42/ÖBG_2010-09-23_Rosa_macrophylla_2.jpg/179px-ÖBG_2010-09-23_Rosa_macrophylla_2.jpg
Rosa macrophylla	Trind	https://phobjikhaflowers.biobhutanatlas.org/wp-content/uploads/2021/07/Rosa-macrophylla_20062013243.jpg
Sesamum indicum	Sesame	https://2.bp.blogspot.com/-OsXIxRAxMF4/VmpS9cmH1wI/AAAAAAAAAtQ/lHKs4cBEwok/s1600/Sesame%2B%2528Sesamum%2BIndicum%2529%2Bwijen.jpg
Sesamum indicum	Sesame	https://indiabiodiversity.org/files-api/api/get/crop/observations/df2b35af-a064-4ab1-b9e2-3d2d187b33b2/377.jpg?w=600&h=330&fit=center&preserve=true

Notes

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