

# Food plants for healthy diets in Indonesia



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

**FOOD PLANT  
SOLUTIONS  
ROTARIAN ACTION GROUP**

*Solutions to Malnutrition  
and Food Security*



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

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



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

# Food plants for healthy diets in Indonesia



The Priscilla Hall Memorial Foundation (PHMF) has, in the last 10 years, observed the difference that could be made to children's health if they had improved nutrition.

In addition to this booklet, other publications have been produced for Indonesia, all available in either English or Bahasa. They can be downloaded from our website - [www.foodplantsolutions.org](http://www.foodplantsolutions.org)

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

We encourage and welcome your support.

**Food Plant Solutions** - A project of the Rotary Club of Devonport North,  
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# Using food plant resources well

Pumpkin



Okra



Moringa



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



Cassava



Hibiscus



Banana



Peanut



Greater yam



# Food plants for healthy diets in Indonesia



Bok choy

With a rich, diverse tropical climate, a variety of soils, altitudes, and rainfall patterns, it is time to discover and explore the amazing range of frequently over-looked tropical food plants that suit the locations, are rich in nutrients, and are adapted to this climate. It is time for Indonesia to be proud of its own tropical foods.



Lesser yam



Passionfruit

There are lots of tropical food plants in the region - Indonesia has 1,800, Papua New Guinea has 1,260 and Malaysia has 1,800.



Cowpea

# Healthy diets



Energy food



Health food

Growth food

To stay healthy all people, and especially children, should eat a wide range of food plants. This should include some plants from each of the food groups - energy foods, growth foods and health foods. Then each of the nutrients required by our bodies will be met in a balanced manner.





# Food security



Taro



Sweet potato



Cassava



Hibiscus



Sweet leaf



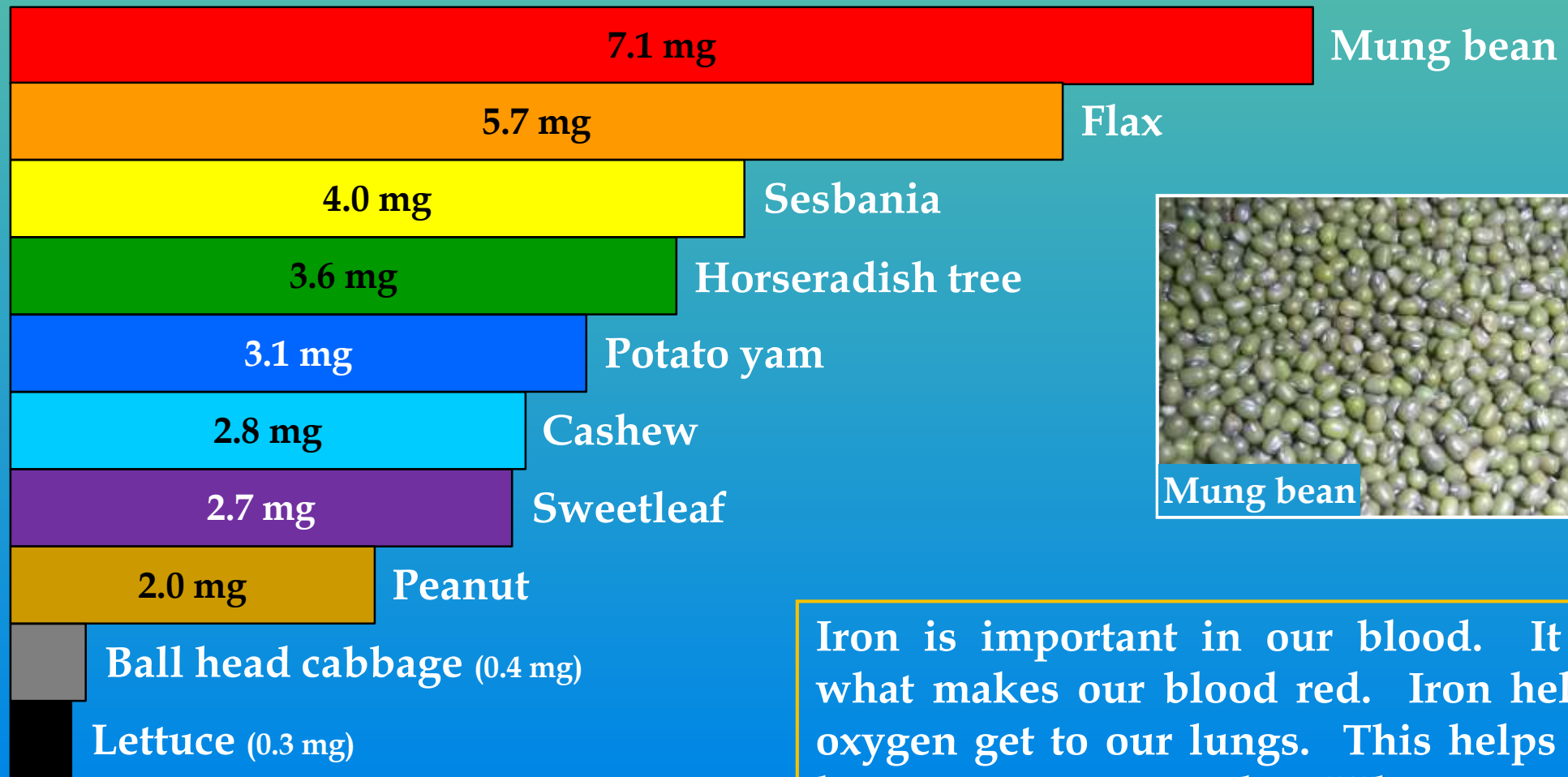
Cashew



Pawpaw

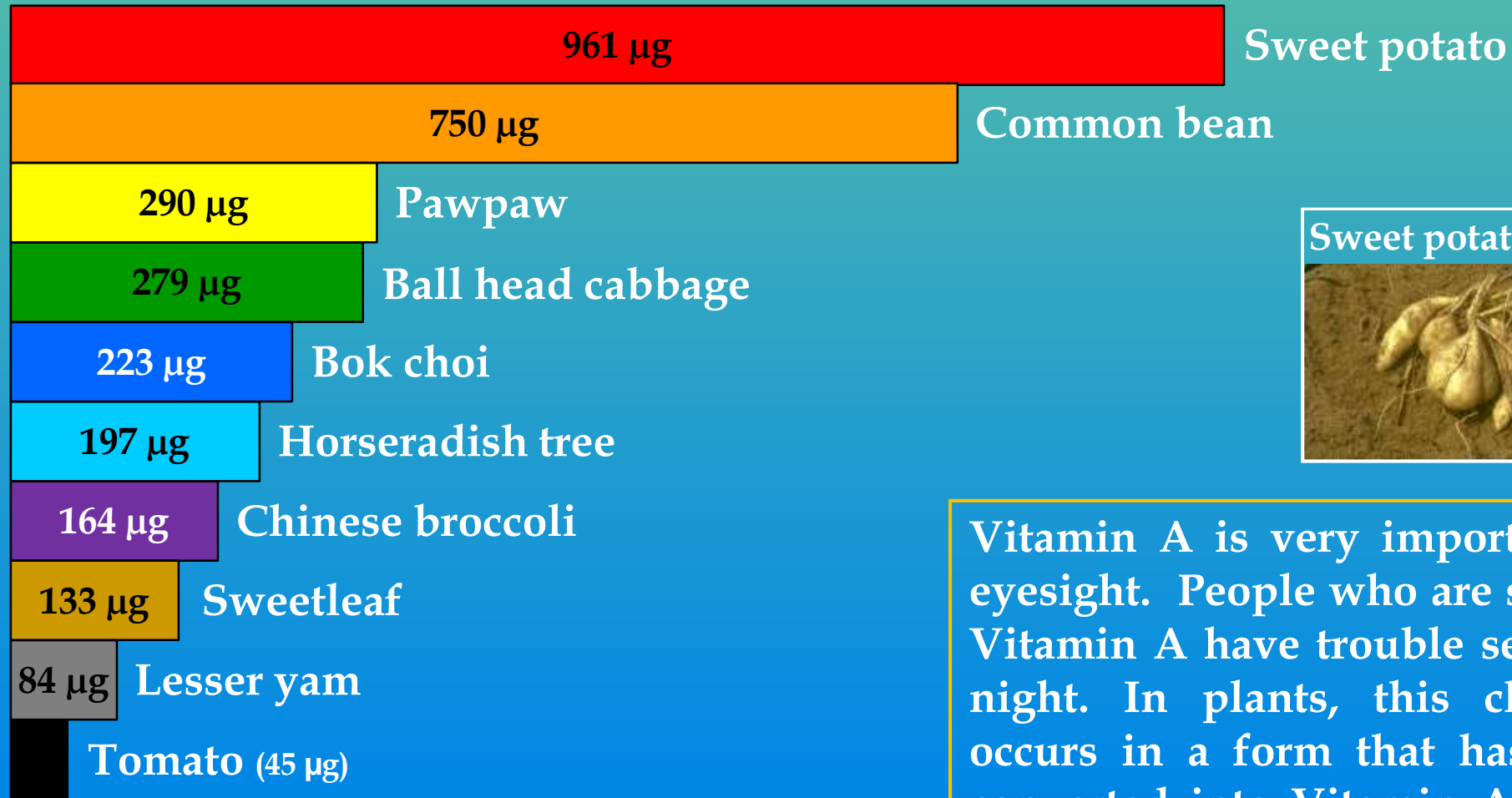
Grow a range of different food plants, planted at different times throughout the year, so food doesn't become short in some seasons. This should include fruit & nut trees.

# Iron for healthy blood



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

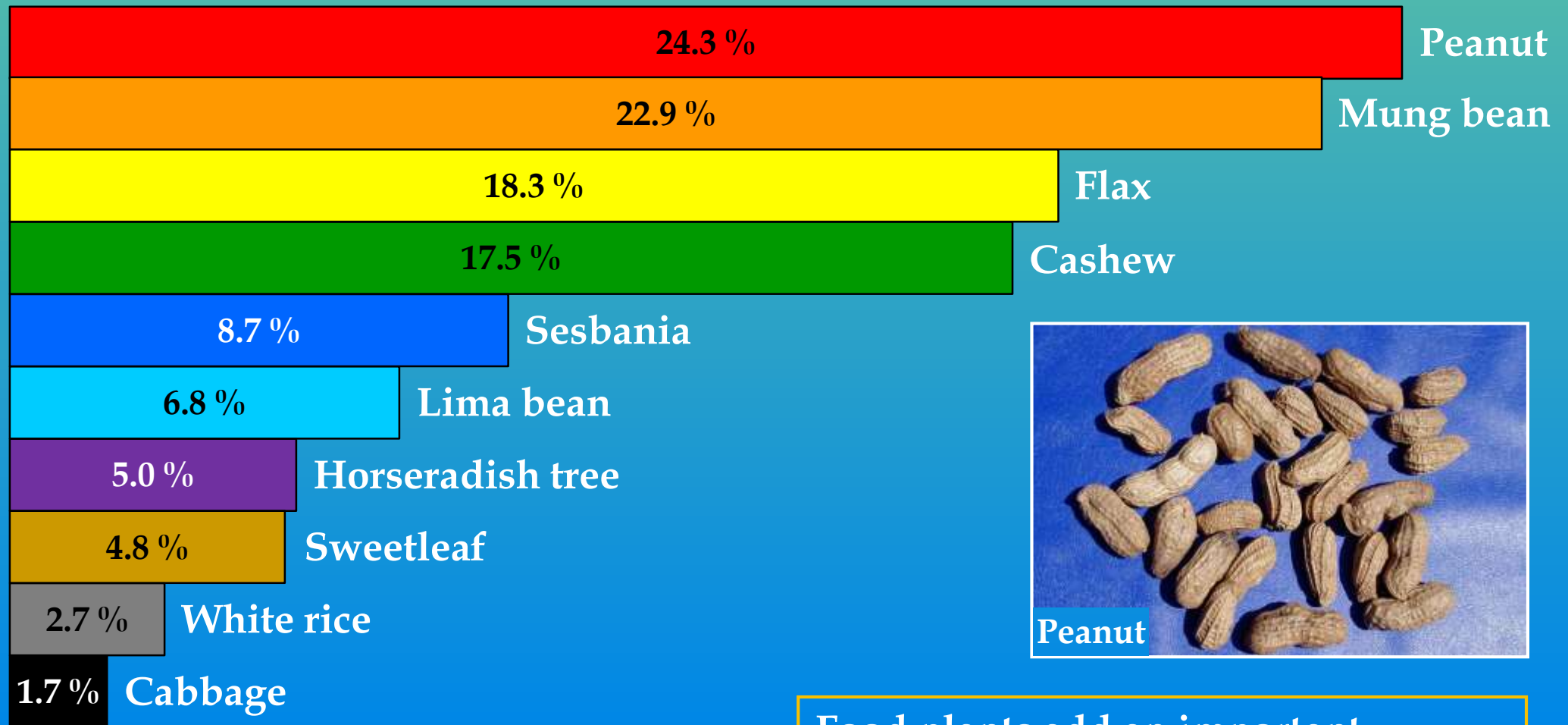
# Vitamin A for good eyesight



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

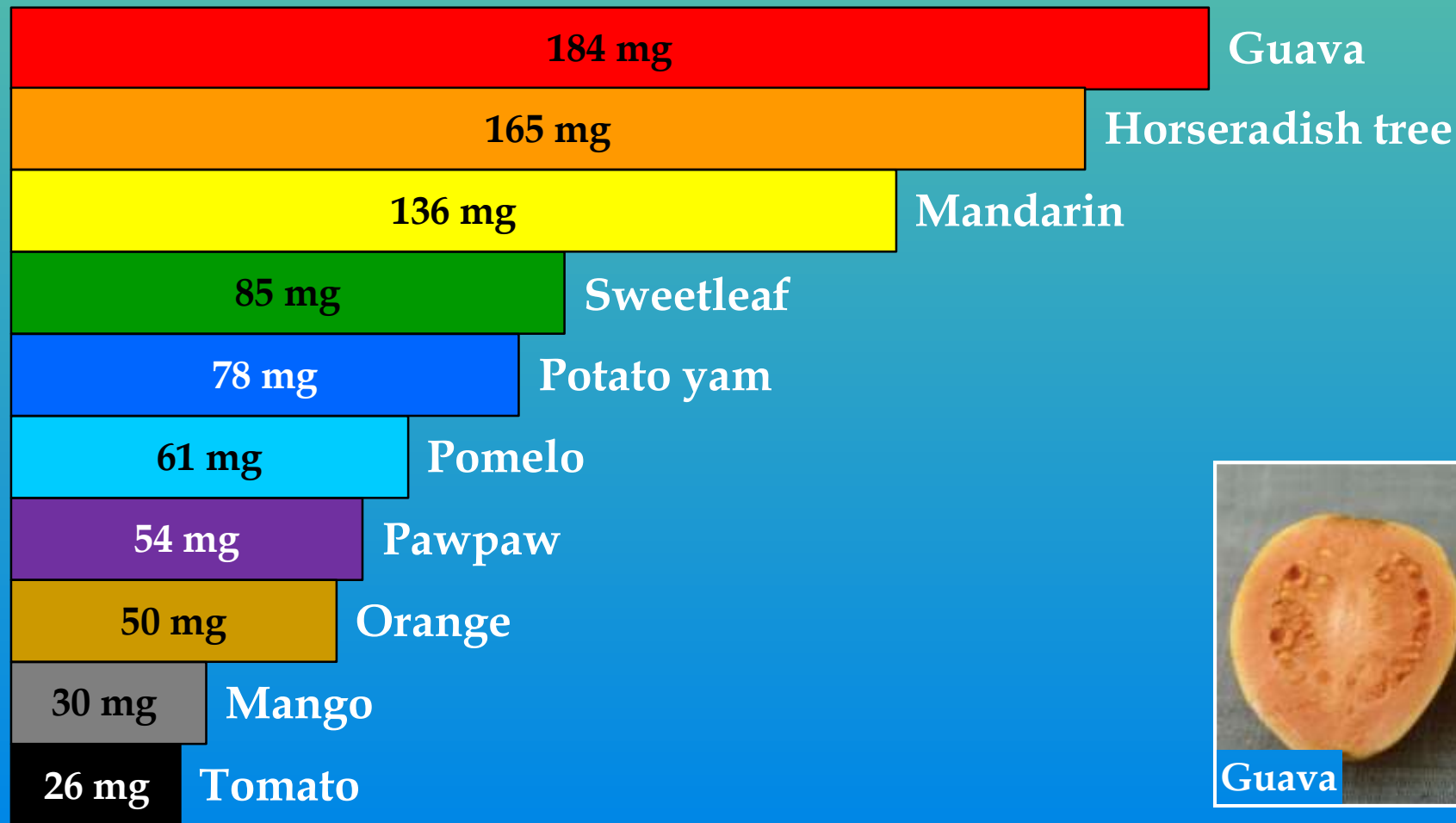


# Protein foods



Food plants add an important amount of protein or growth food into our diets. Fish and meat can improve the quality of the protein.

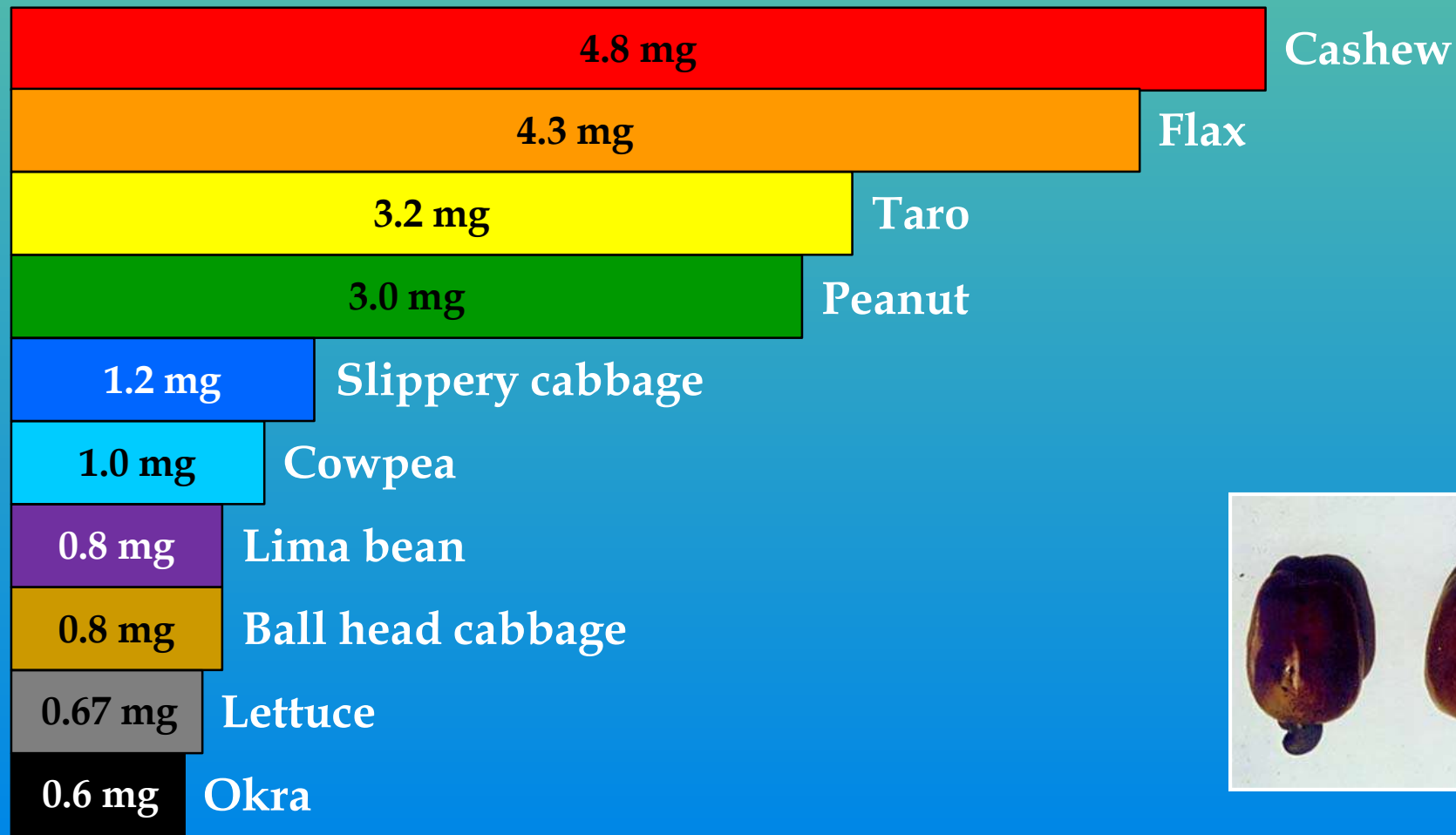
# Vitamin C for good health



Vitamin C is important for helping us to avoid sickness.



# Zinc for growing bodies



Zinc is particularly important for the healthy growth of young children and teenagers.

# Leafy green foods



Slippery cabbage



Kangkong

Dark green tropical leaves are an important source of iron, protein and other vitamins and minerals essential for healthy diets. Everybody, especially women and children, should eat a fish tin full each day.



Sweet leaf



Bok choy



# Root crops are perfect plants for hot humid tropical climates

Sweet potato



Starchy staple foods are the lifeblood of Indonesia.

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

Greater yam



Taro



Lesser yam



Cassava



Potato yam

# Beans provide protein and restore soils



Mung bean

Beans have special bacteria attached to their roots that allow them to take nitrogen from the air and put it into the soil for plants to use. It is free fertiliser!



Peanut



Common bean



Cowpea



Lima bean



# Everyone should eat some fruit every day

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

Good farmers plant several  
kinds of fruit trees.



Banana



Pawpaw



Mandarin



Guava

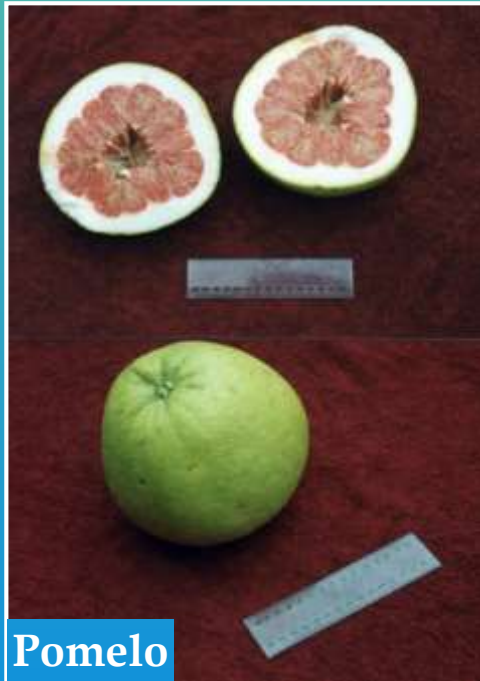


Mango



Pomelo

# Fruit & nut trees for around houses



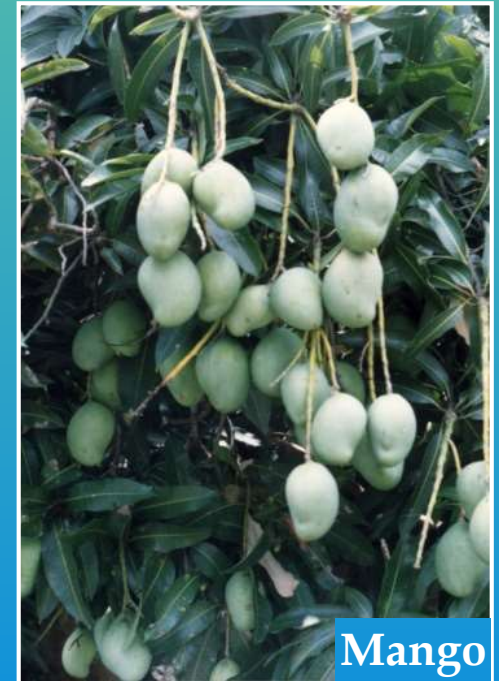
Pomelo



Sesbania



Lime



Mango



Pawpaw

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



Cashew



# Vegetables for variety and nutrition

Kangkong



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

Tomato



Some vegetables and edible leaves should be planted near houses so they are easily available even on wet days, or when people are too tired or busy to go to distant gardens.



Moringa



Eggplant



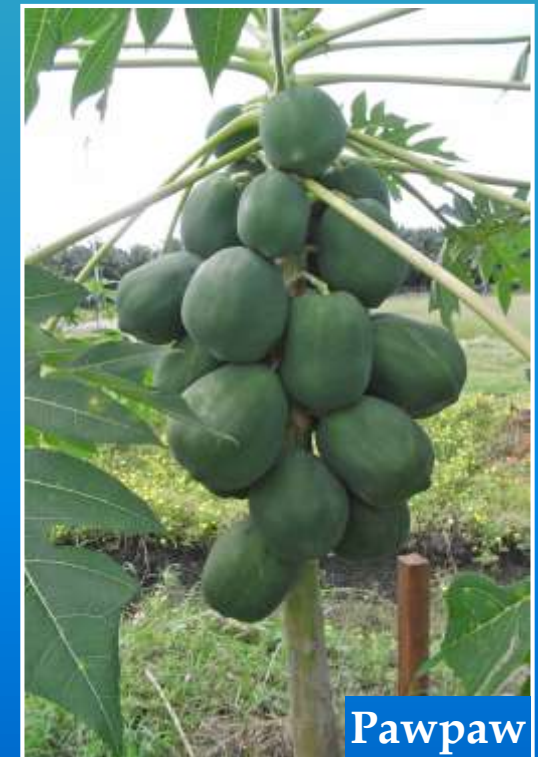
Okra



# Plants for the edge of gardens



Larger plants can be grown around the edges of gardens.





# Plants for garden beds

Sweet potato



Lesser yam



Greater yam



Mung bean



Common bean



Peanut



# Plants for garden beds



# Plants to climb on fences



Potato yam



Lima bean

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



Pumpkin



Passionfruit



# Plants for swampy places



Taro



Kangkong



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



# Pests, disease and deficiencies



Banana scab moth damage

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

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



Cassava short of nutrients

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

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



Taro blight

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



Wrinkled sweet potato leaves

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



Yam anthracnose

Scientific name	English	Indonesian
<i>Abelmoschus esculentus</i>	Okra	Okra
<i>Abelmoschus manihot</i>	Slippery cabbage	Daun gedi
<i>Alpinia galanga</i>	Greater galangal	Lengkuas
<i>Anacardium occidentale</i>	Cashew	Jambu mente
<i>Ananas comosus</i>	Pineapple	Nanas
<i>Apium graveolens</i> var <i>dulce</i>	Celery	Seledri
<i>Arachis hypogea</i>	Peanut	Kacang tanah
<i>Brassica oleracea</i> var. <i>alboglabra</i>	Chinese broccoli	Kailan
<i>Brassica oleracea</i> var. <i>capitata</i>	Cabbage	Kubis
<i>Brassica rapa</i> subsp. <i>chinensis</i>	Bok choy	Sawi
<i>Carica papaya</i>	Pawpaw	Pepaya
<i>Citrus aurantifolia</i>	Lime	Jeruk nipis
<i>Citrus maxima</i>	Pomelo	Jeruk bali atau
<i>Citrus reticulata</i>	Mandarin	Jeruk keprok
<i>Colocasia esculenta</i>	Taro	Talas
<i>Cucurbita pepo</i>	Pumpkin	Labu
<i>Dioscorea alata</i>	Greater yam	Uwi
<i>Dioscorea bulbifera</i>	Potato yam	Gembala
<i>Dioscorea esculenta</i>	Lesser yam	Gembili
<i>Ipomoea aquatica</i>	Water Spinach	Kangkung
<i>Ipomoea batatas</i>	Sweet potato	Ubi Jalar

Scientific name	English	Indonesian
<i>Linum usitatissimum</i>	Flax seed	Flaxseed
<i>Lycopersicon esculentum</i>	Tomato	Tomat
<i>Mangifera indica</i>	Mango	Mangga
<i>Manihot esculentum</i>	Cassava	Singkong
<i>Moringa oleifera</i>	Horseradish tree	Kelor
<i>Musa spp.</i>	Bananas	Pisang
<i>Musa troglodytarum</i>	Fe'i banana	Pisang tongkat langit
<i>Passiflora edulis</i>	Passion fruit	Markisa
<i>Phaseolus lunatus</i>	Lima bean	Kacang kratok
<i>Phaseolus vulgaris</i>	Common bean	Kacang buncis
<i>Psidium guajava</i>	Guava	Jambu biji
<i>Sauropus androgynus</i>	Sweet leaf	Katuk
<i>Sesbania grandiflora</i>	Sesbania	Turi
<i>Solanum melongena</i>	Eggplant	Terong ungu
<i>Vigna radiata</i>	Mung bean	Kacang hijau
<i>Vigna unguiculata subsp. unguiculata</i>	Cow pea	Kacang tunggak



# Notes

# Acknowledgements

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