Food Plants International

“Helping the Hungry Feed Themselves...”

Documenting the edible plants of the world and getting the information back to those who need it most.

“...by being good stewards of God’s resources”

Papua New Guinea fruit
Welcome to Papua New Guinea

*The land of fabulous fruit*
Fruit - for flavour and vitamins

Marita

Bukubuk

Guava

Kapiak
To enjoy a good life, enjoy fruit

- Fruit add flavour to life
- Fruit are often rich in vitamins
- Fruit make good quick snacks
- Fruit are fun

God meant us to enjoy the exciting flavours and textures of His amazing collection of tropical fruit
Pineapple - a popular snack

Ananas comosus
Bukubuk - a undiscovered special

Burckella obovata
Durian - introduced from Indonesia

*Durio zibethinus*
Jackfruit - becoming better known

Artocarpus heterophyllus
Soursop - an easy to grow coastal fruit

Annona muricata
Sweetsop - Suits dry areas around Port Moresby

Annona squamosa
Bullock’s heart - on coastal islands

Annona reticulata
Guava - vitamin C for kids!

Psidium guajava
Pomelo - the big tropical citrus

Citrus grandis
Clymenia - a unique PNG citrus on offshore islands

*Clymenia polyandra*
Ton - the Pacific lychee

Pometia pinnata
Avocado - becoming popular in the highlands

Persea americana
Highlands kapiak - an occasionally eaten fibrous fruit

Ficus dammaropsis
Kumu musong - also an edible fig fruit

Ficus copiosa and Ficus wassa
Indian mulberry - a food and medicine

Morinda citrifolia
Marita - for beautiful pandanus sauce

Pandanus conoideus
Mulberry fruit

A tasty bonus to mulberry leaves!

Morus alba
Buni or Chinese laurel - a minor tree fruit in the lowlands

Antidesma bunius
Five corner or carambola - a lemon sweetness for flavouring foods

Averrhoa carambola
Bilimbi - a very sour fruit for souring dishes
Baccaurea - an indigenous fruit of coastal regions

Baccaurea papuana
Velvet apple - an introduction distributed in some regions

Diospyros philippensis
Japanese persimmon - introduced but not common

*Diospyros kaki*
Feijoa - a fruit like guava introduced into some highland regions

Acca sellowiana
Mango - a lowlands favourite especially in seasonally dry areas

Mangifera indica
Watermelon - cool and refreshing on hot sandy soils

*Citrullus lanatus*
Golden apple - with 3 lines and a spiky seed

*Spondias cytherea*
Lime berry - a fruit for jams or jellies or eaten raw or cooked

Triphasia trifolia
Mundroi - a unique Manus fruit

Corynocarpus cribbianus
Mangrove nutmeg

Horsfieldia sylvestris
Naranjilla - an Andes fruit for the highlands

Solanum quitoense
Tree tomato or tamarillo

Cyphomandra betacea
Mon - small fibrous tree fruit popular in some coastal areas.

Dracontomelon dao
Rosella - good for a very easy jam

Hibiscus sabdariffa
Pawpaw - self sown in the lowlands
Malay apple -

*Syzygium malaccense*
Watery rose apple -

*Syzygium aqueum*
Rukam – a plum from Asia
Fruit used as foods

For details about these crops and others see books

Food Plants of Papua New Guinea

and

Growing the most common food plants of Papua New Guinea

Both available as pdf books on the Food Plants International website
www.foodplantsinternational.com