

# *Food Plants International*

## Searching the Food Plants International database



*Helping the Hungry Feed Themselves*



## Important Disclaimer

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Food Plants International Inc.

Bruce R French 2014



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# Getting started

**This PDF article will take you through one example.**

**On windows machines double click the .exe in the folder to get started. There are separate folders for MACs and Windows.**

**Other search examples could be “fruit trees in Indonesia” – put “fruit” in the ‘Edible portion’ field and “tree” in the ‘Description’ field and “Indonesia” in the ‘Found in’ field**

**Or “Edible leaves in Vietnam” – put “leaves” in the ‘Edible portion’ field and “Vietnam” in the ‘Found in:’ field.**

**Using the “Search” button down the bottom only gives a few selected choices. It is better to use the method described here.**

**The pull down menus can help you sort records, etc.**



# A sample database record - tab 1

Food Plants World 2011 Aug12

**FOOD PLANTS INTERNATIONAL**

Helping the Hungry Feed Themselves...  
... through the strategic use of God's amazing natural resources

Common names  
**Greater yam,**

Scientific name  
***Dioscorea alata***

Authority  
Family **Dioscoreaceae**

What is it? Where does it grow? Growing it Nutrition Photos Drawings References How else is it known?

**Description** If you are unsure of the plant, please find a technical description or specialist

A yam with a long angular vine. It can climb 15 m high. The stems are square and twine to the right around support sticks. The stem does not have spines. It is often coloured green or purple. The leaves are heart shaped and borne in pairs along the vine. The leaves vary in shape, size and colour with different varieties. Leaves can be 10-30 cm long by 5-20 cm wide. The leaf stalk is 6-12 cm long. The flowers occur in the axils of the upper leaves. The male flowers are in small heads along branched stalks. These can be in longer spikes. The female flowers are in shorter spikes. Many cultivated varieties do not produce tubers. The seeds are 1-2 cm wide. The seeds are very large number of different shapes and sizes. Some are in shorter spikes.

**Distribution**

A tropical plant. It grows in well drained soil and it has a temperature range is 25-30°C. Rainfall is the growing season. Light influences tuber formation. Photoperiod, or hours of light, influences tuber formation. Hardiness zones 10-12.

**Family**

Dioscoreaceae

Show All Search by Nutritional Value List view Print-Friendly View < >

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150 Browse

You can click the tabs to go to other layouts

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If you just click the forward button once per second it will take you 7 hours!

# A sample database record - tab 1

Food Plants World 2011: Aug12

**FOOD PLANTS INTERNATIONAL**

Helping the Hungry Feed Themselves...  
... through the strategic use of God's amazing natural resources

Common names  
**Greater yam,**

Scientific name  
***Dioscorea alata***

Authority

What is it? Where it is found? Uses How else is it known?

**Description**  
A yam with sticks. The pairs along 5-20 cm small heads. Many cultures when the very large

**Distribution**  
A tropical plant, drained soil and range is 25-30°C the growing season. Light influences tuber photoperiod, or hours of hardiness zones 10-12.

**Family**  
Dioscoreaceae

**Specialist**  
The right around support heart shaped and borne in can be 10-30 cm long by . The male flowers are in are in shorter spikes. 3.5 cm wide. The seeds are under the ground. A and other ways. Some

**Portion**  
Tubers, Vegetable,

Show All Search Search by Nutritional Value List View Print-Friendly View < >

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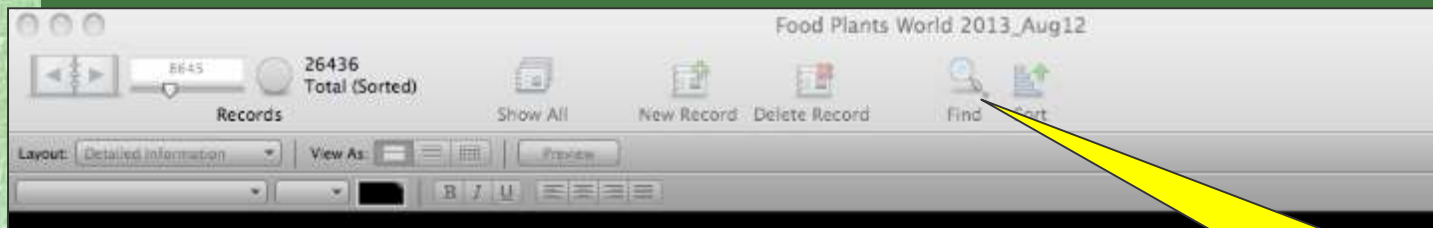
You can click the tabs to go to other layouts

Everything works more quickly and easily if you copy the whole folder off the disk onto your hard drive

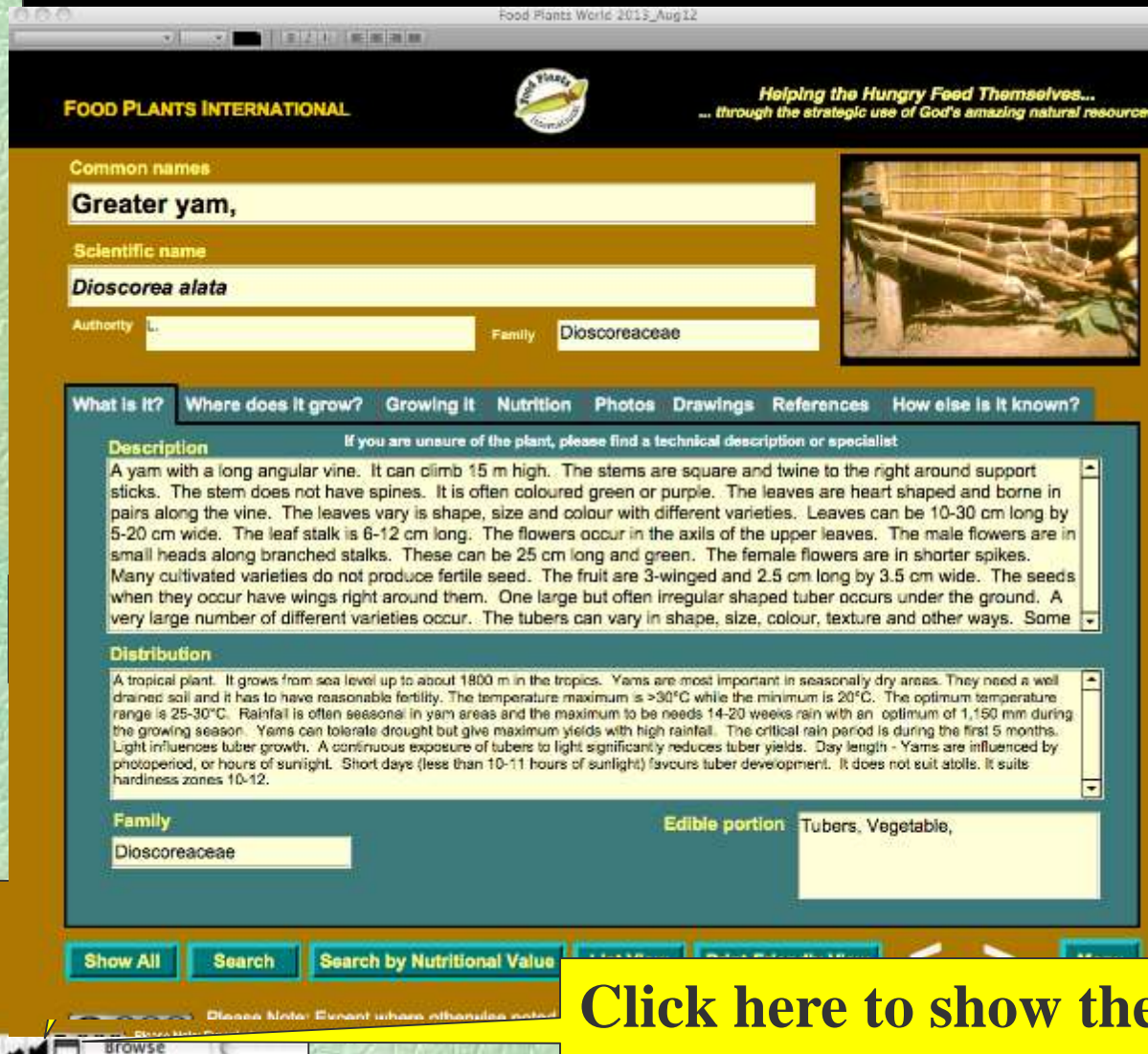
If you just click the forward button once per second it will take you 7 hours!







Click on Find to search, NOT the search button below!



Click here to show the header details



This indicates the number of species in total and selected

Click here to search,  
NOT the search  
button below!

Click here to show the header details

Records 26436 Total (Sorted)

Layout: Detailed Information View As: Preview

FOOD PLANTS INTERNATIONAL

Helping the Hungry Feed Themselves...  
... through the strategic use of God's amazing natural resources

Common names  
**Greater yam,**

Scientific name  
***Dioscorea alata***

Authority: Family: Dioscoreaceae

What is it? Where does it grow? Growing it Nutrition Photos Drawings References How else is it known?

**Description** If you are unsure of the plant, please find a technical description or specialist

A yam with a long angular vine. It can climb 15 m high. The stems are square and twine to the right around support sticks. The stem does not have spines. It is often coloured green or purple. The leaves are heart shaped and borne in pairs along the vine. The leaves vary in shape, size and colour with different varieties. Leaves can be 10-30 cm long by 5-20 cm wide. The leaf stalk is 6-12 cm long. The flowers occur in the axils of the upper leaves. The male flowers are in small heads along branched stalks. These can be 25 cm long and green. The female flowers are in shorter spikes. Many cultivated varieties do not produce fertile seed. The fruit are 3-winged and 2.5 cm long by 3.5 cm wide. The seeds when they occur have wings right around them. One large but often irregular shaped tuber occurs under the ground. A very large number of different varieties occur. The tubers can vary in shape, size, colour, texture and other ways. Some

**Distribution**

A tropical plant. It grows from sea level up to about 1800 m in the tropics. Yams are most important in seasonally dry areas. They need a well drained soil and it has to have reasonable fertility. The temperature maximum is >30°C while the minimum is 20°C. The optimum temperature range is 25-30°C. Rainfall is often seasonal in yam areas and the maximum to be needed is 14-20 weeks rain with an optimum of 1,150 mm during the growing season. Yams can tolerate drought but give maximum yields with high rainfall. The critical rain period is during the first 5 months. Light influences tuber growth. A continuous exposure of tubers to light significantly reduces tuber yields. Day length - Yams are influenced by photoperiod, or hours of sunlight. Short days (less than 10-11 hours of sunlight) favours tuber development. It does not suit atolls. It suits hardiness zones 10-12.

**Family** Dioscoreaceae

**Edible portion** Tubers, Vegetable,

Show All Search Search by Nutritional Value

Please Note: Element where otherwise noted

# Doing a search – tab 1 or layout 1

All fields go blank, then you put in the words you want to use to search. It must be words used in the database!

The screenshot shows the 'FOOD PLANTS INTERNATIONAL' search interface. At the top, there's a header with the organization's name and logo. Below this, there are search input fields for 'Common names', 'Scientific name', 'Authority', and 'Family'. A yellow arrow points from the text 'All fields go blank...' to the 'Authority' field. To the right of the search fields, there's a yellow box with the text 'Click here to perform search' and an arrow pointing to the 'Perform Find' button in the top toolbar. Below the search fields, there's a tabbed interface with tabs for 'What is it?', 'Where does it grow?', 'Growing it', 'Nutrition', 'Photos', 'Drawings', 'References', and 'How else is it known?'. The 'What is it?' tab is selected, showing a 'Description' section with a text area containing the word 'tree', a 'Distribution' section with a text area containing the word 'arid', and a 'Family' section with an empty text area. To the right of the 'Family' section, there's an 'Edible portion' section with a text area containing the word 'fruit'. At the bottom, there are buttons for 'Show All', 'Search', 'Search by Nutritional Value', 'List View', 'Print Friendly View', and a 'Menu' button.

**FOOD PLANTS INTERNATIONAL**

Common names  
Scientific name  
Authority  
Family

What is it? | Where does it grow? | Growing it | Nutrition | Photos | Drawings | References | How else is it known?

**Description**  
If you are unsure of the plant, please find a technical description or specialist

tree

**Distribution**

arid

**Family**

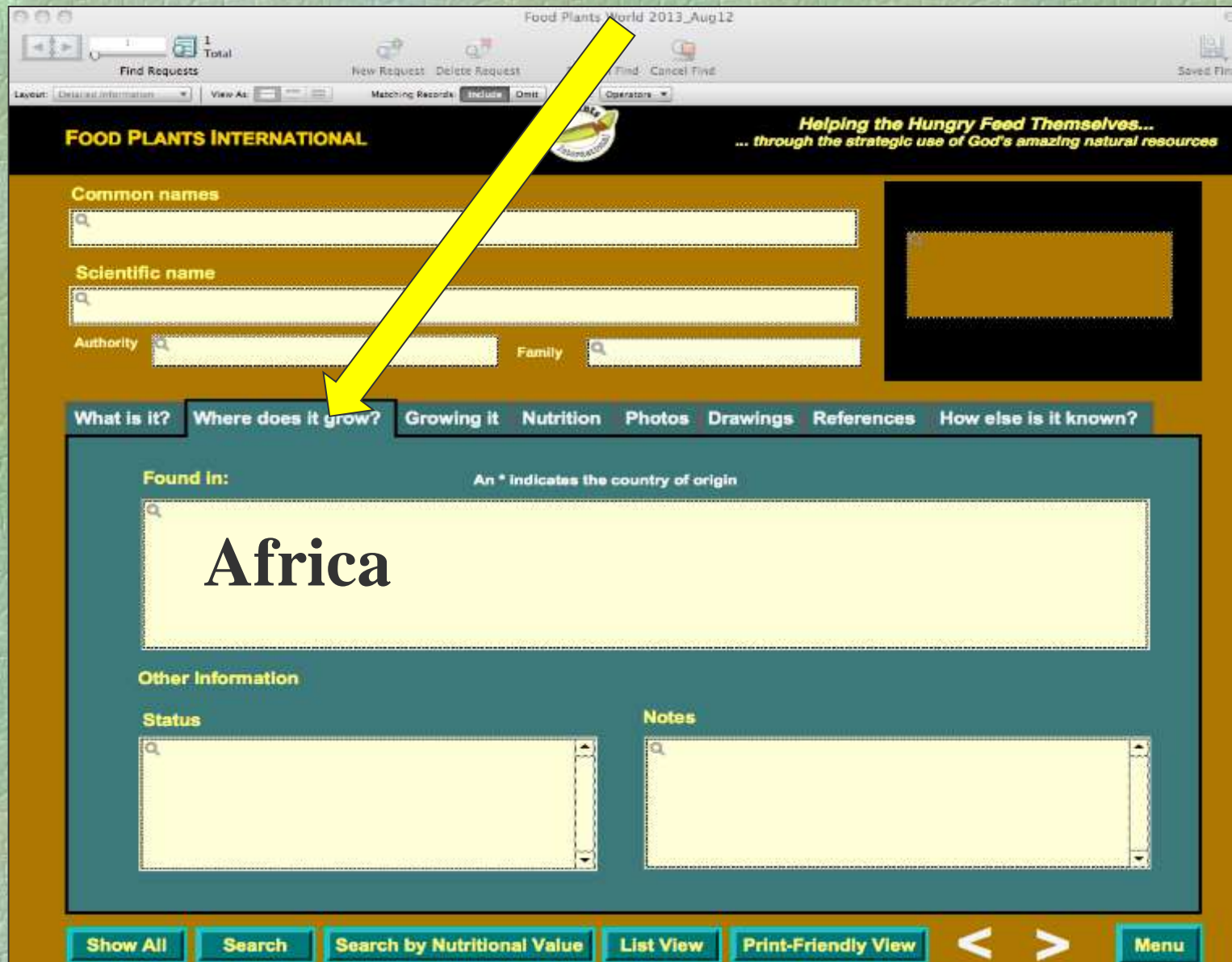
**Edible portion**

fruit

Show All | Search | Search by Nutritional Value | List View | Print Friendly View | Menu



# Doing a search – tab 2 or layout 2



Food Plants World 2013\_Aug12

Find Requests: 1 Total  
New Request Delete Request Find Cancel Find  
Layout: Detailed Information View As: Matching Records: Include Omit Operators

**FOOD PLANTS INTERNATIONAL**  
Helping the Hungry Feed Themselves...  
... through the strategic use of God's amazing natural resources

Common names  
Scientific name  
Authority Family

What is it? **Where does it grow?** Growing it Nutrition Photos Drawings References How else is it known?

Found in: An \* Indicates the country of origin

Africa

Other Information

Status Notes

Show All Search Search by Nutritional Value List View Print-Friendly View < > Menu

# Search results -fruit trees arid Africa

There are 357 trees chosen

By browsing  
all the  
records you  
may think of  
other things  
to search for  
eg  
“mangroves”  
“hedges”  
etc  
You can  
search  
“Nutrition”  
using the tab  
below

You could  
sort the  
results by  
using the  
“Sort  
Records”  
function  
under the  
“Records”  
pull down  
menu.

**FOOD PLANTS INTERNATIONAL**

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... through the strategic use of God's amazing natural resources

**Common names**  
**Boabab, Cream of tartar tree,**

**Scientific name**  
***Adansonia digitata***

Authority:  Family: **Bombacaceae**

**What is it? Where does it grow? Growing it Nutrition Photos Drawings References How else is it known?**

**Description**  
If you are unsure of the plant, please find a technical description or specialist  
A large tree. It grows up to 25 m tall. It loses its leaves during the year. The branches are thick, angular and spread out wide. The trunk is short and stout and can be 10-14 m around. Often the trunk has deep grooves or is fluted. The bark is smooth and grey but can be rough and wrinkled. The leaves spread out like fingers on a hand. There are 5-9 leaflets. Often the leaves are crowded near the ends of branches. The flowers are large and 12-15 cm across. The petals are white and the stamens are purple. The fruit hangs singly on a long stalk. The fruit has a woody shell. This can be 20-30 cm long and 10 cm across. On the outside of the fruit are green to brown hairs. Inside the fruit are hard brown seeds. They are about 15 mm long. The seeds are in a yellow white floury pulp. The pulp is edible. The thick roots end in fattened tubers.

**Distribution**  
It is a tropical plant. It grows in the lowlands. It grows in the hot dry regions of tropical Africa. It grows in the Sahel. It survives well in dry climates. It grows where rainfall is 100-1,000 mm a year. It can tolerate fire. It grows where the annual temperatures are between 20°C and 30°C. In most places it grows below 900 m altitude but occasionally grows to 1500 m altitude. It requires good drainage. It can grow in arid places. It grows in Miombo woodland in Africa. It suits hardiness zones 11-12. In Brisbane Botanical Gardens.

**Family**  
**Bombacaceae**

**Edible portion**  
Roots, Leaves, Fruit, Seeds, Bark, Sp...

**Click here for Print-Friendly**

**Show All Search Search by Nutritional Value List View Print-Friendly View < > Menu**



# Search results -fruit trees arid Africa

There are 357 trees chosen

By browsing  
all the  
records you  
may think of  
other things  
to search for  
eg  
“mangroves”  
“hedges”  
etc  
You can  
search  
“Nutrition”  
using the tab  
below

You could  
sort the  
results by  
using the  
“Sort  
Records”  
function  
under the  
“Records”  
pull down  
menu.

You could simply  
browse the results

Click here for Print-Friendly

**FOOD PLANTS INTERNATIONAL**  
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**Common names**  
Boabab, Cream of tartar tree,

**Scientific name**  
*Adansonia digitata*

**Authority** L. **Family** Bombacaceae

**What is it? Where does it grow? Growing it Nutrition Photos Drawings References How else is it known?**

**Description**  
If you are unsure of the plant, please find a technical description or specialist  
A large tree. It grows up to 25 m tall. It loses its leaves during the year. The branches are thick, angular and spread out wide. The trunk is short and stout and can be 10-14 m around. Often the trunk has deep grooves or is fluted. The bark is smooth and grey but can be rough and wrinkled. The leaves spread out like fingers on a hand. There are 5-9 leaflets. Often the leaves are crowded near the ends of branches. The flowers are large and 12-15 cm across. The petals are white and the stamens are purple. The fruit hangs singly on a long stalk. The fruit has a woody shell. This can be 20-30 cm long and 10 cm across. On the outside of the fruit are green to brown hairs. Inside the fruit are hard brown seeds. They are about 15 mm long. The seeds are in a yellow white floury pulp. The pulp is edible. The thick roots end in flattened tubers.

**Distribution**  
It is a tropical plant. It grows in the lowlands. It grows in the hot dry regions of tropical Africa. It grows in the Sahel and survives well in dry climates. It grows where rainfall is 100-1,000 mm a year. It can tolerate fire. It grows where annual temperatures are between 20°C and 30°C. In most places it grows below 900 m altitude but occasionally to 1500 m altitude. It requires good drainage. It can grow in arid places. It grows in Miombo woodland in Africa. It suits hardiness zones 11-12. In Brisbane Botanical Gardens.

**Family**  
Bombacaceae

**Edible portion**  
Roots, Leaves, Fruit, Seeds, Bark, Sprouts

**Show All Search Search by Nutritional Value List View Print-Friendly View < > Menu**

# Print-Friendly view

FOOD PLANTS INTERNATIONAL



Helping the Hungry Feed Themselves...  
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Common names

Boabab, Cream of tartar tree,

Scientific name

*Adansonia digitata*

Edible portion

Roots, Leaves, Fruit, Seeds, Bark, Sprouts, Flowers,

Bombacaceae



## Description

A large tree. It grows up to 25 m tall. It loses its leaves during the year. The branches are thick, angular and spread out wide. The trunk is short and stout and can be 10-14 m around. Often the trunk has deep grooves or is fluted. The bark is smooth and gray but can be rough and wrinkled. The leaves spread out like fingers on a hand. There are 5-9 leaflets. Often the leaves are crowded near the ends of branches. The flowers are large and 12-15 cm across. The petals are white and the stamens are purple. The fruit hangs singly on a long stalk. The fruit has a woody shell. This can be 20-30 cm long and 10 cm across. On the outside of the fruit are green to brown hairs. Inside the fruit are hard brown seeds. They are about 15 mm long. The seeds are in a yellow white floury pulp. The pulp is edible. The thick roots end in fattened tubers.

## Distribution

It is a tropical plant. It grows in the lowlands. It grows in the hot dry regions of tropical Africa. It grows in the Sahel. It survives well in dry climates. It grows where rainfall is 100-1,000 mm a year. It can tolerate fire. It grows where the annual temperatures are between 20°C and 30°C. In most places it grows below 900 m altitude but occasionally grows to 1500 m altitude. It requires good drainage. It can grow in arid places. It grows in Miombo woodland in Africa. It suits hardiness zones 11-12. In Brisbane Botanical Gardens.

## Found in:

Africa\*, Angola, Antigua and Barbuda, Asia, Australia, Bahamas, Barbados, Benin, Botswana, Burkina Faso, Cameroon, Cape Verde, Central Africa, Central African Republic, CAR, Chad, China, Comoros, Congo, Côte d'Ivoire, Cuba, Dominica, Dominican Republic, East Africa, Egypt, Eritrea, Ethiopia, Gabon, Gambia, Ghana, Guinea, **Guinée**, Guinea-Bissau, Guyana, Haiti, Hawaii, India, Indonesia, Ivory Coast, Jamaica, Kenya, Liberia, Madagascar, Malawi, Malaysia, Mali, Martinique, Mauritania, Mauritius, Mozambique, Namibia, Netherlands Antilles, New Caledonia, Niger, Nigeria, Oman, Pacific, Philippines, Puerto Rico, Reunion, Sahel, Sao Tome et Principe, SE Asia, Senegal, Sierra Leone, Singapore, Somalia, South Africa, Southern Africa,

## Use

The young leaves are eaten as a cooked vegetable. The dried leaves are also used to thicken soups. The fruit pulp is eaten raw. It is also used for a drink. The flowers are eaten raw or cooked. The seeds can be eaten fresh or dried and ground into flour then added to soups. They yield a cooking oil. The young tender roots are eaten. The fattened root tubers are cooked and eaten. The bark is eaten and the dried leaves are used as flavouring. The shoots of germinating seeds are eaten.

## Cultivation

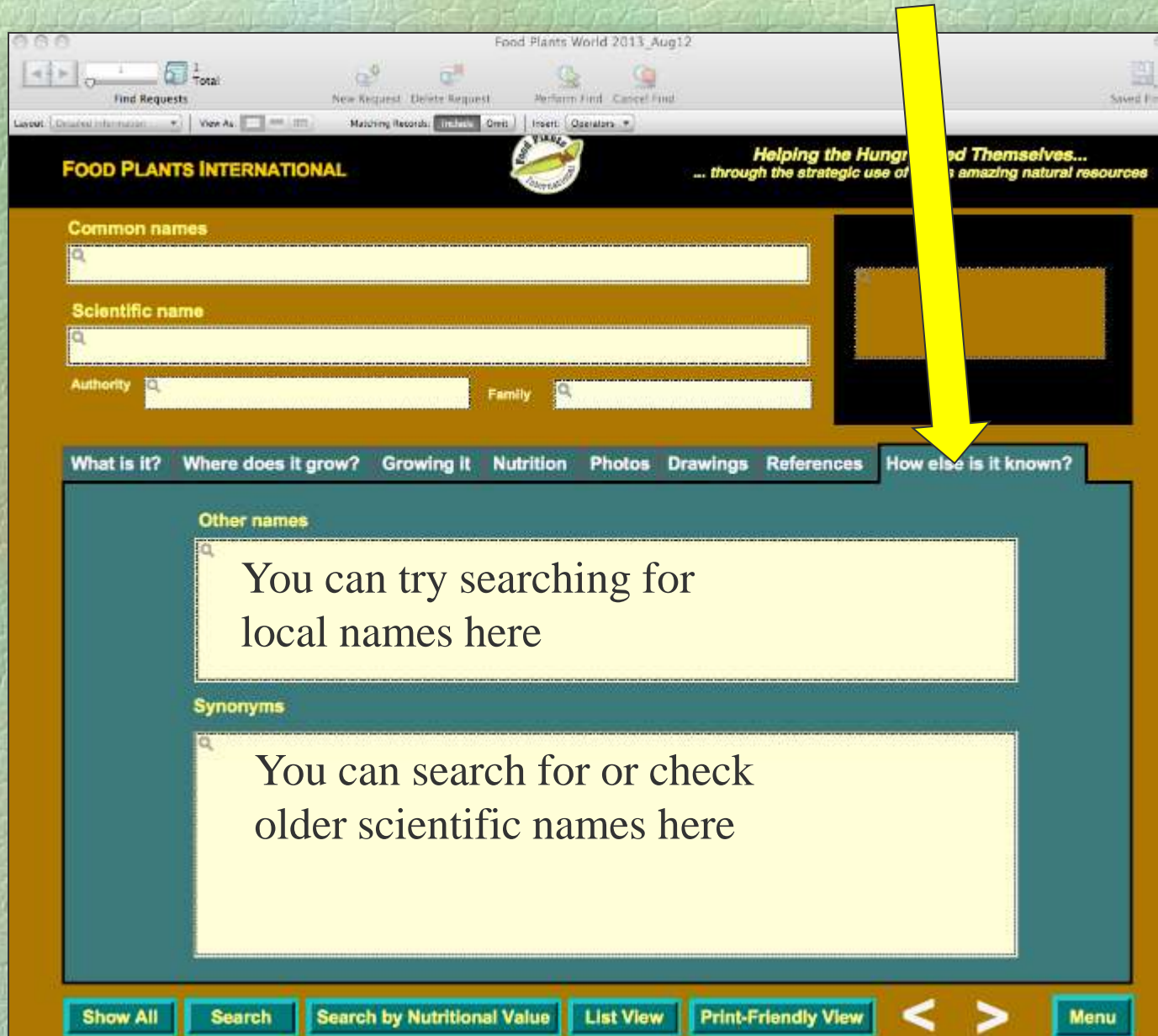
Trees are grown from seed. The seed remains viable for several years but before planting the seeds must be treated to break

You could print this page, or the 714 pages (2 per record) on fruit trees for arid places in Africa!

Or you can go to  
“Save as” and  
save it as a pdf  
book  
– via “print”  
mode for  
windows




# Doing a search – tab 8 or layout 8



Food Plants World 2013\_Aug12

Find Requests   New Request   Delete Request   Perform Find   Cancel Find   Saved Find

Layout: Disabled Information   View As:   Matching Records:   Insert:   Operators

**FOOD PLANTS INTERNATIONAL**  *Helping the Hungry Feed Themselves...  
... through the strategic use of amazing natural resources*

**Common names**

**Scientific name**

Authority  Family

**What is it?   Where does it grow?   Growing it   Nutrition   Photos   Drawings   References   How else is it known?**

**Other names**

You can try searching for local names here

**Synonyms**

You can search for or check older scientific names here

Show All   Search   Search by Nutritional Value   List View   Print-Friendly View   <   >   Menu

# Finding other information - tab 7

**FOOD PLANTS INTERNATIONAL**

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Common names  
**Purple amaranth, Red amaranth,**

Scientific name  
***Amaranthus cruentus***

Authority L. Family **Amaranthaceae**

What is it? Where does it grow? Growing it Nutrition Photos Drawings **References** How else is it known?

References in bold mention edibility

**Happy searching!**  
**My job is still very incomplete!**

I am collating other people's research. These are the references. You can search this field as well. You may even find your own research listed!

Click on fields to expand them

References

Achigan-Bako, L., et al. (1998). **Star vegetables in Benin**. International Foundation for Science.

Agea, J. G., et al. (1998). **Star vegetables in Benin**. International Foundation for Science.

Ambas (1998). **Star vegetables in Benin**. International Foundation for Science.

Bao B (1998). **Star vegetables in Benin**. International Foundation for Science.

Brick (1998). **Star vegetables in Benin**. International Foundation for Science.

Burkill (1998). **Star vegetables in Benin**. International Foundation for Science.

Kuala Lumpur (1998). **Star vegetables in Benin**. International Foundation for Science.

Creasey, R. (1998). **Star vegetables in Benin**. International Foundation for Science.

Cundall, P., (ed.) (1998). **Star vegetables in Benin**. International Foundation for Science.

Epenhuijsen C.W. van, (1998). **Star vegetables in Benin**. International Foundation for Science.

ABC Books. p 144

in Nigeria. FAO Rome, p 30

Show All Search Search by Nutritional Value List View Print-Friendly View < > Menu



# Other information

- On the Food Plants International website

[www.foodplantsinternational.com](http://www.foodplantsinternational.com)

I am continually putting up other information

- All the information there can be downloaded and shared freely
- We are starting to put information up at 2 resolutions – one for reading on computer and one for printing
- Our aim is:

***“To Help Hungry People Feed Themselves Well”***





**Hungry People Feeding  
Themselves  
by strategic use of God's  
amazing natural  
resources**