Food Plants International

Searching the Food Plants International database

Helping the Hungry Feed Themselves

www.foodplantsinternational.com

Important Disclaimer

The information found in this book is from the Food Plants International database developed and owned by Bruce French. Although great care has been taken to be as accurate as possible, neither the compiler nor the organization makes any expressed or implied representation as to the accuracy of the information contained in this database and cannot be held legally responsible or accept liability for any errors or omissions. Neither the compiler nor the organization can be held responsible for claims arising from the mistaken identity of plants or their inappropriate use. The compiler and the organization do not assume responsibility for any sickness, death or harmful side effects resulting from eating or using any plant described in this publication. Always be sure you have the correct plant and proper preparation by consulting specialist scientists or local users of the plants. This database is a work in progress and is regularly being amended.

Food Plants International Inc.

Bruce R French 2014

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.

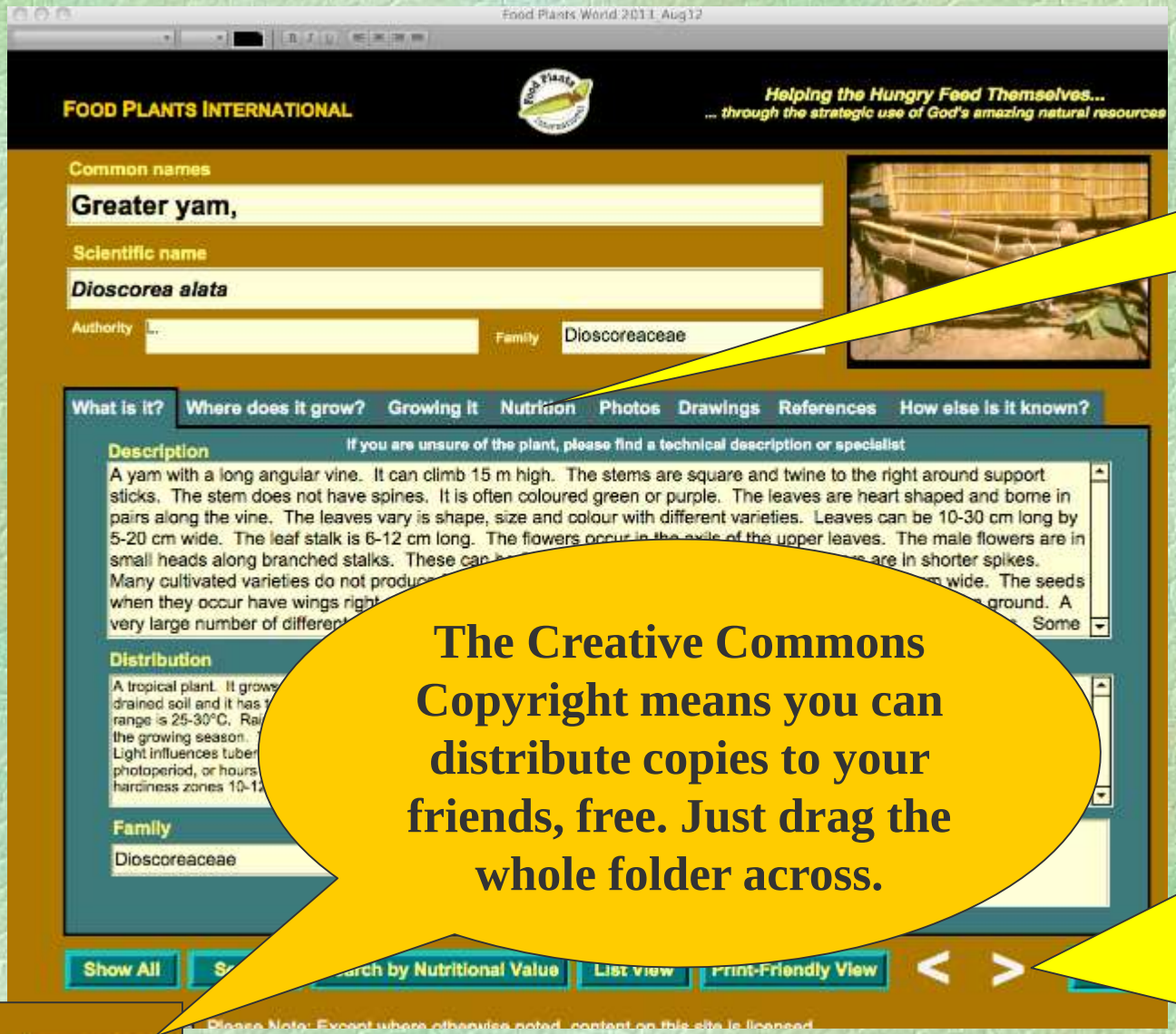
Other search examples could be “fruit trees in Indonesia” – put “fruit” in the ‘Edible portion’ field and “tree” in the ‘Description’ field and “Indonesia” in the ‘Found in’ field

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



You can click the tabs to go to other layouts

The Creative Commons Copyright means you can distribute copies to your friends, free. Just drag the whole folder across.

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

A sample database record - tab 1

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

You can click the tabs to go to other layouts

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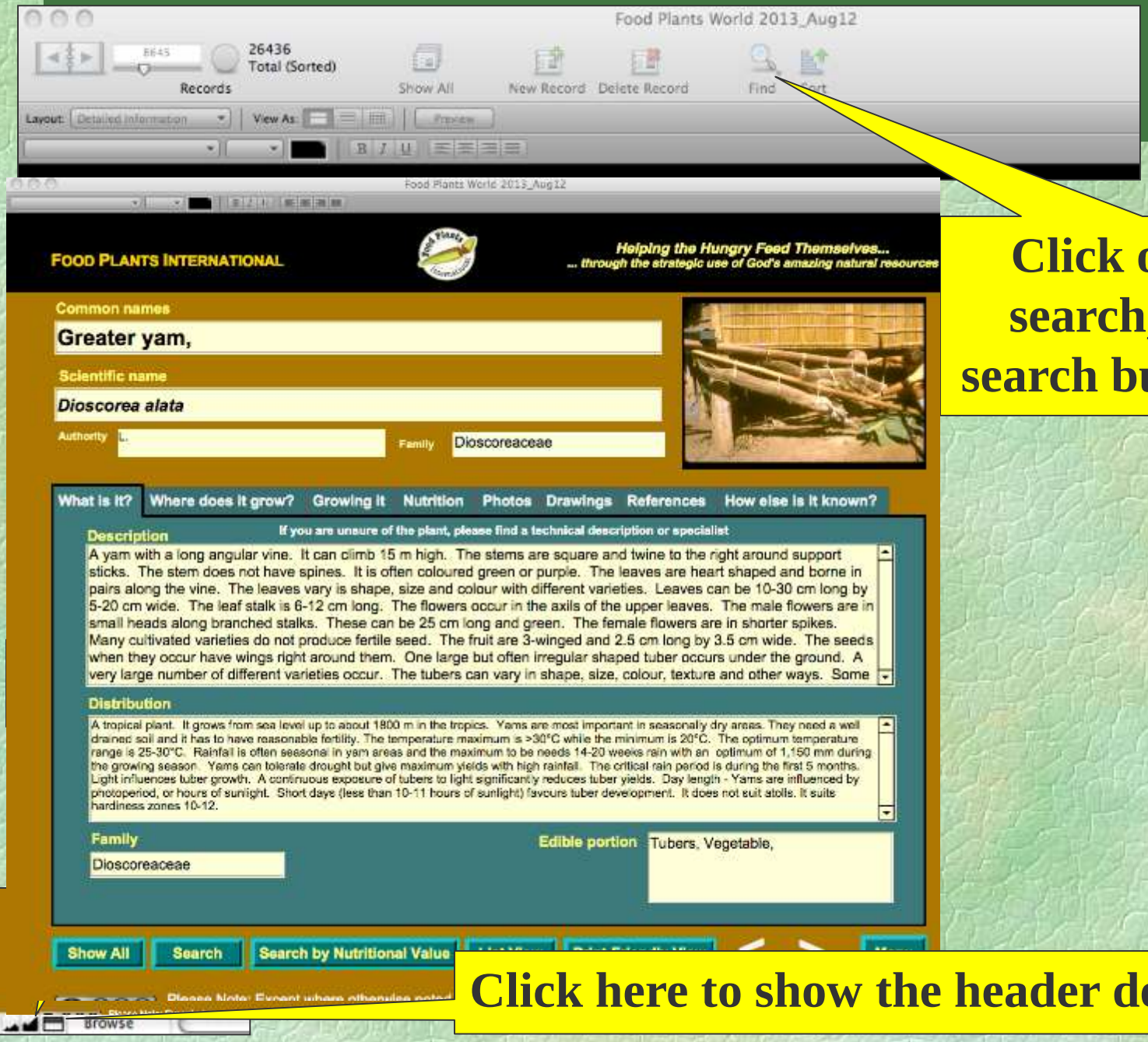
Food Plants World 2013_Aug12
26436
Total (Sorted)
Records
Show All
New Record
Delete Record
Find
Layout:
View As:
Food Plants World 2013_Aug12
FOOD PLANTS INTERNATIONAL
Helping the Hungry Feed Themselves...
... through the strategic use of God's amazing natural resources
Common names
Greater yam,
Scientific name
Dioscorea alata
Authority
L.
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 is 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 needs 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
150
Browse
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
26436
Total (Sorted)
Records
Show All
New Record
Layout:
View As:
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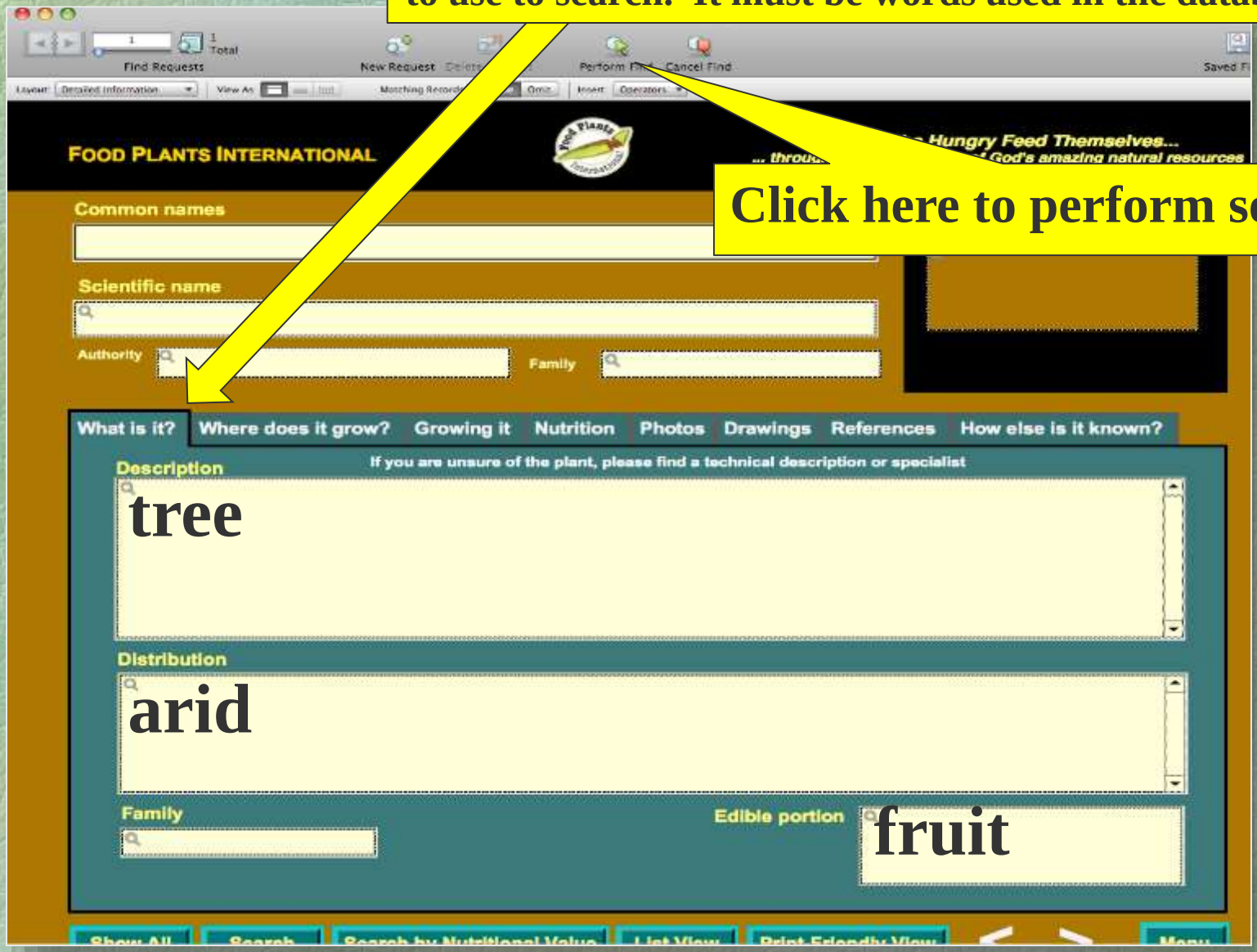
Dioscoreaceae
Edible portion
Tubers, Vegetable,
Show All
Search
Search by Nutritional Value
Click here to search, NOT the search button below!
Click here to show the header details
150
Browse

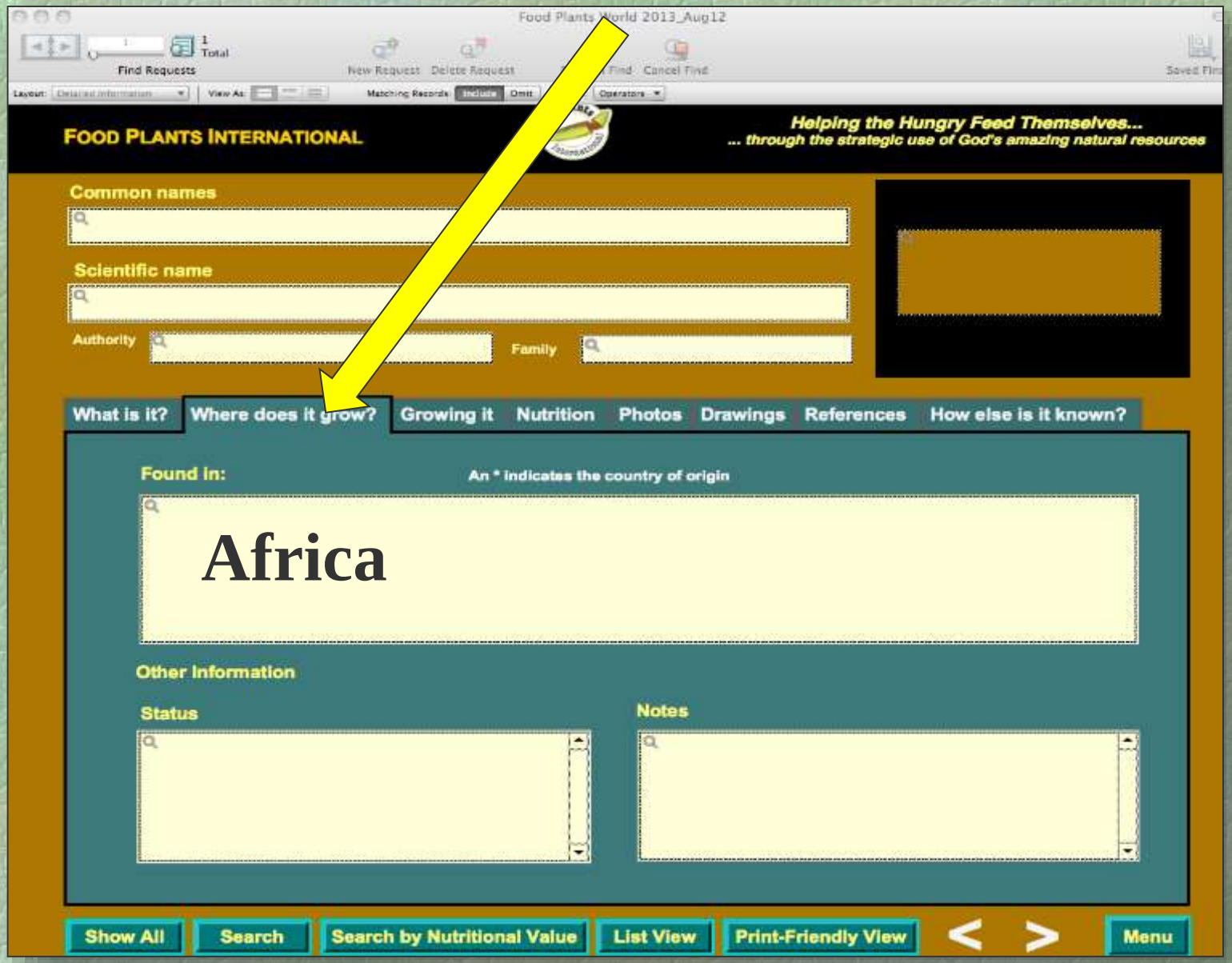
Doing a search – tab 1 or layout 1

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



Click here to perform search

Doing a search – tab 2 or layout 2

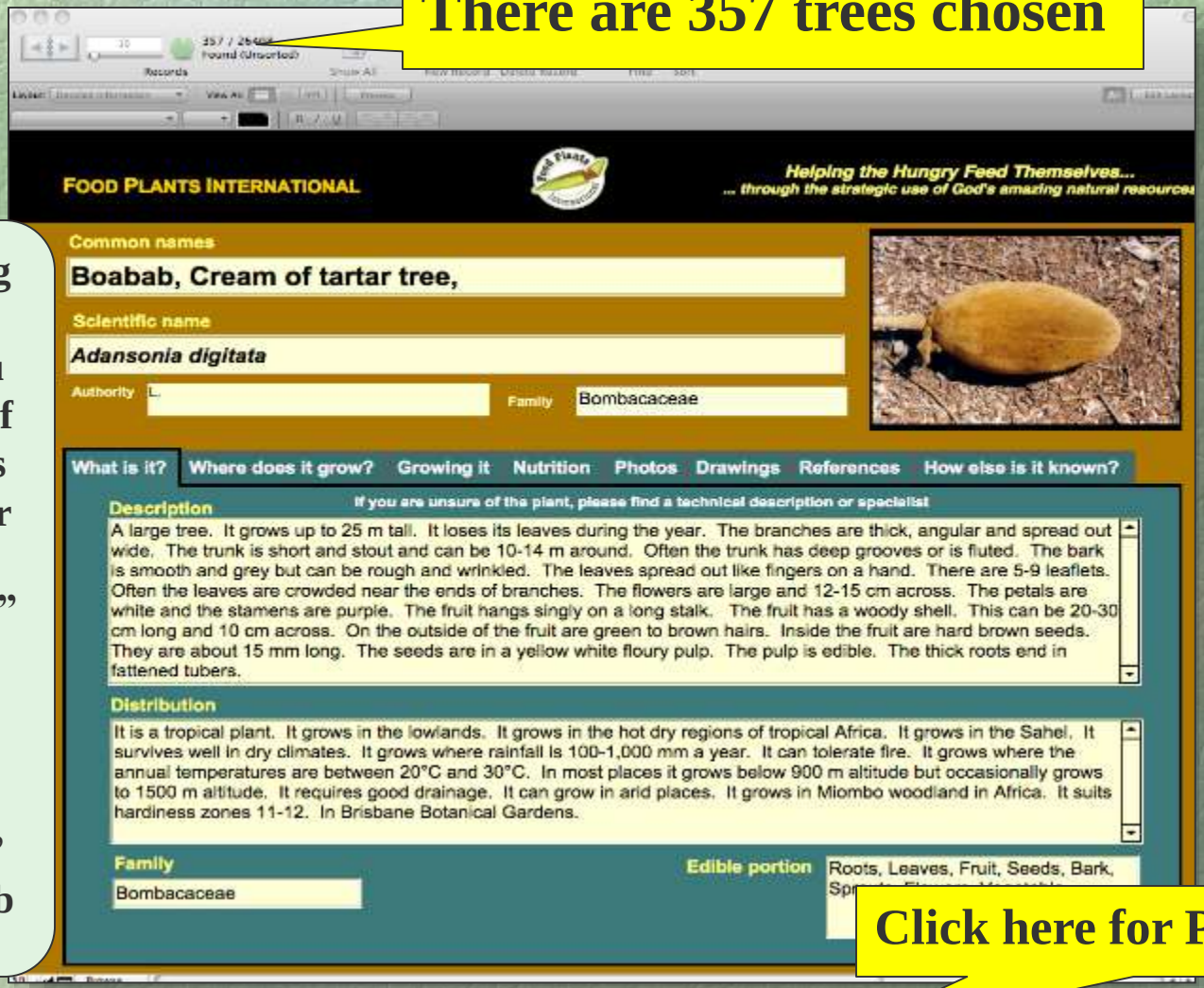


Search results -fruit trees arid Africa

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.



Click here for Print-Friendly

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You could simply browse the results

Click here fo Print-Friendly

FOOD PLANTS INTERNATIONAL

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

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 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 Sah 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, Sp

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

Print-Friendly view

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Boabab, Cream of tartar tree,

Bombacaceae

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

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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 Principle, SE Asia, Senegal, Sierra Leone, Singapore, Somalia, South Africa, Southern Africa,

Use

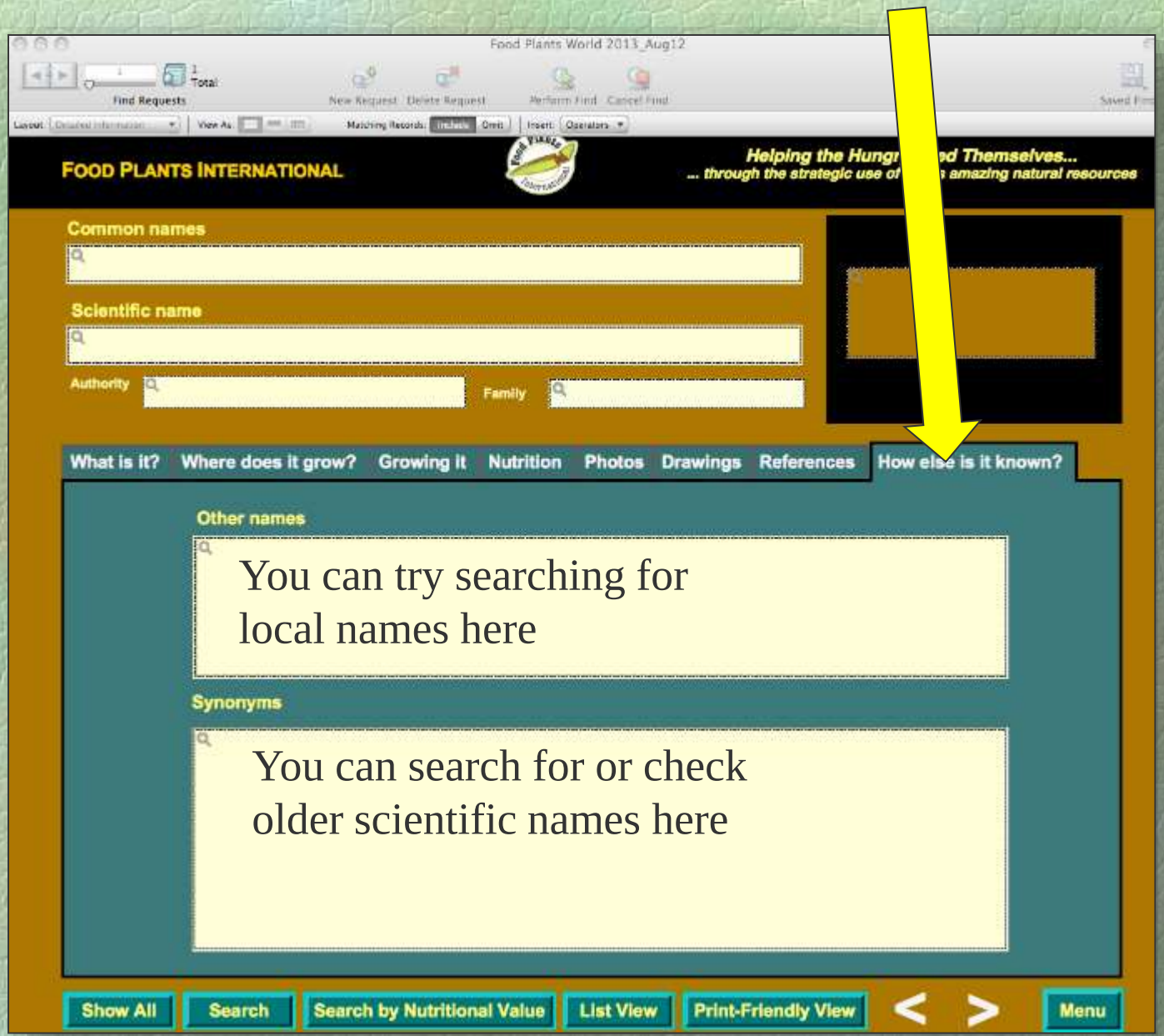
The young leaves are eaten as a cooked vegetable. The dried leaves are also used to thicken soups.
The fruit pulp is eaten raw. It is also used for a drink. The flowers are eaten raw or cooked.
The seeds can be eaten fresh or dried and ground into flour then added to soups. They yield a cooking oil.
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

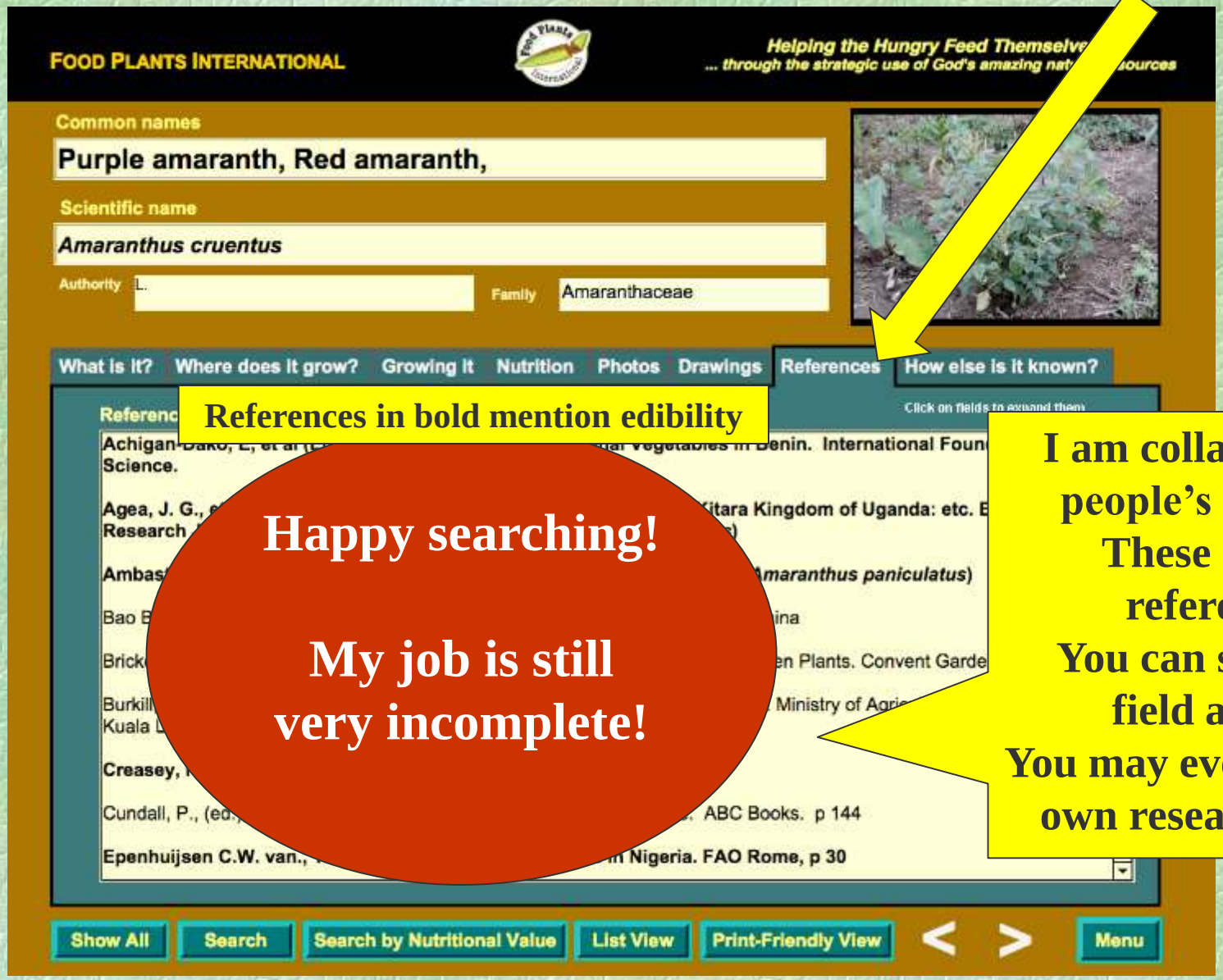
You could print this page, or the 714 pages (2 per record) on fruit trees for arid places in Africa!

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



Finding other information - tab 7



Other information

- On the Food Plants International website

  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