

Food Plants International

Helping the hungry feed themselves well through being good stewards of God's amazing resources



No. 73, May, 2019

References and sources of information

In my database I try to list the scientific reference for all information. I don't do this in a technical fashion, with each point in the text being linked by a number to the reference, as this is not suitable for my target audience – the village farmers. But many of the references are well worth locating and reading.



Berberis darwinii

Some simply give an endless list of scientific names while others are attractive books and reports, well worth reading. Even though I have a large library of books, these days many reports and publications are freely available on the internet. Currently I have been going through a publication on edible plants of Chile (Cordero, S. E., Abello, L. A., & Galvez, F. L., 2017, *Plantas silvestres comestibles y medicinales de Chile y otras partes del mundo*. CORMA p 107) and it is a very attractive and beautifully illustrated booklet.

Getting
research back
to farmers

The digital files on my hard-drive include about 20,000 articles on the food plants of 237 countries: 29,000 articles on specific species, and 560 articles on edible plant families in some of the 570 different plant families that have edible species. Then there are lots of other files. The *Flora of China* (in English) is one of the best on the internet. I have searched about 2,000 articles in it. The Flora Neotropica has excellent articles on about 40 tropical families that have edible species. My standard reference for names 'thepplantlist.org' has just been upgraded to link to other databases such as the *Flora of China* and can be located at 'worldfloraonline.org' which appears to be an excellent improvement. There are of course many other reports on the state of world malnutrition, the future of agriculture, and including food composition.



Momordica cochinchinensis

I was at a conference in Thailand and someone was strongly saying I was wrong about a particular fruit being edible. I suggested that it was not my opinion as there were 29 references about it in the database claiming it was edible. References that mention edible species are highlighted in bold.



Aframomum alboviolaceum

The book by Latham and Mbuta called *Useful Plants of Kongo Central Province* is an example of a brilliantly written and illustrated publication. Patrick Maundu has excellent information on edible leaves of Kenya, including practical ideas about how to mix a drier leaf with a more moist leaf to get a good meal. His *Traditional Food Plants of Kenya* is freely available on the internet, unlike some organisations that try to charge a fortune to see their publications.

The aim of Food Plants International is to give an introduction in easy-to-understand English on all these edible plants, and then where possible to add photos and food composition information. Being in a database, it is easily possible to simply search for some topic such as 'fruit' 'trees' for 'arid' areas in 'Africa' by typing in the 4 highlighted words in the appropriate field. Then this can simply be saved as a pdf book. For the database on the internet this unfortunately is not possible, but on the run-time copies of the database that we regularly post out (and ask people to copy and share) it is easy to make these books.

Searching the Food Plants International database

Creating attractive posters of plants in different countries is one of the things Food Plants International is committed to doing. A lot of the challenge of helping people to eat well using a diversity of local food plants depends on changing mindsets and attitudes to these highly nutritious and well-adapted local plants. Lately we have sent posters to Vanuatu, Solomon Islands and Papua New Guinea. We currently have about 2,000 posters available.

With thanks for your interest,

Bruce

Screen grabs of posters for Papua New Guinea and Solomon Islands



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