

Vugata ka külüni zira peta kabali ka güki sasiva vele, kimaku, qiqiti, kapika, bario, pavoma no kavia vile peta se, ba kama kaku na saqa vo, kaku na saqa ne ka kuluni babali. Zira vuqata iati ka majala ri nupu to zira ta quana se. Kaku na saqa kuru jolo ta quana.

Vugata are a special group of important trees. They include fruit trees such as Vele, Kimaku, Qiqiti, Kapika, Bario and Paboma and others. It doesn't include Kaku and Saqa, which are call Bababi. All these are found in Quana.

Vugata
Important fruit trees

8

Bario / Bario Vudu

Artocarpus altilis (communis)
Moraceae



Takodeke ka Guki

Pütia no bülia

Gadoe

Vuqata

Siniqa

Quana, Piara Muku, Sakapa

Lua

Komala, sare, Qu, Kanoni

Papala, Jajui and vamojae

Ka puki, ka qöle, ka nökö sada sa mae (musu)
ka niqiti

Zakae

Karabete naua

Tabae ta Siniqa

Taba

Gadoe Bübülia

Sa nava nava ba tukutuko

Gadoe Bülia

Tutu, kukukulu

Vunea

Kupiki

Edible part

Fruit and seed

Plant type

Fruit tree

Vegetation types

Quana; secondary and primary forest

Landform

Any place

Height and size

20 fathoms (37 metres) or more

Availability in the bush

Common

Flower

Long

Fruit colour

Green and round

Harvesting, processing and cooking

If it is ripe, the whole fruit can be burned in the fire. The skin is then scraped off and the fruit broken open and eaten.

The flesh of the fruit can be baked on its own in the stone oven. It can also be cooked with coconut milk.

If the fruit is harvested off the tree (instead of when it falls) then the only way to cook is to burn it.

Cultivation

Seeds and root suckers



Lipiki bario sinani vamoja tanoko.

Cooked fruit of Bario split open after being baked in the fire.



Vurene bario ka juke ta sakapa qiqi. Zira salathiel Sore, Franklin Zilivole no Roman Pitakomuki ta vuru ni kolobanara.

Bario specimen being collected in Sakapa Qiqi by Salathiel Sore, Frankin Zilivole and Roman Pitakomuki at Kolombangara River.

Nöni Kavini Palea No Vanamae Bario

Bario ne köke vuqata, sa kuo vona ta nüni sa kui zira babali.

Ta komala ba ta zira nüni sa sare, supu se sa kui. Sada güi sa büli, ka puki ka pale ne, ka nökö ka güki to.

Tini sase ti makatae ne. Ba sada güi sa suru ,sa mae ne, ka pale kupikia. Kupiki ka vini ti pütia ne . Ka pale tini ka majala nökö ba niqiti se. Tini sase sa mae ne, pete ne sa mae ka vini. Bario mae ne ka niqiti sinani ka majala güki. Tini ka vini palea no vamojae se ti bario ne se.

How to harvest and prepare Bario

Bario is a fruit tree that we call vugata. We eat the fruits and the seed. When bario is ready we climb the tree and take the fruits.

How to cook unripe bario

Make a fire. When the fire dies down, put the full fruits in the fire and leave to cook. After a long time, turn the fruits over on the other side. Keep turning until the fruit is cooked on the inside. It is soft when it is cooked.

When the bario fruit is ripe you can take the seeds out of the fruit and cook the fruit pulp, wrapped in leaves, in the stone oven. You can cook the seeds separately.



Sada sa noe bario ka puki. Ba qöte, ba ka pidiki.

When bario is ready we climb the tree and take the fruits.

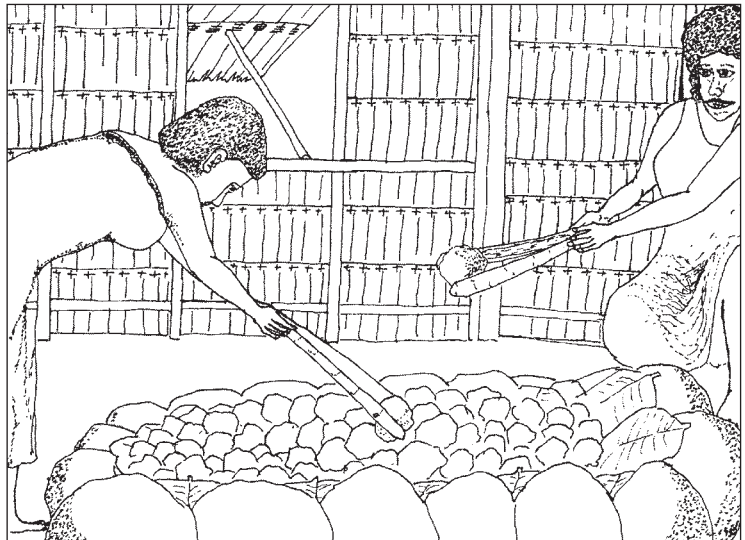
Nökœ, ne subo nako ma
katu le gûi vala ta nako ma
moja vojaolo guki.

Make a fire.
When the fire dies down,
put the full fruits in the
fire and leave to cook.



Mala munini mako bitini
beto sada sa loloke,
tûni sa moja.

After a long time turn
the fruits over on
the other side.
Keep turning until the fruit
is cooked on the inside.
When it is cooked it is soft.



Lati koke gûzu bario.

Bario.



Karukarunu

Barringtonia sp.
Barringtoniaceae

Takodeke ka guki

Bülia

Gadoe

Gazu vugata

Siniqa

Sakapa

Lua

Qu, Siqe

Papala, Jajui and vamojae

Sa siva to vele ti papalae, jajui, vanamae ne se

Zakae

7 Nava kurisi

Tabae ta Siniqa

Taba

Gadoe Bübülia

Duru

Gadoe Bülia

Tutu

Vunea

Petea (Bülia)

Edible part

Fruit

Plant type

Tree

Vegetation type

Primary forest

Landform

Found on mountain slopes

Height and size

7 fathom (13 metres)

Availability in the bush

Common

Flower colour

Yellow

Fruit colour

Green

Harvesting, processing and cooking

How to harvest and use this nut is the same as 'vele'. Split the fruit with a knife and eat the raw nut inside.

Cultivation

Seeds/ seedlings



Kimaku vudu

Mangifera sp.
Anacardiaceae

Takodeke ka guki

Bülia

Gadoe

Vugata

Siniqa

Quana, Sakapa, Piara Muku

Lua

Quana

Zakae

5-10 ba sa tia vile se nava kürisi

Tabae ta Siniqa

Taba

Gadoe (voekea)

Duru

Gadoe Bülia

Tutu

Papala, Jajui and vamojae

Ka puki, ba ka juke musui sada sa suru, ka güki. Kavia sa rüu. Kavia sada ka siriki musui ka güki.

Vunea

Pütia

Edible part

Fruit

Plant type

Tree

Vegetation types

Quana, Primary and old secondary forests

Landform

Quana

Harvesting, processing and cooking

Climb the tree and pick the fruit ripe or unripe. Fruit can also be collected on the ground. Eat the fruit fresh like a cultivated mango.

Height and size

5-10 fathoms (9 to 18 metres) or more

Availability in the bush

Common

Fruit colour

Green

Flower colour

Yellow

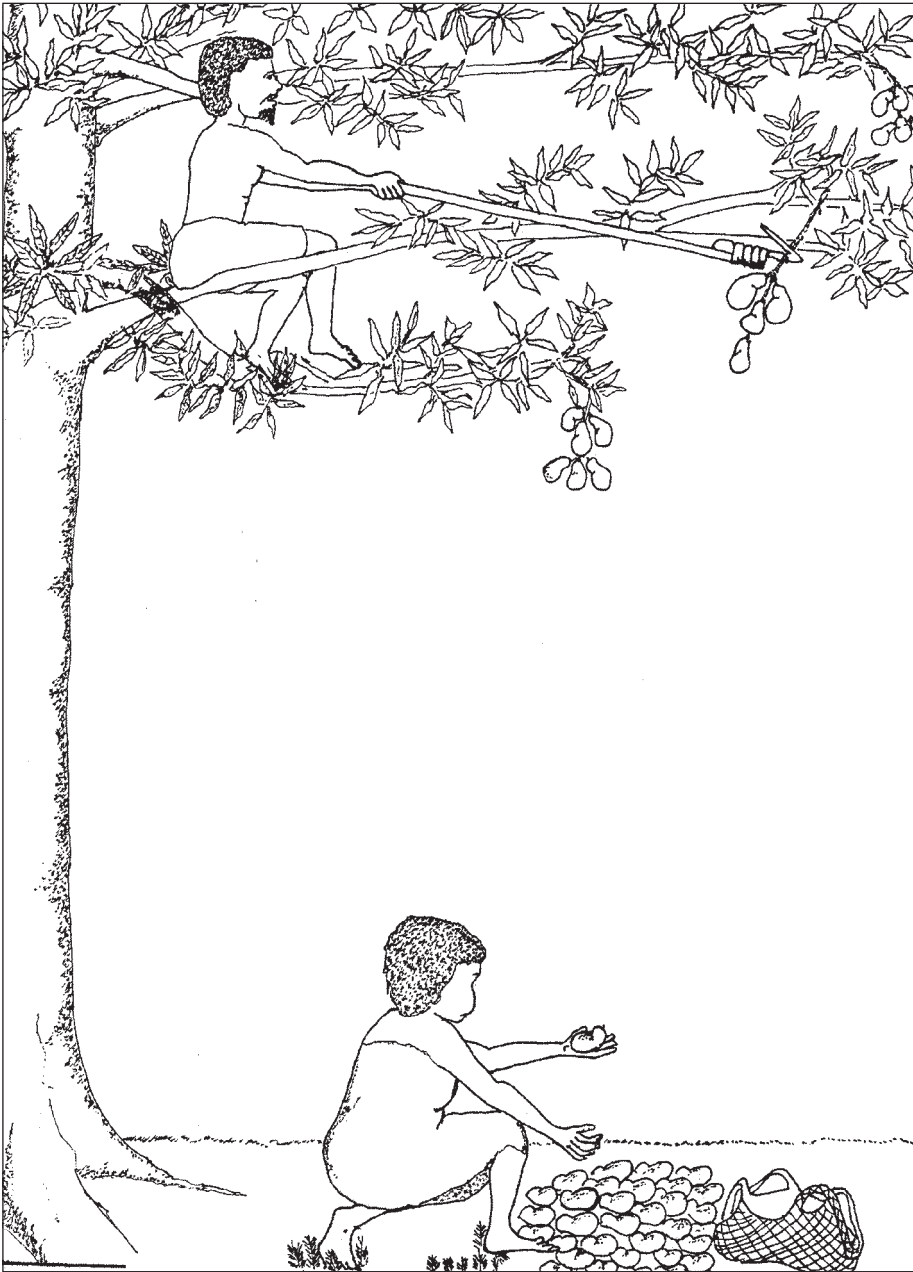
Cultivation

Seed

Season

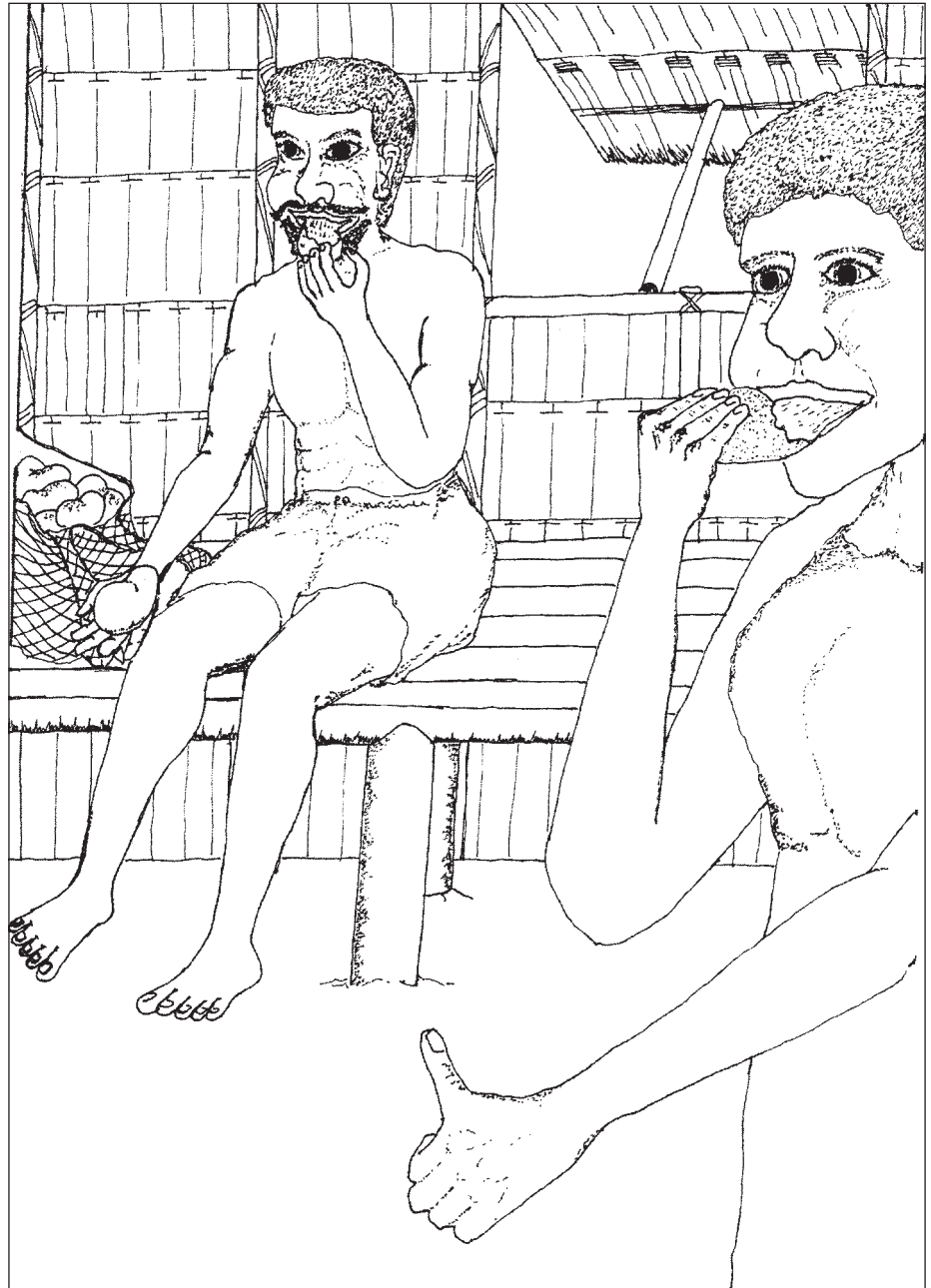
February to May





Kajuke kimaku sa suru ta kute.

Collecting fallen kimaku fruits from a large tree.



Musui ka gūki.

The ripe fruit is eaten.

Kimaku ta Sinipi

Mangifera sp.
Anacardiaceae

Takodeke ka guki

Bülia

Gadoe

Vugata

Siniqa

Quana, Piara Muku

Lua

Quana

Zakae

5-10 nava kürisi

Tabae ta Siniqa

Kavia to/ siba

Gadoe (voekea)

Duru

Gadoe Bülia

Tutu

Papala, Jajui and vamojae

Ka puki, ba ka juke musui sada sa suru.

Ka guki. Ba sa poro rou.

Vunea

Pütia



Fruit

Edible part

Fruit

Plant type

Tree

Vegetation types

Quana, Primary and old secondary forests

Landform

Quana

Harvesting, processing and cooking

Climb the tree and pick the ripe or unripe fruit. They can also be collected on the ground. Eat the fruit fresh like a mango. This type of kimaku has quite a lot of string so it is not eaten much.

Height and size

5 fathom (9 metres)

Availability in the bush

Rare

Fruit colour

Green

Flower colour

White

Cultivation

Seed

Season

February to May



Lati sase turituria Kimaku ta Sinipi

This is the story of Kimaku ta Sinipi

Köke sada kavia bose ka saraka ta siniqa ta (siniqa) ni Vatzaka.

Sada zira ka zo ka me doka ta köke nüni. Ta nüni tuni sa kui köke sinipi sa gūki ae kimaku. Sada gūi (sinipi) sa ri zira bose kame sa patini to pūti kimaku sa paki to.

Zira ka la juke pūti kimaku ba kama ri dira ka gūzūi kimaku. Zira ka gale ta komala ka me vune. Sada sa poto sa pūu no sa būli se zira ka gūki sa niro. Ba ta vudu ni Vatzaka kama kuivo ti gadoe ka kimaku ma siva ti kimaku sa gūki Sinipi ne.

Lati sase nana ziae kimaku ne.

Gūzūi sasiva to kimaku. Vōqea sa kumiluku jolo. Vurini sasiva vurini natu. Natu köke vugata ka gūki. Būlia sasiva Bokovara kuku kului. Bokovara peta sasiva marato. Pete ne sada saba kubu sa ziziri sada sa musu ne sa mesara.

Ta kena ni Babatana no ta Viviru se kama zareo kimaku tūni ba kaba vune to se. Gūi si ka külūni to Kimaku ta Sinipi ka vini se.

Once upon a time some men went for walk through the bush of Vatzaka. They came to a place where they saw a wild spirit who is known to people as Sinipi. Sinipi did not see them coming. They watched from the bushes and they saw sinipi eating a wild mango. When Sinipi saw the people watching him he dropped the seed and ran away.

So the men went there and picked up the seed of the fruit Sinipi was eating. When they looked around they could not find any mango tree growing in that area. So they took the seed back with them and planted it.

When the tree grew they saw it had leaves different from all the other wild mangoes. When it had fruit they found it was a very sweet mango. They knew there was not any mango like that in Vatzaka land.

The mango tree from Sinipi is different from others. The trunk is the same as other mangoes. The branches bend down. The leaves look like 'natu' leaves. The fruit is round like the fruit of a palm tree called 'bokovara'.

From Babatana to Vivuru there are many of these types of mangoes now. It known as the mango of Sinipi.

Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



Bartimeus no Coralie Nodoro kuru dere ta kutea kimaku ta sinipi.

Bartimeus and Coralie Nodoro at the base of a kimaku ta sinipi tree close to Boe village.



Güzui kimaku ta sinipi sa kuo ta komala ni boe.

Kimaku ta sinipi tree at Boe.

Vele

Barringtonia procera
Barringtoniaceae

Takodeke ka Guki

Bülia

Gadoe

Vuqata

Siniqa

Quana, baku sa qisu sa poto lalu to taba nünü

Lua

Quana no ka nünü zito

Papala, Jajui no vamojae

Ka puki, ka qüle, sa suru ka juke. Ka taqa. Ka gūki to.

Zakae

Kere - mano nava kūrīsi

Tabae ta Siniqa

Taba ta Quana

Gadoe Ruqae

Duru (Kavia gadoe sa mesara)

Gadoe Bülia

Sa tutu no mesara

Vunea

Pete, raratoe



Edible part

Fruit

Plant type

Fruit tree

Vegetation types

Grows in any place

Landform

Quana, ridges and others

Height and size

8-10 fathoms (15-18 metres)

Availability in the bush

Common in Quana

Flower colour

Yellow and red

Fruit colour

Green and red

Harvesting, processing and cooking

To harvest you can climb the tree, use a stick to knock down the fruits and harvest those that have fallen on their own.

To eat, you split the nut in half with a big knife. It can also be baked with coconut milk. in the stone oven.

Cultivation

Seeds or cuttings. Vele is found wild and is also cultivated. There are many cultivars and wild varieties of Vele.





Kere gadoe vele köke sa tutu köpae köke sa mesara köpae göi sa kuo ta karepa mörö. Gadoe kala ri sepa.

Two different types of 'vele'. One with green and another with red skinned fruit. On the left are the leaves of the tree at Sepa village.



Kere gado vekea vele. iato iata ti ka majala taqa ni vele ne.

Two different types of vele. A large bush knife is needed to split the nut.



Telima Sulumata sa tege vele.

Vele being split by Telima Sulumata of Sepa Village.



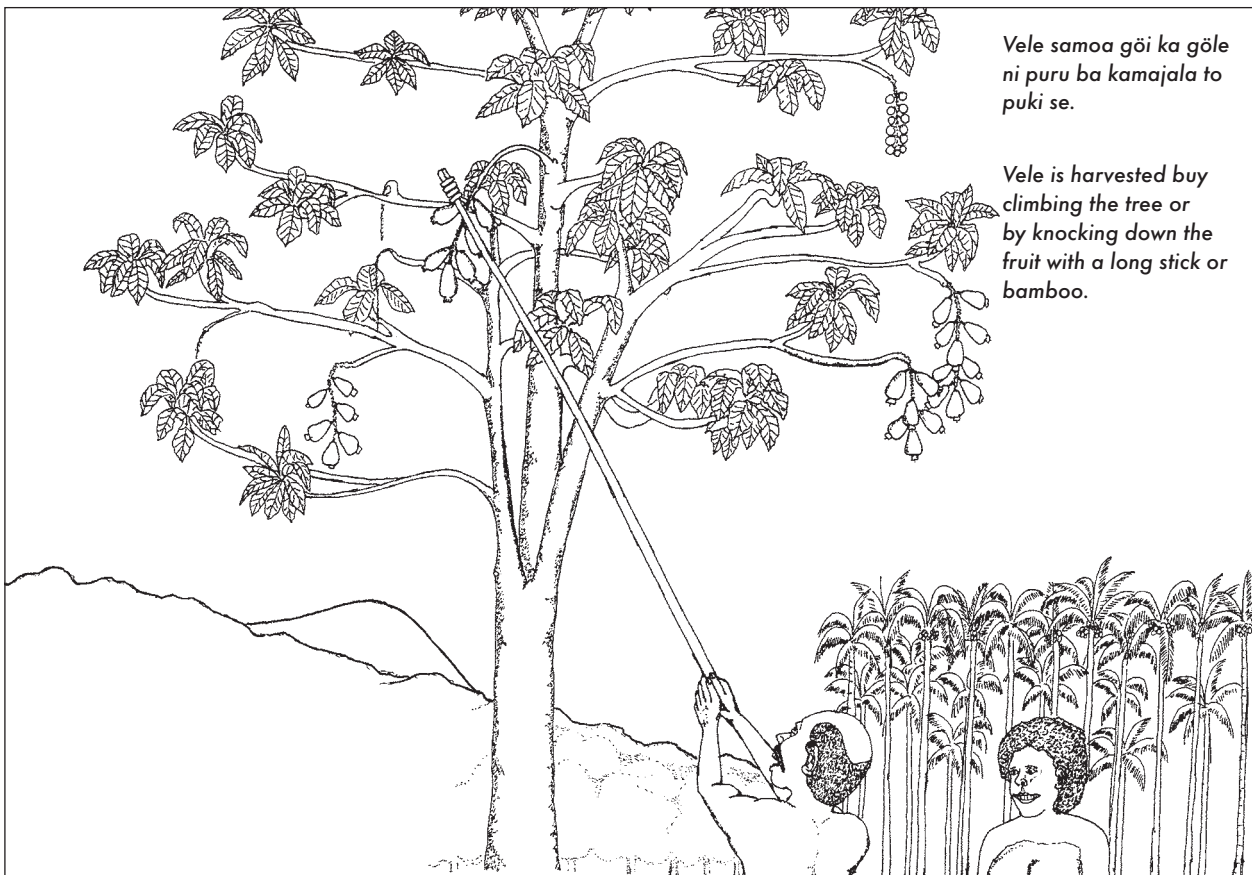
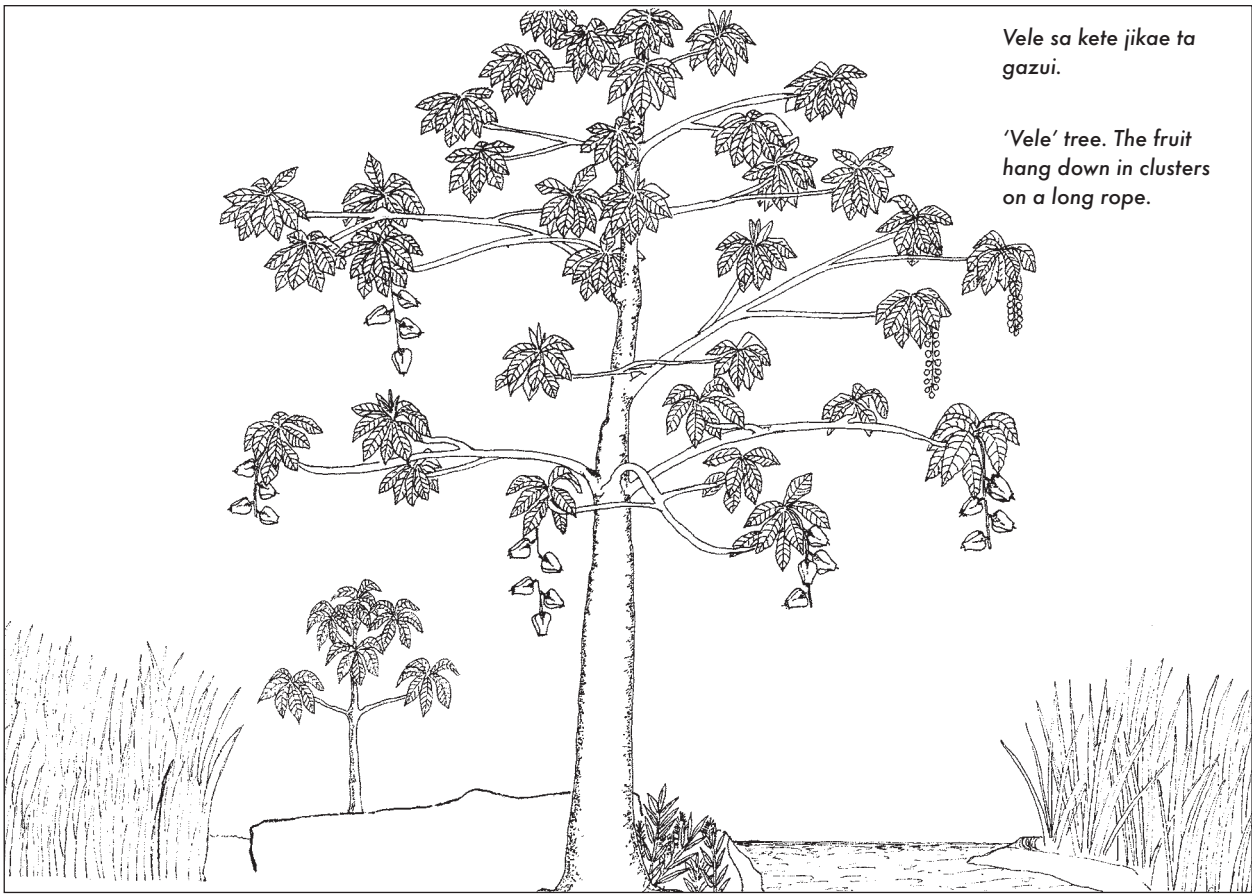
Taba gadoe vele. Kavia ka vune kavia ka poto to ta siniqa se. Pete sele sele ne ti ka gūki ne.

Different shapes and types of vele fruit. Some are cultivated and some grow wild in the bush. The crunchy, white seed is eaten raw.



Vele ka gūki to kama vamoja dira.

Vele cannot be baked but it can be boiled with coconut milk.



Talike ni karakone

Terminalia cattapa
Combretaceae

Takodeke ka guki

Pütia

Gadoe

Vuqata

Siniqa

Tavelea Karakone

Zakae

10 fathom

Tabae ta Siniqa

Taba

Gadoe Bübülia

Duru

Gadoe Bülia

Tutu

Papala, jajui no vamoja

Ka juke ka tüki ka güki to

Vunea

Bülia

Edible part

Nut / seed

Plant type

Nut tree

Vegetation types

Sand beach; close to sea

Size

10 fathoms (18 metres) or more

Flower colour

Yellow

Fruit colour

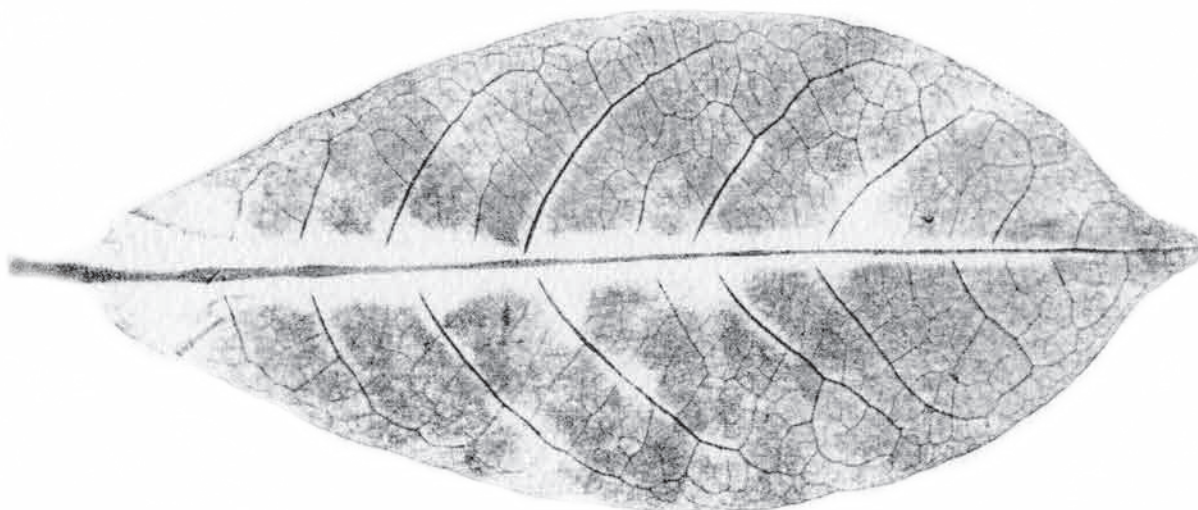
Green

Harvesting and processing

The ripe fruit are collected from the ground and cracked open. The seed is eaten raw.

Cultivation

Seed

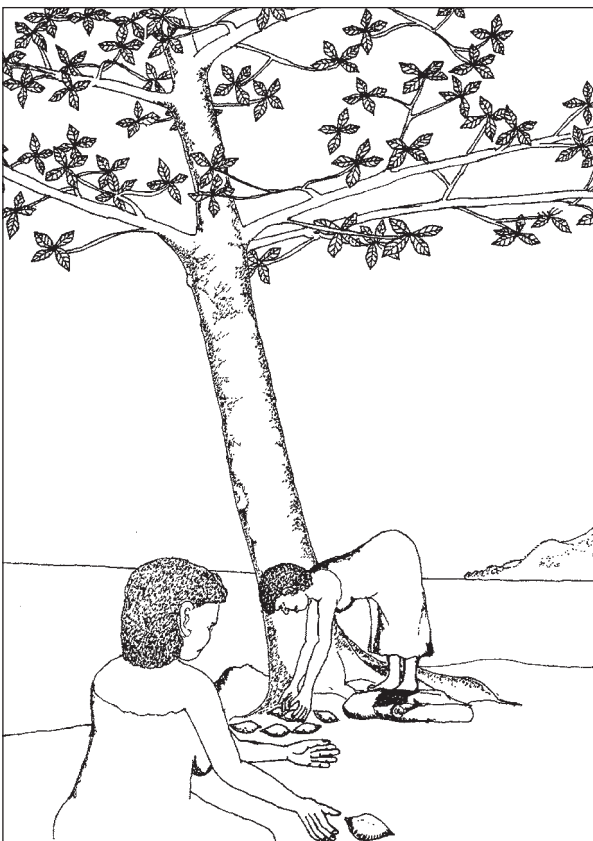


Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



Bulia talike ni karakone sa zoqa pütiria si katura gūi bara tuki pusikini bara pale pete se.

The fruit of Talke ni Karakone has a hard outer shell that has to be cracked open with a stone to get to the seed inside.



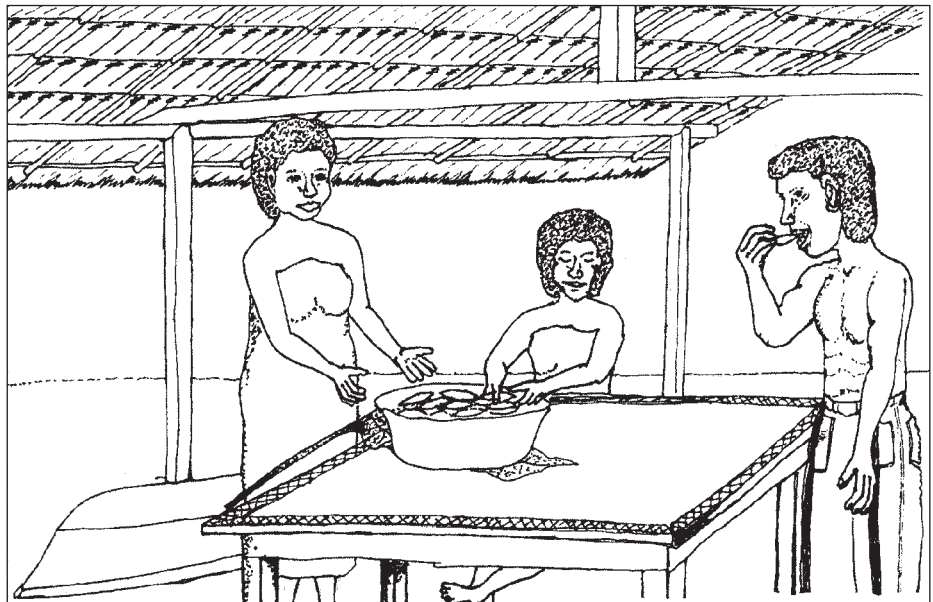
Bulia talike kajuke ta gazui.

The fruit of talike is collected at the base of tree where it falls.



Talike kamajala tukini katura. No sa majala dada tapukasa se.

Talike fruit is split using a stone. The nut is cracked long ways to reveal the edible seed inside inside.



Pete nesa nōe gakiā. Kōke gaki mara juke ta tavelea tikava maara vavariqoe.

The seed is eaten fresh. It is a nice snack collected from beside the sea.

Talike ni siniqa

Terminalia kaernachii
Combretaceae

Takodeke ka guki

Pütia, pete

Gadoe

Vuqata

Siniqa

Piara Muku, Quana

Zakae

10 fathom

Tabae ta Siniqa

Taba

Gadoe Bübülia

Duru

Gadoe Bülia

Tutu, mesara

Papala, jajui no vamoja

Ka puki, ka juke, ka tüki ba teqeka güki to

Vunea

Bülia

Edible part

Nut / seed

Plant type

Nut tree

Vegetation types

Old secondary and
primary forest,
Quana

Size

10 fathoms (18
metres) or more

Flower colour

Yellow

Fruit colour

Green

Harvesting and processing

The ripe fruit are collected from the ground and cracked open. The seed is eaten raw. Talike ni Siniqa has larger fruit than Talike ni Karakone.

Cultivation

Seed



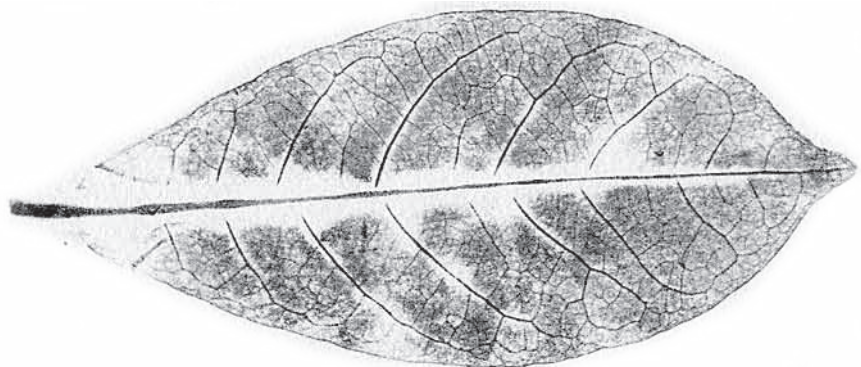
Small boy and talike fruit



This is the fruit of a cultivated type of talike.



Fruit of Talike ni siniqa



Pavoma

Terminalia solomonensis
Combretaceae

Takodeke ka Guki

Bülia

Gadoe

Vugata

Siniqa

Sakapa, Quana, Piara, Tavele Komala

Lua

Qu, volovo, sare, supu

Papala, Jajui and vamojae

Sa suru ta lua musui ka nökō petea. Ka majura ni vusamae kuda. Kavia sada ka küpana. Pütia ne ka tuki, ka pale vuarae, ka subo, ka niqiti. Subo ne, ma karaputa vanöe, no mota vanoe nuki se. Beto ka pakiti, ka pürü ta kuza no ka peke ta bi 3-4 tava, sinani ka pale me ka kupana, sa nama mara guki.

Sada kaba tuki ka niqiti no pakiti ne kasi tibe jope ba mate bose, sa paza. Sada ka kase ka vanöe sa nöeto. Rukusui ka peke sipa ta bi sa noe to.

Zakae

6 - 8 nava kürisi; gadoe bübülia – duru; gadoe bülia – duru / tutu

Tabae ta Siniqa

Taba

Vunea

Vunea

Note

Buravae ka guki to sada sa musu. Ka siriki, ka kupana, no ka noko se. Kavia sada ka noko sipa baka majura turinini kuda.

Edible part

Fruit

Plant type

Fruit / nut tree

Vegetation types

Old secondary forest, gardens and near villages

Landform

Ridges, flat areas, mountains

Harvesting, processing and cooking

When ripe, the flesh part of the fruit is eaten raw. Sometimes, it is boiled with water or cooked in an open fire. It can also be cooked in an open fire and then mixed with grated coconut before eating.

The seeds are also eaten, with special preparation. They are cracked and cooked inside a 'neqoto' (stone oven). The fire on the 'neqoto' must be very hot, with plenty of leaves on top and around the pavoma parcel inside. It is left for two or more hours in the motu. Take the seed out of the motu and put in a string bag to be soaked in running water (in a small stream or river) for three to four days. Remove from the water. Parcel with leaves and put it on an open fire for cooking. When hot they can be eaten.

It is important to note that while processing and cooking the seeds, never touch or make contact with your hands and your mouth and eyes. Only after soaking in running water for a number of days is pavoma safe for eating and contact with the mouth. Hands must be washed properly after touching the cracked seeds.



Height and size

The plant is usually about 6 fathoms (11 metres) high. It has yellow flowers and green to yellow fruit when ripe.

Availability in the bush

Common

Cultivation

Seeds

Season

Pavoma has fruit two to three times in one year, usually early (February.- March) and late in the year.



*A young Pavoma tree
planted in Sepa village.*



Giata būrauae ka gūki vile.

The ripe flesh of pavoma is eaten raw and is very popular.



Ka tuki puti pavoma no mara niqiti.

Cleaning the seed of pavoma. Remove the fruit pulp and wash the seeds.



Pete ta lobaroe ne sa nūni ka vini jujiniia gūi baka majala gūki se. Puti ne sa paza sada koraveta jujini dira tūki pusiki. Kitae mkatam no kasi gūki se.

The seed is poisonouss and is prepared in a special way to make it edible. Crack the seed open with a stone. Be careful that it does not get in your eyes or is eaten.

Qiqiti

Inocarpus fagifera
Fabaceae

Takodeke Ka Guki

Pütia

Gadoe

Gazu, vuqata

Siniqa

Babatena, Barike, Piara Muku, Quana

Lua

Nabo, Karakone, sare, supu, siqele

Zakae

10 - 20 Nava

Tabae ta siniqa

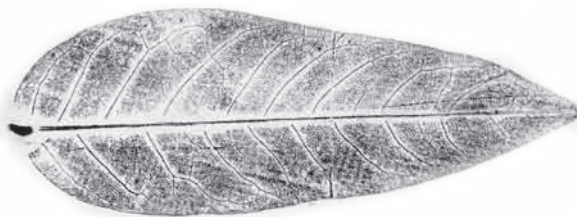
Taba Varuka

Papala, Jajui no Vamojae

Ka puki ba sa suru ka juke. Ka nökö ba ka niqiti.
Ka majala taqa no ka sirikise.

Vunea

Pütia



Edible part

Seed

Plant type

Tree

Vegetational type

Seaside forest,
plantation, primary
and old secondary
forest, quana

Landform

Swamp, sand beach, salty areas, ridges and
mountains

Size

10 - 20 fathoms (18-37 metres)

Availability

Very common

Harvesting, processing and cooking

The fruit is collected when it falls. Split the green
fruits down the middle and remove the seed on
the inside. Cook in a pot and eat the starchy
seeds. You can also bake in the stone oven.

Cultivation

Seed



Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



Roselyn Kabu ta sarajole kute Qiqiti ta komala ni Vavudu.

Roselyn Kabu underneath a Qiqiti tree in Vavudu village.

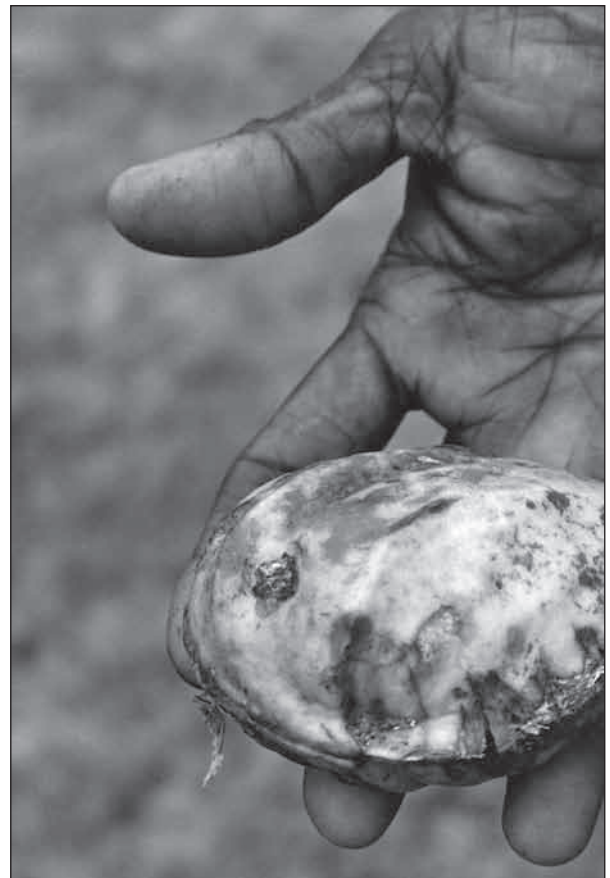
Kudilia qiqiti sa kuota vöqe.

Unripe Qiqiti fruit hangs from tree.



Musa qiqiti.

Ripe fruit of Qiqiti.



Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



Pete qiqiti sa nama to. Qiqiti ka pūru ta sereke to mara vamoja.

Qiqiti fruit being prepared for cooking. The split qiqiti is placed in a pot ready to be boiled. It can also be baked in a stone oven.



Joan Savakana sa lipiki qiqiti. No sa volo petea. Se mara vamoja.

Joan Savakana and 'Qiqiti' split in half. The seed is removed from the shell ready to be cooked.

Lanava

Inocarpus fagifera

Fabaceae

Lanava köke gadoe vuqata ba sa poto ta tavele loka pota ta tavele vuru se. Bülia sa siriki no niqiti to se. Taba Varuka.

Takodeke ka g ki

Bülia

Gadoe

Vugata

Siniqa

Sakapa

Lua

Sare, nabo

Zakae

8-10 nava kürisi

Taba ta Siniqa

Taba

Papala, Jajui, Vamoja

Sa suru ka juke ka niqiti ba ka nökö. Sa moja ka güki. Kavia sada ka taqa ka siriki ka güki to.

Vunea

Pütia /pete

Edible part

Seed

Plant type

Tree

Vegetational type

Primary forest

Landform

Flat areas and swamps

Size

8-10 fathoms (15-18 metres)

Availability

Common

Harvesting, preparation and cooking

The fruit is picked when it falls. The seed is then cooked in water or baked in a motu with or without coconut milk. This is an important seasonal food.

Cultivation

Seed

Zira lübea lanava no rabia ta loka pota.

Buttressed trunk of lanava in the front with 'rabia' and other lanava trees in the background, growing in a swamp forest.



Natu

Burckella obovata
Sapotaceae

Takodeke ka Guki

Bülia

Gadoe:

Vugata

Siniqa

Sakapa, Piara Muku

Lua

Sare ta karekone

Zakae

10-15 nava kürisi. Gadoe bülia: tutu

Tabae ta Siniqa

Taba

Papala, Jajui and vamojae

Sa suru güi ka juke, sada sa musu ka pale ka
güki to

Vunea

Pütia



Edible part

Fruit

Plant type

Nut/ fruit tree

Vegetation types

Old secondary forest

Landform

Flat plain, beach or coastal ridge

Height and size

10-15 fathoms (18-27 metres). This is a very
large tree. Fruit is light green to dark green.

Availability in the bush

Common

Harvesting, processing and cooking

Ripe fruits are collected and eaten. When unripe,
fruit can be collected and stored until it ripens.

Cultivation

Seeds

Season

Approximately September to December

Ta kena iati sa va vutini ni zita kavia
gazu sa zare bŭlia dira no ka majala
gŭki se. Ba kama pete gakio zira gazu
iati ne kama kŭlŭni dira vugata. Bata ka
poto lalu to ta zira siniqa.

This chapter is about all the edible fruits
and flowers that we find in the forest.
These are different from Vugata in that
they are not usually planted, only found
in the wild.

Bŭlia no bŭbŭlia

Fruits & flowers

Kobakete

Timonius sp.
Rubiaceae

Takodeke ka Guki

Bülia

Gadoe

Gazu

Siniqa

Sakapa, Sakapa Ju, Sakapa Loboro

Lua

Qu

Zakae

Tulu nava kürisi

Gadoe Bübülia

Sa selesele

Gadoe Bülia

Sa sele

Tabae ta Siniqa

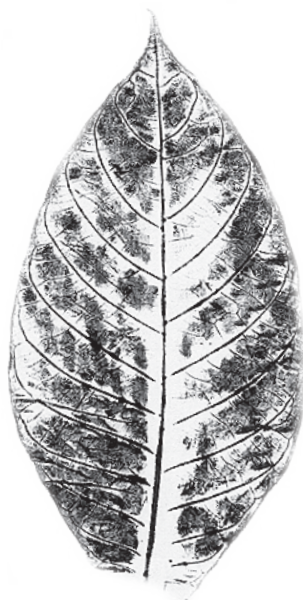
Kavia to

Papala, Jajui no vamojae

Sada sa meqa (musu) kala pidiki, ka mojo pusiki, ka guki bülia (petea ne sava bira bira sa kuo ta loboroe bülia)

Vunea

Pütia



Edible part

Fruit

Plant type

Tree

Vegetation type

Primary and old secondary forest, reserve forest areas

Landform

On ridges

Height and size

3 fathoms (5.5 metres)

Flower and fruit colour

White flowers

Fruit is also white

Availability in the bush

Rare

Harvesting, processing and cooking

The fruit is collected from the tree when ripe. It is then pressed or squeezed with hands or fingers to open it. The soft part on the inside of the fruit is eaten raw.

Cultivation

Seed



Kapika Bana

Takodeke ka gūki

Bülia

Gadoe

Gazu (Vuqata)

Siniqa

Piara

Lua

Siqele, supu, sare

Papala, Jajui and vamojae

Ka puki, qöle, juke, ka gūki

Zakae

5-9 nava kürisi

Tabae ta Siniqa

Taba

Vunea

Pütia

Gadoe Sisiria

Mesara

Gadoe Bülia

Sele

Sadae

January na February



Edible part

Fruit

Plant type

Fruit tree/ nut

Vegetation type

Secondary forests

Landform

Flat areas on the ridge and ridges generally

Height and size

9 fathom (16 metres)

Availability in the bush

Rare

Flower colour

Red

Fruit colour

White

Harvesting, processing and cooking

Climb the tree or use a stick to knock down the ripe fruits. The sweet fruits are eaten raw when ripe.

Cultivation

Seeds

Season

January - February

Meaning:

Kapika means - time of flu



Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



Pete kapika ka qöle sada sa musu no ka juke sada sa suru ta lua se.

Kapika fruit fall are knocked off the tree when ripe or collected fresh on the ground.



Zira bose ka vazo gakia kapika.

People enjoy eating kapika fruits.

Musu musu ta qote

Melastoma affine
Melastomataceae

Takodeke ka Gŭki

Bŭlia

Gadoe

Gazu vasiki

Siniqa

Piara Perasi, Pole, Kobe

Lua

Sare, supu, siqele

Papala, Jajui no vamojae

Ka pidiki musui, ka gŭki lokae, ka patini popoe

Zakae

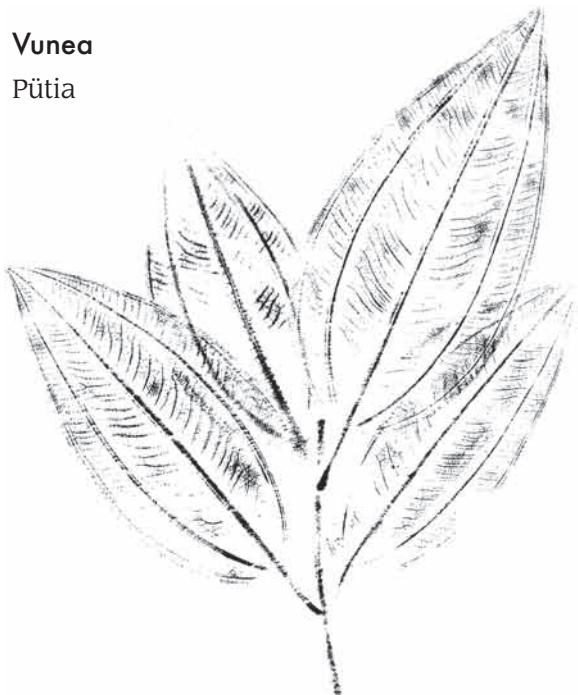
Bŭbŭlia sa sele bŭlia sa mesara

Tabae ta Siniqa

Taba

Vunea

Pŭtia



Edible part

Fruit

Plant type

Small tree

Vegetation types

Secondary forest, especially landslide areas or other forest disturbance

Landform

Ridges and landslide areas

Height and size

Vine that spreads up to 2 fathoms (3.6 metres)

Flower and fruit colour

White flower and red/purple fruit

Availability in the bush

Common

Harvesting, processing and cooking

Pick fruits when they are ripe. Chew them to get rid of the fleshy part. Drink the juice inside.

Cultivation

Seed

Season

Anytime

Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



Musu musu ta qote.

The small ripe fruit of musu musu ta qote.



Reggie Pitsopa sadere qae ta musumusu ta qote sa poto ta piara.

Reggie Pitsopa stands with musu musu ta qote growing in piara.



*QIO - See following page
Qio sa poto ta piara Bevali iati.*

Qio growing in Piara with Bevali from Panarui.

Qio

Hornstedia lycostoma
Zingiberaceae

Takodeke ka Güki

Bülia, bübülia

Gadoe

Pipiro

Siniqa

Piara

Lua

Siqele, kobe, sare, supu, malaku

Zakae

Kere nava

Tabae ta Siniqa

Taba

Papala, Jajui no vamojae

Ka pale, bübülia ka nuripi lokae, ka pidiki bosoe, ka palekisini kakadea. Ka pale bülia, ka vijiki patini vuia, baka güki pete sa kui püti.

Vunea

Toere, sopeke



Edible part

Fruit and flower

Plant type

Ginger

Vegetation types

Recent to two year fallow

Landform

Ridge, landslide area and valley

Height and size

2 fathoms (3.7 metres)

Availability in the bush

Common

Harvesting, processing and cooking

Collect flowers and drink the juice. Pick combs from the bottom of the plant, get rid of the covering from each section, split fruits open and chew or eat seeds.

Water extracted from Qio is used as a medicine for chicken pox.

Cultivation

Seeds



Körö koke pukisia, kutea qio, mara pale zira susua.

Drawing of fruit growing from base of Qio being picked.

Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



Ta latoroe būlia ka pale kisini. Ka gūki loka mea sa kou ta lobo.

The inside of the fruit is pulled apart. The sweet pulp and seeds are eaten on the inside of each segment.



Zira sua qole ni sepa ka vanama mara gaki petea qio.

Girl from Sepa with fruit of qio ready to eat.



Milton Pitakoe sa poso bulia qio. Ka pale ta siniqa ni Panarui.

Milton Pitakoe with fruit of Qio collected in the forest near Panarui.

Bütitujolo

Takodeke ka Gŭki

Bŭlia

Gadoe

Gazu

Siniqa

Piara, Piara Muku

Lua

Sare, Siqele, babarevana

Zakae

1-2 nava kurisi

Tabae ta Siniqa

Taba

Gadoe Bŭlia

Sele, Mesara

Papala, Jajui no vamojae

Ka pidiki sada sa musu ka gŭki

Vunea

Pŭtia



Edible part

Fruits/flower

Plant type

Tree

Vegetation types

Old secondary forests

Landform

Level place, ridges

Height and size

1 fathom (1.8 metres)

Availability in the bush

Rare

Fruit colour

The red fruit is actually the flower which is eaten. It is a fig species.

Harvesting, processing and cooking

Pick when ripe and eat

Cultivation

Seeds

William Vudeve collecting fruit of butitujolo.

Koloto

Alpinia sp.
Zingiberaceae

Takodeke ka gūki

Konae

Gadoe

Pipiro

Siniqa

Piara, Mulele

Lua

Paba pokae, siqele volovo, kobe

Papala, Jajui and vamojae

Puti ni lato, veko patini quta sa kode konae, pale konae ka majala gūki.

Konae ka gūki. Ka gūki lokae no konae sa paza noni vasiki meresini.

Zakae

2-3 Nava kurisi

Tabae ta Siniqa

Taba varuka

Gadoe Būbūlia

Sele

Gadoe Būlia

Tutu

Vunea

Pütia, Sopeke



Edible Part

Fruit

Plant type

Ginger

Vegetation types

secondary forests

Landform

Hillsides and side of rivers

Height and size

4 fathom (7.3 metres)

Availability in the bush

Plenty

Flower colour

White

Fruit colour

Green

Harvesting, processing and cooking

The inside part of the base of the stem is eaten. Split it with a knife and eat it raw. People eat this in the bush for a snack. It is also a medicine for coughs.

Cultivation

Seeds / Suckers

Pitu

Bruguiera gymnorhiza
Rhizophoraceae

Takodeke ka gŭki

Bŭlia

Gadoe

Gazu

Siniqa

Tavelea Tikava

Lua

Sa lumi ba nabo

Zakae

8-15 Nava kurisi

Tabae ta Siniqa

Kavia taba ba kavia nuni kizao

Gadoe Bŭbŭlia

Sele

Gadoe Bŭlia

Tutu, mukemuke

Papala, Jajui and vamojae

Ka juke

1. Ka vuri bŭlia.
2. Ka pale bŭlia. Ka vuri ka vuri kuda ka puqo
lokae ka siriki
3. Ka vamoja turinini miui kuda
4. Mimilini kuate

Vunea

Bŭlia

Edible part

Fruit

Plant type

Tree

Vegetation types

Swamp

Landform

Mangrove

Height and size

15 fathom (27 metres)

Availability in the bush

Rare

Flower colour

White

Fruit colour

Green

Harvesting, processing and cooking

1. Cut the fruit in half
2. Scrape out the fruits and squeeze in water
until water is clean
3. Cook with coconut milk
4. Mix with fish

Cultivation

Seeds

Season

Can be collected any time



Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



Zira sua ka paletürü zira bülia pitu ka kou ta ruakadu ni kenani.

Children with pitu fruit and leaves on the bridge at Kenai.



Köke sua gole paletürü bulia, pitu ka pale.

Young girl with fruit of Pitu just harvested.



Pitu sa qoqolo nava gu zü sa siba to rejea siva zira pitu vile.

Pitu trees have a long and straight trunk with fewer aerial roots than some other types of mangrove tree.

Pitu preparation

Nuni kavini jujinia pitu. Sada kavamoja. Kenaka leve kere pitu. Ta kinado pürü bi sinani pale kupi vuri konge se.

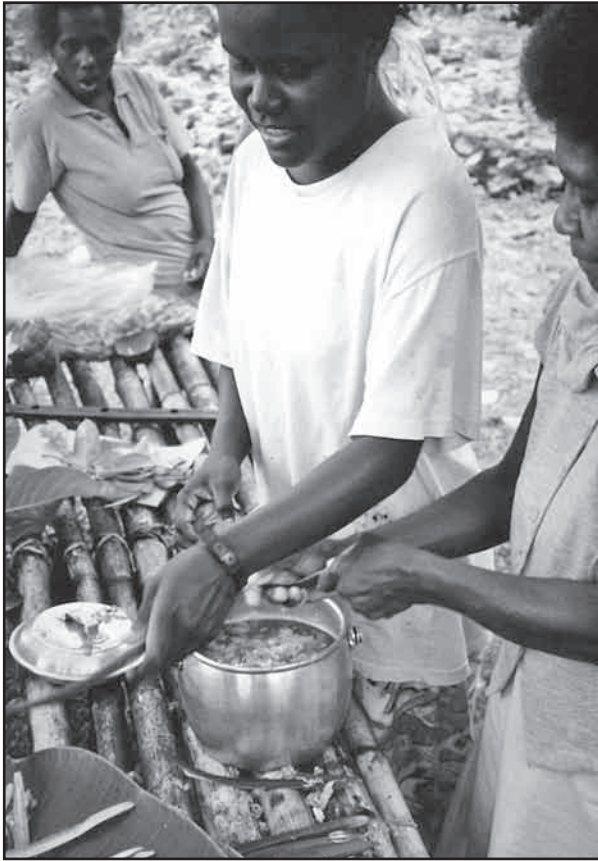
1. Lipiki kere bülia pitu.
1. Split the pitu in half lengthwise.



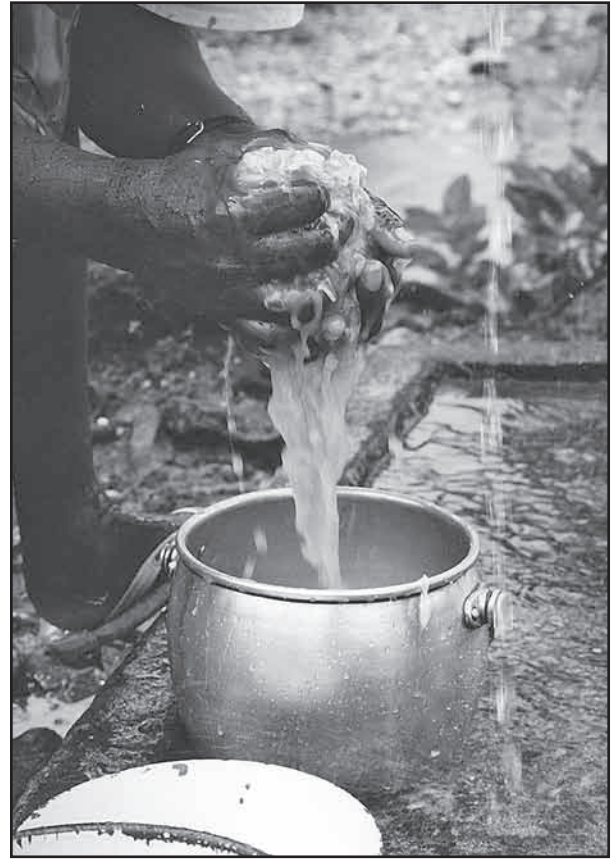
2. Törö bi ta kidako sinani vure ni konae pitu ta uui kupi ma kui bi ta loborae kidako.
2. Scrape out the inside of the fruit with a shell into a bowl with water inside.



Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



3. Puqu vovoraē pitu vasivani vusamaē kuda.
3. Pitu is split in half and then scraped into a pot. Leave the pulp in some water as you work on it.



4. Babatana needed.
4. The scraped pitu is then repeatedly squeezed, like coconut.



5. Puqo patini bi sa ko ta loboraē kidako ka pōrōni vovoraē pitu 2-3 sada.
5. The water is then squeezed out of the pitu. This should be repeated a number of times.

Bario ni vaka

Annona muricata
Annonaceae

Takodeke ka gŭki

Bŭlia

Gadoe

Gazu

Siniqa

Piara, Komala

Lua

Sare, supu

Zakae

Tulu Nava kurisi

Tabae ta Siniqa

Taba

Gadoe Bŭbŭlia

Tutu, duru

Gadoe Bŭlia

Tutu

Papala, Jajui and vamojae

Ka puki musu ka gŭki to

Vunea

Pŭtia

Edible part

Fruit

Plant type

Tree

Vegetation types

Secondary forest
and gardens

Landform

Flat place

Height and size

3 fathom (5.5 metres)

Availability in the bush

Not common except around villages

Flower colour

White

Fruit colour

Green

Harvesting, processing and cooking

Pick the fruit when soft and ready to eat. If under ripe, it can be left to ripen for a few days. The soft, sweet fruit is eaten.

Cultivation

Seeds

Season

Any time



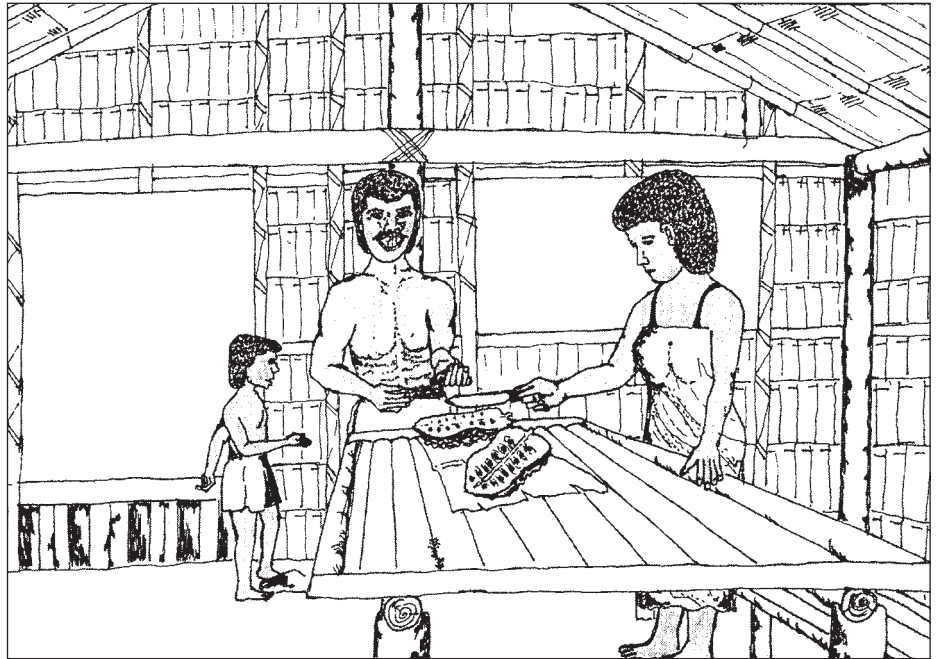


*Mojo bario sada sa musu.
Sada sa kubu. Ne tūru
kavia tava se.*

*Pick the bario fruit when it
is soft to touch if you want
to eat it at the same time.
Hard fruit will ripen in a
few days.*

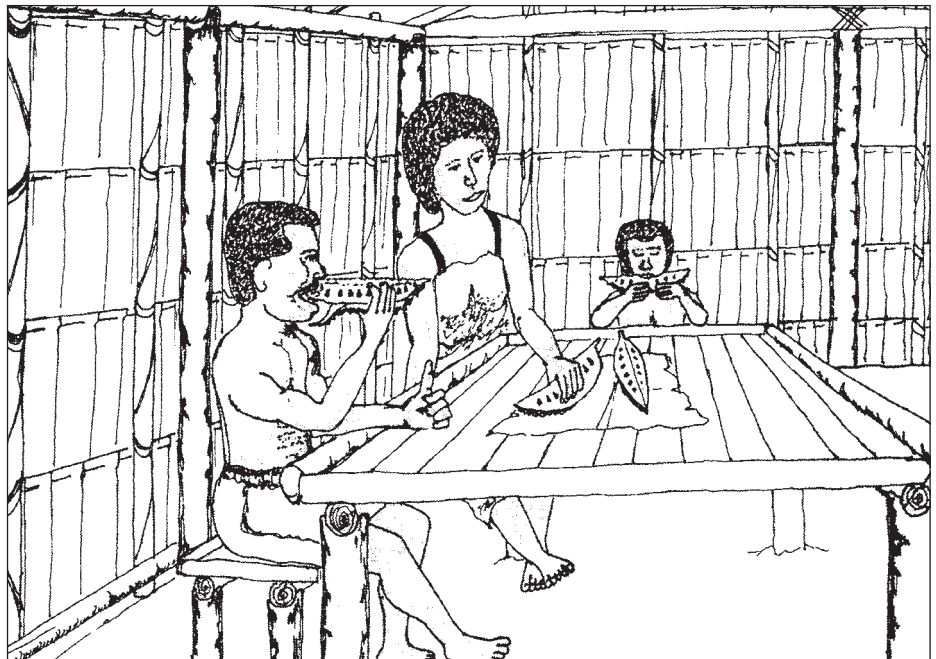
Lipikini lato

Split the fruit with a knife.



Güki pete sele. Kufae mo patini.

Enjoy the sweet white pulp inside the fruit.



Boboe

Paratocarpus venenosa
Moraceae

Takodeke ka Guki

Bülia no putia

Gadoe

Sa Gazu

Siniqa

Sakapa, Piara Muku

Lua

Sare, supu, siqele

Papala, jajui no vamojae

Ka juke musui ka guki to

Zakae

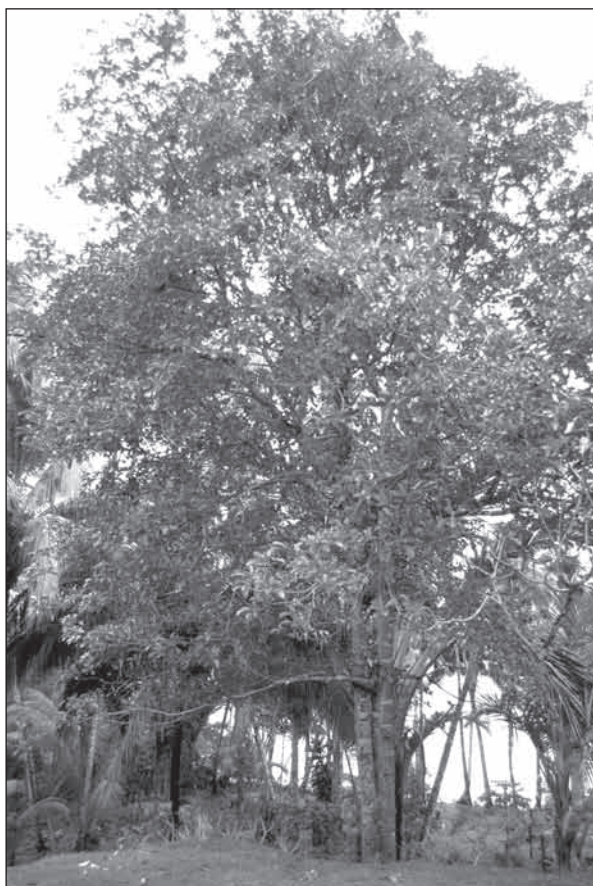
9-12 nava kürisi

Tabae ta Siniqa

Kavia

Vunea

Püti



Edible part

Fruit

Plant type

Tree

Vegetation types

Primary forest and old secondary forests

Landform

Flat areas, ridges and mountains

Height and size

A big tree. Fruit is large.

Availability in the bush

Common

Harvesting, processing and cooking

Pick the fruits when they are full size. The fruit is then left to ripen for up to one month. When the fruit turns soft it is ready to break open. Eat the soft yellow flesh inside. The seeds can also be cooked.

Cultivation

Seed



Güzü boboe Panarui.

Boboe tree at Panarui.



Dudului boboe.

Boboe fruit.



Hezelyn no Zaduku karu vatoro boboe.

Hazelyn and Zanduko show freshly harvested boboe fruit in the church at Panarui.



Zanduko ni Panarui sa vatoro boboe.

Zanduko from Panarui with a boboe fruit.

Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



Sore no Quremu kume
qöle diake boboe.

Salathiel Sore and Quremu
use a bamboo stick to
collect boboe fruits.

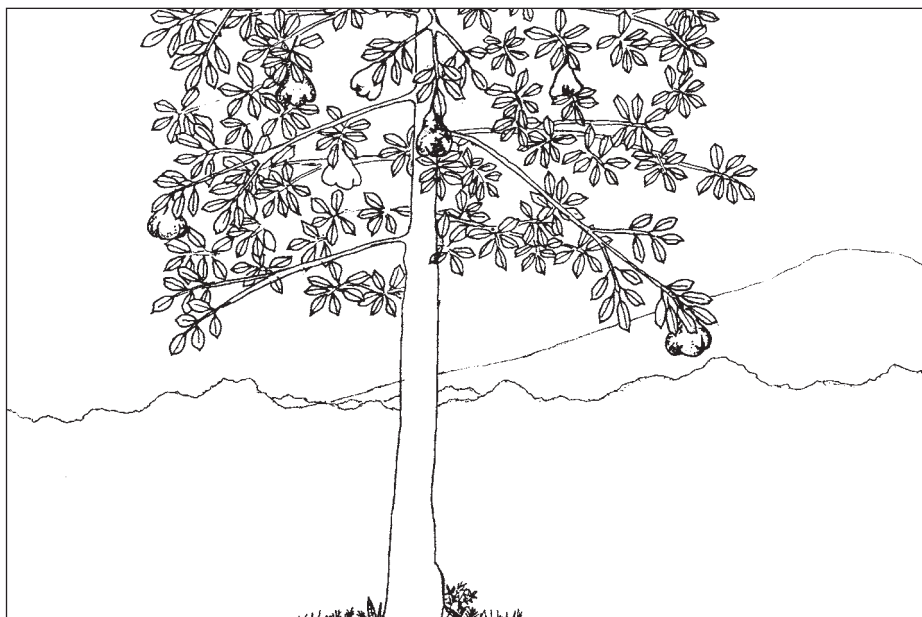


Kere sua karu juke boboe
maru vanamani la göki ta
pade.

Two children pick boboe
fruits ready to eat.

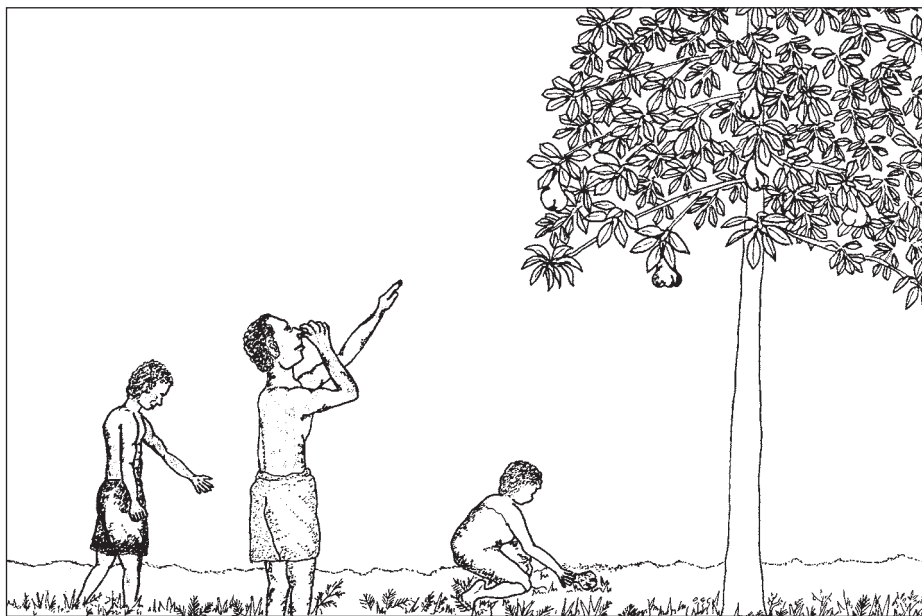
Gati köke güzü boboe.

The boboe tree.



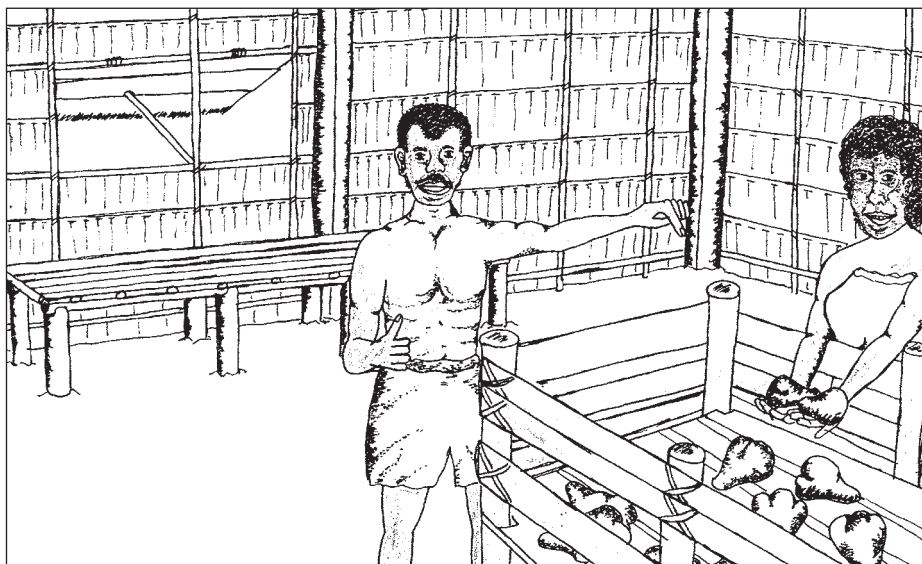
*Zira bose ka gate nanabio
boboe sada musa.*

*People can smell the
boboe fruit when it is ripe.*



Boboe ka türü ta qolo.

*Boboe can be stored for a
long time in a safe place.*

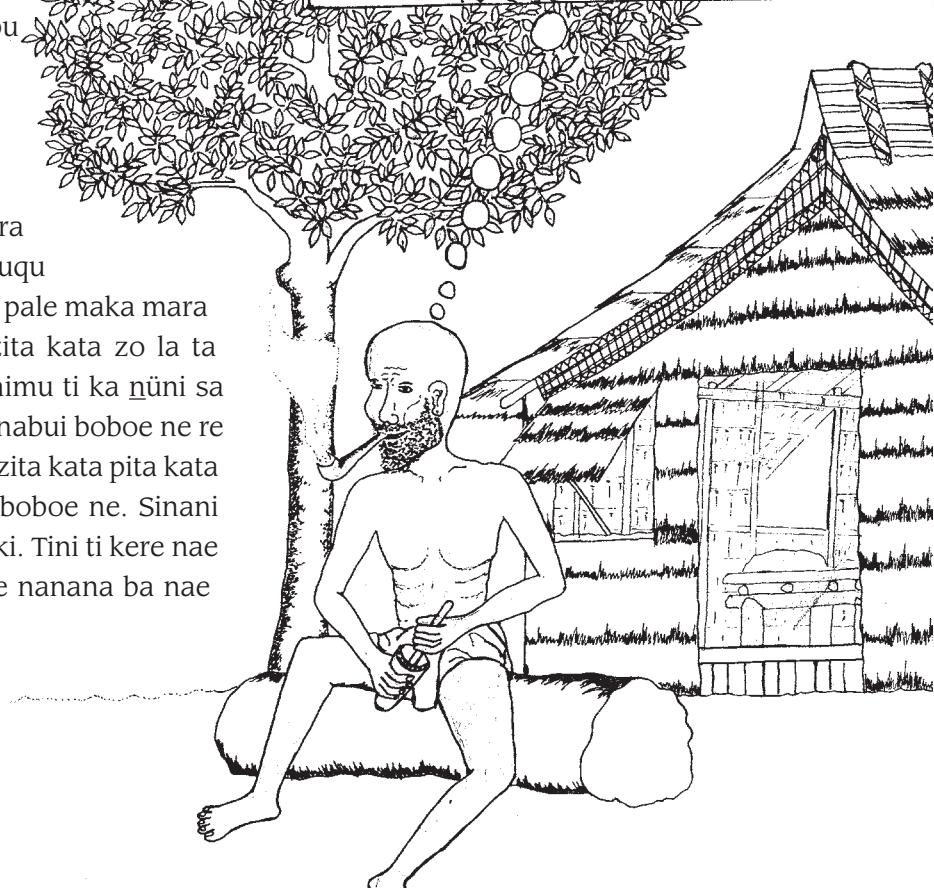
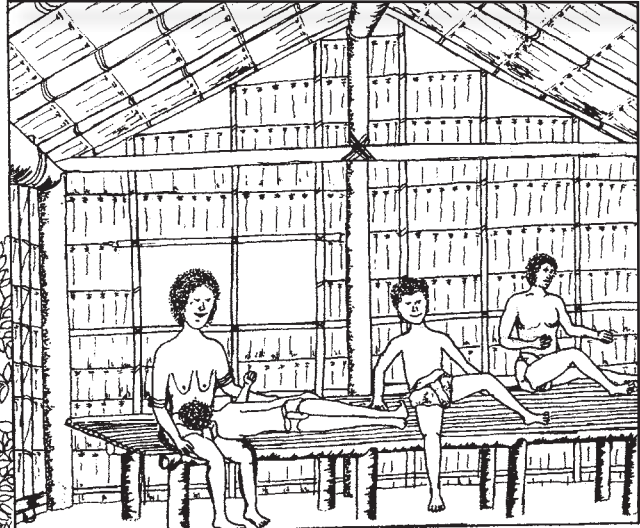


Turituri ta Boboe

by Molton Piraköe

Kere zozoe nanana gūi sa pijo. Köke ne, ne sada ka juke boboe ta siniqa, kame türü ta qolo ne gūi sa majala me kuo vamunini, kama roka vo, gūi si lilio ta gūi ne sa pijo se gati, ra ma kuo vamunini ta qolo, se zira bazuqu mara momotono dira nanana mara ri maka ra. Ma musu ra gūi bara gūki maka se. Gūi si ra mara kuo vamuini ta qolo kasi qu dada musu sase tini köke nae lilio boboe ne.

Vakerea ne ne, sase vile gati. Sa noe ra ne ma nanabu ra, sase, se zira bazuqu mara gate nanabu qu mara pita maka. Ke bi sa kui gūzū boboe se rami mami pale mami gūki mara se, se gūi si ra ma nanabu. Nanabu qu ra te ne mara gate zira bazuqu mara pita maka, se mara pale maka mara gūki sase. Gūi si sada zita kata zo la ta siniqa ne ne, kama vutimu ti ka nūni sa kui gūzū boboe ne ba nanabui boboe ne re mo gate gūi, sinani sada zita kata pita kata majala la ri zita ti qūzu boboe ne. Sinani kata pale kata majala gūki. Tini ti kere nae turituri boboe sase ti nae nanana ba nae vato vato se ne.



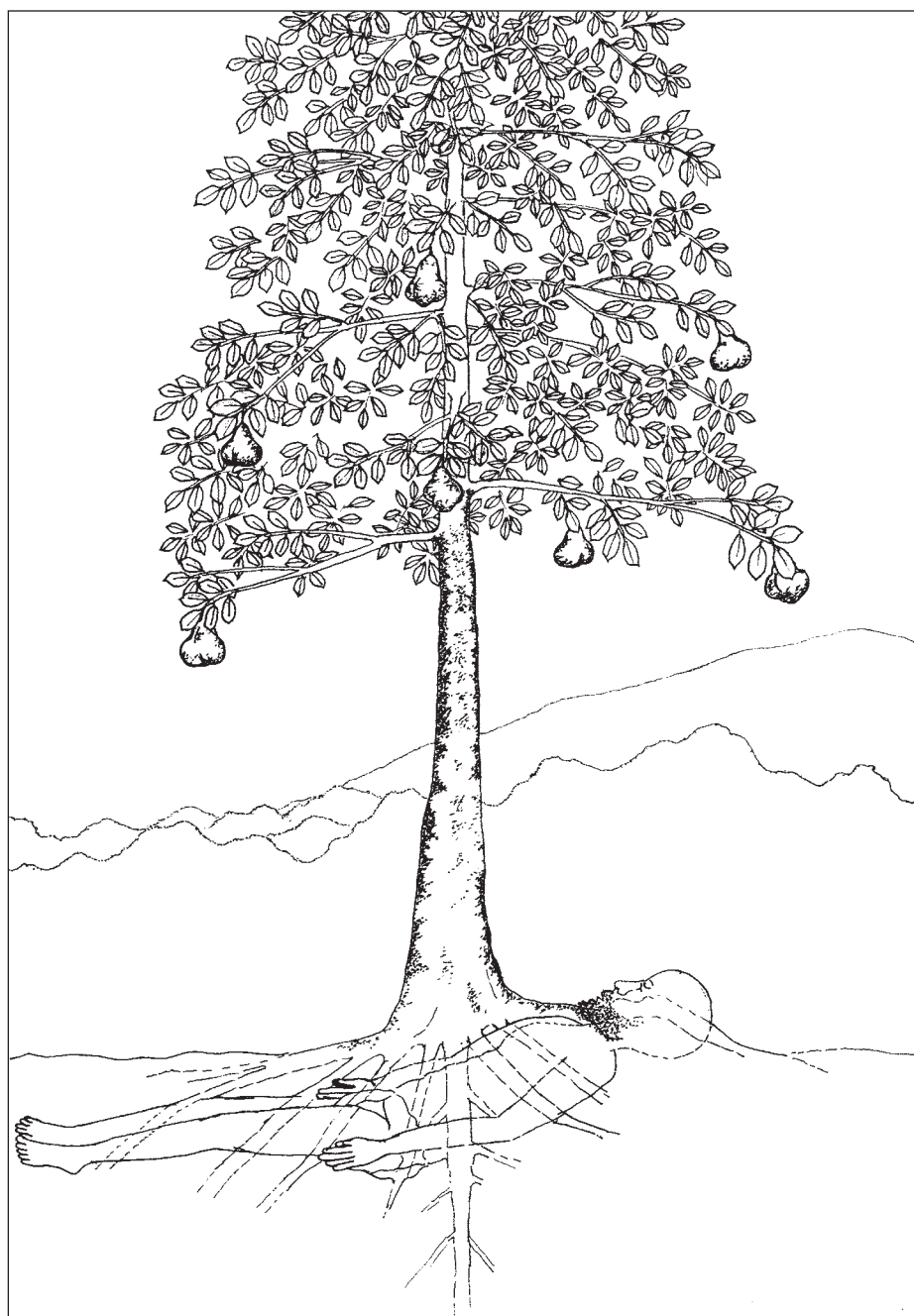
Kastom Story of Boboe

Story of Boboe - an old man who wanted to give food for his people:

"I smell strong so that my grannies will find me and eat me if they are ever hungry.

"I can last a long time in your kitchen after you harvest me.

"You can keep me at qolo (a storage place for food) for a long time. I will not let people be hungry."



Qio kaniki/musumusu

Passiflora sp
Passifloraceae

Takodeke ka gūki

Būlia

Gadoe

Sisiu qaqara / kaniki

Siniqa

Piara, Pole, Mamalo

Lua

Sare, Supu, karakone

Papala, Jajui no vamojae

Sa musu ka la pidiki, ka gūki to

Zakae

1-2 nava sapūki gazu tuko

Tabae ta Siniqa

Taba varuka

Gadoe Būbūlia

Sele ba kōre kōre

Gadoe Būlia

Tutu kubui, duru musui

Vunea

Pūtia

Edible part

Fruit / seed

Plant type

Grass

Vegetation types

Young secondary forest, weeds in garden, recent garden fallow, garden being prepared for planting

Landform

Level areas, hills, sandy beach

Harvesting, processing and cooking

Collect ripe fruits and eat the sweet pulp inside

Height and size

1 foot (0.3 metres). Climbs up other plants.

Availability in the bush

Plenty

Cultivation

Seed

Flower color

Yellow

Fruit colour

Green to yellow



Kukune

Morinda cirifolia
Rubiaceae

Takodeke ka gŭki

Loka ta bulia

Gadoe

Gazu

Siniqa

Piara, Sakapa

Lua

Sare, karekone

Papala, Jajui no Vamojae

Ka pidiki musui

Zakae

3 nava kŭrisi

Tabae ta siniqa

Taba

Gadoe bŭbŭlia

Duru

Gadoe bŭlia

Tutu

Vunea

Puti, raratoe

Edible part

Fruit

Plant type

Tree

Vegetation type

Seaside and forest

Landform

Beach

Height and size

3 fathoms (5.5 metres)

Availability in the bush

Common

Fruit colour

Green

Harvesting, processing and cooking

Squeeze into water and drink for medicine

Cultivation

Seed or small plants



Piraka

Spondias Dulcis
Anacardiaceae

Takodeke ka Guki

Bülia

Gadoe

Gazu, Vugata

Siniqa

Piara Muku, Sakapa

Lua

Sare, supu, siqe

Papala, Jajui no vamojae

Sa suru musui ka juke ka guki to

Zakae

12-20 Nava kurisi

Tabae ta siniqa

Taba

Vunea

Püti

Gadoe Bübülia

Duru

Gadoe Bülia

Tutu (makata) Duru (musu)

Edible part

Fruit

Plant type

Tree

Vegetational type

Primary forest and old primary forest

Landform

Flat place, mountain, ridges

Harvest, processing and cooking

Pick the ripe fruits from the tree or from the ground

Size

12-20 fathoms (22-36 metres)

Availability

Common

Cultivation

Seed

Fruit colour

Green

Flower colour

Green and white



Ta kena gati sa va vutuni ni zita kavia
gazu ka gūki vurenea na kavia sada ka
gūki sūlia se.

This chapter tells us about trees and
plants of which we can eat the leaves.

Vurenea
Leaves

10

Kekoso / Jua

Gnetum gnemon
Gnetaceae

Takodeke ka Guki

Vurinia no bulia

Gadoe

Vuqata/ gazu

Siniqa

Piara Muku, Sakapa, Mulele

Lua

Qu, supu, sare

Zakae

Gadoe zakae: kere nava kurisi

Gadoe bübülia: mesara

Gadoe bulia: duru no mesara

Tabae ta Siniqa

Taba varuka

Papala, Jajui no vamojae

Kiru mimilekea (vurini). Ka siriki turinini miua kuda noka kasakasa bulia ne ka noko no siriki se

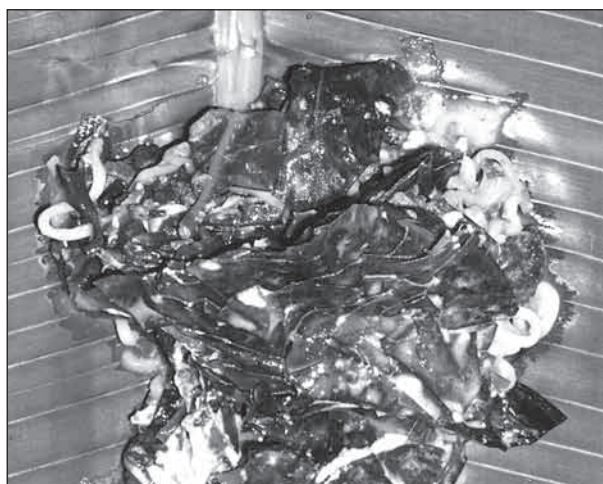
NB: Bülüa sa ba kubu ne ka majala to sirikise

Vunea

Putia

Jua sa nama mara gūki

Jua ready to eat



Edible part

Leaf and fruit

Plant type

Nut tree

Vegetation types

Recent and old secondary forest

Landform

Hills and flat areas

Height and size

2 fathoms (3.7 metres)

Flower and fruit colour

Red flower. The fruit is yellow or red.

Availability in the bush

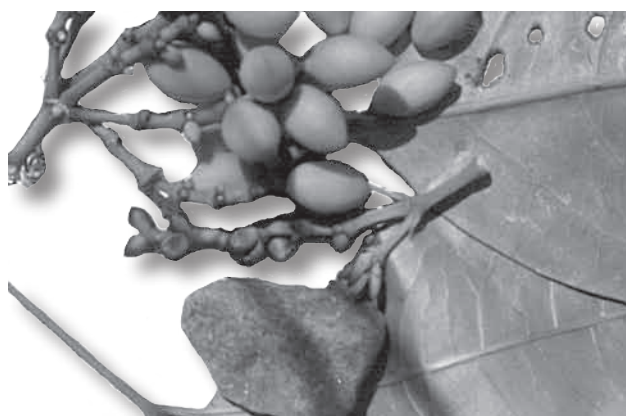
Plenty

Harvesting, processing and cooking

Collect the young leaves. Boil with water or with coconut milk. Fruits are also cooked in an open fire. Unripe and ripe fruits can also be boiled with water.

Cultivation

Seed





Jua ne kōke gazu vasiki sa zare bŭlia. Pŭtia no vuria se, ka majala gŭki se.

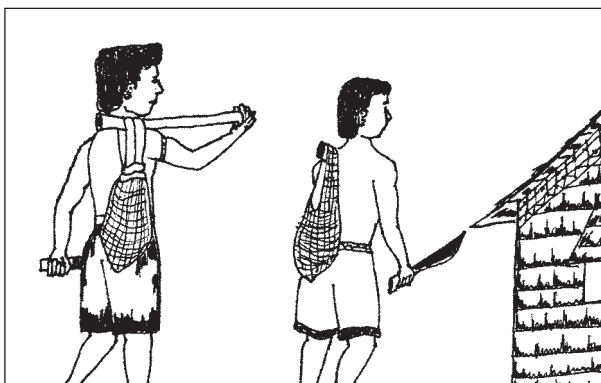
Jua is a small tree which has fruit, seeds and leaves that we can eat.



Pale turinŭni vōqea no vuria.

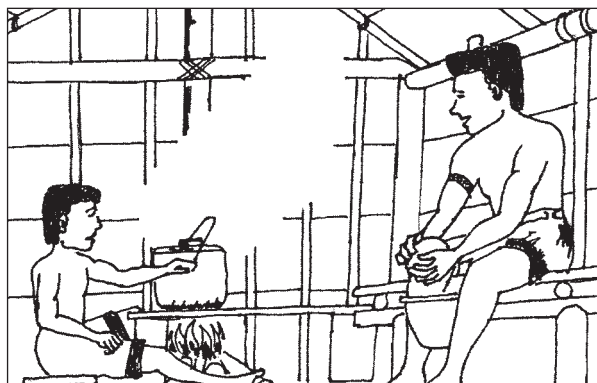
Pick the young leaves from the bush with the stem.

Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



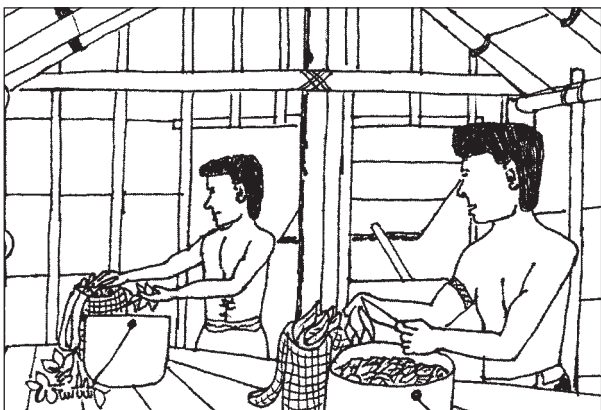
Jua ka majala tōro koke week, sinani gūi kava moja se. Pūrū ta kuza no mo tūrū ta pade vavamoja nūni sa lulumu se.

Jua can be stored for up to one week before cooking if left in a kusa in a cool place in the kitchen.



Jua na kekoso kamajala vamoja turini miui kuda. Kamajala niqiti ta neqoto turini muia kuda

Jua and kekoso can be cooked with coconut in a pot. It can also be baked in a motu with coconut cream.

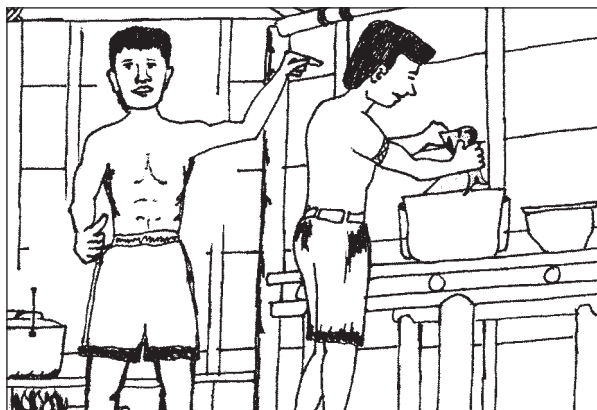


Zira mimileke no būlia ka kitu kisini ta vōqe.

The soft leaves and the fruit are removed from the stems.

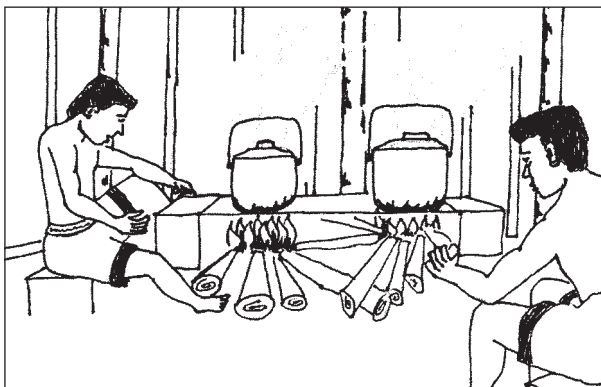
Rumiti ba tūrū zira vurini. Vamoja konani miui kuda ba loka vila.

Chop or leave the leaves whole. Cook in the boiling coconut milk or in water.



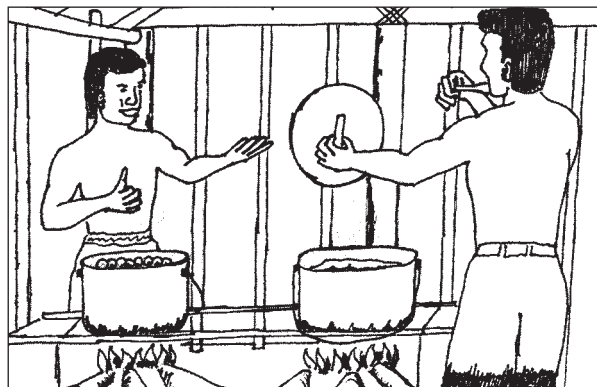
Sada sa tatala miui kuda re ko majala pūiū la jua no kekoso.

Prepare the coconut. When the coconut milk is hot you can add the jua and kekoso.



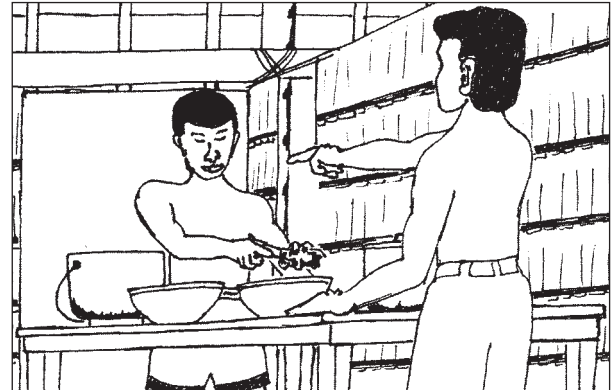
Siriki ma bira vanōe mojae vurini ba niqiti ta raka.

Cook on the fire until the leaves are soft or bake in the motu.



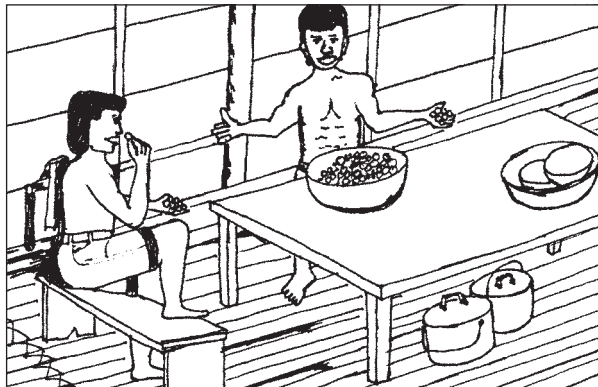
Padani jus mo vutui sa moja. Vala keno ko majala vala vona kuate sada ko sōkō.

Taste the jua to see when it is ready. Add salt. You can also add fish if you like.



Kulakula

Enjoy!



Ko majala gaki vona ni sisu, tika no noba se.

Serve with kumara, taro or yam while it is hot.

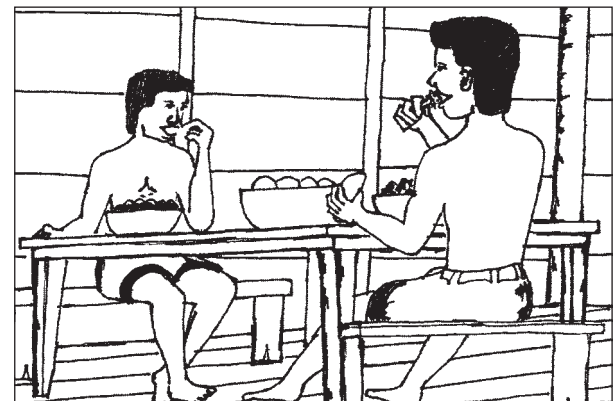


Kekoso kamajala gūki ta zira gaki vasiki se.

Kekoso can also be cooked and eaten on its own as a snack.

Sada ko gūki kekose ne kenaka mo pale kisini kōpae no puqae beto sinani mo guki petea sa kota lobroe se.

To eat the nuts inside kekoso you bite off the outside layer of the fruit and remove the thin skin on the seed. Eat the soft nut on the inside. The pulp on the fruit can also be eaten.



Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lavru



Kekoso na jua ka pöru ta kusas no kava. Namani mara vamoja.

*Kekoso and jua collected in a kusa. It is ready to be cooked.
(photo: Sepa village)*



Bülia kekoso.

Kekoso fruit.



Taqala / Taqala Vuvune

Polyscias sp.
Araliaceae

Takodeke ka Guki

Vurenea

Gadoe

Gazu

Siniqa

Sakapa, Sakapa Loboro, Piara, Piara Muku

Lua

Qu, qu banara, siqele

Papala, Jajui no vamojae

Ka nudu, mimilekea, ka kasakasa ba ka siriki turinini miua kuda. Sa moja ka guki to.

Ka küpana, loloso no niqiti ta sada tovari. Sinani ka vamoja turinini to miua kuda ba ka masimasi

Zakae

Gadoe zakae: 3 nava kürisi

Gadoe vurene: tutu

Tabae ta Siniqa

Taba varuka

Vunea

Guzue no putia



Edible Part

Leaf

Plant type

Tree

Vegetation types

Old and middle secondary forest

Landform

Ridge tops

Height and size

3 fathoms high (5.5 metres)

Leaf colour

The leaves are green

Availability in the bush

Plenty

Harvesting, processing and cooking

Young leaves are collected. Wrap with leaves and put on open fire. Put inside bamboo and put on open fire to be steamed inside Motu. Cook inside a pot with coconut milk. Cook with ngali nut inside motu.

Cultivation

Stems and seeds

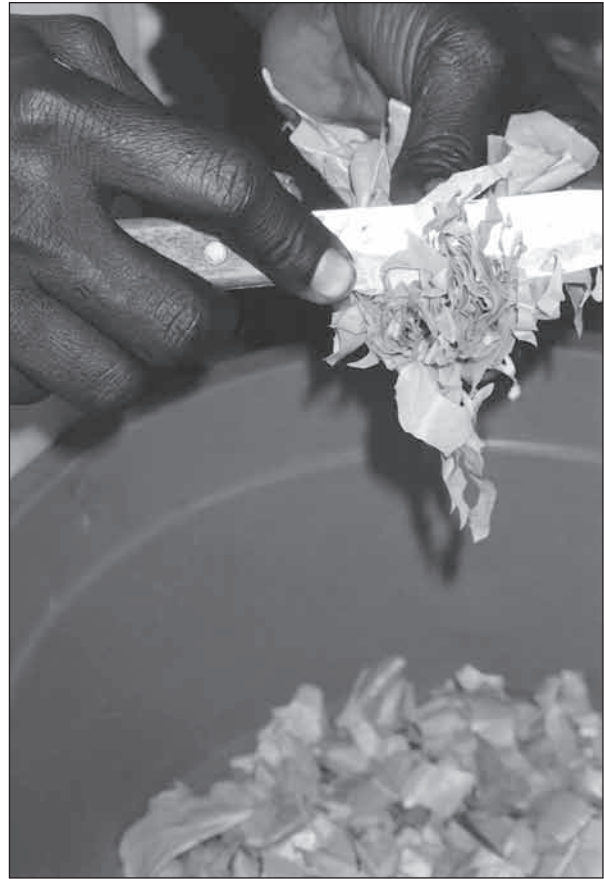


Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



Zira vurini ne ka rumiti vasikini ka vamoja ka majala vamoja turinini miui kuda no kuate ba va majala niqiti turinini boko ba kuate se.

The leaves are chopped small and cooked. It can be cooked with coconut milk and fish or baked with meat or fish in the stone oven



Kiru vasiya mi rasa mimileke.

The young leaves and tips are harvested like slippery kabis.



Taba gado vekevekea taqala ka vune ba piru. Ba ka guki vapuni to.

There are many different types of cultivated and wild taqala. They can all be eaten.



Zuku

Cyathea vittata
Cyatheaceae

Takodeke ka Guki

Vurinia

Gadoe

Qoto

Siniqa

Sa poto ta taba gadoe siniqa

Lua

Qu, qu banara

Papala, Jajui no vamojae

Sada sa, mire, ka puti qutae mirea ka kiru, ka ruqu, ka siriki, ka kupanan, ka niqiti. Ka vamoja turinim miua kuda se. Ka zukuni boko ba buri se.

Zakae

Kere nava kurisi. Gaode vurenea – tutu.

Putia sa ko ta sarajolea vurenea. Kama varaviru vo zira gazu ta.

Tabae ta Siniqa

Taba varuka

Vunea

Puti

Edible part

Leaf

Plant type

Fern

Vegetation types

Common in all forest types

Landform

Ridge, hill slope and valleys

Harvesting, processing and cooking

Young leaves are separated from the leaf fronds for cooking in boiling water with salt added. Another method is to wrap in leaves and cooked on an open fire. They can be baked in motu with coconut milk. It is sometimes cooked with pig and possum in the motu.

Height and size

2 fathoms (3.7 metres). The leaves are green. Spores are found on the bottom of the leaf surface.

Availability in the bush

Very common

Cultivation

Spores



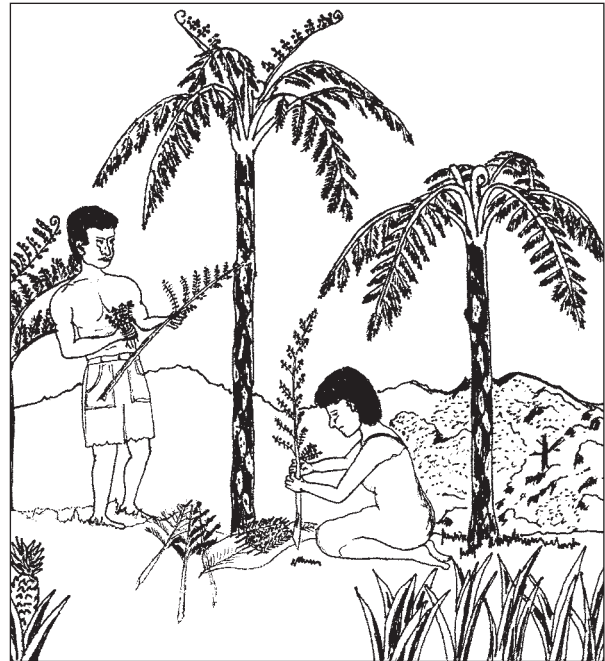
Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



Zuku preparation

Zuku sa poto ta piara.

Zuku is a tree fern that is found in piara.



Gati sada zuku sa nöe mara kiru. Sada sa mire valaka na balava karu kiru.

Harvest the young fronds and remove the side fronds.



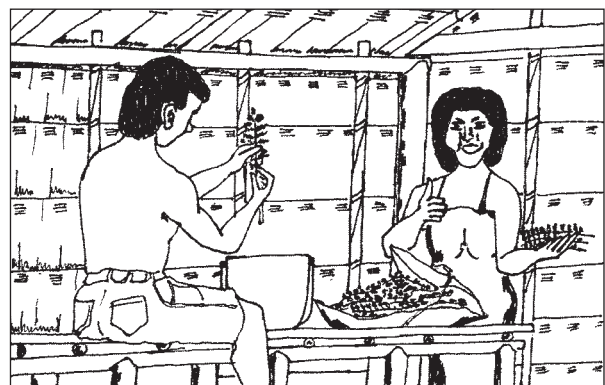
Gati sada zuku sa nöe mara kiru. Sada sa mire valaka na balava karu kiru.

Harvest the young fronds and remove the side fronds.



Köde vurinia no mo gisu vagale ta komala.

Parcel the leaves to take home for cooking.



Zira vurini ka rüqu se mara. Vamoja ba sa majala kuo to ta gükua bara rüqu se.

The leaves are stripped from the fronds for cooking or they can be left on and taken off when eaten.



☞ Qole ni sepa sa vatoro zuku, mali ta köke kuza.

Woman from Sepa with leaves of Zuku ready for cooking.

☞ Zira vurini ka rüqu se mara. Vamoja ba sa majala kuo to ta gükua bara rüqu se.

The leaves are stripped from the fronds for cooking or they can be left on and taken off when eaten.



☞ Lizi Amon sa dere kope zuku at komalani Wagina.
Lizi Amon with zuku at Wagina

Mali

Diplazium proliferum
Athyriaceae

Takodeke ka Guki

Vurini

Gadoe

Qūta

Siniqa

Sa poto ta zira tavelea bi ba paba pokae vuru

Lua

Paba

Papala, Jajui no vamojae

Kiru qutae sa mire, ka ruqu. Vamoja turinini miua
kuda ta sereke no ta neqoto ka kasakasa.

Zakae

Vonomo pidoko

Tabae ta Siniqa

Taba

Vunea

Kutea guzui

Edible part

Leaf

Plant type

Fern

Vegetation types

Riverside areas
and swamp

Landform

River banks

Height and size

1 fathom / 6 feet (1.8 metres)

Availability in the bush

Common

Harvesting, processing and cooking

Collect the young leaf fronds. Extract the leaflets
from the stem. Cook with coconut milk inside
a pot or on a motu. You can also boil it with
water.

Cultivation

From the young plants that grow from the
stem



Mali sa poto ta tavele vuru.

Mali grows along the side of river banks.



Mali ta majala vune zira tuti ka poto ta qūtae.

Mali can be planted by the young plants that grow along the stem.



Rubu kiroro

Homalomena cordata
Araceae

Takodeke ka Guki

Vurini (mimileke)

Gadoe

Zekata

Siniqa

Sakapa, Piara, Volovo

Lua

Paba, supu, siqele, babarevana, sare, kokole

Zakae

Kere pidoko gadoe

Bubulia: siva vavaqu

Tabae ta Siniqa

Taba varuka

Papala, Jajui no vamojae

Ka kitu mimilekea, vamoja turinini miua kuda,
sa moja gui ka guki to se

Vunea

Katea



Edible part

Leaf

Plant type

Taro type.

Flower like taro.

Leaves have white spots on them.

Vegetation types

Old secondary forest and fallow areas

Landform

All land forms - especially flat, wet areas

Height and size

Flower like taro. Leaves have white spots on them.

Availability in the bush

Plenty

Harvesting, processing and cooking

Collect young leaves. Boil with coconut milk.

Cultivation

Suckers



Rubu kiroro sa rasirasi sele vurinja.

Rubu kiroro has distinctive white spots on the leaves.

Rubu tutu

Homalomena alba
Araceae

Takodeke ka Guki

Vurini

Gadoe

Zekata

Siniqa

Sakapa, Piara Muku

Lua

Paba, sare, babarevana

Zakae

Kere pidoko

Tabae ta Siniqa

Taba varuka

Papala, Jajui no vamojae

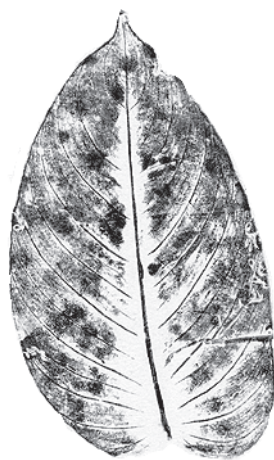
Ka kiru mimilekea, ka vamoja turinini miua kuda, sa moja baka guki

Vunea

Ka rubu, ka vune jutea (Rarabu—Dupilia zira zekata vasiki

Gadoe Bubulia

Sasiva vavaqu



Mary Paju ni Tunoe sa pletürü vurini
rubututu mara vamoja.

Mary Paju from Tunoe with the leaves of
Rubu tutu ready for cooking.

Edible part

Leaves

Plant type

Taro

Vegetation types

Old secondary forests

Landform

Riverbank and flat
places in the forest

Height and size

2 feet (0.6 metres)

Availability in the bush

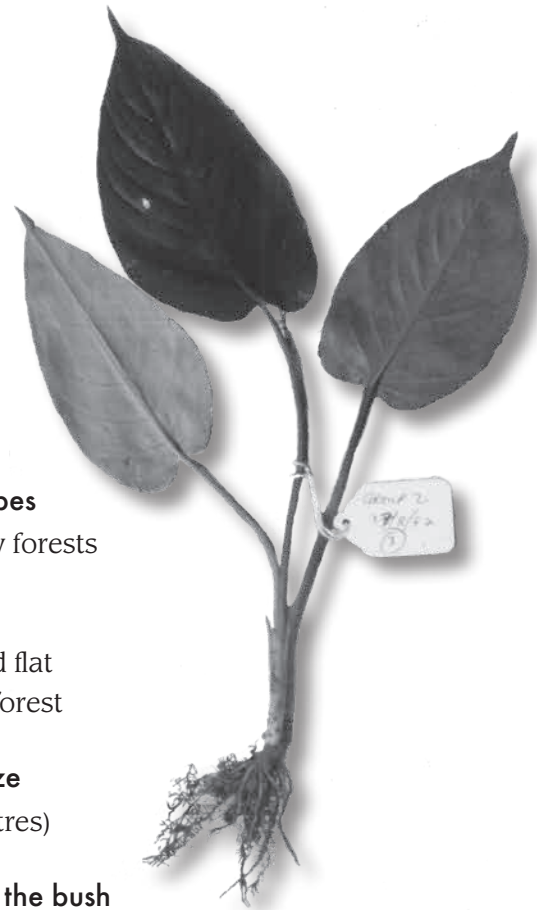
Plenty

Harvesting, processing and cooking

Collect the tender young leaves and cook with coconut milk or with water. It is cooked in the same way as 'kade' or taro leaf.

Cultivation

Suckers



Qoto

Takodeke ka Guki

Vurini

Gadoe

Peta sa zare qutae

Siniqa

Qoto

Lua

Poba Poka

Papala, Jajui no vamojao

Ka kiru mirea, ka siriki ni miua kuda ba ka majala kupana to se

Zakae

5 pidoko

Tabae ta Siniqa

Taba varuka

Vunea

Qutae



Edible part

Leaves

Plant type

Fern

Vegetation types

Recent to two year fallow

Landform

Beside the river

Height and size

5 hands

Availability in the bush

Common

Harvesting, processing and cooking

Harvest the young shoots. Cook with coconut milk or parcel and cook in the stone oven.

Cultivation

Stalk



Qoto, woman and plant

Sarapa

Piper betel
Piperaceae

Takodeke ka guki

Vurini no kanikia(kasoko), bulia

Gadoe

Kaniki

Siniqa

Piara Muku, Piara, Bareke

Lua

Naqo/ sorobe, supu, siqele, sare, babarevana

Zakae

10 Nava

Tabae ta Siniqa

Taba varuka

Gadoe Bubulia

Tutu

Gadoe Bulia

Muke muke

Papala, Jajui no vamojae

Ka kiru vurinia, ka kitu bulia no kasoko vasikia, ka puti kasoko puui, ka pisili (pisala) turinini kasu na sarapa.

Vunea

Sobo ta kute (nuni sa majala mea vureketea)

Edible part

Leaf, stem/ stalk

Plant type

Vine

Vegetation types

Secondary forests

Height and size

Vine can climb up to
10 fathom (18 metres)

Availability in the bush

Plenty

Harvesting, processing and cooking

Leaf and vine are picked and eaten with kasu (betel nut) and lime

Fruit colour

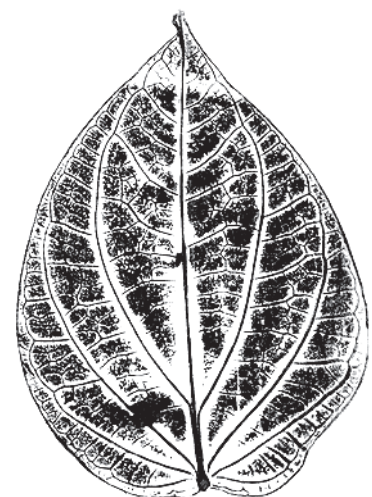
Brown

Flower colour

Green

Cultivation

Tip of plant / branch



Leko

Gnetum latifolia
Gnetaceae

Takodeke ka guki

Bulia, vurini

Gadoe

Gazu

Siniqa

Piara, Sakapa, Mulele

Lua

Sare, Supu, Qu

Papala, Jajui no vamojae

Kiru mimilekea vurini, ka siriki turinini miua kuda no ka kasakasa. Bulia ne ka noko no siriki se.

Kopae varuqore ka jajini ni kusa.

Zakae

10 Nava kurisi

Vunea

Pütia

Edible part

Fruit and leaves

Plant type

Tree

Vegetation types

Old secondary forest

Landform

Ridges and flat areas and in the middle of the mountains

Harvesting, processing and cooking

Collect young leaves, boil with water or coconut milk. Fruit can be cooked in open fire. Unripe fruit can be boiled. Preparation is the same as for Jua/Kekoso.

The young bark is used to make string bags ('Kusa').

Height and size

10 fathoms (18 metres)

Cultivation

Seed



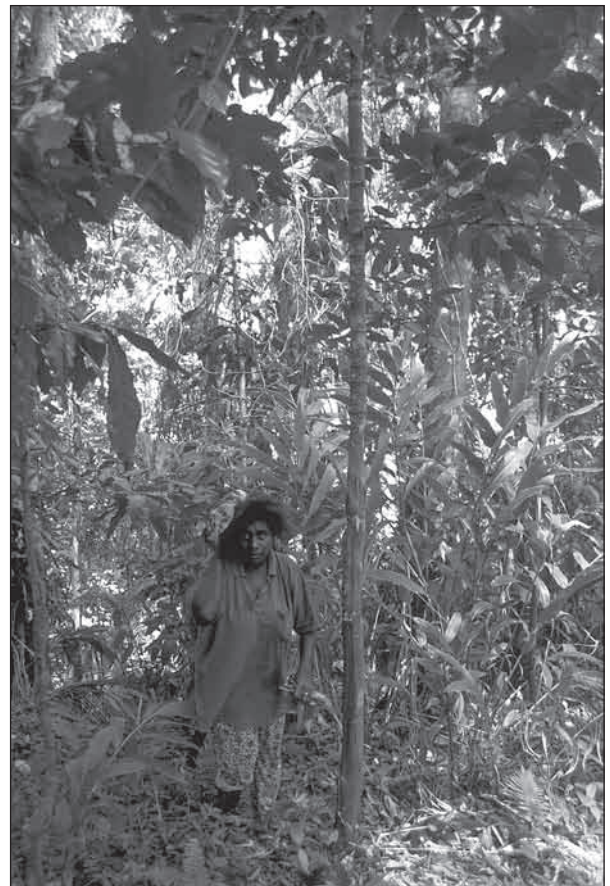


Leko vasiki sa poto ta
loboroe kuda kuda, ta
sa ra pokae komala ni
Lokalaji. 📖

Young leko tree growing
inside a coconut plantation
above Lokalaji village.

Asina sa dere ta kute leko
sa vanama ni jukea pete
leko. 📖

Asina Mija with the young
leaves of Leko ready to be
picked for eating.



Gözö leko varuqa sa vataṇa ma böli. 📖

A young leko tree which is ready to have fruit.

Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



Leko ka silo sipa sa bose sapini nanu.

The trees skins were removed to make a 'kuza' string bag before, but now the skin of the tree has grown back.



Kute leko sa silo ka jöjini kuza.

The bottom of a leko tree where they have been harvesting the skin for making ropes for string bag (Kuza).

Kanava

Ficus copiosa
Moraceae

Takodeke ka Guki

Vurenea and putia

Gadoe

Gazu

Siniqa

Piara Perasi, Pole

Lua

Paba

Papala, Jajui no vamojae

Kiru mimilekea vurinia sa moja ka guki.

Vamojae: ka niqiti turinini miua kuda. Kavia sada ka siriki nokakupana,. Petea ka siriki turinini miua kuda ba ka kasakasa.

Zakae

Gadoe zakae: three nava kurisis

Gadoe bulia: sele/ tutu

Tabae ta Siniqa

Taba varuka

Vunea

Putia

Edible part

Leaf and fruit

Plant type

Tree

Vegetation types

Recent fallow to secondary forest

Landform

River bank

Height and size

3 fathom (5.5 metres)

Availability in the bush

Plenty

Harvesting, processing and cooking

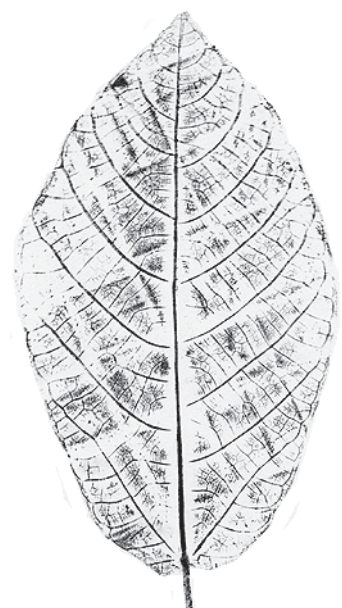
Collect the young leaves or new shoots. These are cooked on motu with conconut milk or they can be boiled with coconut milk. Sometimes, they are wrapped with leaves and cooked on an open fire.

Cultivation

Seed

Season

Anytime



Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



*Nairy Pitakaka no Matana
kuru pidiki bŭlia kanava.*

*Nairy Pitakaka and
Matana collecting ripe fruit
of kanava.*



Vurinia kanava no bŭlia sa kuo ta tavolo. Vurinia no bulia kanava ka pale ta komalani Sepa.

Harvest of kanava leaves at fruit at Sepa village.



Vurenea kanava ka polo.

Kanava leaf is a tasty green. The leaves are usually tied into parcels and then cooked or baked with or without coconut milk.



Mojae vurenea kanava.

Cooked kanava greens parcelled in leaf in the fire.



Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



☞ *Musui no kubui būlia
kanava ka pidiki. Ka siriki
turinini miui kuds ka gūki.*

*The fruit of kanava are
collected ripe and green.
They are boiled with
coconut milk and eaten.*

*Bulia kanava sa paru ta
sereke. Mara vamoja
turinini miui kuda.*

*Mojae bulia kanava ka
supu.*

☞ *Kanava fruit in pot ready to
be cooked with coconut milk.* ☞ *Cooked kanava fruit in milk.*



Muta

Diplazium sp.
Athyriaceae

Takodeke ka Guki

Vurini

Gadoe

Qoto

Siniqa

Tavelea vuru ba bi

Lua

Sare, Supu, nabo

Zakae

Kake Nava

Tabae ta Siniqa

Taba varuka

Papala, Jajui no vamojae

Ka kiru mimilekea

Vunea

Raratoe

Edible part

Leaves

Plant type

Ferns

Vegetation types

Beside river and stream

Landform

Flat land, hill and swamp

Height and size

1 fathom (1.8 metres)

Availability in the bush

Very common

Harvesting, processing and cooking

Collect young leaves, cook and prepare as other ferns

Cultivation

Spores

Season

Anytime



Muqa

Diplazium esculentum
Athyriaceae

Takodeke ka Guki

Vurini

Gadoe

Qoto

Siniqa

Sa poto ta zira tavelea ba paba pokae bi vuru.
Ba ta nuni sa va naboe.

Lua

Paba

Papala, Jajui no vamojae

Kiru quta sa mire ruqu vanama, siriki turinini
miua kuda. Niqiti turinini miua kuda.

Zakae

1 nava kurisi

Tabae ta Siniqa

Sa taba varuka

Vunea

Kutea guzui

Edible part

Leaf

Plant type

Ferns

Vegetation types

Muqa is found growing by the
side of rivers on the banks, and
in swamp areas

Landform

Swamp and riverside

Height and size

1 fathom high (1.8 metres)

Availability in the bush

Plenty

Harvesting, processing and cooking

Collect young fronds. Extract the young leaflets
from the fronds. Cook or boil with water or
coconut milk. Can also be baked (motu) with
coconut milk.

Cultivation

Bottom of the stem of young plants



*Mimilokoa vurenea muqa
ka keru ta vuru.*

*The young leaves of muqa
are harvested by the side
of the river where it is
usually found growing.*



*Muqa ta vuruni
Kolobanara*

*Muqa growing along the
banks of the Kolobanara
river.*



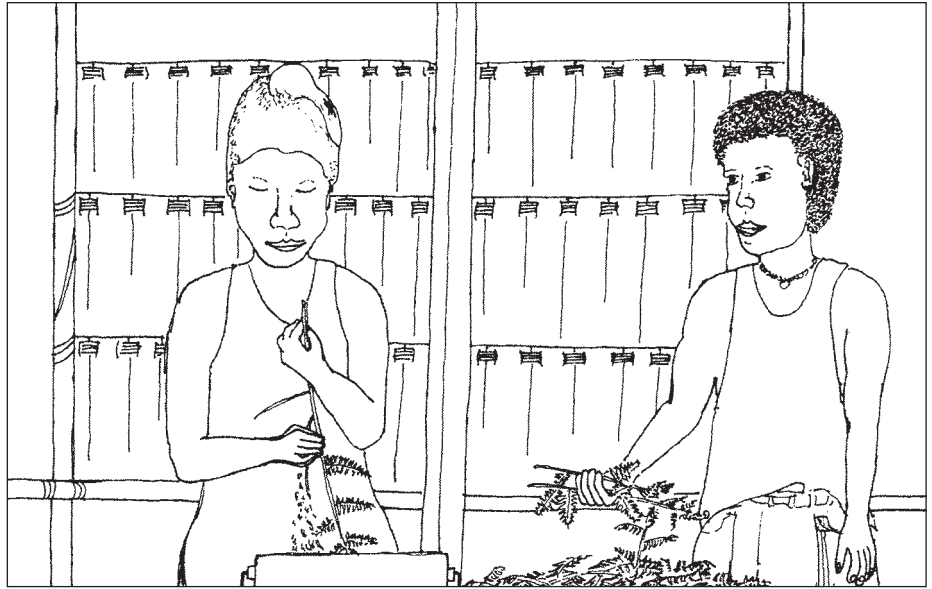
Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



Mimilokoa vurenea muqa ka keru ta vuru.

The young leaves of muqa are harvested by the side of the river where it is usually found growing.





Ka kitu mimilokea no ka pūrū ta sereke.

The soft leaves and stems are stripped off the main stem and put into the pot.



Muqa tabasada ka siriki turinuni miui kuda ta nako.

Muqa is usually cooked on the fire with coconut milk.

Gama

Acrostichum aureum
Pteridaceae

Takodeke ka Guki

Vurini

Gadoe

Qoto / nokoso

Siniqa

Piara, Nabo

Lua

Sare, supu

Papala, Jajui ano vamojae

Papala: ka kiru quta mimilekea

Vamojae: ka siriki ba niqiti turinini miua kuda

Zakae

Sa poka no sa qaqara ta lua

Tabae ta Siniqa

Sa taba varuka

Vunea

Raratoe



Edible part:

Leaf

Plant type

Fern

The vine creeps on the ground or climbs trees

Vegetation types

Recent secondary forest

Landform

Flat areas, hill, ridge and valleys

Availability in the bush

Plenty

Harvesting, processing and cooking

The young shoots or tops are boiled. They can also be baked in motu with coconut milk.

Cultivation

Spores or small plants



Gama growing up a coconut.

Lalapu / Moke

Cyathea solomonensis
Cyatheaceae

Takodeke ka guki

Vurenea no Konae

Gadoe

Qoto

Siniqa

Piara, Piara Vasiki, Piara Muku

Lua

Baba revana

Papala, Jajui no vomae

Ka nudiri vale, kere to qutae ma ko tia ta guzui
bara pale

Jajui: ka geto

Vanamae: ka taqa , ka puti vatuko, ka qulu
moke,

Vamojae: ka niqiti

Gadoe

2 - 4 Nava

Tabae ta siniqa

Taba

Edible Part

Leaf and inner
stalk

Plant type

Fern

Vegetation types

Secondary forests

Landform

Any place — flat or on hills

Harvesting, processing and cooking

Leaves: prepared the same as Zuku (see page
189)

Inner part of stem

Cut the growing tip of the palm and leave the
leaves to die — this usually takes about two to
three weeks. Cut down the trunk and remove the
inside part of the tip of the trunk where it is soft
and white. Bake this in the stone oven.

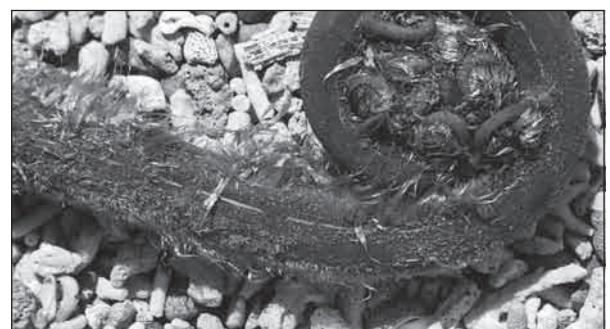
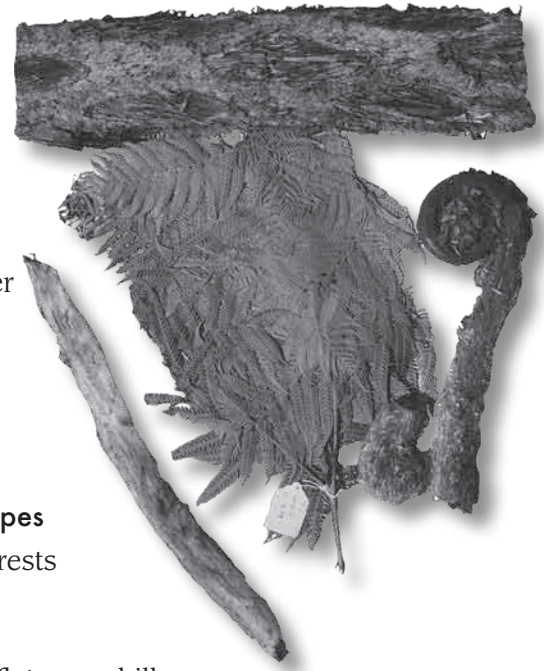
It is important to leave the palm to dry so that
there is not too much water in the inside part.

Size:

2-4 fathoms (3.7-7.3 metres)

Availability

Common



Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



Nudiri vale mimilekea male mako vamunini nōni vasiki, kere vuvune mako tio sinani mara pale.

Cut out the growing tip of the fern and leave the fern for a few weeks until the leaves have died.



Kere vurene sako tia sinani puti taqa patini kōpae pale konae sinani bara vamoja (niqiti).

To harvest 'moke' remove the soft middle part of the trunk close to the growing tip (after the leaves have died). This is the edible part that can be cooked, following the instructions on the following pages.

Vanamae nuni mara rüsinì moke.

Cleaning the skin of the fresh moke for cooking.



Moke ka rüsi sipa roke.

Cut the moke into pieces.



Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



Giati ka rüsi moke.

This photo shows how to scratch moke.



Sanama to moke mara vala ta neqoto.

Moke ready to cook in the stone oven.



Moke ka niqiti ta neqoto.

The moke is placed on leaves in the stone oven.

Giati sada ka pakiti moke.

*Moke cooked and ready
to be removed from the
oven.*



Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



Mr and Mrs Bevarly Karu poso takodeke moke.

Mr and Mrs Bevarly Karu eating the cooked moke.



Giati loboro ka toke mojae.

Close up of the baked moke ready to eat.



Doris sa vatoro takodeke moke sa moja

Doris cooking moke



Loda
Mushrooms

Loda pokakeno

Takodeke ka Guki

Loda güzü vurini

Gadoe

Loda

Siniqa

Piara Perasi, Sakapa

Lua

Paba

Zakae

Sa tuko varuka to

Papala, Jajui and vamojae

Kala kitu vurinea ta veqolo, sa poto sada sa korodoko no sada kadavana se. Ka kupana no siriki.

Tabae ta Siniqa

Kavia to

Vunea

Edible part

Mushroom

Plant type

Mushroom

Vegetation types

Recent fallow

Landform

Flat area

Height and size

Very short

Availability in the bush

Rare

Harvesting, processing and cooking

Collect mushrooms from logs on the ground. The mushroom grow in the dark period between end of full moon and before first quarter of moon. Wrap the mushroom with leaves and cook in an open fire. Can also be boiled with water.

Cultivation

Spore



Loda mijukulu

Takodeke ka Guki

Loda

Edible part

Mushroom

Gadoe

Loda

Plant type

Mushroom

Siniqa

Piara Muku, Sakapa

Vegetation types

Old secondary forest and primary forest

Lua

Sare

Landform

Level area

Papala, Jajui no vamojae

Ka kiru, la vamoja ka kopanoka nako. Baka saridea.

Height and size

Very small

Zakae

Sa tubo varuka to

Availability in the bush

Common. Only grow when raining and when the moon comes up.

Tabae ta Siniqa

Taba

Harvesting, processing and cooking

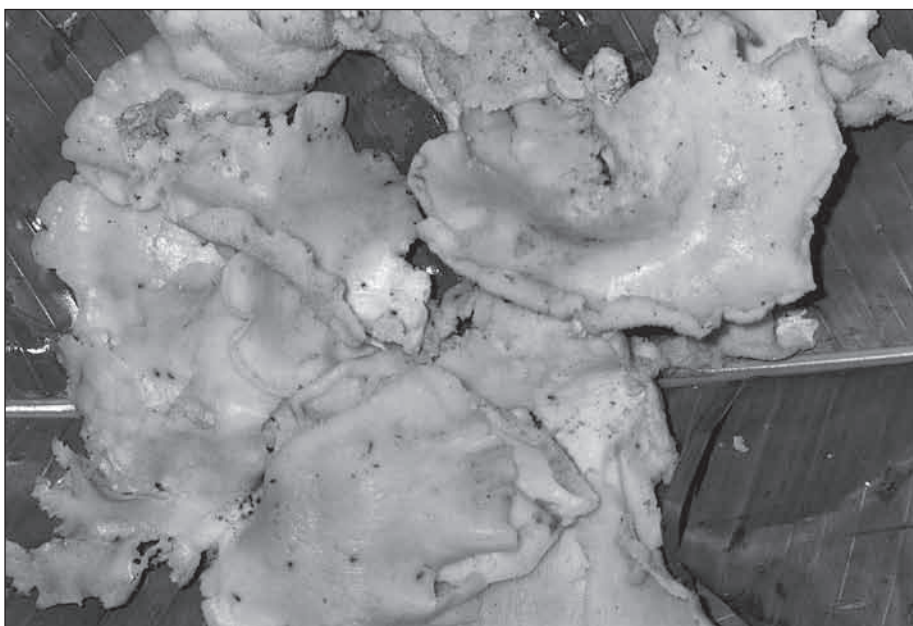
Pick the fruit. Cook in the fire in leaves or bamboo, or cook in a pot with coconut milk.

Vunea

Kama vune dira ne, sa poto ta sada miqa no ta sada kadavae vokene

Cultivation

Spore



NB: Sa poto poto ta zira veqolo mumuqutu, sa siva gazu loe, modo no vuraka

This mushroom grows on rotten logs in the forest

Loda mijukulu cooked

Loda zikini qote

Takodeke ka Guki

Loda

Gadoe

Loda vurini

Siniqa

Sakapa, Piara Muku

Lua

Supu, siqele, sare

Papala, Jajui no vamojao

Ka kiru, ka qulu, ka siriki ba ka kupana

Zakae

Tabae ta Siniqa

Taba

Vunea

Kama vune dira, sa poto lalu to ta zira gazu (vegolo) mumuqutu ta siniqa.

Noini sa majala potoe ta neqoto jaju kas to no gazu loe kutu mu muqutu.

Edible part

Mushroom

Plant type

Mushroom

Vegetation types

Old secondary forests

Landform

Flat areas, hills

Height and size

Very small

Availability in the bush

Common

Harvesting, processing and cooking

Collect, clean, boil in pot or parcel in the fire

Cultivation

Grow on two types of tree called 'Kato' and 'Loe'



Loda kokoroto

Takodeke ka Guki

Loda gūzū vurin̄i

Gadoe

Loda

Siniqa

Sakapa, Piara

Lua

Sare, siqele

Papala, Jajui no vamojae

Ka kiru , ka siriki, ka kode ni suata ba pipiro ka kupana

Zakae

Pidoko tutuku

Tabae ta Siniqa

Kavia to/siba

Gadoe

Muke muke

Edible part

Mushroom

Plant type

Mushroom

Vegetation types

Primary and old secondary forests

Landform

Flat areas and hills

Height and size

One finger

Availability in the bush

Rare

Fruit colour

Brown

Harvesting, processing and cooking

Pick the mushroom and cook in a pot or burn in leaves in the fire

Cultivation

Is found growing on dead 'Pusaka'. Need to be careful because the bark of this tree can burn peoples skin when alive.



Loda kurumeme

Takodeke ka guki

Loda güzü vurini

Gadoe

Loda

Siniqa

Piara, Pole

Lua

Sare

Papala, Jajui no vamojae

Ka kiru , ka qulu,ka siriki ba ka kupana

Zakae

1 -2 Pidoko

Tabae ta Siniqa

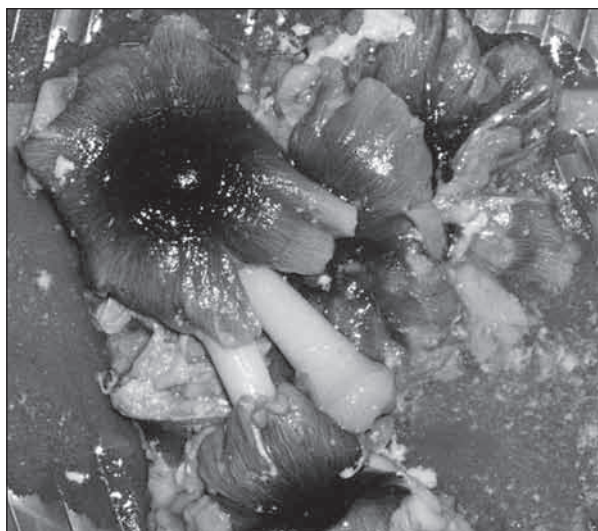
Taba

Gadoe Bulia

Muke muke

Vunea

Sa poto lalū, kama vune dira, sa poto ta kute kalo,siku, nive lenae, no kute suata se. Ba ta zira gadoe siniqa no lua ka kui zira peta gati.



Edible part

Mushroom

Plant type

Mushroom

Vegetation types

Secondary forests

Landform

Flat land

Harvesting, processing and cooking

Collect and clean the mushrooms from the rotting 'nive' trunks. Parcel the mushrooms in the fire or boil in a pot.

Height and size

One to two hands

Availability in the bush

Common

Fruit colour

Brown

Cultivation

Can be grown on rotting sago palm trunks, cultivate by spore

Season

Waning moon and new moon is the best time



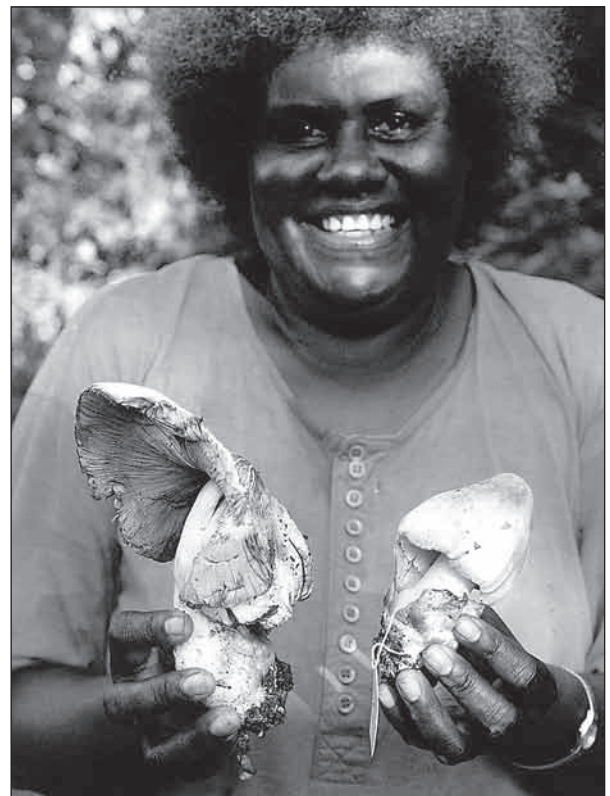
Loda vide sa poto ta Gazu loe sada sa mumuqutu. Ka majala siriki no kūpana ka göki.

Loda vide grows on the rotten log of a tree called 'loe'. You can cook the mushroom with boiling water or parcel it in bamboo or leaves and burn it in the fire.



Nairy sa poso loda kurumeme. Loda Kurumeme sa poto ta nubui gözö niue no nabui qōtae kalo se.

Nairy holding up mushroom in her hands.



Loda vide

Takodeke ka guki

Loda

Gadoe

Loda

Siniqa

Piara Muku

Lua

Siqele, sare

Papala, Jajui no vamojae

Ka kiru, ka qulu, ka siriki ba ka k upana. Ka pale sada sa mumuku (poto varuqae loda).

Zakae

1 pidoko

Tabae ta Siniqa

Taba

Vunea

Sa poto ta gazu, ta nuni sa nabo ba mumuqutu sa kui gazu vuraka ba loe.

Gadoe Bulia

Sele

Edible part

Mushroom

Plant type

Mushroom

Vegetation types

Fallow long time

Landform

Flat area and slopes or ridges

Harvesting, processing and cooking

Pick the mushrooms. Boil in a pot or burn in a leaf parcel in the fire. Young ones are the best for cooking in a pot.

Height and size

Very small

Availability in the bush

Common

Fruit Colour

White



Loda nanako

Takodeke ka guki

Loda güzü vurin̄i

Gadoe

Loda

Siniqa

Piara Perasi, Piara Muku

Lua

Paba poka

Zakae

1-2 pidoko

Tabae ta Siniqa

Kavia to/ siba

Papala, Jajui no vamojae

Ka Kiru vurinia, ka qulu, ka siriki ba ka kupana. Ka pale sada sa mumuku. Loda sa poto ta koko gazu ka kölöni burubobae. Sa tabu mare gade goki sade ka va vaza ni.

Vunea

Kama vunevune dira, sa poto ta zira gazu mumuqutu ka la pale

Edible part

Mushroom

Plant type

Mushroom

Vegetation types

Recent fallow, secondary forests

Landform

Flat land

Height and size

About one finger width

Fruit Colour

White

Availability in the bush

Rare

Harvesting, processing and cooking

Cook in the pot or on the fire in a leaf parcel

Cultivation

Suru boboe is the name of the tree it grows on. The tree turns black when it is rotting. The mushroom grows on it.



Turiturī ta nanako

Koke qole sa zisu sua sale sa ta bironoe suru boboe. Suru boboe tuni ne sa potoe loda nanako.

Gazu suru boboe funi ne kama vanako dira. Suru boboe ne gazu lele sa pito pito sa bikolo lalu to ta lua.

Story of nanako

A woman who died with a child in her belly has a spirit that lives in this tree. Her spirit lights up at night. It is tabu to use this tree, but to collect *loda nanako* growing on her is alright.

You must not use this tree to burn the mushroom on the fire. Instead, use a different tree for firewood. If you tried to use this stick then the mushroom would not cook in the pot.

The tree is a light black wood that is dry. But people do not know what tree this wood comes from. But it is tabu to use it for firewood.

(Story source: Ikan)

Loda kurumini boko

Takodeke ka guki

Loda güzü vurin

Gadoe

Loda

Siniqa

Piara Muku

Lua

Babarevana, Malaku

Zakae

Takodeke pidoko

Tabae ta Siniqa

Taba

Papala, Jajui no vamojae

Ka kiru, ka qulu, ka siriki ba kupana. Ka pale sada sa mumuku.

Vunea

Sa poto ta lua. Kama ko vo ta zira gazu mumuqutu siva kavia vile zira loda. Kama vune vune dira se. Zozoe loda gati (loda kumini boko). Mana sa guki boko ba mana sada ka la ri koke ba kavia ta siniqana ka kurumu siva boko se ma taba kase bapisi se.

Edible part

Mushroom

Plant type

Mushroom

Vegetation types

Long fallow

Harvesting, processing and cooking

This mushroom grows on the ground. You should make as sound like a pig when harvesting as this is a food of wild pigs.

Harvest, clean and cook in a parcel on the fire, in bamboo or in a pot with water.

Height and size

Very small

Availability in the bush

Common

Cultivation

Spores

Season

New Moon



Loda nuna / nana

Takodeke ka guki

Loda vurini

Gadoe

Loda sele

Siniqa

Piara Muku, Sakapa

Lua

Supu, sare. Mumutui gazu.

Zakae

2 inches

Tabae ta Siniqa

Taba

Papala, Jajui no vamojae

Kiru köpana siriki

Vunea

Kizao

Edible part

Mushroom

Plant type

Mushroom

Vegetation types

Primary and secondary forest

Landform

Hills and level areas

Harvesting, processsing and cooking

The same as for other mushrooms mentioned

Height and size

2 inches (5 centimetres)

Availability in the bush

Common

Cultivation

Unknown

Season

We find this mushroom in the rainy season when the logs are very wet.



Pütia
Seeds and nuts

12

Pipiro

Alpinia oceanica
Zingiberaceae

Takodeke ka Guki

Putia

Gadoe

Pipiro

Siniqa

Tabae to Gadoe Siniqa

Lua

Tabae to gadope lua

Zakae

Koke nava kurisi

Tabae ta Siniqa

Taba varuka

Papala, Jajui and vamojae

Sada sa musu, ka pidiki ka guki, sa niro siva musumusu

Vunea

Putia

Edible part

Seed

Plant type

Banana/ginger

Vegetation types

Almost all vegetation types

Landform

All landforms

Height and size

One fathom (1.8 metres) high

Availability in the bush

Plenty

Harvesting, processing and cooking

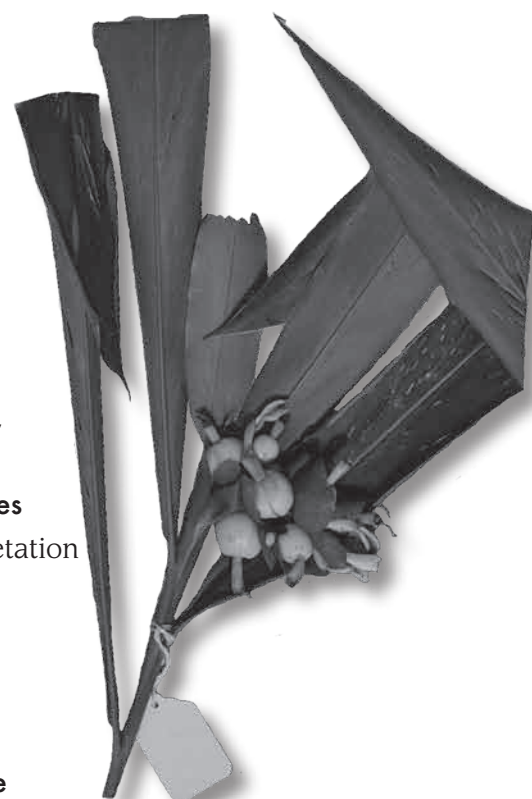
Picked when it is ripe. The fruit is split open with a knife and eaten raw. It is sweet to eat.

Cultivation

Seeds

Season

Anytime



Soreke/sisapa

Artocarpus communis
Moraceae

Takodeke ka Guki

Putia and bulia

Gadoe

Gazu

Siniqa

Piara Muku, Sakapa, Nabo

Lua

Baba revana, supu, sare

Zakae

20 Nava

Tabae ta Siniqa

Taba Varuka

Papala, Jajui and vamojae

Sa suru, ka juke, ka pale sisapa kavini.

Jajui: kaqulu

Vamojae: ka noko, ka siriki, no ka niqitil

Vunea

Putia

Edible part

Seed

Plant type

Tree

Vegetation types

Long fallow, primary / secondary forest

Landform

Ridge, flat area, valley

Height and size

20 fathoms (37 metres)

Availability in the bush

Common

Harvesting, processing and cooking

Pick the fruit after it has fallen to the ground. It can be cooked on an open fire, baked in motu or boiled in water. Only the seed is eaten. Do not eat the flesh. The seed is called 'Sisapa'.

Cultivation

Seed



Samu

Pandanus compressus
Pandanaceae

Takodeke ka guki

Bulia, butia

Gadoe

Gazu

Siniqa

Babatena, Piara, Sakapa

Lua

Karakone, Sare

Zakae

Tulu Nava

Tabae ta Siniqa

Taba

Vunea

Putia

Edible part

Fruit and seed

Plant type

Tree

Vegetation types

Forest by the sea

Landform

Sandy beach and level areas close to sea

Harvesting, processing and cooking

Split the growing seed in half and eat the inside like a grown coconut. Tastes similar.

Size

3 fathoms (5.5 metres)

Availability

Common

Cultivation

Seed



Rabia

Nypa fruticans
Arecaceae

Takodeke ka guki

Putia

Gadoe

Zira peta sa zare qutae

Siniqa

Tavelea vuru ba loka pota

Lua

Sare, nabo, lumi

Papala, Jajui no vamojae

Ka lipiki bulia, ka volo, ka guki borae ba petea

Tabae ta Siniqa

Kavia to / siba

Vunea

Putia

Gadoe Jamurui

Mukemuke

Gadoe Bulia

Qiso (pito), petea sa sele

Edible part

Inside of growing seed

Plant type

Palm

Vegetation type

Beside river or lakes

Landform

Flat land, swamp, mud

Harvesting, processing and cooking

The inside part of the seed is eaten raw like a grown coconut

Height and size

4-8 fathoms (7.3-15 metres)

Availability in the bush

Rare

Cultivation

Seeds

Flower colour

Brown or grey

Fruit colour

Black (nut is white on the inside)



Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



Zira pori rabia ka juke kuani se mara gūki.

Rabia seedlings collected, ready to be split to eat.



Iati Joan sa Lipiki poti rabia.

Joan with the split seed of Rabia.



*Sadaka ka lipiki rabia ne.
Pete sa sele ta lobaroe ka
gūki.*

*Close up of rabia fruit. The
white inner part can be
eaten raw.*

Kanokele

Finschia waterhausia
Proteaceae

Takodeke ka Guki

Putia

Gadoe

Gazu (vugata)

Siniqa

Sakapa, Piara Muku

Lua

Kokole, qu, supu, sare

Papala, Jajui and vamojae

Sa suru ka juke ka tuki, ka guki to

Zakae

Mano lima nava kurisi

Gadoe bulia: duru

Tabae ta Siniqa

Kavia to/ sa siba sa poto lalu ta siniqa si kavia
nūni sa tabae, kavia nuni sa sibae

Vunea

Putia, Raratoe

Edible part

Seed/nut

Plant type

Nut tree

Vegetation types

Old secondary forest

Landform

Grows over all different types of landforms

Height and size

15 fathoms high (27 metres)

Fruit colour

The fruit is yellow

Availability in the bush

Grows throughout the forest. It may be common in some places and uncommon in others.

Harvesting, processing and cooking

Fallen nuts/fruits are collected and cracked.
Seed inside is eaten raw.

Cultivation

Seed and young seedlings collected in the forest



Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



*Pöki sako taloboro tini ti
sanoe ka guki ne.*

*The small seeds of kanokele
is a tasty nut.*



*Kanokele ka tuki vasivani
saqa katuki ta katura.*

*Kanokele nuts are cracked
using a stone.*

Tinaru

Pangium edule
Salicaceae

Takodeke ka Guki

Putia

Gadoe

Gazu (Vaqata)

Siniqa

Piara Muku, Sakapa

Lua

Qu, sare, supu, babarevana

Papala, Jajui and vamojae

Papala: Sa suru ta lua, ka juke

Vanamae/Jajui: Ka pale putia, ka subo, marava mota la nuki. Se kasio katu. Sa kere sadae ma poto ne sa moja. Ka pale ka tuki vuara. Ka viliki lomea sa ko ta loboro. Ka mide kere petea, ka puni ta kuza ka la peke ta bi nuni sa tototoloe. Sa vurikini gui, ka va vusiri, ka kupana ka guki.

Zakae

Mano lima nava kurisi gadoe bulia tutu

Tabae ta Siniqa

Kavia to

Vunea

Putia

Edible part

Seed/nut

Plant type

Fruit tree (nut)

Vegetation types

Long fallow and old secondary forest

Landform

Almost all landforms.

Height and size

15 fathoms (27 metres) high

Availability in the bush

Rare

Harvesting, processing and cooking

Fallen ripe fruits are collected from around the tree. Remove the seed from the fruit.

Prepare motu.

The leaves for storing the fruit in the motu must be thick. In the motu, the seeds burst open twice with a cracking sound.

Open motu and remove the tongue part of the seed. Extract seed from the pod.

Put it into a string bag and leave it inside running water for two to three days. Collect it and wrap it with leaves. Warm it on an open fire. It is now ready to eat.

Cultivation

Seeds



Tinaru

Tinaru koke Vugata, gui koke petanigaki noe se. Sada sa gave Tinaru zira bose ka zo kala juke Tinaru ta dira kuza. Zira ka qisu vagale Tinaru, ka vanama raka ka suboni Tinaru. Zira ka niqiti Tinaru sa tia kavia hour Tinari (sa poto) 2 ba 3. Zira ka vutini sa moja ka pakiti. Ba Tinaru saba paza koroveta guki dira, kama tibe dira mate ba jope dira, ka pale Katura ka tuki vuara. Ka toro veke Lome sa kuo ta lobo. Zira susua, Pusi, Vasi, Korako no Boko se kama vatini dira no sada mara guki.

Ka pale zira ka qisu lata Bi kala puti, kala puti ta vilu, ta viluta vilu belanae ka pale kala turu ta Marisasa. Sada ka pale sinani ka kiru vurini Pipiro ka kode ka Kopana se. Sinani sa noe Tinaru baka guki se.

Story of Tinaru

Tinaru is a food called Vugata. When it ripens, people go into the bush with their string bags to collect it. Villagers arrived home with their Tinaru, start the fire and prepare Tinaru in a local oven (raka).

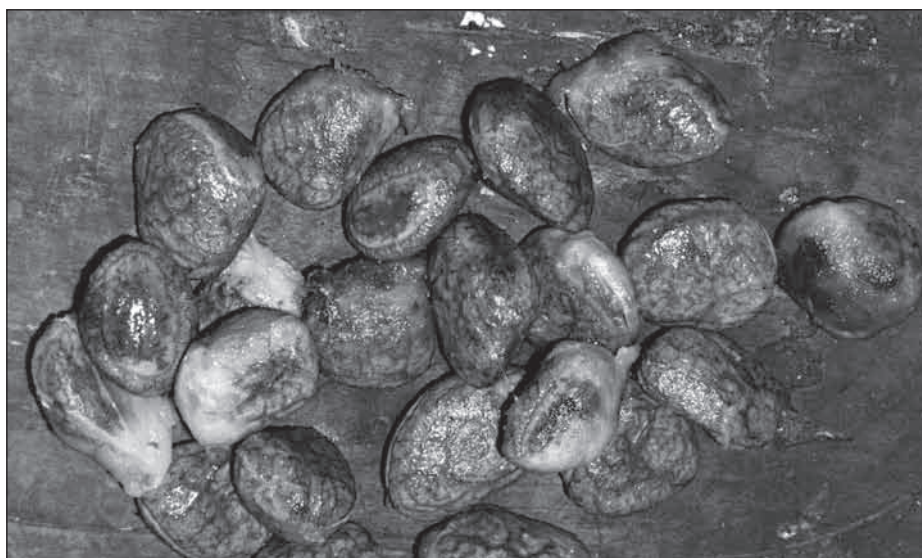
Tinaru is baked for a few hours. When it is cooked it bursts, making a noise. However, it should not be eaten or allowed to touch the eyes or even your mouth when it is bitter (sour).

Tinaru can be craked with two stones. Inside is its tongue (Lome), which should be kept away from children. Animals like cats, dogs, poultry and pigs should not consume it when it is not cooked.

After baking, cooked Tinaru is put in string bags and soaked in water in the evening, at least overnight. The next day it is taken out.

Later, after soaking, local leaf (Pipiro) is collected and parceled with the food. At this stage it is safe to eat. If we want warm food it is then grilled for better taste.

After all this is done, Tinaru is at its delicious stage.



Tinaru sa nava sante mara vadötö zinani maka vajaju

Cleaned Tinaru seeds ready to begin the long preparation process to make them edible.

Masala

Takodeke ka guki

Putia

Gadoe

Gazu

Siniqa

Piara Muku, Sakapa, Sakapa Qiqi

Lua

Kokole, siqe,le, supu , malaku, bakata volomo

Zakae

22 Nava kurisi

Tabae ta Siniqa

Taba

Gadoe Bubulia

Muke Muke

Gadoe Bulia

Vasiki sa nava nava

Papala, Jajui and vamojae

Kajuke tuki vuara kava tala (lumu)

Vunea

Putia

Edible part

Seeds

Plant type

Tree

Vegetation types

Long fallow

Height and size

22 fathom
(40 metres)

Availability in the bush

Common

Fruit

Small, long fruit

Flower colour

Brown

Harvesting, processing and cooking

The oil from masala is used to rub the body.
The seed is eaten raw.

Cultivation

Seed



Lanava

Inocarpus fagifera

Fabaceae

Takodeke ka g ki

Bulia (pete)

Gadoe

Gazu

Siniqa

Nabo

Lua

Sare

Zakae

18 nava kurisi

Tabae ta siniqa

Taba

Gadoe Bulia

Tutu

Vunea

Putia

Edible part

Seed

Plant type

Tree

Vegetation types

Beside river on the lake

Landform

Flat land and swamps

Height and size

15 to 20 fathom (27-37 metres)

Availability in the bush

Very common

Harvesting, processing and storage

Fallen nuts are collected and cooked in the same way as the larger sized Qiqiti (in Vugata)

Cultivation

Seed





Tikae
Tubers

13

Komeqe/qusu

Dioscorea sp.
Dioscoreaceae

Takodeke ka Guki

Tikae

Gadoe

Kaniki

Siniqa

Sakapa, Sakapa Ju/Nabo, Piara Muku

Lua

Qu/qu banara, sare, supu

Zakae

Sa qara ta lua, Sa tika ta lua. Sa mukemuke.

Tabae ta Siniqa

Sa taba varuka ta siniqa

Papala, Jajui and vamojae

Para vasivani noba, niqiti, siriki, nanako se sa
moja ka guki to

Vunea

Butia siva noba. Mana sa taba to ta siniqa bapisi
si kama poro vune dira ne.

Edible part

Tuber

Plant type

Vine

Creeps across
the ground and
climbs. The
tubers are brown in colour.

Vegetation type

Old secondary forest, primary forest, swamp

Landform

Ridge top

Availability in the bush

There is plenty in the bush

Harvesting, processing and cooking

Remove tuber from the ground. Bake in motu,
boil in a pot or cook on an open fire. When
cooked it is eaten.

Cultivation

Top part or head of the tuber is used for
propagation.





Ta workshop Sepa kala pita komeqe ta siniqa kala ri.

A Sepa workshop participant finds Komeqe in the bush.

Zira ka puru komeqe ta kusa

Putting the komeqe in the string bag after digging up.



Iati zira kala para komeqe.

Digging up Komeqe.

Kavatoro komeqe ka quisu vagale me.

Showing the komeqe to the workshop participants.



Noba jolobangara

Dioscorea sp.
Dioscoreaceae

Takodeke ka Guki

Tikae

Gadoe

Kaniki

Siniqa

Sa poto ta tavelea bi ba paba pokae vura

Lua

Paba

Papala, Jajui and vamojae

Papala: ka para

Vanamae: ka qulu ta bi ka rüsiu no ka vamoja turinini to kupae se

Vamojae: ka noko, ka siriki turinini miua kuda, ka kasakasa, ka niqiti se

Zakae

Tikae sa jolo ta lua künikia sa qara ta sarapokae lua no sa puki zira gazu se

Tabae ta Siniqa

Taba

Vunea

Tikae

Edible part

Tuber

Plant type

Vine — a yam.

Tuber grows deep underground. Stem of the vine spread across the ground and climb.

Vegetation types

Grows along the side of streams and rivers

Landform

Plains and riverside

Availability in the bush

Common

Harvesting, processing and cooking

Dig the tuber. Wash with water. It can be cooked with the skin or the skin removed. Cook with coconut milk on an open fire or boil with water or motu.

Cultivation

Same as yam



Vüka

Dioscorea sp.
Dioscoreaceae

Takodeke ka Guki

Tikae

Gadoe

Kaniki

Siniqa

Paira Muku, Sakapa, Sare

Lua

Baba revana, supu, sare, paba poka

Papala, Jajui and vamojae

Ka para

Jajui: ka qulu

Vanamae: ka rusi ba kava moja turinini top kupae

Vamojae: ka nmiqiti, ka noko, ka siriki

Ka güki makatae.

Zakae

10 -20 Nava

Tabae ta Siniqa

Taba

Vunea

Butia

Edible part

Tuber

Plant type

Vine

Vegetation types

Secondary forest
and long fallow

Height and size

10-20 fathom (18-
37 metres)

Availability in the bush

Common

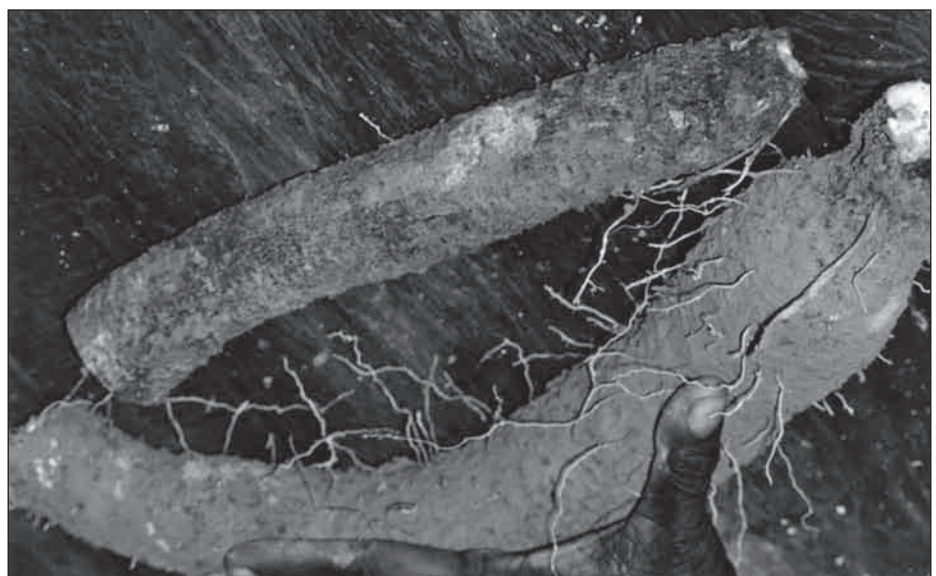
Harvesting, processing and cooking

Dig tuber, wash. Cook peeled or unpeeled. Cook in motu, on open fire or boil in a pot. Can be eaten raw by some people

***does this need
explanation???

Cultivation

Top/ head of the tuber



Tika noba vüka.

The tubers of Vuka.

Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



*Women from Sepa with
cooked vuka*



*Vuka sa koke petanigaki
ba sa kere gadoe, koke sa
jolo, koke sa kopoka se,
tikae diru. Parae sasiva to
parae noba.*

*Vuka has two types, one
requires deep digging and
the other does not.*

Vurumokoso (noba)

Dioscorea sp.
Dioscoreaceae

Takodeke ka Guki

Tikae

Gadoe

Kaniki

Siniqa

Piara

Lua

Siqele

Zakae

10 - 20 Nava

Tabae ta Siniqa

Taba

Papala, Jajui and vamojae

Ka para sada sa dukumodo potoe.

Jajui: ka qulu.

Vanamae: ka rusi ba kavamoja turinini to kupae.

Vamojae: ka siriki, ka niqiti ka nökö.

Vunea

Büti / tikae

Edible part

Tuber

Plant type

Vine — a yam

Vegetation types

Recent secondary forest

Landform

Ridge

Height and size

Can climb up to 10 - 20 fathoms
(18-37 metres)

Availability in the bush

Common

Harvesting, processing and cooking

Dig up the tuber when the vine has stopped growing. It is washed and can then be peeled or cooked with its skin. Can also be baked on motu or cooked on an open fire.

Cultivation

Some people plant this yam. It is also found growing wild.

Susui pato

Takodeke ka Guki

Tikae

Gadoe

Kaniki

Siniqa

Piara

Lua

Sare, pabae vuru ba bi

Papala, Jajui and vamojae

Ka para, ka qulu, ka siriki vulimi ba ka siriki turinini miua kuda.

Susui pato sa kōke petanigaki. Sa kōke gaki takabola tikae ta kūnikia sa majala poto ta nōni sa piara, ta zira pabae bi no vuru.

Palea ka para qulu no sirikia.

Zakae

Vonomo nava kurisi

Tabae ta Siniqa

Taba

Vunea

Buti (ka vuti butia)

Gadoe Bulia

Mukemuke

Edible part

Tuber

Plant type

Vine

Vegetation types

Secondary forest and river banks

Landform

River banks

Height and size

Vine is 6 fathom (11 metres)

Availability in the bush

Common

Fruit colour

Brown

Harvesting, processing and cooking

Dig the tubers. Clean them and then boil or cook in a stone oven with coconut. Susui pato usually has lots of small tubers.

Cultivation

Same as yam

Note: 'pato' in the name 'susui pato' means 'plenty stay together in the same place'

Noba soqonoto

Dioscorea sp.
Dioscoreaceae

Takodeke ka Guki

Tikae

Gadoe

Kaniki

Siniqa

Pabae Vuru

Lua

Sare, pabae bi ba vuru

Papala, Jajui and vamojae

Ka para, ka qulu to, ka siriki, sada ka nökö ne kama qulu dira se

Zakae

2 nava

Tabae ta Siniqa

Taba

Vunea

Butia

Edible part

Tuber

Plant type

Vine

Vegetation types

Secondary forests

Landform

Flat areas and river banks

Height and size

2 fathom (3.7 metres)

Availability in the bush

Plenty

Fruit Colour

Brown

Harvesting, processing and cooking

Dig out the tuber. If you want to burn it in the fire, there is no need to clean it. If you cook it in a pot then clean and take off the skin.

Cultivation

Head of tuber



Susui tuko /Susui vua

Takodeke ka guki

Tikae

Gadoe

Kaniki

Siniqa

Piara Perasi, Piara

Lua

Babarevana, sare, pabae bi ba vuru

Zakae

2 Nava kurisi

Tabae ta Siniqa

Taba varuka

Papala, Jajui and vamojae

Ka para, ka qulu, ka siriki vulimi ba ka siriki
turinini miua kuda

Gadoe Bulia

Muke muke, sele

Vunea

Buti (ka vuti butia)

Edible part

Tuber

Plant type

Vine

Vegetation

types

Recent fallow,
secondary
forests

Height and size

2 fathom
(3.7 metres)

Availability in the bush

Plenty

Fruit colour

Brown and white

Harvesting, processing and cooking

Dig out the tuber. Clean, then boil with coconut
milk. Has only one big tuber.

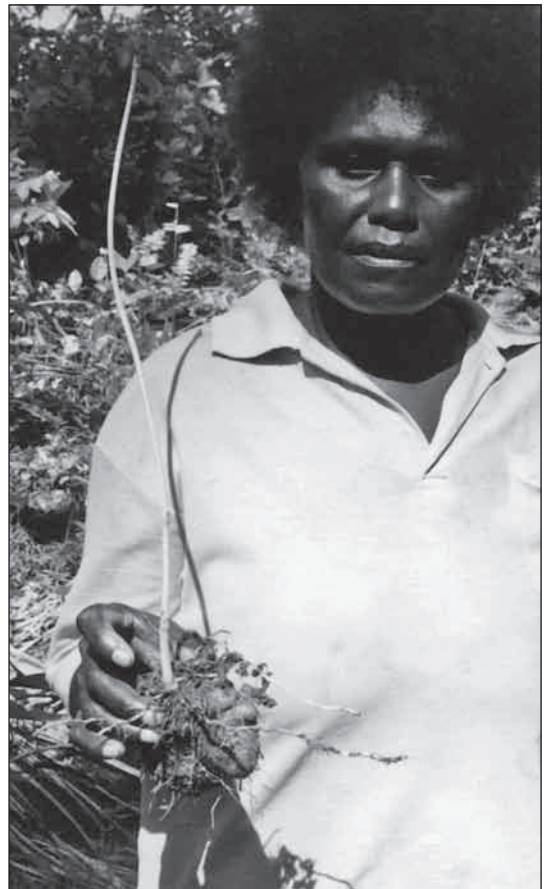
Cultivation

Tuber



Susui koke noba kama vune dira basa sa kere gadoe vurene no pete diru. Lati ka kölöni susui tuko (Susui pato). Gui sa koke nokoso ka kölöni zira peta sa kaniki. Sada sa noe ne zira jurene ne sa lele. Gakia ne sasivato pana. Majoe sasiva to noba ba pana. Noni ka majalo poro rini ne bareke piara.

There are two types of *Susui*, this one called *Susui tuko* and the other called *Susui pato*. The harvest time is when the leaves die and the colour turns yellow and brown. It tastes like pana to eat. The plants are found in plantations in the secondary forest and fallow forest.



Luti / Kakake

Cyrtosperma chamissonis
Araceae

Takodeke ka guki

Tikae

Gadoe

Zekata

Siniqa

Piara Püu/Sakapa/Nabo

Lua

Quana/nabo, tavele bi

Papala, Jajui and vamojae

Ka para tikae, ka qulu, ka rusi, ka niqiti vulimi to no ka niqiti turinini miua kuda ba ka siriki turinini miua kuda.

Zakae

1 Nava kurisi

Tabae ta Siniqa

Taba varuka

Vunea

Jote

Gadoe bubulia

Kore

Gadoe Bulia

Muke muke

Edible part

Tuber

Plant type

Taro

Vegetation types

Recent fallow

Landform

Swamp

Harvesting, processing and cooking

Dig out the tuber. Remove a thick layer of skin. Bake in the stone oven with coconut milk. It can also be boiled.

Height and size

1-3 fathoms (1.8-5.5 metres)

Availability in the bush

Plenty

Fruit colour

Brown

Flower colour

Purple

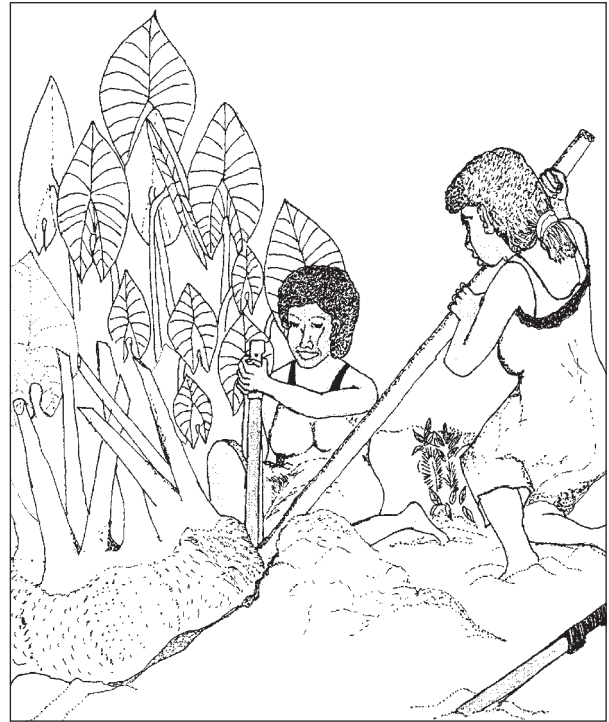
Cultivation

Sucker

Season

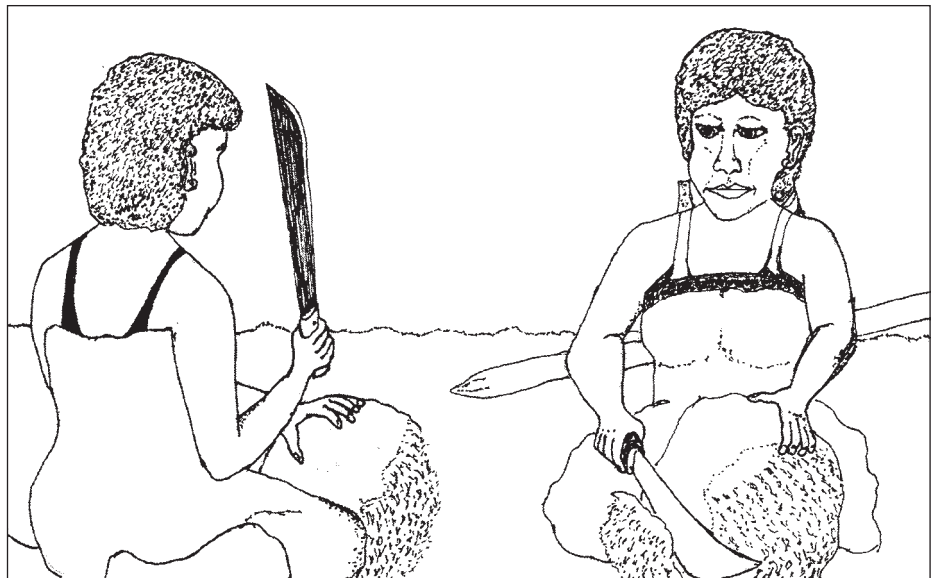
Anytime





Nuni kavini parae kakae ko pale gazu bika no ka pale lato ka putini riurōe se.

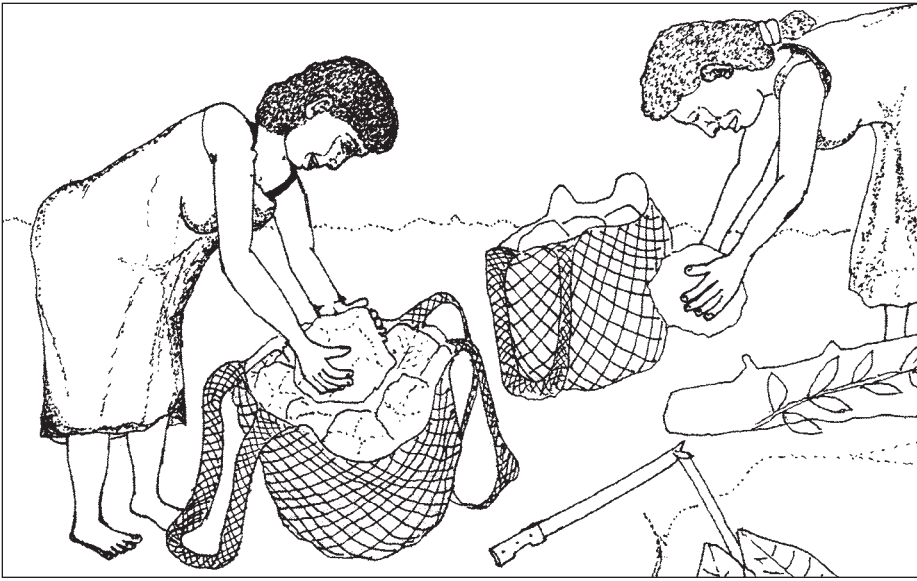
To dig the kakake tuber a large stick is used to dig and lever out the root.



Sinani ka puti vanoe riutōe no kavadolo vanoe.

When the tuber is pulled, the roots and skin are removed.

Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



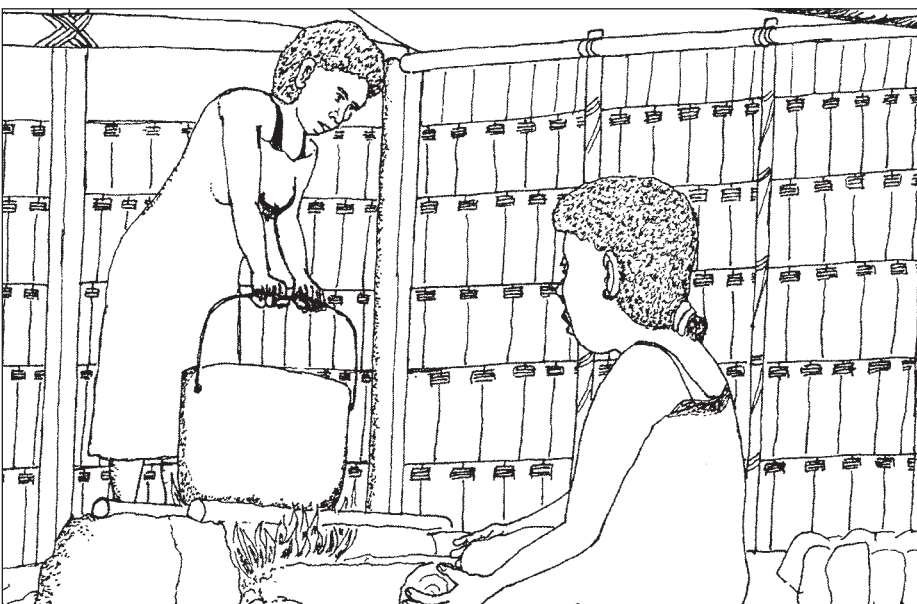
Ka pale kuza ka pörö la kakake. Ka qisu vagale kuza kakake.

Carry the kakake home in a string bag.



Kavanama ka kake mara vamoja. Ka rösi putini lato vanama ta sereke. Mala ta nako.

Preparation of kakake for cooking. Peel the skin. Cut or slice into small pieces. Place in a pot and cook on the fire for 1 1/2 hours or in the motu with coconut cream.



Zekata lumi

Takodeke ka guki

Tikae and vurini

Gadoe

Zekata

Siniqa

Lumi

Lua

Lumi

Papala, Jajui and vamojae

Mola dupili, movadolo mo puti kudiki. No mo poro ta kuza mo gisu la ta pade. Mo rosi. Beto mo niqiti. Ba mo siriki se. beto güi mo güki.

Zakae

1-3 nava kurisi

Tabae ta Siniqa

Taba

Vunea

Jote



Edible part

Tuber

Plant type

Taro

Vegetation

types

Any place where it is muddy and wet all of the time.

Landform

Swamp

Harvesting, processing and cooking

Collect the leaves and cook (see leaf print below). Collect the tuber and prepare in the stone oven as for taro.

Height and size

1-3 fathoms (1.8-5.5 metres)

Availability in the bush

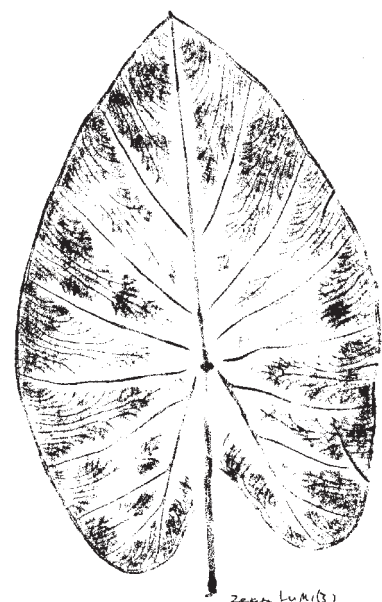
Common

Cultivation

Sucker

Season

Anytime



Kalaka vuvune

Dioscorea sp.

Dioscoreaceae

Takodeke ka guki

Balia

Gadoe

Noboso

Siniqa

Baroe/Komala

Lua

Supu sare paba

Papala, Jajui and vamojae

Ka pidiki ka siriki Ka supu runini kuda

Zakae

Saqa qara

Tabae ta Siniqa

Kama puro tabavo

Vunea

Pete kukutue

Edible part

Fruit

Plant type

Taro

Vegetation types

Garden fallow

Landform

Flat plain

Harvesting, processing and cooking

Boil in water in a pot or with coconut milk in the oven

Height and size

Vine

Availability in the bush

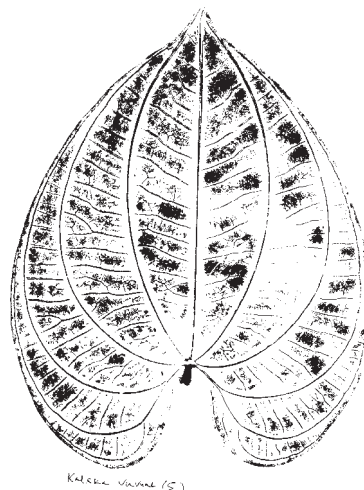
Rare

Cultivation

Sometimes grown in gardens, plant aerial tubers

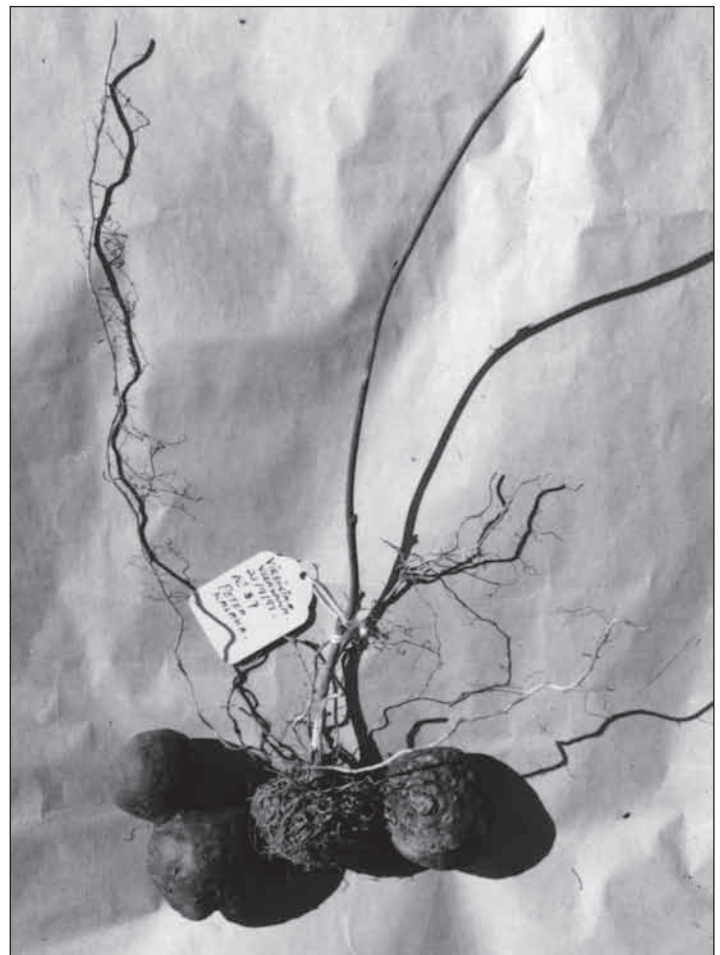
Season

Anytime



Kalaka vuvune

Aerial tubers and root tuber



Sike

Calamus hollrungii

Areaceae

Takodeke ka guki

Tikae

Gadoe

Kaniki

Siniqa

Piara muku

Lua

Saka pa sare

Papala, Jajui and vamojae

Ka para. Qula ta bi nökö

Zakae

Tulu nava

Tabae ta Siniqa

Taba

Vunea

Kama vune dira

Edible part

Fruit

Plant type

Vine

Vegetation types

Bush on top of hill

Landform

Secondary forest

Harvesting, processing and cooking

Dig it, burn it, drink the liquid

Height and size

3 fathoms (5.5 metres)

Availability in the bush

Common

Cultivation

Not planted

Are you sure this
is right - there
is another plant
called Sk-ku on
page 280 with the
same botanical
name which is a
palm rather than a
vine?



Konae
Inside of stem/trunk

14

Kasu

Areca catechu
Arecaceae

Takodeke ka Guki:

Pipiroe, bulia

Gadoe:

Peta sa zare qutae

Siniqa

Piara, Piara Muku, Piara Perasi, Quana

Lua

Qu, sigele, sare, supu, kokole

Papala, Jajui no vamojao

Ka qeto, ka piro pipiroe, ka guki, no ka pisalae bulia, (? Ka kakadea vurenea se)

NB: papala: ko qeto, ka piro ka guki pipiroe. No bulia ka qole, puki, vane no ka pidiki ba julu tikae

Vanamae: ka pisili (guki) turinini sarapa na kidaka se

Zakae

Four nava kurisi. Jamurui sa duru ba sele bulia sa tutu. Sada sa meqa sa turu ba mesara. Sada meqa sa duru.

Tabae ta Siniqa

Sa taba varuka

Vunea

Bulia

Edible part

Nut and leaf shoot/growing tip

Plant type

Palm

Flowers are usually yellow or white. Fruit is green when unripe. When ripe it is yellow to red.

Vegetation types

Old secondary forest

Landform

Ridge, flat plain, valley

Availability in the bush

Plenty

Harvesting, processing and cooking

Harvesting: Cut the palm down. The tip is cut open and the inside of the leaf shoot is eaten. The inside of the flesh where it is soft. It is eaten raw. The leaves can be used for wrapping foods.

Harvesting of nut: The palm can be climbed to harvest the fruits which hang in a large bunch. They can also be knocked down with a bamboo pole or a long stick or stones can be thrown at them to knock them down.

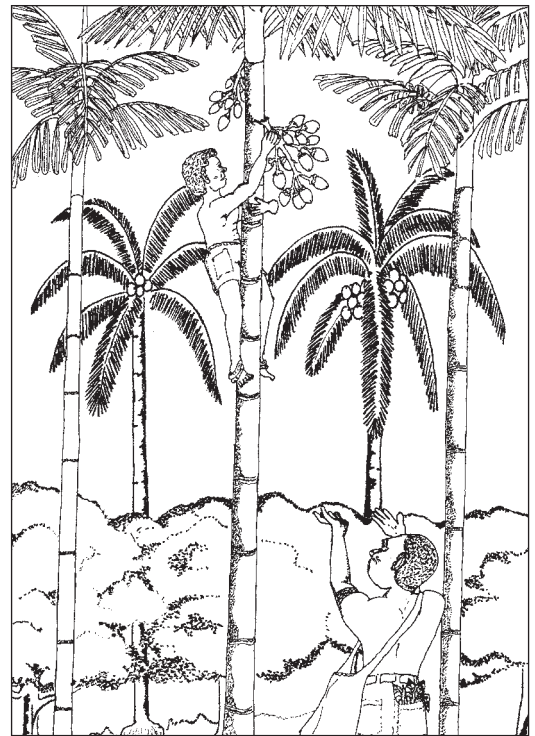
Kasu can also be used with betel nut.

Cultivation

Seed



*Bose sa puki kasu su sajuli.
Man climbing kasu and pulling off a
bunch of fruit (called 'juli').*



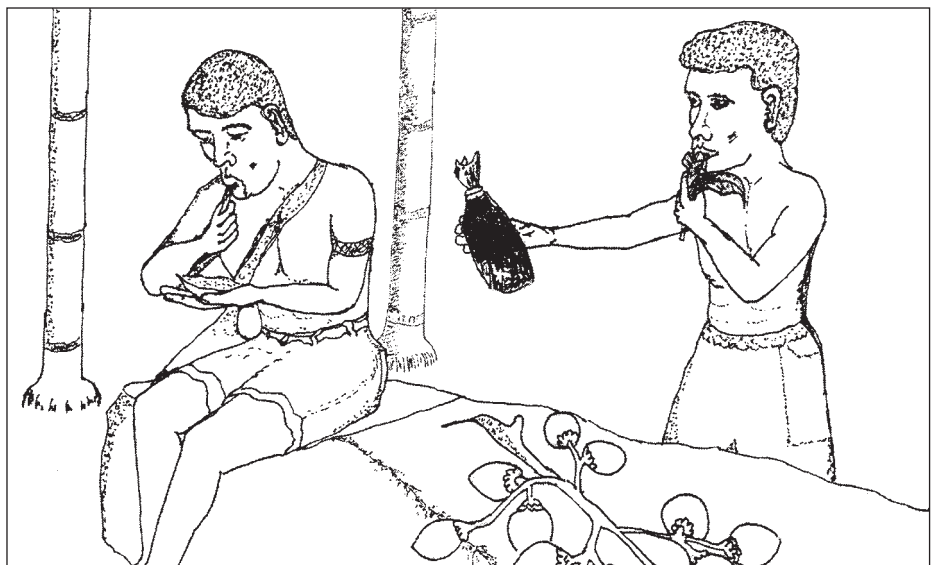
*Ka pole kasu ka guki
tureneni sarapa.*

*Kasu fruit is split and the seed
is chewed with 'sarapa' leaf.*



*Ka guki vile kidaka. Kidaka
ka pale laji ta tikava ka
noko ka pale kava.*

*Eat the fruit and leaf with lime.
The lime is made from
burning of coral.*



Marato

Hydriastele hombronii
Arecaceae

Takodeke Ka Guki

Putia no Konae

Gadoe

Zira peta sa zare gutae

Siniqa

Piara no Sakapa

Lua

Qu / Qu Banara, siqe,le, supu

Papala, Jajui no vamojae

Ka qeto guzoi, ka piro, ka goki pipiroe se

Zakae

20 - 30 Nava

Tabae ta Siniqa

Common

Vunea

Putia



Edible part

Seed / nut and stalk

Plant type

Palm

Vegetation types

Primary forest

Landform

Ridges and and high sides of valleys

Harvesting, processsing and cooking

Cut down the tree and take out the inside of the growing tip. Eat the soft part on the inside of the growing tip raw.

Height and size

20 - 30 fathom (37-55 metres)

Availability in the bush

Common

Cultivation

Seeds

Henderson Takumbala sa vatoro marato ta loboro Sakapa.

Henderson Takumbala showing a marato palm in primary forest.

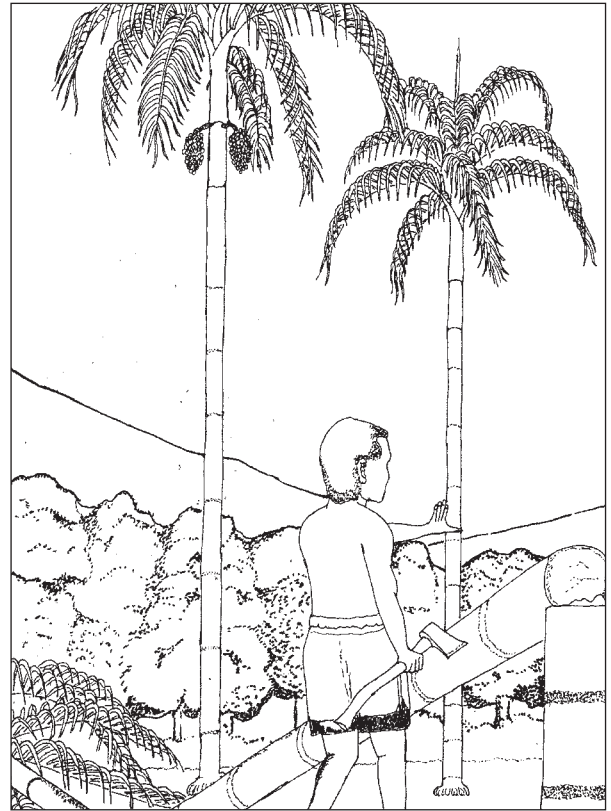


Nuni ka vini ka pale konae.

How to take out the heart of the palm.

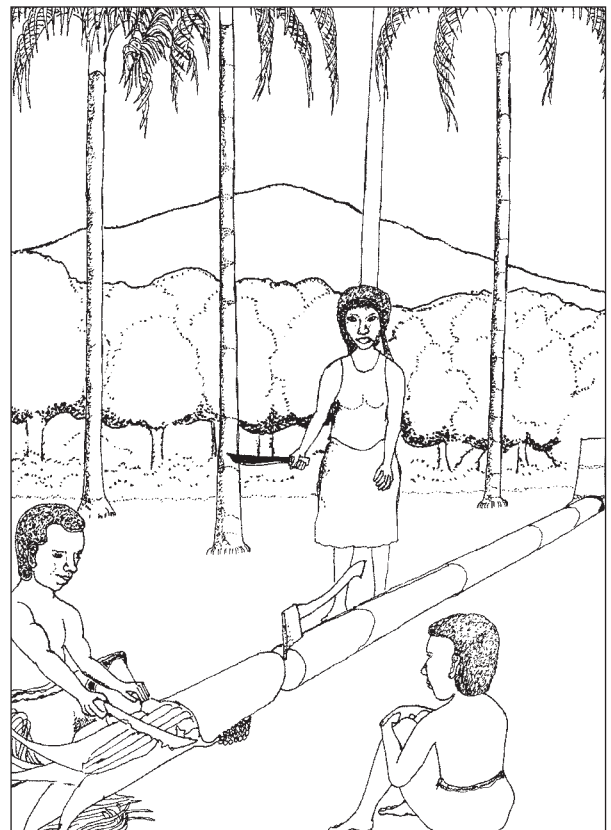
Ka qeto guzui.

Cut down the palm.



*Ka puti buti bokoe. Ka piroe
no ka pale konae.*

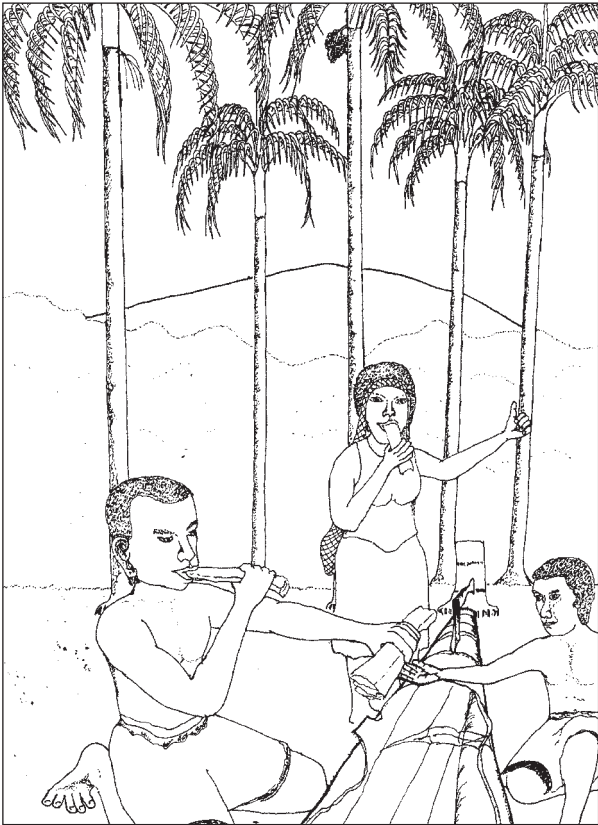
*Cut open the tip of the palm
and remove the inside part.*



*Pötia marato, pale kizini köpae
no petea sakou la ta lobarde*

*The edible part is on the inside of
the tip of the palm. Remove all the
outer layers until you reach the
soft white substance on the inside.*

Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



*Ka pale konae ka guki.
Sada ka saqo ta siniqa
kizao gaki ta siniqa
komajala guki.*

*Remove the 'konae' on the
inside and eat it raw. It has
a nice flavour and is good
to eat when staying in the
bush for hunting and when
you don't have any other
food.*



*Rivogani Poloso sa poso
konae Marato. Gui nuni ka
guki.*

*Rivogani Poloso holding the
edible part of Marato. This
is ready to eat.*

Kage

Ptychosperma salomonense
Arecaceae

Takodeke ka Guki:

Bulia

Gadoe

Zira peta sa zare qutae

Siniqa

Sakapa no Piara Muku

Lua

Qu /qu Banara, siqele, nabo

Zakae

10 Nava

Tabae ta Siniqa

Taba varuka

Gadoe Jamurui

Sele

Gadoe Bulia

Sa tutu no sa mesara sada sa meqa

Papala, Jajui and vamojae

Sa mega sa suru, ka juke, ka zipi ka guki petea

Vunea

Putia

Edible part

Fruit

Plant type

Palm

Vegetation types

Primary and secondary forests

Availability in the bush

Plenty

Flower colour

White

Fruit colour

Green and red when rip

Height and Size

10 fathom (18 metres)

Harvesting, processing and cooking

Fell when the palm is fully grown. Cut out konae. Remove the outside skin, eat.

Cultivation

Seeds



Jariu

Rhopaloblaste elegans
Arecaceae

Takodeke ka Guki

Pipiroe

Gadoe

Zira peta sa zare qutae

Siniqa

Sakapa, Piara Muku

Lua

Siqele, Sare

Zakae

10 - 20 Nava

Tabae ta Siniqa

Taba

Gadoe Jamurui

Sele

Gadoe Bulia

Sa tutu no sa mesara sada sa meqa

Papala, Jajui and vamojae

Ka qeto, ka piro, ka guki

Vunea

Putia

Edible part

Stalk

Plant type

Palm

Vegetation types

Old secondary forests

Landform

Ridge and level place

Height and size

10 - 20 fathom (18-36 metres)

Fruit Colour

Green and red when ripe

Flower colour

White

Availability in the bush

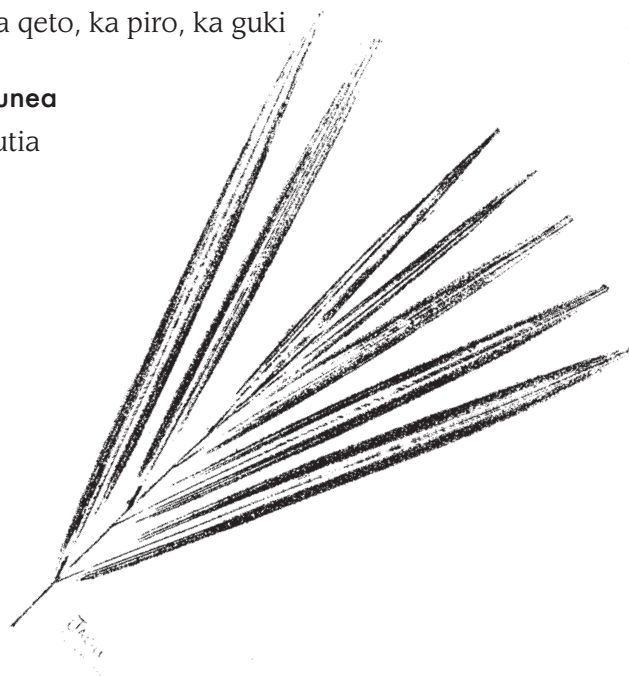
Common

Harvesting, processing and cooking

Cut down the palm. Take out the inside of the tip ('konae'). Eat the soft part inside.

Cultivation

Seeds



*Curl ta kudeke ka guki
Jariu.*

*Curl from Sepa with the
edible part of Jariu.*

*Jariu ka majala jajunini
pade vuku ta siniqa.*

*Jariu is used to make
bush house for camps
when hunting in the bush
(Reggie).*



*Leke in Sepa sa dere ta
Jariu ta loboro siniqa.*

*A boy standing next to
Jariu in primary forest.*



Kasu paza

Areca macrocalyx
Arecaceae

Takodeke ka Guki

Petea no pipiroe

Gadoe

Peta sa zare qutae

Siniqa

Sakapa, Piara Muku, Quana

Lua

Nabo, sare, malaku, babarevana, paba ta pokana
vuru

Gadoe Jamurui

Sele

Zakae

10 - 15 Nava

Tabae ta Siniqa

Taba

Gadoe Bulia

Sa tutu, sa duru sada sa meqa

Papala, Jajui and vamojae

Ka qole, ka qeto, ka zipi, ka guki turinini sarapa
na kidaka (pisala)

Vunea

Putia

Edible part:

Nut and stalk

Plant type

Palm

Vegetation types

Quana, primary
forest, secondary
forest

Height and size

10-15 fathoms (18-27 metres)

Availability in the bush

Common

Flower colour

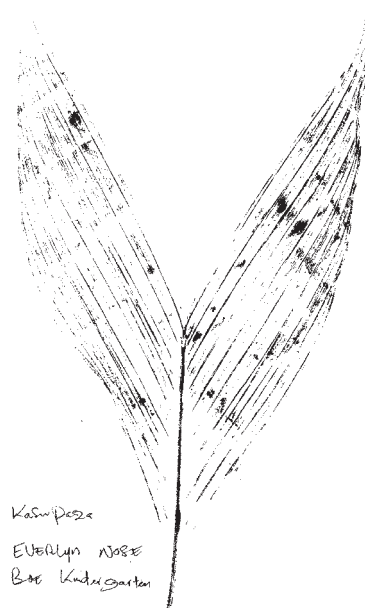
White

Fruit Colour

Green and yellow when ripe

Cultivation

Seeds



Kasu paza
Evelyn Nore
Bar Kaiti Gaitan

Kasu ni java

Areca sp

Areaceae

Takodeke ka guki

Bulia, putia

Gadoe

Peta sa zare qutae

Siniqa

Piara

Lua

Quana

Gadoe jamurui

Duru

Gadoe Bulia

Tutu no sa duru sada sa meqa

Papala, Jajui and vamojae

Ka qole, ka zipi, ka pisili (pisala) turinini sarapa na kidaka

Zakae

1.5 Nava kurisi

Tabae ta Siniqa

Kavia to/ siba

Vunea

Putia

Edible part

Fruit, seed and nut

Plant type

Palm

Vegetation types

Old secondary forests

Height and size

1.5 fathom (2.7 metres)

Flower Colour

Yellow

Fruit Colour

Green and yellow when ripe

Availability in the bush

Rare

Cultivation

Nut / fruit





*Elisabeth Lumuleke sa dere
tatavele kasu ni java ta siniqa.*

*Elisabeth Lumuke stands
behind Kasu ni java in the
bush.*

*Se gui ka koloni kasa ni java
ne, bati kasu iati sa tae me
Java Bilua.*

*This bettlenut was brought
from the people of Java
Vellalavella.*

Piku

Kastom story of Piku

Piku na kuda karu kere. Peta ka koloni ziru güta karu varakitaki vanoe. Piku sa tanani kuda, sada ve ko büli ne biko kutini ne? Likagu, savini. Kuda sa togeni, rako kuti zaka kojolo. Piku sase zituru maturu varaviru. Maturu kuti zaka maturu zojolo. Kuri ta sada tüni Piku sa kuti zaka sa zojolo bülia. Ba gui kama majalao. Ma büli ta güzü sakae bati kuda sava gölö göi ta zuka sa veke.

Piku and coconut were both palms and were good friends. Piku asked coconut "When you have fruit, where do you start"? Coconut replied "I start at the top and then work my way down" Piku said. "So we will both be the same. Start from the top and go down to our fruit".

But the coconut lied to Piku. From that time on, Piku has fruit that starts at the top and goes down. But it does not usually get fruit lower down, because coconut tricked it to fruit in the wrong direction.

Piku

Caryota rumphiana
Arecaceae

Takodeke ka Guki

Pipiroe

Gadoe

Zira peta sa zare qutae

Siniqa

Sakapa, Piara Muku

Lua

Supu, barevana, siqele, paba

Zakae

8 nava kurisi

Gadoe jamurui

Sava duruduru ba kama duru varukao

Gadoe bulia

Sa muke muke, sa duru duru sada sa mega

Papala, Jajui and vamojae

Jajui: ka qeto, ka piro. Vanamae: ka guki pipiroe.
Vunea: putia

Vunea

Putia

NB: Kuda ta Qiqiqi (koke roroko ni ta karakone ta vanavana, sa vatana siva roroko su, garana no tupitupi se goi ba sa tuko zikinia). Mana gati ne bulia to Plku bapisi se. Gati nanana ta Reggie Pitisopa. Ta zira sada sokoro ne sa zale zale la ta karakone ta zira vanavana ka la juke ka kukiti ka guki.

Edible part

Young leaves

Plant type

Palm

Vegetation types

Old secondary forest

Landform

Mountains, valley floor and river banks

Height and size

8 fathoms (14 metres)

Flower colour

Light yellow

Fruit colour

Brown and yellow when ripe

Harvesting, processing and cooking

Pick young leaves and cook

Cultivation

Seeds

NB: Qiqiqi is one type of bird that lives by the seaside. It has long legs. This bird looks like a wild duck.



Revoqani Poloso sa lipiki mara guki konae piku.

Revoqani Poloso splitting open the tip of Piku to take out the heart to be eaten.

Koloto

Story of Koloto

Koloto koke peta ka majala gūki lokae vatore ka gūki ne konae, gadoe ka pale ka majala gūki sopeke koroveta tabavo vurene.

Koloto sa majala vanoe moro se. Vurenea, loborae (konae) ko majala lipiki ba veko ko majala to nūrō gūki lokae se.

Koloto can be eaten or can be drunk. The outside part can be removed and the white part can be squeezed for water or you can chew it. It can also be used for medicine for some types of illnesses.

Suata

Heliconia solomonensis
Heliconiaceae

Takodeke ka Guki

Vurini mimilokoe

Gadoe

Siku

Siniqa

Piara Muku, Sakapa, Sarea Vuru

Lua

Pabae vuru, sare

Zakae

Kere nava kurisi. Bulia sa duru.

Tabae ta Siniqa

Taba varuka

Papala, Jajui and vamojae

Ka puti ka veko ka pale mimilokoe, ka rumiti
vasikini, ka siriki turinini miua kuda

Vunea

Sopeke, putia



Edible

part:

Inside part of young leaf shoot

Plant type

Banana

Vegetation types

Secondary forest – most types

Landform

Flat plain and riverside

Height and size

2 fathom (3.7 metres)

Fruit colour

Yellow fruit.

Availability in the bush

Plenty

Harvesting, processing and cooking

Cut and extract very young leaves from each
leaf frond. Chop them into a smaller size. Boil
with coconut milk.

Cultivation

Suckers and seed

Takodeke Ka Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



*Naola Bua sa piro konae suata
sa va nama mara vamoja.*

*Naola Bua takes out the soft
inside part of the young leaf.
This can be cooked and eaten.*

Nive (Karamao/Bia)

Takodeke ka guki

Konae

Gadoe

Zira peta sa zare qutae

Siniqa

Piara Muku

Lua

Nabo

Zakae

9 Nava kurisi

Tabae ta Siniqa

Taba varuka

Gadoe jamurui

Mukemuke

Gadoe Bulia

Tutu

Papala, Jajui and vamojae

Sa varaviru kuate karamao sa poro puda ti se
gui ka kuluni karamao, ba mara tana vutini ti
bi sa pale kenaka zitono ne, kuate ba nive? Sa
poro puda?

Vunea

Putia / bulia

Edible part

Stalk

Plant type

Palm

Vegetation types

Long fallow

Land Form

Swamp

Height and size

9 fathom (16 metres)

Availability in the bush

Plenty

Flower colour

Brown

Fruit colour

Light green

Harvesting, processing and cooking

Cut down the sago palm tree, cut back the bark.
Then take out the soft part of the sago palm with
a stick to make Bia. Cook the Bia in a motu.

Cultivation

Seeds / nuts



Takodeke Ka Guki Ta Siniqa Ni Lauru The Forest Foods of Lauru



*Dudulu iati sa valöro bose sa
pale gazu sa quru vamumu ni
konae vive mara puqoni Bia.*

*A stick is inserted into the
soft part of the sago plam to
extract the Bia.*



*Dudulu iati sa valoro zira
takodeke makatae Karamao.*

*Karamao is being collected for
cooking.*



Karamao ka lürü ta neqoto.

Karamao ready for cooking in the motu.



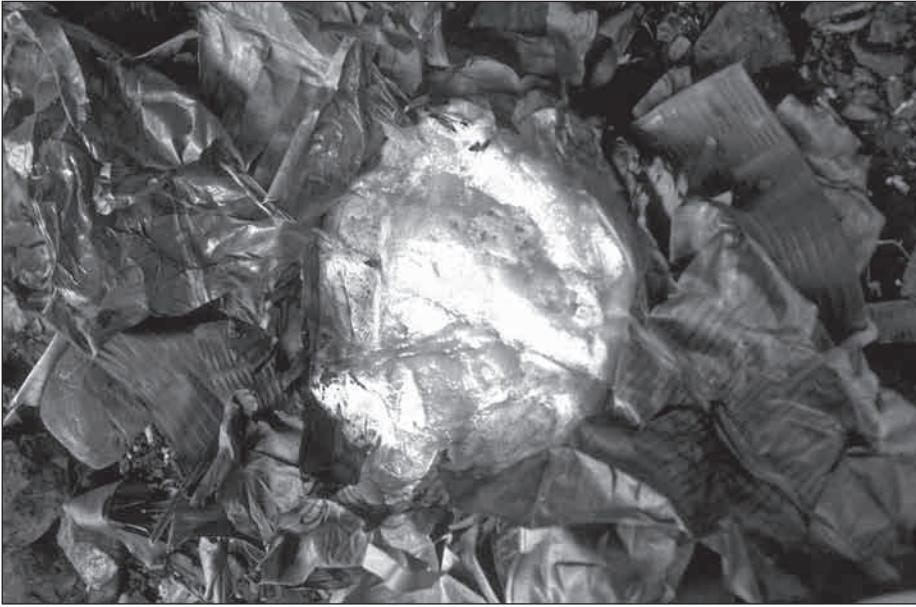
Dudulu iati ka vini vusui neqoto Karamoa ba Bia.

Covering Karamao or Bia with banana leaves in the motu.

Dudulu iati sa valoro ka vusu neqoto Karamao.

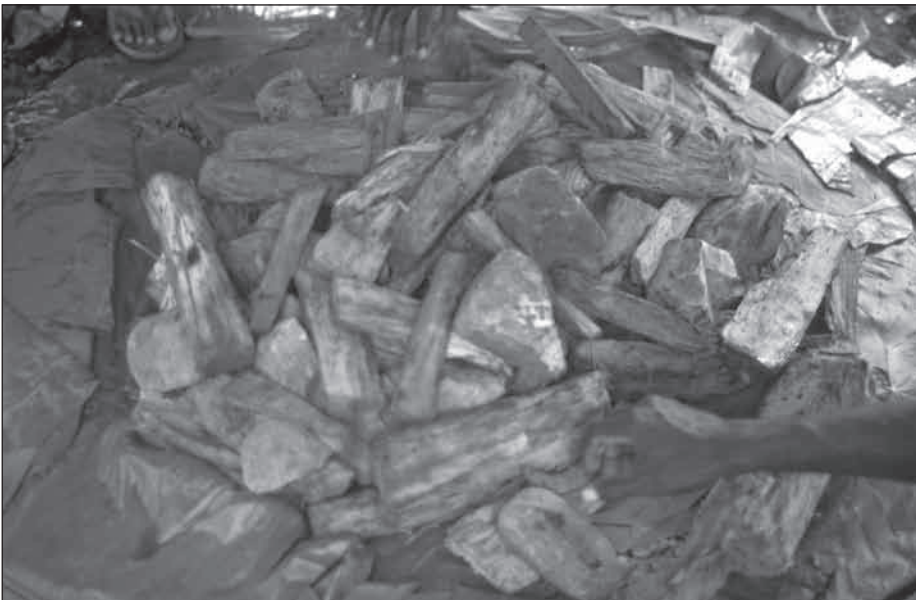
Ready to cook, the Karamao is covered with banana leaves in the motu.





Dudulu iati a valoro neqoto Bia ka majura ni kuda.

Bia cooked in coconut milk in the motu.



Dudulu iati sa valoro mojae neqoto Karamao ka pakili.

Cooked Karamao being uncovered in the motu.



Bi
Water from stems

15

Si-ku

Calamus hollrungii

Arecaceae

Takodeke ka Guki

Loka ta guzui

Gadoe

Peta sa zare qutae (kaniki)

Siniqa

Sakapa, Sakapa Qiqi, Piara, Malaku

Lua

Supu, malaku, nabo, sare

Papala, Jajui and vamojae

Ka puti to kanikia ka guki loka sa soqa me ta lobaroe

Tabae ta Siniqa

Sa taba ta sakapa

Zakae

sa zakae varuka

Vunea

Putia

Edible part

Water from stem

Plant type

Palm (lawyer cane)

Vegetation types

Old forest and primary forest

Landform

Any place

Height and size

Grows very high into the canopy

Availability in the bush

Common in old forest

Harvesting, processing and cooking

Cut the stem and drink the water that comes out

Cultivation

Seeds

Note: Young seedlings/ juvenile siku at a very young stage of growth Pelo does not have a stem that contains water.

Papakutu

Uncaria appendiculata
Rubiaceae

Gadoe

Kaniki

Siniqa

Sakapa, Piara Muku

Lua

Paba poka, sare, nabo, siqele, babarevana

Zakae

7 nava kurisi

Tabae ta Siniqa

Taba

Papala, Jajui and vamojae

Ka puti kanikia, ka guki lokae

Vunea

Kama vune dira ba putia bapisi tika majala
vune ne

Plant type

Vine

Vegetation types

Secondary forests

Height and size

7 fathom
(13 metres)

Availability in the bush

Common

Harvesting, processing and cooking

Cut the vine and drink the water that comes out

Cultivation

Seeds



Takodeke Ka .Guki Ta Siniqa Ni Lauru
The Forest Foods of Lauru



Milton Pitakoe, William Vudeve no Asher Kula kalari papakutu ta siniqa.

Milton Pitakoe, William Vudeve and Asher Kula looking at Papakutu in the bush.



Reggie Pitisopa sa puti kaniki papakutu no sa zupu. Sa zupu bia.

Reggie Pitisopa cutting the vine of Papakutu and then collecting water from the vine.

Bakoto

Takodeke ka guki

Loka ta pitia

Gadoe

Siakale

Siniqa

Sa kota zaka zakae gazu

Lua

Sa poto ta voqea gazu pitu

Papala, Jajui and vamojae

Ka tojo purikini gazu, ka guki loka ba bi miqa
sa kota loboroe

Zakae

1-2 Pidoko

Tabae ta Siniqa

Kavia to/ siba

Vunea

Kama vune dira bati kama poro guki dira. Ba ka
majala roto no va tunini ta kutea ba guzui ba
voqe gasu se ma poto.

Gadoe Bubulia

Sele

Gadoe Bulia

Tutu, duru, mesara

Edible part

Water from
stem

Plant type

Orchid /
epiphyte

Vegetation

types

Grows in trees in any
type of forests

Landform

Forest

Availability in the bush

Rare

Fruit colour

Green, yellow, red

Flower colour

White

Harvesting, processing and cooking

Remove the base of the plant with a stick. when
it breaks the water will run out. Collect the water
and drink.



Afterword

This book has described some of the forest foods and useful plants of the Babatana language area of Lauru/Choiseul island in the northern Solomon Islands.

The documentation of the forest foods, their preparation and cooking, as well as traditional concepts of ecological zoning, has been made at a time when traditional knowledge around the world is disappearing. This is a loss not just to the people who have made use of it, but to all humankind as it represents part of the collective human experience.

There is no reason that traditional knowledge cannot be used in a society that is a part of the modern world. Local plants, foods, materials and knowledge can form important resources in such a society. That this is already happening to some extent in the industrialised world suggests that it can also be accomplished in developing countries like the Solomon Islands.

Traditional foods and other materials, and the knowledge of how to use them, is also important in times of emergency when natural and human-caused disaster prevent the importation of foods and materials from outside the region. Then, it is important that people have the knowledge and confidence to look to their own wellbeing.

The forest foods in this book have sustained the people for thousands of years and it is the hope of those who have contributed to and supported this book that it will be used as a reference in maintaining the forest foods in regular use.

Contributors and donors show foresight

The information in this documentation was collected with the active participation of people living in the villages of the Babatana-speaking region. It was supported by a number of

agencies that saw value in preserving traditional forest food knowledge and encouraging its continued use.

These include AusAID, part of the Department of Foreign Affairs of the Australian Government, the Solomon Islands Government's Department of Forests, Environment and Conservation, the Australian non-government organisation, APACE, and the Wildlife Fund for Nature.

Closely involved was local non-government development agency, Kastom Gaden Association (customary gardening association, when translated from Solomon Islands Pijin), an organisation that has done much to develop the food security and livelihoods of rural villagers in the Solomons.

The TerraCircle team — a regionally-based community development and food security consultancy, were also closely involved throughout the project. TerraCircle has a long history of cooperation with Kastom Gaden Association.

Towards a positive future

If we are to face our future global challenges together, the peoples of the Australia-Pacific region can only benefit through projects such as this documentation of traditional knowledge, especially where it has been passed orally through the generations and could thus become lost.

The production of this book, and the participatory processes that made it possible, stand as an example of the type of regional cooperation that has the most immediate and long term value to the peoples and to the development of resilient communities in the region.

...Russ Grayson, TerraCircle team, Australia

Buka iati sa vatakobola zira taroe majala ta zira
kajikaji ta zozoea siniqa no lua se, no sa majala tavisi va nuni
turuni, no va karaputa se bose. Ta sada sinani te no ta
zira sada saba la kuo me se.

Buka iati ka jujini zira bose ni Lauru ma dira zira bose ni
Lauru. Puvi nananae buka gati ne, ka koro mikini zira dia sua,
se mara guki zira petanigaki ka kuo ta siniqa, no mara rituki
zira dira lua, se ma masuru taru mikini zira taba sada.

Punia dira zira taroe, nunivutini no vatana se ka kuo
ta buka iatine, ka tunini zira bose ni Lauru.

This book has been written to promote continued use
of the rich knowledge of the forest and the land that has
sustained our people through time. We hope it may inspire
others to revive and strengthen their traditional
knowledge for today and for the future.

This book was produced by the people of Lauru for the people
of Lauru. Most of all, this book is written for our children in the
hope that they, too, will eat from the forest and look after
it so that the land can always provide for them.

Ownership of all intellectual property rights is asserted
by the people of Lauru over the knowledge and
information contained inside this book.

