

Food Plants in Fiji and Their Utilization

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This is a note on the food plants produced in Fiji, including wild edible ones, and on their utilization in Fiji.

The food plants in Fiji were picked up from the literatures^{2,5,6,7}), and several species were identified at the First Scientific Survey of the South Pacific by Kagoshima University. Some of them were native to Fiji, and the others were introduced, escaped or naturalized. For convenience, these food plants were classified into grain crops, oil crops, sugar crops, beverage crops, vegetable fruits (cucurbitaceous fruits, solanaceous fruits, other vegetable fruits), leguminous crops, root crops, Alliums, potherbs, cole crops, salad crops, ferns, fruit trees, herbs and spices.

Regardless of its yield, any kind of food plants in Fiji was listed here. Moreover, supply source of each crop for domestic consumption was supplemented, in other words, it was supplemented whether the food product of each crop was imported besides those of the domestic cultivation. The frequency of use, the edible parts, and cookery of the food plants were also supplemented.

The kinds and utilization of the food plants in Fiji are shown in Table 1. The botanical names in Table 1 were mainly based on those of 'Plants of the Fiji Islands⁷).' The names of the food plants in Table 1 are those called commonly in Fiji. When the origins of these names are clear, the Hindustani names or the Fijian names were marked with (H) or (F), respectively.

1) Grain, oil, sugar, and beverage crops

In Fiji, the majority of the people are indigenous Fijians and Indians. Rice is grown and consumed by Indians traditionally (Fig. 1). The first of the Indians came from India to Fiji as indentured labourers in 1879, and then rice was introduced into Fiji in about 1902.

Sugarcane is the most important crop in Fiji, because it is the leading export item from Fiji. The commercial cultivation of sugarcane in Fiji began in the 1870's.

Cocoa is not a major crop, but it will become more important in Fiji because the improved cultivars are increasing in area under cultivation²). Kava, *Piper methysticum*, is a small woody plant (Fig. 2), and the most traditional drink in Fiji is made from its roots. Indigenous Fijians did not have any alcoholic drink, and this kava drink appeared to be substituted for the alcoholic drink. This is always drunk at the ceremonies or at the formal greetings among the Fijians. Kava is called yaqona among Fijians, and it stands sixth of all the agricultural crops as regards area under cultivation in Fiji (Table 2).

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Table 1. Kinds and utilization of the food plants produced in Fiji.

Botanical name	Name	S/F*	Edible part	Cookery
Grain Crops				
<i>Oryza sativa</i> L.	Rice, Dhan	G/A	Grain	Boil
<i>Triticum aestivum</i> L.	Wheat	I/A	Grain	Bake
<i>Zea mays</i> L.	Maize	G, I/A	Grain	Boil, Bake, Roast
<i>Avena sativa</i> L.	Oat, Jai	/D	Grain	
<i>Eleusine coracana</i> (L.) Gaertn.	African millet, Finger m.	/D	Grain	
<i>Eragrostis abyssinica</i> Schrad.	Tef	/D	Grain	
<i>Coix lacryma-jobi</i> L.	Job's tear, Sila	/D	Grain	
<i>Sorghum bicolor</i> (L.) Moench	Sorghum	/D	Grain	
Oil Crops				
<i>Elaeis guineensis</i> Jacq.	Oil palm	/D	Fruit	
<i>Gossypium arboreum</i> L.	Cotton	/D	Seed	
<i>G. barbadense</i> L. var. <i>barbadense</i>	Cotton	/D	Seed	
<i>G. hirsutum</i> L. var. <i>hirsutum</i>	Vauvau ni vavalagi (F)	/D	Seed	
<i>Cannabis sativa</i> L.	Indian hemp	/D	Seed	
<i>Helianthus annuus</i> L.	Sunflower	/D	Seed	
<i>Ricinus communis</i> L.	Caster oil, Caster bean	/D	Seed	
Sugar Crops and Sago				

Botanical name	Name	S/F*	Edible part	Cookery
<i>Saccharum officinarum</i> L.	Sugarcane	G/A	Stem, (Sugar)	
<i>Caryota urens</i> L.	Toddy palm	G/C	Sap from unopened inflorescence	Drink
<i>Metroxylon vitense</i> (H. Wendl.) Benth. & Hook f.	Sago	G/B	Starch in trunk	Fry
Beverage Crops				
<i>Coffea arabica</i> L.	Arabian coffee	I/A	Bean	Drink
<i>C. canephora</i> Pierre ex Froehn	Robusta coffee	I/A	Bean	Drink
<i>C. liberica</i> Hiern	Liberian coffee	I/A	Bean	Drink
<i>Theobroma cacao</i> L.	Cocoa, Cacao	I/A	Bean	Drink
<i>Thea sinensis</i> L.	Tea	I/A	Young leaf	Drink
<i>Piper methysticum</i> Forst. f.	Yaqona (F), Kava	G/A	Root	Ceremonial drink
<i>Cymbopogon coloratus</i> Stapf	Lemon grass	G/C	Leaf	Drink
Vegetable Fruits				
Cucurbitaceous Fruits				
<i>Cucumis melo</i> L.	Melon	G/B	Fruit	Raw
<i>C. sativus</i> L.	Cucumber	G/A	Fruit	Raw
<i>Citrullus vulgaris</i> Schrad.	Watermelon	G/A	Fruit	Raw
<i>Cucurbita maxima</i> Duch.	Squash	G/A	Fruit	Fry, Boil
<i>C. moschata</i> Duch.				

Botanical name	Name	S/F*	Edible part	Cookery
<i>C. pepo</i> L.	Pumpkin, Vegetable marrow	G/A	Fruit	Fry, Boil
<i>Luffa cylindrica</i> Roem.	Vegetable sponge, Looifah	G/A	Fruit	Fry
<i>Lagenaria vulgaris</i> Ser.	Gourd, Vago (F), Lauki (H)	G/A	Fruit	Fry
<i>Momordica charantia</i> L.	Karala (H), Bittergourd	G/A	Fruit	Fry, Pickle
<i>Trichosanthes anguina</i> L.	Snake gourd	G/A	Fruit	Fry
<i>Benincasa cerifera</i> Savi	Wax gourd	G/B	Fruit	Fry
<i>Sechium edule</i> Swartz	Choko, Sumsun	G/B	Fruit	Fry
Solanaceous Fruits				
<i>Lycopersicon esculentum</i> Mill.	Tomato	G/A	Fruit	Raw, Fry, Chutney
<i>Solanum melongena</i> L.	Eggplant	G/A	Fruit	Fry, Boil
<i>S. repandum</i> Forst.	Sou (F)	G/C	Fruit	Sauce
<i>S. uporo</i> Dunal	Sou bokola (F), Boro dina (F)	G/A	Fruit	
<i>Capsicum annuum</i> L. var. <i>annuum</i>	Hot pepper, Chilli, Boro (F)	G/A	Fruit	Raw, Fry, Pickle
<i>C. a.</i> var. <i>acuminatum</i> Fingerh.	Long cayenne	G/A	Fruit	Raw, Fry, Pickle
<i>C. a.</i> var. <i>cerasiforme</i> Irish	Cherry pepper	G/B	Fruit	Raw
<i>C. a.</i> var. <i>grossum</i> Sendt.	Sweet pepper			
<i>C. a.</i> var. <i>longum</i> Sendt.	Green chilli	G/A	Fruit	Raw, Fry, Pickle
<i>C. frutescens</i> L.	Bird's eye chilli, Mircha (H)	G/A	Fruit	Raw, Fry, Pickle
<i>Physalis minima</i> L.		G/		
<i>P. peruviana</i> L.	Cape gooseberry	G/D		
Other Vegetable Fruits				

Botanical name	Name	S/F*	Edible part	Cookery
<i>Abelmoschus esculentus</i> Moench	Okra, Bindi (H)	G/A	Fruit	Fry
<i>Moringa oleifera</i> Lam.	Horse radish tree, Sajjan (H)	G/A	Leaf, Fruit	Fry, Boil
<i>Fragaria vesca</i> L.	Strawberry	I/B	Seed	Roast
<i>Sesamum indicum</i> L.	Sesame, Til (H)	G/A	Unripe seed	Boil, Roast, Bake
<i>Zea mays</i> L. var. <i>saccharata</i>	Sweet corn	G/A	Unopened flower	Boil, Fry
<i>Saccharum edule</i> L.	Duruka (F)	I/D	Flower, Leaf	
<i>Chrysanthemum morifolium</i> Ramat.				
Leguminous Crops				
<i>Cajanus cajan</i> Millsp.	Pigeon pea, Dahl	G, I/A	Seed	Boil, Fry, Soup
<i>Cicer arietinum</i> L.	Chick pea, Gram	I/B	Seed	Fry, Boil
<i>Canavalia ensiformis</i> DC.	Sword bean, Jack bean	G/B	Young Pod, Seed	Fry
<i>Cyamopsis psoraloides</i> DC.	Cluster bean, Guar (H)	G/B	Young Pod, Seed	Fry
<i>Dolichos lablab</i> L.	Hyacinth bean, Toba (F)	G/B	Young pod, Seed	Fry
<i>Glycine max</i> (L.) Merrill	Soybean	I/A	Oil from seed	Cooking oil
<i>Lens esculenta</i> Moench	Lentil	I/		Soup
<i>Phaseolus lunatus</i> L.	Lima bean, Sem	G/B	Young Pod, Seed	Fry
<i>P. mungo</i> L.	Black gram, Urd (H)	G/A	Seed	Boil, Fry
<i>P. aureus</i> Roxb.	Green gram, Mung	G/A	Seed	Boil, Fry
<i>P. calcaratus</i> Roxb.	Rice bean	G/D		
<i>P. acontifolius</i> Jacq.	Moth bean	G/		
<i>P. vulgare</i> L.	French bean, Kidney bean	G, I/A	Young Pod	Fry, Boil
<i>P. coccineus</i> L.	Scarlet runner bean	G, I/		

Botanical name	Name	S/F*	Edible part	Cookery
<i>Psophocarpus tetragonolobus</i> DC.	Goa bean, Winged bean	G/B	Young Pod	Fry
<i>Vigna sinensis</i> Savi	Cowpea	G/A	Young Pod, Seed	Fry, Boil
<i>V. sesquipedaris</i> (L.) Fruw.	Long bean	G/A	Young Pod	Fry, Boil
<i>Arachis hypogaea</i> L.	Peanut, Ground nut	G/A	Seed, Seed oil	Fry, Boil, Roast
<i>Vicia fava</i> L.	Broad bean	G/A	Young pod, Seed	Fry, Cook
<i>Pisum sativum</i> L.	Green pea, Mattar (H)	G, 1/A	Seed	Fry, Boil
Root Crops				
<i>Pueraria thunbergiana</i> Benth.	Wa yaka	/D		
<i>Alocasia indica</i> Schott	Via Mila (F)	G/B	Tuber	Boil
<i>Colocasia esculenta</i> Schott	Dalo (F)	G/A	Tuber, Leaf (rourou)	Boil, Fry, Lovo, Curry
<i>Cyrtosperma chamissonis</i> Merrill	Via kana (F)	G/B	Tuber	Boil, Lovo, Curry
<i>Xanthosoma sagittifolium</i> Schott	Dalo ni Tana (F)	G/A	Tuber	Boil, Lovo, Curry
<i>Dioscorea alata</i> L.	Yam	G/A	Tuber	Boil, Lovo, Curry, Fry
<i>D. bulbifera</i> L.	Kaile (F)	G/B	Tuber	Boil, Lovo
<i>D. esculenta</i> Burkill	Kawai (F)	G/A	Tuber	Boil, Lovo
<i>D. nummularia</i> Lamk.	Tivoli (F)	G/A	Tuber	Boil, Lovo
<i>D. pentaphylla</i> L.	Bulou (F), Kaile tokatolu (F)	G/C	Tuber	Boil, Lovo
<i>Ipomoea batatas</i> Lam.	Kumala (F), Sweet potato	G/A	Tuber	Boil, Lovo
<i>Manihot utilisima</i> Phol.	Cassava, Tapioca	G/A	Tuber	Boil, Lovo, Fry
<i>Tacca pinnatifida</i> Forst.	Yabia (F)	/D	Tuber	

Botanical name	Name	S/F*	Edible part	Cookery
<i>Solanum tuberosum</i> L.	Potato	G, I/A	Tuber	Boil, Fry
<i>Maranta arundinacea</i> L.	West Indian arrowroot	/D		
<i>Zingiber officinale</i> Roscoe	Ginger	G/A	Rhizome	Condiment
<i>Curcuma longa</i> L.	Turmeric	G/A	Rhizome	Food colouring
<i>Pachyrrhizus erosus</i> Urban	Yam bean, Wakaya (F)	/D		
<i>Cordyline terminalis</i> Kunth	Masave (F)	G/B	Tuber	Fry
<i>Amorphophallus campanulatus</i> Blume	Daigā (F), Suran			
<i>Raphanus sativus</i> L.	Radish	G/A	Tuber, Leaf	Raw, Fry
<i>Daucus carota</i> L.	Carrot	G, I/A	Tuber	Raw
Alliums				
<i>Allium ascalonicum</i> L.	Shallot	G, I/B	Leaf	Raw
<i>A. cepa</i> L.	Onion	G, I/A	Bulb	Raw, Fry, Added for flavour, Boil
<i>A. fistulosum</i> L.	Spring onion	G, I/B	Leaf	Raw
<i>A. sativum</i> L.	Garlic	G, I/A	Bulb	Added in food preparation for flavour
Potherbs				
<i>Spinacia oleracea</i> L.	Spinach	G, I/D	Leaf	
<i>Abelmoschus manihot</i> Medic.	Bete (F), Vauvau (F)	G/A	Leaf	Boil, Fry
<i>Hibiscus sabdariffa</i> L.	Roselle	G/B	Leaf	Fry, Curry

Botanical name	Name	S/F*	Edible part	Cookery
<i>Amaranthus paniculatus</i> L.	Marsa (H)	G/D		Curry
<i>A. spinosus</i> L.	Spiny amaranthus	/D		
<i>A. tricolor</i> L.	Driti damudamu (F)	/D		
<i>A. viridis</i> L.	Tubua (F)	G/A	Leaf	Fry, Boil
<i>Ipomoea aquatica</i> Forsk.	Karamua (H)	G/B	Leaf	Fry, Boil
<i>Basella alba</i> L.	Poi (H)	G/C	Leaf	Fry, Boil
<i>Portulaca oleracea</i> L.	Taukuku ni vuaka (F), Amlonia	G/C	Leaf	Boil
<i>Sesbania grandiflora</i> Pers.	Argathi (H)	G/C	Young leaf	Fry
<i>Oxalis corniculata</i> L.	Tinpatia (H)	/D		
<i>Ocimum basilicum</i> L.	Basil	G/B	Leaf	
<i>Centella asiatica</i> Urban	Tinpatia (H), Totodro (F)	/D	Leaf	
<i>Coleus amboinicus</i> Lour.	Sage	/D	Leaf	
<i>Gnetum gnemon</i> L. var. <i>gnemon</i>	Sikau (F)	/D		
<i>Solanum nigrum</i> L.	Black-night-shade	/D		
Cole Crops				
<i>Brassica campestris</i> L.	Rape, Muraya	I/	Leaf	
<i>B. chinensis</i> L.	Chinese cabbage	G/A	Leaf	Fry, Boil
<i>B. juncea</i> Czern & Cosson	Mustard	I/	Mustard oil	
<i>B. nigra</i> Koch	Mustard, Saiso	G, I/A	Leaf, Seed	Fry, Food flavour
<i>B. oleracea</i> L. var. <i>botritis</i>	Cauliflower	G/A	Flower	Fry
<i>B. o. l. var. capitata</i>	English cabbage	G/A	Leaf	Fry, Boil

Botanical name	Name	S/F*	Edible part	Cookery
Salad Crops				
<i>Petroselinum crispum</i> Nym.	Parsley	G, I/C	Leaf	Salad
<i>Lactuca sativa</i> L.	Lettuce	G/A	Leaf	Raw in salad
<i>Nasturtium officinale</i> R. Br.	Water cress	G/B	Leaf	Fry, Boil
<i>Rorippa sarmentosa</i> Macbride	Rogomi	G/C	Leaf	Boil
Ferns				
<i>Adiantum lunulatum</i> Burm. f.	Tuku (F)			
<i>Asplenium adiantoides</i> C. Chris.	Lemaru loa (F)			
<i>Athyrium acedens</i> Milde	Lalabe (F)			
<i>A. esculentum</i> Copel.	Ota (F)	G/A	Young frond	Boil
<i>A. maxima</i> Copel.	Ota balabala (F)			
<i>A. melanocaulon</i> Milde	Ota loa (F)			
<i>Campium palustre</i> Copel.				
<i>Coniogramme fraxinea</i> Diels	Ota kalasei (F)	G/B	Young frond	Boil
<i>Cyathea affinis</i> Swartz	Balabala sa (F)			
<i>Marattia smithii</i> Mett.	Dibi (F)			
<i>Pteridium esculentum</i> Cockayne	Mata (F)			
<i>Tectaria decurrens</i> Copel.	Ota loa (F)			
<i>T. degeneri</i> Copel.	Turaso			

Botanical name	Name	S/F*	Edible Part	Cookery
Fruit Trees				
<i>Artocarpus communis</i> Forst.	Breadfruit, Uto (F)	G/A	Fruit, Seed	Boil, Roast, Madrai
<i>A. integra</i> Merrill	Jackfruit, Uto ni India (F)	G/A	Fruit, Seed	Fry, Raw, Boil
<i>Macadamia tetraphylla</i> Johnson	Queensland nut	G, I/B	Kernel	Roast
<i>Annona muricata</i> L.	Soursop, Sarifa (H), Seremaia (F)	G/A	Fruit	Raw, Sweets, Drink, Jelly, Ice cream
<i>A. reticulata</i> L.	Bullock's heart	G/B	Fruit	Raw
<i>A. squamosa</i> L.	Sugar apple, Sweet sop	G/B	Fruit	Raw
<i>Persea americana</i> Mill.	Avocado pear	G/A	Fruit	Raw
<i>Davidsonia pruriens</i> F. Muell.		/D		
<i>Chrysobalanus icaco</i> L.	Coco plum	/D		
<i>Eriobotrya japonica</i> Lindl.	Loquat	G/B	Fruit	Raw
<i>Rubus tiliaceus</i> L.	Wild raspberry, Wagadrogadro (F)		Red succulent berries	Raw
<i>Cynometra cauliflora</i> L.				
<i>Inocarpus edulis</i> Forst.	Ivi (F), Tahitian chestnut	G/A	Kernel	Boil, Roast
<i>Pithecellobium dulce</i> Benth.	Madras thorn			
<i>Tamarindus indicus</i> L.	Tamarind	G/A	Fruit	Chutney, Curry, Sherbet
<i>Averrhoa bilimbi</i> L.	Cucumber tree, Bilimbi	G/C	Fruit	Pickle
<i>A. carambola</i> L.	carambola, Kamrakh (H)	G/A	Fruit	Drink, Preserve, Pickle
<i>Aegle marmelos</i> Corr.	Bael, Bel (H)	G/C	Fruit	Sharbet, Drink
<i>Citrus aurantifolia</i> Swingle	Lime	G/A	Fruit	Pickle, Drink
<i>C. aurantium</i> L.	Seville orange, Moli jamu	G/A	Fruit	Raw, Drink

Botanical name	Name	S/F*	Edible part	Cookery
<i>C. grandis</i> Osbeck	Shaddock, Moli kana, Pummelo	G/A	Fruit	Raw
<i>C. Limon</i> Burm. f.	Lemon, Moli Karokaro	G/A	Fruit	Drink
<i>C. medica</i> L.	Citron	G/B	Fruit	Drink, Raw, Pickle
<i>C. Paradisi</i> Macq.	Grapefruit	G/B	Fruit	Raw
<i>C. reticulata</i> Blanco	Mandarin, Moli madarini	G/A	Fruit	Raw
<i>C. sinensis</i> Osbeck	Sweet orange	G/A	Fruit	Raw
<i>Feronia limonia</i> Swingle	Wood apple, Vakadra	G/		Preserve, Pickle
<i>Fortunella japonica</i> Swingle	Kumquat	G/A		Drink
<i>Triphasia trifolia</i> P. Wilson	Lime berry	G/B	Fruit	Pickle, Drink
<i>Canarium indicum</i> L.	Galip nut	G/B	Seed	Roast, Raw
<i>C. vulgare</i> Leenhouts	Java almond	G/B	Nut	Roast, Raw
<i>Malpighia puniceifolia</i> L.	Acerola	G/B	Fruit	Raw, Pickle
<i>Aleurites moluccana</i> Willd.	Candle nut, Lauci	/D		
<i>Anacardium occidentale</i> L.	Cashew nut	G, I/B	Seed	Roast
<i>Dracontomelon vitiense</i> Engl.	Tarawau (F), Tarau (F)	G/A	Fruit	Raw
<i>Mangifera indica</i> L.	Mango	G/A	Fruit, Leaf	Raw, Pickle, Drink
<i>Spondias dulcis</i> Forst.	Wi (F), Amra (H)	G/A	Fruit	Jelly, Jam, Pickle
<i>Litchi chinensis</i> Sonner	Litchi	/B	Fruit	Raw
<i>Pometia pinnata</i> J.R. & G. Forst.	Dawa (F)	G/A	Fruit	Raw
<i>Zizyphus jujuba</i> Lam.	Ber (H)	G/A	Fruit	Preserve, Raw
<i>Elaeocarpus chelonimorphus</i> Gillespie	Kabi, Sivia		Fruit Kernel	
<i>Muntingia calabura</i> L.				

Botanical name	Name	S/F*	Edible part	Cookery
<i>Sterculia vitiensis</i> Seem.	Waciwaci (F)		Kernel	
<i>Garcinia mangostana</i> L.	Mangosteen	G, I/B	Pulp	Raw, Juice
<i>G. xanthochymus</i> Hook. f.	Sour mangosteen	G, I/C	Pulp	Raw, Juice
<i>Mammea americana</i> L.	Mammey apple	G/B	Fruit	Raw
<i>Dovyalis hebecarpa</i> Warb.	Ceylon gooseberry	G/C	Leaf	Cook, Fry
<i>Flacourtia inermis</i> Roxb.				
<i>F. rukam</i> Zoll. & Mor.	Governer's plum			
<i>Passiflora edulis</i> Sims.	Passionfruit	G/A	Pulp	Drink
<i>P. laurifolia</i> L.	Bell apple	G/C	Fruit	Raw
<i>P. quadrangularis</i> L.	Granadilla	G/B	Pulp	Drink, Curry
<i>Carica papaya</i> L.	Pawpaw, Papaya	G/A	Fruit, Leaf	Raw, Curry
<i>Punica granatum</i> L.	Pomegranate	G/C	Fruit	Raw
<i>Terminalia catappa</i> L.	Tavola (F), Fiji (or Beach) almond	G/B	Kernel	Raw
<i>Barringtonia edulis</i> Seem.	Vutu Kana (F)	G/B	Kernel	Boil, Raw
<i>Eugenia brasiliensis</i> Lam.	Brazil cherry			
<i>E. caryophyllus</i> Bullock & Harrison	Clove tree	I/B	Flower bud	Food Flavour
<i>E. cumini</i> Merr.	Jaman (H), Jambolan	I/B	Seed	Condiment
<i>E. Jambos</i> L.	Rose apple	G/B	Fruit	Raw
<i>E. malaccensis</i> L.	Malay apple, Kavika (F)	G/A	Fruit	Raw
<i>Psidium guajava</i> L.	Guava, Armut	G/A	Fruit	Raw, Jam, Jerry
<i>Cryosophyllum cainito</i> L.	Star apple	G/B	Fruit	Raw
<i>Minusops elengi</i> L.				

Botanical name	Name	S/F*	Edible part	Cookery
<i>Manilkara zapota</i> (L.) P. Van Royan	Sapodilla	G/B	Fruit	Raw
<i>Pouteria sapota</i> (Jacq.) H. E. Moore & Stearn	Mammey sapote			
<i>Corida dichotoma</i> Forst. f.	Sebastian plum	G/B	Fruit, Bark	Pickle
<i>C. subcordata</i> Lam.	Nawanawa			
<i>Morinda citrifolia</i> L.	Kura (F)	G/	Fruit, Leaf	
<i>Areca catechu</i> L.	Areca, Areca nut	G/C	Kernel	Raw
<i>Cocos nucifera</i> L.	Coconut	G/A	Fruit, Crown	Raw, Oil, Drink, Fry
<i>Phoenix dactylifera</i> Buch-Ham ex Roxb.	Date palm, Kajoor	I/A	Fruit, Sap of flower	Raw, Drink
<i>Monstera deliciosa</i> Liebm.	Fruit salad plant			
<i>Ananas comosus</i> Merr.	Pineapple	G/A	Fruit	Raw, Drink
<i>Musa balbisiana</i> Colla	Plantain, Vudi (F), Vudi dina (F)	G/A	Fruit	Boil, Curry
<i>M. fehi</i> Bert. ex Vieill.	Soaga, Fay banana	G/B	Fruit	Boil
<i>M. nana</i> Lour.	Banana, Veimama	G/A	Fruit	Raw, Boil, Curry
<i>Cycas rumphii</i> Miq. forma <i>seemannii</i>	Logologo (F), Roro (F)		Seed	
<i>Bryophyllum calycinum</i> Salisb.	Cakamana (F)			
Herbs and Spices				
<i>Foeniculum vulgare</i> Mill.	Fennel	I/B	Seed	Food spice

Botanical name	Name	S/F*	Edible part	Cookery
<i>Coriandrum sativum</i> L.	Coriander	G/A	Seed, Leaf	Food flavour, Spice, Chutney
<i>Murraya Koenigii</i> Spreng.	Curry leaf	G/B	Leaf	Food flavour
<i>Mentha arvensis</i> L.	Mint	G/B	Leaf	Food flavour, Chutney
<i>Elettaria cardamomum</i> Maton	Cardamon	G, I/A	Seed	Food flavour
<i>Pimenta officinalis</i> Lind	Allspice	G/B	Leaf	Condiment
<i>Piper belle</i> L.	Betel pepper	G/B	Leaf	Raw
<i>P. nigrum</i> L.	Black pepper	G, I/B	Seed	Food spice
<i>Trigonella foenum-graecum</i> L.	Fenugreek	I/B	Seed, Sprout	Spice, Vegetable
<i>Vanilla fragrans</i> Ames	Vanilla	I/B	Pod	Food flavour
<i>Ocimum basilicum</i> L.	Basil	G/C	Leaf	Added to ceremonial food
<i>O. gratissimum</i> L.	Basil	G/C	Leaf	Added to ceremonial food
<i>Myrsica castaneifolia</i> A. Gray	Male			
<i>Cinnamomum pedatinervium</i> Meissn.	Macou	I/B	Bark	Spice
<i>Jasminum officinale</i> L.	Jasmine			
<i>Gardenia jasminoides</i> Ellis	Gardenia			

(F) ; Fijian name, (H) ; Hindustani name

S/F* ; Supply source / Frequency of use

G ; Plants are grown and consumed in Fiji in different forms.

I ; Plant Products are imported and consumed locally.

G, I ; Plants are sometimes grown in Fiji as well as imported.

A ; Frequently used, B ; sometimes used, C ; Rarely used, D ; Not used as food plant.

Table 2. Area under cultivation of principal food plants in Fiji (cited from CENSUS OF AGRICULTURE 1978, FIJI).

Crops	Area	Crops	Area
Coconuts	66,630 ha	Duruka (<i>Saccharum edule</i>)	66
Sugarcane	54,415	Dalo ni Tana (<i>Xanthosoma</i>)	63
Rice	9,869	Bele (<i>Abelmoschus manihot</i>)	58
Cassava	6,934	Okra	57
Dalo (<i>Colocasia esculenta</i>)	2,874	Chillies	52
Yaqona (<i>Piper methysticum</i>)	2,463	Pawpaw (Papaya)	48
Cowpeas, Mung* ¹ , Urd* ²	877	Cabbage	42
Yams	683	Chinese cabbage	40
Maize	633	Vudi (<i>Musa balbisiana</i>)	39
Cocoa	459	Passionfruit	32
Watermelon	439	<i>Amaranthus</i>	29.5
Beans* ³	394	Pumpkin	23
Pigeon peas	371	Lemon	16
Ground nuts	329	Potato	12
Kumala (Sweet potato)	283	Grapefruit	7
Pineapples	253	Lettus	6
Banana (<i>Musa nana</i>)	182	Gourds* ⁴	5
Sorghum	177	Mandarin	4
Tomato	168	Rourou (Dalo leaves)	2.5
Via (<i>Alocasia & Cyrtosperma</i>)	153	Carrot	2
Eggplant	136	Lime	2
Zinger	123	Macadamia nuts	1
Cucumber	101	Spinach	0.9
Sweet orange	96	Onion	0.5

Mung*¹: Green gram (*Phaseolus aureus*)

Urd*²: Black gram (*Phaseolus mungo*)

Beans*³: Mainly cowpeas harvested in green pods.

Gourds*⁴: Squash, Lauki (*Lagenaria vulgaris*), Loofah, Bittergourd, Snake gourd, Wax gourd, and Choko (*Sechium edule*).

2) Vegetables

Abundant kinds of cucurbits, solanaceous fruits and leguminous crops are due to Indians.

Gourd, *Lagenaria vulgaris*, of cucurbits is frequently used at the Indian's breakfast in Fiji (Fig. 3). The cultivars of gourd used as vegetable were probably introduced into Fiji⁷⁾. However, wild gourds are sometimes observed at the roadside in Fiji. These must be the progenies of those that Seemann saw³⁾. Seemann⁸⁾ also reported "The fruits of vago, or bottlegourd (*Lagenaria vulgaris* Ser.), are readily converted into flasks for holding oil and other fluids, by allowing their pulp to undergo decomposition." The gourd was not used as vegetable by indigenous Fijians presumably.

Young leaves of *Capsicum annuum* are used as spinach.

These cucurbitaceous and solanaceous vegetables are mostly grown in Sigatoka Valley of Viti Island.

Duruka, *Saccharum edule*, is a closely related species of sugarcane, and its unopened flowers are used as a popular vegetable in Fiji, especially among indigenous Fijians (Fig. 4).

Edible root crops or tuber crops such as cassava, dalo (taro, *Colocasia esculenta*), yams (Fig. 5), sweet potato, are the basic foods for Fijians. However, dalo is also much used by Indians (Fig. 6). These crops are frequently used for lovo, a native pit oven, by Fijians. The Fijians distinguish numerous 'varieties' of dalo, and the leaves of one 'variety' are particularly esteemed as a green vegetable called rourou⁷⁾ (Fig. 7). Rourou is usually cooked with coconut oil. The leaf petioles are also cooked and eaten. Dalo ni Tana, *Xanthosoma sagittifolium*, was introduced and most commonly cultivated by Indians. It is often found naturalized along stream banks (Fig. 8). Ginger is frequently used in Fiji, and it became a new export. Dalo and ginger are often grown in the swidden, or burnt field. Wild turmeric is sometimes seen in the mountainous area of Fiji (Fig. 9).

The leaves of bele, *Abelmoschus manihot*, are consumed abundantly, and the taste of the leaves resembles that of okra (Fig. 10). Of the green vegetables in Fiji, rourou, bele, and tubua (*Amaranthus viridis*) may possibly become good summer crops in Japan.

Ferns are also utilized as vegetables, and most of them are used by Fijians. Parham⁶⁾ stated "Leaves of certain species of *Asplenium*, *Athyrium* and many others are used as spinach — and may possibly be good sources of vitamin B. There are over 20 species of edible ferns in Fiji, many of which are in daily use."

3) Fruit trees

Breadfruit is a very important fruit in Fiji (Fig. 11). According to the Census of Agriculture of Fiji 1968¹⁾, there were 177, 686 trees of breadfruit in Fiji. There are also many 'varieties' recognized by the Fijians⁷⁾. In some places, the fruit is still preserved underground for months to make madrai, the Fijian bread⁷⁾. Jackfruit was introduced and naturalized in Fiji, and it is not so important as breadfruit. There were 11, 123 trees of Jackfruit in 1968¹⁾. Its fruit is cooked and eaten as curry⁷⁾.

Avocado pear was probably introduced into Fiji between 1880 and 1886⁷⁾. Big trees of avocado pear are often seen in Viti island.

Ivi, *Inocarpus edulis*, is one of the most common trees in Fiji (Fig. 12). It is often found growing along the banks of streams, and its fruits are sold in the markets. The kernel of the fruit is cooked and eaten by Fijians.

Seville orange was suggested to be indigenous in Fiji by Seemann⁷⁾. Sometimes this is seen in the markets. Shaddock, *Citrus grandis*, is indigenous in Fiji, and it is commonly seen in the forest and along river banks.

Mango was introduced into Fiji very early and it is naturalized. Mango is often found in large groves and also along roads. It is one of the important food plants in Fiji. There are some varieties of mango distinguished by Indians.

Wi, *Spondias dulcis*, is one of the popular fruits in Fiji, and this is grown around both the Fijians and the Indians (Fig. 13).

Dawa, *Pometia pinnata*, bears a large crop of fruit, and great quantities of fruits are consumed in season⁵⁾. The taste of this fruit is somewhat similar to that of litchi.

Ber, *Zizyphus jujuba*, is found near Indian homes.

All of the three *Passiflora* species were introduced and cultivated. In some places, these are naturalized.

Papaya is usually called pawpaw in Fiji, and it is frequently used for food by both Indians and Fijians.

Plantain, or cooking banana, is commonly called vudi by Fijian people, and it is often seen in the markets (Fig. 14). Soaqa, or fay banana, is occasionally found growing wild in the forests and it is sometimes cultivated⁷⁾.

Cycas rumphii is indigenous in Fiji, and its kernels were formerly used to make a kind of bread, 'madrai', by Fijians.

Bryophyllum calycinum is used medicinally by Fijians⁵⁾.

4) Several interesting food plants shown in the Census of Agriculture, Fiji.

Table 2 shows all the food plants reported in the Census of Agriculture 1978, Fiji, and their areas under cultivation²⁾.

Coconuts hold the first rank for area under cultivation in Fiji, but they are frequently interplanted with other crops such as cocoa, bananas, yaqona, dalo, cassava, or yams. Coconuts are mostly grown for copra, but they are also used as food. The water in the fruits makes a refreshing drink under the burning sun. The coconut milk is frequently used for cooking.

Cassava is cultivated more than dalo, though Fijians prefer dalo to cassava (Fig. 15). The reason of cassava cultivating is that cassava is easier to be grown than dalo, and that it is useful when there is not much rain and dalo does not grow well⁴⁾.

Many leguminous crops such as cowpeas, mung, urd, groundnuts, beans, pigeon peas, are mainly grown by Indian farmers.

It appears that watermelon is not so sweet as we can enjoy its taste. Probably it may be eaten as a substitute for water.

Almost all bananas and vudi, cooking banana, are grown by Fijian farmers.

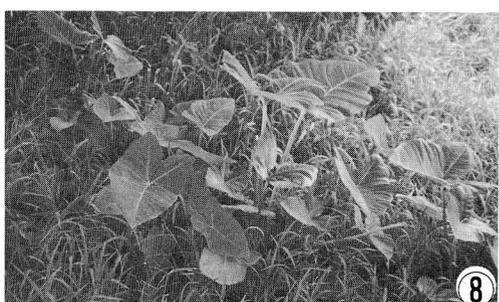
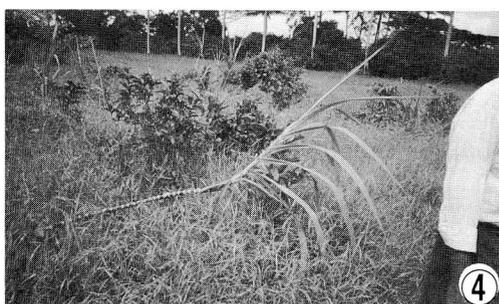
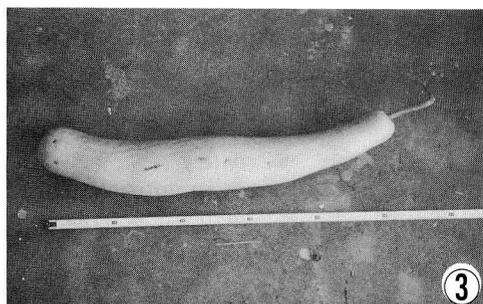


Fig. 1 Harvest of rice by Indian farmers at Navua in Viti Levu.

Fig. 2 Kava growing near Lakha Singh RD. in Viti Levu.

Fig. 3 Gourd at Dreketi in Vanua Levu.

Fig. 4 Duruka at Wainibokasi in Viti Levu.

Fig. 5 *Dioscorea alata* (left) and *D. esculenta* (right) growing at Toga in Viti Levu.

Fig. 6 Dalo at the market of Suva in Viti Levu.

Fig. 7 Rourou at the market of Suva.

Fig. 8 *Xanthosoma* at Toga.

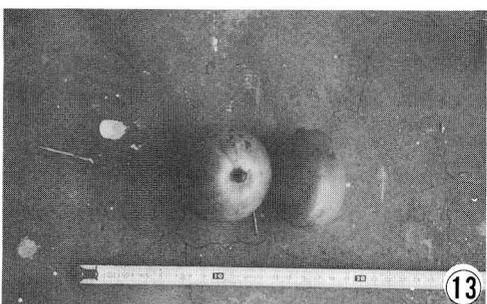
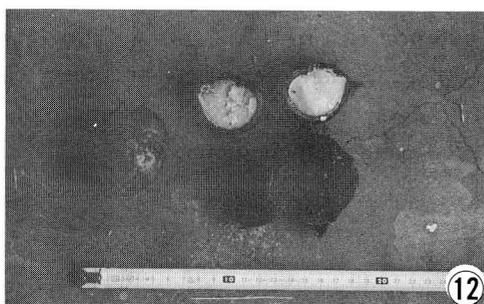


Fig. 9 Wild turmeric at Nayarailaga in Vanua Levu.

Fig. 10 Leaves of bele at the market of Suva.

Fig. 11 Breadfruit at Suva.

Fig. 12 Ivi at the market of Labasa in Vanua Levu.

Fig. 13 Wi at the market of Labasa.

Fig. 14 Vudi at the market of Suva.

Fig. 15 Cassava at the market of Suva.

Fig. 16 *Cyrtosperma* growing at Koronivia Research Station of Agriculture in Viti Levu.

Sorghum is mainly produced as a fodder crop.

A large amount of tomato is produced in Fiji, and the cherrytomato bearing small fruits is also largely grown. Via in the Census of Agriculture is likely to include *Alocasia* and *Cyrtosperma* (Fig. 16).

All the cultivars of egg plant seem to belong to var. *esculentum* Nees which bears bigger fruits than Japanese egg plant.

The area under cultivation of sweet orange includes 77 hectares at the Batiri Citrus Project in Macuata province.

Chinese cabbage is probably grown for the Chinese who account of 0.7 % of the population in Fiji.

It seems that the variety and the yield of food plants in Fiji coincide with the ethnic distribution of the population in Fiji, and that the immigrant people have hardly changed their dietary lives.

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