



# LOCAL FOOD TRENDS

## Pohnpei Recipe Kemelis in Mei Selected Internationally as Recipe of the Month



Mersihpel Moses of the Jireh Take-out holds the dish Kemelis, a Pingelapese recipe, in Pohnpeian it is called Mahi Uter Mwangus. (See recipe on page 2)

The International Centre for Underutilised Crops (ICUC) has selected a Pohnpei recipe, **Kemelís en Mei (Breadfruit Balls)**, to be the Recipe of the Month for April 2008. The ICUC acknowledged the recipe as follows: "Recipe collected by Island Food Community of Pohnpei from Mand Community, Pohnpei, Federated States of Micronesia."

Adelino Lorens, Pohnpei Chief of Agriculture of the Office of Economic Affairs and Chairman of the Island Food Community of Pohnpei (IFCP), pointed out: "We are proud of this. A local recipe recognized in the international community! Congratulations to the community of Mand and others whom have worked closely together to reach this exciting result. A well invested time and efforts that will remain in the minds of many for years to come."

Kiped Albert from Mand points out that the word Kemelis is used by people from Pingelap and that people from Mwoakilloa use a similar wording. Kemelis can be made using breadfruit, taro, banana, and most recently rice.

The recipe was collected as a part of the global health study on traditional foods and health as led by the Centre for Indigenous Peoples' Nutrition and Environment (CINE).

Many thanks to Hannah Jaenicke, ICUC Director, Sushilla Rajamania, ICUC Administrative Officer, Mand Community, CINE, Global Environment Facility Small Grants Program and New Zealand Embassy. The recipe is in the booklet "Women of Mand Share Traditional Recipes," a product of this project and also available at the IFCP training center in the Botanical Garden.

This has been presented at the ICUC website:

[http://www.icuciwmi.org/Recipe\\_of\\_the\\_month/recipe\\_April%202008.htm](http://www.icuciwmi.org/Recipe_of_the_month/recipe_April%202008.htm)



## Island Food Community of Pohnpei Training Center is Opened by Governor John Ehsa

Governor John Ehsa officially opened the Island Food Community of Pohnpei Training Center in the Botanical Garden on 21 May 2008, 11 am, with a good turnout of 44 persons representing communities and a number of government and non-government agencies.

Adelino Lorens, Chairman, gave the welcoming remarks, pointing out that the training center was renovated from the Old Agriculture Garage. The total amount spent for the renovation, furniture and replacement of equipment lost in the

fire was \$37,563.83. He thanked the Pohnpei State Government for the continuous support and allowing IFCP to renovate and use the old garage to facilitate training to more island food producers and users.

He thanked the Embassy of Japan for providing the bulk of the funds and the Australian Embassy, PATS Foundation, Global Greengrants Fund, and Papa Ola Lokahi for their significant contributions. He thanked the Secretariat of the Pacific Community for sharing office space in their former building in the Botanical Garden from 2006 to 2007, and the Englbergers for providing their private home for use as the IFCP office for

two years, from 2004 to 2005. Thanks was also given to H&K Builders for their professional construction work and Capitol Fabricator for the top quality furniture and security grill. Appreciation was given to the IFCP board members and important partners contributing to IFCP coordinated projects.

Adelino stressed the CHEEF benefits of local foods, Culture, Health, Economic, Environment and Food security, expressing these words in Pohnpeian, and asked Dr. Englberger to give remarks on "Local Food and Health." She explained about how the work all started with a banana, (Continued on page 4)

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## Ia Duen Kitail Kak Perehdi Soumwahu en Mohngiong?



Rahn pwukat nan Pohnpei, mie kahpwal en soumwahu sang ni wekideklahn sakatail oh tiahk en mour me karehda mehmebla ni ahr pwolopwul elehiong pahtou laud en peneinei. Eri iet peidek. Dahme karehda?...oh dame kitail konehng wia pwehn katikala kahpwal wet? Kitail kasawih kalelapak pwukat.

### *Dahkot soumwahu en mongiong?*

Soumwahu en mohngiong iei ansou me kisehn uduk en mohngiong ohla de mehnsang pweki eh sohla alehdi oxygen me iei ahng kesempwal me kitail kin esingengkihlong rahn koaros me kesempwal ong doadoahk nan pali waratail. Oxygen kin peidaidolong nan mohngiong nan inta nan selinta me adaniki arteries. E kin kalapw me soumwahu en mohngiong sang ni ponlahn nan selin inta pwukat.

### *Dahme karehda soumwahu en mongiong?*

Ponlahn nan selin inta kan kalap sang ni lalaulahn wih loaloarail. Lalaulahn wih wet adaniki plague. Ekei aramas karasahiong lalaulahn wih wet duehte paspenehn samin nan paip me kin karampwa pwilipwil en pihl.

### *Ia duen atail pahn kak ese kitail ahnekiehr soumwahu en mohngiong?*

Medek rasehng mwasik nan mohngiong de medek dokodok nan mwaremware de kehk, ekei pak medek dauredi pohn peh, pwopwe, tepin war oh tihh owe, ekei ansou mwopw, kak iangakhki pwudo kereker, de men mwus.

### *Dahme komwi konehng wia ma komwi lelehr soumwahu en mohngiong?*

Karuaru eker sidohsahn imwen wini (ambulance). Ieremen awih!

### *Ia duen atail pahn pereh soumwahu en mohngiong?*

Soumwahu en mohngiong kin lel aramas ni karuaru ahpw tapi sounpar ngeder samwalahr. Met kak sang simwoak, sued en kisin tungoal, inta laud, souitar en mwekid, pwunod, kamam sakau oh sohsohki pwehki peneinei.

Kataman iren kaweid pwukat. Dehr simwoak oh sakau.

Tuhong toahkte.

Kaunopda kisin tungoal me mwahu ong paliwar.

Ahneki popohl.

Kamwakid paliwaratail.

Sakan de tungoale me mwahu, sohte kirih, suke oh soahl laud.

Dehr pirain.

Kesempwaliki ahnsou ohng peneinei oh kompoakpahn kan.

*Grow and eat your own local food to help avoid heart attack!!*

## Recipe

### Kemelis in Mei (Breadfruit Balls)

#### Ingredients:

3-5 breadfruit (smooth-skinned varieties such as *Meiuhpw*, *Meiniwe*, and *Meikalak* are recommended)  
3-4 coconuts, grated

#### Method:

1. Wash, peel, core and cut breadfruit into pieces.
2. Boil breadfruit in water.
3. Remove a portion of the breadfruit and mash while still hot. The remaining breadfruit should be left cooking on low heat.
4. Roll in freshly grated coconut to the breadfruit.
5. Shape balls about 2-3 inches in diameter.

Note: Salt or sugar may be added to coconut, but add sparingly as salt and sugar are not good for the health.

## Dried Banana and Grated Taro for Home and Business Use

Thanks to the help of Dr. Conrad Perera, exciting work on drying and preserving local foods is being carried out in Mand Community, Madolenihmw, as led by Mr. Kiped Albert, of Pohnpei Agriculture of the Office of Economic Affairs.

A workshop was held in the Mand Community Hall on 2 April 2008, with 42 participants. Ripe banana slices and grated giant swamp taro (mwahng) were prepared and placed in a solar dryer that was built locally by Capitol Fabricators (see photo). The grated taro was placed on a banana leaf as this works best for drying (better than using a metal pan). In addition to the solar dryer, a charcoal dryer, was used for night-time drying and rainy days.

Some thought that the bananas had been fried, but Mr. Albert said, "No, these bananas are not fried. They are dried. We have to get away from frying, which is not healthy."

The dried bananas are tasty snacks for children and the whole family. They are healthy and are from local foods. **They have no unhealthy ingredients added, such as fat, salt or sugar.**

### Dried Ripe Banana Slices

1. Select ripe raw eating bananas, preferably *Daiwang*, *Utin Pihsi*, and *Kai-mana* (some varieties of banana give an itchy sensation, such as *Utimwas* and *Utin Iap* and should be cooked).
2. If the fruits are small, slice in half. If fruits are large, slice into more pieces.
3. Place on the solar dryer in the sun early in the morning on sunny days. Rotate dryer to keep in full sun. If it is rainy and little sun, place in charcoal dryer so that it can start drying right away. If the pieces are in the dryer without sun or charcoal drying, they will spoil.



*Enjoy as a snack!!*



## Let's Go Local High School Club Teaches on Healthy Island Foods

How exciting to see high school students motivated to teach about island foods! On 21 September 2007, twenty-seven Let's Go Local High School Club members from two high schools (PICS and Seventh Day Adventist) went to two elementary schools, Ohmine and Kolonia, to share the Yellow Varieties message, as dressed in their yellow t-shirts.

They taught Class 5 and other students, with Gailliard Eliou (President) leading the arrangements. John Ryan led the class in Ohmine (see the photo) assisted by his fellow club members. Other club members helping in this and past events include: Ryan Yamada (Vice-President), Saxona Hedgar (Secretary), Marvin Obispo, Miyuki Paul, Jeffrey Bonaparte, Relihna Lohn, Sanolyn Rettin, Amy Albert, Nick Santiago, Miuveen Diana, Barry Penias, Nordel Ehpiel, Jeffrey John, Midion Neth Jr. and Norma Lohn.

Some of the messages that the students shared with the primary school children were:

- Health is related to what we eat.
  - Imported foods (e.g. rice) often provide poor nutrient content, leading to health problems.
  - There are many varieties of local bananas and other local food.
  - Yellow-fleshed banana varieties (like *Utin Iap*, *Utimwas*, *Karat*, *Mangat*, and *Ihpali*) contain greater amounts of provitamin A carotenoids than white-fleshed varieties.
  - Yellow-fleshed giant swamp taro (mwahng) varieties also contain rich concentrations of provitamin A carotenoids. These protect against cancer, heart disease and diabetes, and are turned into vitamin A in the body, alleviating vitamin A deficiency disorders (protecting against infection) and strengthening the blood.
  - Even white-fleshed banana varieties contain some carotenoids but rice contains none.
  - Carotenoids in cooked foods are not destroyed (bioavailability generally improves by cooking); this is different from vitamin C, which is destroyed by cooking.
  - Carotenoids develop with ripeness (green bananas contain low levels).
  - Bananas are rich in tryptophan, which turns into the mood-enhancer serotonin, giving a happy feeling. ...so ... **BE HAPPY, EAT A BANANA!**
- Local foods also provide food security, economic, environmental, and cultural benefits.



*John Ryan, member of the Let's Go Local High School Club, teaches Ohmine Elementary School students about the Yellow Varieties Message and benefits of local island foods.*

Gailliard Eliou assisted in arranging for the yellow t-shirts, as printed by Pohnpei Arts and Crafts, with yellow symbolic of carotenoids, which are characterized by yellow and orange coloration. Thanks are given to Robina Anson and the Pohnpei Diabetes Program and to the Global Environmental Facility (GEF) Small Grants Program for their support, to the four schools involved, and to Kun Isaac, Department of Education, assisting in arrangements for the release of the high school students for the event.

## *Ieiaski Peihn Sakatail!!*

### Highly Valued Aspwerik Pandanus of Pingelap is at the Pilot Farm

A collection of 14 pandanus varieties, collected mainly from Mwoakilloa and Pingelap, has been established at the Pilot Farm in Pohlengas, including a highly valued variety known as Aspwerik by Pingelapese. It is now bearing fruit, as shown in the photo.

The Pingelapese-named Aspwerik is one of the 13 pandanus varieties documented in a visit to Pingelap in 2007, which included documentation and collection of planting material of giant swamp taro and pandanus. Aspwerik is known as the best variety for its pulp. Information on recipes and planting material can be obtained from Pohnpei Agriculture or IFCP.

This is a collaborative project of Pohnpei Agriculture of the Office of Economic Affairs and the Island Food Community of Pohnpei, as started in 2003. In addition to the pandanus collection, there are two collections of over 60 giant swamp taro and 25 banana varieties.



Aspwerik pandanus variety at the Pilot Farm



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## IFCP Opening *continued*

Karat, and pointed out a Karat brought for the occasion, and how it and other local foods have been analyzed in laboratories, in Hawaii, mainland USA, Switzerland, Fiji, and Australia, all confirming their rich nutrient content and health benefits.

Also she pointed out that bananas have a mood-enhancing substance, and encouraged people to "BE HAPPY, EAT A BANANA!"

Governor Ehsa in his remarks explained that some years ago he noticed an article in the local Kaselehlie Press newspaper about the analyses of the local foods and said, "This really got my interest!" Governor Ehsa also shared about his plans for a school lunch program based on local foods and how this could have a major impact on promoting local foods in Pohnpei.

He later presented IFCP with a Certificate of Recognition from the Office of the Governor, State of Pohnpei, with these words: "This is to recognize and congratulate the Island Food Community of Pohnpei on the opening of its training center on May 21, 2008, for promoting local foods for their many benefits. (Signed) Governor John Ehsa."

The event also included a tour of the center, local food lunch, display of solar dryer for local foods and demonstration of the energy-efficient charcoal oven, where foods can be conveniently cooked in a healthy way for delicious dishes.

## Colorful New Poster Presents Findings on 11 Pohnpei Pandanus Varieties



The Island Food Community of Pohnpei (IFCP) is happy to share with KP readers the news of its colorful new poster titled "Pohnpei Pandanus (Kipar, Deipw en Pohnpei, Heleheu): Carotenoid-rich Varieties". Copies of this full-size laminated poster are available at Pohnpei Agriculture, Pohnpei Cancer Program, Pohnpei Public Health and IFCP.

Photographs and nutrient content of nine varieties of pandanus from Mwoakilloa and two varieties from Kapin-gamarangi are presented, along with the message that these carotenoid-rich foods can help protect against cancer, heart disease, and diabetes.