



LOCAL FOOD TRENDS

Community Celebrates Renovation of Island Food Multipurpose Building

IFCP Newsletter

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Excitement and touching moments highlighted the handing over ceremony of the newly renovated multipurpose building of the Island Food Community of Pohnpei (IFCP) on June 17, 2009.

Over 70 people attended the occasion, with Pohnpei State Governor John Ehsa and Ambassador of Japan Shoji Sato providing official remarks.

IFCP Adelino Lorens welcomed all and explained that the building belongs to the Pohnpei State Government and had previously been a garage but this had become very run-down. The old rusty roof of the of the workshop area has now been repaired and the extension room was renovated with the grants provided by the Gov-

ernment of Japan Grass-roots Human Security Project. The Capitol Fabricators, Inc. did the excellent contracting work.

Governor Ehsa spoke about the school lunch program to be initiated in the next school term and its inclusion of local foods. He praised the work of IFCP and encouraged Dr. Lois Englberger and supporters to keep it up.

Ambassador Sato amazed the crowd as he presented his words in fluent Pohnpeian. He made a reference to the high rate of obesity and diabetes in Pohnpei and all of FSM and agreed to IFCP's principle that "the healthy diet is crucial for the active human life, and island foods are ideal for all island people to spend less money and to eat healthier." He referred to collaborative work between IFCP and Japanese colleagues, including a workshop on "Fish Consumption Promotion."

Nine members of the Let's Go Local PICS High School Club sang the Let's Go Local song, with guitar accompaniment. The composer of the song, Mr. Gibson Santos, was acknowledged. On this day he also presented as a gift to IFCP a beautiful wooden bowl, hand-carved from Terminalia. Following the ceremonies was a local food lunch.. Warm thanks are extended to the Japan Embassy for the renovation support and Sight and Life for other costs of the event.

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Pohnpei Bananas Found Rich in Resistant Starch with Related Health Benefits

A study by Jessica Thakorlal, University of Auckland, New Zealand, under the supervision of Professor Conrad Perera, in collaboration with IFCP, has shown that five varieties of Pohnpei bananas in the mature green stage contain varying amounts of resistant starch, which has important health benefits. Of the varieties analyzed, Utin Kerenis, Inahsio, and Utin Ruk contained the highest levels of resistant starch, but Karat and Daiwang also contained somewhat less.

Recent research has indicated that resistant starch functions as fiber; which is the fraction in the food that one eats that is not digested. Fiber is known to help protect against diabe-

tes, and to help against sharp sudden rises in blood glucose.

Past research has shown that green, not ripe, bananas are rich in resistant starch. Dr. Perera facilitated a small-scale food processing workshop in Pohnpei in 2007, and at that time offered to assist in a study looking at the question of whether different Pohnpei banana varieties might contain different levels of resistant starch. One way of preserving bananas and providing a variety of new food products is by drying slices of green banana and grinding these slices to prepare flour. Pancakes made from banana flour are quite tasty, and are one of the food products that Dr. Perera demonstrated in



Mersihpel Moses of the Jireh Take-out holds the dish Kemelis, a Pingelapese recipe, in

Pohnpei in 2007. Adelino Lorens, Chief of Pohnpei Agriculture of the Office of Economic Affairs, and Chairman of IFCP, and his wife Palerina Lorens carried out the sample collection, preparation and drying. Adelino pointed out that this shows further benefits of the Pohnpei bananas. Thanks are extended to all.



'Going Yellow' DVD, Karat stickers, banana pens and pencils now available!!
320-3259



LOCAL FOOD TRENDS

Yummy Yam Kehp en Dolen Pohnpei



Recipe

Mehn dol kan:

Kihong pahiou kep in kehpe me lopidi pisetik
 Emen malek en Pohnpei de (Sali teikan)
 Elepin tsp. en salt
 Ehu kep in spinach
 Riau tehn sincer
 Kihong riau then pele me lekeddi pisetik
 Elip in gourd ma mie anahnepe
 Kihong ehu kep in piahia
 Kihong elep in Pohnpei pepper

Wiepen omwi pahn wiahda kisin tungoal wet:

kihsang kilin kehpe oh lekehdi pisetik
 dolepene malek oh kehpe
 kihong dolepehkan, ieremen mahs kihong pilen piahia
 kihong minit siluh pwe en ka ekis kuk, kowe eri kihong piahia
 pwe en kak iou.

Ingredients:

4 cups of chopped yam (kehpe en dol en Pohnpei)
 1 local chicken (fish can also be used or other meat)
 1/2 tsp. salt
 1 cup spinach
 2 ginger leaves
 2 thinly cut pele leaves
 1/2 cup bottle gourd (optional)
 1 cup coconut milk
 1/2 cup Pohnpei pepper

Methods:

Peel off yam skin and chop yam into small pieces.
 Cook chicken and yam together.
 Add the rest of the ingredients except coconut milk.
 Let them cook for a short time and then add coconut cream.

Japanese Team Presents on the Health Values of Fish

A training on the Health Values of Fish was held September 2, 2008, at the Island Food Community of Pohnpei (IFCP) Training Center as facilitated by a Japanese team coordinated by the Embassy of Japan, Dr. Suzuki from the Tuna Commission and Mr. Sakonju from the Overseas Fishery Cooperation Foundation of Japan, and supported by IFCP.

Over 25 participants attended, including a representation from U and Mand communities and government and non-government groups.

Dr. Suzuki explained about how fish consumption contains many healthy nutrients including omega-3 fatty acids and is a factor in contributing to the long lives that people have in Japan. He pointed out that we need to remember to not eat too much and presented the Japanese estimate of eating about 80% of what we might want to eat, which brought a lot of laughs. He stressed three benefits obtained from eating more fish:

1. High fish consumption tends to lead to longer lives (see example of Japanese and others).
2. Health values of fish: Low calories, high protein, low fat but healthy fat (i.e. omega-3 fatty acids)
3. Balanced diet with low calories: Japanese and Micronesian traditional diets are good examples.

Dr. Suzuki referred to the important health benefits of omega-3 fatty acids in fish, which include docosahexanoic acid (DHA) and eicosapentaenoic acid (EPA). He reported that these substances have been found to help maintain healthy blood vessels, good blood circulation, and a healthy nervous system, and may help to protect against Alzheimer's disease and diabetes.

Mr. Sakonju presented a quiz (see below) on the health benefits of eating fish. Also, the Japanese team presented three fish recipes for participants to try, including sashimi from grouper, which participants liked. The session concluded with a local food lunch and several fish dishes.



*The participants at the Health Values of Fish seminar held at IFCP Training Center happily learn about the benefits of eating fish as facilitated by a Japanese team: Dr. Suzuki (back row, 3rd from left), Mr. Sakonju (front row, far left) and Ms. Asada (front row, 2nd left)
Photo by Luciano Mathias*

Fish Quiz ~See what you know!~

- T or F 1. Fish is high in cholesterol.
 T or F 2. Fish is a good source of protein.
 T or F 3. We can eat all kinds of fish.
 T or F 4. Including fish in your diet is good for your health.
 T or F 5. Fish bones can supply calcium that helps the formation of your bones.
 T or F 6. Fish oils have more saturated fatty acids that are not beneficial in keeping down the level of cholesterol in the blood.
 T or F 7. Fish can make you fat if you eat too much.
 T or F 8. All fish species taste the same.
 T or F 9. Some fish eggs can be eaten.
 T or F 10. Canned fish is not nutritious because it is precooked.
 (Answers: 1-F, 2-T, 3-F, 4-T, 5-T, 6-F, 7-T, 8-F, 9-T, 10-F)



Pohnpei's cookin' with charcoal ovens!

On Saturday, January 24, 2008, an educational workshop was held at Capital Fabricators in Nanpohnmal, sponsored by the IFCP, regarding the use of charcoal cooking ovens. Ten participants learned about the charcoal ovens that Capital Fabricators & Trading Co. builds for IFCP through a project supported by the Global Greengrants Fund (GGF) and Global Environment Fund (GEF) Small Grants Program. The draw of these ovens is that they provide an easy, environmentally friendly, healthy and cost-saving way to cook food. It is environmentally friendly because the oven releases less carbon emission into the environment when compared to open air fires. It is also a healthy cooking option as opposed to the more common method of frying food. Finally, it saves money as you do not need to purchase kerosene or use cash power to cook.

The training seminar discussed the dynamics of the oven and the importance of using it for healthy cooking. Bing Bardelas of Capital Fabricators gave a demonstration of how to use the oven. You can cook almost any food in this oven. The cooking time for marinated chicken is about one hour. The chicken Bing used in his demonstration had a nice smoky taste to it. Bing pointed out that the oven should be cleaned about every second use, in order to avoid a build-up of fats on the walls of the oven. This maintenance is similar to the use of electric ovens.

Your fuel can be either store bought charcoal, home-made charcoal from hard wood, or coconut shells. You place the charcoal or coconut shells in a metal tray, and this is put on the bottom of the oven. There are two height-adjustable shelves in the oven. You can prepare two different dishes at the same time. However, be aware that should they require different cooking times, you will need to check frequently so that one does not overcook.

The ovens are approximately three feet tall, two feet deep, and two feet wide. They are made from a fire-resistant and termite-proof material. All of the materials can be purchased here in Pohnpei. Warm thanks to GGF and GEF!



Robert Andreas here points to the energy-efficient charcoal oven. Alpret Bernardo looks on, holding a fish to be baked. This oven uses charcoal from coconut shells and hard wood. The oven is energy-efficient compared to open fire cooking, offers a healthy way of cooking (baking has advantages over frying), is convenient (compared to the traditional way of making an umhw, or earth oven), and is money-saving.

Pohnpei, Chuuk and Yap assess impact of rising food and fuel prices

We are happy to share with you about the data collection in Pohnpei, Chuuk and Yap of the Federated States of Micronesia (FSM) on impact of the rising food and fuel prices, and AusAID/Asian Development Bank (ADB) Initiative and NZAID/UNICEF Partnership. This project is to help identify vulnerable groups and plan activities and projects that might help mitigate problems arising from the high prices. In each of the four States of the Federated States of Micronesia, communities are being selected on the basis of access to services and possible hardships. These included:

Pohnpei: Salapwuk, Kapingamarangi, and Mand: in total 84 households in the 4-day pilot study period

Chuuk: Romanum, Fefan, and Weno: in total 45 households surveyed on three separate islands in a 2-day period

Yap: Gitam, Gargey, and Ru/Daboch: in total 30 households surveyed on Yap Proper in a 1-day period

One outcome of the workshops and surveys is that there is interest in further discussion of the problems related to food and fuel prices, and how help may be extended to those groups of people who have difficulty coping with their present plights. One workshop participant pointed out that with cooperative efforts there is sincere hope for improving conditions. Survey participants expressed particular concern about alcohol abuse, and issues related to the outer islands with sea surges and damage to taro patches due to sea water intrusion. A positive finding is that many families are turning back to more local foods, which will have positive impacts for health. Thanks are extended to ADB, AusAID, NZAID and UNICEF, and local agencies and communities involved.



Pohnpei



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Governor John Ehsa and students from Nett Elementary School who were awarded for 2008 World Food Day Essay Competition, on the World Food Day, November 14, 2008.

Photo by Eugene Augustine

Godaro Lorrin and Jacelynn Peniknos, 2008 World Food Day Crop Competition of Banana Varieties.



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IFCP summer team: (from left, back) Kaleigh, Alyssa, Kathay, Dr. Englberger, McKean, Maylance, Kim, Mary (front) Sueko, Lymer, Arelene

IFCP New Song presents the FIVE benefits!

The "CHEEF" Song

The Five Benefits
(Composed by : McKean Allen Peter)

We the members of IFCP
We've got something you should know
It's the five benefits of local food
And that's what we're here to show

"C" stands for Culture
"H" stands for Health
"E" stands for Environment
The other "E" stands for Economy
The "F" stands for Food Security

So listen up, don't eat rice!
It has no beta-carotene
So grow and eat local food
Maintain the five benefits

Learn the "Let's Go Local" Song!

Go Local Song

"Let's Go Local"
(Composed by: Gibson Santos)

Let's go local
Let's grow local
Let's eat local
Let's stay local

Vitamin A good for eye sight
No heart problems, diabetes

Let's go local
Let's grow local
Let's eat local
Let's stay local

Yellow varieties come from local
Karat banana and many others more