

LOCAL FOOD TRENDS

World Food Day 2004

By Dr. Lois Englberger

Over 500 people gathered Friday, October 15th at the Spanish Wall to celebrate World Food Day along with a diversity of local food crops, an amazing display of gigantic yams, and presentations of the Art, Essay, and Healthy Cooking Competitions, following the theme: Island Foods: Grow and Eat Yellow Varieties for Health and Wealth.

The event was organized by the World Food Day Committee and Island Food Community of Pohnpei, with Pohnpei Agriculture of Economic Affairs, College of Micronesia-FSM, Departments of Education and Health, HeadStart, Attorney General's Office, and CSP.

Over \$4500 of prize money was presented to farmers, competing in 50 categories with 288 entries and displaying 17 varieties of bananas, including yellow-fleshed varieties having great health benefits: Karat, Mangat, Ihpali, Kudud, Karat en lap, and Utin lap, just to name a few. The high value of these yellow-fleshed varieties was emphasized by the high prizes (\$50, \$40, and \$30 for first, second, and third prizes compared to \$15, \$10, and \$5 for the corresponding prizes for the common varieties (Utin Ruk, Utin Menihle, and Inahsio). Participants in the five categories of yellow-fleshed giant swamp taro varieties competed for the same high prizes as the carotenoid-rich banana varieties.



Local Food Crops Display at the Spanish Wall in Kolonia for Pohnpei World Food Day 2004 (Photo by Luciano Mathias)

Emeren Moses and Moses Edgar pulled in the highest prizes of the Fair, \$245 each, as their whopper single vine, (oahnoapwoat) 245-pound Khep en Peniou yams tied for 1st Prize. The Yam Prizes were awarded by weight, at \$1/pound. Kesia Paulino with her 220-pounder and Welson Peter with his 170-pounder won 2nd and 3rd Prize (\$220 and \$170). Welson Peter and Leon Sizumu tied for 1st with their Khep en Dol en Wai yams, weighing 154 and 155 pounds, Emeren Manasa was 2nd with a 150-pounder and Lumy Gilemente came in 3rd with a 145-pounder. Kesia Paulino won the Master Exhibitor award, taking over \$500 worth of prizes in categories from Karat Pako, Mangat, Inahsio, Mwahng Pwiliet, papaya, karertik, coconut, bele, squash, pumpkin, and Chinese cabbage.

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IFCP Newsletter

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Learn more about Bananas - buy the Pohnpei Bananas Book!



Check out the new IFCP 2005 calendars on Pohnpei bananas and Mokilese pandanus. Now available for sale at local shops.

Call Adelino Lorens or Amy Levendusky at 320-2400 for more information.

Karat's International Recognition

By Dr. Lois Englberger

The research on Karat banana in Pohnpei was presented at the *First International Banana Congress* in Penang, Malaysia, July 6-8, 2004. After this conference, many press releases, scientific magazines and newspaper articles worldwide displayed the breakthrough information on the high nutrient content of Karat and its abundant health and nutritional values. This included articles in the New Scien-

tist magazine, the Guardian National Newspaper of the UK, the Hindustan Times, Die Welt of Germany, and many others. One article was also written in Chinese language with just the Karat photo that was recognizable to someone not Chinese reading Chinese.

This "Karat-mania" is catching on slowly but surely within the inter-

national community. But there is still more work to be done on Karat on Pohnpei. Local banana expert Mark Kostka says that some say there are five kinds of Karat, which needs to be verified.





Adelino Lorens
Chairman



Bill Raynor
Vice-Chairman



Dr. Lois Englberger
Secretary/Treasurer

IFCP OFFICERS & MEMBERS

During its foundation meeting, held on October 16, 2003, the IFCP discussed the draft Charter and the By-Laws. Later, IFCP elected its officers as follows:

Chairman.....Adelino Lorens
Vice.....Bill Raynor
Sec/Treasurer... Lois Englberger

Members include: Penny Weibacher, Robert Andreas, Dr. Eliuel Pretrick, Mary Gallen, Wehns Billen, Ellen Ehsa, Amy Levendusky, Willy Kostka, Tino Donre, Herman Semes Jr., Catherine Sundvall, Bernolina Hedson, Anna Santos, Welsiher Hagilmai, Olivier Wortel, Yumiko Paul, Mark Kostka, Rufino Mauricio, Eliaser Johnson, and Uta Krause, Dona Sogoroma, Jim Currie, Jackson Phillip.

Recipe

DAIWANG BANANA PANCAKES (Basic mix)

3 cups	flour
1 or 2 cups	ripe Daiwang banana
3 teaspoons	baking powder
3 tablespoons	sugar, if desired
2 cups	water, or as needed
1-3 tablespoons	oil for frying



1. Mix flour, baking powder and sugar together.
2. Add water to the flour mixture and mix well.
3. Mash banana and mix into the flour and water mixture.
4. Coat the frying pan with enough oil for lightly frying.
5. Add a few spoonfuls of batter and fry, one side at a time.
6. Serve (*butter and syrup are optional, but not recommended for people with heart diseases and/or diabetes.*)

IFCP PLAN OF ACTION

"...desires to learn more of such local food from the past, how they were prepared, preserved and the folklores, superstitions surrounding such foods."

During its 1st retreat at the Seabreeze Hotel, April 24, 2004, IFCP members identified and listed a number of tasks and activities which the committee would undertake during its initial period. The first and foremost task was to organize the committee, create its Board of Directors, create its logo and stationery, designate an office location and hire a CEO to man the office and execute the IFCP's programs.

Additionally, the IFCP would

publish the Pohnpei Banana Book, recruit more members and continue researching and cataloguing locally grown foods on the island.

Members expressed their desires to learn more about local food in the past, how they were prepared, preserved and the folklores, superstitions surrounding such foods. Resident archeologist, Dr. Rufino Mauricio could lead such research to identify those food crops and find out how the people in the past pre-

pared and preserved them.

Members expressed the need to set up a repository of documentaries and research dealing with local food crops and protein sources as well. Accordingly,



World Food Day 2004 By Dr. Lois Englberger (article continued)

Adelino Lorens, Pohnpei Chief of Agriculture/Chairman of the Island Food Community of Pohnpei, presided as Master of Ceremonies. He stated that this was the first state Agricultural Fair in many years and that the event attracted great attention, particularly the great size of the yams, despite the yam disease. He added, "The event was a success in showing the local food crops. Farmers are now already planning for next year!"

During the official program the keynote speaker, Iso Salvador Iriarte strongly encouraged people to produce and eat local foods, pointing out that despite people's thinking that ice cream is good for the sick, he knows that it can make a person sick. Elementary students Consuela Abraham from Saladak, and Janice Kapriel from Seinwar, read their winning essays and winning art entries were displayed, from HeadStart to 8th grade.

The Cooking Competition section was a flurry of activities, with 12 participants and 20 entries. The COM-FSM Pohnpei Campus Hotel Restaurant

Management students made a sweep of prizes in the restaurant category, displaying beautifully presented Pandanus Muffin Delights, Taiwang Banana Bread, Karat Banana Sorbet, and Mangrove Crab Swamp Taro Volcanoes. Pelihda Walter, Yunis Hedgar, Delse Ernest, and Mer-

Abraham won 1st Prizes respectively in the Karat, Taiwang, Giant Swamp Taro, and Local Food Open categories.

Funding support was provided by the Centers for Disease Control and Prevention, United Nations Children's Fund, Sight and Life, Australian Embassy, Secretariat of the Pacific Community, Pacific Agricultural Plant Genetic Resources Network, and the Pacific German Regional Forestry Program.



DRAFT

ISLAND FOOD COMMUNITY OF POHNPEI
Kolonia, Pohnpei
Federated States of Micronesia

A Draft Resolution

A resolution to adopt the banana known as *Karat* in Pohnpeian to be the official state banana and other purposes.

WHEREAS, scientific research has been conducted in Pohnpei State, Federated States of Micronesia since the year 1998 to catalogue and study the nutrient contents, value and types of bananas grown on the island; and,

WHEREAS, such study had revealed the banana popularly called *Karat* in Pohnpei to have contained high source of provitamin A carotenoids and other essential nutrients that are important for human growth and protective health; and,

WHEREAS, the banana *Karat* was historically used in Pohnpei in the past as a weaning food for the infants and traditional offering to the high chiefs; and,

WHEREAS, after determination of its great values, Pohnpei Agriculture, with the assistance of a Dr. Lois Englberger, launched a campaign effort for the revitalization of the *Karat* on the island for human consumption and commerce; and,

WHEREAS, the *Island Food Community of Pohnpei* was established solely for the purposes of promoting nutritionally valuable island foods, as *Karat* and other fruits including root and leafy crops essential for protecting and promoting the growth of the people of Pohnpei; and **NOW THEREFORE**

BE IT RESOLVED BY THE ISLAND FOOD COMMUNITY OF POHNPEI that the banana *Karat* be known as the state banana of Pohnpei; and

BE IT FURTHER RESOLVED THAT copies of the resolution be transmitted to the Governor of the State of Pohnpei for its further transmittal to the State Legislature for its appropriate action, and additional copies be transmitted to the appropriate departments and agencies of the State and National governments for their review.



*Majestic & proud, and nobly
the State Banana of Pohnpei.
KARAT*



LOCAL FOOD TRENDS

This is an official publication of the Island Food Community of Pohnpei.

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Affix stamps
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Promoting healthy home-grown foods on the island of Pohnpei.

IFCP

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Bill RaynorVice-Chairman
Dr. Lois EnglbergerSecretary/Treasurer

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Dr. Eliuel Pretrick, Penny Weillbacher, Ellen Ehsa, Jane Gallen, Robert Andreas, Dr. Rufino Mauricio, and Wehns Billen.

IFCP FOOD TRENDS Newsletter

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FOOD PROCESSING IN POHNPEI

Dr. Lois Englberger

Over 100 participants, including leaders, private sector members, farmers, housewives, and technical staff joined in the small-scale food processing workshop October 4-8, supported by IFCP, Pohnpei State Government and certain local counterpart organizations.

The purpose of the workshop was to encourage increased use of locally grown crops and to develop food products that can be preserved and marketed, and to increase consumption of healthy local foods.

The trainer Dr. Richard Beyer, food scientist based in Fiji, emphasized that concepts of Product Development, Idea Generation, Food Hygiene, Food Spoilage, Food Preservation, and Business Management are essential. He summarized these topics at the Orientation held at the Seabreeze Hotel, providing more details at the following days held at the Catholic Mission, where participants used locally grown foods and developed their own array of

processed foods.

The crops used included: banana, (including *Karat* and the yellow-fleshed carotenoid-rich varieties having important health benefits), yam, taro, breadfruit, chestnut (*mworopw*), sweet potato, pineapple, papaya, *karartek*, star apple (*ansu*), pandanus, coconut, cucumber, chilli, pumpkin, and guava. Some of the food products produced included fruits in syrup, jams chutney, chips, pickles, sauces, and vinegar.

The participants were amazed at the food products that they could make using food crops that they had available. One said he is now going to use his guava to make jam. In the past he threw them away because he did not know what to do with them.

The workshop was supported by the Centers for Disease Control and Prevention (CDC), United Nations Children's Fund (UNICEF), and Sight and Life.

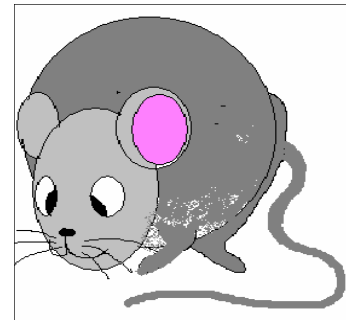
THE MENACE IN THE GARDEN...

Yumiko Paul - Health Editor

For Walt Disney and his multi-billion dollar entertainment estates, the mouse signifies wealth and good fortune. It is also true with MGM's *Tom & Jerry*, but for Pohnpeians, it is a total menace. It feeds on practically anything that grows in the garden or is stashed away in the kitchen or garbage cans.

Someone says it's a mouse when it is small and then it grows into a big rat, but despite all beliefs, they are both devastating to the farmers' crops and households. Yes, they do not only attack farmers, but everyone on the island.

There are possibly more rats and mice on the island than people and they can also be found at the hospital, government offices, restaurants, big stores, warehouses, schools, churches and even at the national government buildings, to name just a few. They came to the islands years ago aboard those merchant vessels that crisscrossed the Pacific Ocean on their trade routes through Micronesia to Guam



The Menace

and to the Southeastern Asia.

EPA has thrown in the towel and, in despair, claimed the island rats as TNTC (too numerous to count), and most effective rat killers have been banned internationally. To keep one's household rat-free though, one must keep leftover food safely tucked away in the cupboards or refrigerators and use safe rat killers or traps in the ceilings and at safe locations beneath the sinks in the kitchen and bathrooms. Clean all kitchen plates and utensils after each meal and do not leave dirty plates and utensils in the sink overnight. Call EPA for more information on how to keep the menaces off your home and foods.