

TE NAMBERE

Arana n kabuta: *Abelmoschus manihot* (Malvaceae)

Location specific common names: te nambere (Kiribati), bele (Tuvalu), nambelle, slippery cabbage (Pidgin: sliperi kabis, Solomon Islands), aibika (Papua New Guinea), pele, Pacific cabbage, edible hibiscus, hibiscus manihot, neka

Kabwarabwaraana ma aron kinaakina: Baan te nambere e rawata rinanna man ae mronron kanga te raurau nakon ae irariki man waiananau. Baana ma kain baana, n angiin te tai a kamwaaki ma a bon kona naba n kanaki n aki kamwaaki. Baana ake a ikawai, a raoiri riki ngkana a kabuaneaki, a kaburoaki, baniaki ke n umunaki. E rang raoiroi ibukin kanaia ataei ake a tibwa moan amwarake ngkana e kaburoaki ao man renganaki (mashed) ma te bukinikai n aron te kumala. Ngkana ko kaburoa am nambere ao ko riai n kabongana ti teutana te ran ngkai iai bwaa iaka a bongana (minerals) inanona n aron potassium, magnesium, zinc, iron ao ai te calcium aika a kai bua ngkana e mwaiti te ran. Ko kona n nima ranna bwa am tuubu (soup). Baan te nambere n ikotaki ma baan kai riki tabeua, a kantaningaaki bwa ko na kanna ma te raniben, n te aro are ena ibuobuoki iai te raniben ni kabirimwaaka onean ma karekean te vitamin A are inanon te nambere.

Kabonganakina bwa te bwai n aoraki: N aaba tabeua n te aono n atia ma te betebeke ao a kakabongana te nambere ibukin aoraki aika te colds, te maraki n buua, te maraki n biroto, te bekanako, te tioka, ao ibukin buokan te rii ma karawataan te ran ni mmamma.

Tatauraoina: Te aroka ae te nambere e kona n maiu n akea ana kangaanga n taabo aika a kabuehue n aron abara aei.

Aron unikakina: Te nambere e kona n unikaki man te kora/ati ao man te korokoro naba ke man mwangana/kaina. Aroka ake a kabwebweaki man te koraa a birimeere ni kabotauaki ma ake a kabwebweaki man mwangana. E rang kai maiu ngkana e bon kamwarakeaki raoi (kamkamka) ao man teetebokaki. E maiuraoi iaan te riringa ao teutana te nuu, ma bon akea naba ana kangaanga ngkana e mena iaan te nuu. Te mulching e rang kaungaaki ibukin tauan te mwaimwai ao totokoan te uteute nako oin te aroka. Ibukin totokoan te mka nako boton te nambere ao e riai aki katenaan te mulch ma oin te aroka. Te tirimwaanga ae rimarenantai ena kabirimwaaka ikawain te aroka.

Ana kangaanga: E kakoquaaki bwa iai manin te aroka aika a uarereke man urubwai (insect pest) aika a kona n urubwai nakon te nambere. E korakora riki aia urubwai maan aikai nakon te aroka are unikaki iaan te riringa (full sun) ao n tain te mwautakataka. Rinean te aroka ae marurung ao unikakina nte tabo ae raoiroi ena ibuobuoki n kuarerekea ana urubwai te pests. Te nambere are irariki baana e raoiroi riki n tain te mwautakataka n kabotauaki ma te nambere are rababa baana.

Taina n kinikaki ao katauraoana: Ngkana e mwaiti am nambere ao ko kona n kiniki baana nikatoa bong ibukin te



FACTSHEET 10 : TE NAMBERE

amwarake. E raoiroi kinikana nte tai marau tao n te moaningabong ke n te bwakantaai bwa e aonga n aki rotaki nte rai arokam. Ngkana ko tia n kiniki am banikai ao karau raoi teboki n te ran ae itiaki.

Bonganana nakon te rabwata: E kuneaki bwa e rawata bwaai aika a bongana nakon te rabwata aika a kuneaki inanon te nambere. Uoua ke teniuia baim ae on n te nambere, e rang tau ibukin kanan temanna n teuana te bong. E tia n kuneaki bwa e rawata te lutein, te bwai ae raoiroi ibukin marurungin te mata. Te bwai aei e totokoa reken te riki n te mata. E korakora naba inanona te beta-carotene ke te pro-vitamin A are e bongana ibukin te taratara, totokoan te aoraki ao marurungin te rii.

E rawata naba inanona te protein: te bwai ae bongana ibukin te mwatireti, cell membrane, enzymes, blood components, antibodies, DNA and RNA. Te zinc are bongana ibukin totokoan ma buakanakin te aoraki, te rikirake n te rabwata, kawaekoan karekean te korakora, iai naba inanon te nambere.

Te calcium are te kabanea n bongana ibukin te rikirake nte rabwata ma marurungin te rii ma te wi: e kuneaki naba inanon te nambere. Iai naba inanona te magnesium, te bwai ae bongana ibukin karoan te rii, karekean te korakora ao ibukin te mwatireti ma te namakin.

Te taibora ae inano, ao e kaota mwaitin nutrients ke amwarake aika a bongana inanon baan te nambere n kabotauaki ma nutrients aika a kuneaki naba inanon aroka aika te cassuarina, te asplenium ao ait e kaabiti. (concentration in mg/kg dry weight, except N: % dry weight).

	Fe	Mn	B	Cu	Zn	Ca	Mg	K	P	S	N%
Bele	56	9	26	9	62	40000	7800	12600	4000	3700	3.6
Casuarina	40	10	17	3	37	9000	1830	8300	1010	1450	1.7
Asplenium	13	8	65	3	22	17100	5400	39000	3100	1100	1.7
Cabbage	40	23	12	2	20	5700	1450	29000	3750	3750	2.8

Fe: iron; Mn: manganese; B: boron; Cu: copper; Zn: zinc; Ca: calcium; Mg: magnesium; K: potassium; P: phosphorus; S: sulphur; N: nitrogen. Asplenium, although low in iron, manganese and nitrogen, looked healthy with no chlorosis. Our other samples were similar. This plant appears to be, like hedge panax, very iron efficient.

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This fact sheet is one of a series produced for the Australian Centre for International Agricultural Research (ACIAR) funded activity "Improving soil health, agricultural productivity and food security on atolls: SMCN2014/089". It is based on fact sheet no. 3 in the series produced during the project ACIAR PC/2010/063.

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