

# TE TOARA KE BAAMANGKONGKO

**Botanical name:** *Polyscias scutellaria* (Araliaceae)

**Arana n taabo ake a kuneaki iai:** te toara,te baamangkongko(Kiribati), lautagitagi(Tuvalu), danidani(Fiji), tagitaki(Samoa), ete (Solomon Islands), dinner plate aralia ,cup-leaved papua, bebero, geke, paa, bebenu, kobikobi, momotu.

**Aron teina ao kinaakina:** Te aroka ae te toara e kona n rook n rietana ae 3 – 6m ma buburana ae 2 – 3m ao ni unikaki ba te oo ao te katantan. Baan tabeua utun te aroka aei a kakaokoro teia ao buburaia ba a moa man ae mron ni mangkongko nakon ae iraki kanga ai aron te keang ni makin.

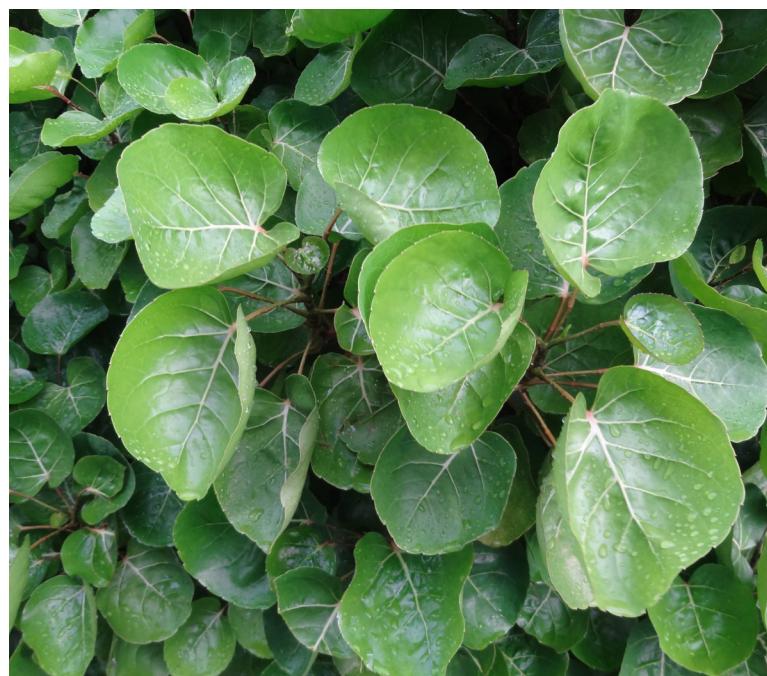
**Bonganana:** Baana ake a uarereke(young) a bon rang n tamaroa nte kanaki n ae mwai ao ae aki kamaaki. Baana ake a bubura (ikawai) a kuukanaki ke tuubunaki n renganaki ma te raniben n te aro ba ena kona n anga riki te carotenoid ibukin onikakina nakon te vitamin A.

**Te Bainoraki:** E rangi ni batni kakabonganaaki te toara ba te bainaoraki i Malaysia, Melanesia ao taabo nako aika a kabuehue ibukin buokan te ran ni mamma irouia tina n tobwa. E korakora naba ana ibuobuoki ni kamaoa te maneka ke te ikoaki ao manekan te nano ke te maneka n abein. I Biribin ao e kabonganaaki ibukin buokan aorakin te aki mimim ao n aban te betebeke maeao e kabonganaki kunna are kamaraaki ma te ran ba bainaorakian te nganga ke te ciguatera. Ciguatera bon te man aoraki ae boitin are karekea te nganga ao e kuneaki irouia tabeua ikan aonora.

**Aron rekena:** Te aroka aei ma rinanna nako a rangi ni kai maiu n aono aika a kabuehue. E kabutaa te betebeke ni mataniwiin te aba ke taabo aika a kaan ma taari moarara riki n aono aika aki rangi ni maeuraoi tanoia (high pH coralline soils) ke aaba aika a riki man te ane. E kakoauaaki naba ba e maeu iaon Tuvalu ni kabutaa n reitaki ma Butaritari ao tabeua kaawan Tarawa aika Teaoraereke ma Bikenibeu i Kiribati.

**Karekean te aroka:** Te baa mangkongko ke toara e kona ni unikaki man te ati ke te kora ao riki ai bon man te maanga are e koreaki tao 10cm abakina ao 2 cm buburana. Kabongana te raburabu nakon te maanga anne ao tebotebokia inanon 3 namakaina ni buoka matoana raoi ao ewenakona.

**Aron unikakina:** Te aroka aei (Toara) e tatangiri taabo aika kabuehue ao man tarika tanona n aron ae 7.6 - 8.6 ana pH ao mani konaa naba n maiu n aaba aika a riki man te ane ike e rangi karoko iai maitin amarake aika kuneaki n tanoia n aron te iron ke te biti, copper, manganese, potassium ao te phosphorus, te aekaki n tano ae kakoauaaki ba e aki rangi maiu iai iai te tabioka. E oti ikai ba te baa mangkongko akea ana kanganga ni karekea maiuna ao mani karaoa kanana man otan taai e ngae ngke e rang karoko amarake aikai ni kabotauakaki ma aroka tabeua aika rangi ni kainnanoi aeka n amarake akanne.



## FACTSHEET 5 : TE TOARA KE BAAMANGKONGKO

**Kanganga:** Te Pink wax scale (*Ceroplastesrubens*) ao te passion vine mealybug (*Planococcus pacificus*) boni ngaii maan aika a na kona n karika te kanganga nakon maiun te toara

**Taina n kinikaki:** A kona n kinikaki baana aika a uarereke (ataei) ao aika a bubura (ikawai) ni katoa bong. Baana a kona naba n kinikaki ibukin te amarake n taai aika a kakaokoro riki n te tai are ko a kaitiaka iai te aroka ibukin katamaroana.

**Mwin te tai ao kawakinana:** Baan te aroka aio bon aekakin naba baanikai aika a na riai moa n tebokaki raoi ao ni kaitiakaki ma te ran ao mani kawakinaki nte tabo ae tan mani maitoro. A riai ni kanaki naba baanikai aikai boni imwin naba te tai are a kinikaki iai ma tabeua aekakin baanikai aika a bubura n aron *P.scutellaria*, a kona n tiku n raoiroi inanon 3 te bong.

**Taian kukune/Raoiroina ibukin te amarake:** E a tia ni kakoauaaki imwin taian ukeuke ma kakae iaon baanikai man rikoan taian baanikai aikai man aaba aika Kiribati, Tuvalu, a Toromon, Guadalcanal ao Santa Ysabel ao te baa mangkongko bon teuanamaibukontaianbaanikai aika moan tamaroaba e rekeiai te zinc ao riki e korakoraiai te calcium. E nakon 2 teabuta ni bai ae on ke 100gram e rangi n tau man raoiroiibukinkanan te manna te aomata. Te baanikai ae te baa mangkongko e rangi ni korakora ao ni batiiinanona:

**Zinc:** Ae ranginikakawakiibukinrikiraken ao korakoran ke marurung te rabata ni kaitara te aoraki ao e ibuobuoki naba ni karoantaian proteins ao carbohydrates.

**Calcium:** kanoantamarake ae rangi ni bonganaibukinkamatoaan ao karikirakean te rii ao te wii.

Te taiboraaei e kaota te kabotau iaon amarake aika kanoantaianbaanikai aika 3 ba te baa mangkongko, te tabioka ao ai te kaabiti aika a kaai n unikaki n aaba aika a akibati n raoiroitanoiaiba a tabangaki n alkaline ke a taoro.

|             | Fe | B         | Cu | Zn        | Ca           | Mg   | K            | N % | lutein     | alpha caro-tene | beta caro-tene |
|-------------|----|-----------|----|-----------|--------------|------|--------------|-----|------------|-----------------|----------------|
| Hedge panax | 31 | 45        | 7  | <b>92</b> | <b>27000</b> | 6800 | 18000        | 2.6 | 250        | 30              | 74             |
| Cassava     | 35 | <b>85</b> | 7  | <b>67</b> | <b>20100</b> | 6200 | 11400        | 3.6 | <b>310</b> | 1               | 175            |
| Ficus       | 28 | 44        | 6  | 28        | <b>23500</b> | 4100 | 20000        | 2.3 | <b>290</b> | 24              | 72             |
| Cabbage     | 40 | 12        | 2  | 20        | 5700         | 1450 | <b>29000</b> | 2.8 | 5          | 0               | 2              |

Fe: iron; B: boron; Cu: copper; Zn: zinc; Ca: calcium; Mg: magnesium; K: potassium; N: nitrogen

Analyses conducted by Waite Analytical Services and the Mares Laboratory, University of Adelaide, South Australia

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E katabaninaki te rongorongo n te beeba aei mai iroia G.Lyons,G.Dean,R.Goebel,M.taylor,R.Kiata. Tein te beeba (layout) aei e katauraoki mai iroun S.Tukidua.



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