

TE IAMAII AO TE IAROO

Arana n Kabuta: *Pseuderanthemum whartonianum*: *P. carruthersli* (Acanthaceae)

Arana ae ataki iai n tabo aika kakaokoro: *P. carruthersli* var. *carruthersli* (green leaf): te iamaii ((Kiribati); offenga (Tuvalu, Solomons), pure, burape; *P. carruthersli* var. *atropurpurem* (red/purple leaf): te iaroo (Kiribati) Carruthers' falseface, false eranthemum, (te tamnei inano n te angatai); *P. Carruthersli* var. *reticulatum* (E kiriin baana are iaana ao mani babobo baana are ieta ma kain baana aika rang otara iaona.(te tamnei inano n te angamaing).

Tein kinakina. Te iamaii ao te iaroo ao bon nako mai Vietnam meang, bon te aroka ae rang n ababaki man tababanako mwangana, ma ni maiu nakon 6m abakakina. Baana e bon mironron ma kaina ae otara iaon baana, ao man tiki ananau tabona. Taian Karinan aroka akai e bon kai titebo bonganaia ibukin te amarake. Ueena a beboo man mainaina.

Kabonganana: Baana ake ataei a bon kona n kanaki n oraki, ma ni kabane a bon kona naba ni kukanaki nakon te tuubu, karenaki ibuakon te amarake, ao tamaroana riki ngkana ko renganna ma te raniben ibukin karikirakean te carotenoid ao mani ibitaki nakon te Vit A. Tabeman aomata a tangira riki te aroka aei bwa ataku bwa e kangkang riki baana irakin aroka tabeua. Kabongana ibukin te bwainaraki: Te iamaii ao te iaroo a bon kabonganaki riki irouia kain Vietnam ao Thailand ibukin katokan te rietata n rara, te bekanako, te ikoaki, te nimarakiraki n te toma n rii, te kantia n bwain te rabwata ao ai te tioka. Te kakaea ma irouia Padee et al(2010) (Nora te beebaa ae koaua no 1) ni boutoka kabonganakin te *P.palatiferum*(e rang ni kaan ma te *P.Whartonium* ao *P.caruuthersii*) ae kai n bubuoki ibukin buakanakin te tioka.

Te tabo ae maiu iai i: Te iamaii ao te iaroo e bon kona ni maiu n rikiriki ma ririki n tabo aika kabuebue ao e rang n ataaki n riki n te Betebetebe, n aron Toromon (ni kawana ae Malaita) ao Vanuatu, irakin mangan taari n te on aroka ao te buakonikai. Taian karinan aroka aikai a bon rang kabuta iaon Tarawa teinainano ao Funafuti ao e rang uarereke maitina n ibuki. N aron te Tiaea ao te Kaituram, a bon aki toki ni kuneaki n ana on-aroka te Botaki n Ununiki I Kiribati.

Aron Unikana: N ai aron te Baa Mangkongko ae eaki toki ni maiu ngkana e koreaki mani botona n te maten ae kania 2cm nako 40cm abakakina, ma e kona naba ni maiu man te kora. Te tabo ae are e na unikaki iai e na riai n maimai n te man ae 3 n te namakaina ibukin taubobonga raoi.



How to grow: Ofenga is not as iron efficient as hedge panax but still grows well on atolls, especially with adequate composting .

Threats: Pink wax scale (Ceroplastes rubens) and passion vine mealybug (Planococcus pacificus) can affect the quality of ofenga leaves.

Harvesting: Young and older leaves can be harvested on a daily basis. Leaves for food can be collected at the same time as a hedge is trimmed, which helps to keep the hedge tidy.

Post harvest and storage: As for most leaves, ofenga, should be washed with clean water and stored in a cool, shady place. Ideally, leaves should be eaten within a day of picking, but can be frozen for later use.

Project findings/nutritional value: Samples were collected in Kiribati, Tuvalu and Solomon Islands. Ofenga is an outstanding accumulator of magnesium, second only to purslane in our samples, and is also usually high in calcium and carotenoids, especially lutein (Solomon Islands samples analysed). About two handfuls (100 grams) per person for a meal serving will provide useful nutrition.

Magnesium: This mineral is important in bone formation, energy production, and nerve and muscle function. Furthermore, it has anti-inflammatory effects, and magnesium deficiency is a risk factor for obesity, metabolic syndrome and diabetes.

Calcium: The most important mineral for the growth and maintenance of bones and teeth. Calcium is also important for cellular physiology.

This table compares selected mineral nutrients in leaves of ofenga (*P. whartonianum*), drumstick and taro grown together at ALD Tanaea, South Tarawa, Kiribati in 2011; and English cabbage (average of samples bought from Honiara market, Solomon Islands and Nukualofa market, Tonga in 2012) (concentration in mg/kg dry weight, except N: % dry weight).

	Fe	Mn	B	Cu	Zn	Ca	Mg	K	S	N %
Ofenga	26	24	44	7	33	22000	27000	19600	3100	2.1
Drumstick	65	20	34	5	32	15800	7400	12200	11600	5.4
Taro	34	35	28	12	29	33000	6300	29000	2300	3.8
Cabbage	40	23	12	2	20	5700	1450	29000	3750	2.8

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