

# TE RUKU BABOBO

**Botanical name:** *Vigna marina* (Fabaceae)

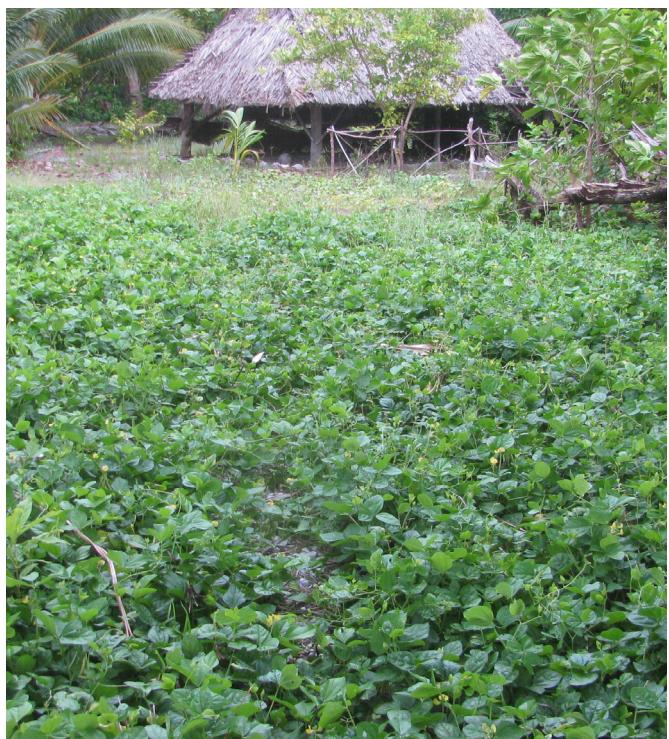
**Arana n taabo ake a kuneaki iai:** I Kiribati ao e kona n aranaki ba te kitoko ke te biin ke te ruku, I Tuvalu arana saketa soma, I biiti e aranaki ba drautolu. E kona teutana ni kaireruaaki ma kanga taraan te kumara ae ababaki maangana ke kaina ma baana aika a raababa man takiakia ao ueena aika a beebo ae e aranaki ba te ruku.

**Aron teina ao kinakina:** E tuai kona n ataki raoi ba e nako mai ia te aekaki n aroka ae kawakawa aei, ma n taai aikai ao e kuneaki n aono aika a kabuehue I mataniwiin te aba. Butanakon ke butinakon te aroka aio e bon irekereke ma teimotoan raoiroin ao maiuraoi atina ke korana ni kaitara ana urubwai te taoro. Iai baana aika a kiri tenibaa ma ueena aika a babobo ao boni nguai aika a kaota okorona man rinanin ruku ake tabeua. E ibuobuoki nakon te tano n ana makuri are e kona ni karaoa te naiturotin ae rangi ni bongana nakon aontano ba kanan te aroka. A reke aikai man aia ibuobuoki maninaoraki n aron rhizobia ni karekea te naiturotin man te eea ao ni kaotia ni waakana aika a kiri tibutibu ba e karaoa ana makuri. Aio e aki ti kakawaki mani bongana nakon te aroka aei n ti ngaia ma e rangi ni ibuobuoki riki nakon kakeerakean maitin te naiturotin inanon te tano ibukin aroka nakon taai aika a na roko.

**Bonganana:** Baan te ruku babobo a raka wakawakana ao a Koran riki nakon baanikai ake a tia ni kokoauaaki ba a tau man raoiroi ibukin te amarake ngaia are e na rangi n tamaroa kabonganakin baana aika a uarereke ibukin te amarake ba a kona ni kamaaki ke ni kukanaki ma te kare ao n tubunaki naba. Renganna ma te raniben ao ena karaka ke ni kakerakea maitin te karatenoitao karoakina ke bitakina nakon te vitamin A. Nanatina aika a menaai a kona naba reke raoiroia ngkana a kabuaneaki ke ni kamaaki ibuakon te raniben. Te ruku babobo aio e rangi n raoiroi mani bongana ibukin kanaia maan. Iai baika a kakawaki inanon baan te ruku babobo n aron te naiturotin, te zinc ao te biti nte maiti ae rangi n tamaroa are ea karekea ba te rengarenga ae rangi ni bongana ibukin karoan te kamkamka n riki naba ba onean mwin nakotaaria man ae bou reirei ke e menaai ao ngkana ko a manga karaea ni unikia ao e kona n taona nako maiun te uteute. Iai tabeua ruku aika a kawakawa aron te mucuna, centrosema ao *Pueraria*, a aki kona ni maeu ke a aki maiuraoi n tanon aaba aika a riki man te ane ke tano aika bikebike.

**Bainaoraki:** N tabeua aban Asia ao te betebeke n aron Hawaii ao te ruku babobo e rangi ni kabonganaaki ibukin bain-aorakian te maneka, te kaboa ao te maneka n abein; ike a kamaraauaki iai kaina ma baana ao a katokaaki naba iaon te maneka.

**Aron rekena:** Te ruku babobo bon te aekaki n aroka ae kona ni maiu ni kaitara ana urubwai te taoro ao e tabangaki maiuna n aaba aika a rinano n aron Kiribati ao Tuvalu.



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**Karekean te aroka:** E kona ni karekeaki te aroka man te maanga ke atin te ruku babobo ma bon te kabanea n raoiroi ao ni kai maiu riki ngkana koa bon taekia naba ma waakana akana a kiri tibutibu nakon te tabo ae boou are ko na unikia iai. Te anga aio ae ko koaua raoi ba arokam anne e karaoa ke ni karekea te naiturotin man te eea n aron are e kaotia taian kiri tibutibu ni waakana. Atin ke Koran aroka aika a kawakawa a na riai ni matoatoa nanaia ao ena kainn NOAA te ibuobuoki ibukin karekean kawain te tabera n toinako ke ni bwebwe, ai ngaia are e kabonganaaki te biti ibukin kakinaakina teutana ke ni koreia teutana ao imwina ni katikua inanon te ran inanon te maan ae 24 te aoa ba e buoka iai baitiin bwebwena.

**Aron unikakina:** E na riai n tauraoi te ran ae bon tau ibukin maiun te aroka aio. A boni kona naba ni maiu aeka n aroka n taabo aika a tarika ao man maiuraoi n aono aika a riringa ao man nunikai.

**Kanganga:** Te rinan ni maninaoraki ae te bwebwe n aronte *Cercospora canescens* ao *Colletotrichum* ao nimaton te ruku aika *Euchrysops cneus* ao *Lampides boeticus* boni ngaai kanganga nakon te aroka aei. E rangi ni kai rotaki te aroka aio nte maitorotoro ma aio tiaki te kanganga n taabo ke aaba aika a kabuehue ni uakaan ma te ekuetoa.

**Aron te tai:** E na riai ni matata ba e rangi nikakawaki ba kona kabonganai baana aika a uarereke (te katoto: baana aika a tiba bwebwe aika 5) ibukin te amarake ibukin te koran ae korakora ao te wakawaka nakon baan te ruku babobo. Nanan atina aika a menaai a rangi ni kakoauaaki ba a raoiroi man tamaraa ibukin te amarake.

**Imwin te tai ao kawakinana:** Baan te aroka ae te ruku babobo a riai ni karauaki ni kaitiakaki raoi ma te ran ae itiaki ao ni kawakinaki nte tabo ae tan man nuu ao ni maitoro, ao e na riai naba ni kanaki inanon te tai are e kinikaki iai.

**Taian kukune ke raoiroina ibukin te amarake:** A tia n rikoaki katoton te aroka ae te ruku babobo n aaba aika Kiribati ao Tuvalu ao mani kakoauaaki imwin te tutuo ba e rangi ni korakora ke ni maiti riki inanona te biti, te zinc ao ai te tanna ke te protein. E nooraki naba maitin te manganese ao te copper inanon baan te ruku babobo n aron ae e kamataki nte taibora ba e korakora riki nakon utun te ruku ake tabeua. Te maiti aio n angjin 6 katoton te ruku babobo ake a karekea man taabo tabeua a aki rangi n nooraki ke ni kinaki rakan maitina n rinan aroka aikai ake a kaai n unikaki nte tano ae titebo aroia. Tao e nakon uoua te abuta ni bai ke 100grams ibukin temanna te aomata e rangi n tau man raoiroi ibukin te amarake. Te ruku babobo e tatao mani korakora iai:

**Te biti:** E rangi ni bongana ibukin mamarungin te rara ao karekean te korakora.

**Zinc:** E bongana ibukin kamarurungan te rabata ni kaitarai aoraki, rikirakena ao ai te korakora n reitaki ma aron makurin taian DNA ao proteins. Aomata nako a na riai ni iai ke n reke irouia n taai nako 600 rinanin taian zinc aika a kakanoa n taian proteins/enzymes.

**Protein/Te tanna/te amarake ibukin te rikirake:** Te aeka n amarake aio ae rangi ni bongana ibukin rikiraken taian maitreti, te rara, tautian te rabata, bain anko te rabata ao ai te DNA ao RNA.

This table compares selected mineral nutrients in leaves of yellow beach pea, taro and *Gliricidia sepium* (a legume tree) grown together at ALD Central Nursery, Bikenibeu, South Tarawa, Kiribati in 2014 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	Cu	Zn	Ca	Mg	K	S	N %
Yellow beach pea	<b>88</b>	<b>59</b>	<b>10</b>	<b>49</b>	13800	4200	18400	2700	<b>4.5</b>
Taro	<b>84</b>	21	2	21	11800	2300	<b>41000</b>	<b>4900</b>	<b>4.3</b>
Gliricidia	50	26	2	10	<b>30000</b>	<b>8200</b>	19400	2800	3.5
Cabbage	40	23	2	20	5700	1450	<b>29000</b>	3750	2.8

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

Analyses conducted by Waite Analytical Services, University of Adelaide, South Australia

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