

BAUKIN & CHOKO

Arana n Kabuta: Pumpkin Cucurbita spp. (Cucurbitaceae), Choko Sechium edu/e (Cucurbitaceae)

Arana n taabo ake e kuneaki iai: te baukin (Kiribati), panikeni (Tuvalu), squash, gramma (te aekaki n baukin ae Tamaroa ibukin karaoakin te tuubu, e.g. trombone, spherical, butternut)

Arana n taabo ake e kuneaki iai chayote, vegetable pear, cho-cho, pipinola, christophine

Kabwarabwarana: A bon mwaiti aekan baukin ma te baukin ae Cucurbita moschata, e rangi n tamaroa n aono aika kabuebue ike e a rianako iai aron kangkangina. N taabo ake a raka tamaroan aoia, te baukin ma te choko a bon rang birim-waaka maiuia n kona ni kabuta aontano ao man tamwatamwarake. Te choko e bon kainanoa te kai ke te oo bwa e na tamwatamwarake iai

Bonganana: N reitaki ma kanakina uaana, ao e bon kona naba n karaoaki mai iai te salad ke ni bon kabuaneaki teutana. Baana ake a buubura riki a bon tamaroa naba n te kuukanaki n aron te kaburoburo, te kabuane, te baniiaiki ke bon te umunaki

Bonganana ibukin te bwainaoraki: Baan te baukin ao uaan te choko a kabonganaaki inanoaa, aimoarariki n te aono n Aberika ni buakana karakon te rarea inanon te rabwata, te biiua, manin aoraki ake a karekea te aoraki n reitaki ma rotakin te taratara. E boni kona naba n kaitarai kanganga ni irekereke ma te nimarakiraki, e kabebetea te aoraki ae te tioka, e kona naba n kauarerekea te rietaata n rarea ao man kauarerekea te kiriiti n te rarea.

Tauraoina: E kona te baukin n maiu ni moan te ririki ni karokoa tokina, ao a bon kona n reke I Kiribati ao Tuvalu. N te tai are e maiu iai, ao mwangan te choko e bon kona ni riki ni karokoa te tokin te tai; ti ngkana e bon teimatoa tebotobokakina.

Anga ibukin karekean arokam: Te baukin e kona n bwebwe man koraana; are e reke man te bakete n koraa are e kakaboaki, ke bon man kawakinan atina man te uaa are ko kanna ke man te uaa n te titoa. Ekona te choko n kamaiuaki man bwebwena are e karauaki n kamakunaki raoi oina n taunaki n totokoa te riringa ma te uteute.

Aron unikana: Te Baukin ao te choko e aki rang kanganga aron unikana n tauraoin kanana ma te ran n taainako. Akea te kanganga n maiuia iaon tea ono n Kiribati n reitaki ma Tuvalu, ngkana a unikaki n te kamkamka ao n teimatoa te ran n taainako. A kona n maiu inanon te ririki n taabo aika a aki rangi n mwaitoro, n reitaki ma taabo ake a riringa. N taabo aika a aki Tamaroa tanoia ao man karako te ran n reke iai, e bon kona n aki raoiroi aia kariki uaa ao n bakitaia botoia, e aki rang raoiroi baaia n reitaki ma mangiingin kanakin uaia. E bon riai n kamwaitoroaki oia ao n kakaitiakaki man taekaki uteuteia.



Pumpkin



Choko



Choko

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Te kanganga aika a kona n reke: Tabeua maan ake a urubwai n reitaki ma manin aoraki ake a teimatoa n karika te kanganga nakon te baukin ao te choko. Te aekaki n aoraki ae roota baana, n aekakin te downy ao te powdery mildew, n reitaki ma te nimatoin te waaka; a bon kona n roota rikiraken arokam. Man kanakoroan aron am ununiki n aron kamarangaan ke mwaawan nnen arokam ao ni bibita aron am ununiki, e na bon kona n kauarerekea teimatoan rereken te kanganga.

Am tai n tai: N taai ake a nakoraai am ununiki iai ao ko boni kona n karekea kanam n taainako. Marenwen arokam ke bon baana ake a buubura riki a bon kona n taekaki ke n koreaki. Am tai n karekea kanam man arokam bon taai aika ao-mwaitoro ke bon taai n kakarau ke n nubono, bwa l aoria n kauarerekea rotakin arokam. Te marewe are ko kinikia n kabongana, e na bon kona n mangan kabooa mwiina ae e mwaiti riki inanon tabeua te bong.

Imwiin taina ao kawakinana: te marewe (ba) e riai n kaitiakaki raoi ma te ran ae nimaki ke taari ae e itiaki raoi. A kona n botakaki n bwantoronaki ao man kateaki rake inanon te ran ae bon tau ae e itiaki raoi, ao man rabunaki raoi ma te buraetitiki man kanuuaki e bon kona n tiku inanon teuana te bong. Ngkana e kaakaki inanon te container ae mano raoi inanon te auti ke bon te aitibaaki; ao e na kona n tiku n raioiroi ibukin uabong ke tenibong.

Imwiin kakae ibukin bonganaia: Tabeua marewen te baukin ao te choko ake a anaaki mai Kiribati. northern Queensland, Torres Strait Islands, Samoa. Tonga and Solomon Islands ibukin norakin bonganaia. Uoua nakon teniua baim ae onrake; uanikai ma banikai ibukin temanna te aomata ibukin teuana ana tai n amwarake e kona n karekea bonganaia nakon te rabwata. Marewen te baukin ao te choko e bon ataaki naba bonganaia ae tabangaki ibukin korakoran mwaitin te protein (bongana ibukin karikirakean te rabwata) potassium, phosphorus, iron, zinc and copper. Mwaitin te Carotenoid n baan te baukin ake a tia n kakoauaki irouia Cairns, Upolu (Samoa) ao Thursday Island (Torres Strait Islands, Queensland, Australia) e biribiri n te mwaiti ae 291.5 ao 105 mg/kg ibukin te lutein, a-carotene and b-carotene. Te mwaiti ae bon tau ibukii banikai.

Protein: aio ae e rang bongana ibukin karikirakean te mwaitireti, cell membranes, enzymes, n reitaki ma bwaai ake e kainanoi te raraa aika te haemoglobin, albumin, transferrin, tautian te rabwata, DNA and RNA. N te kamatebwai iaon te nitrogen ao e kaota ia mwaitin te crude protein ae e biribiri imarenan te ware ae 18-30 %. Tabeua kukune a kaota riki mwaitin te protein nakon taian legumes.

Potassium: Bon teuana naba bonganaia nakon te rabwata ibukin kabaerantan mwaitin te ran are e kainanoia te rabwata n arona n reitaki ma te sodium ao te chloride ions, n reitaki ma arona n mwakuri ma ian te rabwata ao mwaitireti. Man karakona inanon te rabwata e na bon kona n karekea rotakin te mwaitireti ao bon te kanganga nakon te buro

Phosphorus: Component of genetic material (DNA and RNA) and various fats and proteins; important role in energy production.

Iron: Ekorakora bongana nakon te raraa ao te korakora

Zinc: E rang ibuobuoki ibukin aron te rabwata n totoko, te rikirake ao bon carbohydrate metabolism, n reitaki ma te DNA ao karaoan te protein. Inonan rabwataia aomata ao e kaniia 600 kakaokoron Zn- ae e kuneaki iai enzymes/proteins.

Copper: Component of enzymes, involved in iron metabolism, therefore supports production of healthy blood and generation of energy.

Te Taibora aei e kabotau tabeua bwai ake e kainanoi te rabwata aika a bongana aika a kona n reke man baan te baukin, te tiaea, baan te kumara te ruku ake a unikaki i Bareti Beru Kiribati 2017 ao te kabiti n imatang (tabeua kakae ake a reke n te mwakete i Honiara, Solomon Islands ao n te mwaket i Nukualofa. Tonga in 2012) (concentration in mg-/kg dry weight, except-N: % dry weight).

	Fe	Cu	Zn	Ca	Mg	K	P	S	N%
Pumpkin	88	19	107	12800	6800	34900	8100	3200	4.7
Chaya	77	8	79	33300	11100	9900	2900	3600	4.2
Te ruku	38	14	52	14400	4900	37000	3300	3100	3.2
Cabbage	40	2	20	5700	1450	29000	3750	3750	2.8

Fe: iron; Cu: copper; Zn: zinc; Ca: calcium; Mg: magnesium; K: potassium; P: phosphorus; S: sulphur; N: nitrogen
Analyses conducted by the Australian Perry Agricultural Laboratory (APAL), Magill, South Australia

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