

OFENGA

Botanical name: *Pseuderanthemum whartonianum*; *P. carruthersii* (Acanthaceae)

Location specific common names: *P. carruthersii* var. *carruthersii* (green leaf): te iamaii (Kiribati); ofenga (Tuvalu, Solomons), pure, burape; *P. carruthersii* var. *atropurpureum* (red/purple leaf): te iaro (Kiribati) Carruthers' falseface, false eranthemum, (pictured below, left); *P. carruthersii* var. *reticulatum* (green lower leaves and yellowish upper leaves with obvious veins, pictured below, right).

Fakamatalaga ote ofega: Te lakau tenei kote ofega ne mafua mai i Vietnamu (Vietnam) ki matuu, se lakau e maluga kae mafai o oko kite 6 mita te maluga. A lau e sae a uua, kae tai pukupuku kae tai makaikai a mata o latou. A vaega e 2 konei e pau loa te maumea i mea tau niutilisini. Ko pula e pepulo kae kena.

Fakaogaaga: A lau tama e mafai o kai mata, kae a lau katoa e mafai o fakaoga i suupu, sua mo kale ka tafasili atu te aoga manafai e saka kae fakalolo ko lau ke maumea i (vitamin A). Te taulasiga o tino e fai pela me tenei loa te lauvesiapolole i tafasili ite gali kai mai niisi o lauvesiapolole.

Vailakau mo masaki: Ate ofega e lasi te fakaoga i fenua ko Vietnamu (Vietnam) mo Taileni (Thailand) me fakalei ate toto maluga, te sasana, mea pakia, gugu (tumours) mote suka. Ite sukesukega ne fai ne Padee et al. (2010), e molimaugina te aoga ote *P. palatiferum* (se ituu kaiga ote *P. whartonianum* and *P. carruthersii*) o teke atu masaki kote suka.

Te mafai o maua: Ate ofega se lakau e ola i loto i tausaga kae lausa te ola i fenua ote pasefika kae maise ite atu Solomona (Malaita) mo Vanuatu, e ola i laukele pili pili kite tai i fotoaga mo pui o fale, e pela foki e ola vale i vao-lakau mo koga se fakaoga. A vaega e lua konei e lausa foki i Tarawa ki saute mo Funafuti, kae timomo i fenua mai tua o laumua kona. E pela mo tiaia mote saitani e masani o maua i koga fakaola lakau ate matagaluega Tokilakau i Kiribati.

Fakaolaaga: E pela mote lautagitagi, te ofega e masani o fakaola mai katiiga e 2cm te fula kae 40cm te loa, kae mafai foki o fakaola mai fuaga. Te tafito ote katiiga e tau o tao ki kaiao kae fakasusu ite 3 masina muamua e toki ie,



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ke fesoasoani kite ola ote lakau.

E toki pefea: Ate ofega e se pau mote lautagitagi tela e ola lei laukele mativa i minelolo, kako te ofega e ola lei i fenua foliki (atolls) mafai e faka-kaiao.

Pokotiaga: Ate Pink wax scale (*Ceroplastes rubens*) mote passion vine mealybug (*Planococcus pacificus*) e mafai o pokotia te olalei ote lakau tenei.

Te tauga: A lau koi tama mo lau maatua e mafai o tau i aso katoa. A lau mo fai meakai e mafai o maua ite taimi e velevale a pui o fale kote mea ke gali ate tulaga ote pui

Te tauga mote tausiga: Pela mote lasiga o lau e tau o fulu ki vai maa, ko tausi i koga mokomoko kae se laagina. E gali atu mafai e tau o fakaoga foki ite aso tena, io me fakapoloka ite aisa ke fakaoga fakamuli.

Fakamatalaga ne maua mai sukesukega/niutilisini: A lau ne fakaoga ite sukesukega ne fakamaua mai Kiribati, Tuvalu mo Solomona. Ate ofega se vaega lakau tela e mafai o aakuu kae tausi ate minelolo kote makenisiamu (magnesium) e tulaga 2 kite kaatuli lau kola ne fakaoga, kae maumea i kalasiamu (calcium) mo (carotenoids), - lutein (i lau mai Solomona). E 2 a lima e fonu (100 grams) lau ote ofega ko lava kae toe te meakai ate tino e pela foki te levolo ote niutulisini e manakogina.

Makanesiamu (Magnesium): Te vaega minelolo tenei e taua ite faitega o ivi, enetise pela foki te galue lei o uua mo kano ote foitino. Te timomo ote makenisiamu (magnesium) ite foitino se tulaga fakamataku mote putalefe (metabolic syndrome) mote suka.

Kalasiamu (Calcium): Te toe minelolo taaua ite fakagasolo ote fotinio pela foki te tausiga ke lei o ivi mo nifo. E taua foki i faitega o sela (cellular physiology) ote foitino.

This table compares selected mineral nutrients in leaves of ofenga (*P. whartonianum*), drumstick and taro grown together at ALD Tanaea, 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	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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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.4 in the series produced during the project ACIAR PC/2010/063.

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