

KAPISI OTE VAI

Botanical name: *Ipomoea aquatica*, *Ipomoea reptans* (Convolvulaceae)

Location specific common names: te kangkong (Kiribati), kangkong (Tuvalu), water spinach, swamp cabbage, aquatic sweet potato.

Fakamatalaga ote kapisi ote vai (kang kong): Te kang kong se lakau e solo kae mafai o ola ite laukele pela foki mote vai kae tai faigata o solo ki luga ise lakau, kae se tasi o lakau mai ite itukaiga o pateta magalo (kumala) kae toki ke fakaoga ona moe mo fai a meakai iloo ona fuaga.

E lua vaega o kang kong e iloa atu nei: e tasi kote: the upland type, *Ipomoea reptans*, tenei e lausa ite pasefika kae ola i sose vaega laukele, kote 2 kote low land or aquatic kangkong (*Ipomoea aquatica*) tela e ola lei i laukele e masani o lofia, pela foki mot e vai.

Fakaogaaga: E taua kae lei atu mafai e fakaoga kae kai mata kae se tunu. Mafai e oti ne fulu ki vai ko katikati ei a mulo mo fai salati. E mafai foki o vili ke vaia ko faopoopo ei kise meanu. Ko lau matua e tau o saka io me falai io me tao.

Vailakau mo masaki: Te kang kong e lauiloa se ite puipuiga fua ote ate mai minelolo masei pela mote (lead, cadmium, arsenic and carbon tetrachloride), kae mo tena mafai o teke atu kite suka.

Fakaolaaga: A lakau foou e mafai o fakaola mai katiiga io me mai fuaga. A lakau e fakaola mai fuaga e tuai o maatua kae mafai foki o se ola lei , tela e lei atu a lakau e fakaola mai katiiga ote foitino lakau. A katiga e 20 – 60cm te loa e tau o kati e 1 – 2 aso mai mua e kati a moe ote lakau mo fait e kuka ate kaiga. E tau o fakasiusiu ki vai a lakau foou ke oko kite taimi ko ola lei a lakau. A katiiga e mafai o ave kise koga tai mao I naai aso kae tau o tausi ite malu mote vai tela e tau o sui saale moaa e pala a katiiga.

E fakaola kae toki pefea: Te kang kong se lakau e faigofie o fakaola kae e mankogina kote laukele ke isi ne vai mo kaiao iei. Te lakau tenei e se ola lei i laukele e seai ne kaiao pela foki mote vai. E matea foki te se ola lei o lakau, kaa lauliki te foitino pela foki mo lau, te kona o lau ko gasolo aka foki. Te tokiiga o au katiiga e tau o aofia e 3 a soko iei (nodes), telaa e tau o galo kite laukele e 1 te soko kae 2 e sae ki luga ite laukele. Fakasiusiu ki vai, kae tausi ke moaa e olagina ne mouku mo niisi lakau.

Pokotiaga: Te lakau tenei e se lasi te pokotiaga i manu mo masaki. Ko manu kai lau e masani o lasi te lotou fakamasei pela mo grasshopper mo katapila (caterpillar).



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Te tauga: A te tauga o mulo ote kang kong mo fai a meakai e mafai o fai i aso katoa, kae taua te tulaga ote olaaga ote lakau. Te mulo e masani o kati kise naifi/kamu kae foki ki tua ite 3 o lau mai te mata ote mulo. A mulo e tau o fakatuu ki loto ite paketi vai mafai ko malu te laa. Ate kau tela ne kati te mulo e tau o toe sae (ola) mai ne mulo foou kolaa e mafai o toe fakaoga i naai aso mai tua.

Te tauga mote tausiiiga: A mulo e tau o fulu ke maa i vai io me i suatai. A mulo e mafai o tuku fakatasi ko fakatuu ei ki loto i vai. E mafai o tausi ite vaega tenei mose 1 – 2 aso, kae mafai o fakaoga se aisa mo tausi kise leva e 1 te vaiaso ko mafai iei o fakaoga.

Molimau mai te sukesukega/Niutulisini: A lau meko mulo (tips) ote kangkong ne fakamaua mai Kiribati, Queensland ki matuu, Tonga and Samoa. E tolu lima fonu i mulo, e lava mo fai se meakai a te tino tokotasi pela foki mote aofaki ote niutulisini.

Te Kangkong e malosi kae maumea:

Fiti (Iron): E taua ite tausiga ote toto ke lei pela foki te enetise. Ate fiti (iron) se minelolo e maua katoa i mulo (tips) ne fakaoga ite sukesukega, e tai paupau kise aofaki e 68 mg/kg.

Polotini (Protein): E taua ite faitega o kano, uufi o sela (cell membranes), sua mo vaega ote toto, manu teke ki masaki (antibodies), DNA and RNA. Te (nitrogen) ne faite sukesukega kiei e maua ake te levolo ote polotini (protein) e 19 %.

This table compares selected mineral nutrients and carotenoids in leaves of kangkong and sweetpotato grown near each other at Lotofaga, Upolu, Samoa in 2012 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	B	Cu	Zn	Ca	Mg	K	N %	lutein	alpha carotene	beta carotene
Kangkong	75	93	16	17	5500	3500	2900	4.3	373	0	226
Sweet potato	69	53	15	27	5500	4800	2800	3.6	336	6	225
Cabbage	40	12	2	20	5700	1450	29000	2.8	5	0	2

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

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