

# PANIKENI & CHOKO

**Botanical name:** Pumpkin *Cucurbita spp.* (Cucurbitaceae)

**Choko** *Sechium edule* (Cucurbitaceae)

**Location specific common names for pumpkin:** te baukin (Kiribati), panikeni (Tuvalu), squash, gramma (the types used to make soup, e.g. trombone, spherical, butternut)

**Location specific common names for choko:** chayote, vegetable pear, cho-cho, pipinola, christophine

**Fakamatalaga ote panikeni:** E uke vaega o panikeni. Te vaega tonu o panikeni kote (*Cucurbita moschata*), e ola malosi i fenua ote tropics. Te panikeni mote choko ne vaega lakau e gasolo vave kae mafai foki o tolo ki luga i pui mo lakau e ola ite kogakoga tena. Ko choko e manakogina ke faite ne pui io mene lakau/uaea ko fakasolo.

**Fakaaogaaga:** I tafa ote fakaaoga te fuaga ote panikeni mote choko, e mafai foki o tau a mulo mo fai a salati io me fakavela malie. Lau tai maatua e tau o saka ki vai puna, falai io me tao.

**Vailakau mo masaki:** A lau ote panikeni mo fuaga ote choko e masani o fakaoga i Afelika kite togala o fakalei ate timomo ote minelolo kote fiti (anaemia), te fiva (fever), manu fakamafua masaki o mata. E aoga foki ite fakaleiga o kiatolo, te suka mote toto maluga pela foki mote faka-foliki te aofaki o sinu ite toto.

**Te mafai o maua:** Te vaega panikeni kote (gramma types) e masani o ola iloto ite tausaga, kae lausa te vaega tenei e ola i Kiribati mo Tuvalu. Mafai ko ola lei ate Choko, a usi/mulo e mafai o fakaoga ite tausaga katoa mafai e fakatumau te fakasiusiu ki vai.

**Te fakaolaaga:** Te panikeni e mafai o fakaola mai katiiga (usi) io me fuaga. Te choko e mafai o toki mai te lakau foliki e ola mai fuaga ne toki ite laukele. A lakau foliki tenei e tau o puipui mai te laa mo mouku fakamasei lakau (weeds).

**E toki pefea:** Te panikeni mote choko e faigofie te tokiiga mafai e lei te laukele pela foki mote toka ote vai. E ola lei i Kiribati, mo Tuvalu kae e mafai foki o ola i loto ite tausaga katoa maise i koga saosao kae laagina. Ka matea foki te see ola lei o lakau konei mafai e masei te laukele kae seai foki ne vai. A maga mo lau ka foliki kae ka fui gasolo, ka lau ke-nakena foki a lakau. Tela la te laukele I tafa o lakau e tau o fai ki kaiao kae ke siusiu foki i vai, kae ke seai foki ne mouku mo lakau ola vale (weeds).



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**Pokotiaga:** E isi ne masaki o lakau mo manu e mafai o pokotia kite ola lei o punikeni pela foki te chokos. Masaki o lau pela mo pauta kenakena i lau mo masaki o aka (nemadotes) e fakafoliki te ola lei ote lakau. Lei te koga e tok iei a lakau, te fakasoaga mote tausiga ka mafai o ola lei iei ate lakau.

**Te tauga:** I tulaga ote ola lei o lakau, a mulo mo lau e masani o tau i aso takitasi mo fai kiea meakai. A mulo mo lau e tau o fakaoga te naifi, kae kote tauga e masani o tau i fakaafiafi tela ko mokomoko te tau ote aso kae ke see mage-mage foki iei a lau. A mulo e mafai o toe ola aka mafai ko oti ne tau i loto ite vaiaso e tai, kae e toe mafai o fakaoga foki a lau fou kona mafai o ola aka.

**Tauga mote tausiga:** A lau mo mulo e tau o mulu ki vai mo suatai maa. E mafai o kofu fakatasi kae fakatuu iloto o mu vai kae tao kise palasitiki, kae e mafai o tausi pena kise aso e tasi. Mafai e tuku ki loto ose palasitiki seai se eaa kae tuku ite koga e tai moko io me ite aisa e mafai o lei 2 -3 aso.

**Molimau mai te sukesukega/Niutulisini:** A lau mo mulo panikeni mo choko ne fakamaua mai Samoa, Queensland ki matuu, Torres Strait Islands, Samoa, Tonga mo Solomona. E 3 a lima o fonu i mulo o lakau konei e lava te meakai mose tino tokotasi, kae lava foki te aofaki ote niutulisini ite aofaki tena. Mulo o panikeni mo choko e lauiloa ite maluga te tulaga o niutulisini, pela foki te maluga i polotini, potasiamu, phosphorus, te fiti (iron), siniki mote kopa. Te levolo o carotenoid i lau o panikeni ne fakaoga ite iloiloga tenei ne fakamaua mai (Cairns, Upolu, Samoa and Thursday Island (Torres Strait Islands, Queensland, Australia) e tai paupau te aofaki 291, 5 and 105 mg/kg for lutein, a-carotene and b-carotene. A levolo konei nofo katoa ite tulaga lei fakapau mo niisi lau vesiapolo.

**Polotini (Protein):** E taua ite faitega o kano mo uifi o sela (cell membranes), sua mo vaega ote toto (including haemoglobin, albumin, transferrin), manu teke ki masaki (DNA and RNA). Ite iloiloga ne fai te polotini e nofo ite 18-30% te maluga, tela e matea ake e isi ne (samples) e maluga atu i lasiiga o legumes.

**Potesiamu (Potassium):** E puipui neia paleni ote vai ite foitino, i tena galue tasi mote (sodium and chloride ions), pela foki mo tena fesoasoani kite galue lei o (nerves and muscles). Te timomo ote minelolo (mineral) ite foitino e fakamafua neia te vaivai ote foitino, piki kano ote foitino mote se manava fakalei io me se ulu tonu te manavaga.

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

**Te fiti (Iron):** E taua ite tausiga ote toto ke lei e pela foki mote enetise.

**Te siniki (Zinc):** E taua mote teke atu a manu o masaki, te gasolo ote foitino, te fakagaluegaga o masoa I meakai, DNA mote faitega ote polotini.

**Te kopa (Copper):** Se vaega e tasi o sua (enzymes) ote foitino, e aofia foki ite fakagaluegaga ote fiti (iron), tela la e fesoasoani malosi kite fakaleiga ote toto mote faitega ote enetise.

This table compares selected mineral nutrients in young leaves of pumpkin with leaves of chaya and *Ipomoea pes-caprae* (te ruku or beach morning glory, a sweet potato relative) growing at Paris, Beru atoll, Kiribati in 2017, 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	Cu	Zn	Ca	Mg	K	P	S	N %
Pumpkin	<b>88</b>	<b>19</b>	<b>107</b>	12800	6800	<b>34900</b>	<b>8100</b>	3200	<b>4.7</b>
Chaya	<b>77</b>	8	<b>79</b>	<b>33300</b>	<b>11100</b>	9900	2900	3600	<b>4.2</b>
Te ruku	38	<b>14</b>	52	14400	4900	<b>37000</b>	3300	3100	3.2
Cabbage	40	2	20	5700	1450	<b>29000</b>	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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