

POLOFEU

Botanical name: *Capsicum spp.* (Solanaceae)

Location specific common names: *C. frutescens* (Birdseye and Tabasco), te beneka (Kiribati), chili, chile *C. annuum* (Sweet peppers or capsicum)

Fakamatalaga ote polofeu: A polofeu ne lakau se lasi malosi kae ola i tausaga takitasi. Ne lakau foki e mafai o fakaola i loto i paketi mo kaapa tai lasi (pots). E uke a vaega o ituu kaiga ote lakau tenei e kamata mai te (sweet capsicum) kola e magalo ke oko kite vaega tela e uutakitaki. A manu eva ese pokotia io me lagona ne latou te uu ote sua (capsaicin) ite polofeu- chilli, tela la a manu eva e kai ne latou a fuaga kae laku ne latou i koga valevale, tela i niisi taimi e sae aka ate polofeu i kogakoga seki fakamoemoegina.

Fakaaogaaga: A lau mo mulo ote polofeu e mafai o fakaoga kae kai mata (fresh) io me fakapaku. E isi se manogi kae se uu pela mote fuaga.

Vailakau masaki: Te sua mai lau mo fuaga e masani o fakaoga i naai fenua mo masaki ote pakili, e aofia iei te (psoriasis and pain). Te sua ote fuaga ote polofeu (Capsaicin) tela e uutakitaki e tasi ote vaega ote polofeu e lasi te sukesukega e fai kiei, tela e matea kae molimaugina me maluga te aoga ite teke atu ki manu e fakamafua a masaki (pathogenic bacteria), te kenisa (cancer), masaki ote fatu, te suka, te futalefe mote gugu.

Te mafai o maua: Ate polofeu e mafai o ola i tausaga takitasi i fenua ote (tropics mote sub tropics). Te polofeu se lakau koa leva ne fakaola i fenua o Kiribati mo Tuvalu, kae lasi te fakaoga a fuaga iloo lau ote lakau.

Te fakaolaga: A lakau foou e fakaola mai fuaga. A lakau e mafai o maua ne fuaga, tela a lakau foliki e faigofie o siki sei se faigata ki koga ka ola iei mose taimi leva. E toki pefea: A polofeu e mafai o toki i loto o poti (pots) io mene paketi lasi. A poti (pots) mo paketi e tau o 20 lita io me lasi atu e tau o fakaoga, kae fakafonu ki one uli kae koa oti foki ne pulutaki mo kaiao, ko toki iei e 4 fuaga io me 4 tama lakau foliki. A lakau konei e ola lei atu i laukele e maluga te (alkaline), se pela mo niisi lau-vesiapolu e ola ite (tropics), tela a one kena ka fesoasoani malosi kite ola o lakau konei.



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A lakau e poko olotou aka, tela mafai ko ola e tau o fakasusu ki vai i taimi ote taula. A polofeu ka ola lei ite laa, kae manakogina se maluuga foliki ko lau ke lasi atu kae ke maaluu foki. E mafai o fakasoko te tauga o lau mafai e 2 me 3 a tokiiga e 10 io me uke atu a lakau e manakogina ite tausaga. Te aofaki o lau ka muutana mafai koa fua a lakau.

Pokotiaga: Manu pela mo unafi io meko tama pepe kena foliki e mafai o fakamasei te ola lei ote lakau, lau ko olo o foliki kae mate foki mote lakau. Unafi e mafai o fakafoliki mafai e fakafoliki te solo o loo ki luga ite lakau mai te atafaiga mote fakakaiaoga ote lakau ke mafai loa o siusiu. Pepe kena io me ko manu kena foliki e mafai o fakafoliki te fuinumela mafai e fakakaiaoga fakalei ki lau kena pela mo pepa kena kae fakasusu lau mai lalo o lau ki vai.

Te tauga: A lau mo mulo e mafai o tau fakalei io me kat i kise naifi. E tau o tau a lau ite taimi mokomoko ote aso ke moaa e mage. A lau ese lei ma tau soko (te fuafua tau – ke moaa e mailuga atu ote $\frac{1}{4}$ of the leaves area/volume/weight) me mana pokotia te ola o lakau. A lakau foliki ka ola lei e siliga atu te lei olotou lau mo mulo.

Te tauga mote tausiga: A lau e tau o fulu ki vai io me ne suatai maa. Tuku fakatasi kae uufi kise pepa siusiu ko tuku ei ise koga malu kae mokomoko, a lau e mafai o tausi penei kise leva e 1-2 aso. E mafai foki o tuku ite aisa tela ka mafai o lei ite vailaso e tasi, kae mafai foki o fakapoloka ko leva atu la ate taimi e tausiga ie.

Molimau ne maua mai te sukesukega/Niutulisini: A lau ne fakamaua mai Solomona, samoa mo (Torres Strait Islands). E tusa mote 2 lima fonu (100 grams) i lau ote polofeu e lava mose kaiga e tasi mote tino tokotasi pela foki te levolo ote niutulisini e lava foki.

Ne maua aka me i lau ote polofeu e maumea i potasiamu (potassium) mote kopa (copper). E matea foki me maluga i niisi minelolo (minerals) mo (carotenoids): for example, at a Burns Creek, Honiara, Solomona. A lau o polofeu ne maua e (829, 32 and 340 mg/kg dry weight of lutein, alpha-carotene and beta-carotene, respectively, all excellent levels).

Carotenoids: Lutein e taua mote tausiga o mata – fakafoliki te aofaki o unafi kena e olo o pono te mata mote beta-carotene (pro-vitamin A) e taua mote ile/matea, puipui mai masaki, tausiga o ivi.

Potasiamu (Potassium): E fakapalen i neia te aofaki o vai mafai e pulutaki mote (sodium) mo (chloride ions), mote fakagaluegaga o ua ua mo kano. Te timomo ote minelolo tenei e mafai vaivai te foitino, piki vae, lima mote se ulu tonu te manavaga.

Kopa (Copper): Se vaega o sua ote foitino (enzymes), e aofia ite fakagaluegaga o fiti, (iron metabolism), tela la e fesoasoani kite fakaleiga ote toto mote avega ote enetise ite foitino.

This table compares selected mineral nutrients in leaves of Chilli and “sandpaper cabbage” (*Ficus spp.*) grown together at Aruligo, Guadalcanal, Solomon Islands 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).

	Mn	B	Cu	Zn	Ca	Mg	K	P	S	N %
Chilli	32	72	26	22	19900	4600	50000	4900	3800	3.2
<i>Ficus</i>	26	54	8	18	25000	3200	22000	2100	2100	3.1
Cabbage	23	12	2	20	5700	1450	29000	3750	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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