



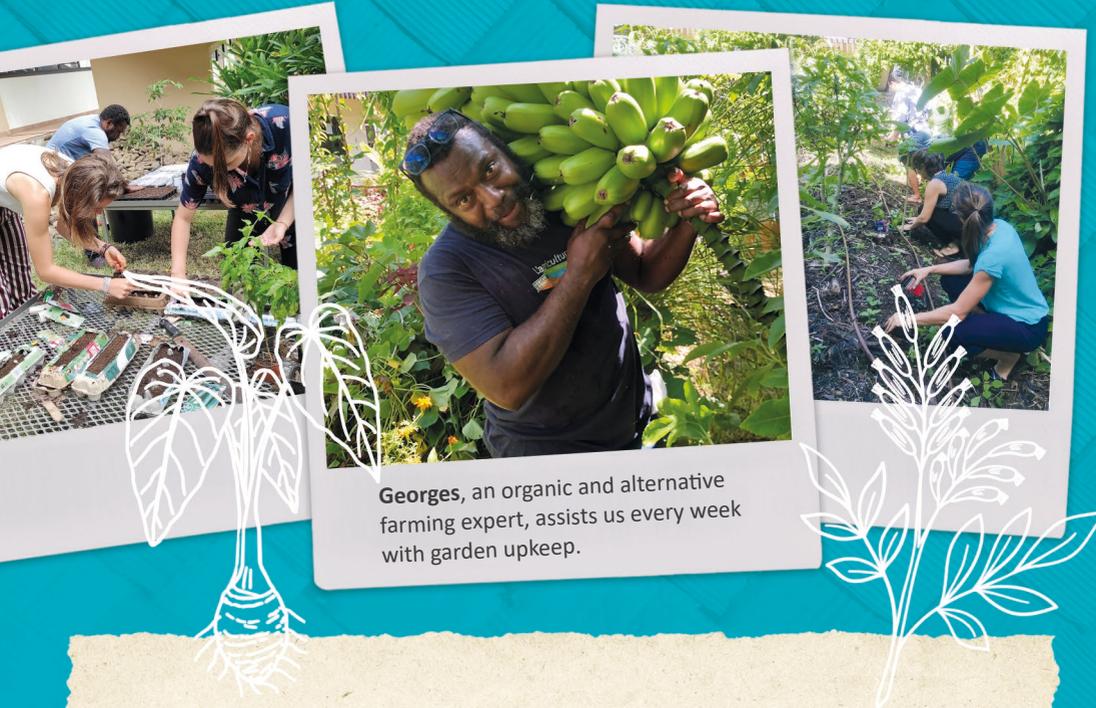
*Discover*  
**the Pacific Community**  
**garden**



Pacific  
Community  
Communauté  
du Pacifique

# Welcome to the Pacific Community Garden

First set up in 2020, the SPC Community Garden was designed to showcase organic and sustainable agriculture, promote Pacific food plants, and offer a place for SPC staff to relax at their workplace. Staff are invited to participate in weekly garden upkeep and in harvesting.



**Georges**, an organic and alternative farming expert, assists us every week with garden upkeep.

At a glance: Take a look around you and list the plants that you recognize.

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# A well-thought-out garden

The garden is based on agroforestry principles. This agricultural practice mimics natural ecosystems' functioning by reproducing the components of their biodiversity and the relationships among the living organisms within them.

Permanent mounds are an ancestral base for planting used frequently in permaculture. These mounds make it possible to farm any type of surface area while using organic material. They are created by layering fresh dry plant materials such as branches, topsoil and compost.



PLACE THE FOLLOWING ON THE PICTURE:

Mulch

Topsoil

Compost

Coconut leaves



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*Learn more:*

## Step by step: Creating a permaculture mound

- 1 **Staking:** Use string to mark the location where the mound will be created.
- 2 **Preparing the ground:** Remove stones, roots and other unwanted plants.
- 3 **Building the mound:** Layer plant materials such as branches, topsoil, and compost.
- 4 **Mulching:** Spread mulch over the mounds to protect them from the weather and limit weed growth.
- 5 **Resting:** Wait two weeks before planting.



*What does that mean?*

“Undesirable plants” or “weeds” in everyday language:

Plants that grow in a developed area without having been introduced there. All plants have a function and help to regulate the ecosystem around them, so such plants are not “bad.”

# Auxiliary plants, our valuable allies

We added non-food plants to the vegetable garden to combat certain insects, nourish the soil, and promote pollination. Can you identify them?

① VETIVER

② LEMONGRASS

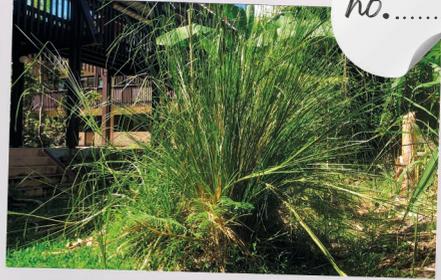
③ FRENCH MARIGOLD

④ COLEUS



no.....

Plant that repels aphids, flea beetles (insects from the beetle family), and whiteflies.



no.....

Plant that combats soil erosion, supplies organic material, and protects other plants from the wind.



no.....

Plant that repels mosquitoes, caterpillars, and slugs. Its roots draw nutrients to the surface that benefit the fruit and vegetables we have planted.



no.....

Plant that repels caterpillars and reduces the spread of fungal diseases.

*What does that mean?*

**Fungal diseases:** diseases caused by fungi such as mildew.



# Not everything in our garden is a friend!

Here are the top three pests found in the garden. What are they?



Learn more:

What's the purpose of an insect hotel?

We set up an insect hotel in the garden to promote local biodiversity. But let's be clear: we don't want to invite just any insects into our garden! The goal is to attract beneficial insect species, which are valuable allies in combating pests that can harm our crops. Some also promote pollination and help to make sure that our garden is very productive. In short, we provide food and shelter for useful insects.

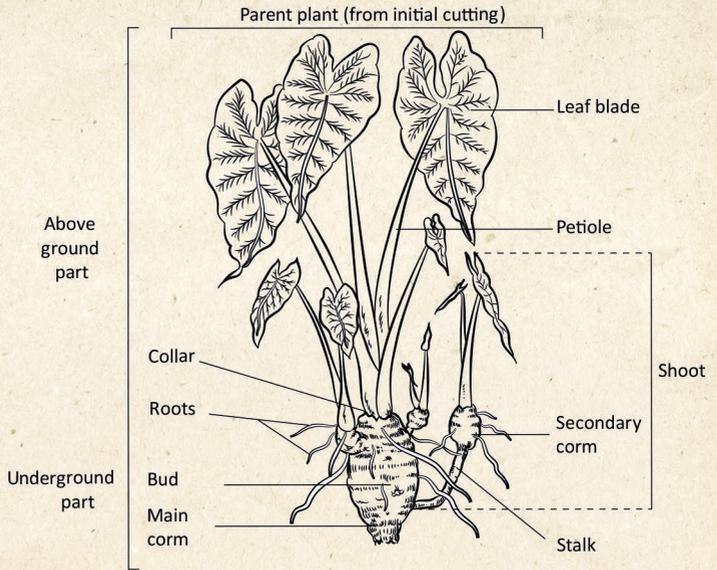


Note here the materials used to host insects:

# Pacific plants : garden royalty!

Taro - also known as talo (Samoa and Tonga), dalo (Fiji), and kalo (Hawaii) – has been a staple food for Pacific Islanders for thousands of years.

The Pacific is home to four varieties of taro. The most common is *Colocasia esculenta*. Every part of the plant is edible - tubers, stalk, and leaves. The tubers are eaten boiled, baked, and as chips/fries or processed into flour.



Swamp taro : *Colocasia esculenta* var. *esculenta*  
Drawing: Jipé Le-Bars in the style of J. Brevart

Mention a recipe based on taro leaves or stalks:

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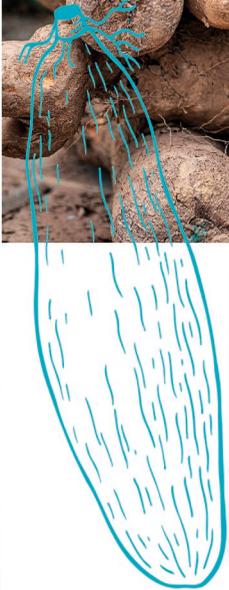
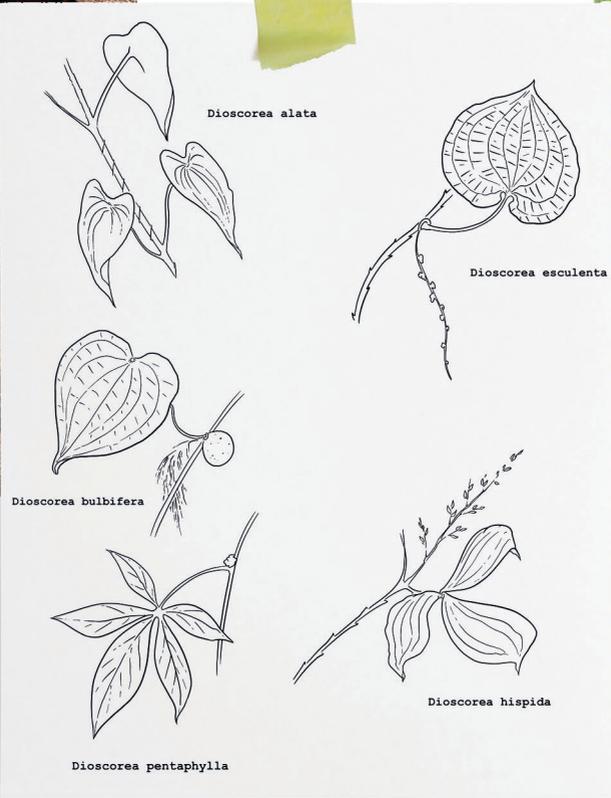


## Learn more:

In Kanak culture, taro represents wet farming and women, while the yam represents dry farming and men. Women are also very often responsible for maintaining taro patches in the Pacific.

**The yam plant is a climbing vine that produces yellow, white or purple tubers. There are five varieties of yam that can be recognised by the shape of their leaves.**

Yams hold an important position in Melanesian culture. They are a very popular food item, but they are also a strong cultural symbol. The yam cycle sets out the stages of the Kanak calendar and its harvest is celebrated each year in the various tribes. There has been a yam conservatory in New Caledonia since 2003.



**There is a third tuber in the garden. What do you think it is?**

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# Leaves you can eat

In addition to tubers, many of the garden's leafy greens are edible. See if you can find the foods that are essential for creating a balanced meal!



Island cabbage, the "star" of edible leaves in the Pacific.

How many varieties of island cabbage did you identify in the garden?

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*Island cabbage*

Basella, which is eaten raw or sauteed. It grows as a vine.



*Basella*



*Sweet potato leaves*

Sweet potato leaves are used like spinach. One variety has red leaves and another has green.



*Pumpkin stems*

Chayote and pumpkin stems are delicious cooked in coconut milk.



*Amaranth leaves*

There's nothing better than amaranth leaves served with fish.



# Get all your vitamins from fruit from our garden!

## Papaya Paw-paw



 **Harvest:** year-round!

 **Nutritional value:** A half-papaya alone contains more than 50% of the recommended daily allowance of Vitamin A needed for good vision.

 **Fun Fact:** Only female papaya trees produce fruit.

## Banana



 **Harvest:** year-round!

 **Nutritional value:** Bananas are rich in potassium and promote proper blood circulation.

 **Fun Fact:** Some kinds of bananas – such as plantains - must be cooked before eating them.

## Pineapple



 **Harvest:** October-January

 **Nutritional value:** Pineapples contain bromelain, a powerful enzyme that promotes the breakdown of proteins and speeds digestion.

 **Fun Fact:** The pineapple crown can be replanted to grow a new plant.

## Lemon



 **Harvest:** December-February

 **Nutritional value:** Lemons are rich in Vitamin C and strengthen the immune system.

 **Fun Fact:** Kaffir limes are in the same family as the lemon. Find the kaffir lime in the garden and compare it to the lemon tree.

# Our aromatics

DILL  
LARGE-LEAVED BASIL  
PURPLE BASIL  
CELERY  
GREEN ONION

MINT  
CHINESE PARSLEY (CORIANDER)  
CURLY PARSLEY  
THAI PARSLEY (CILANTRO)

ROSEMARY  
THYME

VERBENA  
SAGE



# Do your own investigation!

Find the following items in the garden!





Pacific  
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