

Sapta Seven Ol kaikai bilong tumbuna

Mipela save tok olsem, ‘mipela stap long wanpela ples namel’. I no nambis, na i no maunten stret. Mipela stap namel long tupela, olsem mipela i gat planti samting bilong kaikai. Mipela save stap long taro, na taro gaden em i bikpela samting bilong mipela. I gat kain kain yam na banana mipela save planim wantaim taro long gaden. Tasol i gat ol kaikai long bus antap long ol samting mipela yet planim, na pastaim ol tumbuna save stap long dispela ol kaikai long taim nogut, o bilong bungim wantaim gaden kaikai. Long dispela sapta i gat ol samting ol tumbuna bin painim long bus na planim long gaden bilong kaikai. Nau i gat ol nupela kaikai olsem taro kongkong na kaukau, tasol sampela kaikai bilong bipo em i bikpela long mipela yet.

Chapter Seven Planting and preparation of traditional foods

We say that we live in an in-between place. Not the coast and not the high mountains. In between these two, there are lots of things we can grow and also find in the bush. Our staple is taro, and taro gardens are very important to us. There are many other foods which we plant alongside taro in the garden. There are also foods in the bush, some which we plant and tend, and some which are wild. It was these foods which our ancestors ate in times of famine or war. We still add these to our diet of garden foods. This chapter records some of the things that our ancestors used to cultivate in gardens or collect in the forest to eat. We now have new types of food such as Chinese taro and sweet potato, but many foods recorded here are still important to us today.

Pel kapa

Taro

Pel kapa (Plate 7-1) em namba wan taro kamap long Reite graun. *Patuki*, fers man bilong dispela graun, givim ol tumbuna bilong Reite dispela taro, na mipela lukautim gut inap i kam nau. Yu mas planim long ai bilong gaden (*wating*, lukim Saptu 5).

***Colocasia esculenta* var. *antiquorum*¹**

Taro

Colocasia esculenta var. *antiquorum* (Plate 7-1) was the first taro discovered on Reite lands. *Patuki*, the first man of this land, gave it to the Reite ancestors. We have preserved it by looking after it well until now. Always plant the taro in the 'eye' or 'shoot' of the garden (*wating*, see Chapter 5).



Plate 7-1: *Pel kapa* (*Colocasia esculenta* var. *antiquorum*)

1. *Colocasia esculenta* var. *antiquorum* (Araceae), taro kanaka, taro.

Suwung

Sis: pikinini bilong diwai

Boilim kaikai bilong *Suwung* (Plate 7-2, 7-3) wantaim skin bilong en, bihain brukim na rausim ol mit. Pulapim basket wantaim mit na putim long wara long tupela de. Rausim long wara na kisim mit na mambuim long paia. Nogut yu no bihainim, i gat marasin bilong mekim yu traut.

***Pangium edule*²**

Sis: seeds for roasting

Boil the *Pangium edule* (Plate 7-2, 7-3) with the husk, then break open and take out the flesh. Put the flesh in a basket and leave in the stream for two days. After removing it from the stream, cook it in bamboo containers over the fire. It has a chemical which makes you vomit if this procedure is not followed.



Plate 7-2: *Suwung (Pangium edule)*



Plate 7-3: *Suwung (Pangium edule)*

2. *Pangium edule* (Flacourtiaceae), sis.

Wiynu

Yam

Namba wan yam kamap long Reite ples, em *Wiynu* tasol (Plate 7-4, 7-5). Wanpela *Patuki* man bin tanim olsem yam i stap, na meri wantaim pikinini kam katim em nabaut na blut kamap. Man tanim olsem ston, na em tok: 'Yu mas kisim yam tru bilong kaikai, na noken kaikai man tru'.

Malapa

Yam

Namba wan gaden yu wokim, bai yu planim dispela *Malapa* yam (Plate 7-6, 7-7) long en, na bai yu kaikai wantaim ol nupela kaikai long wan wan yia (*masaalu*) long nambawan o nambatu mun.

Meki

Yam

Meki yam (Plate 7-8) bilong *muhurung*, olsem namba wan gaden ol meri save planim. Bilong kaikai ol nupela kaikai, ol meri save kisim dispela yam na kukim wantaim ol nupela kaikai.

***Dioscorea* sp.³**

Yam

The first yam discovered in Reite is this *Dioscorea* sp. (Plate 7-4, 7-5). A mythic figure, *Patuki*, turned into a yam and his wife and children came and picked bits off him to eat and he bled. He turned to stone, and said, 'From now on you can eat my body [yams]'.

***Dioscorea* sp.⁴**

Yam

The first garden of the year is planted with *Dioscorea* sp. yams (Plate 7-6, 7-7). They are eaten with the new harvest of beans and cucumbers in January and February.

***Dioscorea* sp.⁵**

Yam

This *Dioscorea* sp. (Plate 7-8) yam is planted by women in the first garden of the year. It is the first yam of the season and the women are responsible for their harvest and preparation.

3. *Dioscorea* sp. (Dioscoreae), yam bilong diwai, yam.

4. *Dioscorea* sp. (Dioscoreae), yam bilong stik, yam.

5. *Dioscorea* sp. (Dioscoreae), yam.



Plate 7-4: *Winyu (Dioscorea sp.)*



Plate 7-5: Takarok wantaim yam *Winyu (Dioscorea sp.)* yam. Takarok with mature harvested *Winyu (Dioscorea sp.)* yam.



Plate 7-6: *Malapa (Dioscorea sp.)*



Plate 7-7: *Malapa (Dioscorea sp.)*

Puti

Bin bilong taro *kapa*

Puti (Plate 7-9) em bin bilong taro *kapa* stret. Taim *Patuki* givim namba wan taro long ol Reite, em givim dispela bin wantaim. Taim ol man traut, yu ken givim ol dispela bin, na em bai stopim traut bilong ol olsem long *Samat Matakaring Patuki*.

Kariking

Talis

Kariking, em stori bilong Reite. Bipo em yet save bruk na ol save kaikai, tasol wanpela man rongim, na nau ol man save hat wok long brukim na kaikai. Lip bilong *Kariking* (Plate 7-10) em olsem kalenda. Long August na Septemba lip bilong en save ret na pundaun (Plate 7-11). Ol tumbuna save lukim dispela na planim nupela gaden.

***Psophocarpus tetragonolobus*⁶**

Wingbean

Psophocarpus tetragonolobus (Plate 7-9) is the bean which was given to ancestors along with taro *kapa*. Eating the wingbean stops vomiting, as it did in the taro myth *Samat Matakaring Patuki*.

***Terminalia catappa*⁷**

Malay almond

Terminalia catappa has a myth associated with it in Reite. At one time, the nuts of this tree were easy to split open, but then a man annoyed the spirit of the tree and she covered her seeds in hard casings. The leaves of this *Terminalia catappa* tree (Plate 7-10) are like a calendar. In August and September, during the dry season, the leaves turn red and fall (Plate 7-11). Our ancestors used this as a signal to plant next year's gardens.

6. *Psophocarpus tetragonolobus* (Leguminosae), bin, wingbean.

7. *Terminalia catappa* (Combretaceae), talis, Malay almond.



Plate 7-8: *Meki (Dioscorea sp.)*



Plate 7-9: *Puti (Psophocarpus tetragonolobus)*



Plate 7-10: *Kariking (Terminalia catappa)*



Plate 7-11: Taim lip bilong *Kariking* senisim kala long August o Septemba, em i taim bilong planim nupela gaden. When *Terminalia catappa* leaves change colour in August or September, it signals the time to plant new gardens.

Angari

Galip

Ol tumbuna save drain *Angari* (Plate 7-12) na saplang wantaim taro o yam long *tundung kondong* (see *Suarkung* Septa 1) na kaikai.

Canarium vitiense⁸

Canarium nut

Ancestors used to dry these *Canarium vitiense* nuts (Plate 7-12) and crush them in a pestle (*tundung kondong* see *Nauclea* sp. Chapter 1) to eat them with taro and yam as a delicacy.



Plate 7-12: *Angari* (*Canarium vitiense*)

Maata

Kapiak

Taim bilong hangre, ol tumbuna save kaikai dispela *Maata* (Plate 7-13, 7-14). Mipela save kaikai pikinini bilong kapiak tasol.

***Artocarpus altilis*⁹**

Breadfruit

In earlier times of hunger, before the new gardens were ready, ancestors ate the seeds of this *Artocarpus altilis* tree (Plate 7-13, 7-14).



Plate 7-13: *Maata* (*Artocarpus altilis*)



Plate 7-14: *Maata* (*Artocarpus altilis*)

9. *Artocarpus altilis* (Moraceae), kapiak, breadfruit.

Sombee

Kapiak

Sombee (Plate 7-15) em wankain *Maata* (Plate 7-13, 7-14), tasol bai yu kaikai mit bilong en, na pikinini bilong en wantaim.

***Artocarpus communis*¹⁰**

Breadfruit

Artocarpus communis (Plate 7-15) is similar to *Artocarpus altilis* (Plate 7-13, 7-14), only with *Artocarpus communis*, the flesh can be eaten as well as the seeds.



Plate 7-15: *Sombee* (*Artocarpus communis*)

Mo

Pikinini bilong diwai

Taim ol man hangre bipo, ol save kaikai *Mo* (Plate 7-16). Em kaikai bilong las man bilong kaikai taro (*salili*) stret. Ol save boilim pikinini bilong en, brukim, na putim long wara. Sampela de bihain, ol save boilim na saplang na kaikai.

Tekising

Wail saksak

Ol tumbuna save kaikai kru bilong *Tekising* (Plate 7-17) na ol yangpela lip bilong en. Yu ken kaikai nupela, o yu ken kukim na kaikai.

Kaapi

Mambu

Mipela save kaikai kru bilong *Kaapi* (Plate 7-18).

***Terminalia megalocarpa*¹¹**

Edible seeds

In early times, during January and February, the lean time of the year, people ate seeds of this species, tentatively identified as *Terminalia megalocarpa* (Plate 7-16). It is the food of the kin groups who ate taro in the latter part of the season; those who knew the names of the original taro deity and therefore waited until everyone else had eaten new taro before harvesting theirs (*salili*). Boil the seeds, split the husks, and soak in water for some days, then boil them again before eating.

***Caryota rumphiana*¹²**

Wild sago

Ancestors ate the shoots of this *Caryota rumphiana* palm (Plate 7-17), and its young leaves. It can be eaten fresh or cooked.

***Bambusa* sp.¹³**

Bamboo

We eat the new shoots of this *Bambusa* sp. (Plate 7-18).

11. *Terminalia megalocarpa* (Combretaceae).

12. *Caryota rumphiana* (Arecaceae), wail saksak, wild sago.

13. *Bambusa* sp. (Poaceae), mambu, bamboo.



Plate 7-16: *Mo*
(*Terminalia megalocarpa*)



Plate 7-17: *Tekising*
(*Caryota rumphiana*)



Plate 7-18: *Kaapi* (*Bambusa* sp.)



Plate 7-19: *Patorr* (*Cycas rumphii*)

Patorr

Kaikai bilong palmen

Kisim pikinini bilong *Patorr* (Plate 7-19, 7-20), rausim skin bilong en, na paitim ol inap malomalo. Draim long san, karamapim, na putim long wara. Em bai stap sampela wik. Karamapim wantaim lip, na boylim, na em bai stap strong. Saplang wantaim drai kokonas o galip (Plate 7-12) na pulimapim long mambu na kukim kaikai.

***Cycas rumphii*¹⁴**

Palm food

Take the seeds of the *Cycas rumphii* (Plate 7-19, 7-20) and remove their shells, pounding the seeds until flattened. Dry them in the sun, then soak in water for a few weeks. Package the seeds in leaves and boil them until they go hard. Mash the seeds with coconut or *Canarium vitiense* (Plate 7-12) and put the mixture in a bamboo holder and cook.



Plate 7-20: *Patorr* (*Cycas rumphii*)

14. *Cycas rumphii* (Cycadaceae), palmen, palm.

Kaaki

Kumu gras

Kaaki (Plate 7-21, 7-22) em wanpela kumu gras, bilong kukim wantaim pik. Em bai holim gris bilong pik, na em bai swit.



Plate 7-21: *Kaaki* (*Athyrium esculentum*)

***Athyrium esculentum*¹⁵**

Edible fern

Athyrium esculentum (Plate 7-21, 7-22) is a fern that is cooked with pig. The pig fat adheres to the leaves and makes them tasty.



Plate 7-22: *Kaaki* (*Athyrium esculentum*)

Asisang

Tulip

Asisang (Plate 7-23) em kumu bilong taro *kapa*. *Pel Patuki* em givim tulip wantaim fers taro. Yu kukim taro wantaim na em bai kamap stret.

***Gnetum gnemon*¹⁶**

Two leaf

Gnetum gnemon (Plate 7-23) is the vegetable cooked with taro. The taro deity gave this tree leaf with the first taro. To cook taro in the traditional manner, it must be boiled with this leaf.



Plate 7-23: *Asisang* (*Gnetum gnemon*)

16. *Gnetum gnemon* (Gnetaceae), tulip, two leaf.

