

# Fruit Tree Portfolios

## Promoting diversity for nutrition & food security

### Challenges in local food production systems

- Narrow focus on a few nutritionally limited crops – undermines human health and degrades ecosystems
- Availability of micronutrient-rich crops like fruits and vegetables often lacking and highly season-dependent
- Local, contextually relevant solutions are needed to enhance food security and resilience

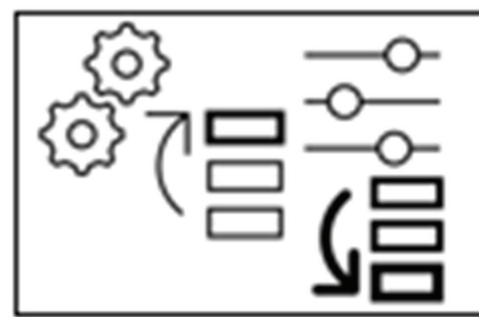
### The Portfolio Approach

- Carefully designed portfolios combine food trees - those that supply fruits, nuts, leaves, etc. - with vegetable, pulse and staple crops to address seasonal gaps and micronutrient deficits
- Co-developed with communities based on food production diversity, local diets and priorities
- Enhance seasonal availability of nutritious foods in local food systems and promote use of neglected and underutilised species

### Co-developing solutions with communities

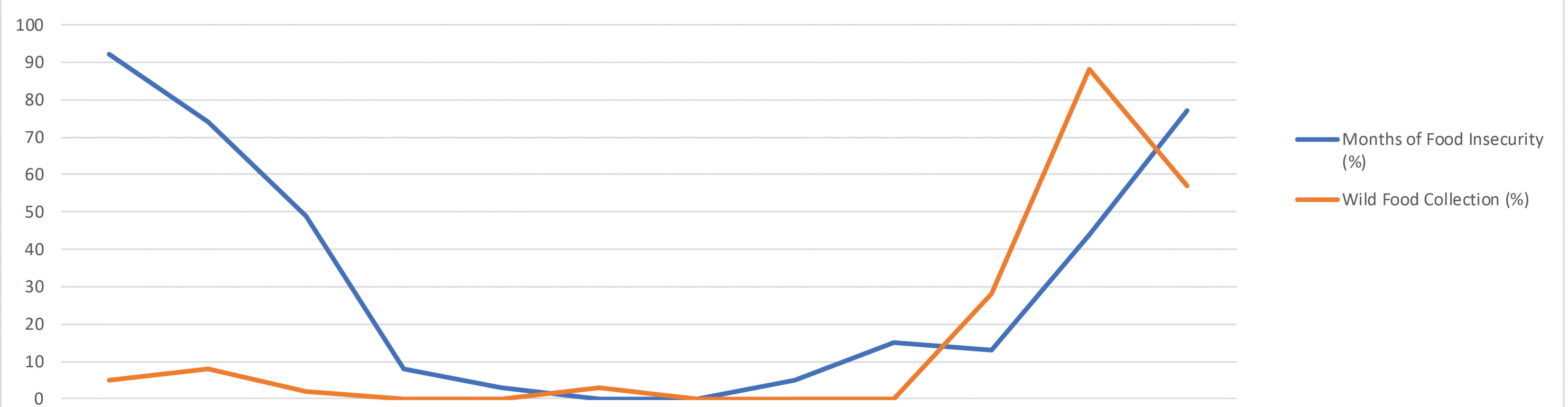
Prioritise agricultural and wild biodiversity for food, income; seasonal harvest calendars

1. Species Diversity 2. Functional Uses 3. Opps. & Challenges 4. Ranking



### Example of a site-specific Fruit Tree Portfolio (Chibale, Central Province)

Months of Food Insecurity and Wild Food Collection - Chibale



| Fruit           | Common Name  | Local Name | Botanical Name                 | * | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sept | Oct | Nov | Dec |
|-----------------|--------------|------------|--------------------------------|---|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|-----|-----|
| Mango           | Mango        |            | <i>Mangifera indica</i>        | e |     |     |     |     |     |     |     |     |      |     |     |     |
| Avocado         | Kota Pela    |            | <i>Persea americana</i>        | e |     |     |     |     |     |     |     |     |      |     |     |     |
| Guava           | Magwaba      |            | <i>Psidium guajava</i>         | e |     |     |     |     |     |     |     |     |      |     |     |     |
| Orange          | Amachungwa   |            | <i>Citrus × sinensis</i>       | e |     |     |     |     |     |     |     |     |      |     |     |     |
| Lemon           |              |            | <i>Citrus limon</i>            | e |     |     |     |     |     |     |     |     |      |     |     |     |
| Chocolate berry | Imfutu       |            | <i>Vitex doniana</i>           | i |     |     |     |     |     |     |     |     |      |     |     |     |
| Baobab          | Mu-Uyu       |            | <i>Adansonia digitata</i>      | i |     |     |     |     |     |     |     |     |      |     |     |     |
| Mobola plum     | Mbula/mpundu |            | <i>Parinari curatellifolia</i> | i |     |     |     |     |     |     |     |     |      |     |     |     |
| Wild pear       | Makole       |            | <i>Azanza garckeana</i>        | i |     |     |     |     |     |     |     |     |      |     |     |     |
|                 | Mfungo       |            | <i>Anisophyllea boehmii</i>    | i |     |     |     |     |     |     |     |     |      |     |     |     |
| Wild Loquat     | Amasuku      |            | <i>Uapaca kirkiana</i>         | i |     |     |     |     |     |     |     |     |      |     |     |     |
| Monkey Orange   | Ifisongole   |            | <i>Strychnos cocculoides</i>   | i |     |     |     |     |     |     |     |     |      |     |     |     |
| Wild Granadilla | Amateke      |            | <i>Passiflora herbertiana</i>  | i |     |     |     |     |     |     |     |     |      |     |     |     |

- Fruit / Food trees provide fruits, leafy vegetables, nuts, seeds oils etc, easily available source of micronutrients – diversify and complement staple based diets
- Diversifying with different fruit trees can provide for year round harvest and nutrient rich foods
- Direct and Indirect benefits of trees ☑ other products, income generation, ecosystem services

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