

Tulip: (Ghetum Gnemon) Paired edible leaves which grow on a tree known by the same name in Pidgin.

Some of these are sweet but others are bitter and it is very hard to tell merely by looking. It's best to cook one or two in a little water for tasting before adding to the rest of your food. Can be used in coconut cream dishes or mumus.

Watercress: (Nasturtium officinale) Use the young stems with large leaves. Remember to wash well in several changes of water as it tends to harbour parasites.

Watercress can be boiled in salted water or coconut cream or served raw in salads or with miti.

It can also be cooked in chicken stock and used as a base for cream soup.

SEASONINGS: basil, dill, parsley, tarragon

TOK PISIN: Kango

•GREEN LEAVES
WATER SPINACH

