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COMMUNITY FOOD SYSTEM DATA TABLE # 113**Food category:** Fish**Scientific identification:***Anabas testudineus***Local name & other common names:**

pla-mow-Thai, Climbing perch (English name)

Part(s) used: Fish**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fish, raw
Moisture, g	74.7
Energy, Kcal	133
Protein, g	17.2
Fat, g	7.1
Carbohydrate, g	0.1
Fibre, g	-
Ash, g	0.9
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	64
Iron, mg	2.5
Zinc, mg	-

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Through out the year
Cost of production, if known:
Importance value to the community by age/gender: Popular among mothers and children.
Source of nutrient data: Nutrient data sourced from Thai FCT, 1999. Thai food ID # THG140 (ref # 4).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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COMMUNITY FOOD SYSTEM DATA TABLE # 114

Food category: Fish

Scientific identification:

Arius truncatus

Local name & other common names:

pla-kod, Catfish, freshwater (English)

Part(s) used: flesh

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	78.4
Energy, Kcal	92
Protein, g	18.7
Fat, g	1.9
Carbohydrate, g	0.1
Fibre, g	-
Ash, g	0.9
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	0.17
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	98
Iron, mg	4.2
Zinc, mg	-

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Liked by both mothers and children.
Source of nutrient data: Nutrient data is sourced from Thai FCT 1999, record # THG15 (ref # 4).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 115**Food category:** Fish**Scientific identification:***Channa striatus (Channidae)***Local name & other common names:**

pla-chon, Snakehead murrel (English)

Part(s) used: flesh**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)	
	Flesh, dried	Flesh, raw
Moisture, g	38.1	76.3
Energy, Kcal	249	109
Protein, g	45.7	17.5*
Fat, g	7.0	3.3
Carbohydrate, g	0.8	0
Fibre, g	-	-
Ash, g	8.4	1.2
Vitamin A, RE- µg	-	-
Vitamin A, RAE- µg	-	-
Retinol, µg	-	-
Beta-carotene, µg	-	-
Thiamine, mg	0.03	0.04
Folic acid, µg	-	-
Vitamin C, mg	-	-
Calcium, mg	194	24
Iron, mg	3.3	1.0
Zinc, mg	-	0.4

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Liked by both mothers and children
Source of nutrient data: Nutrient data is sourced from Thai FCT 1999, records THG51 (dried) and THG47 (raw) (ref # 4).
 * Real protein (non protein Nitrogen was excluded).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 116**Food category:** Fish**Scientific identification:***Clarias* spp.**Local name & other common names:**

pla duk, Catfish, walking (English)

Part(s) used: Flesh**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	78.5
Energy, Kcal	86
Protein, g	15
Fat, g	1.0
Carbohydrate, g	4.2
Fibre, g	-
Ash, g	1.3
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	210
Iron, mg	0.7
Zinc, mg	-

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Liked by mothers and children
Source of nutrient data: Nutrient data is sourced from Indian FCT 2002, record # 356 (ref # 2).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 117

Food category: Fish**Scientific identification:***Fluta alba***Local name & other common names:**

pla lai, Eel, swamp (English)

Part(s) used: Meat**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	78.9
Energy, Kcal	86
Protein, g	18*
Fat, g	0.8
Carbohydrate, g	0
Fibre, g	-
Ash, g	1.1
Vitamin A, RE- µg	90
Vitamin A, RAE- µg	90
Retinol, µg	90
Beta-carotene, µg	-
Thiamine, mg	0.07
Folic acid, µg	-
Vitamin C, mg	0
Calcium, mg	33
Iron, mg	1.7
Zinc, mg	0.8

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Disliked by children but popular among mothers.
Source of nutrient data: Nutrient data is sourced from Thai FCT 1999, record # THG150 (ref # 4). * Real protein (non protein Nitrogen was excluded).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 118**Food category:** Fish**Scientific identification:***Kryptopterus bleekeri***Local name & other common names:**

pla-ngea-on, Sheat, fish (English)

Part(s) used: Flesh**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	80.8
Energy, Kcal	83
Protein, g	16.0
Fat, g	2.0
Carbohydrate, g	0.4
Fibre, g	-
Ash, g	0.9
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	0.01
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	32
Iron, mg	0.7
Zinc, mg	-

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Popular among mothers and children.
Source of nutrient data: Nutrient data is sourced from Thai FCT 1999, record # THG100 (ref# 4).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 119

Food category: Fish**Scientific identification:***Mystacoleucus marginatus***Local name & other common names:**

ya-ber-za, Fish (English)

Part(s) used: Flesh**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	77.9
Energy, Kcal	94
Protein, g	18.1
Fat, g	2.4
Carbohydrate, g	0
Fibre, g	-
Ash, g	1.7
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	295
Iron, mg	0.6
Zinc, mg	-

--- = not analyzed



Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Popular among mothers and children.
Source of nutrient data: Analyzed at Food Chemistry Laboratory, Institute of Nutrition Mahidol University, Thailand, May 2005 (ref # 12).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 120**Food category:** Fish**Scientific identification:***Oreochromis nilotica***Local name & other common names:**

pla-nin, Tilapia, Nile (English)

Part(s) used: Flesh**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	78.5
Energy, Kcal	87
Protein, g	17.4*
Fat, g	1.1
Carbohydrate, g	0
Fibre, g	-
Ash, g	1.1
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	51
Iron, mg	0.9
Zinc, mg	0.2

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Popular among mothers and children.
Source of nutrient data: Nutrient data is sourced from Thai FCT 1999, record # THG98 (ref # 4). * Real protein (non protein Nitrogen was excluded).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 121

Food category: Fish

Scientific identification:

Osphronemus goramy

Local name & other common names:

pla lat, Giant gourami (English)

Part(s) used: Flesh

Preparation:

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	78.5
Energy, Kcal	97
Protein, g	17.3
Fat, g	2.9
Carbohydrate, g	0.3
Fibre, g	-
Ash, g	1.0
Vitamin A, RE- µg	86
Vitamin A, RAE- µg	85
Retinol, µg	84
Beta-carotene, µg	10
Thiamine, mg	
Folic acid, µg	-
Vitamin C, mg	0
Calcium, mg	102
Iron, mg	0.8
Zinc, mg	-

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Popular among mothers and children.
Source of nutrient data: Nutrient data is sourced from ASEAN FCT 2000, Asean # AAG59 (ref #1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 122**Food category:** Fish**Scientific identification:***Oxyurichthys microlepsis***Local name & other common names:**

pla boo, Goby, long fin, common (English)

Part(s) used:**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Flesh, raw
Moisture, g	78.1
Energy, Kcal	95
Protein, g	16.6
Fat, g	2.7
Carbohydrate, g	0
Fibre, g	0
Ash, g	2.6
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	621
Iron, mg	2.5
Zinc, mg	-

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Popular among mothers and children.
Source of nutrient data: Nutrient data is sourced from Food composition Table for use in East Asia, record # 1318 (ref # 8).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 123**Food category:** Fish**Scientific identification:***Pantius gonionotus***Local name & other common names:**

pla thapien, Silver barb, common (English)

Part(s) used: Meat or flesh**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	74.0
Energy, Kcal	124
Protein, g	16.7*
Fat, g	4.4
Carbohydrate, g	0
Fibre, g	-
Ash, g	1.3
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	0.02
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	32
Iron, mg	0.6
Zinc, mg	0.1

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Popular among mother and children
Source of nutrient data: Nutrient data is sourced from Thai FCT 1999, record # THG80 (ref# 4). * Real protein (non protein nitrogen was excluded)

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 124**Food category:** Fish**Scientific identification:***Puntioplites proctozysron***Local name & other common names:**

pla kamang, Smith, barb (English)

Part(s) used: Meat**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Meat, raw
Moisture, g	
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Zinc, mg	-

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Liked by children and mothers
Source of nutrient data: Not analyzed.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 125**Food category:** Fish**Scientific identification:***Rasbora* sp.**Local name & other common names:**

pla-seu, Rasbora (English)

Part(s) used: Whole fish**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fish, dried
Moisture, g	4.9
Energy, Kcal	474
Protein, g	58.8
Fat, g	18.7
Carbohydrate, g	17.6
Fibre, g	-
Ash, g	17.3
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	4258
Iron, mg	9.7
Zinc, mg	-

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known: Not known
Importance value to the community by age/gender: Popular among mothers and children.
Source of nutrient data: Nutrient data is sourced from Thai FCT 1999, record # THG72 (ref # 4).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 126

Food category: Fish**Scientific identification:***Tilapia mossambica***Local name & other common names:**

tilapia, java (English name)

Part(s) used: Whole fish**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fish, raw
Moisture, g	75.4
Energy, Kcal	131
Protein, g	13.5
Fat, g	7.5
Carbohydrate, g	2.5
Fibre, g	-
Ash, g	1.2
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Zinc, mg	-

--- = not analyzed

Type of procurement:
Home harvested or purchased:
Seasonality of use:
Cost of production, if known:
Importance value to the community by age/gender:
Source of nutrient data: Nutrient data is sourced from Thai FCT 1999, record # THG139 (ref# 4).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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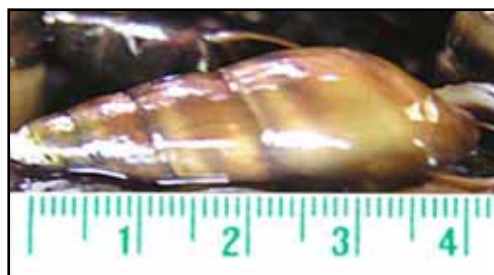
COMMUNITY FOOD SYSTEM DATA TABLE # 127**Food category:** Fish or Shellfish**Scientific identification:***Unknown***Local name & other common names:**

khlu-mi

Part(s) used: Shellfish**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)
	Shellfish, boiled
Moisture, g	78.2
Energy, Kcal	84
Protein, g	13.4
Fat, g	0.7
Carbohydrate, g	5.9
Fibre, g	-
Ash, g	1.8
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	320
Iron, mg	16.5
Zinc, mg	-

--- = not analyzed

**Type of procurement:****Home harvested or purchased:****Seasonality of use:****Cost of production, if known:****Importance value to the community by age/gender:****Source of nutrient data:** Analyzed at Food Chemistry Laboratory, Institute of Nutrition Mahidol University, Thailand, May 2005 (ref # 12).**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 128**Food category:** Fish**Scientific identification:***Unknown***Local name & other common names:**

pla-gang

Part(s) used: Fish**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fish, raw
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Zinc, mg	-

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Popular among mothers and children.
Source of nutrient data: Not analyzed.

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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COMMUNITY FOOD SYSTEM DATA TABLE # 129

Food category: Fish**Scientific identification:***Unknown***Local name & other common names:**

pla-ka-yon

Part(s) used: Fish**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Fish, raw
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fibre, g	-
Ash, g	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Thiamine, mg	-
Folic acid, µg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Zinc, mg	-

--- = not analyzed

Type of procurement: Wild
Home harvested or purchased:
Seasonality of use: Throughout the year
Cost of production, if known:
Importance value to the community by age/gender: Popularity among mothers and children unknown.
Source of nutrient data: Not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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