

CROP SHEET

Noni



What is it?

Noni is a plant in the coffee family that can be used for food and medicine. It is also known as Indian mulberry and cheese fruit (because of the fruit's strong smell).

It is an evergreen shrub, growing 3m- 6m tall. It is a good understorey plant for growing under the shade of tall trees, but also likes full sun. It can tolerate a wide range of soils, from volcanic to rocky and sandy.

Noni fruit is used to make juice. Noni can taste bitter, so is often mixed with other (sweet) fruit juices. Like many fruit juices, it contains Vitamin C and B vitamins. It can also be used in curries and salads.

How can I use it?

- The roots and fruits of Noni have antibacterial properties, and are used to treat cuts and bruises.
- The fruit is crushed to make juice, or used in curries and salads.
- Noni leaves can be used in cooking.
- Seeds can be crushed to make oil for cooking.
- The bark has been used traditionally to make dyes.
- The juice of Noni is full of anti-oxidants, which are good for general health, gut health and immunity.
- Noni is rich in vitamin C, which is good for skin health and the immune system.
- Noni is used across the Pacific in traditional medicine to treat pain and arthritis.
- Noni encourages good insects into fields and gardens.

How can I grow it?

Noni can be grown from seed or from cuttings, but seeds take longer to grow.

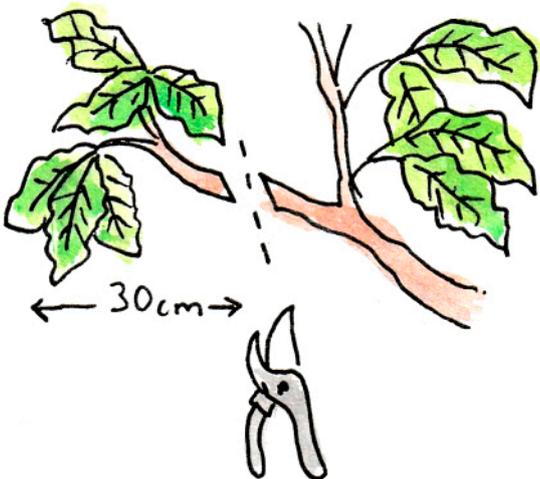
FROM SEED

Seeds can be cut out from fruits and separated from the flesh by hand. It is helpful to use sandpaper to roughen the seeds, which stimulates the seeds and helps them to germinate more quickly. Soak seeds in water for a day to encourage them to sprout.

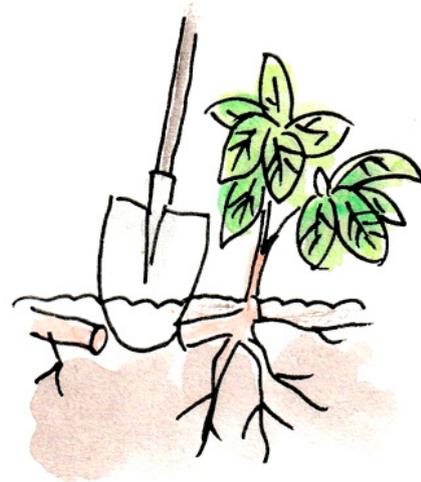
You can grow seedlings in a pot before planting out into the field or garden. Plant in a mix of good, rich soil and compost. Seeds should be only just covered with soil. Keep the soil moist - water daily. Put seedlings in separate pots after 6 weeks, or into the ground.

FROM CUTTINGS

Cut a branch 30 cm long, measured from end of branch, from outer parts of plant, and from healthy branch (free from insect pests, signs of disease). Branches can be of varying sizes. Make cut on a 45 degree angle. Insert cut end into soil in a small to medium pot (15cm) so it stands upright, with one stem per pot. Keep soil moist but not flooded (there should be no water lying on the surface of the soil). Place pot in partial shade, not full sun all day. Once cutting is established, with roots holding the plant firm, it can be moved into the sun. Protect from the wind. New plants can be transplanted to the field within 6 to 9 weeks.



New plants can also be made by cutting out a section of root that is sprouting new leaves from a mature bush. New plants may begin growing from the roots of a mature plant. This new plant can be dug up and replanted. Cut the new plant from the root with a sharp instrument or shovel. Ensure the roots of the mature plant remain buried. Take care not to damage new roots of the new plant.



Noni plants sometimes have problems from nematodes (worms) in the soil attacking the roots. You can minimize nematodes in the soil where noni is growing by planting marigold flowers.

Noni plants up to 3 years old can be pruned after first fruiting. Light pruning may also help control pest and disease outbreaks in mature plants.