

# Gianai (Foods)

This page provides information regarding some of the common foods consumed by the [Poku'vonai](#) of the [Poku Saeruo Degonjo](#).

## Meats

### Buvory

Learn more about the [Buvory \(Lizard\)](#), the clan's primary meat source.

### Kywiqor

Kywiqor (kīwēkhōr) or *Meat Bugs* are large insects that looked like scarabs, about three inches in length. They were discovered after the [Norka \(The Exodus\)](#). They are high in protein and when properly prepared actually have a texture like meat. Kywigor flavoring is one of the flavors of Clan [Giana'alto \(Nutrient Paste\)](#).

### Laminwiqor'ka

Laminwiqor'ka (lāmēnwēkhōr-kă) or *Large meat animal* is a bovine animal resembling the 🐾 [bison](#). These heavy animals are milked, and their milk is made into fragrant cheese or sour yogurt, or they are butchered for their meat. Laminwiqor'ka meat is rich in protein and iron, and expert Clan [Chefs](#) can do much to enhance their flavor with cooking techniques.

### Voqmetao

[Voqmetao](#) is an large avian that was found in the forests on [Âmuar \(Dream\)](#).

## Fruits

These are the common variety of fruits available to the [Poku'vonai](#).

### Ymy vitdâmu

The ymyvitdâmu, or white fruit, resembles a 🍇 [white grape](#) but is larger, typically measuring 4.27 cm

(1.68 in) in diameter. The fruit grows in clusters of 20-35. The fruit has a flavor comparable to 🌱ginger. The ymyvitdâmu is a plant that the Poku'vonai brought with them during the Norka (The Exodus). This fruit is eaten raw, and is also prepared as part of other food dishes or salad. The ymyvitdâmu is also used to make an alcohol called Ymy Wine.

## Iko vitdâmu

The ikovitdâmu, or red fruit, resembles the 🍏apple. The inside of the fruit is deep red. The fruit actually starts out white, but slowly turns red from the bottom up. This is why it sometimes called fauvitdâmu or blood fruit. The ikovitdâmu is a plant that the Poku'vonai brought with them during the Norka (The Exodus).

## Pona vitdâmu

The ponavitdâmu or orange fruit, resembles the Terran tomato in shape and size. The fruit's flavor is similar to chili pepper. The plant was discovered during the Great Exodus, and taken with the fleet because of its rapid growth cycle. This fruit is eaten raw and prepared, the seeds from it are dried and used as a seasoning.

## Volu vitdâmu

The voluvitdâmu or purple fruit, resembles the Terran pear in shape and flavor, but has a dark purple skin like an eggplant, and the interior is a pinkish pulp. The plant was discovered during the Norka (The Exodus) and taken as a way of expanding the diversity of the Poku'vonai diet.

## Una vitdâmu

The unavitdâmu or brown fruit, these nuts resemble Terran walnuts. They are currently the only type of nuts the Poku'vonai consume. They were brought with them during the Great Exodus. The nut has a rich almost meaty smell and taste.

## Ama vitdâmu

The amavitdâmu or blue fruit, resembles the strawberry in size and shape, but is a deep blue.

## Damui

The Damui is a versatile plant that they clan brought from birth world. It produces wide long leaves, a seeded fruit. Its uses are as follows:

- The large leaves are processed to make pulp for paper.
- The fruit is opened and the pit is removed, the fruit is processed into a juice that has caffeine [Damuisa \(Energy Juice\)](#).
- The pit is roasted and used to make a hot beverage [Kadamui \(Hidden Sun Clan Coffee\)](#).

## Starches

### Ikâ vitdâmu

The ikâvitdâmu or ground fruit, is a tuber that the clan use as their one of their primary starch sources. It resembles the Terran 🍷[Yam](#). The [Poku'vonai](#) variant grow to about 1 meter in length.

### Vitnodamu

The vitnodamu or grass offspring, is the [Poku'vonai](#) equivalent of wheat. It is the second starch the [Poku'vonai](#) consume.

### Vitnokya

The vitnokya or water grass is a strain of rice the [Poku'vonai](#) use. The current strain is one they acquired in the Kikyo Sector to replace their strain that was wiped out by a disease.

## OOO Notes

- Article created by [Nashoba](#).

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