POTENTIALLY IMPORTANT LEAFY GREENS AND VEGETABLES IN THE PHILIPPINES

PRACTICAL WAYS OF GROWING LOCAL FOOD PLANTS AND DOING IT WELL
Founded in 2008, the Muravah Foundation Inc. head office is in Barangay Sua (Philippines), a small community of 1900+ people. Inspired by the poverty and poor living condition of the area, they have one mission and main objective “We take the people out of poverty, permanently”.

The Muravah Foundation adopts the whole community, and by doing so, is able to address the socio-economic, cultural and environmental issues and concerns of the area and not just do patch work.

The Muravah Foundation is delighted to partner with Food Plant Solutions and believes that this publication will educate the Filipino people on the nutritional value and importance of the local plants.

This publication was made possible through the generous support of the Rotary Club of Hobart and District 9830.

For further details about the project please contact us at: info@foodplantsolutions.org

We welcome and encourage your support.

Food Plant Solutions - A project of the Rotary Club of Devonport North, Rotary District 9830 & Food Plants International.

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Potentially Important Leafy Greens and Vegetables in the Philippines

Practical ways of growing local food plants and doing it well

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Fruit and Nuts of the Philippines
Good Gardening and Growing Root Crops in the Philippines
Food Plants for Healthy Diets in the Philippines
Philippines

country of beautiful leafy vegetables

Okra

Jute

Kangkong

Bean leaves
Leafy greens -
the health foods of the nation

Chinese cabbage

Sweetfern

Sweet potato

Jute
Using leafy greens —
collect and cook a mixture of leaves

Many edible leafy greens grow around houses and along roadsides.

Healthy food

Green leafy vegetables should be cooked.
Healthy people eat leafy greens

- Many plants have edible leaves.
- Edible leaves are nutritious.
- Normally, all leaves should be cooked to kill bacteria.
- Everybody should eat a fish tin full of dark green leaves every day to stay healthy.
- Some leafy greens can be grown as hedges, in swamps, and around houses to provide a regular daily supply of leafy vegetables.
Green leafy vegetables - Iron content

Iron (mg/100 g)

Pepper - seed (black)
Pigeon pea - seed
Pumpkin - seed
Angled loofah - leaf
Lablab bean - seed (dry)
Jute - leaf - raw
Mung bean - seed
Cowpea - seed
Ball head cabbage - raw leaf
Lettuce - leaf
Vitamin C for good health

Guava - fruit: 180 mg/100 g
Horseradish tree - leaf: 160 mg/100 g
Bird’s eye chilli - fruit: 140 mg/100 g
Angled loofah - leaf: 120 mg/100 g
Jute - leaf - raw: 100 mg/100 g
Potato yam - tuber: 100 mg/100 g
Pawpaw - fruit: 80 mg/100 g
Rambutan - fruit: 80 mg/100 g
Orange - fruit: 60 mg/100 g
Tomato - fruit: 40 mg/100 g
### Vitamin A value of leaves

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Vitamin A (µg/100 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bird’s eye chilli - fruit</td>
<td>7000</td>
</tr>
<tr>
<td>Sweet potato - tuber - baked</td>
<td>2500</td>
</tr>
<tr>
<td>Winged bean - leaf</td>
<td>2000</td>
</tr>
<tr>
<td>Common bean - pod</td>
<td>1200</td>
</tr>
<tr>
<td>Kangkong - leaf - boiled</td>
<td>1100</td>
</tr>
<tr>
<td>Avocado - fruit</td>
<td>1000</td>
</tr>
<tr>
<td>Mustard greens - leaf (boiled)</td>
<td>100</td>
</tr>
<tr>
<td>Pawpaw - fruit</td>
<td>90</td>
</tr>
<tr>
<td>Ball head cabbage - raw leaf</td>
<td>10</td>
</tr>
<tr>
<td>Tomato - fruit</td>
<td>3</td>
</tr>
</tbody>
</table>
**Mustard greens**

The leaves are eaten boiled.

Seed is used in mustard.
Kangkong

The young tips can be eaten raw, boiled, steamed, stir-fried, or added to soups, stews or curries.
Chinese cabbage

*Brassica rapa pekinensis*

The leaves are stir-fried, boiled, pickled or braised.
Sweetfern

The fronds are cooked and eaten as a vegetable.

Diplazium esculentum
Sweet potato leaf

Leaves are edible raw or cooked.

Ground cover or climbing plant.

*Ipomoea batatas*
Jute

First leaves can be harvested after 6 weeks.

Corchorus olitorius
Horesradish tree

The young tops and leaves are eaten cooked. They can be dried for later use.

Moringa oleifera
Cassava

Young leaves are edible after cooking.

*Manihot esculenta*
A good quality delicacy.

Colocasia esculenta
Angled loofah

*Luffa acutangula*
Leafy greens of the Philippines

Dark green leaves should be eaten daily. They should be steamed, fried or boiled.
Edible leaves
Some foods contain substances that can cause illness. Check preparation methods before eating. Some examples are:

- **Bacteria on leaves** can cause stomach upsets. Food should be cooked to kill bacteria.

- **Cyanide** is a poison commonly found in plants (e.g. cassava). It makes them bitter, but is destroyed when food is well cooked.

- **Oxalates** are common in plants (e.g. taro). They are sour and can burn the throat. Changing the water during cooking can reduce oxalates.

- **Plants** can accumulate nitrates that are poisonous to children. This happens when excess nitrogen fertilisers are added to some leafy vegetables (e.g. amaranth).
Vegetable foods of the Philippines

Angled loofah

Okra
Some vegetables and edible leaves should be planted near houses so they are easily available, even on wet days, or when people can’t get to distant gardens.

As some vegetables only grow in certain seasons, families should plant a wide range to provide food all year.
Vegetables - nutritious and tasty

Pigeon pea

Winged bean

Bitter cucumber

Pumpkin
Okra

Young leaves, pods and seeds can be eaten. Leaves are edible when cooked, like slippery cabbage.

The pods can be eaten cooked or used to thicken soups.
Angled loofah

The leaves can be used in salads or cooked.

*Luffa acutangula*

The young fruit are cooked and eaten.

Seeds are best soaked for 24 hours before planting. Plants need a trellis to climb over.
Lima bean

The seeds, leaves and young pods are all eaten.

*Phaseolus lunatus*
Winged bean

A popular climbing bean with leaves, pods, seeds and root tubers that can be cooked and eaten.

Psophocarpus tetragonolobus
Choko

The fruit can be pickled, baked, steamed or made into fritters.

Sechium edule
Pumpkin / Winter squash

The seeds can be roasted and eaten

The fruit are baked, steamed, boiled, fried or mashed
Pigeon pea - a shrub with edible seeds and leaves

Pigeon pea has deep roots that recycle nutrients and help it to grow in drier places.

Being a legume it puts nitrogen into the soil.

The leaves, pods, seeds and sprouts can all be cooked and eaten.

*Cajanus cajan*
Eggplant

Solanum melongena

Fruit are eaten fried, grilled, stuffed or stewed.
Acknowledgements

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