

POTENTIALLY IMPORTANT LEAFY GREENS AND VEGETABLES IN THE PHILIPPINES

PRACTICAL WAYS OF GROWING LOCAL FOOD PLANTS AND DOING IT WELL



**FOOD PLANT
SOLUTIONS**
ROTARIAN ACTION GROUP

*Solutions to Malnutrition
and Food Security*



A project of the Rotary Club of Devonport North,
and Food Plants International



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Potentially Important Leafy Greens and Vegetables in the Philippines



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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Other publications in this series:

Fruit and Nuts of the Philippines

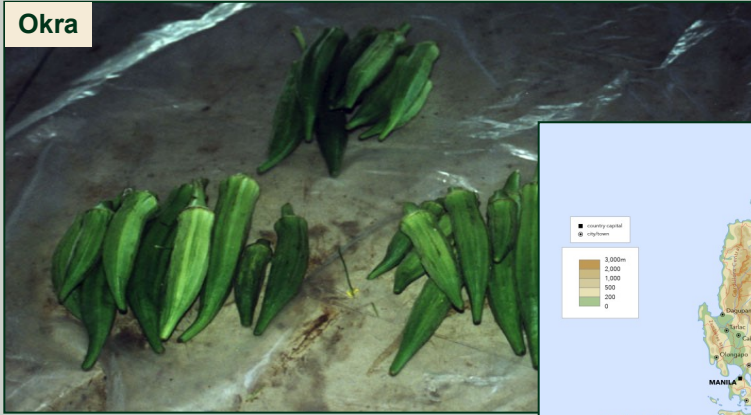
Good Gardening and Growing Root Crops in the Philippines

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



Healthy food

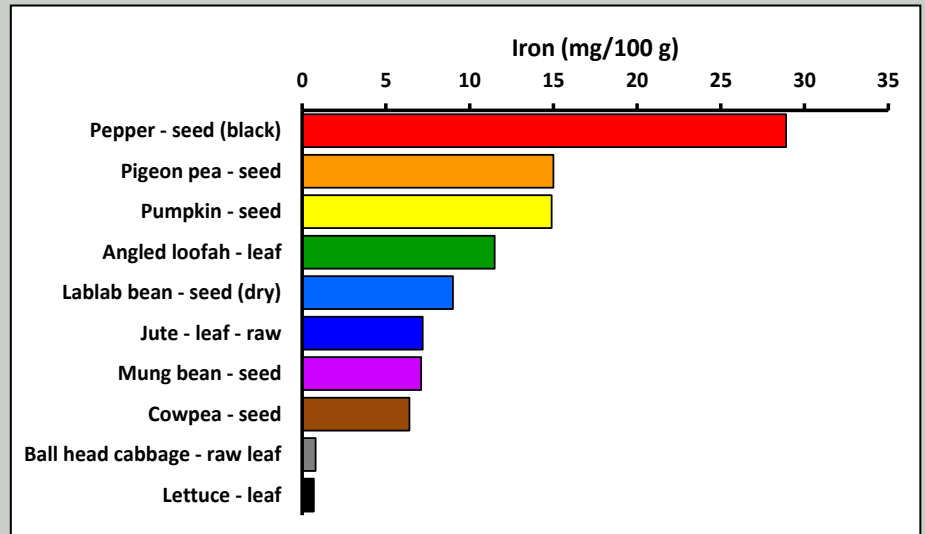


Green leafy vegetables should be cooked.

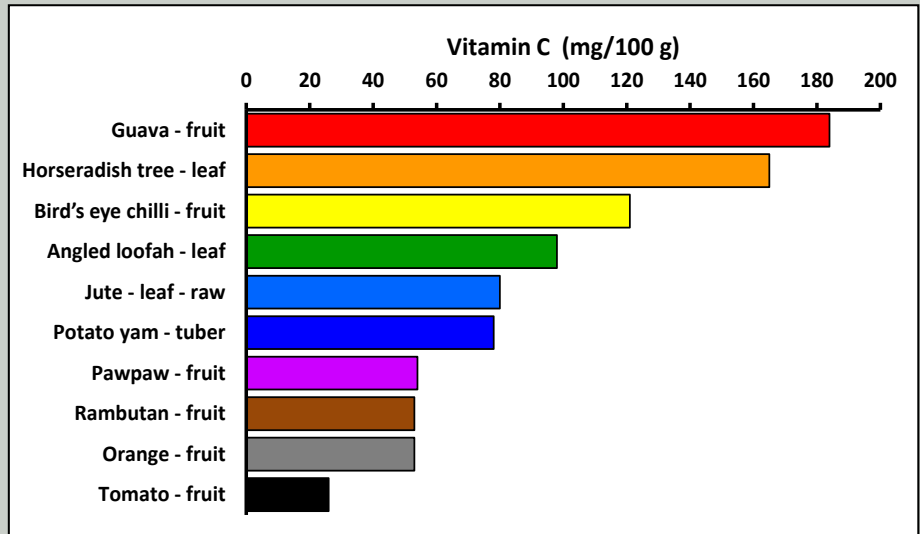
Healthy people eat leafy greens

- 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



Vitamin C for good health

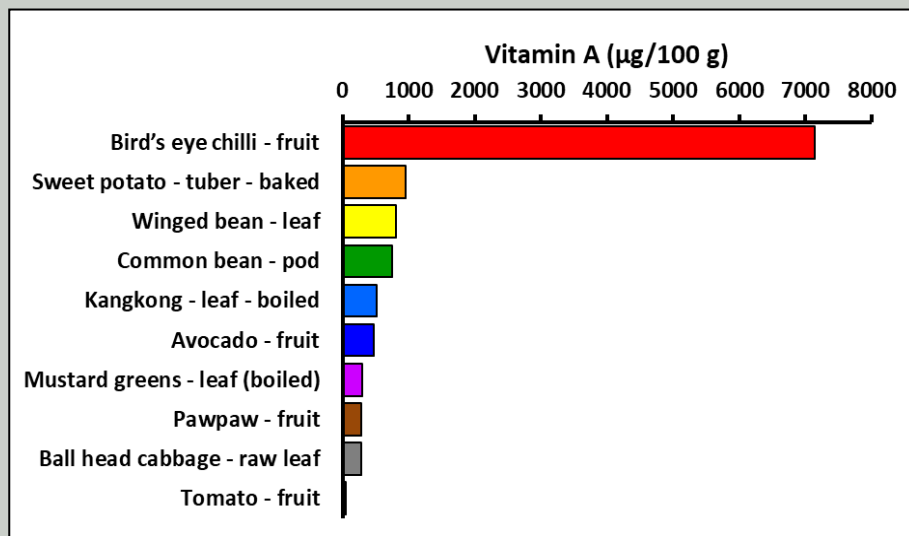
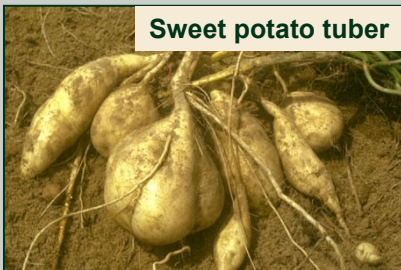


Vitamin A value of leaves

Winged bean leaf



Sweet potato tuber



Mustard greens



The leaves are eaten boiled.

Seed is used in mustard.



Brassica integrifolia



Kangkong



Ipomoea aquatica



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

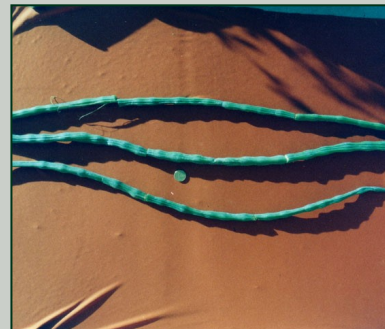
Horesradish tree



A small 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



Taro leaf

**A good quality
delicacy.**



Colocasia esculenta



Angled loofah



Luffa acutangula



Leafy greens of the Philippines

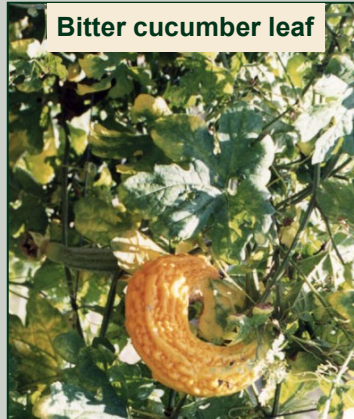


**Dark green leaves should be eaten daily.
They should be steamed, fried or boiled.**

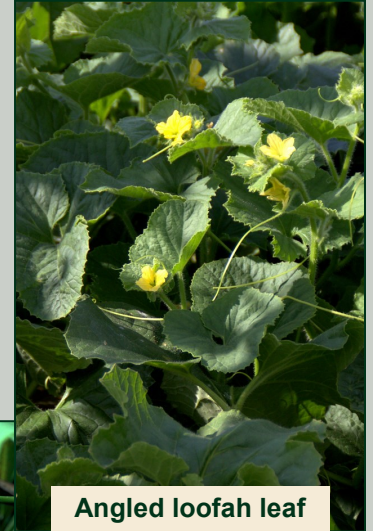
Edible leaves



Taro



Bitter cucumber leaf



Angled loofah leaf



Okra



Choko

Plant poisons

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



Vegetables for variety and nutrition

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.



*Abelmoschus
esculentus*



Angled loofah



The young fruit are cooked and eaten.



The leaves can be used in salads or cooked.



*Luffa
acutangula*

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



Cucurbita maxima

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

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

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Review, layout and formatting - Lyndie Kite and John McPhee

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