

LEAFY GREEN VEGETABLES

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COMMUNITY FOOD SYSTEM DATA TABLE # 1

Food category: Leafy green vegetable

Scientific identification:

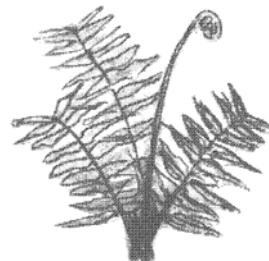
Athyrium esculentum (Retz.) Copel

Local name & other common names:

pako, Fern (English)

Part(s) used: Leaves

Preparation: Raw or boiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Leaves: Raw	Leaves: Boiled
Energy, Kcal	39*	29*
Protein, g	3.8	5.0
Fat, g	1.7	1.0
Carbohydrate, g	2.0	0
Calcium, mg	36	68
Iron, mg	3.0	2.7
Retinol, µg	-	-
Beta-carotene, µg	3 100	2 065
Vitamin A, RE-µg	517	344
Vitamin A, RAE-µg	258	172
Riboflavin, mg	0.10	0.09
Niacin, mg	1.9	2.0
Ascorbic acid, mg	10.0	6.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered alongside rivers.

Home harvested or purchased: Sold for P1.00-5.00 per bundle (depending on quantity per bundle).

Seasonality of use: Year-round availability

Importance value to the community by age/gender:

- A rich source of vitamin A
- No specific preferences by age and gender.
- Delicious but not given to infants

Source of nutrient data: Data is sourced from ref # 1 (page # 27). * The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 2

Food category: Leafy green vegetable

Scientific identification:

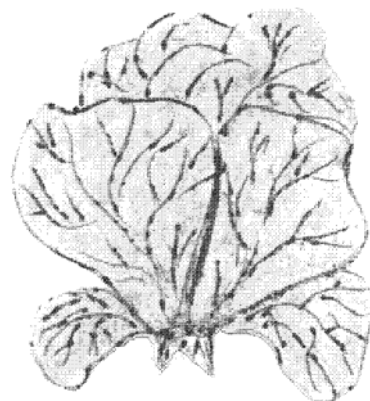
Brassica juncea (L) Czern.

Local name & other common names:

mustasa, Mustard leaves (English)

Part(s) used: Leaves

Preparation: Boiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Leaves: Raw	Leaves: Boiled
Energy, Kcal	25*	18*
Protein, g	2.2	1.5
Fat, g	0.5	0.7
Carbohydrate, g	3.0	1.3
Calcium, mg	174	130
Iron, mg	4.4	1.7
Retinol, µg	-	-
Beta-carotene, µg	1 625	1 945
Vitamin A, RE-µg	271	324
Vitamin A, RAE-µg	136	162
Riboflavin, mg	0.10	0.08
Niacin, mg	0.5	0.4
Ascorbic acid, mg	64.0	59.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated and gathered

Home harvested or purchased: Home harvested and sold in the market for P9.00-11.00 per kilo.

Seasonality of use: Dry season, especially March-June.

Importance value to the community by age/gender:

- Not given to infants.
- Not particularly enjoyed by adults because it tastes different.
- Delicious
- Nutritious
- Good for the mother

Source of nutrient data: The data is sourced from ref # 1 (page # 23). * The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High			*	*	*	*						
Medium												
Low	*	*					*	*	*	*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 3

Food category: Leafy green vegetable

Scientific identification:

Brassica pekinensis Lour. (Gagnep.)

Local name & other common names:

pechay, Chinese cabbage (English)

Part(s) used: Leaves, Petioles

Preparation: Boiled or sautéed.



Nutrient	Nutrient Composition/100g (edible portion)			
	Leaves: Raw	Leaves: Boiled	Petioles: Raw	Petioles: Boiled
Energy, Kcal	23*	18*	11*	9*
Protein, g	2.0	1.8	0.6	0.4
Fat, g	0.5	0.5	0.3	0.2
Carbohydrate, g	2.5	1.6	1.4	1.3
Calcium, mg	168	161	140	110
Iron, mg	3.7	2.7	2.0	1.7
Retinol, µg	-	-	-	-
Beta-carotene, µg	1 280	1 405	0	0
Vitamin A, RE-µg	213	234	0	0
Vitamin A, RAE-µg	107	117	0	0
Riboflavin, mg	0.11	0.10	0.04	0.01
Niacin, mg	0.9	0.7	0.5	0.5
Ascorbic acid, mg	54.0	56.0	27.0	26.0

--- = not analyzed

Wild, hunted/gathered, or cultivated: Cultivated and gathered.
Home harvested or purchased: Home harvested and sold in the market at P9.00-15.00 per kilo.
Seasonality of use: Year-round availability but it is more abundant during the dry season, especially March-April.
Importance value to the community by age/gender:

- Considered as delicious and nutritious (rich source of vitamin A).

Source of nutrient data: The data is sourced from ref # 1 (page # 29).
 * The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High			*	*								
Medium	*	*			*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 4

Food category: Leafy green vegetable

Scientific identification:

Capsicum annum (Linn) var. grossum Sendt

Local name & other common names:

dahon or talbos ng sili, Chili pepper leaves (English)

Part(s) used: Leaves

Preparation: Boiled in stews and soups



Nutrient	Nutrient Composition/100g (edible portion)	
	Leaves: Raw	Leaves: Boiled
Energy, Kcal	54*	33*
Protein, g	5.7	5.0
Fat, g	1.4	0.9
Carbohydrate, g	4.7	1.2
Calcium, mg	245	181
Iron, mg	4.1	5.8
Retinol, µg	-	-
Beta-carotene, µg	11 165	8 745
Vitamin A, RE-µg	1 861	1 458
Vitamin A, RAE-µg	930	729
Riboflavin, mg	0.24	0.22
Niacin, mg	1.3	1.2
Ascorbic acid, mg	25.0	5.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated and gathered.

Home harvested or purchased: Home harvested and sold at P1.00-2.00 per bundle

Seasonality of use: Year-round availability

Importance value to the community by age/gender:

- Not usually given to infants but adults consider it delicious and nutritious.
- Also believed to be good for the eyes.
- Other varieties include sweet pepper leaves and just plain pepper leaves but these are not cultivated in the area.

Source of nutrient data: The data is sourced from ref # 1 (page # 36). * The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 5

Food category: Leafy green vegetable

Scientific identification:

Corchorus olitorius Linn.

Local name & other common names:

saluyot, Jute (English)

Part(s) used: Leaves

Preparation: Boiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Leaves: Raw	Leaves: Boiled
Energy, Kcal	57*	38*
Protein, g	6.5	5.9
Fat, g	1.0	1.3
Carbohydrate, g	5.5	0.6
Calcium, mg	488	390
Iron, mg	11.6	4.6
Retinol, µg	-	-
Beta-carotene, µg	7 325	5 950
Vitamin A, RE-µg	1 221	992
Vitamin A, RAE-µg	611	496
Riboflavin, mg	0.28	0.21
Niacin, mg	1.5	1.2
Ascorbic acid, mg	95.0	46.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated and gathered.

Home harvested or purchased: Home harvested and sold in the market at P1.00-2.00 per bundle.

Seasonality of use: Rainy season especially (Aug-Oct)

Importance value to the community by age/gender:

- No specific preferences by age and gender, but preferred more by adults than children.
- Considered as nutritious (a rich source of vitamin A)

Source of nutrient data: The data is sourced from ref # 1 (page # 33). * The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High								*	*	*		
Medium												
Low	*	*	*	*	*	*	*				*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 6

Food category: Leafy green vegetable

Scientific identification:

Gnetum gnemon Linn. Gnetaceae

Local name & other common names:

bago leaves, Bago (English)

Part(s) used: Leaves

Preparation: Boiled and mixed with salted and fermented fish.



Nutrient	Nutrient Composition/100g (edible portion)
	Leaves: Raw
Energy, Kcal	60*
Protein, g	6.6
Fat, g	1.5
Carbohydrate, g	5.0
Calcium, mg	131
Iron, mg	0.6
Retinol, µg	-
Beta-carotene, µg	1 925
Vitamin A, RE-µg	321
Vitamin A, RAE-µg	160
Riboflavin, mg	0.19
Niacin, mg	1.2
Ascorbic acid, mg	109.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated and gathered.

Home harvested or purchased: Home-harvested and sold in the market at P1.00-2.00 per bundle.

Seasonality of use: Year-round availability

Importance value to the community by age/gender:

- No specific preferences by age gender
- Considered as nutritious (a rich source of vitamin A).

Source of nutrient data: The data is sourced from ref # 1 (page # 4). * The energy value was calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 7

Food category: Leafy green vegetable

Scientific identification:

Ipomea batatas aquatica Forsk

Local name & other common names:

kangkong, Swamp cabbage (English)

Part(s) used: Young leaves and tops

Preparation: Leaves are boiled in stews and soups, as well as boiled and served with fermented and salted fish.



Nutrient	Nutrient Composition/100g (edible portion)	
	Raw	Boiled
Energy, Kcal	34*	23*
Protein, g	3.5	2.7
Fat, g	0.6	0.7
Carbohydrate, g	3.6	1.5
Calcium, mg	92	94
Iron, mg	4.6	2.4
Retinol, µg	-	-
Beta-carotene, µg	2 575	2 510
Vitamin A, RE-µg	429	418
Vitamin A, RAE-µg	215	209
Riboflavin, mg	0.17	0.15
Niacin, mg	1.1	1.1
Ascorbic acid, mg	30.0	17.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated and gathered

Home harvested or purchased: Home harvested and sold at P1.00-2.00 per bundles or P11.00 per kilo.

Seasonality of use: Year-around availability

Importance value to the community by age/gender:

- Considered as nutritious, delicious and good for infants.
- Sometimes causes stomach pains.

Source of nutrient data: The data is sourced from ref # 1 (page # 14). * The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 8

Food category: Leafy green vegetable

Scientific identification:

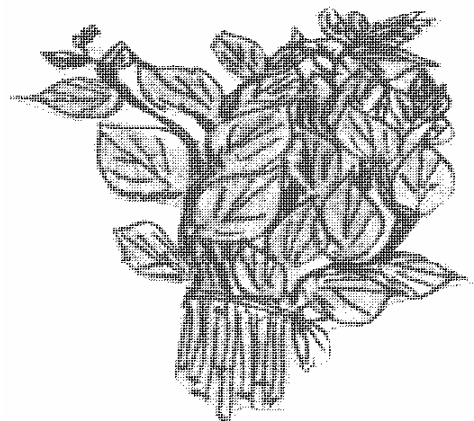
Ipomea batatas Linn. Lamk.

Local name & other common names:

talbos ng kamote, Sweet potato (English)
(Including young leaves and tops)

Part(s) used: Leaves and tops

Preparation: Boiled, steamed over boiled rice



Nutrient	Nutrient Composition/100g (edible portion)	
	Sweet potato: Raw	Leaves & tops: Boiled
Energy, Kcal	48*	27*
Protein, g	3.3	2.8
Fat, g	0.8	1.8
Carbohydrate, g	6.9	0
Calcium, mg	137	145
Iron, mg	4.6	4.0
Retinol, µg	-	-
Beta-carotene, µg	3 270	3 215
Vitamin A, RE-µg	545	536
Vitamin A, RAE-µg	273	268
Riboflavin, mg	0.13	0.13
Niacin, mg	0.8	0.9
Ascorbic acid, mg	28.0	19.0

--- = not analyzed

Wild, hunted/gathered, or cultivated: Cultivated and gathered in the community.

Home harvested or purchased: Home harvested and sold in the market for P1.00-2.00 per small bundle.

Seasonality of use: Year-around availability but it is most abundant during the rainy season (June-Nov).

Importance value to the community by age/gender:

- Grows abundantly in the land; readily available
- Eaten at least once a day and at most three times a day, especially by adults.
- Believed to be a very rich source of vitamin A.
- No specific preferences by age and gender.
- Should be included in lactating mother's diet, since they believe it helps to improve breast milk production.
- Used to treat diarrhea & dizziness.

Source of nutrient data: The data is sourced from ref # 1 (page # 12). * The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High						*	*	*	*	*	*	
Medium	*	*	*	*	*							*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 9

Food category: Leafy green vegetable

Scientific identification:

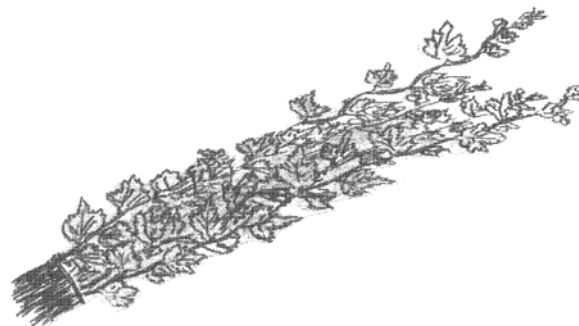
Momordica charantia Linn.

Local name & other common names:

talbos/dahon ng ampalaya, Bitter melon leaves (English)

Part(s) used: Leaves

Preparation: Boiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Leaves: Raw	Leaves: Boiled
Energy, Kcal	51*	48*
Protein, g	4.5	4.4
Fat, g	0.6	1.2
Carbohydrate, g	7.0	5.0
Calcium, mg	339	151
Iron, mg	4.8	0.6
Retinol, µg	-	-
Beta-carotene, µg	3 685	3 085
Vitamin A, RE-µg	614	514
Vitamin A, RAE-µg	307	257
Riboflavin, mg	0.38	0.23
Niacin, mg	1.5	1.3
Ascorbic acid, mg	90.0	41.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated and gathered.

Home harvested or purchased: Home-harvested and sold for P1.00-P2.00 per bundle.

Seasonality of use: Year-round availability but more abundant during the wet season (June-Aug).

Importance value to the community by age/gender:

- Considered as one of the most nutritious and delicious foods; also good for eyes.
- No specific preferences by age and gender.
- Eaten almost daily (at least once a day).
- A rich source of vitamin A.

Source of nutrient data: The data is sourced from ref # 1 (page # 2). * The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High						*	*	*				
Medium	*	*	*	*	*				*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 10

Food category: Leafy green vegetable

Scientific identification:

Moringa oleifera Lamk.

Local name & other common names:

malunggay, Horse radish tree leaves (English)

Part(s) used: Leaves

Preparation: Boiled or steamed over boiled rice.



Nutrient	Nutrient Composition/100g (edible portion)	
	Leaves: Raw	Leaves: Boiled
Energy, Kcal	84*	60*
Protein, g	6.1	6.5
Fat, g	1.9	1.9
Carbohydrate, g	10.6	4.3
Calcium, mg	346	200
Iron, mg	4.5	3.6
Retinol, µg	-	-
Beta-carotene, µg	7 740	5 880
Vitamin A, RE-µg	1 290	980
Vitamin A, RAE-µg	645	490
Riboflavin, mg	0.52	0.29
Niacin, mg	3.1	2.2
Ascorbic acid, mg	231.0	110.0

--- = not analyzed

Wild, hunted/gathered, or cultivated: Cultivated and gathered in the community.

Home harvested or purchased: Home harvested and sold in the market for P1.00 per small bundle.

Seasonality of use: Year-around availability

Importance value to the community by age/gender:

- No specific preferences by age and gender.
- Considered a must for lactating mothers, since they believe that it is the no. 1 food which helps to increase breast milk production (very rich in vitamin A).
- Eaten at least once a day or 5 times a week; a common food in the community; readily available.
- Considered as one of the most nutritious and delicious foods.
- Believed to be good for the eyes; also a nutritious food for children.
- Used as poultice and to ward off bad sprits.

Source of nutrient data: The data is sourced from ref # 1 (page # 21). * The energy values were calculated.

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	*	*	*	*	*	*	*	*	*	*	*	*
Medium												
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 11**Food category:** Leafy green vegetables**Scientific identification:***Unknown*

(No specimen available for identification; place where food is available is far or unknown.)

Local name & other common names:

bilukaw

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

Nutrient	Nutrient Composition/100g (edible portion)
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Calcium, mg	-
Iron, mg	-
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

<p>Wild, hunted/gathered, or cultivated: Wild, gathered</p> <p>Home harvested or purchased: n/a</p> <p>Seasonality of use: Unknown</p> <p>Importance value to the community by age/gender: Unknown</p> <p>Source of nutrient data: Not analyzed.</p>

Seasonality

Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low												
None												

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