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COMMUNITY FOOD SYSTEM DATA TABLE # 12

Food category: Vegetable**Scientific identification:***Alleanthus luzonicus* var. glaber (Warb.) Merr.**Local name & other common names:**

babayan, Babayan (English)

Part(s) used: Leaves**Preparation:** Boiled, eaten with roasted fish and “bagoong” salted and fermented fish.

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	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:
Cultivated

Home harvested or purchased: Home harvested

Seasonality of use: Year-round availability

Importance value to the community by age/gender:

- Delicious

Source of nutrient data: Not analyzed.

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 # 13

Food category: Vegetable**Scientific identification:***Artocarpus heterophylla* Lamk.**Local name & other common names:**

langka, Jackfruit (English)

Part(s) used: Fruit**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	47*
Protein, g	2.0
Fat, g	0.6
Carbohydrate, g	8.5
Calcium, mg	90
Iron, mg	0.4
Retinol, µg	-
Beta-carotene, µg	20
Vitamin A, RE-µg	3
Vitamin A, RAE-µg	2
Riboflavin, mg	0.05
Niacin, mg	0.5
Ascorbic acid, mg	12.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Summer/dry season (March-May)**Importance value to the community by age/gender:**

- Delicious
- Nutritious, but can allegedly cause illness sometimes.

Source of nutrient data: The data is sourced from ref # 1 (page # 20). * 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 # 14**Food category:** Vegetable**Scientific identification:***Bambusa spinosa* Roxb.**Local name & other common names:**

labong, Bamboo shoot (English)

Part(s) used: Shoot**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)	
	Shoot: Raw	Shoot: Boiled
Energy, Kcal	29*	22*
Protein, g	2.0	1.6
Fat, g	0.6	0.4
Carbohydrate, g	3.9	2.9
Calcium, mg	28	24
Iron, mg	0.3	0.2
Retinol, µg	-	-
Beta-carotene, µg	0	0
Vitamin A, RE-µg	0	0
Vitamin A, RAE-µg	0	0
Riboflavin, mg	0.06	0.04
Niacin, mg	0.3	0.2
Ascorbic acid, mg	5.0	Trace

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Not mentioned by respondents but available all year around.**Importance value to the community by age/gender:**

- Delicious

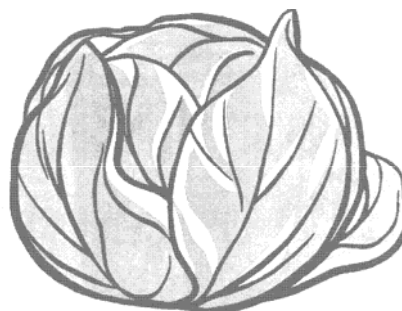
Source of nutrient data: The data is sourced from ref # 1 (page # 18). * The energy values were calculated.**Seasonality**

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 # 15**Food category:** Vegetable**Scientific identification:***Brassica oleracea* var. capitata Linn.**Local name & other common names:**

repolyo, Cabbage (English)

Part(s) used: Leaves**Preparation:** Boiled or sautéed.

Nutrient	Nutrient Composition/100g (edible portion)	
	Leaves: Raw	Leaves: Boiled
Energy, Kcal	24*	19*
Protein, g	1.4	1.1
Fat, g	0.3	0.2
Carbohydrate, g	3.9	3.3
Calcium, mg	74	60
Iron, mg	0.8	0.5
Retinol, µg	-	-
Beta-carotene, µg	20	45
Vitamin A, RE-µg	3	8
Vitamin A, RAE-µg	2	4
Riboflavin, mg	0.07	0.05
Niacin, mg	0.3	0.2
Ascorbic acid, mg	42.0	28.0

--- = not analyzed

Wild, hunted/gathered, or cultivated: Not cultivated, planted in Morong.**Home harvested or purchased:** Purchased**Seasonality of use:** Year-round availability but more abundant during summer (March-May)**Importance value to the community by age/gender:**

- Expensive

Source of nutrient data: The data is sourced from ref # 1 (page # 31).

* 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 # 16

Food category: Vegetable

Scientific identification:

Cajanus cajan Linn. Huth.

Local name & other common names:

kadyos, Pigeon pea (English)

Part(s) used: Pods and seeds

Preparation: Boiled



Nutrient	Nutrient Composition/100g (edible portion)		
	Pods: Raw	Pods: Boiled	Seeds: Raw
Energy, Kcal	134*	93*	123*
Protein, g	8.2	8.6	8.2
Fat, g	0.7	0.4	0.7
Carbohydrate, g	23.7	13.8	21.0
Calcium, mg	77	74	77
Iron, mg	1.5	1.0	1.7
Retinol, µg	-	-	-
Beta-carotene, µg	105	115	0
Vitamin A, RE-µg	18	19	0
Vitamin A, RAE-µg	9	10	0
Riboflavin, mg	0.16	1.00	0.16
Niacin, mg	1.6	1.4	1.4
Ascorbic acid, mg	16.0	17.0	28.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested

Seasonality of use: Year-round availability

Importance value to the community by age/gender:

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 9). * 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 # 17

Food category: Vegetable**Scientific identification:***Cocos nucifera* Linn.**Local name & other common names:**

niyog, buko, Young coconut (English)

Part(s) used: Fruit (young)**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	99*
Protein, g	1.4
Fat, g	5.5
Carbohydrate, g	11.0
Calcium, mg	10
Iron, mg	0.7
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	0.04
Niacin, mg	0.9
Ascorbic acid, mg	4.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered

Home harvested or purchased: Home harvested**Seasonality of use:** Year-around availability**Importance value to the community by age/gender:**

- Eaten raw
- Delicious
- Juice and fruit are mixed together and drank as juice beverage.

Source of nutrient data: The data is sourced from ref # 1 (page # 24). * 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 # 18**Food category:** Vegetable**Scientific identification:***Cocos nucifera* Linn.**Local name & other common names:**

niyog, magulang, Coconut (English)

Part(s) used: Fruit (mature)**Preparation:** Coconut milk extracted from grated coconut, boiled then made into flavoring for meat, vegetable dishes and rice.

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Immature	Fruit: Mature
Energy, Kcal	311*	343*
Protein, g	3.9	5.5
Fat, g	26.1	34.8
Carbohydrate, g	15.1	1.9
Calcium, mg	32	15
Iron, mg	1.5	1.6
Retinol, µg	-	-
Beta-carotene, µg	-	-
Vitamin A, RE-µg	-	-
Vitamin A, RAE-µg	-	-
Riboflavin, mg	0.03	0.01
Niacin, mg	0.4	0.3
Ascorbic acid, mg	3.0	Trace

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered

Home harvested or purchased: Home

harvested

Seasonality of use: Year-around availability**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The nutrient data is sourced from ref # 1 (page # 25). * The energy values were calculated.**Seasonality**

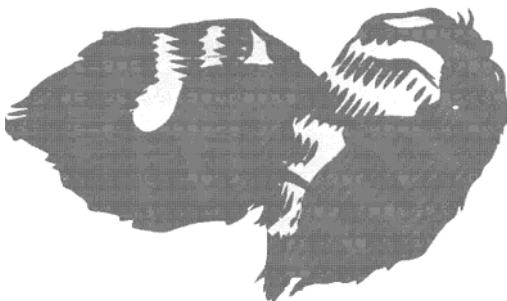
Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium	*	*	*	*	*	*	*	*	*	*	*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 19

Food category: Vegetable**Scientific identification:***Colocasia esculenta* Linn. Schott & Endl.**Local name & other common names:**

gabi, Taro (English)

Part(s) used: Fruit, leaves**Preparation:** Boiled**Wild, hunted/gathered, or cultivated:** Cultivated**Home harvested or purchased:** Home harvested**Seasonality of use:** Year-round availability but more abundant during the rainy season (Aug-Nov).**Importance value to the community by age/gender:**

- Important tuber during WW II and during periods of food scarcity.

Source of nutrient data: The data is sourced from ref # 1 (page # 7). * The energy values were calculated.

Nutrient	Nutrient Composition/100g (edible portion)					
	Tuber: Raw	Tuber: Boiled	Leaves: Raw	Leaves: Boiled	Petioles: Raw	Petioles: Boiled
Energy, Kcal	111*	111*	60*	42*	19*	11*
Protein, g	2.3	2.1	4.3	3.6	0.3	0.3
Fat, g	0.2	0.1	1.8	1.1	0.2	0.1
Carbohydrate, g	25.0	25.4	6.7	4.5	3.9	2.2
Calcium, mg	39	51	257	181	57	63
Iron, mg	0.9	1.0	4.0	1.0	1.3	0.8
Retinol, µg	-	-	-	-	-	-
Beta-carotene, µg	30	10	7 515	10 055	185	235
Vitamin A, RE-µg	5	2	1 253	1 676	31	39
Vitamin A, RAE-µg	3	1	627	84	16	20
Riboflavin, mg	0.04	0.02	0.29	0.21	0.02	0.02
Niacin, mg	1.2	1.4	1.7	1.1	0.2	0.2
Ascorbic acid, mg	9.0	8.0	112.0	54.0	10.0	3.0

--- = not analyzed

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 # 20**Food category:** Vegetable/Fruit**Scientific identification:***Corypha elata* Roxb.**Local name & other common names:**

ubod ng buli, Buri palm tree or tree trunk flesh (English)

Part(s) used: Fruit, Tree trunk flesh**Preparation:** No preparation for the fruit, tree trunk flesh is boiled.

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	70*
Protein, g	0.7
Fat, g	0.1
Carbohydrate, g	16.5
Calcium, mg	14
Iron, mg	0.2
Retinol, µg	-
Beta-carotene, µg	-
Vitamin A, RE-µg	-
Vitamin A, RAE-µg	-
Riboflavin, mg	0.02
Niacin, mg	0.6
Ascorbic acid, mg	11.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Gathered

Home harvested or purchased: n/a**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 42). * 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 # 21**Food category:** Vegetable**Scientific identification:***Cucumis sativus* Linn.**Local name & other common names:**

pipino, Cucumber (English)

Part(s) used: Fruit**Preparation:** None

Nutrient	Nutrient Composition/100g (edible portion)
	Fruit: Raw
Energy, Kcal	12
Protein, g	0.6
Fat, g	0.2
Carbohydrate, g	2.4
Calcium, mg	22
Iron, mg	0.4
Retinol, µg	-
Beta-carotene, µg	Trace
Vitamin A, RE-µg	Trace
Vitamin A, RAE-µg	Trace
Riboflavin, mg	0.02
Niacin, mg	0.1
Ascorbic acid, mg	10.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:
Cultivated

Home harvested or purchased: Home harvested

Seasonality of use: Wet season (Aug-Nov)

Importance value to the community by age/gender:

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 30).

Seasonality

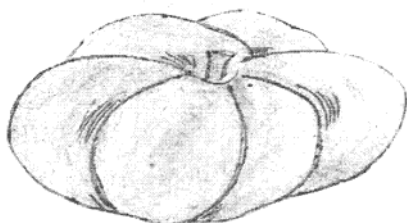
Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High								*	*	*	*	
Medium												
Low	*	*	*	*	*	*	*					*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 22

Food category: Vegetable**Scientific identification:***Cucurbita maxima* Duchesne**Local name & other common names:**

kalabasa, Squash (English)

Part(s) used: Fruit, flowers, young leaves and tops.**Preparation:** Boiled or sautéed.**Wild, hunted/gathered, or cultivated:**

Gathered and cultivated

Home harvested or purchased: Fruits are sold in the market for P8.00-9.00 per kilo.**Seasonality of use:** Rainy season (June-Nov)**Importance value to the community by age/gender:**

- No specific preferences by age gender.
- Frequently used as a vegetable dish (a good source of vitamin A).
- Believed to be good for the eyes.
- One of the most frequently sold vegetables at PRPC market.
- Eaten 1-3 times a day when in season.

Source of nutrient data: The data is sourced from ref # 1 (page # 10).

* The energy values were calculated.

Nutrient	Nutrient Composition/100g (edible portion)					
	Squash (fruit): Raw	Squash (fruit): Boiled	Squash (flower): Raw	Squash (flower): Boiled	Squash (leaves & tops): Raw	Squash (leaves & tops): Boiled
Energy, Kcal	41*	41*	29*	9*	33*	21*
Protein, g	1.4	0.8	1.9	1.2	3.4	2.7
Fat, g	0.5	0.4	0.5	0.4	0.6	0.6
Carbohydrate, g	7.6	8.6	4.3	0.2	3.4	1.3
Calcium, mg	61	72	82	138	157	150
Iron, mg	0.7	0.6	2.7	1.7	1.7	1.0
Retinol, µg	-	-	-	-	-	-
Beta-carotene, µg	880	740	685	640	810	1 315
Vitamin A, RE-µg	147	123	114	107	135	219
Vitamin A, RAE-µg	73	62	57	54	68	110
Riboflavin, mg	0.05	0.04	0.1	0.07	0.16	0.11
Niacin, mg	0.8	0.9	1.0	1.0	1.0	0.8
Ascorbic acid, mg	20.0	16.0	27.0	8.0	18.0	9.7

--- = not analyzed

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 # 23

Food category: Vegetable (yellow)

Scientific identification:

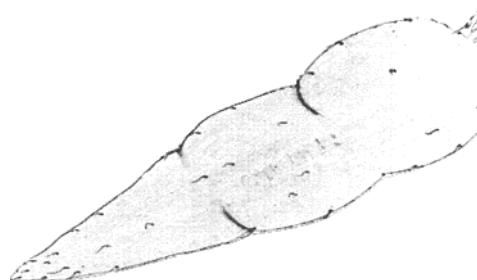
Daucus carota Linn.

Local name & other common names:

karot, Carrots (English)

Part(s) used: Taproot

Preparation: Boiled or sautéed



Nutrient	Nutrient Composition/100g (edible portion)	
	Vegetable: Raw	Vegetable: Boiled
Energy, Kcal	47*	38*
Protein, g	1.5	1.1
Fat, g	0.4	0.4
Carbohydrate, g	9.4	7.5
Calcium, mg	69	60
Iron, mg	2.1	1.9
Retinol, µg	-	-
Beta-carotene, µg	10 005	9 255
Vitamin A, RE-µg	1 668	1 542
Vitamin A, RAE-µg	834	771
Riboflavin, mg	0.04	0.03
Niacin, mg	0.8	0.5
Ascorbic acid, mg	8	6

--- = not analyzed

Wild, hunted/gathered, or cultivated: Not purchased by the community.
Home harvested or purchased: Purchased at P20.00-40.00 per kilo.
Seasonality of use: Year-around availability
Importance value to the community by age/gender:

- No specific preferences by age and gender.
- Considered as a “luxury food” because it is very expensive.
- Served only during special occasions, as an ingredient to add to different kinds of noodles.
- A rich source of vitamin A.

Source of nutrient data: The data is sourced from ref # 1 (page # 15). * The energy values were calculated.

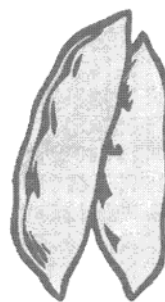
Seasonality

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 # 24**Food category:** Vegetable**Scientific identification:***Dolichos lablab* var. *philippinensis***Local name & other common names:**

bataw, Hyacinth (English)

Part(s) used: Bean pods**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)	
	Bean pods: Raw	Beans pods: Boiled
Energy, Kcal	38*	25*
Protein, g	3.1	2.8
Fat, g	0.4	0.2
Carbohydrate, g	5.5	3.1
Calcium, mg	49	46
Iron, mg	1.0	1.0
Retinol, µg	-	-
Beta-carotene, µg	250	270
Vitamin A, RE-µg	42	45
Vitamin A, RAE-µg	21	23
Riboflavin, mg	0.11	0.10
Niacin, mg	1.1	0.9
Ascorbic acid, mg	18.0	16.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Not mentioned by respondents but known to be a rainy season crop.**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 5). * 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 # 25

Food category: Vegetable**Scientific identification:***Hibiscus esculentus* Linn. Moench**Local name & other common names:**

okra, Okra (English)

Part(s) used: Fruit**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	35*	26*
Protein, g	1.7	1.2
Fat, g	0.2	0.3
Carbohydrate, g	6.6	4.6
Calcium, mg	110	98
Iron, mg	0.8	0.6
Retinol, µg	-	-
Beta-carotene, µg	145	100
Vitamin A, RE-µg	24	17
Vitamin A, RAE-µg	12	9
Riboflavin, mg	0.08	0.06
Niacin, mg	0.8	0.8
Ascorbic acid, mg	23.0	15.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home-harvested**Seasonality of use:** Year-round availability but more abundant during the rainy season (Aug-Oct).**Importance value to the community by age/gender:**

- Usual crop in the community (especially during rainy season).
- Delicious
- Nutritious

Source of nutrient data: The data is sourced from ref # 1 (page # 26). * 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 # 26

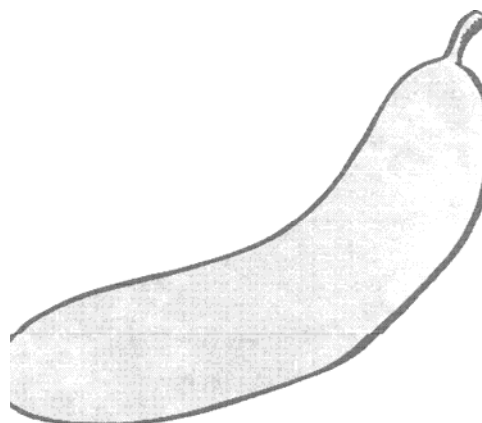
Food category: Vegetable**Scientific identification:***Lagenaria siceraria* Standl.**Local name & other common names:**

upo, Bottle gourd (English)

Part(s) used: Fruit**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	16*	12*
Protein, g	0.5	0.4
Fat, g	0.1	0.1
Carbohydrate, g	3.3	2.2
Calcium, mg	24	35
Iron, mg	0.4	0.3
Retinol, µg	-	-
Beta-carotene, µg	10	20
Vitamin A, RE-µg	2	3
Vitamin A, RAE-µg	1	2
Riboflavin, mg	0.02	0.02
Niacin, mg	0.4	0.3
Ascorbic acid, mg	12.0	10.0

--- = not analyzed

**Wild, hunted/gathered, or cultivated:**

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Year-round availability**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 40). * 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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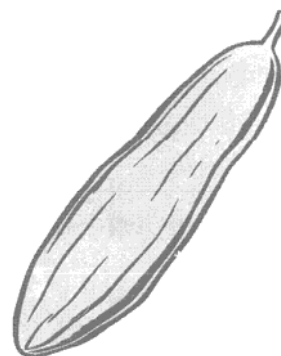
COMMUNITY FOOD SYSTEM DATA TABLE # 27**Food category:** Vegetable**Scientific identification:***Luffa cylindrical* var. *pubescens* (Linn.) M.**Local name & other common names:**

patola, Sponge gourd (English)

Part(s) used: Fruit**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	21*	14*
Protein, g	0.6	0.4
Fat, g	0.2	0.4
Carbohydrate, g	4.2	2.3
Calcium, mg	19	28
Iron, mg	0.8	1.0
Retinol, µg	-	-
Beta-carotene, µg	35	35
Vitamin A, RE-µg	6	6
Vitamin A, RAE-µg	3	3
Riboflavin, mg	0.02	0.02
Niacin, mg	0.3	0.2
Ascorbic acid, mg	7.0	6.0

--- = not analyzed

**Wild, hunted/gathered, or cultivated:**

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Wet season (June-Nov).**Importance value to the community by age/gender:**

- Used to treat urinary tract infections.

Source of nutrient data: the nutrient data is sourced from ref # 1 (page # 28). * 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 # 28

Food category: Vegetable

Scientific identification:

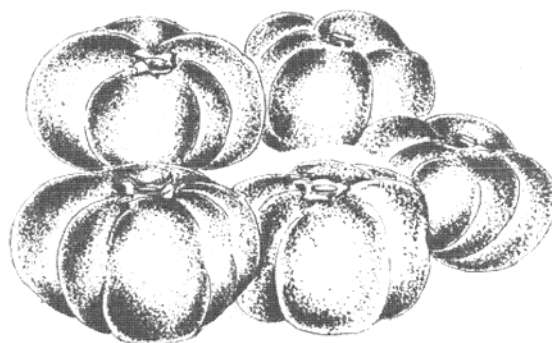
Lycopersicon lycopersicum L. (Karst)

Local name & other common names:

kamatis, Tomato (English)

Part(s) used: Fruit

Preparation: Boiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	23*	22*
Protein, g	0.9	0.6
Fat, g	0.3	0.2
Carbohydrate, g	4.2	4.5
Calcium, mg	31	19
Iron, mg	1.0	0.7
Retinol, µg	-	-
Beta-carotene, µg	380	385
Vitamin A, RE-µg	63	64
Vitamin A, RAE-µg	32	32
Riboflavin, mg	0.03	0.03
Niacin, mg	0.6	0.5
Ascorbic acid, mg	34.0	25.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:
Cultivated

Home harvested or purchased: Home harvested

Seasonality of use: Year-around availability

Importance value to the community by age/gender:

- Common ingredient when sautéing foods.
- Delicious
- Not usually eaten in large quantities.

Source of nutrient data: The nutrient data is sourced from ref # 1 (page # 11). * The energy values were calculated.

Seasonality

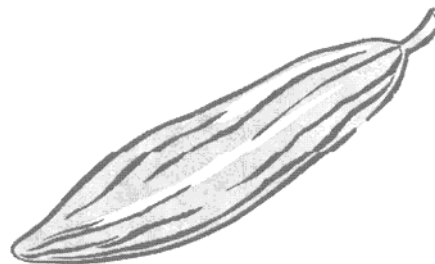
Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High												
Medium												
Low	*	*	*	*	*	*	*	*	*	*	*	*
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 29

Food category: Vegetable**Scientific identification:***Momordica charantia* Linn.**Local name & other common names:**

ampalaya, Bitter melon fruit (English)

Part(s) used: Fruit**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	22*	16*
Protein, g	0.9	0.8
Fat, g	0.4	0.4
Carbohydrate, g	3.6	2.2
Calcium, mg	42	64
Iron, mg	0.8	0.6
Retinol, µg	-	-
Beta-carotene, µg	200	175
Vitamin A, RE-µg	33	29
Vitamin A, RAE-µg	17	15
Riboflavin, mg	0.04	0.02
Niacin, mg	0.2	0.2
Ascorbic acid, mg	40.0	26.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Year-round availability but more abundant during the rainy season (August-October).**Importance value to the community by age/gender:**

- Usual crop in the community
- Delicious
- Nutritious
- Good for mothers

Source of nutrient data: The data is sourced from ref # 1 (page # 1). * 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 # 30**Food category:** Vegetable**Scientific identification:***Musa errans* (Blanco) Teodoro var. botoan Teodoro**Local name & other common names:**

saging, butuan or puso, Banana heart (English)

Part(s) used: Heart**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)	
	Heart: Raw	Heart: Boiled
Energy, Kcal	34*	13*
Protein, g	1.6	1.4
Fat, g	0.4	0.4
Carbohydrate, g	6.1	1.0
Calcium, mg	63	62
Iron, mg	0.9	0.3
Retinol, µg	-	-
Beta-carotene, µg	300	235
Vitamin A, RE-µg	50	39
Vitamin A, RAE-µg	25	20
Riboflavin, mg	0.03	0.02
Niacin, mg	0.6	0.6
Ascorbic acid, mg	12.0	2.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Year-round availability**Importance value to the community by age/gender:**

- Good for the eyes and rich in vitamin A, according to a lowlander.

Source of nutrient data: The data is sourced from ref # 1 (page # 32). * 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 # 31

Food category: Vegetable**Scientific identification:***Phaseolus aureus* Roxb.**Local name & other common names:**

munggo, Mung bean (English)

Part(s) used: Seeds**Preparation:** Boiled**Wild, hunted/gathered, or cultivated:**

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Summer (March-May)**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 22). * The energy values were calculated.

Nutrient	Nutrient Composition/100g (edible portion)					
	Green mung bean: Raw	Green mung bean: Boiled	Yellow mung bean: Raw	Yellow mung bean: Boiled	Red mung bean: Raw	Red mung bean: Boiled
Energy, Kcal	346*	150*	347*	97*	328*	138*
Protein, g	24.4	11.0	23.5	22.1	22.2	14.0
Fat, g	1.0	0.3	1.4	1.0	1.0	1.5
Carbohydrate, g	59.9	25.8	60.1	0	57.5	17.1
Calcium, mg	142	483	210	272	86	102
Iron, mg	5.7	2.6	4.0	2.5	9.0	3.0
Retinol, µg	-	-	-	-	-	-
Beta-carotene, µg	80	25	100	135	15	40
Vitamin A, RE-µg	13	4	17	23	3	7
Vitamin A, RAE-µg	7	2	8	11	1	3
Riboflavin, mg	0.22	0.06	0.13	0.12	0.26	0.14
Niacin, mg	2.4	0.6	2.2	1.6	2.1	1.2
Ascorbic acid, mg	10.0	2.0	14.0	10.0	10.0	2.0

--- = not analyzed

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 # 32

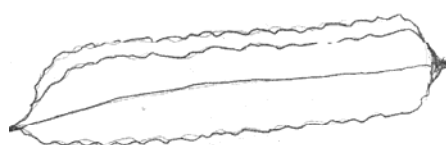
Food category: Vegetable**Scientific identification:***Psophocarpus tetragonolobus* (Linn.) D.C.**Local name & other common names:**

sigarilyas, Goa or Wing bean (English)

Part(s) used: Pods**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)	
	Pods: Raw	Pods: Boiled
Energy, Kcal	30*	29*
Protein, g	2.5	2.1
Fat, g	0.4	0.4
Carbohydrate, g	4.1	4.3
Calcium, mg	85	82
Iron, mg	0.6	0.8
Retinol, µg	-	-
Beta-carotene, µg	310	305
Vitamin A, RE-µg	52	51
Vitamin A, RAE-µg	26	25
Riboflavin, mg	0.08	0.09
Niacin, mg	1.0	0.8
Ascorbic acid, mg	15.0	7.0

--- = not analyzed

**Wild, hunted/gathered, or cultivated:**

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Wet season (Aug-Nov)**Importance value to the community by age/gender:**

- Source of food during the wet season
- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 35). * 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 # 33

Food category: Vegetable

Scientific identification:

Raphanus sativus Linn

Local name & other common names:

labanos, Radish (English)

Part(s) used: Root

Preparation: Boiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Root: Raw	Root: Boiled
Energy, Kcal	21*	11*
Protein, g	0.6	0.4
Fat, g	0.1	0.2
Carbohydrate, g	4.5	1.8
Calcium, mg	36	41
Iron, mg	0.8	0.9
Retinol, µg	-	-
Beta-carotene, µg	Trace	-
Vitamin A, RE-µg	Trace	-
Vitamin A, RAE-µg	Trace	-
Riboflavin, mg	0.03	0.02
Niacin, mg	0.4	0.6
Ascorbic acid, mg	27.0	29.0

--- = not analyzed

Wild, hunted/gathered, or cultivated:
Cultivated
Home harvested or purchased: Home-harvested
Seasonality of use: Year-around availability
Importance value to the community by age/gender:
 • Delicious
Source of nutrient data: The data is sourced from ref # 1 (page # 17). * 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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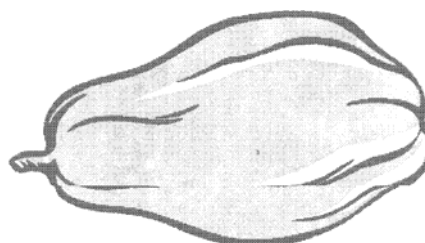
COMMUNITY FOOD SYSTEM DATA TABLE # 34**Food category:** Vegetable**Scientific identification:***Sechium edule* Sw.**Local name & other common names:**

sayote, Chayote (English)

Part(s) used: Fruit**Preparation:** Boiled

Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	18*	12*
Protein, g	0.4	0.4
Fat, g	0.1	0.1
Carbohydrate, g	3.9	2.4
Calcium, mg	24	35
Iron, mg	0.4	0.5
Retinol, µg	-	-
Beta-carotene, µg	35	30
Vitamin A, RE-µg	6	5
Vitamin A, RAE-µg	3	3
Riboflavin, mg	0.02	0.02
Niacin, mg	0.4	0.4
Ascorbic acid, mg	15.0	14.0

--- = not analyzed

**Wild, hunted/gathered, or cultivated:**

Cultivated

Home harvested or purchased: Home harvested**Seasonality of use:** Unknown**Importance value to the community by age/gender:**

- Delicious

Source of nutrient data: The data is sourced from ref # 1 (page # 34).

* 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 # 35

Food category: Vegetable

Scientific identification:

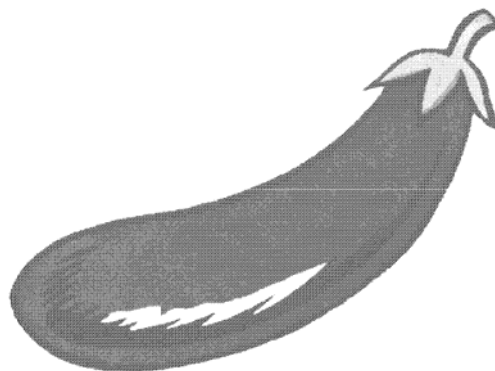
Solanum melongena Linn.

Local name & other common names:

talong, Eggplant (English)

Part(s) used: Fruit

Preparation: Broiled or boiled



Nutrient	Nutrient Composition/100g (edible portion)	
	Fruit: Raw	Fruit: Boiled
Energy, Kcal	26*	22*
Protein, g	1.0	1.0
Fat, g	0.2	0.1
Carbohydrate, g	5.0	4.3
Calcium, mg	35	30
Iron, mg	0.6	0.5
Retinol, µg	-	-
Beta-carotene, µg	80	80
Vitamin A, RE-µg	13	13
Vitamin A, RAE-µg	7	7
Riboflavin, mg	0.05	0.04
Niacin, mg	0.6	0.5
Ascorbic acid, mg	5.0	Trace

--- = not analyzed

Wild, hunted/gathered, or cultivated:
Cultivated

Home harvested or purchased: Home harvested

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

Importance value to the community by age/gender:

- Usual crop in the community
- Delicious
- Nutritious

Source of nutrient data: The data is sourced from ref # 1 (page # 39). * The energy values were calculated.

Seasonality

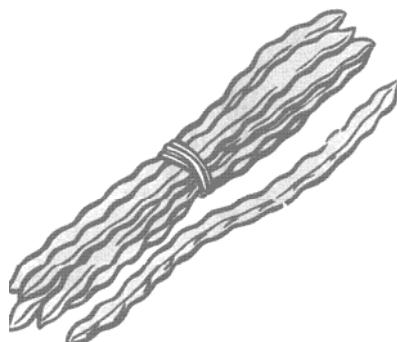
Use	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High								*	*	*		
Medium	*	*	*	*	*	*	*				*	*
Low												
None												

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COMMUNITY FOOD SYSTEM DATA TABLE # 36

Food category: Vegetable**Scientific identification:***Vigna sesquipedalis* Fruw.**Local name & other common names:**

sitaw, Yard long bean (English)

Part(s) used: Pods and seeds**Preparation:** Boiled or sautéed with soy sauce and vinegar.

Wild, hunted/gathered, or cultivated: Cultivated

Home harvested or purchased: Home harvested

Seasonality of use: Year-round availability but more abundant during the rainy season (Aug-Oct)

Importance value to the community by age/gender:

- Usual crop in the community (especially during the rainy season).
- Delicious and nutritious

Source of nutrient data: The data is sourced from ref # 1 (page # 37).

* The energy values were calculated.

Nutrient	Nutrient Composition/100g (edible portion)							
	Green pods: Raw	Green pods: Boiled	Green seeds: Raw	Green seeds: Boiled	Red pods: Raw	Red pods: Boiled	White pods: Raw	White pods: Boiled
Energy, Kcal	37*	47*	112*	110*	37*	28*	42*	16*
Protein, g	3.1	3.9	9.2	12.7	2.8	2.6	2.2	2.5
Fat, g	0.2	0.5	0.8	0.4	0.2	0.3	0.3	0.1
Carbohydrate, g	5.8	6.7	17.0	13.8	6.1	3.8	7.6	1.3
Calcium, mg	61	72	72	86	66	73	49	67
Iron, mg	0.9	0.8	0.4	12.0	0.7	1.9	0.4	0.5
Retinol, µg	-	-	-	-	-	-	-	-
Beta-carotene, µg	250	250	40	-	360	310	295	-
Vitamin A, RE-µg	42	42	7	-	60	52	49	-
Vitamin A, RAE-µg	21	21	3	-	30	26	25	-
Riboflavin, mg	0.11	0.11	0.18	0.11	0.10	0.09	0.09	0.04
Niacin, mg	1.0	0.8	1.4	1.5	1.1	1.0	1.2	0.8
Ascorbic acid, mg	22.0	15.0	20.0	14.0	18.0	15.0	18.0	18.0

--- = not analyzed

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 # 37**Food category:** Vegetable**Scientific identification:***Unknown***Local name & other common names:**

lagulo (A kind of fern)

Part(s) used: Fruit**Preparation:** Boiled

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	-

--- = not analyzed

Wild, hunted/gathered, or cultivated:
Wild, gathered/found where the nipa plant also grows.

Home harvested or purchased: n/a

Seasonality of use: Wet season (Aug-Nov)

Importance value to the community by age/gender:

- Delicious

Source of nutrient data: Not analyzed.

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 # 38**Food category:** Vegetable**Scientific identification:***Unknown***Local name & other common names:**

ubod ng yantok, Rattan tree trunk flesh (English)

Part(s) used: Tree trunk flesh**Preparation:** Boiled

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	-

--- = not analyzed

Wild, hunted/gathered, or cultivated: Wild, gathered.**Home harvested or purchased:** n/a**Seasonality of use:** (not mentioned)**Importance value to the community by age/gender:**

- Rarely eaten

Source of nutrient data: Not analyzed.**Seasonality**

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

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