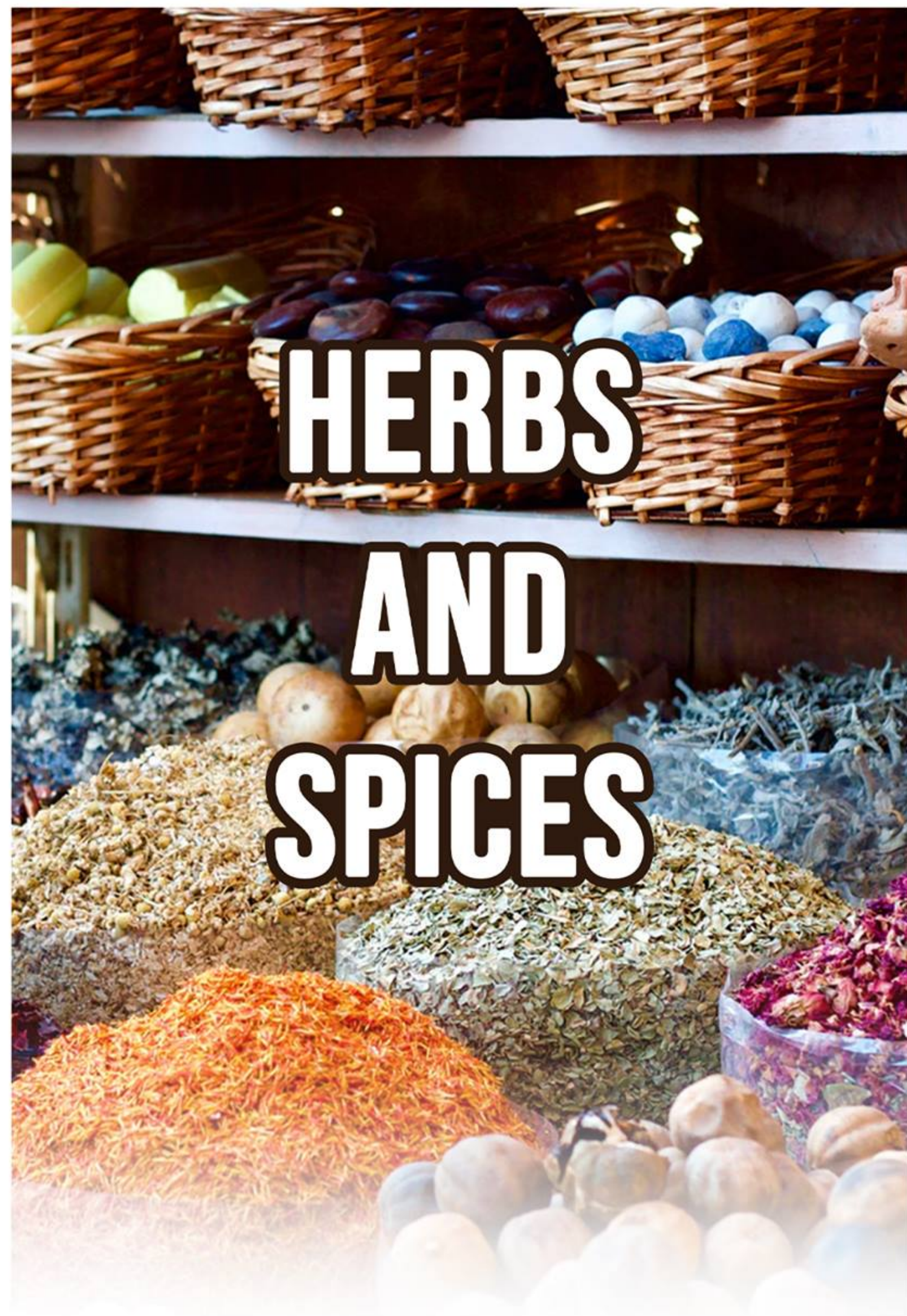




Republic of the Philippines
DEPARTMENT OF AGRICULTURE
Bureau of Plant Industry
LA GRANJA NATIONAL CROP RESEARCH
DEVELOPMENT AND PRODUCTION
SUPPORT CENTER
La Granja, La Carlota City
-o0o-



For more information, please contact:

The Center Chief

CP No. +639275218656/+639985793886
Email: lgncrdc_lagranja@yahoo.com

SPEAR MINT



Scientific Name: *Mintha spicata*
Methods of Propagation: Seed/stemcutting

USES

Culinary:

- Used in salads or added to cooked foods and as tea. Essential oil from the leaves and flowers is used as a flavouring in candy, gum, ice cream, drinks and commercially hygiene products.

Medicinal:

- Used in treatment of fevers, chills, bronchitis, cramps, chronic gastritis, common colds, headaches, nausea, indigestion, morning sickness and halitosis

ROSEMARY



Scientific Name: *Rosmarinus officinales*
Methods of propagation: Seed/stem cutting

USES

Culinary:

- Leaves are used as flavouring in foods like stuffing and roast lamb, pork, chicken and turkey

STEVIA



Scientific Name: *Stevia rebaudiana Bert.*
Methods of Propagation: Seed and stem cutting

USES

Culinary:

- Used for sweetening beverages and could be used as tea

Medicinal:

- Regulates blood glucose level, used for dental, skin and hair care

TARRAGON



Scientific Name: *Artemisia dracunculus*
Methods of Propagation: Seed and stem cutting

USES

Culinary:

- Suitable for chicken, lasagne, fish and egg dishes. Used to flavour carbonated soft drink. Can be used as tea

Medicinal:

- Scent and taste is disliked by many garden pests. Reputed to be a nurse plant, enhancing growth and flavor of companion crop.

ASHITABA



Scientific Name: *Angelica keiskei Koidzmi*
Method of propagation: Seed

USES

Culinary:

- Used in soups, stir-fried dishes, steamed, as tea and can be eaten raw

Medicinal:

- Claimed to be rich in antioxidant called chalcone and is regarded as an anti-aging plant. Rich in compounds that aid in fast healing. This is topically used to curb the spreading of infectious bacteria, cyst, pustules, boils, athletes foot and they can work against various serious fungal infection, plays an important role in purifying the blood, work as a pain reliever and as digestant.

BASIL NATIVE



Scientific Name: *Ocimum basilicum*
Method of Propagation: Stem cutting

GARLIC CHIVE



Scientific Name: *Allium tuberosum*
Methods of Propagation: Bulb and seed

USES

Culinary:

- Leaves are cut into short pieces and used as the only vegetable in a broth with sliced pork kidneys

Medicinal:

- Used as an antidote for ingested poison, reduced fatigue, control excessive bleeding. Seeds are used to treat kidney, liver, and digestive system.

HOLY BASIL (Green)



Scientific Name: *Ocimum tenuiflorum*
Methods of propagation: Seed and stem cutting

USES

Culinary:

- Used to flavour tomatoes, eggs and for making pesto

Medicinal:

- Can reduce glucose in Type 2 diabetics. Good for curing cough, colds, sore throats and headaches

USES

Culinary

- Recommended to be used fresh, while, in cooked recipes is generally added last so as not to destroy the flavour quickly. Used to flavour "dinuguan" and pesto.

Medicinal

- Taken internally in the treatment of feverish illnesses (especially cold and influenza), poor digestion, nausea, migraine & insomnia. Externally used to treat acne, loss of smell, insect stings, snake bites and skin infections.

CURRY TREE



Scientific Name: *Murraya koenigii*
Method of propagation: Seed

USES

Culinary:

- Leaves can be used as seasoning in many dishes to add flavour. Leaves are toasted or roasted to make soured soup dish and as tea. Crushed seeds could be used in curries.

Medicinal:

- Leaves lower blood pressure and cholesterol. The leaves, bark and the roots can be used as tonic, for stomachache and as stimulant. The green leaves could be eaten raw for curing dysentery and infusion of washed leaves stops vomiting.