

Indigenous vegetables (IV) can play an important part in alleviating hunger and malnutrition. They are easily accessible, inexpensive, highly nutritious, and regarded as source of micronutrients like vitamins and minerals.

Information on the general description and uses will be served as baseline information to promote the importance and increase the utilization of IVs.

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INDIGENOUS VEGETABLES IN THE PHILIPPINES





***Corchorus olitorius* L.**

Jute mallow, Jute, Tugabang, Saluyot

Description: Erect, glabrous, and branched annual herb; stems are purplish or green; flowers are small groups in the axils of the leaves, petals are yellow; fruits are capsule-like with longitudinal ridges.

Uses: Fresh leaves are eaten as a vegetable; used as condiments; dried leaves as tea or substitute for coffee.



***Sesbania grandiflora* (L.) Poir.**

Katuday, Katuray, Diana, Gauai-gauai, Kature, Kambangturi

Description: Small leguminous soft-wooded tree, leaves are round, leaflets are in pairs, flowers are oblong with two to four flower racemes, white-cream, pinkish-purple in color; fruits look like flat, long thin green.

Uses: Flowers and young pods are cooked as vegetables; other parts are used as medicine.



***Lablab purpureus* (L.) Sweet**

Hyacinth bean, Lab-lab bean, Parida, Bataw

Description: Perennial vine pea family, grow up to 9m or 30ft long, with twining purplish stems; long-stalked leaves, ovate leaflets with 7 to 15cm long; white to pink-purple flower; pods are oblong, flattened, purple-margined, containing 3-5 seeds.

Uses: Tender pods, seeds, and young leaves are cooked as vegetables.



***Talinum triangulare* (Jacq.) Willd.**

Talinum, Waterleaf, Galaghati, Biala

Description: Herb that grows up to 0.3-1 m tall; has spatulate and fleshy leaves; bears clusters of small pink flowers.

Uses: Leaves and flowers are eaten as raw or salad; cooked as a vegetable; and used in making soups and stews.



***Allaeanthus luzonicus* (Blanco) Fern. -Vill.**

Alukon, himbabao, maklambingan, Babayan, Balong-Kadios

Description: Medium-sized shred tree with a height of 15 m and a trunk diameter of 30 cm; very small, borne in very long, slender, spike-like flowers; member of the moraceae family.

Uses: Flower spikes are cooked with meat, vegetable recipes such as bulanglang, pakbet, and stir fries.



***Basella alba* L.; *B. rubra* L.**

Ceylon spinach, Indian spinach, Malabar nightshade, Dundula, Libato, Alugbati

Description: Twining herbaceous plant, grows 10 m long; the stem is pale pinkish-purple and green; the flower is small, fleshy, white in simple spikes; fruit is purple, indehiscent, and stalkless.

Uses: Young shoots and leaves are cooked for vegetable dishes; fruits are extracted for sauce, cosmetics, food coloring, and ink.



Phaseolus lunatus

Lima bean, Bulai patani, Katakut, Patani

Description: Climbing, slender, smooth, sparingly hairy, herbaceous annual vine; leaves are thin, compound with three leaflets; flowers are greenish or pale yellow; pods are oblong, slightly curved, 6 to 12 cm long, containing variously colored seeds.

Uses: Young seeds are cooked with meat and vegetable recipes; dry seeds are eaten boiled, fried, ground into powder, or baked.



***Amaranthus tricolor* L.; *A. viridis* L.; *A. dubius*; *A. cruentus* L.**

Amaranth, Chinese spinach, Tampala, Pigweed, Uray, Kulitis

Description: 2.5 m tall annual plant, has alternate leaves, with long petioles; flowers are borne in axillary clusters, with a reduced terminal spike.

Uses: Young shoots and leaves are eaten as vegetables; grains for nutty-tasting flour, and as feeds for ducks.