HERBAL PLANTS ***(Continued from the Meat and animal products section)***
Please click on the page number to go directly to the table

Ageratum conyzoides Linn. ***121***

luko-lukong kabayo or kolokong kabayo, Billy goat weed or Goat weed (English) 121

Alstonia schlaris (Linn.) R. Br. ***122***

dirita, Milky pine or White cheese wood (English) 122

Blumea balsamifera ***123***

sambong, Ngai camphor plant or Blumea camphor (English) 123

Centella asiatica Linn. ***124***

takip-kohol, Indian hydrocotyle (English) 124

Cymbopogon citratus (DC.) Stapf (Andropogon citratus DC.) ***125***

tanglad, Lemon grass (English) 125

Ficus pseudopalma Blanco Family Moraceae ***126***

COMMUNITY FOOD SYSTEM DATA TABLE # 122

Food category: Herbal Plants
Scientific identification:
Alstonia schlaris (Linn.) R. Br.
Local name & other common names:
dirita, Milky pine or White cheese wood (English)
Part(s) used: Bark
Preparation: Leaves are boiled.

Nutrient	**Nutrient Composition/100g** **(edible portion)**
Energy, Kcal	-
Protein, g	-
Fat, g	-

COMMUNITY FOOD SYSTEM DATA TABLE # 125

Food category: Herbal Plants
Scientific identification:
Cymbopogon citratus (DC.) Stapf (Andropogon citratus DC.)
Local name & other common names:
tanglad, Lemon grass (English)
Part(s) used: Leaves
Preparation: Unknown

Nutrient	**Nutrient Composition/100g** **(edible portion)**	
	Herb: Fresh	Herb: Boiled
Energy, Kcal	75*	22*
Protein, g	1.4	1.4
Fat, g	1.4	1.4
Carbohydrate, g	14.2	1.0
Calcium, mg	162	146
Iron, mg	5.4	4.6
Retinol, g	-	-
Beta-carotene, g	2 4205	22 135
Vitamin A, RE- g	4 034	3 689
Vitamin A, RAE- g	2 017	1 845
Riboflavin, mg	0.12	0.08
Niacin, mg	0.5	0.4
Ascorbic acid, mg	24.0	13.0

Wild, hunted/gathered, or cultivated: Wild, gathered.
Home harvested or purchased: n/a
Seasonality of use: Unknown
Importance value to the community by age/gender:
Used by the lowlanders to treat W

COMMUNITY FOOD SYSTEM DATA TABLE # 126

Food category: Herbal Plants
Scientific identification:
Ficus pseudopalma Blanco Family Moraceae
Local name & other common names:
niyog-niyogan, Palm-like fig (English)
Part(s) used: Leaves
Preparation: Unknown

COMMUNITY FOOD SYSTEM DATA TABLE # 130

Food category: Herbal Plants
Scientific identification:
Mollugo oppositifolia Linn.
Local name & other common names:
papait, Sarsalida (English)
Part(s) used: Topes
Preparation: None

Nutrient	Nutrient Composition/100g (edible portion)
	Herb: Fresh
Energy, Kcal	48*
Protein, g	3.8
Fat, g	0.4
Carbohydrate, g	7.2
Calcium, mg	137
Iron, mg	10.4
Retinol, g	-
Beta-carotene, g	1 860
Vitamin A, RE- g	310
Vitamin A, RAE- g	155
Riboflavin, mg	0.17
Niacin, mg	0.7
Ascorbic acid, mg	36.0

--- = not analyzed

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

Seasonality of use: Unknown
Importance value to the community by

Source of nutrient data: The data is
sourced from ref # 1 (page # 130). * 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 # 131

Food category: Herbal Plants
Scientific identification:
Peperomia pellucida Linn.
Local name & other common names:

COMMUNITY FOOD SYSTEM DATA TABLE # 133

Food category: Herbal Plants
Scientific identification:
Vitex negundo
Local name & other common names:
dangla/langndi, Five-leaf chaste tree (English)
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, g	-
Beta-carotene, g	-
Vitamin A, RE- g	-
Vitamin A, RAE- g	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

--- = not analyzed

Seasonality

Use	Jan

Wild, hunted/gathered, or cultivated: Wild, gathered.
Home harvested or purchased: n/a
Seasonality of use: Unknown
Importance value to the community by age/gender:
Used buy the lowlanders to treat fever and "pasma" (shakes).
Source of nutrient data: Not analyzed.

COMMUNITY FOOD SYSTEM DATA TABLE # 134

Food category: Herbal Plants
Scientific identification:
Unknown
Local name & other common names:
bukas-bukas
Part(s) used: Leaves
Preparation:

COMMUNITY FOOD SYSTEM DATA TABLE # 137

Food category: Herbal Plants
Scientific identification:
Unknown
Local name & other common names:
mulawin
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, g	-
Beta-carotene, g	-
Vitamin A, RE- g	-
Vitamin A, RAE- g	-
Riboflavin, mg	-
Niacin, mg	-
Ascorbic acid, mg	-

COMMUNITY FOOD SYSTEM DATA TABLE # 138

Food category: Herbal Plants
Scientific identification:
Unknown
Local name & other common names:
oregano, Oregano (English)
Part(s) used: Leaves
Preparation: Unknown

Nutrient	**Nutrient Composition/100g** **(edible portion)**
Energy, Kcal	-
Protein, g	**- ,Protein, g**