A close-up photograph of a green leaf, showing a detailed network of veins. A thick, light-green midrib runs horizontally across the center. From it, numerous secondary veins branch out at an angle, creating a series of elongated, triangular leaflets. The entire surface is covered with a fine, intricate web of tertiary veins. The color is a vibrant, slightly yellowish-green.

# The Potager Garden

at Sevina Park

IN THE COVER

Cashew

*Anacardium occidentale*

LONGEVITY PROPERTIES

Cashew leaves and the plant offer longevity benefits, including anti-inflammatory, antioxidant, and antimicrobial properties. Cashew nuts are a true nutritional powerhouse, packed with healthy fats, protein, and essential vitamins and minerals like vitamin B, magnesium, copper, iron, and zinc. Their rich antioxidant content helps safeguard our cells. Enjoy cashews as a delicious snack, in trail mix, smoothies, or incorporated into your favorite recipes—it’s a delightful way to boost your health and embrace a longer, vibrant life.

LOCAL NAMES

Igorot: *Kosing*  
Kapampangan: *Balubad*  
Tagalog: *Baluban, balubag, batuban, kasuy*  
Sulu: *Kasul*

ENGLISH NAMES

Cashew, cashew apple

ORIGIN AND DISTRIBUTION

Native to South America

The  
Potager  
Garden

at Sevina Park









*Potager comes from a French word which translates to “for the soup pot.” What grows in the garden is what is served at the dinner table. The Potager Garden™, or kitchen garden, provides residents and tenants access to fresh organic produce all year round.*

*The garden will have an abundance of fresh organic vegetables and herbs and will be produced for and delivered to residents at cost. This will be self-sustaining as proceeds will be used to maintain it and to purchase organic seedlings for the next harvest.*

At the core of every vibrant and thriving community lies a garden that sustains, connects, and adds a touch of beauty to our well-being. Gardens are not merely a piece of the natural world within our living spaces; they also carry the wisdom of the past into the present and offer a glimpse of a promising future where people of all ages enjoy richer, longer, and healthier lives.







The Potager Garden™ at Sevina Park are extraordinary communities known for hosting some of the world's longest-living and healthiest populations. These regions are grounded in four fundamentals: continuous movement, strong social connections, a sense of life purpose, and a balanced diet.

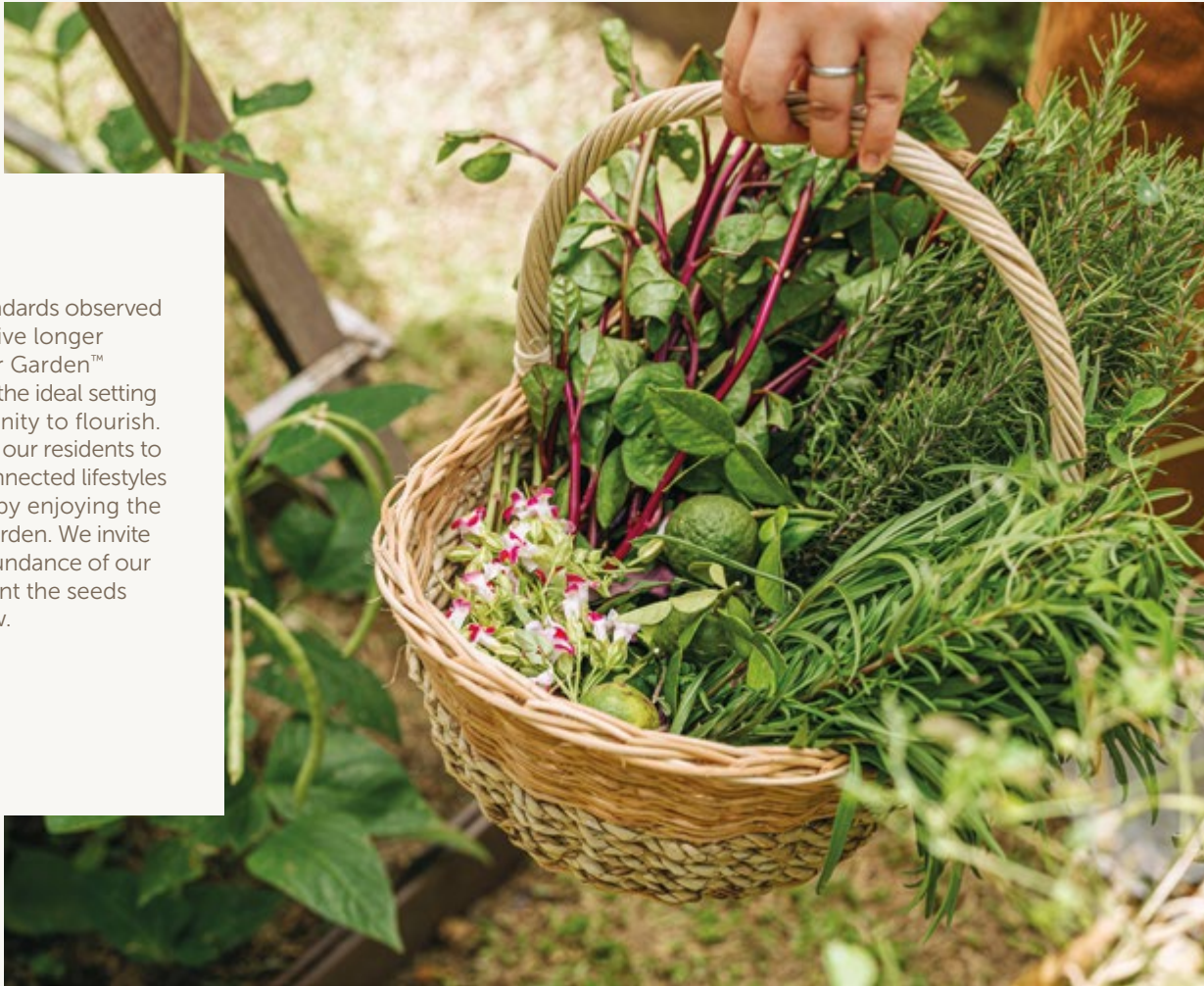
Gardens are integral to the longevity of these remarkable communities. They serve as spaces for physical activity, cultivating fresh ingredients, and fostering closer bonds among neighbors through continuous interaction.

The Potager Gardens by Arthaland™, situated within all our developments, is a pioneering endeavor to create green spaces for communal interaction in urban environments. At Sevina Park, we expand this vision to a masterplanned mixed-use community to support mindful, connected, and healthy living.





Guided by the living standards observed in areas where people live longer and better, The Potager Garden™ at Sevina Park provides the ideal setting for a sustainable community to flourish. This book aims to inspire our residents to cultivate mindful and connected lifestyles for optimal well-being by enjoying the benefits of this shared garden. We invite you to partake in the abundance of our generous earth and plant the seeds for a healthier tomorrow.



“We are happy to see Arthaland’s new edition of The Potager Garden™ at Sevina Park, a refreshing vision for current times, with an eye on detail in the natural world. It is exciting to know of this pursuit, an example for many to follow.”



Arthaland executives, managers, and Kengo Kuma

**Kengo Kuma**  
Founder,  
Kengo Kuma & Associates, Tokyo

Born in 1954, Kengo Kuma is a renowned Japanese architect and founder of Kengo Kuma & Associates, established in 1990. He is a University Professor and Professor Emeritus at the University of Tokyo. Kuma is known for creating architecture that connects nature, technology, and people, and his projects span over 50 countries. He has written several books about his approach to architecture, focusing on themes like natural and small-scale designs, and rethinking traditional architecture.





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# Cultivating Well-being, Nurturing Relationships



A celebration of shared spaces and moments through food

We always strive to seek new ways to improve our lives. Through the use of technology, we have gadgets and health apps right at our fingertips, the newest medical breakthroughs, and diet trends that come and go. We have an abundance of options at our disposal. With the rise in awareness of alternative ways of living, there are enduring traditions all over the world that remind and inspire us all to live more sustainably and meaningfully by looking toward where we have been to see where we could be.

The Blue Zones Project® offers a blueprint for nurturing and sustaining our communities. It encourages us to keep moving, connect, eat simple and healthy food, and live with a sense of purpose—the Japanese call this sense of purpose *ikigai*, which signifies one's reason for living. At ARTHALAND, we are inspired by this concept as we strive to nurture truly sustainable communities.

This inspiration led us to create The Potager Gardens by Arthaland™—a place of life, sustenance, and beauty for our communities. We have established these gardens in all our developments, including those in the heart of suburban spaces, creating pockets of green that are essential to any community.

Through The Potager Garden™ at Arya Residences and The Garden of Simples™ at Arthaland Century Pacific Tower, located in Bonifacio Global City, we have engaged our residents and tenants in tending a shared garden they can proudly call their own. These gardens reflect our commitment to sustainability and well-being and inspire our customers to embrace a holistic way of life.

The story of these gardens was captured in two books that focused on providing readers with valuable resources about plants, herbs, and vegetables and inspiration on how to incorporate this produce to benefit their everyday wellness. The Potager Garden™ at Arya Residences book spotlighted produce available in the garden and easy recipes for residents to make that include healthy, nutritious food sources. The Garden of Simples at Arthaland Century Pacific Tower book revolved around the healing benefits of plants and herbs when used in tea infusions and concoctions.

In the Blue Zones®, a shared garden is where people of all ages come together to connect, bond, learn about the natural world, and find nourishment. It breathes life into the community with its beauty, wonder, and abundance. It signifies a healthy and thriving locale where traditions and people endure.

With The Potager Garden™ at Sevina Park, our aim is to provide a garden that promotes well-being for all our residents—a place that becomes a part of their own story. It is a sanctuary for relaxation and activity, a source of fresh herbs and vegetables for gatherings, and a wellspring of joy. From garden to table, may this book mark the beginning of a journey towards a healthy way of living, one that is best enjoyed together.

**JAIME C. GONZÁLEZ**

Vice Chairman and President  
Arthaland Corporation





# REVITALIZING OUR URBAN LANDSCAPE

*A natural initiative at the heart of the city,  
bringing life to our vertical developments*





The presence of green spaces has become vital for the well-being of all communities. These green havens provide a striking contrast to the concrete jungle that dominates our cities, offering a symphony of colors, textures, and scents that invite moments of respite and reflection.

Parks and gardens are sanctuaries for the modern citizen, offering a meaningful pause amidst the chaos. Urban gardens take this concept further by bringing the bounty of nature directly into our communities. At Arthaland, our Potager Gardens go beyond traditional green spaces—they engage our communities in the art of cultivation and wellness.

Within these gardens, we grow, nurture, and utilize a variety of herbs and vegetables to enhance their daily lives. From adding fresh herbs to their culinary creations to crafting healing teas and brews for minor ailments, the Potager Gardens serve as a source of vitality.

The Potager Garden™ is a testament to Arthaland's unwavering commitment to sustainability. It embodies our mission to create meaningful green spaces that nourish the environment, the bodies, and the souls of our residents.







## THE POTAGER GARDEN™

AT ARYA RESIDENCES

Where it all began. Born from a vision to transform the typical terrace deck, this garden nestled between the two towers of Arya Residences thrives as a self-sustaining oasis of greenery. Efficient planning, thoughtful design, and meticulous sectioning allow us to maximize the space, cultivating everything from herbs and leafy greens to root crops and fruiting vegetables. We even dedicate smaller beds to uncommon herbs and vegetables, adding a touch of uniqueness.

Today, this garden continues to flourish, supporting our homeowners and fostering a sense of community that transcends the confines of our urban setting.

## THE GARDEN OF SIMPLES™

AT ARTHALAND CENTURY  
PACIFIC TOWER

Inspired by the herb gardens of 16<sup>th</sup>-century Italy, The Garden of Simples™ is a garden of remedies—the first of its kind in a corporate building. It boasts a harvest of organic herbs and plants, primarily dedicated to medicinal herbs and natural cures.

Thoughtful design and layout ensure that each plant and herb receives the care it needs, such as access to water and light. This arrangement promotes a healthy and abundant harvest and creates an engaging visual display for the community of our flagship office building, the Arthaland Century Pacific Tower. Here, the management and staff of Arthaland, as well as our tenants, can retreat and unwind at their leisure, finding solace amid their bustling corporate environment.



In both The Potager Garden™ and The Garden of Simples™, Arthaland continues to redefine urban living, demonstrating our dedication to sustainability, well-being, and the harmonious integration of nature into our modern lives.





# GROWING TOGETHER IN OUR SHARED GARDEN

*A legacy of learning within green spaces embedded  
in Arthaland's sustainable communities*





The Potager Gardens and The Garden of Simples are vital assets of Arthaland communities. These gardens make fresh, organic, and nutritious produce accessible to residents.

The Potager Gardens foster a sense of engagement and environmental stewardship, building a sense of belonging, and encouraging collaboration and social interaction within the community. The gardens serve as gathering spaces where neighbors come together to tend to the garden, exchange gardening tips, or enjoy the beauty of the surroundings.

The gardens also nurture an exchange of knowledge and practices passed down from generation to generation. They serve as outdoor classrooms that offer hands-on learning experiences for community members of all ages on various sustainable practices, such as composting, nurturing seedlings, and plant care.

The Potager Gardens create a refreshing visual landscape, unfolding vibrant and inviting green spaces by incorporating flowers, ornamental plants, and edible crops.

The Potager Gardens contribute to food security by reducing dependence on distant food sources and promoting self-sufficiency. By growing their produce, residents and tenants can practice farm-to-table dining, and help mitigate the effects of food shortages, price fluctuations, and supply chain disruptions. Moreover, surplus produce from harvest can be shared within the community through weekend markets.

Most notably, these spaces provide a haven for heritage plants and seeds to flourish, a reminder of the vital food sources that nourished our ancestors and continue to serve us today.











# DESIGNED TO FLOURISH

*Taking inspiration from Blue Zones®  
for healthy and happy lifestyles*





It can be said that a garden is the heart of a community. All are welcome—from the smallest creatures to humans—a living, breathing organism, nourishing and nourished by natural connections. The Potager Garden™ at Sevina Park is the pulse of this Arthaland mixed-use community, mindfully designed to foster relationships and to create space for sharing and learning.

The garden features a diverse range of about 150 leafy and fruiting vegetables, fruiting trees, and herbs. Naturally, it will provide the community access to organic produce grown by Arthaland or those they cultivated themselves. But beyond resource provision, the garden is dedicated to preserve a diverse range of plant species, including indigenous and endemic species—a commitment to a healthy and robust future.

Through The Potager Garden™ at Sevina Park, we aim to make gardening a practice for residents to grow their produce and engage mind and body as a form of exercise. It seeks to raise awareness of sustainability, the importance of preserving our cultural and botanical heritage, and to contribute to the overall ecological health of our environment.

#### *Edible landscaping*

Incorporating edible landscaping principles provides aesthetic, environmental, and health advantages. These gardens are not only visually appealing with their varied colors, textures, and forms, but also nurture a rich biodiversity by attracting beneficial insects and wildlife. Providing dedicated areas to encourage residents to cultivate their vegetables helps reduce grocery costs and increase access to nutritious and flavorful produce. Moreover, growing one's food reduces the carbon footprint of transporting produce from farms to stores and then to your home. Edible landscapes can serve as an educational platform, enlightening children and adults on sustainability and nutrition.

The Potager Garden™ at Sevina Park embraces companion planting, a gardening technique that grows different plants together in harmonious coexistence. Companion planting improves growth, repels pests, prevents disease, and enhances the flavors of the produce.





#### *More than a fence*

Evolving from conventional ornamental landscaping, the perimeter fence features a vibrant and bountiful edible garden. As one meanders along the fence line, they are greeted with an extensive assortment of leafy vegetables, succulent fruits, edible flowers, aromatic herbs, fruit-bearing trees, and trees of culinary significance. The goal is to maximize planting that creates a pleasant visual landscape and a productive, abundant garden.

#### *Villas amidst vitality*

Instead of conventional ornamental plants, the landscape for the courtyard garden of Sevina Park Villas features fruits, vegetables, herbs, and edible flowers. Every villa opens to lush and serene views of the courtyard garden, seamlessly connecting to the living and dining areas of the villas. By extending the garden to interior spaces, there is a sense of harmony with nature that benefits the well-being of residents. The garden offers large areas for the children to run and play, and for adults to stroll and enjoy nature. It creates a delightful and welcoming atmosphere for people of all ages to unwind and participate in outdoor fun.







# HEARTY HARVEST: GREEN FOR EVERY DAY

*Discovering the goodness  
growing in our garden*





Residents in Blue Zones® lead active and highly social lifestyles, which contribute to longer lifespans. Preparing and consuming food is also a communal affair, where families or neighbors come together to share not just meals but stories. They have access to nutrient-rich food and ingredients passed down from generation to generation. The Potager Garden™ at Sevina Park takes great inspiration from this principle, which is a communal ground to collect healthy food, bask in, and nurture connections with the community.

## Tending to Our Garden

### *Creating space for learning, connection, and well-being*

Our first encounter with a garden may be the sight of our grandparents in the early hours of the day amidst foliage. The sight of morning dew glistening on leaves and flowers was alluring, and it was here that we started to learn the importance of plants to our well-being.

A garden is a ground upon which knowledge is passed down, where generations are connected, where heirloom plants are nurtured, where senses are activated, and where bodies are engaged by the mere act of getting close to the earth.

At The Potager Garden™ at Sevina Park, a piece of the vast living world is captured, and with it comes the healing benefits of being surrounded by greenery. This space also invites interaction and interplay from people of all ages, gathering spaces to refresh every day.

Gardens are fertile ground for learning to value nature and its bounty, to build healthy relationships with the earth, and to understand that taking care of it means caring for ourselves.

Tending to our gardens teaches us the value of caring for each other and the planet.





## Beauty and Bounty

### *Going organic for healthy skin*

It is known that including vegetables in one's diet results in better health inside and out, but using plants and herbs as part of a skincare routine is another way to boost healthy skin.

The Potager Garden™ at Sevina Park is a rich resource for plants and herbs that not only provide nutritious food, but also benefit one's outer appearance—the natural glow right from the garden next door.

The rosmarinic acid in rosemary is known to have potent astringent, purifying, and anti-aging properties when applied as essential oil to the skin. It is also said to be effective in treating blemish-prone, oily skin. Rosemary essential oils also calm and moisturize stressed and mature skin. For a pick-me-up, simmer a few sprigs of the herb and use the steam for a quick facial treatment that purifies and revives the skin and the mind.

In addition, rosemary can also be used as a natural deodorant. It is also an excellent herb for stimulating hair growth and helping ease itchy, dandruff-prone scalps.

Another herb available is thyme. It acts as an antioxidant with excellent antibacterial properties and boosts circulation. For acne-prone skin, thyme is an effective ingredient that helps treat acne and fade scars and age spots. Topically, thyme helps soothe sensitive, dry, red, dehydrated, and itchy skin. It is also said to prevent hair loss. When used in tea infusions, drinking thyme tea or thyme-infused water can also have skin-clarifying benefits when consumed daily and consistently.

Turmeric can also be accessed in the garden, a plant used as an anti-inflammatory, antioxidant, antiseptic, and astringent. When added to exfoliation mixes, it can help improve skin texture and help slow the appearance of wrinkles. The plant is also beneficial for acne-prone skin by regulating oil production. It is also used to help fade acne scars. However, when used directly, caution must be exercised, as undiluted turmeric can stain the skin.

Lemon is a universal agent in various skincare concoctions, as it can be used in masks, serums, and scrubs. Using the juice by itself can cleanse and whiten stained hands and nails. Leftovers from the lemon fruit can also be used as a natural deodorant. Rich in vitamin C, folic acid, vitamin B, and minerals, lemons are a powerful antioxidant that may help in reducing pimples, balancing oil production, healing acne scars, and minimizing blackheads and dandruff.

Lemons are used as essential oils, which strengthen the epidermis and stimulate the formation of connective tissue, elastin, and collagen.

Plants and herbs are balms that ease our troubles and have potent ingredients that maintain or improve skin health. The Potager Garden™ at Sevina Park offers a bounty of these organic wonders, proving we can find healing in nature.







# FERTILE GROUND FOR CONNECTIONS

## *The Herbs and Vegetables in Our Garden*

The Potager Garden™ at Sevina Park is a space that cultivates and nourishes a community—mind, body, and soul—a place to meet neighbors, share knowledge, and take in the beauty and bounty of nature.

Carefully selected and planted, each herb, vegetable, and medicinal plant in this garden offers a wealth of nutritional properties that will benefit you and your family at every age.

We welcome you to explore and partake in its bounty together.





## Arugula

*Eruca sativa*

### LONGEVITY PROPERTIES

This annual crop is a nutrient powerhouse, rich in vitamin K, vitamin C, vitamin A, folate, calcium, iron, potassium, and magnesium. Regular consumption helps boost immune system function, supports normal blood clotting, and improves calcium absorption. Arugula may lower the risk of heart disease and certain cancers and reduce the body's loss of vitamin C.

*An age-old favorite in Italian and other Mediterranean kitchens, arugula leaves are loved raw or cooked for their distinct peppery and nutty flavor, thanks to the plant's close relation to mustard.*

### ENGLISH NAMES

Roquette, rocket, garden rocket, rocket salad, Italian cress

### ORIGIN AND DISTRIBUTION

Native to warmer European regions—namely Italy and the Mediterranean in general—it is also found in Turkey and Western Asia



## Brazilian Spinach

*Alternanthera sissoo*

### LONGEVITY PROPERTIES

Brazilian spinach is packed with significant amounts of vitamin C, vitamin K, carotenoids, folic acid, iron, and calcium. These nutrients help improve the immune system and boost eye, bone, gum, digestive, and blood circulation health. The plant is also said to prevent premature aging and fight cancer.

*Brazilian spinach is a low-growing perennial known for its rich green color and crinkly leaves. Compared with regular spinach, it offers a crunchier, non-slimy, and nutty taste.*

### ENGLISH NAMES

Poor man's spinach, sabu spinach, samba lettuce, sissoo, sissoo spinach

### ORIGIN AND DISTRIBUTION

Native to Brazil and South America





## Chinese Kale

*Brassica oleracea var. alboglabra*

### LONGEVITY PROPERTIES

Chinese kale is packed with health benefits, including being a good source of vitamins A, C, and K. It also contains protein and iron, which support bone health and metabolic functions.

*Chinese kale stands out due to its thick stem, similar to broccoli and cauliflower. Its flowering stalks, leaves, and buds are best eaten when young and tender. It is commonly used in Chinese, Thai, and Vietnamese cuisine, either stir-fried, steamed, blanched, or boiled with other vegetables or meats.*

### LOCAL NAMES

*Kailan, kaylan, kailaan*

### ENGLISH NAMES

Chinese broccoli, flowering kale, gai laan, kai lan

### ORIGIN AND DISTRIBUTION

Native to China, with origins tracing to the Mediterranean region and Southwestern Europe



## Gynura

*Gynura procumbens*

### LONGEVITY PROPERTIES

Long used in traditional medicine, gynura is referred to in Malay as “the grass that heals 100 diseases.” It is reputed to help treat diabetes, kidney disease, dysentery, constipation, rheumatism, fever, and high blood pressure.

*Gynura, also known as longevity spinach, is grown widely in the tropics and is popular in Southeast Asia both as a vegetable and for medicinal use. The leaves and stems are edible.*

### LOCAL NAMES

Ilokano: *Purpuritek*

Ilonggo: *Sabuñgai*

Negros: *Gues*

Tagalog: *Kamañgi*

### ENGLISH NAMES

Cholesterol spinach, longevity spinach, scrambling gynura

### ORIGIN AND DISTRIBUTION

Native to Southeast Asia, China, and Africa





## Kulitis

*Amaranthus spinosus*

### LONGEVITY PROPERTIES

Kulitis leaves are rich in protein, carbohydrates, and fiber and are often used to help promote breast milk production in pregnant women. As a natural remedy, they are used for treating snake bites, fever, and bronchitis. When boiled, they can serve as a digestive cleanser. The leaves and roots support urinary functions, and the roots are known to help treat various skin conditions, such as eczema.

*An annual herbaceous plant characterized by its green stems, slender spines at the base of its leaves, and dense green flower clusters. Although often considered a weed due to its rapid growth, it is a nutritious food eaten raw or cooked in many cuisines.*

### LOCAL NAMES

**Bicolano, Tagalog:** Killitis, uray, kulitis, bayambang  
**Bisaya:** Harum, tilitis  
**Bontok:** Bawan, tadtad  
**Hiligaynon:** Kalitis  
**Ilocano:** Kalunay, kuantung  
**Kapampangan:** Ayantoto

### ENGLISH NAMES

Pigweed, prickly amaranth, prickly calalu, spiny amaranth, thorny amaranth, thorny pigweed

### ORIGIN AND DISTRIBUTION

Native to South America



## Lagikway

*Abelmoschus Manihot*

### LONGEVITY PROPERTIES

Traditionally used in Chinese medicine to treat kidney disease, modern studies support this with findings of improved immune function. Lagikway leaves can also be boiled with vinegar to make a poultice for treating painful urination.

*Lagikway is a perennial shrub native to the Philippines that is easy to grow and a sustainable food source. Its leaves are closely related to okra and have a slimy texture, which is ideal for thickening soups. Both the young leaves and shoots are edible and have a neutral taste. The seedpods and mature seeds are also consumable.*

### LOCAL NAMES

**Batanes:** Barakue  
**Bisaya:** Gikway, likway  
**Subanon:** Glikway  
**Tagalog:** Lagikway, lagikuway

### ENGLISH NAMES

Hibiscus manihot, hibiscus spinach, musk mallow, sunset aibika, sunset hibiscus, yellow hibiscus

### ORIGIN AND DISTRIBUTION

Native to the Philippines and other wet, tropical parts of Southeast Asia, and Oceania





## Pansit-pansitan

*Peperomia pellucida*

### LONGEVITY PROPERTIES

Pansit-pansitan is a natural source of fiber, carbohydrates, sodium, and minerals like manganese, iron, zinc, and copper. It is known for alleviating arthritis, uric acid, and high blood pressure. When made into tea, it can aid in treating gout, rheumatism, and kidney stones. A poultice of the leaves may help treat boils and acne.

*Pansit-pansitan, with its slender, upright flowering stalks resembling noodles, is a climbing plant with succulent stems and smooth heart-shaped leaves, both edible as a salad.*

### LOCAL NAMES

Bicolano: Tangon-tangon  
Cebuano: Olasiman-ihalas, sida-sida  
Chavacano: Clavo-clavo  
Ilocano: Lin-linaaw  
Tagalog: Pansit-pansitan, ikmo-ikmohan, sahika-puti, ulasimang bato

### ENGLISH NAMES

Clear weed, man-to-man, pepper-elder, rat-ear, shiny bush, silver bush

### ORIGIN AND DISTRIBUTION

Native to South America



## Saluyot

*Corchorus olitorius*

### LONGEVITY PROPERTIES

Saluyot is a rich iron, calcium, and phosphorus source, promoting overall health and strength. The leaves help with headaches and, when made into tea, soothe stomach aches, ulcers, and children's coughs. The fruits are anti-inflammatory and laxative, while the seeds support liver health. The seed oil can also treat skin conditions.

*Saluyot grows up to 1.5 meters tall and has finely toothed leaves with tail-like projections. It produces yellow flowers and elongated fruits containing tiny seeds. Its slimy young leaves are commonly used as cooking ingredients.*

### LOCAL NAMES

Bisaya: Tagabang, tugabang  
Ilocano: Salsaluyot, saluyut  
Maguindanao: Taka, yaka  
Sambal: Pasaw-na-haba, passau-na-haba  
Tagalog: Saluyot  
Tausug: Ubat-lagak

### ENGLISH NAMES

East Indian Jew's mallow, East Indian mallow, Jew's mallow, jute, mallow, toss jute, West African mallow

### ORIGIN AND DISTRIBUTION

Native to South- and Southeast Asia



## Talinum

*Talinum fruticosum*

### LONGEVITY PROPERTIES

Talinum contains minerals such as potassium, calcium, magnesium, phosphorus, and sodium. It is traditionally used to treat gastrointestinal disorders, skin conditions, diabetes, and high blood pressure. It is also believed to have antioxidant, anti-inflammatory, and liver-protective qualities.

*Also known as "Philippine spinach," Talinum is a small, perennial herb with succulent stems and leaves. All parts of the plant, including the roots, are edible and packed with essential nutrients, providing both macro- and micronutrients. The leaves are often used to thicken sauces and soups and serve as a spinach substitute.*

### LOCAL NAMES

Marinduque: *Biala*  
Subanon: *Galaghati*  
Tagalog: *Talinum*, *talilong*

### ENGLISH NAMES

Ceylon spinach, fame flower, leaf ginseng, Philippine spinach, potherb fame flower, Surinam purslane, sweetheart, waterleaf, sweet water lettuce

### ORIGIN AND DISTRIBUTION

Native to the Americas, Africa, and Madagascar

## Adlai

*Coix lacryma-jobi*

### LONGEVITY PROPERTIES

Adlai strengthens muscles and veins, particularly in seniors. It has anti-cancer and anti-inflammatory properties, and is used to treat bronchitis, appendicitis, arthritis, and tumors. The roots are traditionally used for menstrual disorders and intestinal worms, while the leaves and stems help manage diabetes.

*Adlai is a grass plant prized for its edible grains, which are more protein-rich than rice. The grains are consumed as rice substitutes, made into tea, or processed into flour.*

### LOCAL NAMES

Bagobo: *Bitogan*  
Bicolano: *Barubaioko*, *bintikai*, *koldasan*, *tigbikai*, *tigbi*  
Bisaya: *Adlai*, *aglai*, *alimudias*, *damdu*, *katigbi*, *lamudias*, *pintaka*, *tidbi*  
Bontok, Ilocano: *Atakai*, *tikaian*  
Bukidnon: *Kalabugau*  
Ifugao: *Kibaoung*  
Igorot: *Agda*, *apagi*, *katayan*  
Ivatan: *Abukai*, *agagai*  
Kapampangan: *Balantakan*  
Tagalog: *Kudlasan*, *tigbi*  
Tausug: *Tiguas*

### ENGLISH NAMES

Coix seed, Job's tears, pearl barley, St. Mary's tears, tear grass

### ORIGIN AND DISTRIBUTION

Native to East- and Southeast Asia





## Green Beans

*Phaseolus vulgaris*

### LONGEVITY PROPERTIES

Green beans may help alleviate diabetes complications, colon cancer, high cholesterol, and kidney stones. They provide protein, carbohydrates, and dietary fiber which help reduce cholesterol and obesity risks.

*Known locally as Baguio beans, green beans are a warm-season vegetable grown mainly in the Cordillera region. The young pods are tender and can be prepared in various ways, including steaming, sautéing, or cooking with other vegetables.*

### LOCAL NAMES

*Abitsuelas, bitsuelas, Baguio beans*

### ENGLISH NAMES

Common beans, snap beans, string beans

### ORIGIN AND DISTRIBUTION

Native to tropical America



## Kadyos

*Cajanus cajan*

### LONGEVITY PROPERTIES

Kadyos is rich in calcium, iron, and vitamin B, while its seeds are a good source of protein. The plant supports bone and teeth health, and can help with anemia and beriberi. The leaves and seeds are traditionally used to treat cough, abdominal issues, and diarrhea, while the roots can address intestinal worms and calm the nerves.

*A slender, hairy shrub that can grow up to 2-4 meters tall. The pods contain 2-7 seeds. When young, the beans are green but turn white, yellow, black, or red when mature. The young pods and seeds are commonly used in Southeast Asian cuisine.*

### LOCAL NAMES

Bicolano, Bisaya: *Tabios*  
Bisaya, Bontok, Ilocano: *Kidis*  
Bisaya: *Kadios, kadyos*  
Bontok, Igorot, Ilocano: *Kaldis, kardis*  
Ifugao, Igorot: *Kusia*  
Tagalog: *Gablos, kagyas, kagyos, kalios, kalyos, kadyos*

### ENGLISH NAMES

Congo pea, pigeon pea, red gram

### ORIGIN AND DISTRIBUTION

Native to the Malayan Peninsula





## Monggo

*Vigna radiata*

### LONGEVITY PROPERTIES

Monggo is highly nutritious, containing 20-25% protein, vitamins A and B, calcium, and sodium. It also has more carbohydrates than soybeans. The sprouts are a good source of vitamin B, and the beans are rich in iron which helps fight anemia. Monggo can lower cholesterol, combat beriberi, and support liver health.

*Monggo is a fast-growing legume that provides abundant vegetative tops. Both the beans and sprouts are widely used in Asian cuisine, from snacks to soups, and even desserts.*

### LOCAL NAMES

Bisaya, Tagalog: *Mungo*  
Ibanag, Ifugao, Ilocano, Tagalog: *Balatong*  
Tagalog: *Mongo, monggo, mungos*

### ENGLISH NAMES

Mongo bean, mung bean, golden gram, green gram

### ORIGIN AND DISTRIBUTION

Cultivated in India to China and Malaya



## Patani

*Phaseolus lunatus*

### LONGEVITY PROPERTIES

Patani is high in carbohydrates and protein, and provides manganese for metabolism, copper for immunity, and magnesium for energy production. It helps with weight loss, stabilizes blood sugar levels, and promotes heart health.

*Patani is a climbing vine that can reach over 4 meters in height. Its beans are typically soaked before cooking, with the white variety being the most consumed due to its mild flavor and creamy texture.*

### LOCAL NAMES

Bagobo: *Buni*  
Bicolano, Bisaya, Ilocano, Bontok: *Kilkilang, kopani, kutakut*  
Ibanag: *Gulipatan*  
Ilocano: *Palpalay, palpadi, paraa, parda, perkoles*  
Tagalog: *Patani, bulai-patani, buriñgi, butiñgi*

### ENGLISH NAMES

Burma bean, butter bean, Christmas Lima bean, double bean, Java bean, Lima bean, Madagascar bean, pole bean

### ORIGIN AND DISTRIBUTION

Native to tropical America





## Peanut

*Arachis hypogaea*

### LONGEVITY PROPERTIES

Peanuts are rich in protein and unsaturated fats, and contain all eight essential amino acids. They are beneficial for digestive health, treating coughs, and soothing burns. Peanut oil is also used for skin care and wrinkle prevention.

*Peanuts are an annual legume with seeds that can be boiled, eaten as snacks, or processed into various products like peanut butter and oils.*

### LOCAL NAMES

Tagalog: *Mani*

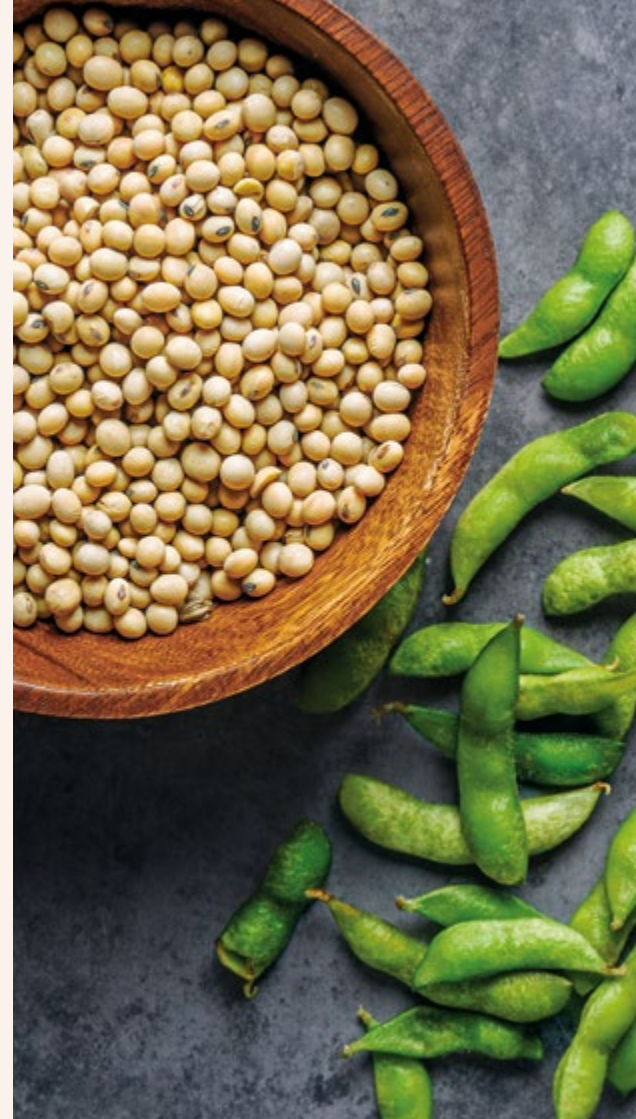
Tausug: *Batung-china*

### ENGLISH NAMES

Earth nut, goober, ground nut, monkey nut

### ORIGIN AND DISTRIBUTION

Native to the Neotropics; widely cultivated in tropical and subtropical countries



## Soybean

*Glycine max*

### LONGEVITY PROPERTIES

Soybeans are rich in protein, vitamin A, vitamin B, and healthy fats (omega-3 and omega-6). They support heart health, lower insulin levels, and improve glucose absorption, making them beneficial for people with diabetes. Soybeans may also prevent colon cancer, and help reduce prostate enlargement and menopausal hot flashes.

*Soybeans have been cultivated in East Asia for centuries and are a staple in global diets. They are a significant source of protein and are often processed into products like tofu for vegetarians.*

### LOCAL NAMES

Balatong, soya, utau, utaw

### ENGLISH NAMES

Yellow bean

### ORIGIN AND DISTRIBUTION

Native to East Asia



## Bay Leaf

*Laurus nobilis*

### LONGEVITY PROPERTIES

Bay leaves are rich in vitamins A, C, and B6, and contain essential minerals such as calcium, iron, and magnesium. They are traditionally used to treat stomach bloating, gas, and muscle pain. A poultice made from boiled leaves can soothe skin irritations.

*An evergreen shrub or small tree that can grow 18 meters tall. In Roman culture, the bay or laurel symbolizes victory and immortality. Wearing a wreath of its leaves meant having the highest status. But other than that, it is valued as a culinary spice. Whether whole, dried, or powdered, the leaves impart a distinct savory and aromatic flavor to dishes such as soups, stews, braised meats, and even pasta sauces.*

### LOCAL NAMES

*Laurel, dahon ng laurel*

### ENGLISH NAMES

Bay laurel, bay leaf, bay tree, common bay, laurel, laurel tree, sweet bay, true laurel, wreath laurel

### ORIGIN AND DISTRIBUTION

Cultivated throughout Europe, tropical, subtropical, and Asian countries

## Green Onion

*Allium fistulosum*

### LONGEVITY PROPERTIES

Green onions are a nutrient-dense crop. They are a rich source of vitamins A, C, and K, essential for vision and immune health, immunity and collagen production, and bone health, respectively. They also contain minerals like potassium which regulates blood pressure, and manganese which boosts bone health and metabolism. The leaves of green onions are also packed with antioxidants, reducing the risk of heart disease and cancer. Moreover, the fiber content strengthens the digestive system.

*Green onion is a versatile ingredient for salads, stir-fries, and soups. The green leaves and white bulbs are edible and add a pungent flavor to dishes.*

### LOCAL NAMES

*Dahon ng sibuyas, sibuyas dahon*

### ENGLISH NAMES

Bunching onion, Japanese bunching onion, scallion, spring onion, Welsh onion

### ORIGIN AND DISTRIBUTION

Native to Asia





# Italian Oregano

*Origanum x majoricum*

## LONGEVITY PROPERTIES

Oregano leaves, whether eaten fresh or brewed as tea, are known to alleviate cough, asthma, indigestion, and rheumatism. The mashed leaves can also be applied externally to burns.

*While oregano is part of the mint family, its aroma is more savory than menthol-like, similar to sage or thyme. Its taste is slightly bitter and slightly spicy. Oregano also has small flowers in pale purple hues.*

## LOCAL NAMES

Pangasinan: *Oligano*  
Tagalog: *Oregano, suganda*

## ENGLISH NAMES

Oregano

## ORIGIN AND DISTRIBUTION

Found in India, Malaysia, and the Philippines



# Rosemary

*Salvia Rosmarinus*

## LONGEVITY PROPERTIES

Rosemary is beneficial for digestive health, treating coughs, and addressing oral issues like gum disease. It can also promote hair growth and reduce hair loss when applied topically.

*One of the more popular herbs used for cooking, rosemary offers a woody aroma described as pine-like. The small undershrub is a type of evergreen, which accounts for its densely arranged branches and its fragrant needle-shaped leaves. It also has blue flowers that grow on a central stem.*

## ENGLISH NAMES

Romero, dумero

## ORIGIN AND DISTRIBUTION

Brought from Europe, originating in the Mediterranean region





# Spearmint

*Mentha spicata*

### LONGEVITY PROPERTIES

Spearmint is rich in vitamins C and B6 and minerals like iron and potassium. It is traditionally used to treat oral issues like bad breath and sore throats. It also helps ease arthritis, muscle pain, and digestive problems.

*Spearmint is a fragrant herb that grows in moist areas in Europe. It is a perennial plant identified by its bright green leaves and square stems. Said to have the best flavor among the mint family, spearmint is often used in teas, beverages, jellies, and candies.*

### ENGLISH NAMES

Menta, English mint, mint

### ORIGIN AND DISTRIBUTION

Native to Europe



# Sweet Basil

*Ocimum basilicum*

### LONGEVITY PROPERTIES

Apart from being a cooking ingredient, sweet basil, when decocted, is a natural remedy for cough, vomiting, hiccups, nausea, and gas. The herbal tea can also be used as a wash for skin ulcers or a bath for rheumatic pains. Its leaf extract can be used to treat ear ailments. Basil can also be rubbed on the body to ease joint pain.

*No stranger to the kitchen, sweet basil leaves are loved for their anise-like flavor and pungent but sweet smell. The undershrub can grow up to 1.5 meters and can be hairy. Its leaves can be fully or slightly toothed, and its pink or purple flowers grow on a central stem.*

### LOCAL NAMES

Bicolano: *Samilig, samirig*  
Bisaya: *Bouak, kalu-ui, kamangi, sangig*  
Bisaya, Ibanag, Tagalog: *Albahaca*  
Cebuano: *Kalu-uy, kaluwi;*  
Ilocano: *Bidai, biday*  
Ivatan: *Valanoi, valanoy*  
Kapampangan, Tagalog: *Solasi, sulasi*  
Tagalog: *Balanoy*  
Tausug: *Bauina, bauing, bawing, ruku, rukuruku*

### ENGLISH NAMES

Grand basilic

### ORIGIN AND DISTRIBUTION

Native to tropical Asia and Polynesia





## Tarragon

*Artemisia dracunculus*

### LONGEVITY PROPERTIES

Tarragon herbal tea is taken to address digestive disorders and toothaches. It can also be used as a diuretic, appetite stimulant, and to promote menstruation.

*The leaves of the tarragon shrub are a staple in the herb pantry. They are valued for their aromatic flavor. The leaves are 1 to 4 inches long and grow on the plant's slim, woody branches. Tarragon also has greenish-white or yellow flowers that come in globe shapes.*

### ENGLISH NAMES

French tarragon, little dragon, silky wormwood

### ORIGIN AND DISTRIBUTION

Native to Eurasia and North America, cultivated in the Philippines



## Thyme

*Thymus vulgaris*

### LONGEVITY PROPERTIES

Besides its culinary value, thyme is cultivated for its medicinal qualities, thanks mainly to its antioxidant and antimicrobial properties. Antioxidants like thymol and carvacrol help neutralize harmful free radicals in the body, preventing cancer and other chronic diseases. Thyme can also ward off harmful bacteria, including E. coli and Salmonella. In addition, thyme can treat fungal infections, improve digestion, reduce inflammation, and relieve cough.

*A popular herb for cooking, thyme is a low-growing, perennial, bushy plant with woody stems and small, oval leaves. These leaves are fuzzy to the touch and produce a fragrant smell when crushed. Thyme also has tiny, tubular flowers that grow in purple or pink clusters. The edible leaves are the most coveted part of the plant and add a distinct flavor to various dishes.*

### ENGLISH NAMES

Garden thyme, common thyme, English thyme

### ORIGIN AND DISTRIBUTION

Native to the Mediterranean, from Portugal to Greece





## Turmeric

*Curcuma longa*

### LONGEVITY PROPERTIES

Turmeric has long been a culinary and medicinal plant, especially in India. Generally, a decoction of the root is good for treating fevers, stomach aches, and arthritic inflammations. In the Philippines, turmeric may also be mixed with coconut oil to aid digestion. When the leaf extract is mixed with coconut carrier oil and applied to trouble spots, turmeric is also said to treat dandruff, recurring fever, and rheumatism.

### LOCAL NAMES

**Bisaya:** *Dulaw, duwaw, kalabaga, kalawag, kinamboy, kulalo*  
**Ibanag:** *Kunik*  
**Ilocano:** *Kuliyaw, kulyaw, kunig*  
**Kapampangan:** *Angay, ange, pangar, pangas*  
**Tagalog:** *Dilaw, luyang dilaw*  
**Waray:** *Tanmanan*

### ENGLISH NAMES

Long turmeric

### ORIGIN AND DISTRIBUTION

Introduced to the Philippines, originally from India

*Turmeric is best known for its bright yellow-orange aromatic spice powder in many Asian dishes. The powder is derived from the thick, cylindrical underground roots, which look similar to its cousin, ginger. Above the ground, locally referred to as luyang dilaw, turmeric is a leafy plant that stands 1.5 meters tall, with broad and oblong leaf blades that can reach 30 to 45 centimeters long. Its flowers are pale yellow, and its fruits are capsules.*



## Ampalaya

*Momordica charantia*

### LONGEVITY PROPERTIES

While the ampalaya fruit is more commonly cooked as vegetable dishes, the plant's leaves are also beneficial when brewed into tea, relieving diabetes, cough, and even intestinal problems. Pounding the leaves and applying the extracted juices are standard treatments for burns and skin diseases. Ampalaya is also suitable for strengthening the body after getting sick.

### LOCAL NAMES

**Bicolano, Ilocano:** *Parya*  
**Bisaya:** *Palya*  
**Ibanag:** *Apape*  
**Kapampangan:** *Apalya*  
**Tagalog:** *Ampalaya, ampalaya, apalaya, margoso*

### ENGLISH NAMES

African cucumber,  
balsam apple, balsam pear,  
bitter gourd, bitter melon

### ORIGIN AND DISTRIBUTION

Pantropic, grown in tropical areas; introduced and naturalized in the Philippines

*Known for its bitter fruit, the ampalaya plant is a climbing vine with tendrils up to 20 centimeters long. The ampalaya gourd is bright green and shaped with a ribbed, at times wrinkled, fleshy exterior. It has heart-shaped leaves 5 to 10 centimeters in diameter and long-stalked yellow flowers.*





# Bell Pepper

*Capsicum annuum*

### LONGEVITY PROPERTIES

The fruits of the bell pepper store high amounts of vitamin A, vitamin C, Potassium, Phosphorus, and Calcium, making them a staple dish in many world cuisines. The vegetable is said to improve eye health and reduce the risk of anemia.

*Bell peppers are a type of vegetable grown for their colorful, thick-walled, block-like fruits. The peppers are green at first, then turn red when ripe, with some becoming yellow or orange. The plant can reach 1.5 meters tall and has oblong leaves and white star-like flowers.*

### LOCAL NAMES

*Siling-pula, pimento, pimiyento, siling pukinggan*

### ENGLISH NAMES

Capsicum, sweet pepper

### ORIGIN AND DISTRIBUTION

Native to North- and South America



# Camote

*Ipomoea batatas*

### LONGEVITY PROPERTIES

The young shoots and the roots are edible and common ingredients in Philippine cooking. Camote is also favored to help alleviate diabetes, high blood pressure, and dengue.

*Camote is considered a mealtime staple in a viand, dessert, or salad. A perennial climbing herb, the leaves can reach 12 centimeters. Growing alternately, the leaves are also identified by their heart-shaped bases and pointed tips. The camote plant has funnel-like flowers with five lobes and white tips leading to a deep purple center.*

### LOCAL NAMES

Bisaya: *Tigsi*  
Bontok: *Tugi*  
Ifugao: *Lapni*  
Tagalog: *Kamote*

### ENGLISH NAMES

Sweet potato, sweet yam

### ORIGIN AND DISTRIBUTION

Originally from Mexico, introduced to the Philippines by the Spanish





# Eggplant

*Solanum melongena*

**LONGEVITY PROPERTIES**

Eggplants are low in calories and fats but high in soluble fiber. It also has essential B-complex vitamins, including vitamins B1, B3, B5, and B6. Minerals such as manganese, copper, iron, and potassium are also present. Traditionally, the vegetable is good for allergies, tuberculosis, and the liver. A salve or poultice of leaves can be applied to hemorrhoids, wounds, and painful joints. Meanwhile, leaf juice is said to soothe stomach problems. Eating the fruit lowers cholesterol, eases phlegm and digestion, and helps cool the body. A decoction of the roots can act as a stimulant and asthma treatment.

**LOCAL NAMES**  
Bicolano, Bisaya,  
Bontok, Tagalog: *Talong*  
Ilocano: *Tarong*  
Tausug: *Tolung*

**ENGLISH NAMES**  
Aubergine, brinjal

**ORIGIN AND DISTRIBUTION**  
Native to Southeast Asia

*A popular vegetable in kitchens worldwide, eggplants are known for their oblong fruits, which commonly have a smooth and shiny purple to greenish exterior. The branching shrub can reach up to 1 meter in height, and its ovate leaves have a hairy surface underneath. Its flowers are also purple or may appear bluish. The fruits are typically broiled, boiled, or grilled and eaten as is or with meat, fish, or other vegetables.*



# Tomato

*Lycopersicon esculentum*

**LONGEVITY PROPERTIES**

Tomatoes are one of the richest crops in vitamin and nutritional content. Apart from carrying vitamin A, B, and C, they are a popular source of the antioxidant lycopene, a known cancer-fighting agent, alongside bioflavonoids. They also contain sulfur and chlorine that cleanse liver toxins. Traditionally, eating the fruit and its juices aid in sore mouth, digestion, asthma, and bronchitis. Ripe fruits can also be applied to skin ailments, scalds, and mild burns.

**LOCAL NAMES**  
Bicolano, Bisaya, Tagalog:  
*Kamatis*  
Bisayas: *Tamatis*  
Ifugao: *Umlì*  
Ilocano: *Butinggan*  
Itawes, Gaddang: *Kamasit*  
Ivatan: *Kamalotajit*

**ORIGIN AND DISTRIBUTION**  
Native to tropical America

*A low-growing annual vine, tomatoes are known for their edible, fleshy fruits. The leaves are typically lobed and have a slightly hairy texture. The flowers have five petals and a central cone of stamens. They come in various sizes and shapes, with thick, fleshy outer skin and a juicy, seed-filled interior. They can be eaten raw or cooked and prepared as sauces, preserves, and other dishes.*





# Dayap

Citrus aurantifolia

## LOCAL NAMES

Bicolano: Sua  
Bisaya: Suwa  
Bisaya, Ilocano, Bontok: Muyong  
Ibanag: Dalaya  
Ifugao: Gugulo  
Ilocano: Gorong-gorong  
Kapampangan: Dalayap  
Negros: Dulugot  
Tagalog: Bilolo, dalay, dayalap, dayap

## ENGLISH NAMES

Sour lime

## ORIGIN AND DISTRIBUTION

Native to the Indo-Malayan region

## LONGEVITY PROPERTIES

The fruits, leaves, and roots of the dayap are all said to have health benefits. The fruits contain a lot of vitamin C, potassium, calcium, and phosphorous. Traditionally, fruit juice serves as a wound cleaner and can treat fever and cough. The rind can be squeezed and inhaled for dizziness, while decocting the dried rind helps with fever. A root decoction addresses dysentery, while the leaves, once prepared, help with headaches, fever, and stomach aches.

*A small, thorny citrus tree, dayap is closely related to the lime but has a tarter and more acidic flavor. The plant has small, oval-shaped leaves and produces 3- to 5-centimeter round fruits with a green or yellow rind. Dayap is widely used in Philippine cuisine, including desserts and viands like sinigang and adobo. The juice is especially popular as a drink and doubles as a meat tenderizer.*



# Kaffir Lime

Citrus hystrix

## LONGEVITY PROPERTIES

The kaffir lime plant contains various compounds, including volatile oils, coumarins, and terpenes, which contribute to its medicinal properties. The leaves and fruit, once agitated, release a therapeutic aroma good for dizziness. The fruit has been used to treat ailments like indigestion, flu, and fever. The smell of the tree doubles as an insect repellent and mosquito larvicide.

*Kaffir lime is a small, upright tree with smooth, oblong leaves and cream-colored flowers. Its round, green, or yellow fruits have a thick, astringently sour rind. It is especially recognized for its unique and savory aroma, thanks to its volatile oils. The tangy fruits are often used for seasoning and drinks, while the leaves are a popular flavoring ingredient in Thai and Malay cooking.*

## LOCAL NAMES

Bicolano: Kamuntai, kabog  
Bisaya: Amongpong, amontau, kapalian, kolison, mayagarin, kolobo  
Ibanag, Ilocano: Kapitan  
Ilocano: Kamukau, kamula  
Pangasinan: Piris  
Tagalog: Buyak, buyog, kabuan, kabuyaw, kolong-kolong, kulubot

## ENGLISH NAMES

Caffir lime, makrut lime, wild lime

## ORIGIN AND DISTRIBUTION

Native to Southeast Asia





# Lemon

*Citrus limon*

### LONGEVITY PROPERTIES

Known for its tartness, it is no surprise that lemons are rich in vitamin C. This helps to stimulate the epidermis and improve blood and lymphatic flow. The fruit also offers magnesium, calcium that boosts skin enzymes, and antioxidants like bioflavonoids. Lemons are also antiseptic and anti-inflammatory thanks to their pectin and limonene content, while their citric acid fights bacteria and fungi.

*The lemon is a type of evergreen tree that grows as a spreading canopy, reaching up to 6 meters tall. Most notably, it produces yellow fruits with a thick, leathery rind and juicy, acidic fleshy segments. The fruit and the leaves impart a fresh, citrus smell, but the fruit is especially prized for its culinary and medicinal benefits.*

### ENGLISH NAMES

Limon

### ORIGIN AND DISTRIBUTION

Far East



# Mulberry

*Morus alba*

### LONGEVITY PROPERTIES

Mulberry fruits can be enjoyed fresh or dried. They are rich in nutrients like iron and vitamin C and contain plant compounds that may help lower cholesterol, blood sugar, and cancer risk. Eating the young leaves as vegetables is also said to be suitable for nursing mothers.

*The mulberry plant typically grows to a height of 3 to 6 meters and has reddish or yellowish-brown bark. It has ovate leaves with a heart-shaped base and sharply toothed margins. When ripe, the fruits are dark purple or nearly black. The sweet, juicy berries can be used to make various products, including jams, jellies, pulp, fruit drinks, cakes, teas, fruit powders, and wine.*

### LOCAL NAMES

Ibanag: *Mora, moraya*  
Igorot: *Amingit*  
Ilocano: *Amoras*  
Ivatan: *Tanud, tanyud*  
Tagalog: *Moras*

### ENGLISH NAMES

Black-fruited mulberry,  
common, silkworm mulberry,  
silkworm tree

### ORIGIN AND DISTRIBUTION

Native to tropical Asia





## Papaya

*Carica papaya*

### LONGEVITY PROPERTIES

Apart from the fruit, which is rich in vitamins, papaya leaves help treat certain sicknesses. A leaf decoction is given for asthma and to strengthen the heart. Leaves can also be pounded and used topically for rheumatism. The roots may be decocted for digestion and dyspepsia.

*Famous for its sweet yellow-orange oblong fruits, the papaya is a small, unique tree with no main branches. Instead, it has a soft and gray trunk, and its leaves are broad, rounded, and palmately lobed. The plant also has varieties with male flowers that grow in clusters or short female flowers that bloom on a central stem.*

### LOCAL NAMES

Bicolano: *Tapayas*  
Bisaya: *Kapayas*  
Bisaya, Tausug: *Kapaya*  
Bontok: *Lapaya*  
Pangasinan: *Apayas*  
Subanon: *Papyas*  
Tausug: *Papaye*

### ENGLISH NAMES

Paupau tree, pawpaw

### ORIGIN AND DISTRIBUTION

Native to tropical America



## Sampinit

*Ziziphus horsfieldii*

### LONGEVITY PROPERTIES

Sampinit is said to have traditional medicinal uses. It has astringent and depurative properties and is also used to treat children with fever.

*A native Philippine berry, sampinit is known as the local wild raspberry. The small, spiny shrub grows 30 centimeters long. Its red, elongated fruits are smaller than its cousin, the European raspberry, but share a similar look and sweet and tart taste. The berry is often found in higher elevations and used in jams, jellies, and other culinary creations.*

### ENGLISH NAMES

Philippine wild raspberry

### ORIGIN AND DISTRIBUTION

Native to the Philippines and parts of Southeast Asia





# FOOD FOR THE SOUL

*Crafting a healthy diet for longevity*





With rich ingredients freshly gathered from The Potager Garden™ at Sevina Park, we have collaborated with celebrated chefs from all over the country to curate a selection of recipes for gatherings—from the simple to the festive—all healthy and nourishing for your family and friends to enjoy.

Make sharing meals meaningful with dishes and refreshments to elevate your eating habits and well-being, and start the journey to a vigorous and long life.

## Recipes for Life

We invite readers to imagine memorable encounters and celebrations within Sevina Park with the healthy dishes we have prepared at the heart of all these gatherings. From your home to the many pockets of green within the community, prepare for or with family and friends these special meals infused with the best of our shared garden.

*PICNIC UNDER THE TREE*

*DINNER FOR TWO*

*MEATLESS MONDAYS*

*FESTIVE HOLIDAYS*

*LUNCH AT THE LANAI*





## Nasi Ulam (Malaysian Herbed Rice)

Serves 4

### **Note From The Chef**

*Serve with any protein dish  
or a fried egg on top.*

### **Seasoning:**

10 tbsp (80g) calamansi  
1 tsp (8g) salt  
1 tsp (8g) sugar  
¼ tsp ground black pepper

### **Ingredients**

2 cups (200 g) adlai, cooked and cooled  
½ cup (60 g) dried tinapa flakes,  
deep-fried  
2 tbsp (30 g) dried shrimp, soaked  
and roughly chopped  
½ cup (16 g) desiccated coconut, toasted  
½ cup (14 g) Vietnamese mint  
10 pcs (10 g) Thai basil  
½ cup (14 g) mint (leaves and soft parts  
only)  
½ cup (14 g) cilantro leaves  
½ inch (10 g) ginger, thinly sliced  
and soaked in water  
2 lemongrass stalks, white part only,  
minced  
2 kaffir leaves, thinly sliced  
5 shallots or 1 medium-sized red onion  
(45 g), thinly sliced  
10 tbsp (80 g) calamansi juice  
1 tsp (8 g) salt  
1 tsp (8 g) sugar  
¼ tsp ground black pepper  
2 tbsp (30 ml) canola oil or  
any neutral-tasting oil

### **Making the dish**

- In a heated wok or pan, sauté the shallots or onion and the dried shrimps.
- Place in a bowl then add cooked adlai rice. Set it aside.
- Combine all the seasoning ingredients. Make sure to dissolve the salt and sugar. Pour seasoning into the bowl of adlai, fried shallots, and dried shrimp. Add the fried tinapa flakes, toasted coconut, and minced lemongrass.
- Squeeze the water out of the thinly sliced ginger and mix it into the adlai rice, ensuring it is evenly incorporated.
- Pour in seasoning and, using a spatula, fold gently into the adlai mix.
- Gather fresh herbs, roll them into cigars, and slice thinly, then incorporate them into the adlai mix and serve.





## Blue Pea Seeded Bread with Malunggay Pesto Cheese

Serves 4 – 6



### Blue pea water:

#### Ingredients

100 g fresh blue pea flowers  
1.2 L water

#### Process

- Boil water with blue flowers and let it steep for 20 minutes.
- Thoroughly strain then set aside.

### Multigrain bread:

#### Ingredients

3 ½ cups (450 g) bread flour  
1 ½ tsp (10 g) yeast  
1 ½ tsp (10 g) salt  
2 ½ tsp (15 g) honey  
1 ½ cups (340 ml) blue pea water  
3 tbsp (30 g) pumpkin seeds, activated\*  
2 tbsp (20 g) sunflower seeds, activated\*  
2 tsp (10 g) chia seeds  
2 tsp (10 g) flax seeds  
2 tbsp (30 ml) extra virgin olive oil (EVOO), divided  
Canola oil (for greasing)

#### Note From The Chef

Activating helps increase the levels of nutrients—proteins, essential vitamins, and minerals that are further released when undergoing this process.

### Activating seeds and nuts

- Soak seeds and nuts in water overnight.
- Drain and dry using a dehydrator or oven at the lowest setting.

### Making the bread

- In a stand mixer, using a dough hook attachment, combine blue pea water, yeast, and honey. Mix.
- Add the bread flour and mix until all the flour is absorbed. Let the dough rest (autolyze) for 20 minutes.
- Add salt and 1 tbsp EVOO, then mix for about 15 minutes until gluten forms. Transfer the dough into a bowl greased with the remaining EVOO. Let it rise until it doubles in size.
- Grease a loaf pan with canola oil. Place the dough on a work surface, stretch it into a rectangle, and sprinkle 1 tbsp of mixed seeds in the center. Roll the dough and pinch the ends.
- Shape it to a 9-inch length, transfer it to the loaf pan, and let it rise for another 30 minutes.
- Preheat the oven to 220°C (430°F). When ready to bake, lower to 200°C (390°F). Sprinkle the remaining seeds on top and bake for 20–30 minutes until golden brown.

### Malunggay pesto cheese spread:

#### Ingredients

1 cup (20 g) fresh basil leaves, washed  
½ cup (10 g) fresh malunggay leaves, washed  
5 cloves (20 g) garlic, chopped  
100 ml canola oil  
220 g goat's cheese, room temperature  
Salt to taste  
Pepper to taste

#### Process

- In a blender or food processor, combine the basil leaves, malunggay leaves, garlic, and canola oil. Blend until smooth.
- Add the goat's cheese and blend until it's fully incorporated.
- Season with salt and pepper.





## Lemongrass–Mint–Mulberry Cooler

Serves 6

### Ingredients

2 liters water  
8 lemongrass stalks (50 g),  
white part only, smashed  
10 pandan leaves, knotted  
½ cup (200 g) granulated sugar  
1 cup (25 g) mint leaves  
½ cup (15 g) basil leaves  
½ cup (26 g) fresh mulberries

### Making the cooler

- Combine water, lemongrass, pandan leaves, and granulated sugar in a pot. Simmer for 15 minutes. Let it cool.
- Once cooled down, cover and place in the fridge.
- Before serving, gently muddle the mint leaves. Add ice, muddled mint and basil leaves, and fresh mulberries before serving.

### Note From The Chef

For an extra kick, add a splash of rum or add different berries to enhance the flavor profile.



### Note From The Chef

Any fruit variety works for this dish but I recommend ones with a bit of crunch for texture. Refrigerate your fruit chunks as you prepare the chopped herb dip. This is refreshing as a snack or even a light dessert.

## Fruit Slices with Chopped Herb Dip

Serves 4

### Ingredients:

1 cup pineapple, sliced into chunks  
1 cup jicama, sliced into chunks  
1 cup honeydew, sliced into chunks  
1 cup green mango, sliced into chunks  
½ cup basil, finely chopped  
½ cup mint, finely chopped  
½ cup kaffir leaves, finely chopped  
1 ½ tbsp white sugar  
½ tsp salt  
1 bird's eye chili, finely chopped (optional)

### Making the dish

- Mix the finely chopped herbs, sugar, salt, and chili (if using) in a bowl.
- Arrange chilled fruit chunks on a platter, with the herb dip on the side in a small bowl.





## Roasted Eggplant with Tomato Sauce

Serves 8

### *Note From The Chef*

*Eggplants, tomatoes, and cheese—three things that are all umami and absolutely satisfying.*

### Ingredients

#### *Roasted eggplant:*

- 1½ cups (150 g) sourdough breadcrumbs
- 4 large (1 kg) eggplants
- ¼ cup (50 ml) EVOO
- ¼ cup plus 2 tbsp (100 g) ricotta
- ¾ cup (75 g) parmesan
- 5 tbsp (20 g) parsley, chopped (divided)
- 1 egg and 1 egg yolk
- 2–3 cloves (10 g) garlic

#### *Tomato sauce:*

- 2 cloves (8 g) garlic, chopped
- 2 tbsp (30 ml) EVOO
- ¾ cup (15 g) basil leaves
- 1 can (800 g) whole peeled tomatoes, pureed
- 2 tbsp (30 g) tomato paste
- 2 tbsp (20 g) white sugar
- Pinch of chili flakes
- ¼ tsp (2 g) smoked paprika
- ¼ tsp (1.5 g) dried oregano
- 2 cups (400 ml) water
- 1 tsp (5 g) salt

### Making the dish

For the roasted eggplant dumpling

- Halve eggplants and place them on an oiled baking pan.
- Drizzle with EVOO and season with salt and pepper.
- Roast at 200°C for 40 minutes until tender. Set it aside.
- Once cooled down, roughly chop the eggplants, including the skin.
- In a large bowl, combine the breadcrumbs, ricotta, parmesan, egg, egg yolk, garlic, and half of the parsley. Add the chopped eggplants. Mix until everything is fully incorporated and shape them into balls, about 40–50 g each.
- Prepare your rectangular deep-dish casserole and drizzle the bottom and sides with EVOO. Place the eggplant balls in the casserole and bake at 200°C for 25 minutes or until browned.

For the tomato sauce

- Sauté garlic in EVOO. Add all the ingredients and let it simmer for 20 minutes. Let it cool.
- Once cooled, place in a blender and puree then strain.

To assemble

- Take out the roasted eggplant balls and pour tomato sauce on top. Sprinkle with the rest of the chopped parsley and if you wish, more grated parmesan cheese. Serve warm.



## Arugula, Cabbage, Kale and Herb Salad with Marinated Beef Tenderloin and Calamansi Vinaigrette

Serves 4

### *Note From The Chef*

For a vegan option, omit the beef tenderloin and replace Thai fish sauce with salt to taste.

### Ingredients

#### *Marinated beef tenderloin:*

200 g beef tenderloin  
1½ tbsp (20 g) Thai fish sauce  
½ tsp (2.5 g) white sugar  
2 tsp (10 ml) lime juice  
2 tbsp (30 ml) canola oil  
pepper to taste

### Ingredients

#### *Salad:*

½ cup arugula, washed, drained, and torn into pieces  
1 cup white cabbage, shredded  
½ cup red cabbage, shredded  
1 cup kale, washed, drained, and torn into pieces  
½ cup snap peas, blanched and shocked in ice water  
1 medium red onion (100g) or 8 shallots, thinly sliced  
1 cucumber (110g), deseeded and thinly sliced  
1 cup (150 g) cherry tomatoes, halved  
½ cup mint leaves  
½ cup cilantro leaves  
¼ cup tarragon leaves  
2 pcs kaffir leaves, thinly sliced

#### *Calamansi vinaigrette:*

¾ cup (175 ml) calamansi juice  
2 tbsp (30 ml) Thai fish sauce  
1 tbsp (15 ml) soy sauce  
3 tbsp (45 g) white sugar  
2–3 garlic cloves, minced  
1 tsp (5 g) chili flakes

### Making the dish

Prepare the marinated beef tenderloin and salad

- Marinate the beef tenderloin in fish sauce, sugar, lime juice, and pepper for 15–30 minutes.
- Sear the tenderloin in a hot pan with canola oil on medium-high heat, cooking to your desired doneness. Set aside to rest, keeping the pan juices.
- Mix the arugula, cabbages, kale, snap peas, onion, cucumber, and cherry tomatoes in a large bowl. Set it aside.

#### Make the calamansi vinaigrette

- Whisk together calamansi juice, fish sauce, soy sauce, sugar, minced garlic, and chili flakes until the sugar dissolves. Add the juices from the beef pan to the vinaigrette and mix well. Set it aside.

#### Assemble the dish

- Slice the rested tenderloin into thin slices.
- Toss the salad with the calamansi vinaigrette until evenly coated.
- Arrange the beef slices on top of the salad.
- Garnish with mint, cilantro, tarragon, and kaffir lime leaves. Serve immediately.





# Baked Sweet Potato Casserole

Serves 8

## Ingredients

### Sweet potato:

950 g sweet potato, roasted, peeled, and cut into chunks

½ cup (100 g) butter

2½ tbsp (50 g) white sugar

salt

### Crust:

½ cup (100 g) butter

¾ cup (200 g) sugar

½ cup (60 g) chopped walnuts or pecans

2 tsp (10 g) baking powder

2 tsp chopped fresh rosemary

¼ tsp salt

⅓ cup (75 g) milk

## Making the dish

- To prepare the sweet potato base, preheat oven to 220°C (430°F) and roast the sweet potatoes until tender (about 30–35 minutes).
- Peel the sweet potatoes while they are still warm, then cut them into chunks.
- Mash together the sweet potato, butter, sugar, and salt in a bowl until smooth. Set aside.
- Make the crust topping. Melt the butter and transfer it to a mixing bowl.
- Add the remaining crust ingredients (sugar, walnuts or pecans, baking powder, rosemary, salt, and milk). Stir until thoroughly combined.

## Assemble and bake

- Preheat oven to 200°C (390°F) and prepare a square deep-dish casserole.
- Spoon the mashed sweet potato mixture into the dish, using a spatula to even out the surface.
- Sprinkle the crust topping evenly over the sweet potatoes.
- Bake for 25 minutes or until the crust is golden brown and crisp. Serve warm with a scoop of vanilla ice cream and a drizzle of lavender honey for an irresistible sweet-savory contrast.



### Note From The Chef

Sweet potatoes are versatile and can be made savory or sweet. This dish is perfect for any meal—whether it's breakfast, lunch, dinner, or even a snack.

PICNIC UNDER THE TREE  
DINNER FOR TWO  
Created and prepared by Chef Rhea Rizzo

“I was absolutely amazed at the quality of the herbs, fruits, and vegetables at The Potager Garden™ at Sevina Park. I have never seen kaffir leaves of that color and a variety of the spices like the Vietnamese mint and Mexican coriander. And the citrus fruits—dayap, calamansi, kaffir, and lemons!

[Sustainability] can mean growing our very own herb and vegetable garden in our homes so our source for sustainable produce is right there.”

## RHEA RIZZO

Chef and Owner, Mrs. Saldo's

Known for her refined yet homey pre-fixe tasting menus, she crafts at her restaurant, Mrs. Saldo's. Chef Rhea is inspired by her travels, incorporating various global cuisines designed to be shared family-style. After completing her studies in hotel and restaurant management and culinary arts, she staged at the renowned Gaggan in Bangkok, recognized as No. 1 in Asia's 50 Best Restaurants a record four times.





## Garden Caponata

### Ingredients:

4 medium eggplants, halved lengthwise  
 2 tbsp olive oil, divided  
 1 white onion, diced  
 2 red bell peppers, diced  
 3 stalks celery, diced  
 3 cloves garlic, minced  
 4 ripe tomatoes, diced (seeds removed)  
 3 tbsp capers, drained  
 1 tsp Italian oregano  
 3 tbsp red wine vinegar  
 Pinch of sugar  
 Handful pansit-pansitan, chopped  
 Fresh basil leaves (for garnish)  
 Bruschetta (optional, to serve)

### Making the dish

#### Roast the eggplant

- Preheat your oven to 230°C (450°F) and line a baking sheet with parchment paper. Brush the eggplant halves lightly with 1 tablespoon of olive oil, placing them cut side down on the baking sheet. Roast for 20-25 minutes, until tender and slightly charred. Once cooled, chop into bite-sized pieces.

#### Prepare the caponata base

- In a large saucepan, heat the remaining 1 tablespoon of olive oil over medium heat. Add the diced onion, bell peppers, and celery, and sauté until the onion is soft and translucent, about 5-7 minutes. Add the garlic and cook for another 1-2 minutes until fragrant.

#### Combine ingredients

- Add the chopped, roasted eggplant, tomatoes, oregano, and a pinch of salt. Stir well and cook for about 8 minutes, allowing the flavors to meld and the tomatoes to soften.
- Stir in the red wine vinegar, sugar (if using), Italian oregano, and capers. Season with additional salt and black pepper to taste. Let the mixture simmer for an additional 2-3 minutes, stirring occasionally.
- If serving with bruschetta, toast slices of bread until golden and crispy. Spoon a generous portion of the caponata onto a plate or each slice of bruschetta. Garnish with chopped pansit-pansitan and fresh basil leaves.
- Add a pinch of red pepper flakes for mild heat.
- Drizzle with extra virgin olive oil and sprinkle with sea salt before serving for a richer flavor.







## Squash Surprise

### Ingredients

- 1 large squash
- 2 tbsp olive oil
- 1 white onion, diced
- ¼ cup fennel, sliced
- ½ cup kadyos (soaked overnight and boiled)
- 2 cups cooked adlai
- 1 cup kolitis
- 1 cup arugula
- 1 cup feta cheese
- Salt and pepper to taste

### Note From The Chef

*Kadyos is a protein- and vitamin-rich legume that can thrive in poor soil conditions. Just a small amount can be quite filling, making it a wonderful addition to this dish.*

### Making the dish

#### Prepare the squash

- Preheat oven to 230°C (450°F).
- Cut a hole at the top of the squash and save the top.
- Scoop out the seeds.
- Brush the inside with olive oil and sprinkle with a pinch of salt.
- Place the squash on a parchment-lined baking tray.
- Roast for 35–40 minutes or until tender.

#### Make the stuffing

- While the squash is roasting, heat olive oil in a pan over medium heat.
- Sauté the diced onions and sliced fennel until soft.
- Add the cooked kadyos and adlai and stir to combine.
- Add the kolitis and arugula, cooking until the greens wilt.
- Remove from heat and fold in the feta cheese.
- Season with salt and pepper.

#### Assemble the dish

- Let the roasted squash cool slightly.
- Spoon the stuffing into the hollow squash.
- To serve, cut a slice of the squash, allowing the stuffing to spill out.



## Mulberry and Sampinit Crumble



### Ingredients

#### *Crumble:*

1 cup flour  
(or gluten-free flour)  
1 tbsp oats  
½ cup cold butter,  
plus 1 tbsp for cooking  
3 tbsp brown sugar

#### *Berry compote:*

1 cup mulberries  
½ cup sampinit  
¼–½ cup brown sugar  
(adjust to taste)  
Pinch of salt  
¼ cup water  
½ tsp flour

### Making the dish

#### Prepare the crumble

- In a bowl, combine flour, oats, cold butter, and brown sugar. Use your hands to mix until small crumbs form. Set it aside.

#### Make the berry compote

- In a saucepan over low heat, combine the mulberries, sampinit, and brown sugar.
- Gently fold the sugar into the berries without squashing them.
- Simmer for 5 minutes, adding water as needed to achieve a thick, jam-like consistency.
- Stir in the flour to help thicken the mixture.

#### Assemble and bake

- Preheat oven to 180°C (350°F).
- In a ramekin, spoon 2–3 tbsp of the berry compote.
- Sprinkle 2 tbsp of the crumble on top.
- Bake for 3–5 minutes or until the crumble is lightly toasted.

“It’s such a big help to have herbs readily available. Fresh produce makes a big difference—they add dimension to flavor while also allowing you to pick only what you need, avoiding waste.”

### JUANA MANAHAN-YUPANGCO, MSC

Founder and CEO,  
Mesa ni Misis / Author

The founder and CEO Mesa ni Misis, a non-profit organization that partners with schools, and public and private institutions to promote healthy, nutritious, and affordable meals. She completed the Plant-based Nutrition Course at the T. Colin Campbell Center for Nutrition Studies. She went on to complete a Master of Science in Global Nutrition and Food Security at the University of Edinburgh. She has

developed interventions that marry medical science, technology, and lifestyle behavioral changes to institute healthy diet changes that are affordable and sustainable. She has authored two award-winning books, Mesa ni Misis, which won the Gourmand Awards in 2020 in the vegetarian category, and Juana’s Table in 2023, best in the world in the Nutrition category.







## *Roasted Beef with Creamy Spinach and Roasted Marble Potatoes*

### Ingredients

#### *Creamy spinach:*

60 g flour  
60 g butter  
300 g milk  
150 g cream  
10 g tarragon (chopped)  
250 g spinach  
150 g parmesan cheese  
Salt, to taste  
Black peppercorn, to taste

#### *Roasted beef:*

2 kg top blade or rib-eye  
100 g olive oil  
50 g rosemary  
Salt, to taste  
Black peppercorn, to taste  
Water, as needed

#### *Roasted marble potatoes:*

60 g flour  
60 g butter  
300 g milk  
150 g cream  
10 g tarragon (chopped)  
250 g spinach  
150 g parmesan cheese  
Salt, to taste  
Black peppercorn, to taste

### Making the dish

#### Prepare the creamy spinach

- Heat the butter. When melted, add the flour and make a roux.
- In another pot, bring milk and cream to a boil, adding little by little into the roux to form béchamel. Cook until it forms a creamy consistency. It is important to whisk the mixture from time to time to avoid lumps. Add salt and ground black peppercorn to taste.
- Add spinach leaves and chopped tarragon into the béchamel and cook for about 5 minutes.
- Place the mixture on a plate and pour some parmesan cheese on the top, grating it using the upper heat from the oven. Ready to serve.

#### Roast the marble potatoes

- Boil the potatoes: Bring salted water to a boil. Add the marble potatoes and cook until tender (test by pricking with a toothpick—it should slide out easily).
- Roast the potatoes: Drain the potatoes and place them in an oven tray. Toss with butter, rosemary, thyme, oregano, and a bit of salt.
- Crisp in the oven: Roast at 180°C (350°F) for 10-15 minutes or until crispy on the outside and soft on the inside.

#### Roast the beef

- Set the oven to 180°C (350°F).
- Massage the meat with olive oil, salt, black pepper, and rosemary. Place it on a roasting tray.
- Pour a little water into the tray to prevent the meat from sticking.
- Roast until the internal temperature reaches 50-60°C (140-150°F). Increase the oven temperature to 200°C (390°F) and cook for 5 more minutes to sear the outside.
- Remove the meat from the oven and let it rest for about 5 minutes before slicing.
- Chef's Note:
  - If the meat is around 2 kg, cook for about 60–75 minutes.
  - If the meat is around 1.5 kg, cook for about 50–60 minutes.

#### Assemble and serve

- Slice the roasted beef and place it on a serving plate.
- Serve with the creamy spinach and roasted marble potatoes on the side. Garnish with fresh rosemary if desired.





## Mom's Avocado and Shrimp Cocktail Salad

### Ingredients

#### *Tiger prawns:*

8 pcs tiger prawns  
500 g water  
17 g salt

#### *Blue crabs:*

1 piece blue crab  
1 L water  
35 g salt

#### *Plain mayo:*

1 whole egg  
100 g olive oil (soft)  
Salt to taste  
Additional olive oil  
to taste (for pouring)

#### *Adlai:*

150 g adlai  
Water as needed  
Salt to taste

#### *Salsa rosa:*

150 g plain mayo  
50 g ketchup  
4 g brandy  
8 g dayap juice  
10 g orange juice  
5 g Tabasco sauce  
Salt to taste

#### *Cocktail mixture:*

8 pcs cooked prawns  
(diced)  
50 g crab meat  
100–150 g salsa rosa  
200 g avocado  
100 g pineapple (diced)  
150 g adlai  
Orange zest (as needed)  
Dayap juice/zest (as needed)  
4 pcs pansit-pansitan  
(for garnish)

### Making the dish

#### Prepare the tiger prawns

- Combine water and salt and bring to a boil.
- Once boiling, cook the prawns for 2-3 mins.
- Cool prawns down with a salted ice bath. Peel and set aside.

#### Prepare the blue crab

- Combine water and salt and bring to a boil.
- Once boiling, reduce the heat to simmering and cook the crab for 7-10 minutes (depending on its size).
- Cool down with a salted ice bath.
- Carefully crack the shell and remove the meat. Set aside in a chiller.

#### Make the plain mayo

- In a tall glass, place the egg with the olive oil.
- Using the hand blender, start emulsifying from the bottom, lift the hand blender to keep from emulsifying, pouring the a bit more of olive oil while blending to reach a thick consistency.

#### Prepare the salsa rosa

- Place the mayo in a bowl.
- Using a whisk, add the rest of the ingredients. It is important that the mayo is thick enough, otherwise it will be very liquid as the rest of the ingredients are added.
- Whisk while adding all the components to avoid spillage.

#### Cook the adlai

- Boil the water with a little bit of salt.
- Once the water starts bubbling, add the adlai and cook for 21 minutes.
- Strain and cool as soon as possible once cooked to keep the grain from cooking further.

#### Combine the cocktail mixture

- Trim the ends of the prawns. Reserve 6 for presentation.
- Dice the remaining prawns and mix with crab meat and salsa rosa in a bowl.
- Dice the avocado and pineapple to match the size of the other ingredients, adding them to the mixture.
- Incorporate adlai and a splash of dayap juice.

#### Plate the salad

- On a plate, create a base with the cocktail mixture.
- Grate orange and dayap zest on top.
- Arrange the reserved prawn halves and avocado slices alternately on the salad.
- Garnish with pansit-pansitan sprouts in the center.





*Free-range Chicken  
and Vegetable Paella* Serves 4

Ingredients

- Vegetable *mise en place*:**

  - 300 g red onions
  - 200 g baby eggplant
  - 150 g green bell pepper
  - 150 g red bell pepper
  - 10 g garlic
  - 80 g chicken mushroom
  - 100 g shimeji mushroom
- Aioli:**

  - 1 egg
  - 200 g olive oil
  - 2 cloves of garlic
  - Salt (to taste)
- Paella:**

  - 300 g rice
  - Vegetable *mise en place* (prepared earlier)
  - Free-range chicken
  - 4 g sweet paprika
  - 700 ml–1 L chicken stock
  - 80 g sofrito
  - (from the previous step)

- Chicken stock:**
- Chicken bones from a whole chicken
  - 1 onion
  - ½ carrot
  - Rosemary (optional)
  - Water

Making the dish

*Before cooking the paella, prepare all the ingredients, and follow the different cuts for each vegetable.*

Prepare the vegetable *mise en place*

- Mince the garlic without turning it into a paste to avoid burning.
- Dice the onion and bell peppers.
- Cut the eggplant into 1 cm cubes (note that they will shrink when cooked).
- Cut the mushrooms into 1-centimeter cubes. Prepare the shimeji mushrooms by removing the roots and separating the clusters for garnishing.

Make the sofrito

- Chop onions and garlic into small pieces. Sweat them in a pan with olive oil until translucent.
- Add deseeded and chopped bell peppers and cook for 5-10 minutes.
- Add quartered tomatoes and cook for another 10-15 minutes or until vegetables are tender. Blend and strain.

Prepare the chicken stock

- Combine ingredients in a pot, cover with water, and bring to a boil. Remove any foam. Simmer for 1.5 hours. Strain and reserve. Optional: Add rosemary stems for flavor.
- If chicken stock is unavailable, use water instead.

Prepare the aioli

- Halve the garlic and blanch it three times, cooling in an ice bath afterward.
- In a tall glass, blend egg with olive oil, starting from the bottom and gradually adding more oil until thick. Add garlic and blend until smooth.

Cook the paella

- Sear shimeji mushrooms on both sides and set aside.
- Cut chicken into small pieces and sear in the same paella pan. Set aside.
- Sweat red onions until softened, add garlic, and cook.
- Add bell peppers, and sweat before adding chicken, mushrooms, and eggplant.
- Sweat eggplant thoroughly to avoid bitterness.
- Sprinkle sweet paprika carefully to avoid burning and cook for a few seconds.
- Add sofrito and cook for 5-10 minutes.
- Add rice, chicken pieces, and hot chicken stock. Avoid stirring too much once stock is added.
- When the rice is almost cooked, place the paella in the oven at 180°C (350°F) for 5-8 minutes to evaporate the remaining liquid. Remove from oven and garnish with shimeji mushrooms.



“Fresh produce connects to life—the nutrients and vitamins are all there when it’s fresh. Without fresh produce, you cannot create a good dish.”

**CHELE GONZALEZ**

Chef and owner, Gallery by Chele and Deli by Chele

Originally from the northern regions of Spain, chef José Luis “Chele” Gonzalez has left an indelible mark on the Philippines’s culinary scene and shows no signs of slowing down. Taking inspiration from endemic Filipino ingredients and local techniques, Gonzalez marries tradition with innovation to present his modern interpretation of Filipino food. This philosophy led his restaurant, Gallery VASK, to debut on Asia’s 50 Best Restaurants list in 2016, and it continues to be the driving force of his current fine dining establishment, Gallery by Chele.

## Roast Chicken with Foraged Aromatics

Serves 5-6

**Ingredients**

1 whole free-range chicken  
(1.8–2 kg)  
125 g butter  
8 kaffir lime leaves  
2 limes  
2 whole bulbs of garlic  
2 red onions, whole  
and peeled  
5 g salt  
2 g black peppercorns  
Kitchen twine

**Making the dish**

- Preheat oven to 180°C (350°F).
- Cut the whole garlic bulb crosswise and set aside.
- Peel the red onions and cut into quarters; set aside.
- Cut the limes into three pieces crosswise.
- Cut the chilled butter into thin squares and keep chilled.
- Lightly crush the whole peppercorns with a mortar and pestle.

- With a kitchen paper towel, pat the chicken dry inside and out.
- Season the chicken inside and out with salt and pepper.
- Place the kaffir lime leaves, garlic, onion, and lime wheels alternately inside the cavity, along with the butter.
- Leave 6 pieces of sliced butter; insert 3 pieces on each side between the chicken skin and breast.
- Tie the chicken legs together with kitchen twine and place it on a shallow baking tray with a rack underneath.
- Place in the oven at 180°C (350°F) for 20 minutes, then lower the oven temperature to 160°C (320°F) and continue roasting for 25-30 minutes.
- Baste the chicken with drippings 2-3 times while cooking.
- Once cooked, remove it from the oven and let it rest for 8-10 minutes before serving.

**Note From The Chef**

Try to use all parts of the produce and get creative with leftovers, such as using leftover roast chicken as a sandwich spread.







## Honey and Miso Baked Sweet Potato

Serves 4-5

### Ingredients

1 kg sweet potatoes  
150 g honey  
30 g white miso paste  
10 g sesame oil  
3 g toasted sesame seeds  
2 g sea salt  
6 g white sugar  
50 g butter

### Making the dish

- Wash, peel and cut sweet potatoes in 1-2 inch chunks.
- Cut butter into small dice and set aside at room temperature.
- Place sweet potatoes in a pot, add water (just enough to cover sweet potatoes) then add salt and sugar, bring to boil and cook until fork tender.
- Take 3-4 teaspoons of boiling water from the potatoes and place in a small mixing bowl, add butter first and then miso paste, honey, and sesame oil, mix well until emulsified.
- Once sweet potatoes are cooked, drain off water and place in a baking tray. Drizzle honey and miso emulsion on top and mix well.
- Bake at 160°C (320°F) for 20-25 minutes or until the sweet potatoes are caramelized.
- Sprinkle with toasted white sesame seeds and season with fresh cracked pepper before serving.



## Mulberry Pandan Clafoutis

Serves 5-6

### Ingredients

350 g mulberry (stemmed)  
3 large eggs  
70 g all-purpose flour  
3 pandan leaves  
145 g white sugar  
350 ml whole milk  
20 g butter (softened)

### Making the dish

- Preheat the oven to 190°C (375°F).
- Spread the butter liberally in a shallow baking dish (a 2L dish is best).
- Set aside 45 g of sugar.
- Wash and stem the mulberries, then lay them in a single layer in the baking dish.
- Wash and cut the pandan leaves into 2-inch squares. Place them in a pot with the milk, bring to a boil, and simmer for 5 minutes.
- Place in a blender and blend until the milk turns slightly green in color. Strain through a fine sieve and cool.
- Once the milk is cold, mix the eggs, flour, vanilla, sugar, and pandan milk together in a blender until smooth.
- Pour the batter over the mulberries and sprinkle the fruit and batter with 45 g of sugar.
- Bake the clafoutis for 45 minutes, or until the custard is set. Let it rest for 10-15 minutes before serving. It can also be served cold.





## Sweet Potato Leaves Cold Tisane

Makes approximately 1 liter

### Ingredients

100 g sweet potato leaves

1.5 L water

5 dayap

80 g honey

### Making the dish

- Wash the sweet potato leaves.
- Slice the dayap in halves and squeeze the juice; set aside (optionally, reserve 5-6 pieces of thinly sliced dayap rondelles).
- Place the leaves in a pot, add water, and bring to a boil. Simmer for 15 minutes.
- Remove from heat and let steep for 10 minutes, then strain directly into a pitcher.
- While warm, add dayap juice and honey, mixing well.
- Cool in the refrigerator. Optionally, add thinly sliced rondelles of dayap before serving.

*Can be stored overnight.*

“Try and plan meals for the household. This will allow you to be intentional in your purchases and incur less wastage of fresh produce.

*In any kitchen, be it a professional or a home kitchen, access to freshly grown produce is a key factor in making delicious food and inspires respect for these ingredients.”*

### MIKO CALO

Chef and Owner, Taqueria Franco

Mindanao-born, Manila-educated, and French-trained chef Miko Calo started her international culinary career with the best of the best. Fresh from the renowned Intensive Professional Program in French cuisine in Ferrandi-Paris, she began as a stagiaire at the LA TABLE de Joël Robuchon in Paris and worked her way through the kitchens of the global Robuchon empire. She is the former executive chef at Metronome.







# Arthaland— Building Sustainable Legacies

We are rooted in the story of our name, the Sanskrit word *artha*, for purpose, knowledge, significance, and wealth.

We envision wealth in the sense of spiritual progress and meaningful existence. Wealth is not just material assets but, more importantly, lasting intangibles such as comfort, health, and happiness.

This commitment grounds us in developing properties that bring comfort, well-being, and joy to our tenants, residents, and communities toward a greener future. We build with mindfulness, care, and innovation.

We pride ourselves on being the sole property developer in the Philippines with a portfolio that consists exclusively of locally and internationally certified sustainable developments.

## ARTHALAND'S GREEN PORTFOLIO

We develop and manage best-in-class properties with a long-term goal of creating value for the next generation while considering our projects' socio-economic and environmental impact.

Our mission is to build boutique, sustainable, and exceptional developments that nurture abundance at home, at work, in the community, and in the country.

Through the Net Zero Carbon Buildings Commitment of the World Green Building Council, we pledge to decarbonize 100% of our portfolio by 2030. We are the first real estate developer in Asia to do so and, indeed, the first signatory from the Philippines.

We continue to plant the seeds for tomorrow—building enduring communities, *Building Sustainable Legacies*.





Artist's Perspective

## SEVINA PARK

BIÑAN, LAGUNA

The first and only mixed-use community in Southeast Asia to achieve Platinum certification for both LEED® for Neighborhood Development and LEED® for Homes for its four-bedroom villa model unit. Sevina Park will comprise of distinctive homes, student residences, and curated office and retail spaces master-planned by global design firm Sasaki Associates. Limited edition villas are designed by renowned architectural practice Leandro V. Locsin Partners.

This 8-hectare development is a thoughtfully planned and highly walkable community with 60% green and open spaces and sustainable features to improve the residents' well-being. Adjacent to the De La Salle University Laguna Campus and accessible via the Cavite-Laguna Expressway, Sevina Park will be an ideal place for a life of convenience and ease.



Artist's Perspective

## UNA APARTMENTS

BIÑAN, LAGUNA

ARTHALAND's newest masterpiece in Biñan, Laguna, will offer a living experience that is one step above with its host of sustainable and wellness features, exceptional quality, and superior design. It is on track to be the first multi-certified mid-market residential development in the country.

Designed by Leandro V. Locsin Partners, Una Apartments showcases value-for-money Studio and one-bedroom furnished units with balconies. The apartments are designed to lower utility bills by 20% and to improve indoor air quality for peace of mind, wellness, and comfort of residents.





Actual Photograph

## ARTHALAND CENTURY PACIFIC TOWER

BONIFACIO GLOBAL CITY

The only multi-certified office building in the Philippines, having received the LEED® Platinum rating and BERDE 5-Star certification—the highest and most prestigious categories in these green building rating standards. It was granted the world’s first net-zero award under the World Bank Group’s IFC EDGE® program, and it is on track for WELL™ certification.

Designed by world-renowned architectural firm Skidmore, Owings & Merrill of New York, in collaboration with the local firm GF & Partners Architects, it is among the most highly sought-after business addresses in Bonifacio Global City.



Actual Photograph

## ARYA RESIDENCES

BONIFACIO GLOBAL CITY

The first and only dual-certified residential green building in the country, having achieved LEED® Gold certification from the U.S. Green Building Council and BERDE 4-Star certification by the Philippine Green Building Council. It is the fusion of architectural refinement and environmentally sensitive design. With its lush green spaces and Arya Plaza’s premier lifestyle establishments, this two-tower luxury green condominium has become one of the most desirable residential addresses in the Philippines.





Actual Photograph

## CEBU EXCHANGE

SALINAS DRIVE, CEBU CITY

ARTHALAND's signature development in the southern Philippines is on track to be the largest net-zero carbon-certified building in the country. It is strategically located in Cebu City, one of the most influential economic centers in the country, quickly emerging as one of the top IT-BPM destinations globally. A masterpiece of sustainable development, Cebu Exchange will be a well-balanced business ecosystem with intelligent and sustainable office technologies, well-appointed amenities, and a diverse retail mix where businesses and individuals can thrive in harmony.



Actual Photograph

## SAVYA FINANCIAL CENTER

ARCA SOUTH, TAGUIG CITY

Set to become the capital address for business and commerce in ARCA South, Savya Financial Center offers locators a world-class signature office experience hinged on sustainability, wellness, and accessibility. It will feature various purposeful amenities, cutting-edge sustainable building features, and an exemplary design. It will stand as a one-of-a-kind global address created to the highest standards.





Artist's Perspective

## LUCIMA

CEBU BUSINESS PARK

This 37-storey development in Cebu Business Park is envisioned to be the first quadruple-certified sustainable high-rise residential condominium in the Southern Philippines.

Designed by Saraiva + Associados, Lucima features 265 one to five-bedroom living spaces ranging from 38 to 318 square meters. Carefully planned with health, safety, and security in mind, Lucima is the ideal address heading into the future as residents will benefit from lower electric and water bills and improved indoor air quality.



Artist's Perspective

## ELURIA

LEGAZPI VILLAGE, MAKATI CITY

Eluria will reimagine what it means to be the most exclusive residential address in Legazpi Village, Makati, pushing the boundaries of sustainable living. Its 37 limited-edition residences will offer a high degree of elegance, craftsmanship, and rarity, providing a lifestyle that has never been seen before, like owning a piece of art that inspires prestige.

The personalized white-glove service by internationally trained Hospitality Directors will provide residents with the utmost level of comfort and convenience.



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