



THE GARDEN OF SIMPLES

AT ARTHALAND CENTURY
PACIFIC TOWER

















THE GARDEN OF SIMPLES

AT ARTHALAND CENTURY PACIFIC TOWER

A PATH TO WELLNESS
HERBAL REMEDIES FOR EVERYDAY HEALTH



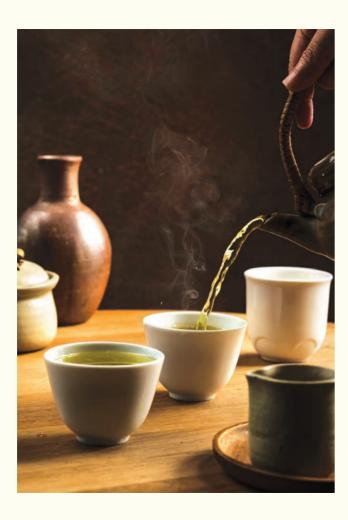
The road to well-being branches into many divergent but interconnected paths.

Drinking tea or other herbal brews is one of the ways we achieve daily clarity, comfort, and calm – forming part of a wider holistic approach to contemporary urban living.

Through our initiative The Potager Gardens™ by Arthaland, we bring you the bounty of The Garden of Simples™ within an office complex, following the centuries-old monastic practice of creating a source of remedies for our aching souls. Explore our country's rich history of herbal medicinal culture, try out a new blend, learn plant names, uncover the multitude of benefits from an abundant harvest readily available to be steeped for you and your peace of mind.

Whatever troubles you today, pick up this book and browse through the pages, and take a step towards a balanced and healthy life.

In this book you will find a helpful list of resources and a glossary of terms to aid you in your discovery of The Garden of Simples.



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TAKE ROOT

ON TENDING TO ONE'S GARDEN

Before our lives were placed at a temporary standstill, we were always in a rush – to get from one place to another, to get things done – keeping in step with a fast-paced world. We had to endure the frenetic rhythm of contemporary urban life. There was barely any time to slow down, to pay attention, or to prioritize our well-being.

Today calls on us to mindfully nurture our connections to ourselves, our community, and the natural world to gain a sense of balance and harmony, a little bit of quiet – a state of zen.

Taking up a hobby, indulging in a book, witnessing our plants and herbs grow slowly, day-by-day, brewing a fresh cup of *salabat* or ginger tea for a bit of pickme-up – these are small rituals by which the gardens of our mind, body, and soul flourish.

Tea-making and concocting herbal brews are etched in our culture and history. Practices passed down from generation to generation as natural remedies to soothe, heal, and refresh one's troubles.

In this book, we reconnect to our roots, tracing our cultural practice of herbal tea-making so that today, you can continue to enjoy traditional and re-interpreted blends that you can rely on, anytime.

The Garden of Simples at Arthaland Century Pacific Tower is a reflection of our further commitment to sustainability and well-being. Like the practice of tea-making itself, we bring the best out of our properties to holistically benefit our residents and tenants.

Through The Potager Garden at Arya Residences, we created a dialogue and an engagement with our residents, reinforcing a sense of community with a garden they can proudly and collectively call their own.

We continue this commitment from leaf to cup with The Garden of Simples – an oasis of life in the midst of a corporate destination. Here, we aim to make herbs and plants for tea-making readily available to our tenants and to create a space of gathering and respite amidst an urban landscape.

'We must cultivate our garden.' ¹ No better adage captures the call of the times.

The Garden of Simples thrives on soothing our worries, one cup at a time.

Finally, I dedicate this book to the enduring legacy of Ricardo S. Po, Sr., my friend and partner, who helped plant the seeds and realize what Arthaland is today.

JAIME C. GONZÁLEZ Vice Chairman and President Arthaland Corporation

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¹Candide, ou l'Optimisme. Voltaire, 1759.

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OUR FIRST GARDEN

The Potager Garden™ at Arya Residences

At Arthaland, we always strive to go further. We ask, "What can we do with our spaces and how can this benefit our community better?"

A clear vision took a terrace deck joining Arya Residences' two towers to bloom into a bountiful and self-sustaining Potager Garden – the first in our fast-expanding green portfolio.

The garden maximizes the potential of the space through efficient planning, design, and sectioning: from herbs to leafy greens, root crops, and fruiting vegetables. Smaller beds are planted with herbs and vegetables that are uncommon or consumed in small quantities.

Today, it continues to thrive and support our homeowners and neighboring properties, fostering a sense of community.

The Potager Garden™ at Arya Residences is a labor of love, capturing the vibrant immensity of the natural world in a compact, urban setting – a living, breathing testament to our commitment to sustainability and well-being.



Words of appreciation from friends and colleagues on The Potager Garden at Arya Residences and our first book. Mrs. Ming Ramos and the rest of our family sincerely appreciate this thoughtful gift. This time of pandemic as we stay home, the best option for us is to read that refresh the minds.

During this challenging time, it is always a breath of fresh air to know that friends like you are still actively engaged in activities that show your care and concern for others.

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Food Historian / Culinary Heritage Advocate

The potager garden is a landscape demand

of the 21ST century. Not only for food security

Arya's food chain and energizing the condo

but for lessening the carbon footprint in

community's pocket gardens and social

areas. Wonderful. Prescient.

FELICE STA. MARIA

The book is beautifully designed and so well put together. It must be wonderful to have your own private gardens of vegetables and herbs, together with the many useful recipes. Our two girls are into cooking and have even started planting vegetables in our little garden. So, they will be very interested in your book.

FIDEL V. RAMOS

Former President, Republic of the Philippines

Congratulations on your Jardin Potager! Kudos to Connie, and thanks to her passion for nature and plants, she has inspired a meaningful endeavor.

MANUEL COJUANGCO

Entrepreneuer / Jewelmer Co-founder

TONY CHEW

Singapore Businessman





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NATURALLY BREWED BY TIME

Tracing an Herbal Tea Tradition of Our Own

Next to water, tea is the most widely consumed beverage in the world. The drink of choice throughout human history traces its roots as far back as ancient China, Egypt, and Japan. In the Philippines, our cultural heritage provides us a fair share of tea-making traditions.

Tea-making in itself is approached from two main perspectives. The first is traditional tea from the tea plant, *Camellia sinensis*. The second is what we know as herbal tea.

Traditional tea is made by infusing the crushed leaves of the *Camellia sinensis* in near boiling water. It is the origin of all green, black, and white varieties; each requiring a specific temperature needed for boiling. It is the same tea revered by Chinese emperors and Japanese Buddhist monks and it is still celebrated today in highly solemn and sacred tea ceremonies.

The Camellia sinensis is also the same plant introduced to Europe by British

spice-hunters, quickly taking the continent by storm. So much so that British colonies were made to cultivate vast tea farms in India and Sri Lanka. As a result, these countries have vibrant tea industries to this day.

On the other hand, herbal teas or tisanes are infusions of any edible plant. They are made by steeping the leaves, flowers, fruits, roots, seeds, or even the bark in hot water, creating a more comprehensive range of flavors. Over centuries, this practice has led to the discovery of certain plants with medicinal properties. Each culture in the world has had their own way of finding these remedies, but one thing they have in common is preparing the herbs, whether as food or as tea.

As different civilizations traveled and bartered, so did the exchange of information regarding medicinal plants. Early Filipinos were part of this dialogue, whether with foreign traders or neighboring tribes. In addition, research on local medicinal plants has shown a far-reaching herbal tea tradition in the country, with many heritage recipes still practiced by our indigenous people.

But one tea tradition connects the archipelago – the *salabat*. Also known as ginger tea, it is a staple tisane even in today's Filipino households, served as a refreshment or to soothe an aching throat or cough.

Traditionally, salabat is a shared experience. Large earthen clay pots are placed at the center of the community and everyone gathers around, talking and singing, while the tea boils slowly over the fire. When ready, it is served in clay cups to everyone present, each with the option to flavor their drink with a zesty calamansi syrup made with local sugar such as muscovado, coco sugar, brown sugar, or honey.

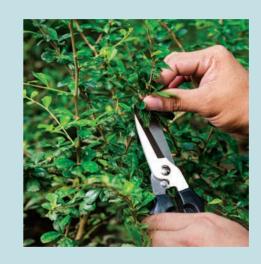
Like present-day Filipino celebrations, these events can continue well into the night. The joyful community ritual speaks volumes of the hospitality and warmth so deeply ingrained in the Filipino spirit. While it is a stark contrast to the tranquil tea ceremonies in China and Japan, tea remains at the center of these cultures as a means to nourish and bring people together.

Caring for people is at the heart of local herbal tea practices. Despite the introduction of Western medicine into the country, heritage recipes endure and continue to stand the test of time, handed down from one generation to the next.

From our grandmothers to our mothers, we all have our own tea stories. And, as the world moves into a more sustainable and eco-conscious mindset, more and more Filipinos are rediscovering the power of plants and herbal teas in creating a healthier lifestyle.

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A FERTILE
GROUND OF
REMEDIES
IN THE CITY

The Garden of Simples at Arthaland Century Pacific Tower

A "simple" is an herb used on its own for medicinal remedies and treatments.

The concept of herb gardens or medicinal gardens traces its history to 16^{TH} century Italy. The University of Bologna was one of the most important centers of Italian botanical culture. Specialized therapeutic gardens were cultivated, especially in monastery courtyards, with a primary function to nurture and to display plants for medicines.

During the European Renaissance, monastic herb gardens developed into botanic gardens with the advance of medical and botanical sciences.

The original site of the Botanic Garden was located in the city center, in the courtyard of the Palazzo Pubblico (Public Palace). This first "botanical courtyard" was rebuilt as a modern "Garden of Simples."

Today's herb gardens grow ingredients more for cooking than for medical purposes. We are proud that our garden of remedies – The Garden of Simples™ at Arthaland Century Pacific Tower – is the first garden in a corporate building, with a harvest of organic herbs and plants primarily dedicated to medicinal herbs and natural cures.

Like traditional medicine gardens, the design and layout carefully maximize the space and environment where the needs of each plant and herb – such as water or light – are easily accessible.

This way, the harvest grows healthy and abundant. At the same time, the arrangement creates a visually engaging display for the community at the Arthaland Century Pacific Tower to retreat to and to unwind at their leisure.

















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A GATHERING OF LIFE

The Garden of Simples is more than just a space of green. It is a place to cultivate and nourish a community.

Each one of the herbs, vegetables, and medicinal plants has been planted carefully and chosen purposely for its nutritional and beneficial properties, with you in mind.

In this urban haven that is meant to be shared, we welcome you to touch, smell, and explore its bounty so that we can thrive together.

AMPALAYA

Momordica charantia

to 20 centimeters long. The ampalaya gourd is bright green and oblong-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. MEDICINAL BENEFITS

Known for its bitter fruit, the *ampalaya* plant is a climbing vine with tendrils up

Bicolano, Ilocano Parva Bisava Palva Ibanag Apape Kapampangan **Apalya** Tagalog Ampalaya, ampalya, apalaya, margoso English Names Bitter gourd, bitter melon, balsam apple, balsam pear, African cucumber

Origin & Distribution

Pantropic, grown in tropical areas Introduced and naturalized in the Philippines

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 also standard treatment for burns and skin diseases.



BLACK TURMERIC

Curcuma caesia

With its blackish-blue colored roots. black turmeric stands out from its more common cousin, yellow turmeric. It is a perennial herb with pale vellow flowers that have a red tinge towards the petal tips. Filled with essential oils, the plant carries a distinct sweet aroma and is considered auspicious by some groups in India because of its unique color.

MEDICINAL BENEFITS

Black turmeric is valued for its rhizome or root that is used to treat stomach aches and other gastric problems. Crush the root into a paste or turn it into a powder, then boil to drink as tea. The paste can also be administered topically to alleviate wounds, stiff joints, and skin infections.

Tagalog Itim na luya, luyang itim English Name Black zedoary

Origin & Distribution

Originally from Northern India



BUTTERFLY P E A

Clitorea ternatea

Bicolano Giting-prinsesa Bisaya Balog-balog Ilocano Kalompagi Ilocano, Pangasinan Samsamping Itawes Calumpagi Tagalog Pukinggan, kolokanting English Names Blue pea, butterfly pea. fodder pea, soft butterfly pea,

> spurred butterfly pea Origin & Distribution

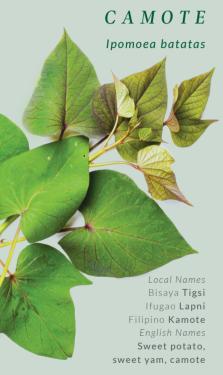
Pantropic, grown in tropical areas Originally from South America Now found across the Philippines

Known for its distinct blue flowers. the butterfly pea plant is an herbaceous vine with alternating leaves in elliptic to oblong shapes. The 4-centimeter solitary flower can be deep blue or pale blue, opening up like a butterfly to reveal a white or vellow center. Its rounded seeds are stored in 10-centimeter narrow, flat pods.

MEDICINAL BENEFITS

The butterfly pea flower has been growing in popularity as a healthy and visually stunning addition to salads, and as a unique ingredient in creating blue-colored teas and drinks. More than its eye-catching qualities, the flowers can help loosen phlegm when added to soup. The leaves can also ease swollen joints, and the roots, diuretic issues.



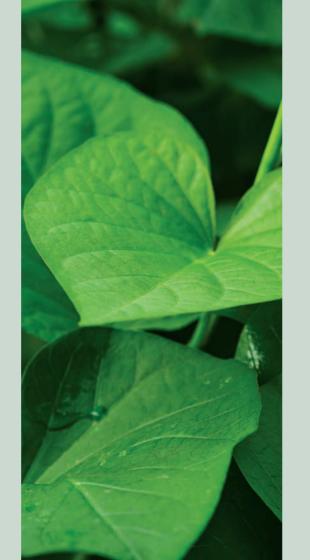


Origin & Distribution
Originally from Mexico
Introduced to the Philippines
by the Spanish

Any Philippine household would be familiar with camote, both for its leaf sprigs and root tuber. These are considered mealtime staples whether in a viand, dessert, or salad. A perennial climbing herb, the leaves can reach 12 centimeters, and have ovate to oblong-ovate or palmate shapes. Growing alternately, the leaves are also identified by their heart-shaped bases and pointed tips. The camote plant has funnel-like flowers, which have five lobes and white tips, leading to a deep purple center.

MEDICINAL BENEFITS

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



DAMONG MARIA

Artemisia vulgaris

Loacl Names
Bicolano Artamesa
Ilocano Arbaaka, erbaka
Tagalog Damong maria,
kamaria, maria, tinisas
English Names

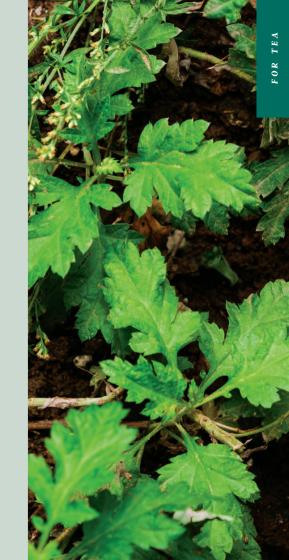
Motherwort, maidenwort, felon herb mugwort, worm wood

Origin & Distribution
Found in countries
with warm climates
Widely cultivated
in the Philippines

While damong maria may be described as hairy or foul-smelling, it brings with it a variety of healing and soothing capabilities. Among its prominent features are the 5- to 14-centimeter, pinnately lobed leaves with gray hues underneath. The flowers come in clusters that are spike-like and ascending. Its fruits measure 1 to 4 centimeters and can carry up to 50 seeds.

MEDICINAL BENEFITS

Both the leaves and the flowering tops of the *damong maria* can be used in herbal remedies such as decoctions for cough. The plant is also known to aid in digestion. Topically, it can be applied to help certain skin diseases and ulcers.



GINGER

Zingiber officinale

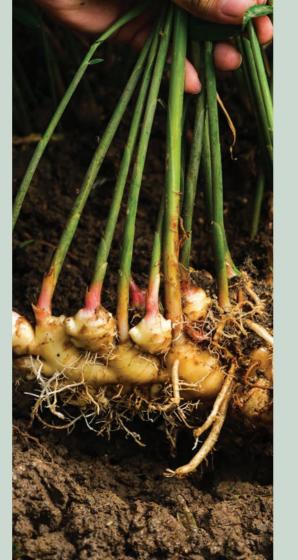
Local Names
Bontok, Ibanag, Itneg,
Kapampangan Laya
Bisaya Luy-a
Ilocano Basing, laya
Pangasinense Agat
Tagalog Luya
English Name
Ginger

Origin & Distribution
Pantropic, native to
tropical Asia

Found abundantly throughout the Philippines, the aromatic ginger root is a staple in Filipino food and drinks. In fact, *salabat* or ginger tea is found in every region in the country, making it the unofficial tea of the nation. Apart from the roots, the 1-meter-tall ginger plant is identified by its 30-centimeter long, blade-like leaves that grow from a basal stem. It has clusters of yellow flowers, with a 3-lipped design.

MEDICINAL BENEFITS

Apart from being a popular aromatic and cooking ingredient, ginger is widely brewed into herbal tea as a common remedy for cough, cold, sore throat, asthma, and digestive issues.



GUAVA

Psidium guajava

Local Names
Bicolano Bayawas
Cebuano Bayabas
Ibanag Bayabas, bayabo
Ilocano Bayabas, gaiyabat
Tagalog Bayabas, kalimbahin,
tayapas, guayabas
English Name
Guaya

Origin & Distribution
Found throughout

the Philippines

The guava tree is most famous for its round and fragrant fruits that turn bright green to yellow when ripe. They have a pinkish flesh, dotted with many tiny seeds. The plant can reach 8 meters in height, and its leaves are 5 to 12 centimeters long. They grow in opposite directions and have rounded bases and pointed tips.

MEDICINAL BENEFITS

When it comes to herbal remedies, the leaves, fruits, bark, and even the roots of the guava tree can be utilized. For example, the bark and leaves are good for cleaning wounds, and when decocted, can help arrest diarrhea. The fruit is also known to help one's digestion.



HOLY BASIL

Ocimum sanctum

Bicolano Kamangkaw
Bisaya Kamangi, katigaw,
kolokoko, kolonkogon, laluy
Ilocano Biday
Kapampangan Loko-loko
Maguindanao Magaw
Tagalog Sulasi, balanoy
English Names
Sacred basil, holy basil,
tulsi, tulasi

Origin & Distribution
Native to tropical Asia

One of the main varieties of basil, holy basil is just as aromatic as its relatives but with a more minty smell and peppery taste, especially next to sweet basil. The 1.5-meter-tall undershrub is also hairier, with jagged and pointed leaves that grow up to 3 centimeters. Like other basils, its flowers are clustered vertically across a central stem, coming in pink or purple.

MEDICINAL BENEFITS

When brewed into herbal tea, holy basil is effective against cough, bronchitis, and inflammations of the mucus membranes. A decoction can also be gargled to address bad breath. Extracted juices can be applied topically as well to soothe ringworm and other skin problems.



LAGUNDI

Vitex negundo

The most distinct feature of the *lagundi* tree is its 5-foliate leaves, meaning each whole leaf is composed of 5 smaller leaflets. The leaflets are pointed and hairy underneath, with the middle leaflet growing larger than the others. A branched tree, *lagundi* can grow 2 to 5 meters high, and apart from the leaves, bear blue to lavender flower clusters and succulent drupe fruits that turn black when ripe.

MEDICINAL BENEFITS

The leaves, seeds, and roots of the lagundi are all found to have medicinal properties. Among the most common preparations is creating a leaf tea, a natural remedy for cough, cold, and fever. The leaves and seeds are also suitable for wounds, while the roots aid in digestion.

Local Names
Ilocano Dangla
Tagalog Lagundi
English Name
Five-leafed chaste tree

Origin & Distribution

Found throughout the Philippines



LANGKAWAS

Alpinia galanga

Local Names
Bicolano, Bisaya,
Tagalog Langkauas
Bisaya, Kapampangan,
Manobo, Tagalog Lankauas
Tagalog Langkawas, tangkawas
English Names
Galangal, galanga,
greater galanga, languas,
spice ginger

Origin & Distribution

Found in Thailand, Indonesia,
China, and Malaysia
Grows locally in Southern Luzon,
Levte. Mindanao, and Palawan

A relative of ginger and turmeric, langkawas or galangal produces aromatic rootstocks, except with a sharper and spicier taste. It is an herbaceous plant with stems going 1 to 2 meters high, with pale green leaves that have short hairs underneath. The plant also bears pyramid-like flowers in yellow-green and cream, and red berries.

MEDICINAL BENEFITS

While lesser known in Filipino cuisine, the *langkawas* root is a common aromatic in Indonesian and other Southeast Asian food. Locally, leaf decoctions are given for rheumatism. The roots are also used to treat stomach problems, and can be applied topically to skin concerns.



LEMONGRASS

Cymbopogon citratus

One of the first things that comes to mind when you hear lemongrass is its distinct sweet and lemony flavor and scent. Both the common and Thai varieties are fragrant, but the latter has a more aromatic and stronger taste. The leaves, which can reach 1 meter, are usually sword-like, smooth, and slender, and bow down at a certain length.

MEDICINAL BENEFITS

While lemongrass is famous as a cooking ingredient, the leaves and roots are also natural remedies for digestion, diarrhea, and other stomach ailments, especially when prepared as a tea. A decoction of the roots can also be used as a mouthwash to soothe toothaches.

Local Names
Filipino Tanglad
Bisaya Balioko, tangad
Ilocano Barani
Manobo Sai
Tagalog Salay, salaid
English Names
Sweet rush, ginger grass

Origin & Distribution

Native to East Asia
Planted throughout
the Philippines



MANSANILYA

Chrysanthemum indicum

Local Names
Bicolano, Tagalog Mansanilya
Ilocano Mansanilya-a-babasit
Tagalog Dolontas
English Names
False chamomile, Indian
chrysanthemum,
winter aster

Origin & Distribution Brought in from China and Japan Cultivated largely

in Benguet

Known as "false chamomile," the *mansanilya* plant has flowers that look similar to chamomile, except that they are all yellow. They grow on top of the hairy herb's pinnate leaves (leaves with leaflets) that are deep green on the surface and grayish underneath. The 30- to 60-centimeter plant also has tiny, one-seeded fruits.

MEDICINAL BENEFITS

Mansanilya is perhaps most recognized for the massage oil – made with the flowers – used to alleviate gas pains. The flowers can also be taken as a tea to treat stomach aches, or utilized as a wash for sore eyes and wounds.



OREGANO

Coleus amboinicus

While oregano is part of the mint family, its aroma is more savory than menthol-like, similar to sage or thyme, and has a slightly bitter and slightly spicy taste. The plant is branched with fleshy stems that produce fragrant, heart-shaped leaves that are somewhat hairy and jagged-edged. Oregano also has small flowers in pale purple hues.

MEDICINAL BENEFITS

Whether taken fresh by the tablespoon or as a tea infusion, the juice from oregano leaves is said to alleviate cough, asthma, bronchitis, gas, dyspepsia, and rheumatism. Mashed fresh leaves can also be applied externally to burns.

Local Names
Pangasinan Oligano
Tagalog Oregano, suganda
English Name
Oregano

Origin & Distribution Found in India, Malaysia, and throughout the Philippines



PANDAN

Pandanus amaryllifolius

Valued for its fragrant and long leaves, the pandan plant has a signature subtle sweet and floral smell. The herb stands 1 to 1.5 meters tall, with cylindrical stems. Its glossy green, sword-like leaves form a rosette that weaves spirally.

MEDICINAL BENEFITS

Pandan leaves are often used in cooking to provide an aromatic flavor to rice, sweets, and drinks. As a treatment, pandan oil can be extracted from the leaves and used for spasms, headaches, rheumatism, and sore throats.

Local Name Tagalog Pandan-mabango English Names Fragrant pandan, fragrant screwpine

Origin & Distribution

Found throughout the Philippines and parts of Southeast Asia



PANSIT-PANSITAN

Peperomia pellucida

Bicolano Tangon-yangon Cebuano Sida-sida. olasiman-ihalas Tagalog Pansit-pansitan, ulasimang bato, sahika-puti, ikmo-ikmohan English Names

Pepper-elder, rat-ear

Origin & Distribution

Pantropic, grown in tropical areas Originally from America The name, pansit-pansitan, when translated loosely into English means "noodle-noodle." With the plant's distinct slender flower stalks jutting out like pieces of spaghetti, the name comes as no surprise. The herb stands at 20 to 30 centimeters and has very succulent and round stems. It has heart-shaped leaves that are smooth like candle wax.

MEDICINAL BENEFITS

As part of a list of approved Philippine medicinal plants, the pansit-pansitan is a natural treatment for arthritis and gout where the leaves and stems can be brewed into herbal tea. Eating it fresh as a salad is also said to help arthritis symptoms. The plant can be used to treat boils as well.

PAPAYA

Carica papaya

Local Names
Bicolano Tapayas
Bisaya Kapayas
Pangasinan Apayas
Tagalog Papaya
English Names
Pawpaw tree, papaya

Origin & Distribution

gin & Distribution
Pantropic, grown
in tropical areas
Originally from
tropical America

Famous for its sweet yellow-orange oblong fruits, the papaya is a small tree, unique in that it does not have any 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.

MEDICINAL BENEFITS

Apart from the fruit which is rich in vitamins, papaya leaves are helpful in treating 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.



ROSEMARY

Rosmarinus officinalis

One of the more popular herbs used for cooking, rosemary offers a woodsy 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.

MEDICINAL BENEFITS

Rosemary is a good alternative for alleviating cough, digestion, and oral problems. A decoction of this aromatic herb can be taken for diuretic issues, gas pains, and dyspepsia. The steam developed is also suitable for coughs and rheumatism, while gargling tea targets gum disease and sore throat.

Local Names Romero, dumero English Name Rosemary

Origin & Distribution
Brought in from Europe



SAMBONG

Blumea balsamifera

Bicolano Lakad, bulan Cebuano Dalapot, gabon, alibhon Ilocano Sob-sob. subusub, subsob Tagalog Sambong English Names Ngai camphor plant,

blumea camphor

Origin & Distribution Originally from India Brought to China and spread across the Malay region

Gaining more and more traction as an herbal plant, sambong is highly aromatic with a woody and minty fragrance. The half-woody shrub can grow 1 to 4 meters high and bears toothed leaves. It has yellow flowers that grow together on a main stalk, and its fruits are small and hairy at the top.

MEDICINAL BENEFITS

Sambong roots and leaves can be made into a decoction that treats stomach pains, fever, and kidney stones. It is also a natural remedy for respiratory problems such as sinusitis, asthmatic bronchitis, and influenza. A leaf poultice can be made to treat wounds and cuts. and even headaches.



SERPENTINA

Andrographis paniculata

Growing up to 1 meter, the serpentina plant has 4-angled stems that carry ovate pointed leaves. When in bloom, it bears white flowers with pinkish to rose-purple markings. The herb also produces small capsule-like fruits that can carry up to 12 seeds.

MEDICINAL BENEFITS

The *serpentina* is known for its bitter taste and its ability to stimulate the immune system. Extracts from the roots and leaves can address diarrhea, malaria. fever, cough, and sore throat. The plant juices may be used topically for insect bites and wounds. Studies have also shown antidiabetic properties.

Serpentina, sinta English Names

Chiretta, green chirayta, green chiretta, Indian echinacea, king of bitters

Origin & Distribution Originally from India Found throughout China, Indo-Malaysia, and the Philippines



SNAKEJASMINE

Rhinacanthus nasutus

The shrub grows up to 2 meters high and has oblong pointed leaves. One of the most distinct features of the snake iasmine is its delicate white flowers that have two lips. The flower resembles a snake or a crane with the upper lip standing straight atop the lower 3-lobed lip.

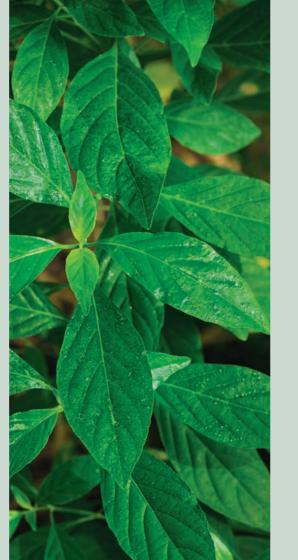
MEDICINAL BENEFITS

The snake jasmine's sap or a decoction of its roots are alternative treatments for skin irritations such as Dhobie Itch or buni. The roots and leaves can also be prepared in a tincture to treat ringworm.

Tagalog Tagak-tagak, ibon-ibonan English Names Dainty spurs, snake jasmine, white crane flower

Origin & Distribution

Found in Rizal, Cavite, and Laguna in Luzon Occurs across India to Malavsia



SWEET BASIL

Ocimum basilicum

Bisaya **Bouak** Bicolano Samilig Cebuano Kalu-uy, kaluwi Ibanag, Tagalog Albanaka Ilocano Bidav Kapampangan, Tagalog Sulasi Ivatan Valanoy Panay Kamangi Tagalog Balanoy English Names Sweet basil, grand basilic

Origin & Distribution

Native to tropical Asia Brought in from tropical Asia and Polynesia No stranger to the kitchen, sweet basil leaves are loved for their anise-like flavor, with a 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.

MEDICINAL BENEFITS

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 as a bath for rheumatic pains.



TALINUM

Talinum triangulare

Local Names
Ifugao Palawel
Maranao Biala
Subanon Galaghati
Tagalog Talinum, talilong
English Name
Fame flower

Origin & Distribution
Introduced to the Philippines
Originally from
tropical America

Growing abundantly in the Philippines, the *talinum* may sometimes be mistaken as a weed, but this fleshy herb is a nutritious addition to anyone's garden with some consuming the leaves in salads. Growing up to 120 centimeters, the plant has pink, 5-petaled flowers, and its glossy leaves grow in whorls springing out from a central stem.

MEDICINAL BENEFITS

Both the leaves and roots of the *talinum* are found to have medicinal properties. In particular, the leaves can treat topical problems like skin inflammations, scratches, and cuts. In addition, the roots can be made into an herbal tea for arthritis, stomach inflammation, and pneumonia.



TARRAGON

Artemisia dracunculus

A staple in the herb pantry, the leaves of the tarragon shrub are valued for their aromatic flavor. These 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.

MEDICINAL BENEFITS

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

Local Name Taragon English Names Tarragon, French tarragon, little dragon, silky wormwood

Origin & Distribution
Cultivated in the Philippines



TAWA - TAWA

Euphorbia hirta

Local Names
Bisaya, Mangyan,
Tagalog Tawa-tawa
Bicolano Pansi-pansi, soro-soro
Bisaya Bobi, bugayaw, tababa
Ifugao Bambalinag
Ilocano Botonis, maragatas
Ivatan Tairas
Pampanga Bolobotonis,
magatas, malis-malis, sisiohan
Tagalog Botobotonis,
butobutonisan, gatas-gatas,
golandrina, lagundrina, saikan
English Names
Australian asthma weed,
snake weed, cat's hair

Origin & Distribution

Pantropic, growing in tropical areas
Widely available in the Philippines

A widespread weed that thrives in the country's tropical climate, tawa-tawa is a low-growing herbaceous plant that comes in varied sizes. Its leaves have toothed edges and can reach 3 centimeters long. The plant also has small flower clusters that can go from green to purple.

MEDICINAL BENEFITS

When used as an herbal remedy, the leaves are often made into a decoction to treat fever, cold, cough, and flu. The bulb can be turned into a paste for sores and intestinal problems.



THAI BASIL

Ocimum basilicum var. thyrsiflorum Known for its strong, spicy, and licorice-like flavor, Thai basil is a staple ingredient in Southeast Asia, particularly in Thailand, Cambodia, Laos, and Vietnam. The multi-branched shrub can grow up to a foot in height and has distinctly purple-colored stems. Its leaves can go from green to purple, depending on the variety. It has lavender to deep purple flowers growing from a central stem.

MEDICINAL BENEFITS

An antioxidant, antiviral, antibacterial, and antifungal plant, Thai basil is esteemed medicinally for its leaves and seeds. The leaves can be made into a tea to help address diabetes, or made into a relaxing balm. The seeds are often added to drinks, such as smoothies and juices, to promote digestion and alleviate fever, cough, and cold.

English Name
Thai basil

Origin & Distribution

Native to Southeast Asia

Believed to have originated in Thailand



TSAANG GUBAT

Ehretia microphylla

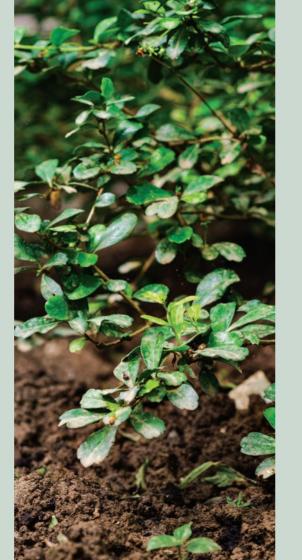
Local Names
Bicolano Mara-mara, putputay
Cebuano Balinsua
Ibanag Maratia
Ilocano Icha, icha-ñga-atap,
icha-ti-bakir, itsa
Ivatan Palupo
Maguindanao Kalimugmug
Tagalog Alangitngit, tsa,
tsaang bundok, tsaang gubat,
kalamoga, kalimogmog, mangit
English Names
Forest tea, Philippine
tea plant, wild tea

Origin & Distribution
Native to the Philippines

Often referred to as forest tea or the Philippine tea plant, tsaang gubat is not related to the tea plant Camellia sinensis. The shrub, however, is soughtafter locally for its herbal tea benefits. Standing up to 4 meters high, it has clustered leaves that grow on short branches. The leaves are entirely or somewhat toothed or lobed near the tip, and pointed at the base. Its flowers are white and small, and its tiny round fruits turn yellow when ripe.

MEDICINAL BENEFITS

Using the leaves of tsaang gubat, a decoction or infusion can be made for abdominal colic, cough, diarrhea, and dysentery. The leaf tea can also be gargled for dental hygiene. The roots may be brewed as well to address vegetable poisoning.



TURMERIC

Curcuma longa

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

Local Names

Bisaya Kalabaga, kalawag, kinamboy, kulalo, dulaw, duwaw Ibanag Kunik Ilocano Kulyaw, kuliyaw, kunig Pampanga Angay, ange, pangar, pangas Tagalog Luyang dilaw, dilaw Waray Tanmanan English Name

Origin & Distribution
Introduced to the Philippines
Originally from India

MEDICINAL BENEFITS

Turmeric has long been both 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 in digestion.



YERBA BUENA

Mentha arvensis

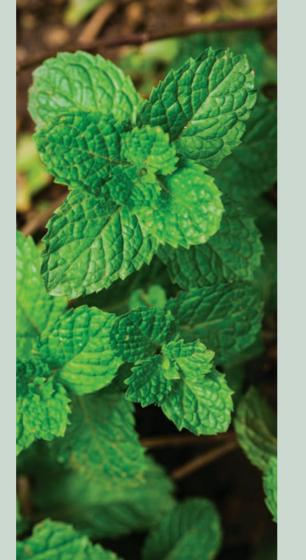
Ifugao Ablebana
Ilocano Erba
Surigao del Norte Karabo
Tagalog Yerba buena, herba
buena, hierba buena, hilbas
English Name
Field mint

Origin & Distribution
Introduced to the Philippines
Originally from Spain

Regarded for its refreshing and fragrant aroma, *yerba buena* is part of the mint family. It is a purple and multi-branched herb with stems that reach up to 40 centimeters. Its leaves are elliptic to oblong-ovate, and 1.5 to 4 centimeters long. They have toothed edges, and are rounded or blunt-tipped. The flowers are hairy and purplish to bluish.

MEDICINAL BENEFITS

Yerba buena is one of the oldest household remedies in history. The tops and leaves are used to treat flatulence, stomach aches, fever, dysmenorrhea, and diuresis. When pounded, the leaves can also be applied topically to insect stings, headaches, and toothaches.



GABI

Colocasia esculante

Rich in minerals, *gabi* leaves and tubers are common in Filipino dishes. Leaves are often cooked as *laing* whereas the large tubers are boiled or added to soups. Large triangular leaves and potato-like root tubers are distinct parts of the *gabi* plant. The perennial herb can grow up to 150 centimeters in height, with green or purple stalks. Its leaves typically group in twos or threes, next to solitary flowers in white and yellow-green.

cal Names

Bisaya Abalong, dagmay
Bisaya, Tagalog Lagbay
Bicolano Linsa, natong
Bontok Amoang, pising
Ifugao Lubiñgan
Ilocano Aba, awa
Tagalog Gabi
English Names
Dasheen, cocoyam, taro

Origin & Distribution

Native to tropical Asia
Widely grown
throughout the country

MEDICINAL BENEFITS

As a curative, the juice extracted from *gabi* leaves is used to treat cough and skin problems. On the other hand, tubers help with digestive and diuretic issues.



KANGKONG

Ipomoea aquatica

Local Names
Bicol, Pampanga,
Tagalog Kangkong
Bisaya Tangkong
Ilocano Balangeg, galatgat
Tausug Tangkung
English Names
Water spinach,

swamp morning glory

Origin & Distribution
Originally from tropical Asia
Grows abundantly
in fresh water

Kangkong is famous for its heart-shaped green or purple leaves, attached to tender, hollow stems. It also has light to dark purple, bell-shaped flowers, and capsule fruits that carry its seeds. Semi-aquatic, kangkong is an herbaceous and easy-to-grow vine that loves fresh water. Enjoyed cooked or pickled, kangkong is a healthy addition to soups and many other dishes.

MEDICINAL BENEFITS

With its highly nutritious and vitamin-rich leaves, the plant is also valued for its medicinal ability to address constipation.



SILING LABUYO

Capsicum frutescens

Bicolano, Tagalog Pasitis
Bicolano Rimorimo, sanggariya
Bisaya Gatumbal, katumbal,
kitikot, siling kulikot
Filipino Sili
Ilocano Lada, silit-diablo
Kapampangan Lara
Maguindanao Kasira
Tagalog Siling-bundok,
siling-diyablo, siling-labuyo,
siling-maanghang, siling-palay
English Names
African chili, bird pepper,
cayenne, chile pepper, chili,
red pepper, Tabasco pepper,

wild chili

Origin & Distribution
Native to South America
Brought to the Philippines
by the Spanish

Small, eye-catching peppers that go from green to red make the *siling labuyo* plant easy to identify. The erect shrublike herb can reach up to 1.5 meters in height and has woody branches that carry rows of 3- to 10-centimeter leaves, and 5-petaled flowers in pale green or yellow-green.

MEDICINAL BENEFITS

While the peppers are commonly chosen to add spice to dishes and condiments, the *siling labuyo* leaves can be used as a topical treatment for wounds, sores, gout, rheumatic pains, and other skin problems. Gargling a prepared *siling labuyo* mouthwash is also said to soothe sore throats.



AKAPULKO

Cassia alata

Cebuano, Surigao Sunting
Bicolano Kasitas
Ilocano Andadasi, andadasia-dadakkel, andadasi-ngbugbugtong
Kapampangan
Pakayomkom-kastila
Panay Bisaya Palotsina
Pangasinense
Andadasi nga dakkel
Tagalog Bayabasin, bikas-bikas,
gamot-sa-buni, kapurko,
katanda, pakagonkon,
pakayomkom, sonting
English Names
Ringworm bush, ringworm shrub

Origin & Distribution

Pantropic, growing in tropical areas
Originally from tropical America

Recognized for its distinct yellow flowers, and dark brown to almost black seed pods, the *akapulko* is a coarse and branched shrub that can reach 1.5 to 3 meters in height. It has long pinnate leaves reaching 40 to 60 centimeters, with broad and oblong leaflets, measuring 5 to 15 centimeters. It grows abundantly in low- and medium-altitude areas.

MEDICINAL BENEFITS

Akapulko leaves are traditionally used to soothe various skin diseases, particularly ringworm, which is why it is also known as the "ringworm shrub."

HOW TO USE IT

Apply the extracts of freshly pounded akapulko leaves to treat ringworm and fungus, 1 to 2 times a day. For those with sensitive skin, boil 1 glass of chopped leaves in a pot with 2 glasses of water for 15 minutes. Once cool, you can wash the needed areas with this decoction.



CITRONELLA

Cymbopogon winterianus

Perfect for keeping mosquitoes naturally at bay, citronella is prized for its fragrant and effective essential oil. Reaching up to 2 meters, the plant is a perennial rhizome with tufted culms, reddish leaf sheaths, and thin leaf blades that bow down at $\frac{2}{3}$ of its height.

MEDICINAL BENEFITS

More than a natural mosquito repellent and fumigant, citronella essential oil derived from the leaves is also aromatherapeutic. It can relieve pain and prevent convulsions. When mixed with a carrier oil like coconut or olive oil, citronella can also be applied to wounds, and fungal and parasitic infections.

English Names Citronella grass, Java citronella grass

Origin & Distribution
Recently introduced
to the Philippines
Largely cultivated in Baguio







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FROM THE GARDEN TO YOUR CUP

From herbal teas to lattes, discover a selection of easy, delicious, and healthy recipes all created from the plants readily available at The Garden of Simples at Arthaland Century Pacific Tower.

We want nothing more than to give you every opportunity to infuse well-being into your every day with each recipe.

A GUIDE TO THE RECIPES

Wellness Infusion

Steeped herbal preventative teas that boost everyday well-being

Healing Decoction

Slow-boiled herbal curative teas for specific health issues



SALABAT GINGER BREW

WHAT YOU'LL NEED

1 thumb-sized piece unpeeled ginger

500 ml or 2 glasses water

IF YOU WANT MORE FLAVOR 2 pieces calamansi

1 tablespoon honey

FOR COUGH AND COLD

A favored recipe in most Filipino kitchens, *salabat* or ginger tea is one of, if not the most popular local herbal teas for cough and cold. With its aromatic and spicy kick, the hot drink is a comforting way to soothe the throat and calm the senses.

HOW TO MAKE IT

Boil the unpeeled ginger in water over a low flame for 15 minutes. Do not cover. Use glass, ceramic, or stainless steel cooking pots only. Strain to get the liquid. For added flavor, you can squeeze 2 pieces of calamansi and 1 tablespoon of honey.

You can take a cup of *salabat* every 4 hours, or for more severe cases, every 2 hours.

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LUYANG DILAW DECOCTION TURMERIC

WHAT YOU'LL NEED 3 thumb-sized pieces unpeeled turmeric

1.5 L or 6 glasses water

FOR HYPERACIDITY

Known for its distinctive bright yellow color, turmeric is a potent anti-inflammatory and antioxidant superfood. It has a spicy aromatic flavor, like its cousin, ginger. When brewed, the golden tea soothes the body with warmth.

HOW TO MAKE IT

Boil the unpeeled turmeric in water uncovered over a low flame for 15 minutes. Strain to get the liquid and divide it into three doses which you can take morning, noon, and afternoon. Make sure to use only stainless, ceramic, or glass pots.



ANG MAHIWAGANG TSAA FRESH CAMOTE TOPS JUICE

WHAT YOU'LL NEED

7 camote tops or sprigs (purple variety preferred)

500 ml water or 2 glasses

2 pieces calamansi

IF YOU WANT MORE FLAVOR Coconut sugar, muscovado, or honev

FOR INDIGESTION AND STOMACH PROBLEMS

A delight for the senses, this recipe puts a colorful and delicious twist to herbal tea. Made from the juice of fresh camote sprigs, the drink surprises with a splash of calamansi juice that magically transforms your brew into a vibrant red.

HOW TO MAKE IT

Boil the camote tops in water over a low fire for at least 25 minutes. Do not cover. Once done, remove the leaves and squeeze the juice out. Next, slice the calamansi, squeeze the citrus juice into the camote tops liquid mixture, and wait for the color to change. Add sugar (coconut sugar or muscovado) or honey to taste.

HERBAL TIP

While boiling the camote tops for 20 minutes should suffice, leaving the sprigs longer will produce a darker brown-colored juice that will result in a more vibrant reddish color when mixed with the calamansi juice.



BALANOY INFUSION BASIL

WHAT YOU'LL NEED

Basil leaves: sweet basil (balanoy), holy basil (sulasi), or Thai basil

IF YOU WANT MORE FLAVOR
Coconut sugar, muscovado,
or honev

FOR DIABETES

A popular ingredient in many dishes across the world, basil leaves are not only delicious, but also nutritious. Packed with antioxidants, they are one of the top anti-aging herbs and are found to be effective in addressing diabetes.

HOW TO MAKE IT

Carefully wash the sprigs of basil before steeping them in a cup of hot water for 15 minutes.
You can drink this hot or cold. For the latter, allow the herbal tea to cool before serving with ice.



TANGLAD INFUSION LEMONGRASS

WHAT YOU'LL NEED

Lemongrass leaves (preferably with root tubers) Hot water

IF YOU WANT MORE FLAVOR
Coconut sugar, muscovado,
or honey

FOR THE IMMUNE SYSTEM

With its aromatic and sweetlemony flavor, lemongrass is rich with essential oils found largely in the white root tubers. Traditionally, mountain dwellers boil this to make herbal tea to strengthen the lungs and immune system. The infusion is also cancer-preventive.

HOW TO MAKE IT

Prepare the lemongrass leaves, preferably with white root tubers, by cutting them into 2-inch-long pieces. Steep them in hot water for 15 minutes. For added sweetness, you can stir in coconut sugar, muscovado, or honey to taste. This herbal tea can also be served cold. Just allow the liquid to cool before adding ice.



LAGUNDI BREWS

WHAT YOU'LL NEED

Hot water

Whole *lagundi* leaves (the stem with 5 leaflets)

FOR FEVER, COUGH, COLD, AND ASTHMA

Gaining popularity locally as an alternative remedy for fever and cold, *lagundi* herbal tea is shown to be effective both as an infusion, preventing you from getting sick, and as a decoction which alleviates more severe symptoms.

HOW TO MAKE IT Wellness Infusion

Take 5 whole leaves of *lagundi* (complete leaflets), and immerse them for at least 15 minutes in about 5 cups of hot water. Drink this to prevent or slow mild or early signs of fever, cough, and cold.

Healing Decoction

Prepare 1 glass of fresh and chopped *lagundi* leaves. Boil them in a pot of 2 glasses water over a low fire for 15 minutes without the cover. Set aside to cool and strain for drinking. This is recommended for those who already have fever, cough, cold, and asthma. For cough and asthma, drink $\frac{1}{3}$ glass, three times a day. For fever, take $\frac{1}{3}$ glass every 4 hours.



AMPALAYA BREWS

WHAT YOU'LL NEED
Ampalaya leaves

Hot water

FOR DIABETES

While this may not be the tastiest drink, ampalaya tea is an excellent natural alternative for countering diabetes – whether to prevent it or to help those who already have high blood sugar. It is no wonder that the ampalaya has been included in the Department of Health's list of go-to medicinal plants.

HOW TO MAKE IT Wellness Infusion

Immerse the *ampalaya* leaves for at least 15 minutes in hot water before drinking. While the herbal infusion has a bitterness to it, it is quite tolerable and is a good preventative for diabetes.

Healing Decoction

Prepare the *ampalaya* leaves by washing and chopping about 2 glasses full. Get 4 glasses of water, and allow them to boil uncovered in a pot over low fire. Do this for 15 minutes before setting aside to cool and strain. The decoction can be bitter, but it is said to be effective for those with diabetes mellitus. You can drink \(\frac{1}{3} \) glass 30 minutes before a meal, three times a day.



SAMBONG BREWS

WHAT YOU'LL NEED

Sambong leaves

Hot water

FOR KIDNEY CARE

Packed with the ability to protect the kidneys, *sambong* tea is another Department of Health recommendation. Rightfully so, because this herbal tea can not only prevent kidney diseases, but also help alleviate those with hypertension, urinary tract infections (UTI), and other kidney problems.

HOW TO MAKE IT Wellness Infusion

Steep the *sambong* leaves for at least 15 minutes in hot water. Taking this herbal tea is a good way to protect the kidneys and prevent kidney disease.

Healing Decoction

Wash and prepare about 1 glass of chopped sambong leaves. Measure 2 glasses of water and boil with the leaves over low fire for 15 minutes without the cover. Set aside, cool, and strain. This decoction is good for those with UTI, kidney stones, edema, and hypertension. You can drink ½ glass, three times a day.



YERBA BUENA BREWS

WHAT YOU'LL NEED

Yerba buena leaves

Hot water

FOR RELAXATION AND BODY PAINS

Refreshing and invigorating, the cool menthol taste and smell of *yerba buena* makes it a good herbal tea to wind down at the end of a busy day. But did you know that *yerba buena* can also help counter body pains?

HOW TO MAKE IT Wellness Infusion

Steep or immerse the *yerba buena* leaves for at least 15 minutes in hot water. As a mint tea, it tastes very pleasant and it is good for calming and relaxing the body.

Healing Decoction

Wash the *yerba buena* leaves and chop enough to fill 1 glass. Fill a pot with 2 glasses of water and boil the leaves for 15 minutes. Make sure the fire is on low and that the pot is uncovered. Set aside to cool and strain. A natural remedy for body pain, $\frac{1}{3}$ glass can be taken three times a day.



OREGANO BREWS

WHAT YOU'LL NEED 3 to 5 regular-sized

Hot water

oregano leaves

IF YOU WANT MORE FLAVOR

Calamansi

Honey

FOR COUGH AND COLD

Aromatic and delicious, this herbal plant lends its flavors to food and herbal teas. It is also interesting to note that oregano is more than a fragrant tea. The leaves hold medicinal properties that can help soothe cough and cold.

HOW TO MAKE IT Wellness Infusion

Place 250 ml water in a pot and bring to a boil. In a cup, muddle the oregano by lightly crushing the leaves to release their oils. Pour hot water into the cup and allow to steep for 15 minutes. Remove the herbs and allow to cool. You can also add calamansi or honey to taste. This infusion is good for preventing cough and cold.

Healing Decoction

Wash the leaves thoroughly. Boil 3 to 5 leaves in water for 15 minutes over low fire without the cover. Cool then strain. Take this when you have bad cough and cold.



BAYABAS BREWS

WHAT YOU'LL NEED

Guava leaves

Hot water

FOR DIGESTION AND DIARRHEA

One of the more popular Filipino home remedies, guava leaf tea is a favorite after meals to relieve the feeling of being very full and to help in digestion. It has even been found to help alleviate diarrhea, making it a Department of Health

recommendation.

HOW TO MAKE IT Wellness Infusion

Infuse the guava leaves for at least 15 minutes in hot water. This herbal tea is recommended as a digestive and to relieve feeling bloated.

Healing Decoction

Measure 2 glasses worth of chopped and washed guava leaves, and add to a pot with 4 glasses of water. Boil over low fire for 15 minutes without the cover. Set aside to cool then strain. This decoction is given to those with diarrhea and can also be used as a wash for wounds.



PANSIT-PANSITAN TEAS

WHAT YOU'LL NEED

Pansit-pansitan leaves

Hot water

FOR HIGH URIC ACID

A natural medical wonder, the pansit-pansitan is one of the plants promoted by the Department of Health. This comes as no surprise given its curative effects against gout and high uric acid. It's also a good preventive for those who may be genetically predisposed to gout.

HOW TO MAKE IT Wellness Infusion

Place washed *pansit-pansitan* leaves in hot water and allow to steep for at least 15 minutes.

Good for preventing high uric acid.

Healing Decoction

After washing and chopping the *pansit-pansitan* leaves, put about two glasses worth in a pot with four glasses of water. Boil uncovered over a low fire for 15 minutes. Cool then strain. This decoction is an excellent curative for those who already have gout and high uric acid. You can take ½ glass after every meal or three times a day.



TSAANG GUBAT BREWS FOREST TEA

WHAT YOU'LL NEED

Tsaang gubat leaves

Hot water

A highly recommended medicinal plant by the Department of Health, the tsaang gubat makes a sought-

FOR DIGESTION AND DIARRHEA

after wellness tea that can help improve digestive issues such as bloat and gas. It can also be decocted into a curative for diarrhea.

HOW TO MAKE IT Wellness Infusion

Immerse the *tsaang gubat* leaves for at least 15 minutes in hot water. Drink to aid in digestion.

Healing Decoction

Wash the leaves thoroughly and chop into pieces, enough to fill 1 glass. Place the leaves in a pot with 2 glasses of water. Boil uncovered over low fire for 15 minutes. Set aside to cool and strain. Good for diarrhea, take ½ glass every 4 hours.



DAHON NG PAPAYA DECOCTION PAPAYA LEAF

WHAT YOU'LL NEED

Papaya leaves (not too young, not too mature) Hot water

FOR DENGUE

While already known for its delicious and healthy fruits, the papaya is making headway as a good combatant against dengue. Prepared properly, a leaf decoction is shown to help elevate your platelet count just after two days.

HOW TO MAKE IT

Wash and chop fresh papaya leaves. Prepare one cup of leaves for every four cups of water. Allow them to boil uncovered for 15 minutes over low heat. Let it steep then strain. Drink this decoction once a day for 3 to 5 days to alleviate dengue symptoms.



ROMERO DECOCTION ROSEMARY

WHAT YOU'LL NEED
2 sprigs fresh rosemary
4 cups water

FOR COUGH AND STOMACH ACHES

Rosemary leaves are a good choice for making a relaxing cup of wellness tea, thanks to the unique woody-pine aroma. Brewing it into a stronger herbal decoction intensifies the flavor and releases healing properties for cough and stomach ache.

HOW TO MAKE IT

Combine the rosemary and water in a pot, and bring to a boil. Lower the heat and allow it to simmer on low heat for 5 to 15 minutes. Strain leaves before drinking.





TARRAGON INFUSION

WHAT YOU'LL NEED

1 tablespoon tarragon leaves

250 ml hot water

FOR DIGESTION AND RELAXING

With its comforting and sweetsavory aroma, tarragon tea has a calming effect that's great for combating stress and anxiety. Drinking the herbal infusion is also a good digestive, alleviating such stomach problems as bloat and gas.

HOW TO MAKE IT

Bring water to a rolling boil. Once ready, pour the water over the fresh tarragon leaves. Let steep for 15 minutes. Strain and enjoy.



ANG ASUL NA TSAA INFUSION BUTTERFLY PEA

WHAT YOU'LL NEED

3 to 5 butterfly pea flowers
Hot water

FOR HIGH BLOOD SUGAR AND BLOOD PRESSURE

Stunning in blue – the butterfly pea tea owes its lovely hue to the plant's flowers. Whether fresh or dried, the flowers maintain their blue color, allowing you to enjoy this tea any time of the year not only for its vibrant tinge, but also its ability to lower blood sugar and blood pressure.

HOW TO MAKE IT

Immerse the butterfly pea flowers for at least 15 minutes in hot water. You should get a nice blue to indigo color.

BREWING TIP

Air- or oven-drying the butterfly pea flowers will preserve them, all while maintaining the signature blue color.



LANGKAWAS DECOCTION

WHAT YOU'LL NEED

1 thumb-sized unpeeled langkawas

500 ml or 2 glasses of water

1F YOU WANT MORE FLAVOR 2 pieces calamansi

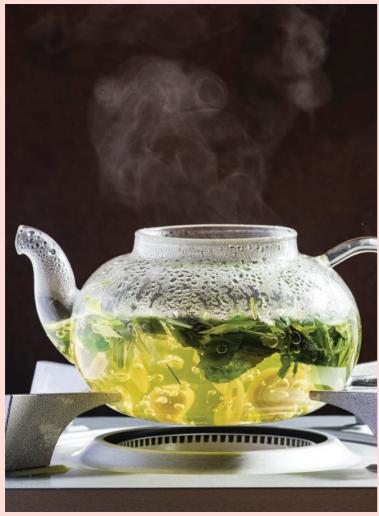
1 tablespoon honey

FOR COUGH AND

As a cousin of ginger and turmeric, langkawas roots offer a bevy of flavors that are not only good for cooking, but also brewing teas. The healing decoction is beneficial when you have a cough, or a stomach ache caused by bloat or flatulence.

HOW TO MAKE IT

Boil the *langkawas* in 2 glasses of water over a low flame for 15 minutes. Do not cover. Use ceramic, glass, or stainless steel pots only. Strain to get the liquid. For added flavor, you can squeeze two pieces of calamansi and add honey.



BALANOY & TANGLAD FUSION BASIL-LEMONGRASS

WHAT YOU'LL NEED

Basil (holy basil, sweet basil, or Thai basil)

Lemongrass leaves

Water

Honey

FOR STOMACH, KIDNEY, AND BLADDER CARE

Combining basil and lemongrass is a sure treat with both offering invigorating aromas that create a refreshing herbal tea. Their synergy also produces a decoction that protects the urinary tract, kidney, and bladder, and aids in good digestion.

HOW TO MAKE IT

Muddle or crush the basil leaves and combine with chopped lemongrass leaves. Place them in boiling water for 3 minutes. Strain the leaves and allow the tea to cool. It can be taken hot or cold. Add honey to taste.



GOLDEN MILK NO-MILK TURMERIC TEA

WHAT YOU'LL NEED 2 cups plant-based milk (almond, coconut, oat, etc.)

1 inch turmeric root, chopped

½ inch ginger root, chopped

1 cinnamon stick

1 tablespoon honey

Pinch of black pepper

IF YOU WANT MORE FLAVOR 2 to 3 whole cardamom pods

2 to 3 whole black peppercorns

1 teaspoon pure vanilla extract

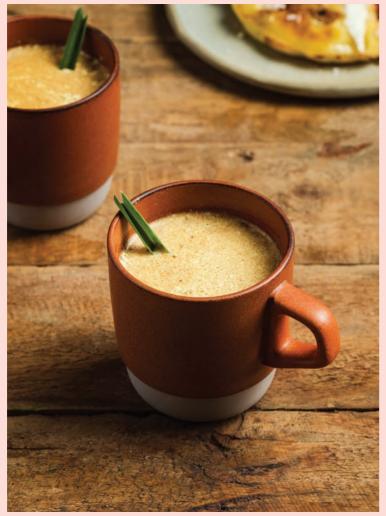
Pinch of cayenne powder

FOR INFLAMMATION

Milk tea without the guilt — Golden Milk is a healthier alternative to commercial milk teas. The drink itself is rich and deliciously spiced. Plus, it's a great way to absorb all the antioxidant and anti-inflammatory benefits of turmeric.

HOW TO MAKE IT

Combine all the ingredients in a saucepan and bring to a light boil. Keep stirring until the honey is melted. Reduce heat to low and allow to barely simmer for 30 minutes. Strain and enjoy.



LUYANG DILAW 8 TANGLAD DAIRY-FREE LATTE TURMERIC-LEMONGRASS

WHAT YOU'LL NEED 1 inch ginger, peeled and grated

1 inch fresh turmeric, peeled and grated (or ¼ teaspoon ground turmeric)

> 2 teaspoons lemongrass leaves

2 pinches cayenne pepper

240 ml unsweetened coconut milk

1 teaspoon honey

Ground cinnamon, to serve

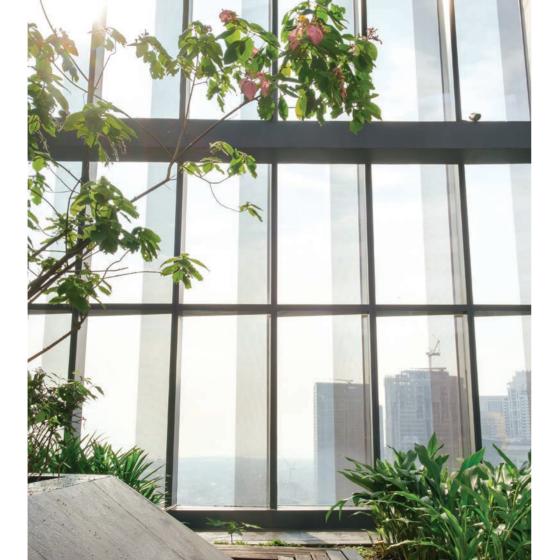
FOR AN ANTIOXIDANT BOOST

A feast for the senses — packed with the flavors and nutrients of lemongrass, turmeric, ginger, and cayenne pepper — this bright and sunny drink is the perfect way to introduce a much healthier latte alternative to your daily routine.

HOW TO MAKE IT

Set the cinnamon aside. Place all the other ingredients in a pot, and allow to boil over medium heat. Once boiling, lower the fire for 4 minutes. Stir occasionally to incorporate all the flavors. Drink as is, or place the liquid into a French press to create a frothy latte. Serve with a pinch of cinnamon.

B U I L D I N G S U S T A I N A B L E L E G A C I E S



OUR STORY

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 in material assets but more importantly in the lasting intangibles such as comfort, health, and happiness.

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

We pride ourselves as the sole property developer in the Philippines with a portfolio that consists exclusively of sustainable developments, locallyand internationally-certified.

We develop and manage best-in-class properties with a long-term goal of creating value for the next generation

while considering our projects' socioeconomic and environmental impact.

We are led by our mission 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, with the distinction of being 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.

OUR PORTFOLIO



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.



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.

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CEBU EXCHANGE

SALINAS DRIVE, CEBU CITY

Arthaland's signature development in the southern Philippines, 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.



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. Savya Financial Center will stand as a one-of-a-kind global address created to the highest standards.



SEVINA PARK

BIÑAN, LAGUNA

The first and only master-planned 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.



LUCIMA

CEBU BUSINESS PARK

A 37-story development that sits on 2,245 square meters of prime real estate in Cebu Business Park, Lucima is envisioned to be the first quadruple-certified sustainable high-rise residential condominium in the country. It has earned precertification for LEED® Gold by the U.S. Green Building Council. In addition, it is vying for WELL™, EDGE®, and BERDE certifications. Residents will benefit from lower electric and water bills and improved indoor air quality. Carefully planned with health, safety, and security in mind, Lucima is the ideal address heading into the future.

GLOSSARY

В

BERDE

stands for Building for Ecologically Responsive Design Excellence

established by the Philippine Green Building Council (PHILGBC)

a program response to the Philippine building industry's need to proactively address the negative impacts of climate change

C

Culm

(n) the hollow stem or stalk of a grass or grass-like plant, often bearing flowers

Curative

(n) a medicine or agent for healing (adj) having the ability to cure

D

Decoction

(n) a concentrated or distilled liquid made by heating or boiling something, often medicinal plants, to extract its essence

Dhobie Itch

(n) known locally as *buni*, it is an itchy skin irritation in the groin area typically caused by ringworm or allergic dermatitis

Drupe

(n) a type of fleshy and thin-skinned fruit with a central stone that has the seed

Dysentery

(n) an intestinal infection that often causes severe diarrhea

Е

EDGE®

stands for Excellence in Design for Greater Efficiencies

established by the International Finance Corporation (IFC), a member of the World Bank Group

a green building certification focused on making buildings resource-efficient in a fast, easy, and affordable way

Η

Herbaceous

(adj) relating to herbs, particularly their soft and not woody qualities

I

Infusion

(n) a drink made by soaking or leaving tea leaves or herbs in hot liquid

I FFD®

stands for Leadership in Energy and Environmental Design

established by the non-profit U.S. Green Building Council (USGBC)

a building rating system that provides a framework for healthy, highly efficient, and cost-saving green structures

0

Oblong-ovate

(adj) relating to leaves, an oblong-shaped leaf that has one narrower end

Ovate

(adj) relating to leaves, a leaf with an oval or egg-like shape that is wider at the base and tapers towards the tip

P

Palmate

(adj) relating to leaves, having five or more lobes or leaflets all coming from a central stem

Pantropic

(adj) referring to plants that occur or grow in tropical regions

Perennial

(adj) a plant that can live for several years compared with annual (lives for one year) and biennial (lives for two years) plants

Poultice

(n) a moist paste made of herbs and other natural materials, often applied topically to relieve skin irritations or body aches

Preventative

(n) a medicine or remedy meant to prevent illnesses or harm

Rhizome

(n) compared to a bulb, it is a continuously growing underground stem that has shoots growing from its sides

T

Tisane

(n) an herbal tea or infusion made from any plant other than the tea plant

Tuber

(n) a highly thickened underground part of a stem or rhizome

U

Undershrub

(n) also known as a subshrub, it is a small shrub typically woody at the base

W

WELL™

refers to the WELL Building Standard

established by the International WELL Building Institute (IWBI)

a performance-based system that measures, certifies, and monitors features of the built environment that impact human health and wellbeing, through air, water, nourishment, light, fitness, comfort, and mind

Whorl

(n) in botany, a set of leaves, flowers or branches growing and encircling a stem

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Tsaang gubat Pansit-pansitan





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