IDENTIFICATION, CLASSIFICATION AND UTILIZATION OF LESSER KNOWN NUTRACEUTICAL PLANTS IN SELECTED TOWNS OF QUEZON PROVINCE

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ABSTRACT

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The study was conducted in Tayabas, Pagbilao and Dolores, Quezon from July to December 2017. The study aimed to identify, classify and determine how people from these municipalities utilize nutraceutical plants. Specifically, the study documented the characteristic of each nutraceutical plants in terms of; (a) botanical classification, (b) growth habit, (c) part use, and (d) utilization; determined their nutrient and properties which make the plant nutraceutical; and assessed the sensory quality of prepared food using the collected plants. Interviews were used in data collection with 50 participants per town who were mostly herbolarios and farmers.

Plants were documented and collected after the interviews and taken to Department of Crop Science, College of Agriculture, Food, Environment, and Natural Resources, Cavite State University for propagation.

A total of 41 species were collected and documented. Among of the 41, 10 species became the focus of the study. These 10 selected species were verified at the Museum of Natural History, UPLB and were classified using IUCN Red List of Threatened Species. Version 2017-3, and ITIS-Integrated Taxonomic Information System. Sensory evaluation of Kamamba as "Pinais na hipon", Lagikway as "Lauyang Lagikway", Katmon as "Katmon fruit jam" and Pako as "Kinilaw" and "Torta" was conducted. All plants described have medicinal value and therapeutic properties. Most

of the collected plants contains flavonoids, alkaloids, saponins, and terpenoids hence their therapeutic effect.

The collected plants were characterized according to botanical classification, growth habit, part used and utilization. The nutrients, phytochemical constituents and therapeutic effects of each plant categorized them as nutraceuticals. The nutraceutical plants such as pako, lagikway, kamamba and katmon were traditionally cooked and results of sensory evaluation of these plants indicate that they are acceptable.

Based on the result of the study, the author would like to recommend thorough study of these plants for medicinal purposes and conduct similar study in all the districts of Quezon or in another province.

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