

1.

Science, Agriculture



I. Chapter I (Introduction) Background of the Study (Rationale) " He gives us that vast goodness of nature and vegetation is among those. As man propagates for abundance; he deserves to harbor tremendous benefits from it. " The discovery of herbal plants made the possible existence of modern medicine. Modern medicine makes use of these plants in making capsulated herbal medicine or food supplements. It is scientifically proven that numerous of vitamins and minerals are found in herbal plants that can supply the needs of living things, specifically humans. These vitamins and minerals help supply energy within a person's body, which is needed for everyday activities in order for them to perform well. Herbal plants nowadays are not just made as medicinal purposes but also as food ingredients so that it may add a unique and healthier flavor to foods. Malunggay was once considered a " poor man's vegetable" but now it is known as a " miracle tree" or " nature's medicine cabinet" by scientists and health care workers from around the world because it is loaded with vitamins and minerals that can be an effective remedy against many kinds of ailments such as arthritis, anemia, ovarian cancer, heart complications, kidney problems, asthma and digestive disorders. Each ounce of Malunggay contains seven times the Vitamin C found in oranges, four times the Vitamin A of carrots, three times the iron of spinach, four times as much calcium as milk and three times the potassium of bananas. Spinach is well-known in stabilizing the blood sugar among diabetics, it serves as an anti-oxidant, an anti-cancer agent, it prevents from atherosclerosis or thickening and hardening of arteries and it aids in the formation of the blood substance required for blood clotting. Besides of it being considered as an herb rich in

Iron, it is also a rich source of Carbohydrates, Dietary fiber, Fat, Protein, Vitamin A, Beta-carotene, Lutein, Zeaxanthin, Folate, Vitamin C, Vitamin E, Vitamin K and Calcium. The combination of both herbs can surely make a nutritious supplement for all ages. This study aims to presents the result of the beneficial mix of Malunggay and Spinach called as Malunggay and Spinach powder. A power duo, a product of nature, harness within reach and concocted with simplicity. II. Statement of the Problem The study aspired primarily, to search for alternative ways of utilizing the common backyard plants Malunggay and Spinach so that it won't be placed into waste. Secondly, make a different and simple preparation of it right in one's home aside from the usual capsule and tablet forms, which currently dominate in the market. Lastly, to disseminate the information on how to augment a nutritional need within in reach and friendly to the pocket. The study addressed the following specific questions: 1.) What are the procedures in preparing the Malunggay and Spinach powder? 2.) Is there a specific expiration for this product? 3.) Are there different processes of drying each kind of leaves? 4.) How long can the end product be stored? 5.) Is it advisable to dry the Malunggay and Spinach leaves under direct sunlight? 6.) What are the uses of the Malunggay and Spinach powder as an additive? 7.) What specific amounts of Malunggay and Spinach to be prepared to meet our nutritional needs? 8.) What are the nutritional values from the combination of Malunggay and Spinach? 9.) Can this research work possibly be pursued in the future? III. Significance of the Study Health awareness is the prime investment, ingenuity is the investors joining effort and wellness is the net gain. Most people think that adapting a healthy and

well-conditioned life is expensive and difficult to achieve. The significance is just how one resourcefully utilizes the cheap, the natural abundance of nature, and the untiring quest to alternatives and remedies. Malunggay and Spinach are kind of vegetables that are rich with vitamins, minerals and amino acids that are needed for optimum health. The purposeful cahoots will serve as a supplement Malunggay, touted as All- around miracle tree or Natures medicine cabinet contains a wide variety of nutrients in high amounts and Spinach, known as Powerhouse of Nutrients fill in essential Potassium, Phosphorus and Niacin that Malunggay does not have. This potent combination in powder form add nutrition to our deficient diet due to modern farming methods, nutrient-deficient soils, high levels of pollution that places more stress, and busy lifestyles that make it hard to prepare healthy balanced diet. It acts as an inexpensive insurance against nutritional deficiencies. This study will promote awareness on the relevance of serving of vegetable meals, soup, bread, dessert, shakes, juices and mixes with Malunggay and Spinach powder. It encourages households to plant Malunggay and Spinach in backyards for personal consumption. Finally, it inspires people to study and search for benefits on vegetables and other agricultural produce.

IV. Scope and Limitation of the Study The study focused on the specifications of how to procure the major quality ingredients, the Malunggay and Spinach leaves and conscientiously observed the proper storage and maintenance of suitable room temperature. It took two (2) months and a half to get the final result of the research work using the method of experimentation. As Malunggay was readily cultivated in the

backyard on the contrary, Spinach was a hard find. It started from a given tiny seedling from mountainous Busay and was replanted.