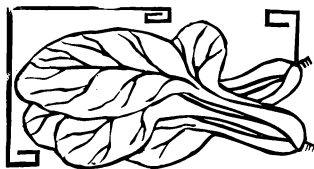


TRUE STORIES

PLANTS ABOUT US

LEAVES AND THEIR USES



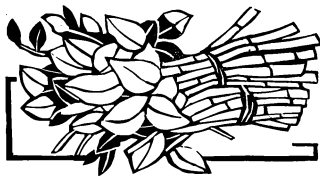
Are you fond of eating leaves? Perhaps you think of a goat or a carabao but you forget your fresh *lumpia* and the *sinigang* that your mother cooks. Leaves help make them delicious. We eat some kinds of leaves which have great food value and help the body grow. They give color and taste to our foods. We use the lettuce for salads. The pechay, the cabbage, the young leaves of the sweet potato, *kangkong*, and squash have at one time or another been cooked with fish or meat. Ilocanos are fond of *saluyot* leaves. The leaves of the *malungay* plant are fed to nursing mothers to increase their milk. The leaves of the pepper plant improve the taste of fish and chicken. Can you think of other leaves you have used for food?

Some leaves have medicinal value. When you have stomachache boil the leaves of the *sambong* and drink it. If you have itches,

wash the sores in boiled water with guava leaves. Perhaps when you were a baby, your mother often heated a leaf of the *tuba* plant to place on your stomach before you slept. And when little brother had running ears, she heated the leaf of a *soro-soro* and squeezed it into his ears. Ask your mother or grandmother what other leaves she has used for medicine.

Leaves are also used for decoration at home. During the Christmas season, the gay poinsettia leaves help to give the home a festive air. Our windows are incomplete without the *dapo* or the *malvarosa*. In the provinces when people give parties out of doors, they use the leaves of the coconut and the banana to give them shade.

Can you think of other ways leaves have been useful to you? What do you call the leaf some women chew with betel-nut and lime? Market-sellers use the banana leaf to wrap up fish, shrimps, lard and other things they sell. We clean our tables at home with the aid of the *isis*. And most of you must live in houses



thatched with nipa leaves. Some women use papaya leaves with soap and water when they wash clothes with mildew stains.

Below is a list of plants. Give the use of their leaves: pandan, gabi, tamarind, *dahong maria*, *banaba*.