Chinese Cabbage – 78

Freshly Produced Chinese Cabbage! from Farm Schools of Ormoc City.

* Rich in vitamins A, C, and K, which are essential for vision, immune function, and blood clotting.
* Good source of dietary fiber, aiding digestion and promoting a healthy gut.
* Contains minerals like calcium, potassium, and manganese, which are important for bone health and various cellular functions.

Onion – 140

Freshly Produced Onion! from Farm Schools of Ormoc City.

* Contains antioxidants, such as quercetin, which may help reduce inflammation and lower the risk of chronic diseases.
* Good source of vitamin C, which supports the immune system and collagen production.
* Provides dietary fiber and prebiotics, promoting healthy digestion and gut microbiota.

Mung Beans – 100

Freshly Produced Mung Beans! from Farm Schools of Ormoc City.

* Excellent source of plant-based protein, making them a valuable option for vegetarians and vegans.
* High in dietary fiber, which aids digestion and helps regulate blood sugar levels.
* Rich in vitamins and minerals, including folate, magnesium, and manganese.

Talong  - 83

Freshly Produced Eggplant! from Farm Schools of Ormoc City.

* Low in calories and rich in dietary fiber, aiding weight management and promoting digestive health.
* Contains antioxidants like nasunin, which may protect against cell damage and reduce the risk of chronic diseases.
* Provides vitamins and minerals, including potassium and folate.

Tomato – 200

Freshly Produced Tomato! from Farm Schools of Ormoc City.

* Excellent source of vitamin C and other antioxidants, supporting immune function and protecting against oxidative stress.
* Contains lycopene, a powerful antioxidant associated with a lower risk of certain cancers and heart disease.
* Provides vitamin A, potassium, and folate, among other essential nutrients.

Lettuce – 90

Freshly Produced Lettuce! from Farm Schools of Ormoc City.

* Low in calories and high in water content, contributing to hydration and weight management.
* Contains vitamins A, K, and folate, supporting vision, bone health, and red blood cell production.
* Provides dietary fiber and antioxidants.

Sitao – 200

Freshly Produced Snake Beans! from Farm Schools of Ormoc City.

* Good source of dietary fiber, promoting digestive health and regulating blood sugar levels.
* Contains vitamins A and C, supporting immune function and skin health.
* Provides minerals like potassium and manganese.

Okra – 70

Freshly Produced Okra! from Farm Schools of Ormoc City.

* Low in calories and fat, making it a suitable choice for weight management.
* High in dietary fiber, which aids digestion and promotes a healthy gut.
* Contains vitamin C, an antioxidant that supports immune function and collagen synthesis.
* Rich in vitamin K, which is essential for blood clotting and bone health.
* Provides folate, a B-vitamin important for DNA synthesis and cell growth.

Kangkong – 25

Freshly Produced Water Spinach! from Farm Schools of Ormoc City.

* Low in calories and fat, making it a nutritious addition to a balanced diet.
* Contains vitamin A, which is crucial for vision, immune function, and skin health.
* Rich in vitamin C, an antioxidant that supports immune function and promotes collagen production.
* Provides minerals like iron and calcium, which are important for blood health and bone strength.
* High in dietary fiber, promoting healthy digestion and preventing constipation.