

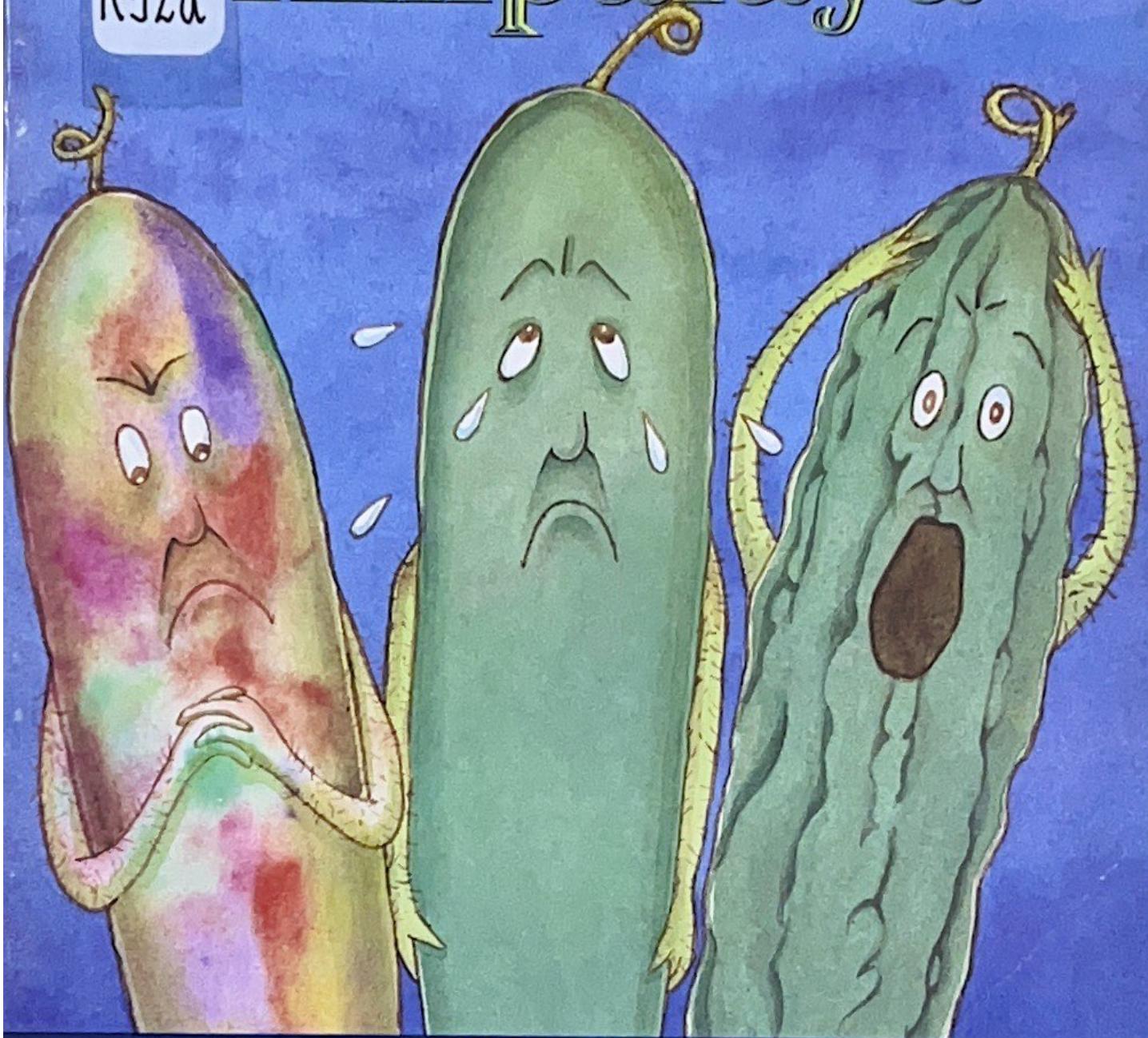


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Alamat ng Ampalaya

A Book
in 2 Languages



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Guhit ni Kora D. Albano



Noong araw, sa bayan ng Sariwa
naninirahan ang lahat ng uri ng gulay.
Dito makikitang naghabulan
sina Labanos at Mustasa. Nagpapatintero
rin sina Bawang, Sibuyas, Upo, at Patola.
Nagtatguan sina Singkamas, Talong, at Luya,
habang nagluluksong baka
sina Kamatis at Kalabasa.

Long ago, all kinds of vegetables lived in the town of Sariwa.
There, Labanos and Mustasa merrily chased each other.
Bawang, Sibuyas, Upo, and Patola played patintero.
Singkamas, Talong, and Luya had fun with hide-and-seek,
while Kamatis and Kalabasa enjoyed their luksong-baka.

Isang araw,
umusbong ang isang kakaibang gulay.
Siya'y si Ampalaya.
Maputlang-maputla
ang kulay ng balat niya
at sa kahit anong lasa'y
salat siyang talaga!

*One day, a new vegetable sprouted.
His name was Ampalaya.
He had a very pale complexion
and was very bland to the taste!*



Dahil dito, unti-unting pumulupot ang mabalahibong inggit sa katawan ni Ampalaya.
Naging bugnutin siya at mainitin ang ulo.
Lahat ng gulay na lumapit sa balag niya ay binubulyawan niya.

"Wag kayong lumapit sa akin!
Hindi ko kayo kailangan! Layas!"

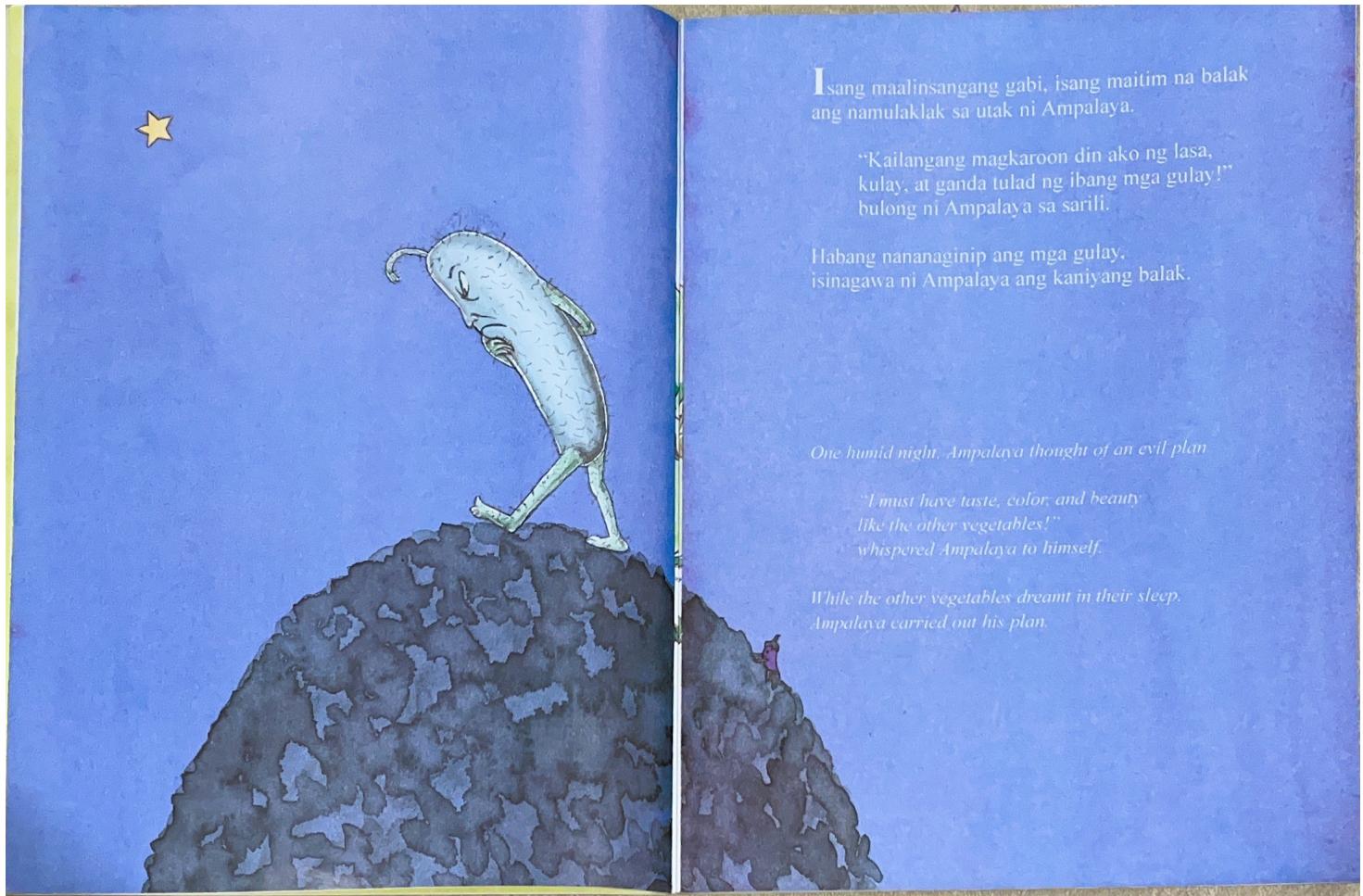
Dahil dito, nilayuan tuloy siya ng lahat ng gulay sa bayan ng Sariwa.



*Because he was pale and bland,
Ampalaya was soon overcome with envy.
He became irritable and hot-headed.
He shouted at all the vegetables
who went near his trellis.*

*"Don't come near me!
I don't need you! Go away!"*

Thus, all the vegetables of the town of Sariwa avoided Ampalaya.



Isang maalinsang gabì, isang maitim na balak ang namulaklak sa utak ni Ampalaya.

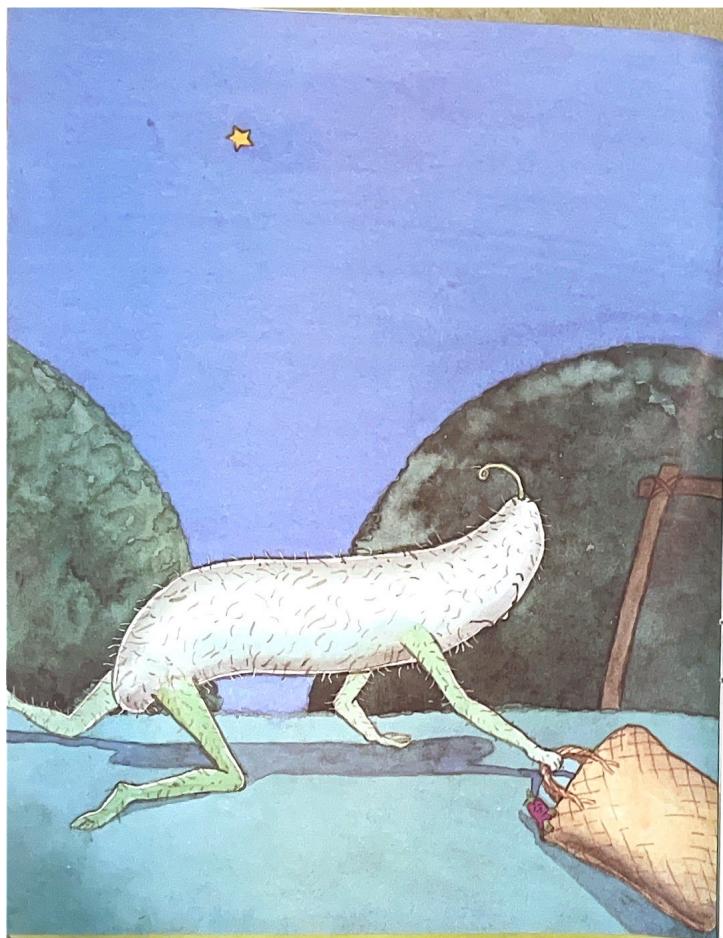
"Kailangang magkaroon din ako ng lasa, kulay, at ganda tulad ng ibang mga gulay!" bulong ni Ampalaya sa sarili.

Habang nananaginip ang mga gulay, isinagawa ni Ampalaya ang kaniyang balak.

One humid night, Ampalaya thought of an evil plan

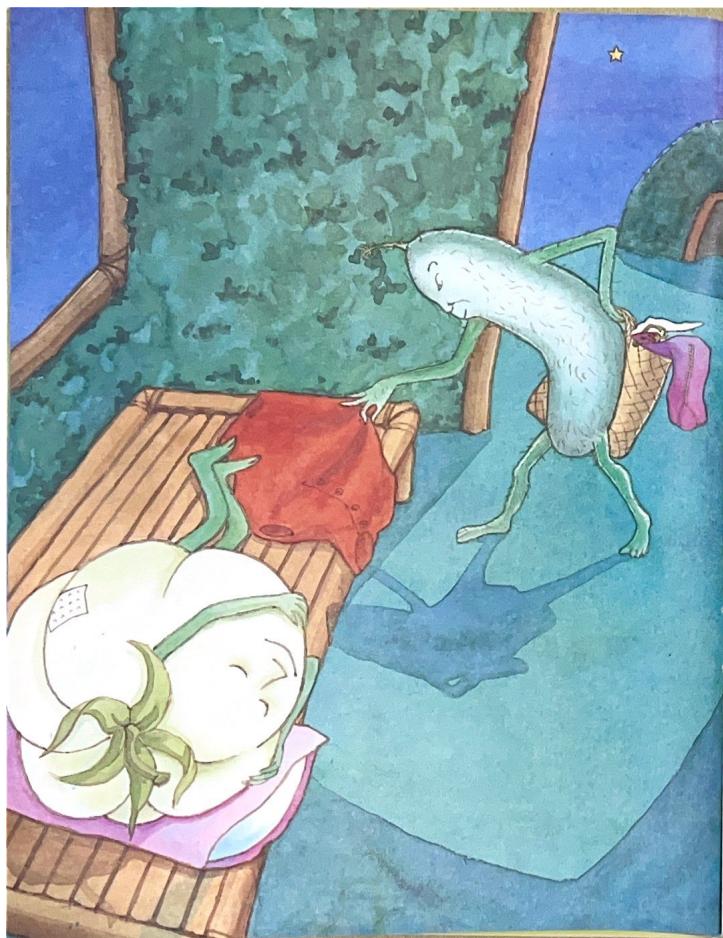
"I must have taste, color, and beauty like the other vegetables!" whispered Ampalaya to himself.

While the other vegetables dreamt in their sleep, Ampalaya carried out his plan.



Dahan-dahan, gumapang siya papalapit sa mga balag ng mga walang kamalay-malay na biktima. Sinunggaban niya ang tamis ni Kalabasa. Isinilid niya sa isang bayong ang asim ni Kamatis, pati na ang anghang ni Luya. Nakita rin niyang nakasampay sa bintana ang kaputian ni Labanos. Agad niya itong kinuha. Sinaklot din niya ang lilang balat ni Talong at ang luntiang pisngi ni Mustasa.

*Quietly, he crawled closer to the trellis of his unsuspecting victims.
He grabbed the sweetness of Kalabasa.
He put away in a bayong the sourness of Kamatis,
and the spice of Luya.
From the window sill
he stole the fair complexion of Labanos.
He also took the purple color of Talong
and the green cheeks of Mustasa.*



Ipinuslit din niya ang lutong ni Singkamas, ang manipis na balat ni Sibuyas, ang malasutlang kutis ni Kamatis, at maging ang gaspang ni Patola.

“Ha! Ha! Ha! Ha! Sa wakas!
Nasa akin na ang lahat ng lasa, kulay, at ganda!
Siguradong kaiinggaan ako ng lahat ng gulay!”
sabi ni Ampalaya sa sarili.

*He got for himself the crispiness of Singkamas,
the thin skin of Sibuyas,
the smooth face of Kamatis,
and even the roughness of Patola.*

*“Ha! Ha! Ha! Ha! At long last!
All their tastes, colors, and beauty are mine!
I’m sure I will be envied by all vegetables!”
said Ampalaya to himself.*

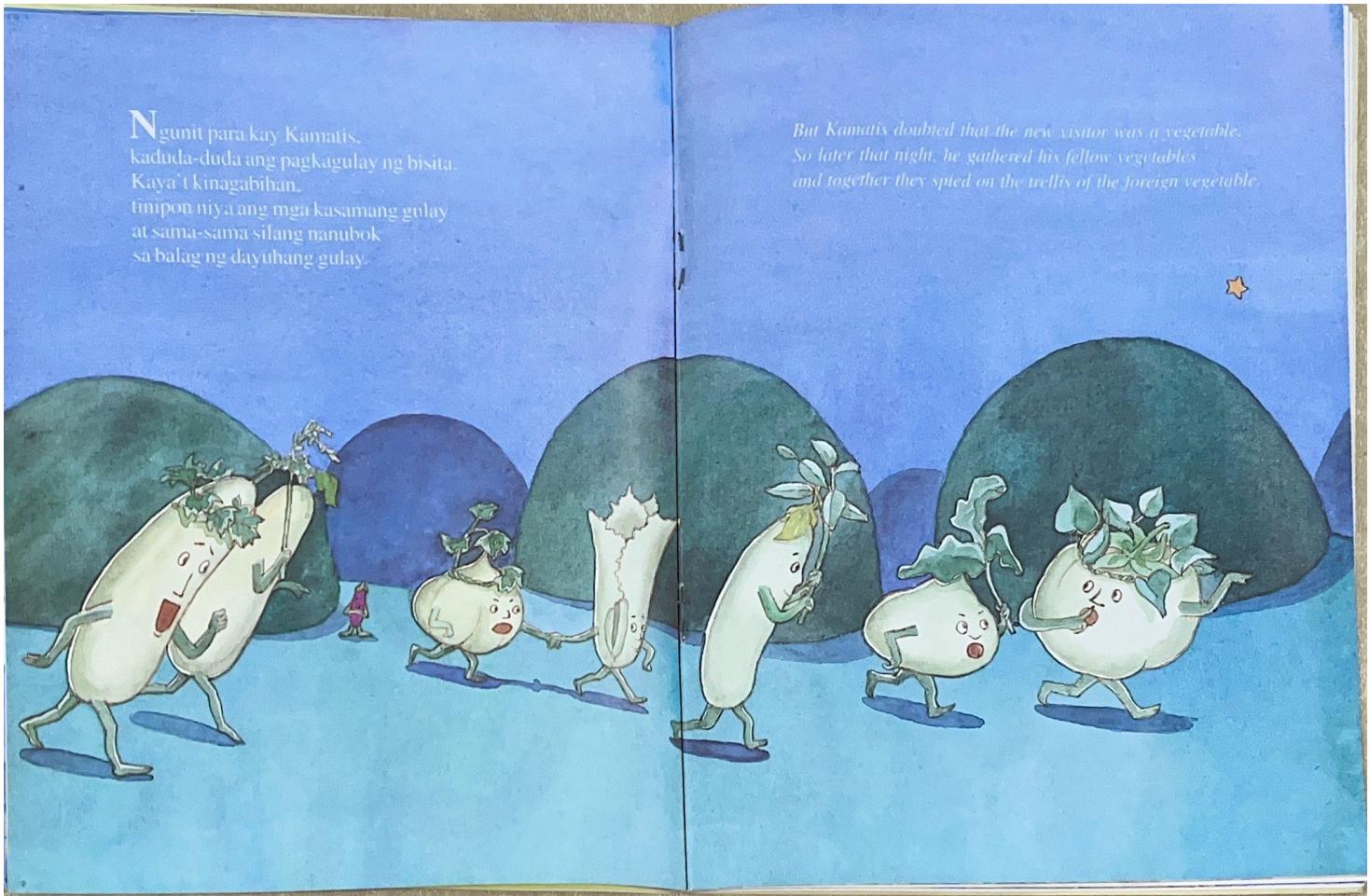
Kinabukasan, umalingawngaw ang balita tungkol sa nakawang naganap. Nagtipon-tipon ang lahat ng gulay. Lumuwang mga mata ng lahat nang biglang dumating ang isang di-inaaasahang bisita: isang dayuhang gulay. Iba't iba ang kulay ng balat niya at kaya pa niyang mag-iba-iba ng lasa! Kahanga-hangang gulay talaga!



*The next day
news of the great theft that happened spread.
All the vegetables gathered together.
They could not believe their eyes
when an unexpected visitor appeared:
a foreign vegetable.
His skin was of different colors
and he could change the way he tasted!
A remarkable vegetable indeed!*

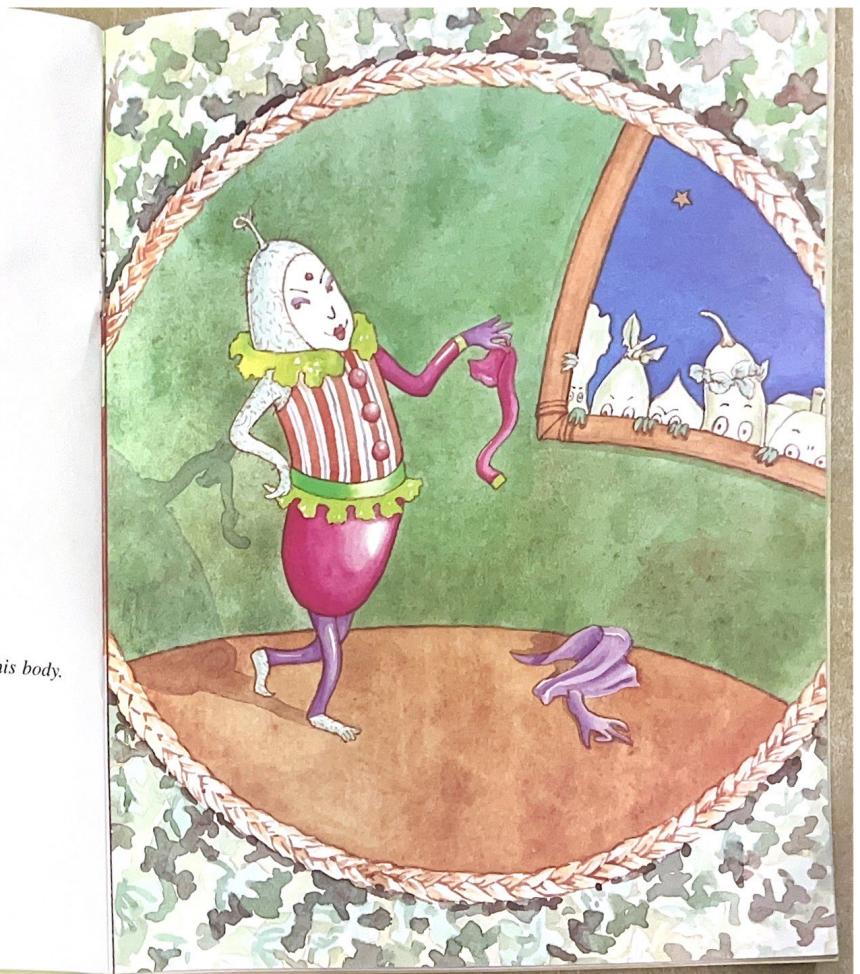
Ngunit para kay Kumatis,
kaduda-duda ang pagkagulay ng bisita.
Kaya't kinagabibian,
timpon niya ang mga kasamang gulay
at sama-sama silang nanubok
sa balag ng dayuhang gulay.

*But Kumatis doubted that the new visitor was a vegetable.
So later that night, he gathered his fellow vegetables
and together they spied on the trellis of the foreign vegetable.*



Kitang-kita nila ang dayuhang gulay,
nakaharap sa salamin, habang isa-isang hinuhubad
ang mga lasa, kulay, at ganda mula sa katawan niya.
Nagulat sila nang tumambad sa harap nila
ang isang maputlang gulay:
ang bugnuting si Ampalaya!

*Together they saw the foreign vegetable face the mirror
and shed off one by one all the tastes, colors, and beauty from his body.
They were all surprised
when a pale vegetable suddenly appeared before them:
the irritable Ampalaya!*



Isinakdal sa harap ng Kalunti-luntian, Kasari-sariwan, Kasusta-sustansiyang Hukuman ng mga Gulay si Ampalaya.

Dumating sa paglilitis ang lahat ng gulay

sa bayan ng Sarifa.

Nandoon din bilang hukom ang mga diwata ng Araw, Lupa, Tubig, at Hangin.

"Hindi pa nilikha ang gulay na nagtataglay ng lahat ng lasa, kulay, at ganda ng Kalikasan!" sigaw ng diwata ng Araw.

"Ikaw ay napatuwayang nagkasala laban sa batas ng mga gulay at sa batas ng Kalikasan,"

bulong ng diwata ng Lupa.

"A-Ampalaya, ikaw ay parusahan..."

hikab ng diwata ng Tubig.

Ampalaya was charged in front of the Most Green, Most Fresh, Most Nutritious Court of Vegetables.

All the vegetables in the town of Sarifa attended the trial.

The fairies of the Sun, Earth, Water, and Air were also there as judges.

"The vegetable that possesses all the tastes, colors, and beauty of Nature has not yet been created!"

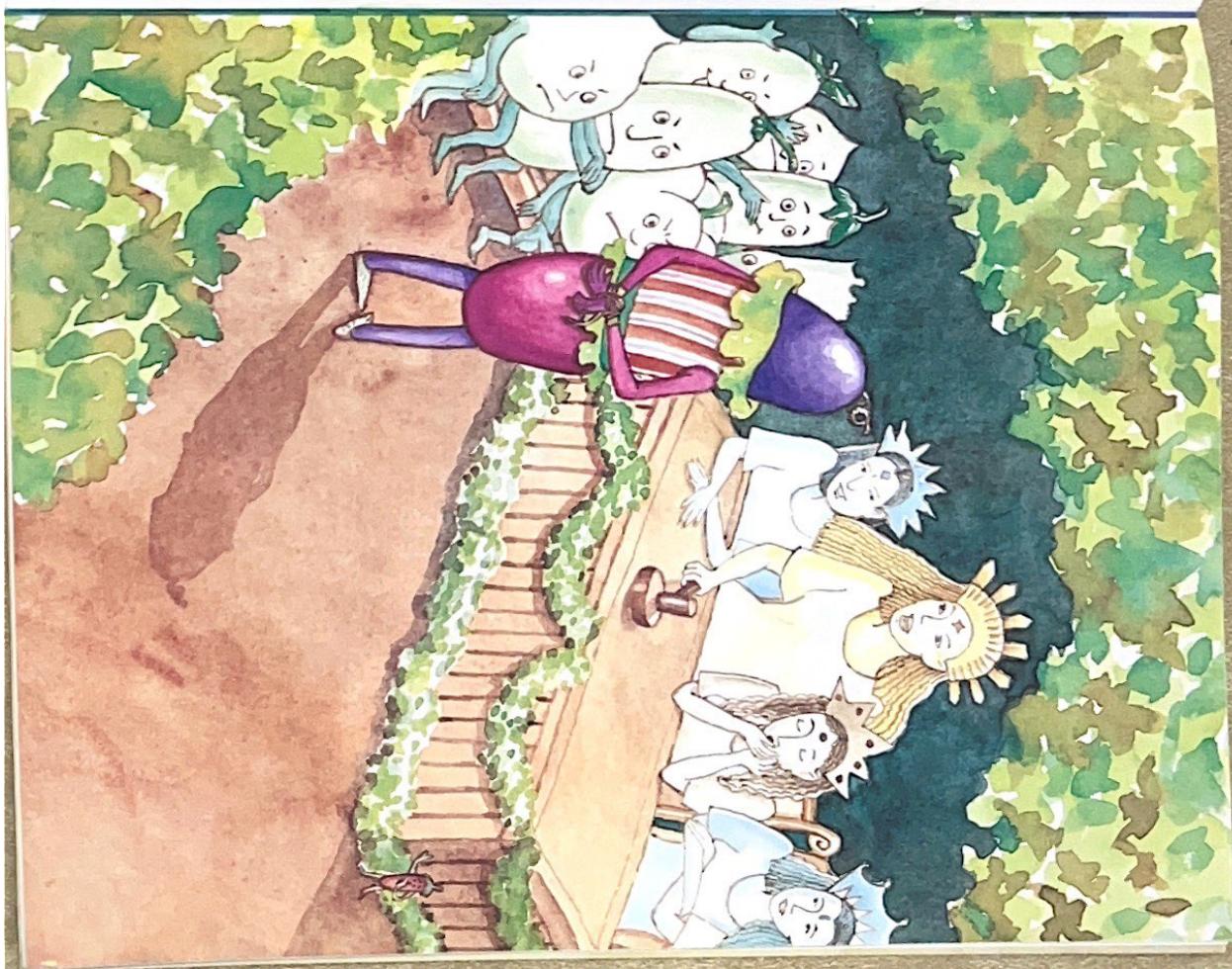
shouted the fairy of the Sun.

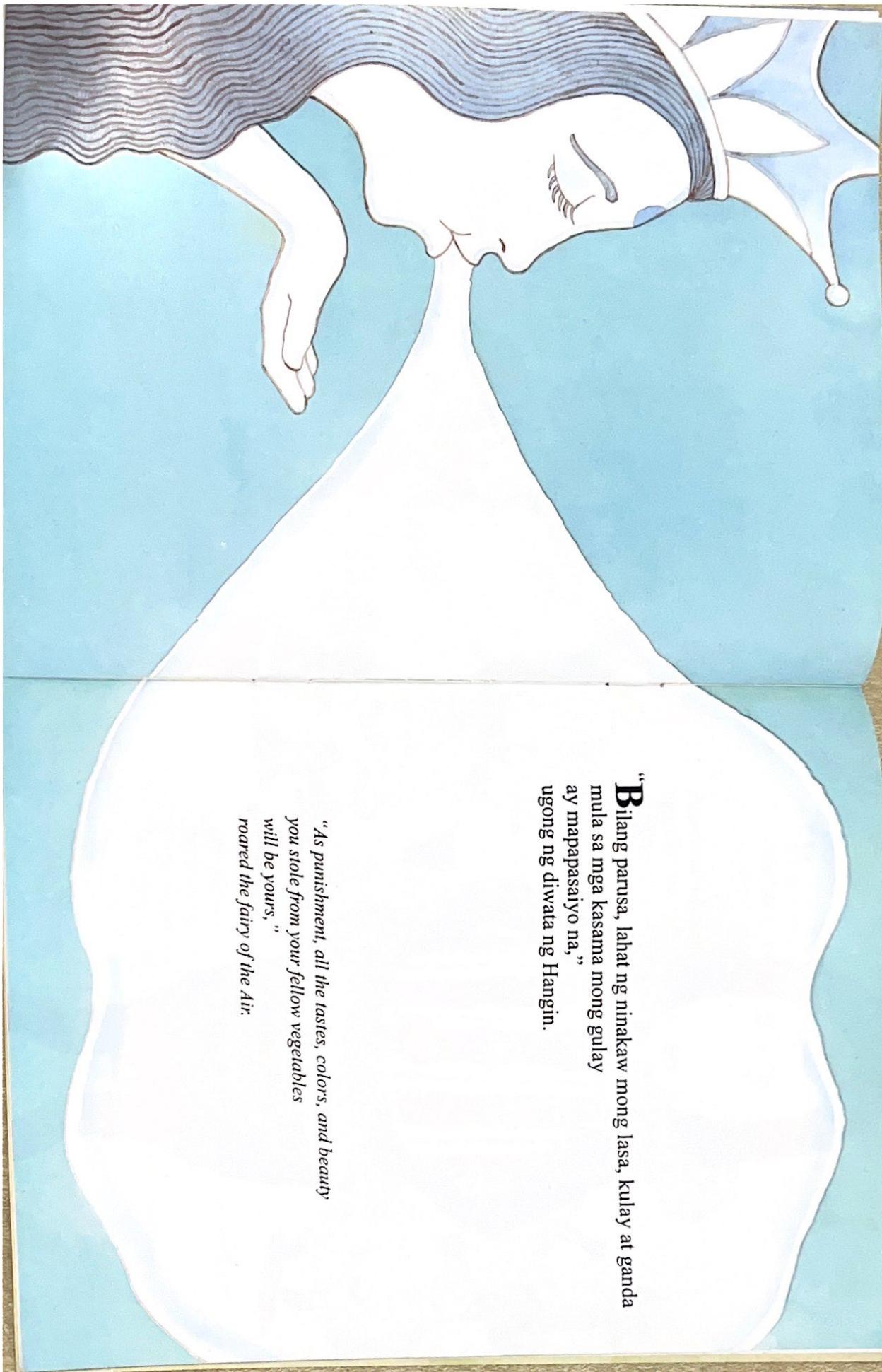
"You have been proven guilty of a crime against the law of vegetables and the law of Nature,"

whispered the fairy of the Earth.

"A-Ampalaya, you will be punished..."

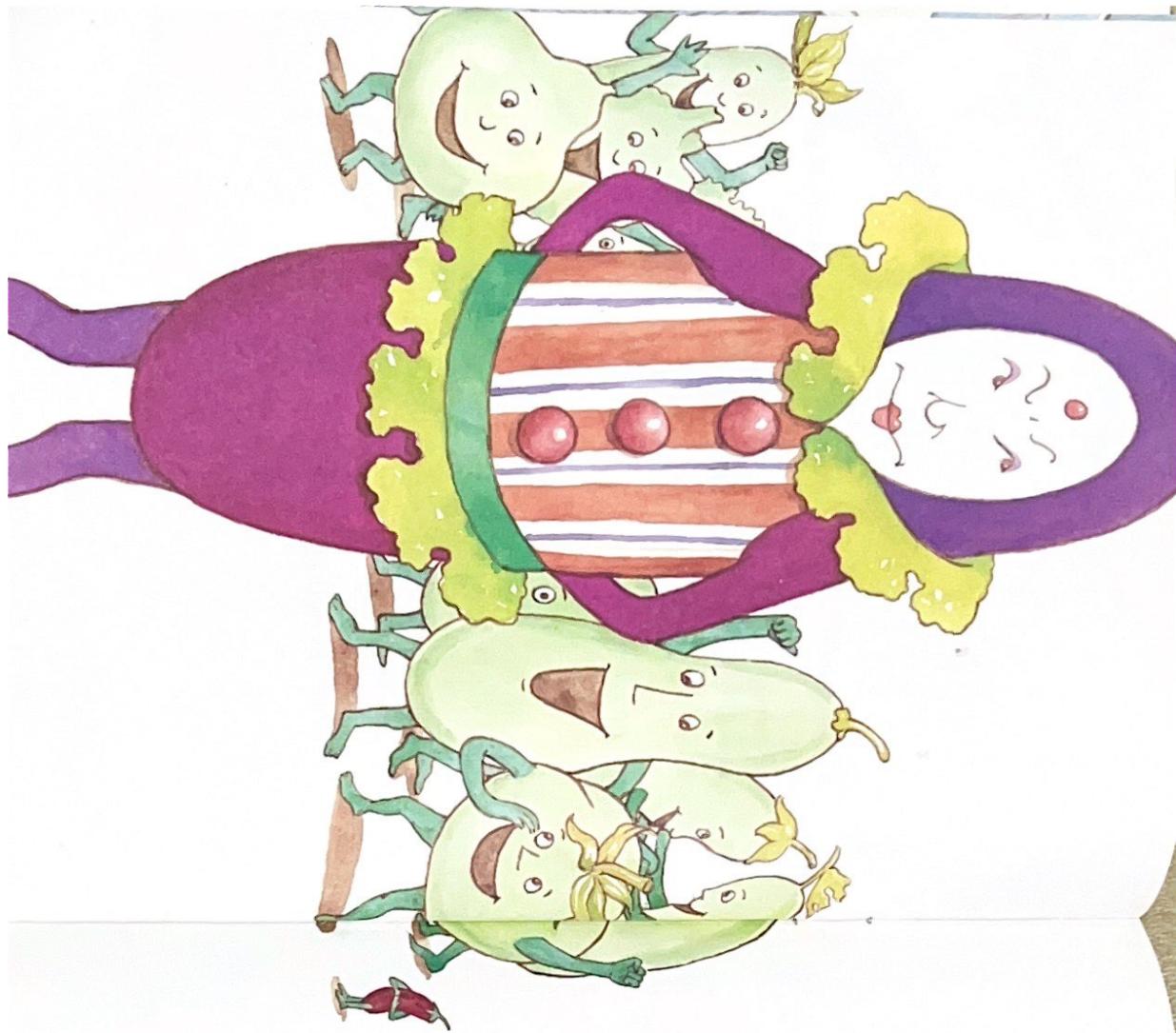
yawned the fairy of the Water.





Bilang parusa, lahat ng ninakaw mong lasa, kulay at ganda
mula sa mga kasama mong gulay
ay mapapasaiyo na,”
ugong ng diwata ng Hangin.

*“As punishment, all the tastes, colors, and beauty
you stole from your fellow vegetables
will be yours.”
roared the fairy of the Air.*



Parusa ba iyon?

Ano bang klaseng parusa yon?"
buska ng bugnuting si Ampalaya.

Pagkaraan ng paglilitis,
nangako ang mga diwata na ibabalik nila
ang mga lasa, kulay, at ganda ng mga gulay
na ninakaw ni Ampalaya.
At nang gabing iyon,
may kagila-gilas
na nangyari kay Ampalaya.

"That's my punishment?
What kind of punishment is that?"
mocked the irritable Ampalaya.

*After the trial, the fairies promised to return to the vegetables
the tastes, colors, and beauty
stolen by Ampalaya.
That night, something fascinating happened to Ampalaya.*

Nag-away ang lahat ng lasa, kulay,
at gandang ninakaw ni Ampalaya
sa loob ng katawan niya!
Nang magsuntukan ang puti, luntian,
lila, dilaw, at iba pang kulay,
nagmantsa ang madilim na luntian
sa kaniyang balat.

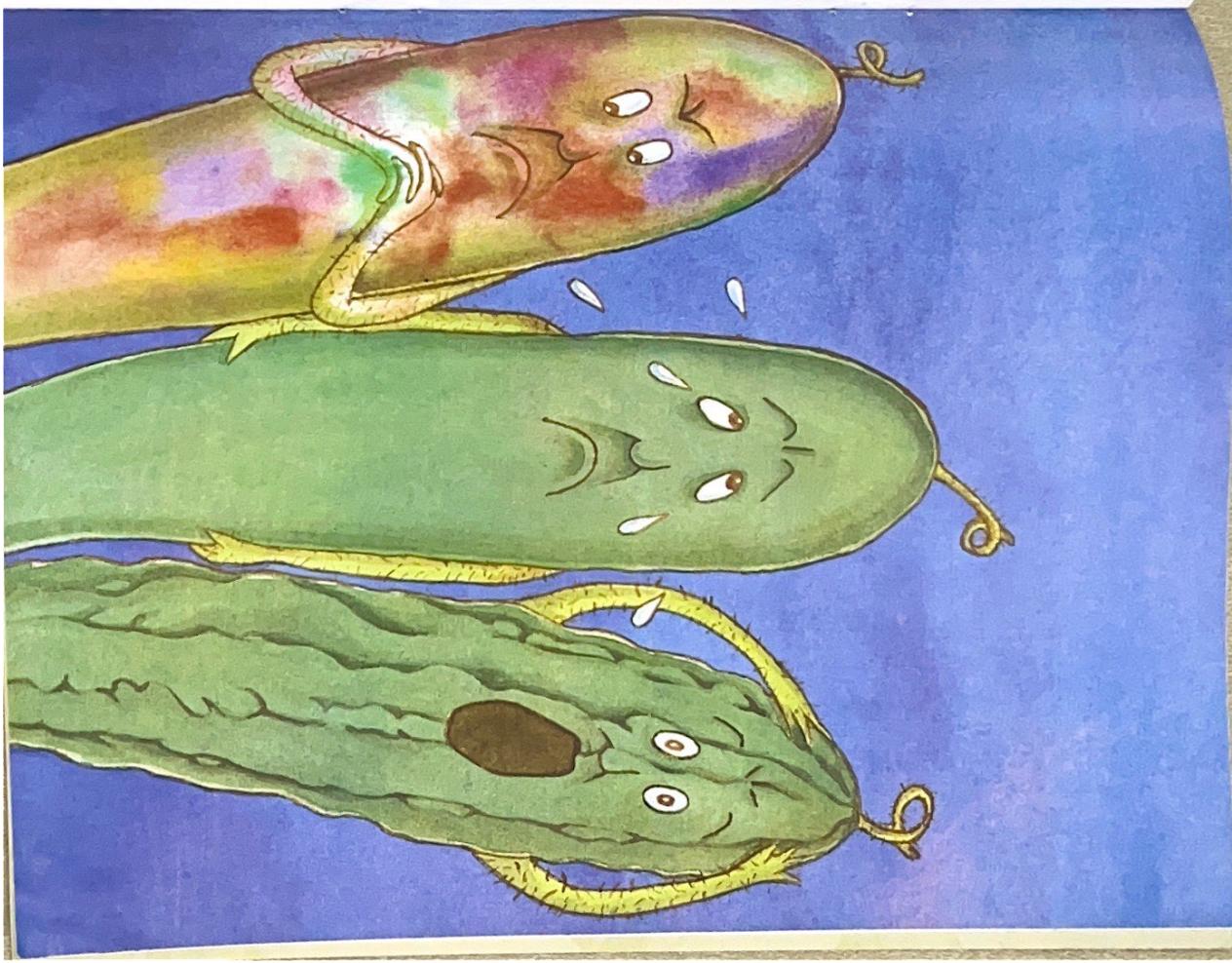
Nang magsabunutan
ang kinis at gaspang,
humabas ang kaniyang mga kulubot.
At nang magsigawan ang tamis, asim, at anghang,
hunitaw naman ang pait.

*All the taste, colors, and beauty Ampalaya stole
fought inside his body!*

*Because of the boxing match among the white, green,
purple, yellow, and other colors,
his skin was stained a dark green.*

*Because smoothness and roughness grabbed each other by the hair,
all his wrinkles came out.*

*Because sweetness, sourness, and spice shouted at each other,
his bitter taste emerged.*



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Mula noon, naging madilim na luntian
ang kulay ni Ampalaya.
Naging kulubot ang balat niya.
At naging mapait ang lasa niya.
Ngayon, kahit masustansiyang gulay
si Ampalaya, marami ang hindi nagkagusto
sa kaniya.
Pero alam ninyo,
nagsisi na si Ampalaya.
Sa susunod ninyo siyang makita
sa inyong pinggan,
subukan ninyo siyang tikman

*From then on Ampalaya's color became dark green.
His skin became wrinkled.
His taste became bitter.*

*Today, even if Ampalaya is nutritious,
many people dislike him.
But you know, Ampalaya is sorry for what he has done.
The next time you see him on your plate,
try to taste him and forgive his mistakes.*

