



Agriculture and Fisheries Information Service

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www.da.gov.ph

2009



Saluyot

MOLOHIYA

Ingredients:

2 cups saluyot leaves, blanched and pureed
1 segment garlic
1 piece onion
1 piece ginger
½ kg chicken, cut into serving pieces
1 tbsp cooking oil
1 tsp salt

Procedure:

Saute garlic, onion, and ginger in 1 tbsp cooking oil. Add chicken and cook until brown. Add saluyot puree and cook until chicken is tender.

ANTI-AGING BENEFITS OF SALUYOT

Jute leaves contain almost all of the nutrients needed by humans. But, the most important benefit of the leaves is their high antioxidant property, primarily in the form of Vitamin E. These antioxidants combine with free radicals that cause problems like arthritis, hardening of arteries, heart and kidney ailments. Among the many benefits, saluyot contains:

- Vitamin A, which aids in repairing the body's cells and improves eyesight
- Vitamin C or ascorbic acid, which improves circulation and helps lower the risk of cataracts and other eye disorders
- Vitamin E, which slows down the aches and pains associated with aging, holds infertility at bay, and increases stamina
- A high percentage of calcium, which contributes to strong teeth and bones.



Saluyot

Scientific Name: *Corchorus olitorius* L.

Common Names/Local Names:
Jute Mallow or Jew's Mallow;
Jute (English)
Saluyot (Tagalog); Tugabang (Bisaya)

Botanical Description

Jute is an erect, grabrous, annual plant or shrub, growing up to 2 meters high. The leaves are ovate, laceolate, toothed margins. Flowers are solitary with yellow petals on the axils. The fruit is a capsule with many black seeds.

Adaptability

Jute or "Saluyot" is cultivated over a wide range of environments. The plants grow well under hot, wet in the lowland tropics. It also responds especially to warm, humid weather and is often grown near riverbanks and waste places. Cold weather and severe periods of drought can kill the crop. A loam or silty-loam soil and plenty of organic matter is ideal. It tolerates soil pH of 4.5 to 8.0, but more extreme pH conditions will reduce the availability of iron in the soil.

It is a short day plant, hence, short production suffers because of flowering during the months of November to February.

Uses/Importance

Jute mallow, jew's mallow or jute is famous for its sturdy natural fiber but there are cultivars that are cultivated as a leafy vegetable. The leaves are used fresh or dried. They can be stored after drying and used later on during periods of scarcity. The leaves become mucilaginous when cooked, a trait of this crop, which highly appreciated.



Nutrient Value

The leaves of saluyot are rich source of iron, protein, calcium, thiamin, riboflavin, niacin, folate as shown in Table 1. Nutritional values of saluyot (Boiled/100 grams edible portion):

Nutrient	Boiled
Moisture (%)	80.4 - 84.1
Food energy (cal.)	43 - 58
Protein (g)	4.5 - 5.6
Fiber (g)	1.7 - 2.0
Total Carbohydrates (g)	7.6 - 12.4
Ash (g)	2.4
Calcium (mg)	266 - 366
Phosphorus (mg)	97 - 122
Iron (mg)	11.6
Sodium (mg)	12
Potassium (mg)	444
Vit. A (I.U.)	6,390
Thiamine (mg)	15
Riboflavin (mg)	28
Niacin (mg)	1.5
Ascorbic acid (mg)	95

DINENGDENG, LABONG, SALUYOT AND SIGARILLAS



Ingredients:

1/4 k. labong, sliced, parboiled
2 bundle saluyot leaves, trimmed,
coarsely cut crosswise
2 bundle sigarillas, cut into wedges
2 pcs. grilled alumahan or any other fish
4 tsp. bagoong isda
2 medium size tomato, quartered
1 small size onion, chopped
salt

Cooking Procedure:

In a casserole bring to a boil 4-6 cups of water. Dilute bagoong na isda in 1-2 cups of water, strain in a sheave and pour in solution and simmer for 3-5 minutes, remove all scums that rises. Add in labong, onion and tomato, simmer for 3-5 minutes. Add in saluyot and sigarillas cook for another 3-5 minutes or until vegetables are just cooked. Season with salt if required. Top with grilled fish and keep covered for a minute. Serve hot.



Post-Harvest Handling

Jute mallow wilts rapidly, common practice in markets and shops is to sprinkle with water to keep its fresh appearance. If uprooted, the vegetables can be kept fresh for some days by putting it into basin with the roots in the water and sold in bunches or by weight.

SALUYOT WITH LABONG



Ingredients:

1/2 kilos labong, sliced, parboiled for 1-1 1/2 hrs.,
rinse and drained
2 bundles saluyot leaves, coarsely cut crosswise
3 pcs. bangus belly fillet, grilled
4 tsp. bagoong isda
2 medium size tomato, quartered
salt

Cooking Procedure:

In a casserole bring to a boil 4-6 cups of water. Dilute bagoong na isda in 1-2 cups of water, strain in a sheave and pour in solution and simmer for 3-5 minutes, remove all scums that rises. Add in labong and tomato, simmer for another 3-5 minutes. Add in saluyot and cook for 3-5 minutes or until vegetables are cooked. Season with salt. Top with grilled bangus and keep covered for a minute. Serve hot



Propagation

Propagation is through seeds. However, when germination is low, it can be overcome by soaking the seeds in hot water.

CULTURAL PRACTICES

Preparing the field

Jute mallow is a small seeded plant, therefore, thorough land preparation is required to promote good growth and to minimize the cost of weeding. Plow and harrow and rotofill the field.

Planting

Jute mallow is planted either by direct seeding or transplanting. Direct seeding is used when seed is plenty, labor is limited and during the dry season when flooding is not a problem. Planting is done at the beginning of the rainy season (May-June). When there is uniform distribution of rainfall, like in Southern Mindanao, saluyot can be planted anytime of the year. The seeds are drilled uniformly 4 to 5 inches apart in furrows or at the rate of 5-6 kgs of seeds per hectare. For big scale planting and in open places, seeds are judiciously broadcast and lightly covered with fine soil by passing a wooden harrow.

Fertilizing

Jute mallow responds well to added fertilizer, especially nitrogen. A combination of both inorganic and organic fertilizers improves yield and maintains soil fertility. The rate of fertilizer application depends on soil fertility, soil type, fertilizer recovery rate, and soil organic matter. A soil test is highly recommended to determine the available N, P, and K. Suggested fertilizer recommendations are shown in Table 2. Recommended fertilizer rates (kg/ha) for saluyot production at AVRDC:



Nutrient	Pre-plant	Days after sowing/transplanting		
		10	20	30
Compost	10,000			
N	48	30	8	8
P ₂ O ₅	64	8	8	0
K ₂ O	48	15	8	0

Water Management

Jute mallow is sensitive to drought. Irrigating is critical after sowing or transplanting to ensure a good stand. At AVRDC, fields are furrow-irrigated every 10 days during the cool-dry season, and weekly during the hot-dry season. As a rule, plants should be irrigated if wilting occurs in midday. Irrigate thoroughly to develop a deep, healthy root system. Good drainage is essential for plant survival and growth. Provides drainage canals to facilitate quick drainage of excess water after heavy rains. Avoid over-irrigation since this leads to disease development and leaching of soil nutrients. Drip irrigation or micro-sprinkler irrigation is recommended in areas with limited water supply. If sprinkler irrigation must be used, avoid late evening irrigation to prevent foliar diseases.

Weed Management

Thorough land preparation is essential. Jute mallow, especially when direct-seeded, is slow to establish and vulnerable to competition from weeds.

Weed must not be allowed to crowd or overgrow the young plants. When plants are 20 to 25 cm tall, a wooden plow or cultivator is passed between the rows to hill-up, which can help to suppress the growth of weeds.



Pests and Disease Management

The foliage and shoot tips of jute mallow are susceptible to damage by insects and spider mites. Nematodes (*Meloidogyne* spp.) cause stunting of plants. Pest damage is usually less severe in plantings that are well fertilized and rotated with other crops. Insect pests may be managed by covering beds with fine-mesh nylon netting.

Pesticides are useful for controlling pests when they cause significant damage. Choose a pesticide that targets the pest and avoid pesticides that kill beneficial organisms. Choose pesticides that last only for a short period. To avoid exposing consumers to pesticide residues, follow instructions for time intervals between spraying and harvesting.

Only a few diseases affect jute mallow. Damping-off caused by *Rhizoctonia*, *Pythium* or *Phytophthora* spp. occurs in seedbeds. These pathogens are managed through the use of raised beds, well-drained soils, and proper watering. Stem rot (*Sclerotium rolfsii*) is a common disease during the dry season, causing plants to wilt. Stem rot is managed by deep plowing, using raised beds, rotating crops, and allowing ample time for breakdown of green manure before planting.

Harvesting

Jute mallow is harvested 30-60 days after planting, depending on variety. Some varieties are sensitive to short daylength, causing them to bloom prematurely. These varieties should be harvested 20-40 days after planting, just before pods develop. Plants may be harvested once or several times. Once-over harvest is adapted for quick growing varieties. Whole plants (20-30 cm tall) are pulled from soil with roots, washed and tied in bundles.

With multiple harvests, young leaves and shoots are picked every two to three weeks. New side shoots will develop and harvesting can be repeated three or four times. Frequent harvesting delays flowering and prolongs the harvest period. Jute mallow wilts rapidly after harvest. Harvest during the cooler time of day, such as early morning or late afternoon, and keep the produce cool and shaded.



Eating saluyot regularly helps control blood pressure & cholesterol, and lowers the risk of asthma, cancer, diabetes and heart disease. Dried saluyot leaves can be made into a tea believed to cure headaches, dysentery, stomach aches and ulcers

Saluyot can be added to any soup you make: chicken, beans, pumpkin and so on. It could also be stir-fried and eaten with rice or noodles. The longer it is boiled or fried, the more sticky it gets, so do not let it stew for too long.



For more information, contact:

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