

Subject: AGREEN Report for the Month of September 2020
Date: October 5, 2020
Site: Philippines, Cordillera Administrative Region, Province of Ifugao
Title: (Con)serving Ifugao GIAHS Food Resources

The Ifugao Rice Terraces is designated as a Globally Important Agricultural Heritage Systems (GIAHS) site for its outstanding contribution in the promotion of food security, biodiversity, indigenous knowledge and cultural diversity for sustainable development. This is the result of the Ifugaos tenacity in sustaining the terraces for over hundreds of years as the reflective definition of their culture in the midst of civilization evolution. It then defines their continuous quest in achieving food security and or sustainability. With this, it compels them to interminably hold the external demand of resources for its accessibility from tilling to table. It as well binds the potential to stabilize its communities as it promotes local values passed from generation to generation. This values covers agricultural and forestry systems, community development and food as the motive for living.



On September 25, 2020, the GIAHS Center of Ifugao State University held a documentation of Ifugao indigenous cuisine to be produced as an e-learning material. Since the educational system shifted to virtual learning due to the pandemic restrictions for face-to-face education, the transfer of indigenous knowledge must also be flexible and persistent. The said learning material will be made available online and shared to indigenous knowledge educators and learners.

Ifugao indigenous cuisine is characterized by the nature of its people for being festive defined by its culture and tradition. Almost all festivities and rituals are associated with the rice terraces agricultural system from land preparation to food consumption. These festivities often require protein-based (pork, poultry, fish and aquatic and dairy), rice-based (rice wine, rice and rice cake), fruits and vegetables.

The promotion and continuing cooking of these cuisines will aid in the conservation of the food resources because of its demand, hence their propagation and continuing production.



There are three (3) widely used method of cooking and preparation that include pure boiling (*hibak/lambung*), roasted (*puluk/hanglag*) and sun/air/smoke drying (*tapa/hay-ung*). Among the common cuisines are the following:

Main Dish / Savory		
Name of Cuisine	Translation	Ingredients Base
1. <i>Inlagim</i>	Boiled Chicken	Chicken and Ginger
2. <i>Inlambung an Dotag</i>	Boiled Pork	Pork
3. <i>In-utum</i>	Roasted/Steamed Fish	Aquatic Fish (loach, million fish, river fish)
4. <i>Kiniing / Pinindang</i>	Ham/Bacon	Pork
5. <i>Pinunnog</i>	Sausage	Pork and herbs
6. <i>Latud/Hatud/Pihing</i>	Gabi	Gabi and Ginger
Snacks / Sweet		
1. <i>Imbule / In-ugad</i>	Rice cake	Rice and Sugar
2. <i>Inhibak with liningkot</i>	Boiled rootcrop	Root Crop and Sugar Syrup
Beverages / Drinks		
1. <i>Bayah</i>	Rice wine	Rice
2. <i>Kapeh</i>	Coffee	Coffee
4. <i>Inhanglag</i>	Rice brew	Rice
6. <i>Inlaplap</i>	Sweet potato stock	Root crop (sweet potato)



However, food resources in the Ifugao socio-ecological production landscape are being threatened by the loss of indigenous flora and fauna. The Ifugao Satoyama Meister Training Program documented the state of these Ifugao food resources.

Food Resources	Eco Classification	ISMTP References
Aquatic resources ginga, battikul, kuwiwwiw, aggudung, tikkam, unggadiw, yuyu, tamtampi	diminishing due to invasive predators, chemical input in the RT and its peripherals	Tayaban, 2016 Tobiagon, 2018 Pumihic, 2017
Rootcrops sweet potato, taro, ube	diminishing due to rodents, stem/root rot (<i>Erwinia chrysanthemi</i>) and other diseases	Verano, 2017 Pumihic, 2017 Layaona, 2018
Heirloom Rice ingngudpur, imbu-uh, bongkitan, ngofor, pfu'an, bunkitan, ingup-ul, bukig, gulih-l, ingkongkong, tabali, madduli, botnol, imbuukan etc.	threatened / replaced due to the introduction of HYVs, climate change, economic shift, pests among others	Wachayna, 2015 Nitapa, 2016 Gahid, 2017 Hagada, 2018 Onnon, 2018 Addug, 2018 Biniahan, 2018
Forest Resources ato-ang-ang, adlai, hapar, bulinnayo, dogwe, binul, galiwgiwon, tuwol, pinit, balangbang, alig (rare)	existing to abundant since they thrive in high elevation where there is lesser population.	Fukasan, 2015 Elahe, 2016 Habiatan, 2017 Mamanglo, 2018



The introduction of invasive species and high yielding varieties are alarmingly replacing the heirloom or indigenous food resource varieties in the rice terraces. The advent of chemical use of fertilizers and agricultural inputs are altering the resiliency of these indigenous food resources from pests and diseases. It is also endangering the aquatic resources from rivers and paddies as these chemical inputs are being washed away at irrigations and rivers. Thus, there is a need to intervene in mitigating these external factors so as to sustain food abundance to be continually available in serving indigenous cuisines. The extinction of food resources results to the collapse of culture that includes cuisines and food related traditions.

The documentation and promotion of indigenous cuisines support the conservation of food resources, agricultural systems, and biodiversity in Ifugao. It will encourage the interest of cooking indigenous cuisines for the younger generation and stirs action in the restoration, development and revitalization of indigenous cuisines relative to rice terraces conservation vis-à-vis being a GIAHS and UNESCO Heritage Site. #Clyde B. Pumihic

Annex 1

Lemon-Aggudung (Shells with Lemon)

Ingredient	Quantity	Instructions
Aggudung	1 kilo (Tip is cut and soaked overnight with saltwater)	1. Sauté the garlic, ginger, onion and tomato. 2. Add water and bring to boil. 3. Add the <i>aggudung</i> and lemon grass and cover for 15 minutes. 4. Add Black pepper, curry powder, and salt. Stir. 5. Cover for 10 minutes. 6. Remove from the fire and add lemon juice. Stir and serve. **The <i>aggudung</i> is cooked when the covering is detached from the shell.
Lemon Grass	2 stalks (tied)	
Lemon Juice	2 tablespoons	
Tomato	4-5 pieces, any cut	
Ginger	4 tablespoon, grated	
Onion Bulb	2 pieces, minced	
Garlic	5 cloves, minced	
Black Pepper	1 teaspoon	
Curry Powder	1 tablespoon	
Salt	To taste	
Water	1 liter	



Pinunnog-Itab (Ifugao Sausage with Hyacinth Beans)

Ingredient	Quantity	Instructions
Pinunnog	¼ kilo	1. Sauté the garlic, ginger, onion and tomato. 2. Add water and bring to boil. 3. Add the <i>pinunnog</i> and <i>itab</i> . 4. Add Black pepper and salt. 5. Cover for 15-20 minutes. 6. Remove from the fire and serve. Garnish with spring onions.
Itab (Hyacinth Beans)	½ kilo	
Tomato	3 pieces, any cut	
Ginger	2 tablespoon, grated	
Onion Bulb	1 pieces, minced	
Garlic	3 cloves, minced	
Black Pepper	1 teaspoon	
Spring onion	2 stalks	
Salt	To taste	
Water	0.5 liter	



Tanghuy Salad (Watercress Salad)

Ingredient	Quantity	Instructions
Watercress	1 bundle (the tip most part of the stem)	1. In a large mixing or salad bowl, toss in the watercress, cucumber, lemon peelings, garlic, onion, tomato. Mix. 2. Sprinkle with peanut, black pepper, and salt. Mix and refrigerate before serving. 3. For the vinaigrette, mix in a bowl the rice wine, lemon juice, olive oil and brown sugar until dissolved.
Pinunnog / Pinindang	¼ kilo (crispy fried)	
Cucumber	2 pieces medium size, any cut	
Lemon Peelings	1 piece, minced	
Tomato	4 pieces, minced	
Onion	1 bulb, minced	
Garlic	5 cloves, minced	
Peanut	¼ kilo, pound finely	
Black Pepper	1 teaspoon	
Salt	To taste	
Rice Wine / Fruit Vinegar	5 tablespoons	
Lemon Juice	5 table spoons	
Olive Oil (Optional)	3 Tablespoons	
Brown Sugar	1 tablespoon	

