

Ethnobotanical study and nutrient potency of local traditional vegetables in Central Kalimantan

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Abstract

The Dayak people in Central Kalimantan, traditionally consumed local vegetable, either collected from the wild or traditionally cultivated. Unfortunately, many of the traditional vegetables are approaching extinction, even in their local market. This research is intended to conserve the traditional vegetable by collecting nutritional data and cultural information about the vegetable. Nineteen traditional Dayak vegetables were observed in local markets and in wild areas. Taxonomic identification revealed that the vegetables were *Passiflora foetida* L. (kemot), *Diplazium esculentum* (Retz). SW. (bajey fern), *Spondias pinnata* (L.f.) Kurtz (kedondong leaves), *Neptunia oleracea* Lour (malu-malu leaves), *Manihot esculenta* Crantz (cassava leaves). *Vigna unguiculata* (L.) Walp. (talak leaves), *Etilingera elatior* (Jack) R.M. Smith (potok shoots, red and green cultivar), *Calamus* sp. (rotan shoots), *Nauclea* sp. (Taya leaves), *Momordica charantia* L. (paria leaves), *Gymnopetalum cochinese* Kurz (kanjat), *Solanum torvum* Swartz. (segau fruit), *Colocasia esculenta* (L.) Schott (sulur keladi shoots), *Stenochlaena palustris* (Burm.)Bedd. (kalakai leaves; red and white cultivar), lotus shoots (pucuk teratai), and *Cnesmone javanica* Blume (lampinak leaves).

Nutrient analysis revealed that red kalakai (wild fern) has the potential nutrient value. It has a high amount of Fe (41.53 ppm), Cu (4.52 ppm), vitamin C (15.41 mg/100g), protein (2.36%), β -carotene (66.99 ppm), and folic acid (11.30 ppm). Other iron-rich vegetables were sulur keladi (49.25 ppm) and bajey (44.6 ppm). While other vitamin C-rich vegetables were paria leaves (18.34 mg/100 g wb), and bajaj fern (22.05 mg/100g w.b). Sulur keladi and bajey were also rich

in folic acid. They had 16 and 6.3 ppm of folic acid respectively. The β -carotene content in bajey was 74.04 ppm while taya was 77.41 ppm.