

- Kangkong has rich iron content that makes it a good dietary food for people suffering from anemia.
- Its high level of S-methyl methionine are used in the treatment of gastric and intestinal problems.
- Kangkong has also been reported to have insulin-like properties which alleviates hyperglycemia.

Pickled Kangkong



Ingredients

- 1/4 kg kangkong, leaves removed and cut into medium length
- 1 medium size carrot, cut into strips
- 1 medium size onion, cut into 4 pieces
- 5 cloves garlic, sliced thinly
- 1 1/2 cup of vinegar
- 1/4 kg sugar
- 1 tsp salt
- 1/2 tsp black pepper

Procedure

- Put the kangkong, carrot, onion, and garlic into a container.
- Mixed the vinegar, sugar, salt, and black pepper in a pot and boil.
- Pour it in the container with vegetables
- Let it cool before covering the container to retain the crispiness of the vegetables.
- Serve it after a few minutes

Other ways of food preparation

- Young stems and leaves are boiled, steamed or lightly fried in oil and used in various dishes such as stews and curries.
- Young stems and leaves can be chopped finely and cooked as a filling for steamed buns and dim sum.
- Young stems and leaves can be deep fried and added as a filling for spring rolls.
- Kangkong also makes a great addition to stir-fries, soups, and sauces.
- Kangkong is also a good substitute for spinach in many recipes. To retain its green color, blanch in boiling water for 30 seconds, then dip in cold water and drain.
- Kangkong flowers are added to stir-fried, boiled, or steamed vegetables (China).
- Stems can also be used as a garnish; cut stems lengthwise, split into thin strips and soak in cold water to make them curl.

Know Your IVs



Kangkong



AVRDC

The World Vegetable Center



Republic of the Philippines
Department of Agriculture
BUREAU OF AGRICULTURAL RESEARCH



Introduction

Kangkong or *Ipomoea aquatica* has long been cultivated since ancient times. Its first historical record was found in 300 A.D. during the Chin Dynasty, where it was grown as a vegetable. Nowadays, it is very popular in South and Southeast Asia, where it is grown for the local markets, and even exported to Hongkong and Europe. Seed production is currently a lucrative business in Hong Kong, China, Taiwan, Thailand, Japan, and the Philippines.

Local Name

English — *kangkong, water convolvulus, water spinach*

Bangladesh — *kolmi, gima kolmi*

Cambodia — *trâkuôn*

Indonesia — *kangkung, kankung*

Laos — *bôngz*

Malaysia — *kangkong, kankung*

Philippines — *kangkong, balangog,*

Galatgat, tangkong, balanglang

Thailand — *phakbung, phakhotyot, phak-bong-thai*

Vietnam — *rau mu[oos]ng*

Biodiversity

Kangkong originated from tropical Asia, most likely India. It is now widespread throughout South and Southeast Asia, tropical Africa, South and Central America, and Oceania. Kangkong is quite common in Southeast Asia, Hong Kong, Taiwan, and in southern China, but is most popular in South and Southeast Asia.

Kangkong is a fast-growing, herbaceous annual or perennial. It has long, smooth, fleshy, hollow trailing stems with a milky sap.

- Arrowhead-shaped leaves measure 2.5-15 cm long and 0.5-10 cm wide,
- Petioles has long green or purple.
- Funnel-shaped flowers come in various colors (e.g., pink, lavender, purple).

- Fruits are small, smooth, egg-shaped, brown capsules having 1-4 seeds.
- Seeds may be angular to rounded, smooth or velvety, with colors ranging from light to dark brown or black.



Nutritional value

Kangkong is rich in nutrients, especially iron.

Nutrition Value (per 100 g edible portion)	
Water	90.2 g
Protein	3 g
Fat	0.3 g
Carbohydrates	5 g
Fiber	1 g
Ash	1.6 g
Calcium	81 mg
Magnesium	52 mg
Iron	3.3 mg
Vitamin A	400-1000 IU
Vitamin C	30-130 mg
Energy Value	134 kJ/100 g
Antioxidant (by ABTSM) water	6 µm/g (Very low)

Cultivation

- Usually cultured in ponds as aquatic crop.
- Upland varieties are available for cultivation on land
- Plant by direct seeding, transplanting or using stem cuttings
- Prepare beds 20 cm high
- Suggested spacing:
 - Direct seeding: sow seeds 5 cm between hills in rows 15-20 cm apart.
 - Large intensive production: broadcast seeds at the rate of 5-10 kg/ha.

Transplanted Kangkong: sow in seedling trays. Harden seedlings by exposing to sunlight 4-5 days before transplanting. Transplant 3 weeks after sowing.

Stem cuttings: use 15-25 cm length with 3-4 internodes soak overnight in water before transplanting.

- Harvesting is done 30-45 days after planting.
- Harvest once-over by pulling whole or plants or cut, stems, shoots 15-25 cm in length or cut close to the ground weekly

Utilization

Aside from its use as food, kangkong can also be utilized in many ways.

- Vines are used as fodder for cattle and poultry.
- Kangkong is grown on fishponds as feed for pigs (Malaysia).
- Kangkong is also known to have medicinal properties.

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