Stir-Fry Vegetables with Pork
(Source: Mga Lutuing Katutubong Gulay)

Ingredients

1/4 kg pork diced
4 cloves of garlic, crushed
1 onion, diced
2 medium tomatoes, sliced
1/4 kg yardlong bean cut into short pieces
1/4 piece of pumpkin, sliced
1 bundle of Basella cut into short pieces
1 small bag of seasoning mix
Cooking oil
Water

Procedure

- Fry pork with garlic, onion and tomatoes.
- Add yardlong bean and pumpkin.
- Add some water and let it boil.
- Add Basella.
- When boiling, add some seasoning mix.
- Serve hot.

Other ways of food preparation

- Young, succulent pods cut in short pieces, cooked, and used as a vegetable side dish.
- Young pods boiled and seasoned with lemon juice and oil.
- Young pods cooked in butter or oil and garlic.
- Young pods stir-fried in egg in Chinese dishes.
- Young pods blanched and tossed in sesame oil, deep-fried, stir-fried, or cooked together with meat and sauces.
- Young pods cooked in black bean sauce with fresh straw mushrooms.
- Young pods cooked with nuts and seeds.
- Young pods stir-fried with carrot slices and soy sauce, or puréed with onions and carrots for patties.
- Young pods added to casseroles and soups.
- Young pods mixed with other vegetables in sour soup (sinigang, Philippines).
- Young pods stir-fried with lots of chili pepper (Sichuan dish).
- Young pods cooked in vinegar, soy sauce, chili, garlic (adobo, Philippines).
- Young pods cooked with other vegetables in coconut milk (Philippines).
- Fresh young pods eaten as a salad (lalab, Indonesia).
- Young pods added in stews with tomato sauce.
- Ingredient of pinakbet (Philippines).
- Shoots and young leaves boiled or steamed and used as vegetable like spinach.
- Mature dried seeds used like cowpea.
- Seeds boiled with rice or mashed.
- Sprouted seeds also eaten.

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Know Your IVs

Yardlong bean

Introduction

Yardlong bean or *Vigna unguiculata* cv. group *sesquipedalis* got its name from its long, draping pods, which are very popular in Southeast Asia. It is typically a small holder crop and can be found in home gardens, around paddy fields, and in sole or mixed cropping.

Local Names

English — *yardlong bean, long bean, asparagus bean, snake bean*
Bangladesh — *barbati*
Cambodia — *sândaèk troeung*
Indonesia — *kacang panjang, kacang usus, kacang belut, kacang tolo*
Malaysia — *kacang panjang, kacang belut, kacang perut ayam*
Philippines — *sitao, hamtak, utong, banor*
Thailand — *tua fak yaow, tua-phnom, tua-phung-muu*
Vietnam — *d[aaj]u d[uwj]a, d[aaj]u gi[ar]i [as]o, au, dua, dau giao áo, dau dai*

Biodiversity

Yardlong bean is believed to have originated in East or Southeast Asia. Its greatest diversity is found in southern China. It is one of the most popular vegetables grown in Southeast Asia, Taiwan, southern China, and Bangladesh. Its popularity has spread to the Caribbean, southern California, and the Netherlands, where it is grown in greenhouses. Diversity can be seen in:

- flowers — yellow to pale blue
- seed color — black, brown, red, striped, white, mottled
- pod length — 10 to 120 cm
- pod color — light green to dark green or purple
- seed shape— elongated, cylindrical or round

Some modern cultivars are green with purple tips and stringless. Hybrids between yardlong bean and cowpea produce bush sitao or the bushy yardlong bean.

Yardlong bean is a climbing or trailing annual vine about 2-4 m long. It has twining, slightly ribbed stems with shallowly lobed, trifoliate leaves. Flower clusters develop into hanging pods, inflated when young, but constricted at maturity. Seeds are numerous, 20-30 per pod. Some yardlong bean have a strong, characteristic flavor. Pods are crunchier than green beans, with a somewhat tougher texture.

Cultivation

- Yardlong beans are best grown with poles (2.5 m tall) or trellises as support.
- Usually the poles are set to form a teepee like arrangement.
- Spacing is 30-50x100 cm.

Nutritional value

Yardlong bean is high in nutritional value, comparable to that of French bean. The nutrient composition of the leaves is similar to that of other leafy vegetables such as amaranth. Table shows nutritional value per 100 g edible portion of young green pods.

Nutrition Value (per 100 g edible portion)	
Water	89 g
Protein	3.0 g
Fat	0.5 g
Carbohydrates	5.2 g
Fiber	1.3 g
Ash	0.6 g

cont.. Nutrition Value (per 100 g edible portion)	
Ca	64 mg
P	54 mg
Fe	1.3 mg
Vit A.	167 IU
Vit B1	0.07 mg
Vit C.	28 mg
Energy Value	125 kJ/100 g
Antioxidant (ABTSM) water extract	20 µm/g (Very low)

Utilization

The pods are harvested and eaten when young and tender. Aside from its use as food, yardlong bean has many other uses.

- Whole plant is used as a tonic and a refreshing drink.
- Used in the treatment of diarrhea and urinary disorders.
- Ashes of the pod are known to induce labor.
- Used as fodder or green manure.

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