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The role of universities”

## Community-Based Low Glycemic Sugar Production from Kaong (*Arenga pinnata* (Wurmb) Merr) in Indang, Cavite, Philippines

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### Abstract

A continuing research, development and extension project was started in April 2012 by the Cavite State University - Sugar Palm Research, Information and Trade Center (CvSU-SPRINT). Its initial funding came from the Department of Science and Technology — Region IV. The Indang Local Government was another major partner. The two government institutions entered into a Memorandum of Agreement with CvSU-SPRINT for the implementation of the project. This undertaking sought to provide additional livelihood opportunities from kaong to the farmers of Indang, Cavite. More specifically, it aimed to: disseminate the technologies in kaong brown sugar and syrup production; assist farmers as they put up a micro-scale brown sugar and syrup processing business from kaong sap; popularize organically-produced brown sugar and syrup as other products from kaong sap; and provide additional income to kaong farmers in the community.

To achieve the desired outputs and outcomes of the project, the project involved various strategies, namely: partnership building; training and advocacy; lending of start-up supplies and equipment; actual production; marketing; and monitoring and evaluation.

Significant accomplishments were registered in the five-year implementation of the project. The technologies on kaong sugar and syrup production were successfully disseminated through various means. Moreover, it was able to engage and assist four cooperators who are now into a continuous production of kaong sugar and syrup. Sugar samples produced from kaong were analysed at the Philippine Food and Nutrition Research Institute. Aside from being natural, the sugar from kaong is high in minerals and nutrients and is of low glycemic index. The economic activities of the technology adopters created a positive forward-backward linkage with the sap tappers in the community. It also made available in the market - a healthy and nutritious alternative sweetener that is best for diabetics and dieters.

**Keywords:** *Arenga pinnata*, kaong, low glycemic sugar, sugar palm