



Department of Agriculture
Bureau of Agriculture and Fisheries Standards

PinakBet Adventures ni Pina





Pinakbet Adventures ni Pina

Komik Serye tungkol sa mga sumusunod na Philippine National Standards (PNS):

1. PNS/BAFPS 52:2007 Fresh vegetables - Eggplant - Grading and classification
2. PNS/BAFPS 80:2009 Fresh vegetables - Yardlong beans or 'Sitao' - Grading and classification
3. PNS/BAFS 26:2006 Fresh vegetables - Tomato (*Lycopersicon esculentum* Mill.) - Specification
4. PNS/BAFPS 77:2009 Fresh vegetables - Squash - Grading and classification
5. PNS/BAFPS 61:2008 Fresh Vegetables - Ampalaya

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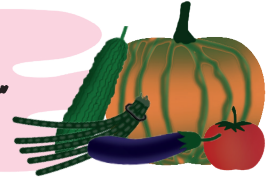
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Isang araw, nautusan ng kanyang nanay si Pina para dalhin ang bagoong alamang sa kanyang Tita Beth..



Magandang umaga po Tita Beth!
May dala po akong bagoong alamang
Pinapabigay po ni Nanay.

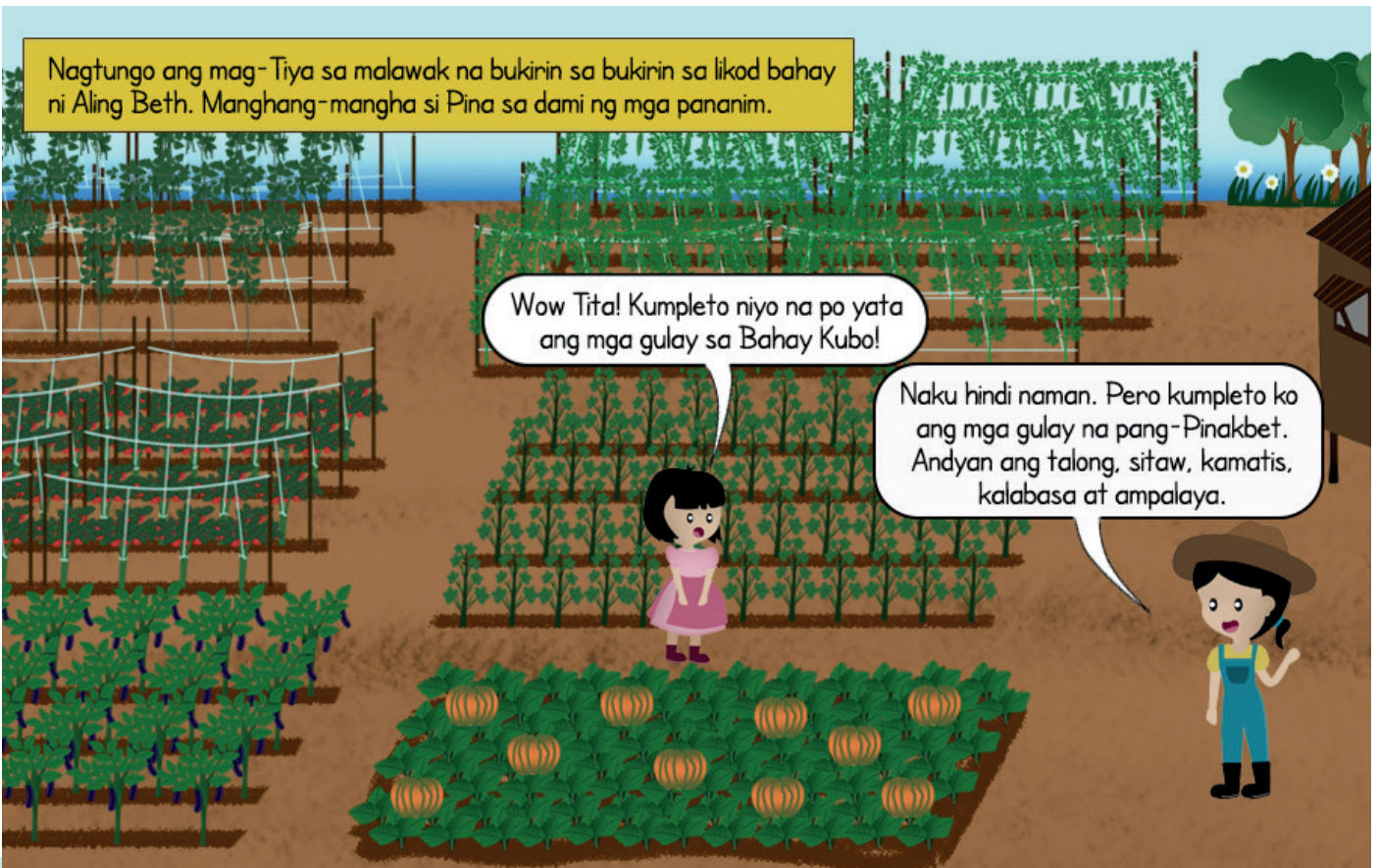
Salamat Pina! Magluluto kasi ako
ng pinakbet. Halika samahan mo ako
mamitas ng mga gulay na iluluto ka.



Nagtungo ang mag-Tiya sa malawak na bukirin sa bukirin sa likod bahay ni Aling Beth. Manghang-mangha si Pina sa dami ng mga pananim.

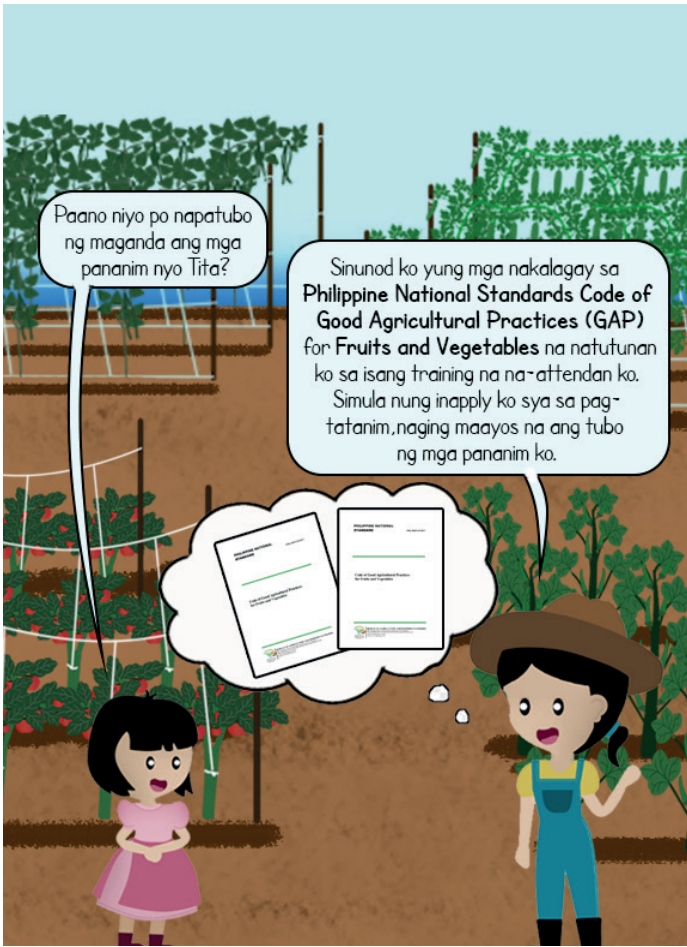
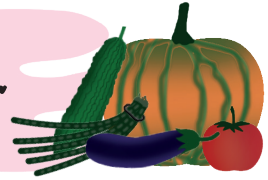
Wow Tita! Kumpleto niyo na po yata
ang mga gulay sa Bahay Kubo!

Naku hindi naman. Pero kumpleto ko
ang mga gulay na pang-Pinakbet.
Andyan ang talong, sitaw, kamatis,
kalabasa at ampalaya.





"Ang Pinakbet
ni Aling Beth"



SCAN ME

Itutuloy...



"TALONGer,
the Better?"



Pinaliwanag ni Aling Beth isa-isa ang mga natutunan nyang paraan sa pagklasipika ng mga naaning gulay simula sa mga tanim nyang talong..

Pina ano sa tingin mo ang basehan para masabing dekalidad ang isang talong?

Sa tingin ko po ay may tamang sukat, kulay lila at walang anumang butas o sira.



Tama naman, pero mayroon ding iba't ibang uri ng talong. Mayroong pabilog at meron ding iba naman ng kulay.



firm, whole and fresh in appearance



clean and practically free from any visible foreign matter



not overmature



calyx and peduncle shall not be damaged



free from decay or deterioration



Bukod pa sa mga nasabi mo Pina, ang iba pang minimum requirements para sa talong ay ang mga ito..



"TALONGer,
the Better?"



insect damage



wind scar



compression

Ang mga may sira o depekto tulad nito ay hinihiwalay ko.

Eh Tita lahat po ba ng naaani nyo ay naibebenta?

Oo naman. Bukod sa maganda ang mga binebenta ko, klinaklasipika ko ang mga produkto depende sa kalidad nito. Naibebenta ko ng mas mahal ang mga extra class kung tawagin.



Extra Class



Class I



Class II

Bet ko po yan, Tita Beth!



SCAN ME

Para makita at ma-download ang PNS on eggplant grading and classification, magtungo sa website ng BAFS sa www.bafs.da.gov.ph o i-scan ito.

Itutuloy...



**"SITAW
na hindi dilaw"**



Patuloy na nag-ani ang mag tiya ng mga gulay sa bukid ni Aling Beth. Napansin ni Pina na may mga sitaw na kulay dilaw na.

Tita maaari pa bang anihin itong nanilaw na sitaw?

Pag ganyan Pina, overmature na yan. Kung mapapansin mo rin, kumpara sa ibang sitaw, ito ay nanunuyot na at nahahalata na ang mga buto nito.



yellowing



insect damage



mechanical damage due to bundling

Kadalasan tinatangal ko ito pati na rin yung may mga sira, may depekto o kaya naman yung pineste na. Pagkatapos noon, ay kinaklasipika ko na ang mga naaning sitaw ayon sa kalidad nito gaya sa talong.

Bet ko po yan, Tita Beth!

Extra Class

Class I

Class II

SCAN ME

Para makita at ma-download ang PNS on sitaw grading and classification, magtungo sa website ng BAFS sa www.bafs.da.gov.ph o i-scan ito.

Itutuloy...



"I love KAMATIS from my head
TO-MA-TOES!"

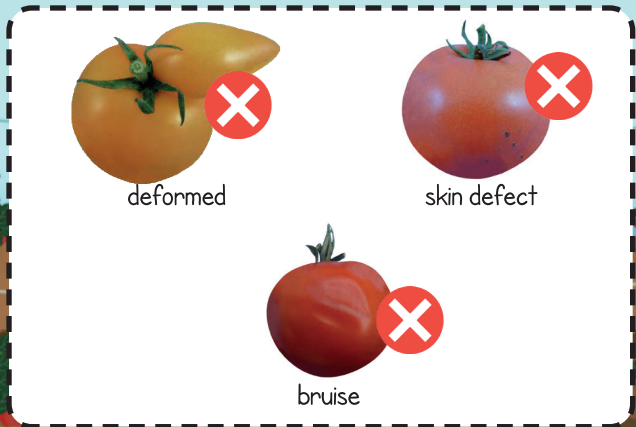


Matapos pumitas ng mga sitaw, namitas naman ang mag-Tita ng mga kamatis na paboritong-paborito ni Pina..

Ay Tita love na love ko po itong kamatis!

Ganun ba, Pina? Alam mo ba na mahirap itong alagaan. Ingat na ingat ako na hindi masira ang mga kamatis ko

Ano po ba ang mga kadalasan na sirang at depekto sa mga kamatis?



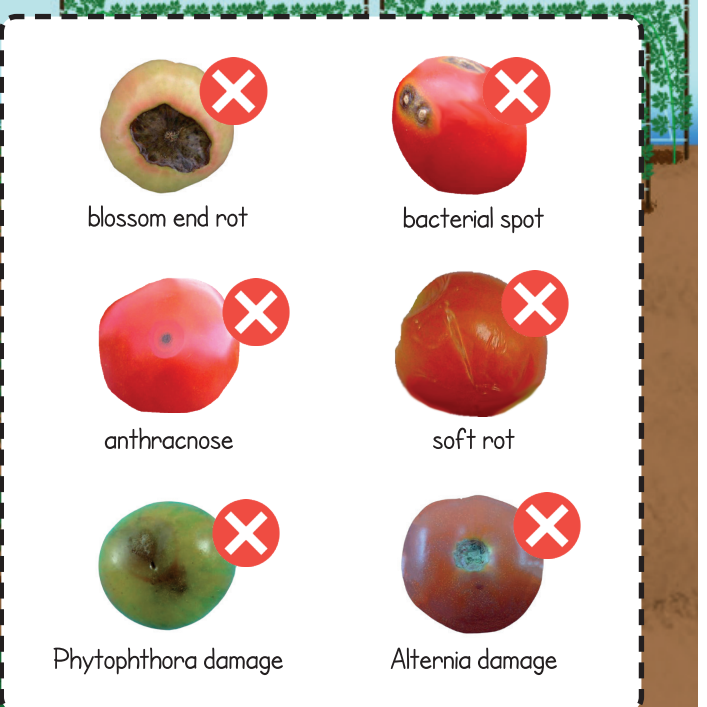
Andyan yung may kakaibang hugis o may kaunting depekto sa balat.

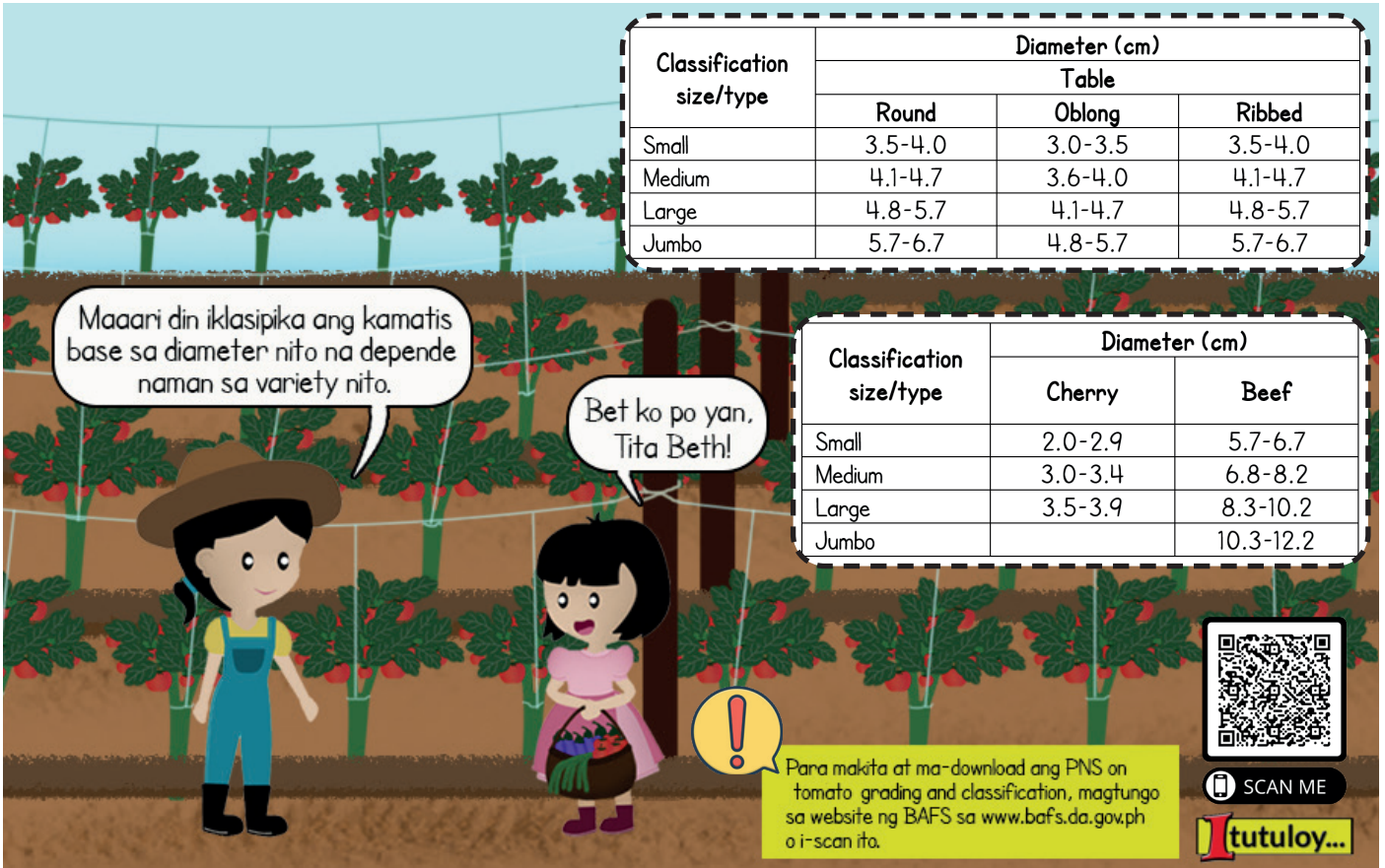
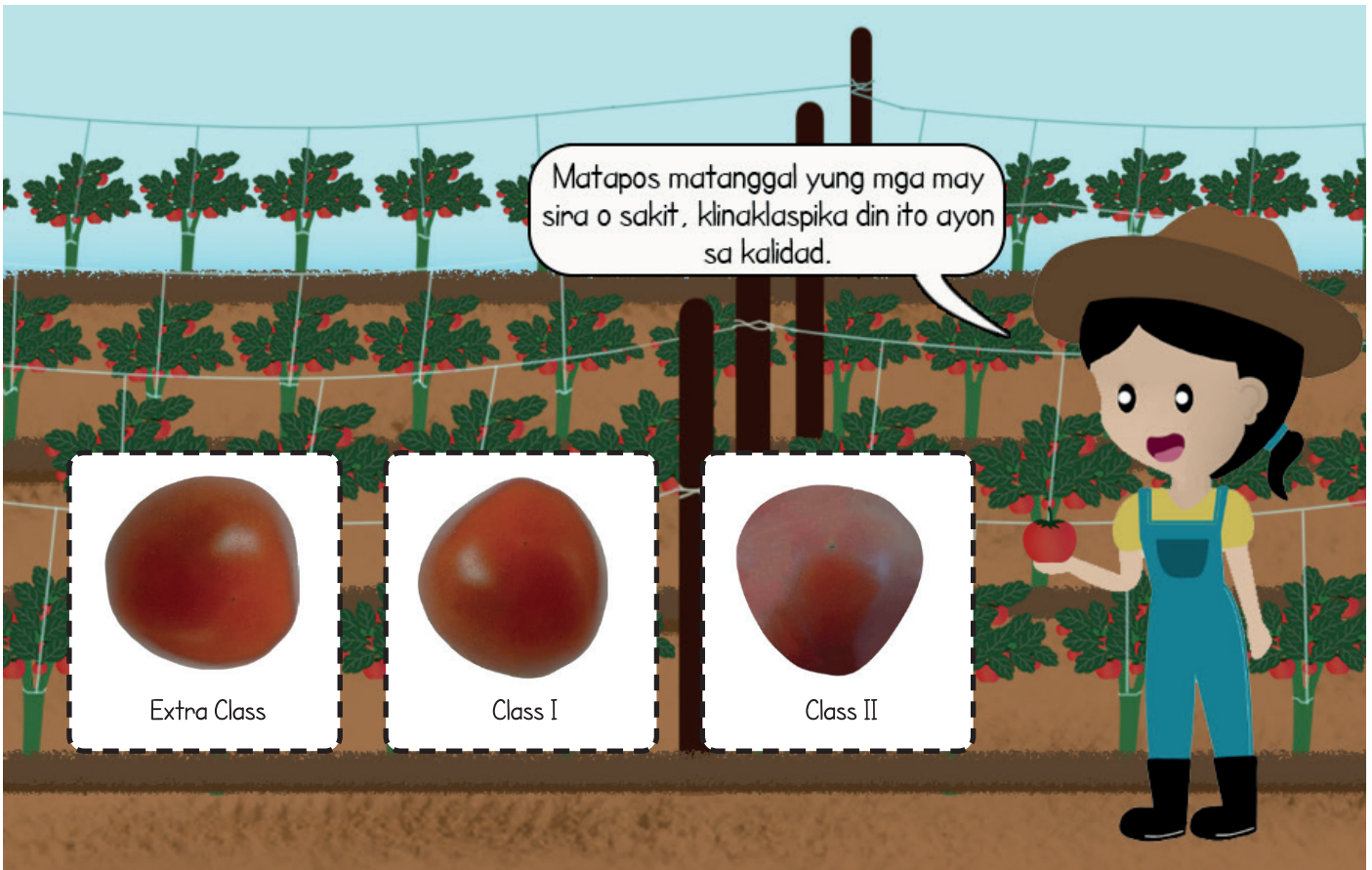


Bukod pa sa mga sirang, may mga sakit rin na makikita sa mga kamatis na dulot ng mga bacteria o fungi.

Dapat hindi ito sinasama sa mga kamatis na ok ang quality dahil mahahawa ang mga ito at mabilis na masisira.

Naku di ko po bet yan!







Kakaulan lang nung gabi at ang ilan sa mga aanihing kalabasa na nakita ng mag-Tita ay medyo basa pa..



Tita maganda po itong kalabasa na ito oh!

Mukhang maganda nga iyan, Pina. Tuyuin muna natin ito.



whole, clean, firm and well-trimmed



free from damages caused by pests and diseases, mechanical or other means



free of foreign/undesirable smell/taste

Pag kalabasa naman, dapat..



Size classification	Weight of squash (kg)
Extra large	> 6.0
Large	3.1 - 6.0
Medium	1.6 - 3.0
Small	0.5 - 1.5

Maaari din iklasipika ang mga kalabasa ayon sa timbang nito.

Bet ko po yan, Tita Beth!



SCAN ME

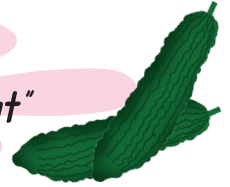
Para makita at ma-download ang PNS on squash grading and classification, magtungo sa website ng BAFS sa www.bafs.da.gov.ph o i-scan ito.



Itutuloy...



"Bitter man, better pa rin dapat"



Hindi mahilig si Pina sa ampalaya dahil sa mapait na lasa nito. Pero ipinaliwanag ni Aling Beth na maiging kumain nito lalo na yung may magandang kalidad..

Kumakain ka ba ng ampalaya, Pina?

Ayoko po ng ampalaya, Tita! Ang pait po kasi nyan.

Naku Pina dapat kumakain ka nito. Marami kang bitamina na makukuha dito. Masarap ito lalo na pag maganda ang quality.

- ✓ whole
- ✓ fresh and firm
- ✓ not overmature
- ✓ clean and free from living and dead insects, wormholes & decay
- ✓ free from mechanical damages such as bruises or scars & cuts
- ✗ (overmature)
- ✗ (mechanical damages)

Kapag ampalaya, ito ang mga isinasaalang-alang ko. Dapat ito ay..

Klinalasipika rin ang ampalaya ayon sa kalidad o kaya naman sa haba nito.

Size	Length of ampalaya (cm)
Extra small	3 - 9
Small	10 - 17
Medium	18 - 25
Large	26 - 32
Extra large	> 32

Wow, dahil maganda ang kalidad ng ampalaya nyo Tita Beth, feel ko na magiging bet ko na rin pong kumain ng ampalaya!



Para makita at ma-download ang PNS on bitter melon grading and classification, magtungo sa website ng BAFS sa www.bafs.da.gov.ph o i-scan ito.



SCAN ME

tutuloy...



"Pinakabet na PINAKBET ni Pina"



Pagkatapos nilang mag-ani ng gulay, sinimulan na ni Aling Beth ang pagluluto ng Pinakbet. Habang nagluluto, pinaliwanag pa ni Aling Beth ang ilan pang nakapaloob sa PNS..

Saglit na lang ito, Pina. Pero habang naghihintay ka, ikwento ko pa sa iyo yung iba kong natutunan sa training.

Excited na po ako sa Pinakbet nyo, Tita!

Alam mo bang hindi lang basta basta ang pagbabalot ng mga naaning gulay? dapat isinasang-ayon ang kalinisan ng gagamitin na lagayan ng mga naaning gulay. Bukod dito ay dapat napoprotektahan ang mga gulay sa pagkasira dulot ng pagkabugbog o pagkapitpit.

Oo katulad ng kaing. Pwede rin naman gumamit ng plastic crates o plastic bags sa pag-impake basta't ito'y malinis.

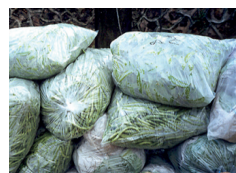
Ah katulad po ba nung mga kaing nyo, Tita?



kaing (woven bamboo basket)



wooden crates



plastic sacks

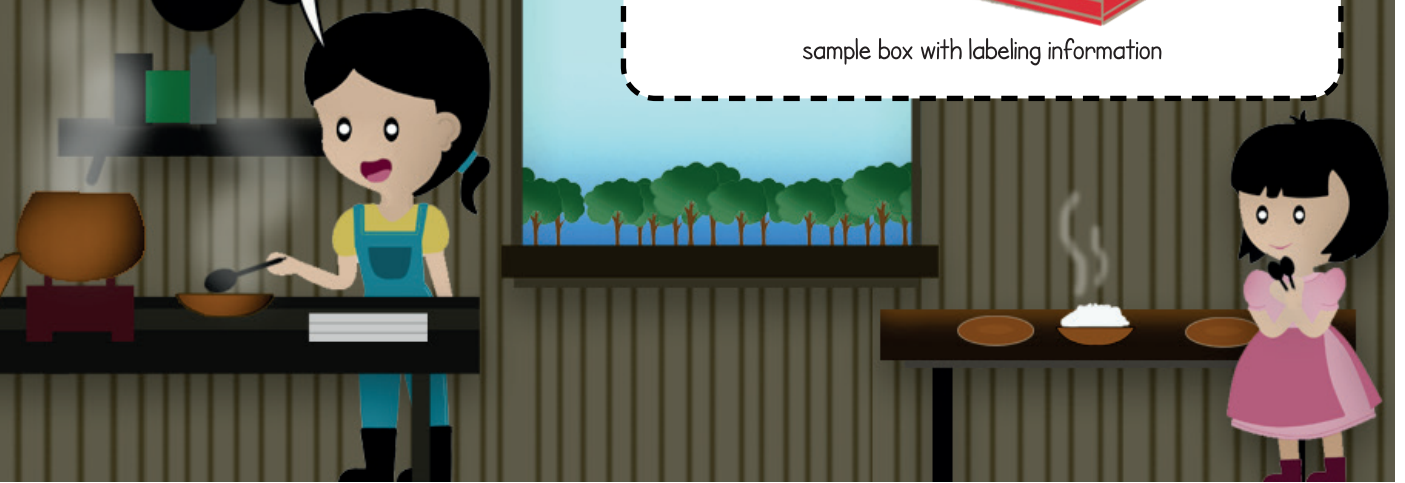


Bukod sa uri ng lagayan, nirekomenda din sa PNS na lagyan ng mga impormasyon ang label lalo na pagdating sa mga naka-karton.

Pangalan at variety ng produkto, uri, timbang, pangalan at address ng producer, at salitang 'Product of the Philippines'.



sample box with labeling information



At nakakain na nga si Pina ng Pinakbet...

Ayan, pwede na tayong kumain, Pina.

Yehey! Salamat, Tita Beth! Pinakabet ko talaga ang Pinakbet!

...pero hindi kaya siya hinahanap ng kanyang nanay?

Nasaan na kaya ang batang iyon? Aba'y tanghali na!



SCAN ME

Para makita at ma-download ang iba pang mga PNS, magtungo sa website ng BAFS sa www.bafs.da.gov.ph o i-scan ita.



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Department of Agriculture
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