

ABSTRAK

PEMANFAATAN TUMBUHAN PANGAN BERBASIS KEARIFAN LOKAL DI KECAMATAN SABU TENGAH KABUPATEN SABU RAIJUA

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Masyarakat di Kecamatan Sabu Tengah Kabupaten Sabu Raijua memanfaatkan tumbuhan sebagai makanan khas tradisional. Tanaman pangan adalah segala jenis tanaman yang dapat menghasilkan produk untuk dikonsumsi manusia, Secara alamiah maupun telah melalui proses, mengandung satu atau lebih senyawa yang berdasarkan kajian-kajian ilmiah dianggap mempunyai fungsi-fungsi fisiologis tertentu yang bermanfaat bagi kesehatan. Serta dikonsumsi sebagaimana layaknya makanan atau minuman, mempunyai karakteristik sensori berupa penampakan, warna, tekstur dan cita rasa yang dapat disimpulkan, tanaman pangan berarti segala tanaman yang dapat dikonsumsi oleh masyarakat, sehat, layak dan memiliki kandungan yang bermanfaat. Tujuan penelitian ini Untuk menganalisis jenis, dan bagian organ tumbuhan pangan berbasis kearifan lokal di Kecamatan Sabu Tengah, Metode Penelitian ini adalah deskriptif kualitatif. Identifikasi tumbuhan dilakukan menggunakan buku kunci determinasi dan aplikasi plantnet. Hasil penelitian menunjukkan bahwa ada 30 jenis tumbuhan pangan yang sudah teridentifikasi yaitu Lontar (*Borassus flabellifer*), Pisang (*Musa paradisiaca*), Salam (*Syzygium polyanthum*), Pandan (*Pandanus amaryllifolius*), Kelor (*Moringa oleifera*), Kersen (*Muntingia calabura*), Sirsak (*Annona muricata*), Sirih (*Piper betle*), Kusambi (*Schleichera oleosa*), Jambu biji (*Psidium guajava*), Sorghum (*Sorghum Sp*), Jagung (*Zea mays*), Kacang hijau (*Vigna radiata*), Kelapa (*Cocos nucifera*), Asam (*Tamarindus indica*), Kunyit (*Curcuma longa*), Kedondong hutan (*Spondias pinnata*), Lengkuas (*Alpinia galanga*), Bawang merah (*Allium cepa*), Cabai rawit (*Capsium annuum*), Delima (*Punica granatum*), Singkong (*Manihot esculenta*), Mangga (*Mangifera indica*), Bawang putih (*Allium sativum*), Sereh (*Cymbopogon citratus*), Pinang (*Areca catechu*), Selasi hutan (*Ocimum basilicum*), organ tumbuhan yang paling banyak digunakan buah sebanyak 20 jenis tumbuhan dan yang paling sedikit adalah tunas 1 dan batang 1 jenis tumbuhan. Cara pengolahannya yaitu dikonsumsi langsung sebanyak 54%, dimasak 8%, direbus%, dan dihaluskan 5%. Tumbuhan yang dikategorikan menurut (Yasni, 2017) sebagai makanan pokok 16,66%, sayur-sayuran 16,66%, buah-buahan 36,66%, dan bumbu masak 30%.

Kata kunci : Tumbuhan pangan, kearifan lokal, Sabu Tengah

Keterangan :

*) : Peneliti

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ABSTRACT

UTILIZATION OF FOOD PLANTS BASED ON LOCAL WISDOM IN SABU TENGAH DISTRICT

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The community in Sabu Tengah District, Sabu Raijua Regency utilizes plants as traditional food. Food plants are all types of plants that can produce products for human consumption, naturally or through a process, containing one or more compounds that based on scientific studies are considered to have certain physiological functions that are beneficial to health. And consumed as if it were food or drink, have sensory characteristics in the form of appearance, color, texture and taste that can be concluded, food plants mean all plants that can be consumed by the community, are healthy, suitable and have beneficial content. The purpose of this study was to analyze the types and parts of food plant organs based on local wisdom in Sabu Tengah District, this research method is descriptive qualitative. Plant identification was carried out using a key determination book and plantnet application. The results showed that there were 30 types of food plants that had been identified, namely Lontar (*Borassus flabellifer*), Banana (*Musa paradisiaca*), Salam (*Syzygium polyanthum*), Pandan (*Pandanus amaryllifolius*), Moringa (*Moringa oleifera*), Kersen (*Muntinga calabura*), Soursop (*Annona muricata*), Sinh (*Piper betle*), Kusambi (*Schleichera oleosa*), Guava (*Pridium guajava*), Sorghum (*Sorghum Sp*), Corn (*Zea mays*), Green beans (*Vigna radiata*), Coconut (*Cocos nucifera*), Tamarind (*Tamarindus indica*), Turmeric Curcuma longaj, Ledondong forest (*Spondias pinnatal*), Galangal (*Alpia galanga*), Shallots (*Allinon cepa*), Cayenne pepper (*Capsium annum*), Pomegranate (*Punica granatun*), Cassava (*Manihot esculenta*), Mango (*Mangifera indica*), Garlic (*Allium sativum*), Serch (*Cymbopogon citratus*), Pinang (*Areca catechu*), Selasi forest (*Ocimum basilicion*), the most widely used plant organs are fruit as many as 20 types of plants and the least are shoots 1 and stems 1 type of plant. The processing method is consumed directly as much as 54%, cooked 8%, boiled, and mashed 5%. Plants that are categorized according to (Yasni, 2017) as staple foods 16.66%, vegetables 16.66%, fruits 36.66%, and cooking spices 30%.

Keywords : Food plants, local wisdom, central sabu
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