



Common Name: Niyog-niyogan, Lubi-lubi

Scientific Name: *Ficus pseudopalma* Blanco

Family: *Moraceae*

Distribution: Endemic to the Philippines. ALABAT, BATAN DE ALBAY, CAMOTES, CEBU, DINAGAT, GUIMARAS, HOMONHON, LEYTE, LUZON: Albay, Apayao, Bataan, Benguet, Cagayan, Camarines Norte, Camarines Sur, Ifugao, Isabela, Laguna, Mountain Province, Pangasinan, Quezon, Rizal, Sorsogon, Zambales, MINDANAO: Agusan, Agusan del Norte, Bukidnon, Davao, Davao Oriental, MINDORO, NEGROS, OLANGO, PANAY, SAMAR, SEMIRARA, SIBUYAN

DAO/IUCN category: Least Concern



Description: Niyog-niyogan or Lubi-lubi is a palm-like shrub, growing to a height of 5 meters, endemic to the Philippines. It is mostly seen in Luzon grasslands and forests. Young shoots are edible, with the leaves commonly cooked in *gata* or coconut milk as a side dish in Bicol area. The leaves are also used for traditional medicine for kidney stones, diabetes, hypertension, and high cholesterol.

Source: <http://www.stuartxchange.org/Niyog-niyogan>

Image Source: http://herbarium.bh.cornell.edu/CUBIC_IMAGES/phytoimages/pelserpb/6_7_12/7jun12/DSC_2564.jpg
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