



Ginger Ashitaba Oregano Brew

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Abstract: This experimental research was conducted to determine the level of acceptability of Ginger Ashitaba Oregano Brew. The study made use of Nine- Point Hedonic Scale to determine the general acceptability of the product and Five- Point Likert Scale to know the perception as to aroma, appearance and flavor. Fifteen college faculty and fifteen Bachelor in Industrial Technology students major in Food Technology of Southern Iloilo Polytechnic College, Miagao, Iloilo, were used as evaluators. The statistical tools employed were means, standard deviations, and t-test set at .05 alpha level. Based on the findings as to the level of general acceptability, the Ginger Ashitaba Oregano Brew was “liked extremely” by the faculty and “liked very much” by the students.

In terms of aroma, the faculty perceived that Ginger Ashitaba Oregano Brew was “moderately ginger ashitaba oregano aroma.” On the other hand, the students perceived it as “extremely ginger ashitaba oregano aroma.” As to appearance, the faculty perceived the product as “slightly ginger ashitaba oregano appearance”, while the students perceived it as “moderately ginger ashitaba oregano appearance.” As to flavor, both the faculty and students perceived that Ginger Ashitaba Oregano Brew was “extremely ginger ashitaba oregano taste.” The findings further revealed that there was a significant difference in the perception of the faculty and students in terms of aroma, appearance and general acceptability. Therefore, the null hypothesis which states that there is no significant difference was rejected. On the other hand, there was no significant difference in the perception of the faculty and students as to flavor. Therefore the null hypothesis was accepted.

Key Words: Ginger; Ashitaba; Oregano; Brew; Health

1. INTRODUCTION

According to the National Standard Framework (NSF) for Mental Health (2006), care of a person's health is significant in determining his length of existence as a human being. Each person implicitly values his health and wellbeing.

As stated on The World Health (2010), people often devote more attention to the health and wellbeing of their family, friends and even distant communities, than to their own health; that is what makes them human – their altruism and fallibility.

The lifestyle of people towards food preferences is more on delicious food. The Filipino people are fond of eating lechon, fried chicken or any menu which is more on fats. Due to this, the life span of people nowadays is becoming shorter, such that people have become conscious of their health. They have resorted to alternative or herbal medicine such as malunggay, sambong, ginger, guyabano, star apple, oregano, ashitaba and many more as cure or preventive measure for anticipated ailments. In particular ginger, oregano and ashitaba are common herbs in the locality which have been utilized by folks in curing certain diseases.

Ginger root is known for its medicinal properties and it is used in many traditional medicines. The healing benefits of ginger are mainly due to its volatile oils and the high oleoresin content. Ashitaba or Tomorrow's leaf was named for its ability to reproduce its green stem and leaf almost on a daily basis. The population of Hachijo Island consumed Ashitaba which contributed to their extended lifetime.

Oregano (*Origanum Vulgare*) is more popularly known for its aromatic and balsamic flavor and is commonly used as mint flavoring in Mediterranean and Mexican foods. It is used as herbal medicine and has its earliest beginnings even in early Egyptian times and has been traditionally used as herbal remedy for skin burns, cuts and bruises. Because of the minty flavor of oregano it is also used as herbal remedy for sore throat, asthma, colds, coughs and flu. Considering the medicinal value of ginger, ashitaba and oregano, the researchers were motivated to conduct a study on their acceptability as a brew as well as know the perception of the evaluators (college faculty and students) of the said product in terms of aroma, appearance and flavor. Moreover, this study will also ascertain the significant difference in the perception of the evaluators of the Ginger Ashitaba Oregano Brew as to aroma, appearance, flavor and

general acceptability. It is believed that this three-in-one brew can help address health problems and can give much better benefits to those who wanted to have a healthy and enjoyable life.

This study was limited to the use of ginger, ashitaba and oregano in brew making.

The finished products were evaluated by fifteen faculty and fifteen BIT students major in Food Technology of the Southern Iloilo Polytechnic College- WVCST Miagao Campus. The Sensory Evaluation Sheet employing the Likert Scale was used to determine the perception of the evaluators of the Ginger Ashitaba Oregano Brew as to aroma, appearance and flavor, while the Nine-Point Hedonic Scale was utilized to determine the general acceptability of the product.

Statistical tools employed were mean, standard deviation and t-test. Significance level was set at 0.05.

2. METHODOLOGY

Experimental method was used in this study. It describes and analyzes variables in carefully controlled conditions as a basis for inferring or concluding.

As applied in this study, experimental research is used to determine the perception of the evaluators of the Ginger Ashitaba Oregano Brew as to aroma, appearance, flavor and general acceptability.

Random sampling was used in choosing the evaluators who were fifteen faculty of SIPC WVCST Miagao Campus and fifteen BIT students major in Food Technology.

The data gathering instruments used were the Five- Point Likert Scale and The Nine- Point Hedonic Scale. The Likert Scale was utilized to determine the perception of the evaluators of Ginger Ashitaba Oregano Brew as to aroma, appearance and flavor, while the Nine- Point Hedonic Scale was used to determine the level of acceptability.

The responses of the evaluators through the Sensory Evaluation Sheet were tallied, tabulated, and analyzed. The data gathered were computed using appropriate statistical tools which were the mean, standard deviation and t-test set at .05 alpha level.

3. RESULTS AND DISCUSSION

The findings of the study revealed the perception of the faculty and the Bachelor in Industrial Technology major in food Technology students as to aroma, appearance, flavor and general acceptability. To describe the data, respective mean scores and corresponding standard deviations were displayed.

Table 1. Mean Scores of the Faculty and Students' Sensory Evaluation of Ginger Ashitaba Oregano Brew as to Aroma

Evaluators	Mean	SD	Description
Faculty	4.07	1.03	Moderately Ginger Ashitaba Oregano Aroma
Students	4.93	.26	Extremely Ginger Ashitaba Oregano Aroma

Table 1 presents the mean scores of the faculty and students' sensory evaluation of Ginger Ashitaba Oregano Brew as to aroma. The faculty perceived the product as "moderately ginger ashitaba oregano aroma" (M= 4.07, SD=1.03). On the other hand, the students perceived it as "extremely ginger ashitaba oregano aroma" (M= 4.93, SD= .26).

Table 2. Mean Scores of the Faculty and Students' Sensory Evaluation of Ginger Ashitaba Oregano Brew as to Appearance

Evaluators	Mean	SD	Description
Faculty	2.67	.90	Slightly Ginger Ashitaba Oregano Appearance
Students	3.73	1.10	Moderately Ginger Ashitaba Oregano Appearance

Table 2 presents the mean scores of the faculty and students' sensory evaluation of Ginger Ashitaba Oregano Brew as to appearance. The

faculty described the product as "slightly ginger ashitaba oregano appearance" (M= 2.67, SD= .90). However, the students described it as "moderately ginger ashitaba oregano appearance" (M= 3.73, SD= 1.10).

Table 3. Mean Scores of the Faculty and Students' Sensory Evaluation of Ginger Ashitaba Oregano Brew as to Flavor

Evaluators	Mean	SD	Description
Faculty	4.80	.41	Extremely Ginger Ashitaba Oregano Taste
Students	4.73	.46	Extremely Ginger Ashitaba Oregano Taste

Table 3 presents the mean scores of the faculty and students' sensory evaluation of Ginger Ashitaba Oregano Brew as to flavor. Both the faculty and the students perceived the product as "extremely ginger ashitaba oregano taste" (M= 4.80 and 4.73, SD=.41 and .46).

Table 4. Mean Scores of the Faculty and Students' Sensory Evaluation of Ginger Ashitaba Oregano Brew as to General Acceptability

Evaluators	Mean	SD	Description
Faculty	8.53	.52	Liked Extremely
Students	7.87	.92	Liked Very Much

Table 4 presents the mean scores of the faculty and students' sensory evaluation of Ginger Ashitaba Oregano Brew as to General Acceptability. The data revealed that the faculty perceived the product according to its general acceptability as "liked extremely" (M= 8.53, SD= .52). On the other hand, the students perceived it as "liked very much" (M= 7.87, SD= .92).

For the inferential data analysis, the following data are given:

Table 5. t-test Results of the Evaluators' Perception of Ginger Ashitaba Oregano Brew as to Aroma

Evaluators	N	Mean	SD	Sig. (2-tailed)	Remarks
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Faculty	15	4.07	1.03		
Students	15	4.93	.26	0.01	Significant

Table 5 shows the t-test result of the evaluators' perception of Ginger Ashitaba Oregano Brew as to aroma. The data revealed that the p value is 0.01 which is lower than the .05 level of significance. Therefore, there is significant difference on the perception of the evaluators as to the said category.

Table 6
t-test Results of the Evaluators' Perception of Ginger Ashitaba Oregano Brew as to Appearance

Evaluators	N	Mean	SD	Sig.(2-tailed)	Remarks
Faculty	15	2.67	.90		
Students	15	3.73	1.10	0.01	Significant

Table 6 shows the t-test results of the evaluators' perception of Ginger Ashitaba Oregano Brew as to appearance. The data revealed that the p value is 0.01 which is lower than the .05 level of significance. Therefore, there is a significant difference on the perception of the evaluators as to the appearance of Ginger Ashitaba Oregano Brew.

Table 7
t-test Results of the Evaluators' Perception of Ginger Ashitaba Oregano Brew as to Flavor

Evaluators	N	Mean	SD	Sig. (2-tailed)	Remarks
Faculty	15	4.80	.41		
Students	15	4.73	.46	0.68	Not Significant

Table 7 shows the t-test Result of the evaluators' perception of Ginger Ashitaba Oregano Brew as to flavor. In the given data, the p value is 0.68 which is higher than the .05 level of significance. Therefore, there is no significant difference on the perception of the evaluators as to the flavor of Ginger Ashitaba Oregano Brew.

Table 8. t-test Results of the Evaluators' Perception of Ginger Ashitaba Oregano Brew as to General Acceptability

Evaluators	N	Mean	SD	Sig. (2-tailed)	Remarks
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Faculty	15	8.53	.52		
Students	15	7.87	.92	0.02	Significant

Table 8 shows the t-test results of the evaluators' perception of Ginger Ashitaba Oregano Brew as to general acceptability. In the given data, the p value is 0.02 which is lower than the .05 level of significance. Therefore, there is a significant difference on the perception of the evaluators as to the general acceptability of Ginger Ashitaba Oregano Brew.

4. CONCLUSIONS

After the study on Ginger Ashitaba Oregano Brew was conducted, it was concluded that the faculty perceived Ginger Ashitaba Oregano Brew as "moderately ginger ashitaba oregano aroma", "slightly ginger ashitaba oregano appearance" and "extremely ginger ashitaba oregano taste". On the other hand, the students perceived the product as "extremely ginger ashitaba oregano aroma", "moderately ginger ashitaba oregano appearance" and "extremely ginger ashitaba oregano taste".

As to the general acceptability of the product, the faculty perceived it as "liked extremely", while the students perceived it as "liked very much." Moreover, there is a significant difference in the perception of the faculty and students in terms of aroma, appearance and general acceptability of Ginger Ashitaba Oregano Brew. Therefore, the null hypothesis which states that there is no significant difference is rejected. On the other hand, there is no significant difference in the perception of the faculty and students as to flavor. Therefore, the null hypothesis is accepted.

With these data given above, the future researchers may conduct the same study using other kinds of herbs to be used as a tea or brew.

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