**Varieties Found in Ilocos Norte**

<table>
<thead>
<tr>
<th>Region</th>
<th>Varieties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bangui, Pagudpud, Pasuquin</td>
<td>Pamplona, Isek/Maliket</td>
</tr>
<tr>
<td>Batac</td>
<td>Talingo, Balsamo, Balatinaw, Zambales</td>
</tr>
<tr>
<td>Burgos</td>
<td>Maliket, Imon, Bulbulikki, Balatinaw</td>
</tr>
<tr>
<td>Carasi</td>
<td>Isek, Baggak</td>
</tr>
<tr>
<td>Dingras, Marcos, Banna</td>
<td>Azucena, Maluit, Balsamo</td>
</tr>
<tr>
<td>Dumarleg</td>
<td>Purtok, Gimbualang</td>
</tr>
<tr>
<td>Nueva Era</td>
<td>Ginaang, Pamplona, Balsamo, Maluit, Burgis, Azucena</td>
</tr>
<tr>
<td>Paoay, Vintar Currimao</td>
<td>Maluit/isek/Maliket</td>
</tr>
<tr>
<td>Solsona</td>
<td>Isek, Madalia, Azucena, Uyukan, Longgot</td>
</tr>
</tbody>
</table>

The TRADITIONAL UPLAND RICES of Ilocos Norte

A tradition...
A culture... and the Life of upland communities!

MA Antonio, AJ Badar and MB Gorospe

Let us maximize the potential of these varieties.
Together let us help enhance our tradition...
preserve our culture...
and live by them!

Source of Technology:
"Conservation and Management of Traditional Upland Rices in Ilocos Norte", a project implemented by the Mariano Marcos State University, City of Batac, Ilocos Norte
Tel. 77 792-3131, e-mail: rddirectorate@yahoo.com

Script & Lay-out by: Menisa A. Antonio
Edited by: Love Grace DC Campano
Introduction

Ilocos Norte is bestowed with rich traditional upland rice. These are heirloom varieties, handed down from one generation to another of Ilocanos, Itneg, Igorot, I-apayao, Tingguians and other groups living in the uplands of the province. On these traditional rices are anchored the subsistence and survival of these upland dwellers.

These traditional varieties are grown in cleared forest floors and terraced foothills which reflect the sustained toil and resilience of these groups of people. The indigenous farming system they practice through the years is a result of sweat, hardwork and sacrifices for economic survival. Preservation of these traditional varieties and associated indigenous systems is linked to the preservation of the cultural aspiration and foundation of the people.

Are These Varieties Worth Preserving? ... YES!

The upland rice varieties from Ilocos Norte have high morphological variability.

- They are generally tall, with low tillering ability.
- Panicles are long (about 28 cm long), low shattering, sparse or clustered.
- Grains are pubescent, covered with short whitish hairs.
- Seed coat is generally tawny, with brown spots or furrow; others vary from brown with gold furrows, purple, reddish brown with purple furrows, black, blackish brown, brown-black furrows, and dark brown.
- They are either awnless, or with awn at tip only or whole length of the panicle.awns are short, long to very long, exceeding 40 mm; varies from whitish, straw, gold, tawny, light green, red, purple or black (Fig 4); and majority have black awn at maturity.

- Dehulled grains are either dull white, different shades of reddish brown, light orange, black combined with white and brown.

What Can We Gain From These Traditional Varieties?

- These heirloom varieties possess good eating qualities, high nutritional value, long shelf life when cooked and substantial grain expansion. These characteristics usher an increasing demand and higher market price on them in urban communities.

- The traditional varieties have wide agro-ecological adaptability and resiliency. These potential can be harnessed amidst changing climate.

- They can be tapped to contribute in attaining rice self-sufficiency through expansion of production areas for upland rice and propagation of traditional rice for local household food security.

- Harnessing the economic potential of indigenous plants is one of the modalities to bring about livelihood for the indigenous peoples.

The high diversity of traditional upland rices poses greater need to maintain and conserve these genetic resources.