

# SAGO



The sago palm or thatch tree (*Metroxylon sago* Rottb.) is a type of palm plant that produces sago starch. In lowland forests up to an altitude of 700 ml, Rumbia grows in freshwater swamps, ponds, and peat. In the protection of peat, sago trees play an important role because they store carbon, maintain germplasm from various types of sago and other trees. Intensive treatment does not include Sago plants. The sago palms will be left after planting until they are old enough to be harvested. Farmers usually only ensure that the availability of water around the plants is good enough.

In Tebing Tinggi Timur Subdistrict, Meranti Islands District, Riau, Sungai Tohor Village is one of the peat areas that has a community-managed sago plantation area of 2650 hectares. Sago / thatch business actors, either as farmers, harvesters, refinery employees, owners of sago refineries, or home industry players of processed sago products, are the main livelihoods of the people of this village. The sago tree provides as a food security crop that can be cultivated over a long period of time and is a source of income for the regions that grow sago, thereby contributing to food security and poverty alleviation for households. Sago starch, which is derived from sago stalks,

provides significant raw material potential for processing industries on a small , medium and large scale. In Sungai Tohor Village, the primary product of sago is wet sago that is processed by community refineries.

Sungai Tohor Village also produces other processed products besides wet sago. The majority of the sago items processed are only used by the family or served in the village's stalls. Moreover, these processed products can become culinary products at city or district level festivals or exhibitions as well. In Sungai Tohor Village, the producers of processed sago products include Abdul Manan's home industry and members of the UP2K community. These products include sago noodles, liquid and powdered sago sugar, fat sago, egg sago, etc.

In 2016, Riau managed to break the MURI record as the producer of the most types of food made from sago, with 369 types of food. The many types of sago-based foods provide an opportunity for Sungai Tohor Village to become one of the culinary producers of sago in Riau.

From a nutritional perspective, sago is a food that is very nutritious. Sago has a low glycemic index, which means that carbohydrates (starch) are slowly converted to sugar. According to Eniya Listiani Dewi, BPPT for Agro-industry Technology and Biotechnology, to the BBC, "If we eat 100 grams of rice, in four hours the Glycemic Index will be 80 to 90. Meanwhile, if we eat rice from sago rice as much as 100 grams, in four hours the Glycemic Index is 25 to 30, ". Foods with low GI are useful for maintaining blood sugar stability (to prevent Diabetes Millitus), weight loss and maintaining health.



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