

# **Pemberdayaan Masyarakat Melalui Pelatihan Pengolahan Ubi Ungu Bernilai Tambah di Desa Benteng, Bogor, Indonesia**

## **(Community Empowerment Through Training on Value-Added Processing of Purple Sweet Potato in Benteng Village, Bogor, Indonesia)**

**Eny Palupi<sup>1\*</sup>, Suwanto<sup>2</sup>, Uswatun Hasanah<sup>3</sup>, Rachmalia Isni Oktaviani<sup>1</sup>, Dian Rahmah Fitri<sup>2</sup>, Cucu Cahyana<sup>4</sup>**

<sup>1</sup> Fakultas Ekologi Manusia, IPB University, Bogor, Jawa barat, Indonesia 16680

<sup>2</sup> Fakultas Pertanian, IPB University, Bogor, Jawa barat, Indonesia 16680

<sup>3</sup> Fakultas Teknologi Pertanian, IPB University, Bogor, Jawa barat, Indonesia 16680

<sup>4</sup> Fakultas Teknik, Universitas Negeri Jakarta, Jakarta Timur, DKI Jakarta, Indonesia 13220

\*Penulis Korespondensi: enypalupi@apps.ipb.ac.id

### **ABSTRAK**

Ubi jalar ungu merupakan salah satu komoditas utama di Desa Benteng, yang dibudidayakan oleh kelompok petani Sinar Tani, Cahaya Tani, dan Selaras. Namun, sebagian besar hasil panen terdiri dari ubi jalar berkualitas rendah (grade B dan umbi di bawah standar) dengan nilai ekonomi rendah dan belum dimanfaatkan secara optimal. Padahal, ubi jalar ungu dikenal kaya akan serat dan antosianin, yang berpotensi digunakan sebagai makanan fungsional. Berdasarkan kondisi tersebut, tim pengabdian masyarakat IPB memulai serangkaian pelatihan pengolahan ubi jalar ungu berkualitas rendah menjadi produk makanan fungsional berkualitas tinggi. Kegiatan ini dilakukan bekerja sama dengan kelompok petani Sinar Tani di Desa Benteng, Bogor, Indonesia. Kegiatan berlangsung dari Agustus hingga September 2025 melalui empat sesi pelatihan: 1) teori tentang sifat gizi dan pengolahan ubi jalar ungu, 2) praktik pengolahan tepung ubi jalar, 3) praktik pembuatan roti umbi (*Goguma Ppang*), dan 4) praktik pengolahan serpihan dan snack bar. Hasil kegiatan menunjukkan peningkatan pemahaman dan keterampilan dalam pengolahan ubi ungu bernilai tambah. Program ini tidak hanya meningkatkan kapasitas dan kemandirian peserta, tetapi juga mendukung diversifikasi makanan sehat berbasis komoditas lokal, yang berpotensi berkontribusi dalam mencegah obesitas dan penyakit metabolik, yang merupakan jembatan pertama menuju penyakit tidak menular.

Kata kunci: fungsional, kualitas, obesitas, peningkatan, pengabdian

### **ABSTRACT**

Purple sweet potatoes are one of the leading commodities in Benteng Village, cultivated by the *Sinar Tani*, *Cahaya Tani*, and *Selaras* group of farmers. However, most of the harvest consists of low-grade sweet potatoes (grade B and tubers off-grade) with low economic value and have not yet been optimally utilized, in fact purple sweet potatoes are known for their fiber and anthocyanins content, which have the potential to be used as functional foods. Based on these conditions, the IPB community service team initiated a series of training sessions on processing low-grade purple sweet potatoes into high-quality functional food products. The activities were conducted in collaboration with the *Sinar Tani* farmer group in Benteng Village, Bogor, Indonesia. The activity took place from August to September 2025 through four training sessions: 1) theory on nutritional properties and processing of purple sweet potatoes, 2) practice in processing sweet potato flour, 3) practice in making tuber bread (*Goguma Ppang*), and 4) practice in processing flakes and snack bar. The results of the activities showed an increase in understanding and skills on value-added processing of purple sweet potato. This program not only enhanced the capacity and independence of the participants but also supported the diversification of healthy foods based on local commodities, which could potentially contribute in preventing obesity and metabolic diseases, the first bridge to non communicable diseases.

Keywords: dedication, functional, improvement, obesity, quality