The Philippines is blessed with vast oceans and fertile lands. From the very beginning, even predating the colonial times, the ancestral Filipinos are farmers that cultivate the land and fishermen who catch fish from the bodies of water. In fact the largest ethnic group in the country, the Tagalogs, are people who are from or live by the river which translate to taga ilog in their native dialect.

To this day, agriculture and fisheries are still two of the most coveted industries in the country. Many Filipino rely on these industries for their means of income. However, with how the factors affect the yield and profit from these industries change throughout the years, it becomes more and more challenging for the people who rely on it to make a living. The prices of their products and catch fluctuate so much and so unpredictable that they fail to keep up. When this happens, they are forced to sell their products in a lower price or dispose of it all together.

This is where food processing and value addition can be applied. Food processing is the process of transforming a raw material into products, while value addition is a means of adding nutrients and/or other ingredients to a produce to increase its value. By using food processing and value addition, farmers and fisherfolks can make the most out of their produce and catch.

One of the methods in food processing and the most common is canning. In this process the raw materials is placed in a sterile air-tight container (it can be can or glass), some cook the product before hand and some just place raw ingredients, and then the containers are heated or pressure cooked in until it reach a certain temperature further
kill off any organism in the product. The seal and temperature helps extend the shelf-life of the product. The best examples of canning are the store-bought sardines in tomato sauce and the preserved peas and mushrooms. In their natural state, these products will last a couple of days tops, but through food processing it will last for months even years without going bad.

Next is fermentation, which is a process of breaking down sugars though live microorganisms such as yeasts and bacteria. In fermentation the microorganisms are put under what is called anaerobic environment where they can process and breakdown the sugars in the products. Fermentation is used in creating wine, vinegar, and even beer. It is also used in making fish-sauce, soy sauce, and other condiments. In fermenting usually is wet and with the presence of moisture drying on the other hand is the opposite. In drying the moisture content of a raw material is reduced into a certain level where organisms and bad bacteria cannot proliferate, thus preventing spoilage. Some of the best examples of these are dried fish, dried fruits, nuts, and even meat.

The process of food preservation common in the Philippines apart from drying is smoking. In smoking the fish or meat, it is exposed to smoke and heat. The smoke also dries out the fish or meat while infusing all the flavour and smell of smoke. The very much loved Filipino breakfast tinapa is an example of smoked products.

Almost all of the processes mentioned use some sort of value addition. The addition of sugar, smoke, or salt brine to the products also increase the longevity of the food it also add vitamins and minerals that is essential for the human body.

By processing the products and catch of farmers and fisherfolks, the market value of their products will increase. It will also make seasonal foods and produce be available throughout the year.
References:

https://www.sciencedirect.com/science/article/pii/B9780128105214000104
https://www.intechopen.com/books/food-industry/adding-value-in-food-production
https://www.streetdirectory.com/food_editorials/meals/food/common_methods_of_processing_and_preserving_food.html