

A wooden bowl filled with taro tubers. Some tubers are whole, showing their characteristic brown, fibrous skin. Others are cut into slices, revealing a white interior with a dense network of fine, reddish-purple veins. Green taro leaves are scattered around the tubers, and a small yellow flower is visible in the bottom right corner. The background is a solid green color.

# Taro

## **Colocasia esculenta**

Dariann Freer

# Introduction

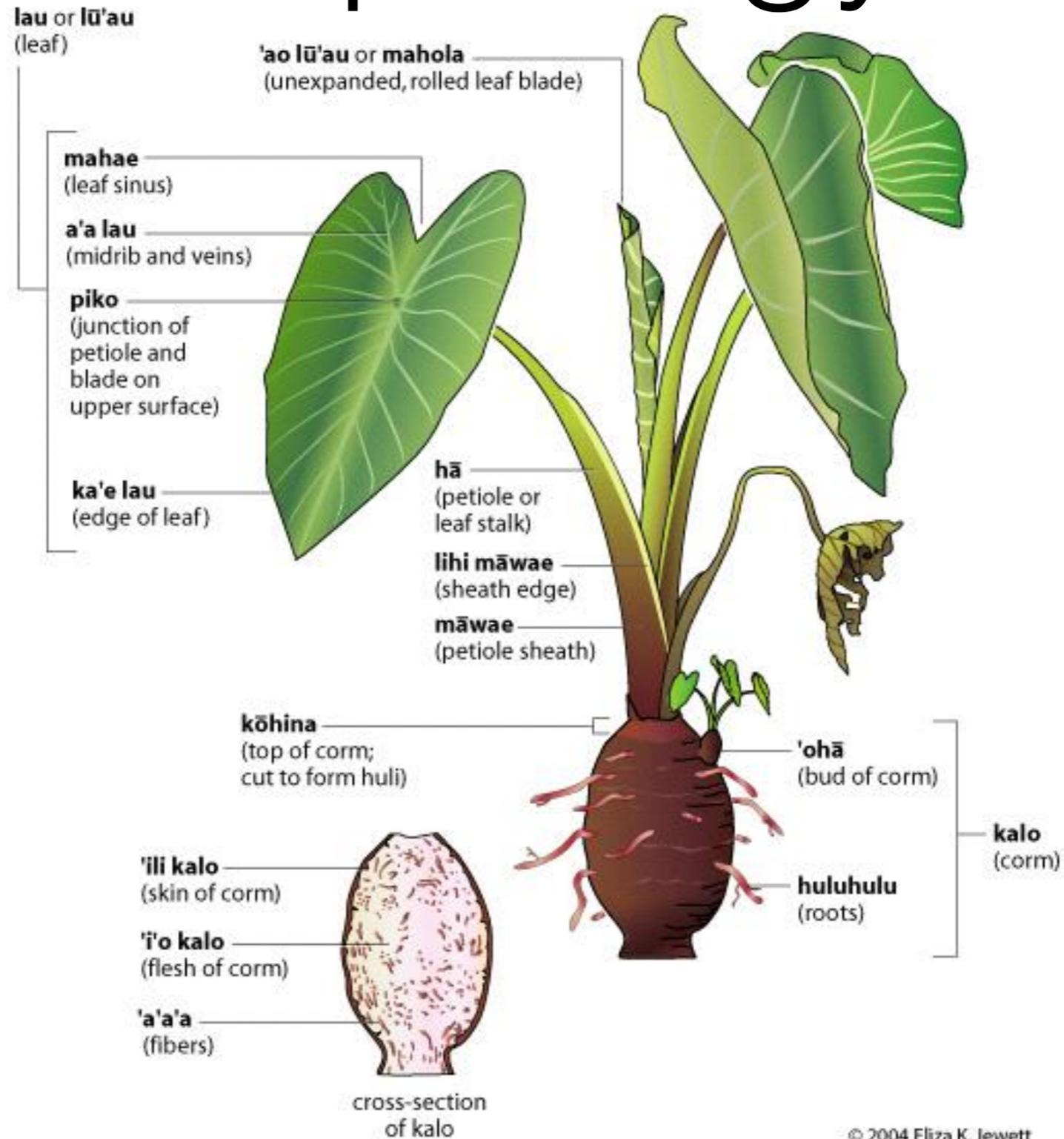
Taro, sometimes called the "potato of the tropics," or "elephant ears" is a wetland herbaceous perennial with huge "elephant ear" like leaves.

The most widely cultivated species of several plants in the Araceae family

taro is grown as a root crop throughout the humid tropics and is one of the most important food staples in the pacific

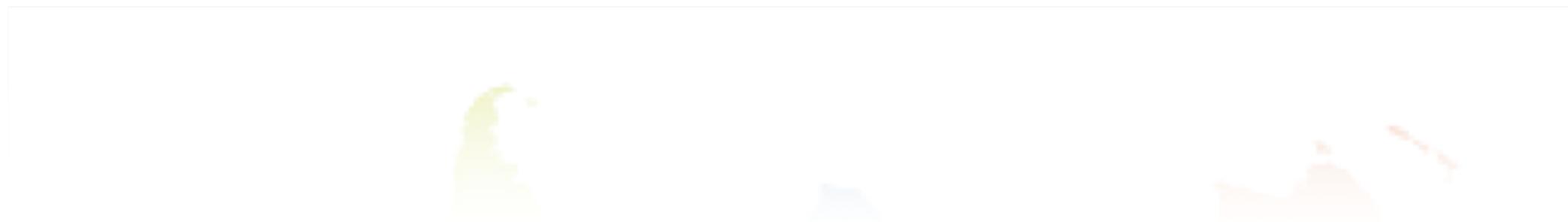
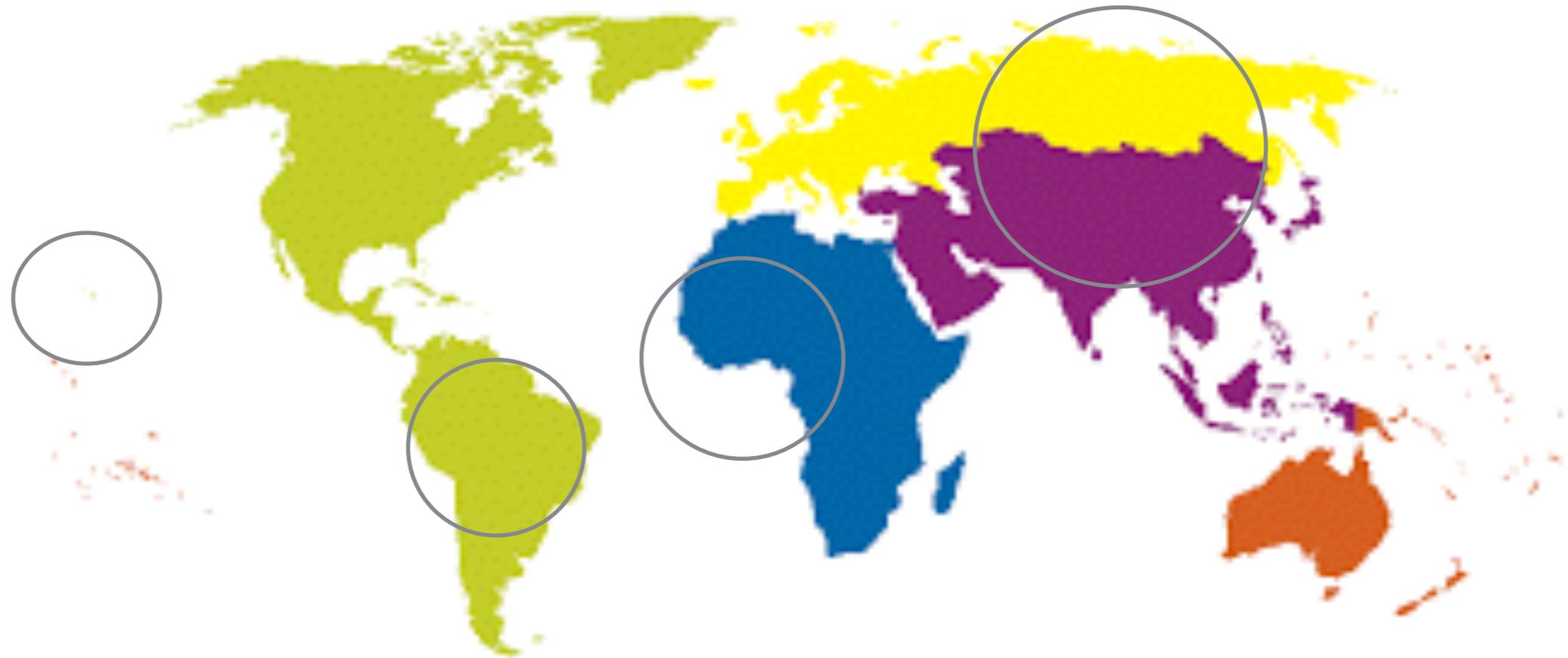


# Morphology



# geography of cultivation

the popular edible root vegetable spread across the tropical regions of the globe with the help of explorers, reaching west to Egypt, West Africa, east to the Pacific Islands and Hawaii, Asia, and Amazonian regions of South America





Taro

# Features of cultivation

Taro is cultivated in swampy areas and flooded plains, though it is also found in home gardens, in dry land and other areas that depend on periods of rainfall and irrigation.

taro is one of few crops that can be grown under flooded conditions. it does well in deep, moist or even swampy soils

Harvesting is usually done by hand tools, even in mechanized production systems. First, the soil around the corm is loosened, and then, the corm is pulled up by grabbing the base of the petioles

Flooded cultivation has some advantages over dry-land cultivation: higher yields (about double), out-of-season production (which may result in higher prices), and weed control (which flooding facilitates)

flooded production systems requires a longer maturation period, investment in infrastructure, and higher operational costs, and monoculture is likely.



# Plant uses

The corm taro can be used in variety of preparations. In Hawaii, boiled corm is ground into sticky paste known as *poi*.

In India, they make a taro root curry

The corms are also employed in the preparations of burger, bread, flakes, pancakes, muffin, chips, flour, cookie, ice cream, etc

Taro leaves contain a high amount of protein and are usually boiled and mixed with condiments.

Geographically, the most widespread form of taro is the almighty taro chip.

Taro can be purchased in powder form, which is an ideal ingredient for sweet teas and smoothies.



**TARO  
POWDER**



# Historical facts

Originated in India and spread eastwards to Burma, China, and Indonesia. Finally had spread to Japan, Hawaii, Polynesia, and Melanesia. Also has spread to Egypt and West Africa, New Guinea, and the Caribbean.

In ancient Hawaiian tales, taro is described as a child who grew into a plant and eventually helped create the human race.

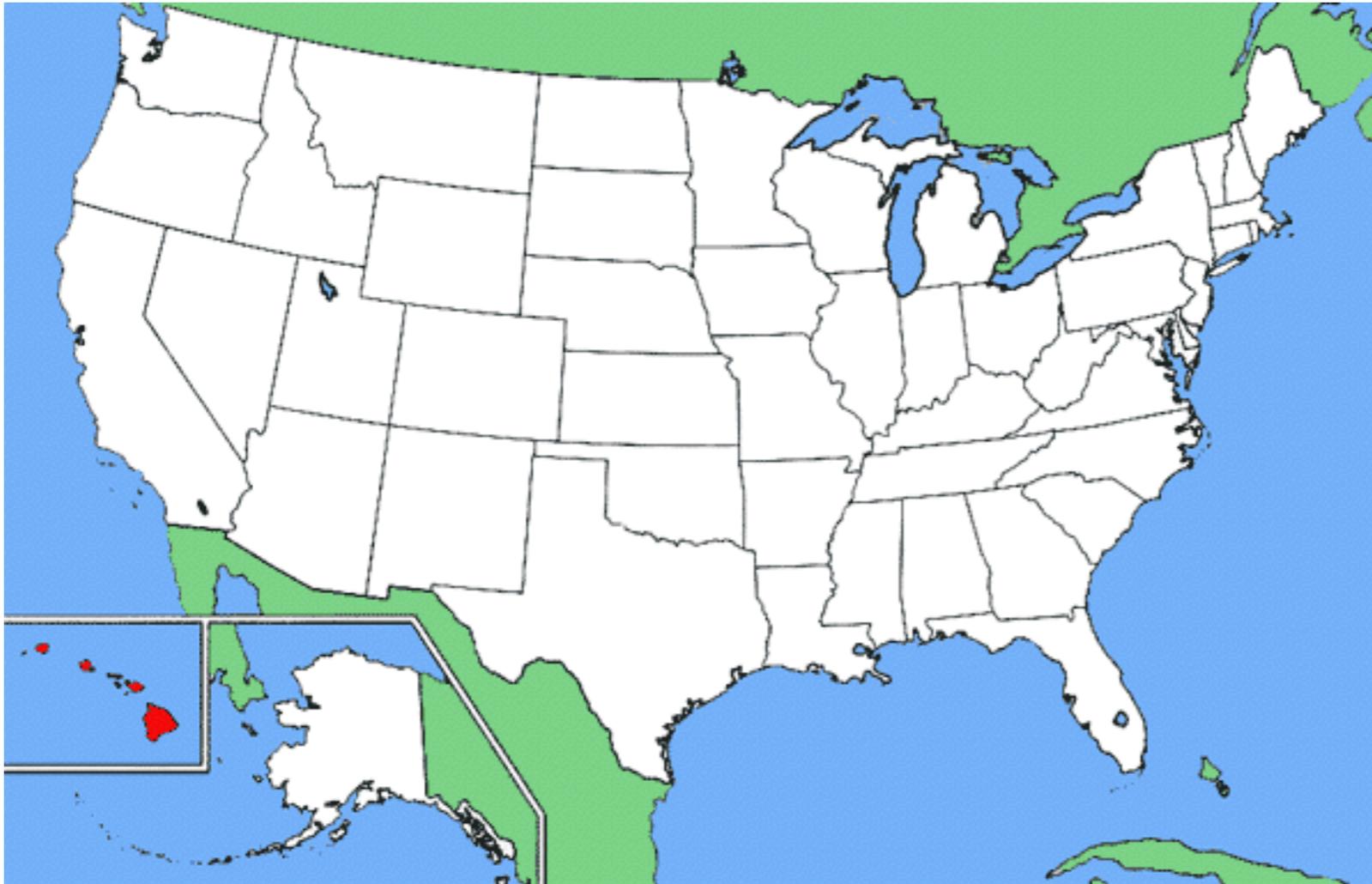


Taro was once used as a medicine, due to its suggested healing powers.



# use in north america

Cleaned, and processed taro corms can be available in the US markets usually imported from Pacific islands.



# benefits and interesting facts

taro is high in fiber, vitamins A C E and B6 and loaded with potassium

taro promotes digestive health, skin health, and boost vision

It is believed that taro corms can help regulate blood pressure and blood sugar, and may help protect us from cardio-vascular disease and cancer.

taro contains raphides.

calcium oxalate is highly insoluble and contributes to kidney stones

eating taro raw is toxic, this is corrected by steeping taro in cold water overnight

# works cited

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