

# RED TARO



SUNEN AGAGA'

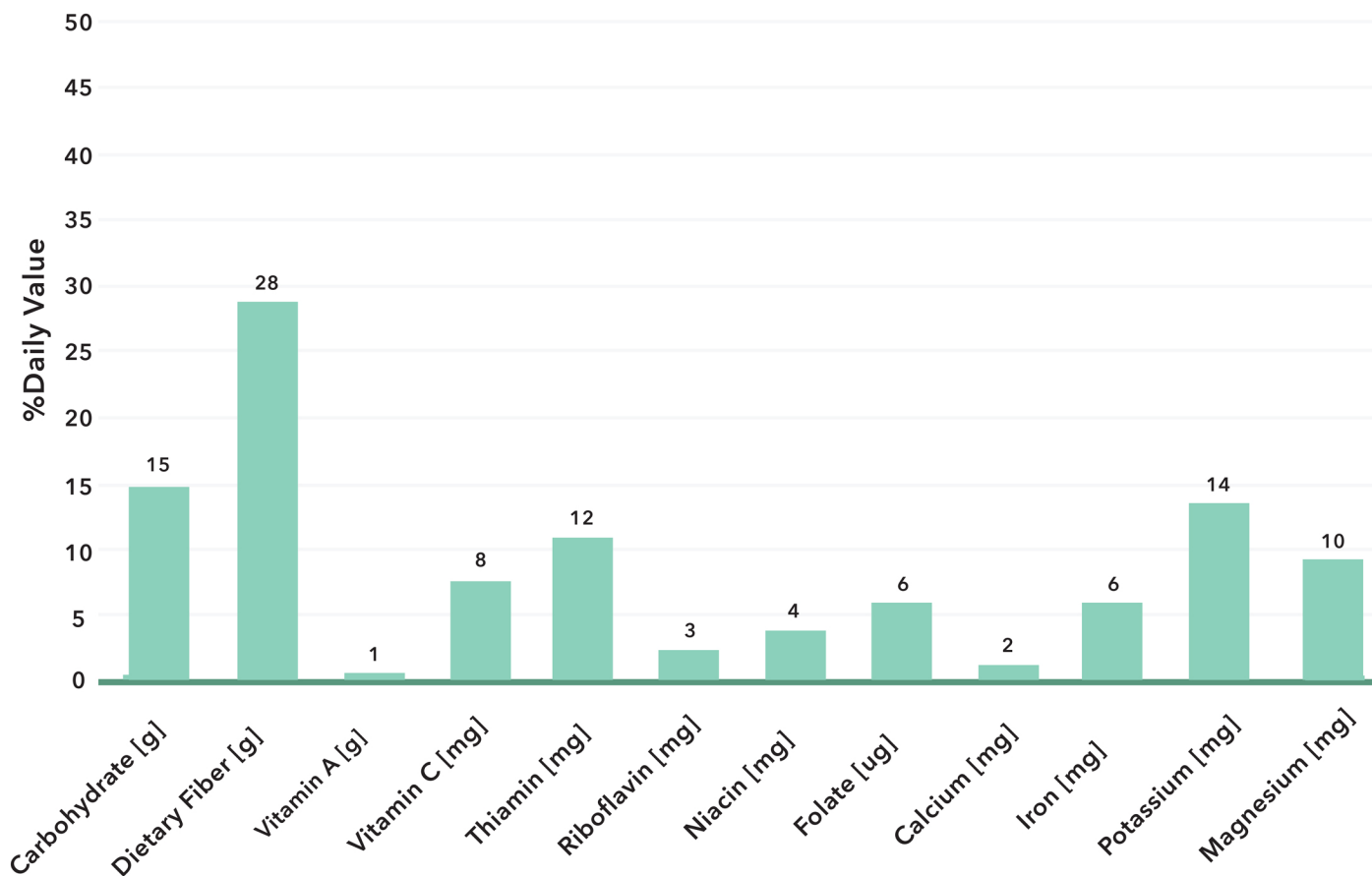
# RED TARO/SUNEN AGAGA'

*Colocasia esculenta*

(CHamoru Name)

SEASON

Peak availability  
year-round  
January through  
December



## DID YOU KNOW?

Only eat cooked!  
If any part of  
the taro plant is  
chewed or eaten  
raw, immediate  
burning pain and  
swelling of the  
lips, mouth, and  
tongue can occur.

Graph based upon Hawaii  
Foods database nutrient  
composition 1 cup cooked,  
sliced (132 g)

\*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

Published by the College of Natural & Applied Sciences (CNAS), University of Guam, in cooperation with the U.S. Department of Agriculture, under Dr. Lee S. Yudin, Director/Dean and through the collaboration of Kristi Hammond, Kevin Dema-Ala, and Dr. Tanisha F. Aflague. University of Guam, CNAS, UOG Station, Mangilao, Guam 96923. Copyright 2018. For reproduction and use permission, contact [cnasteam@triton.uog.edu](mailto:cnasteam@triton.uog.edu), (671) 735-2000. The University of Guam is an equal opportunity/affirmative action institution providing programs and services to the people of Guam without regard to race, sex, gender identity and expression, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or status as a covered veteran. Find CNAS publications at [www.uog.edu/extension/popular-publications](http://www.uog.edu/extension/popular-publications).

