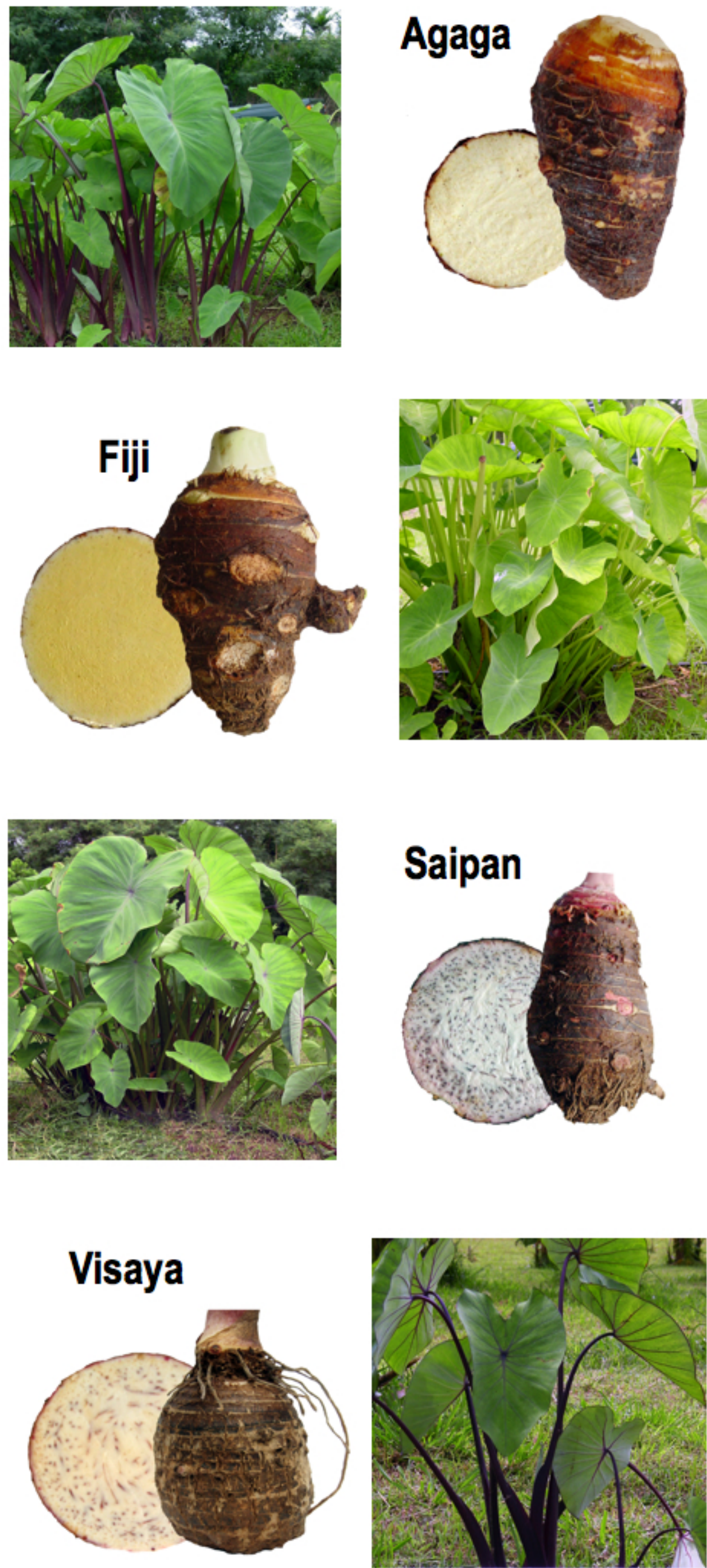
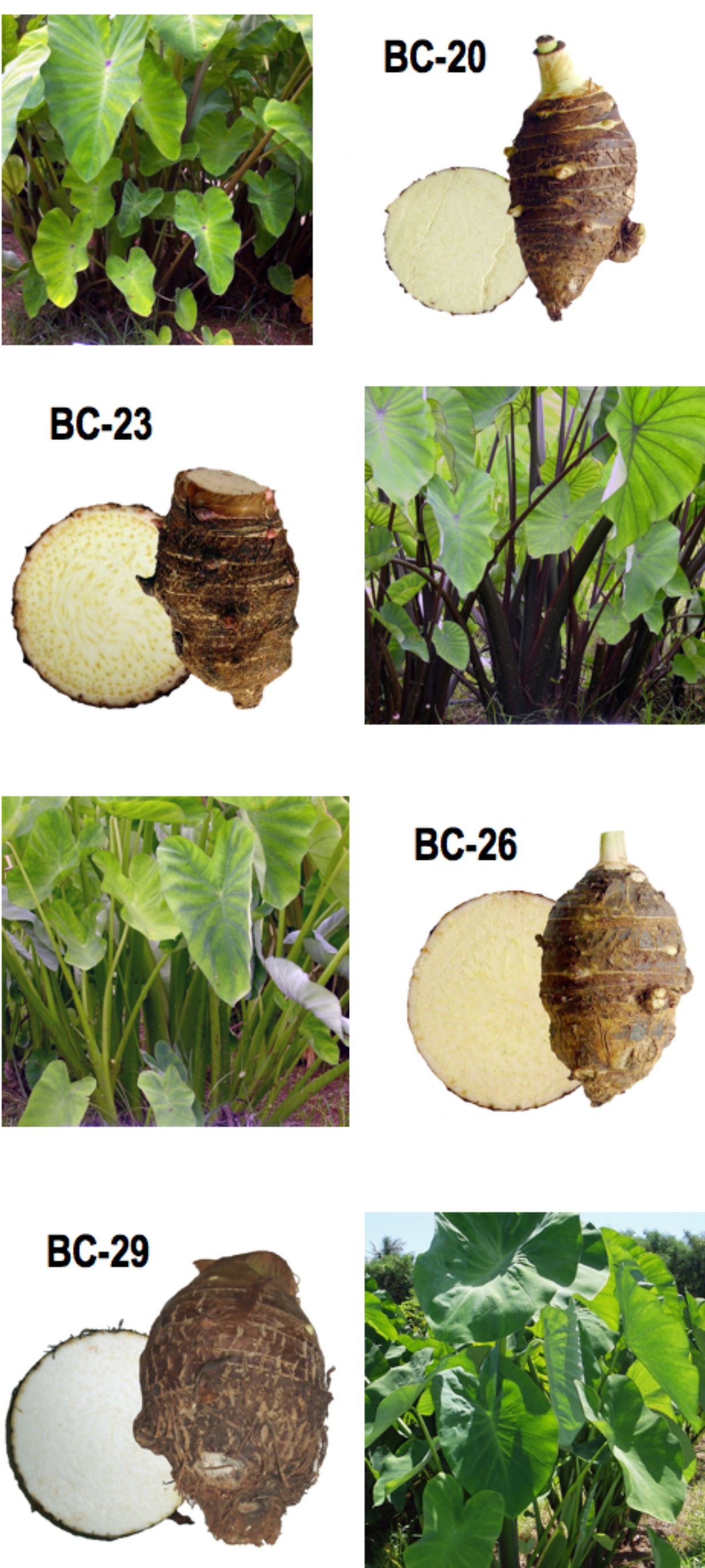


Taro Varieties Available on Guam

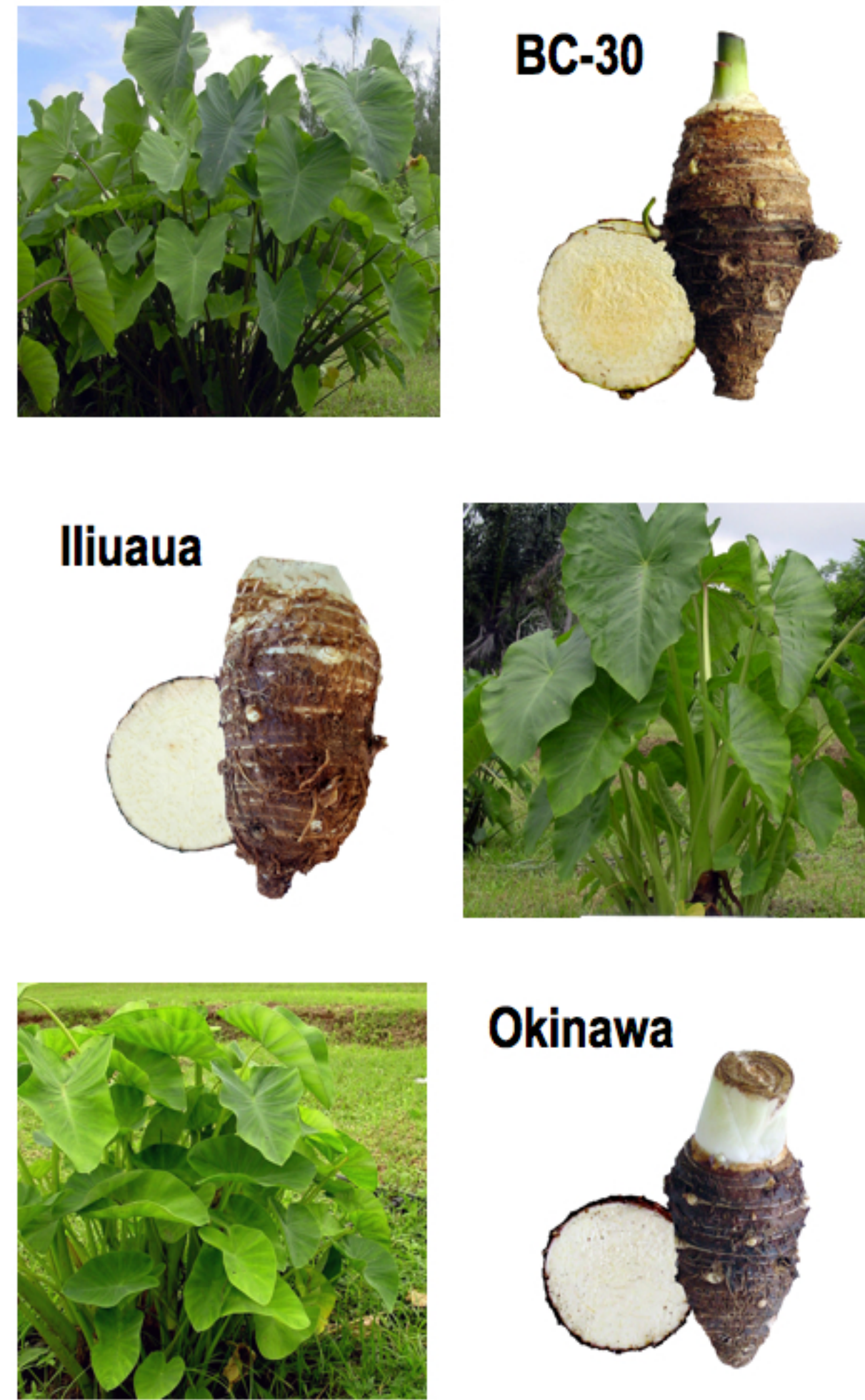
Varieties from Guam



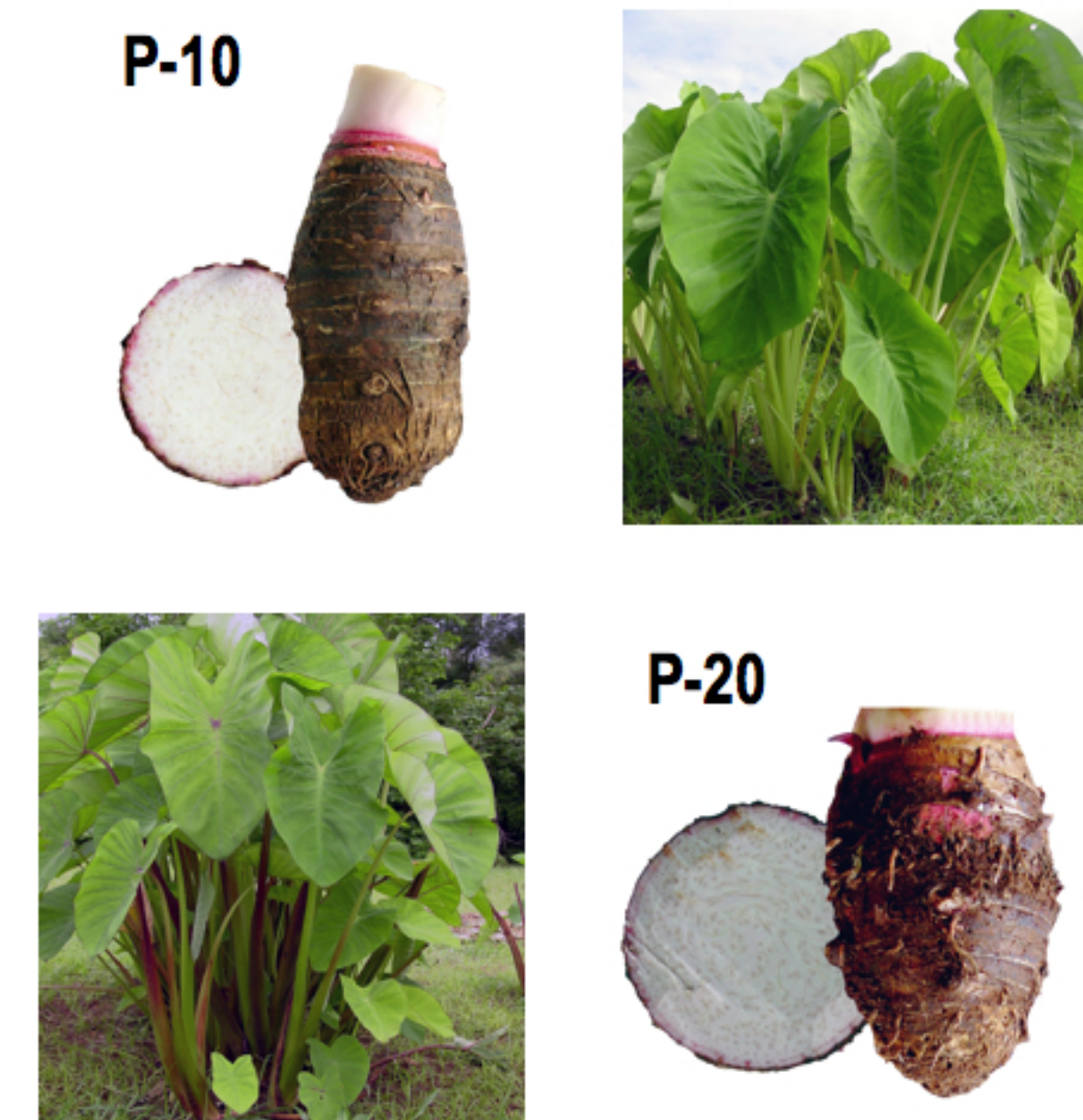
Varieties from Hawaii



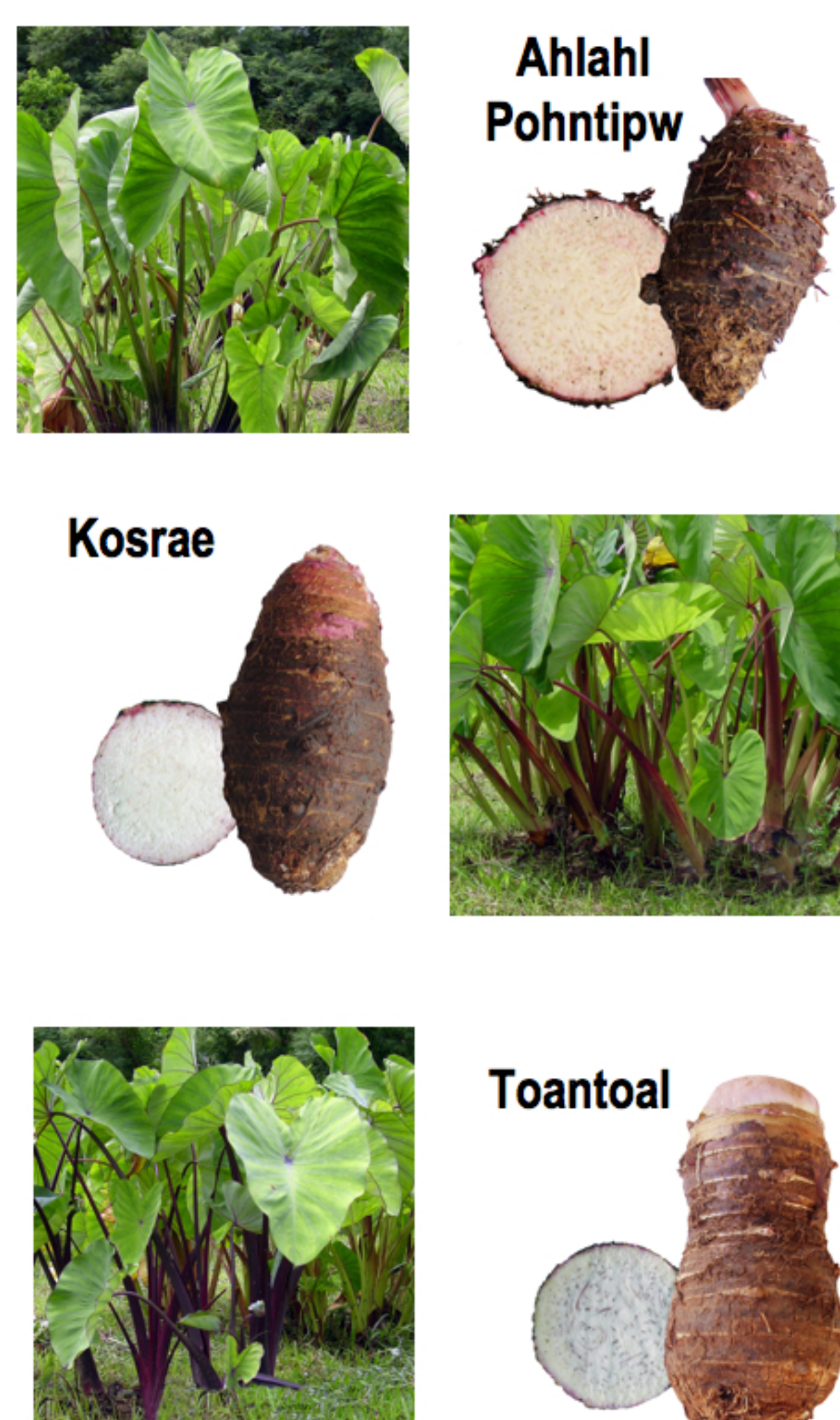
Varieties from Hawaii



Varieties from Palau



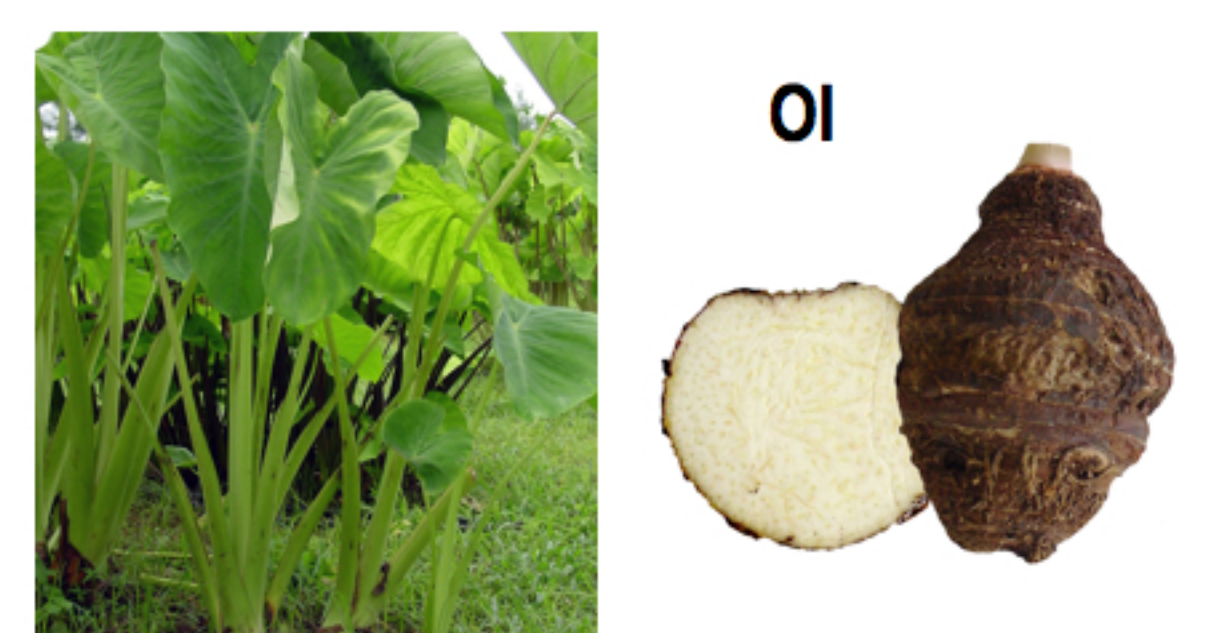
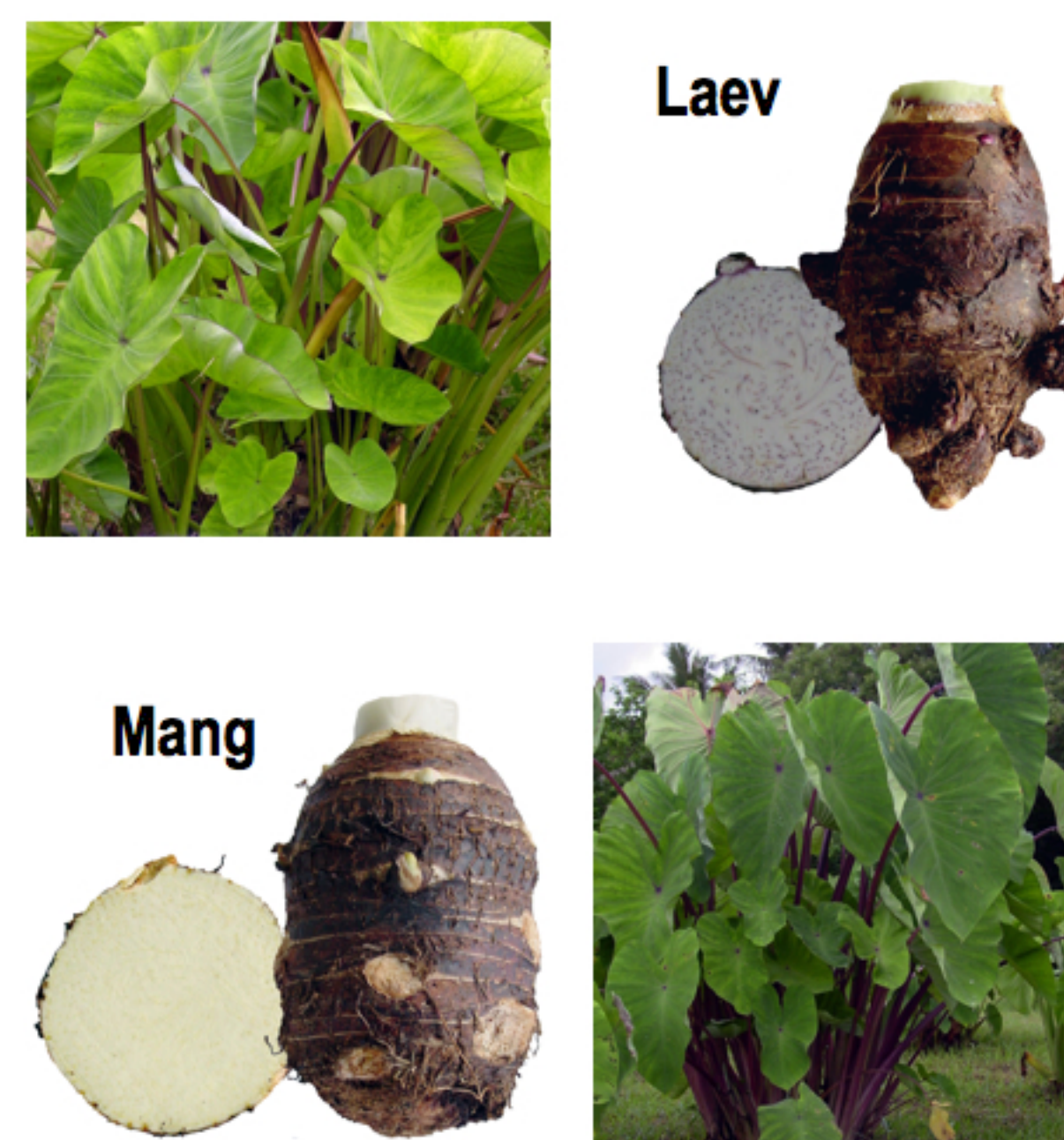
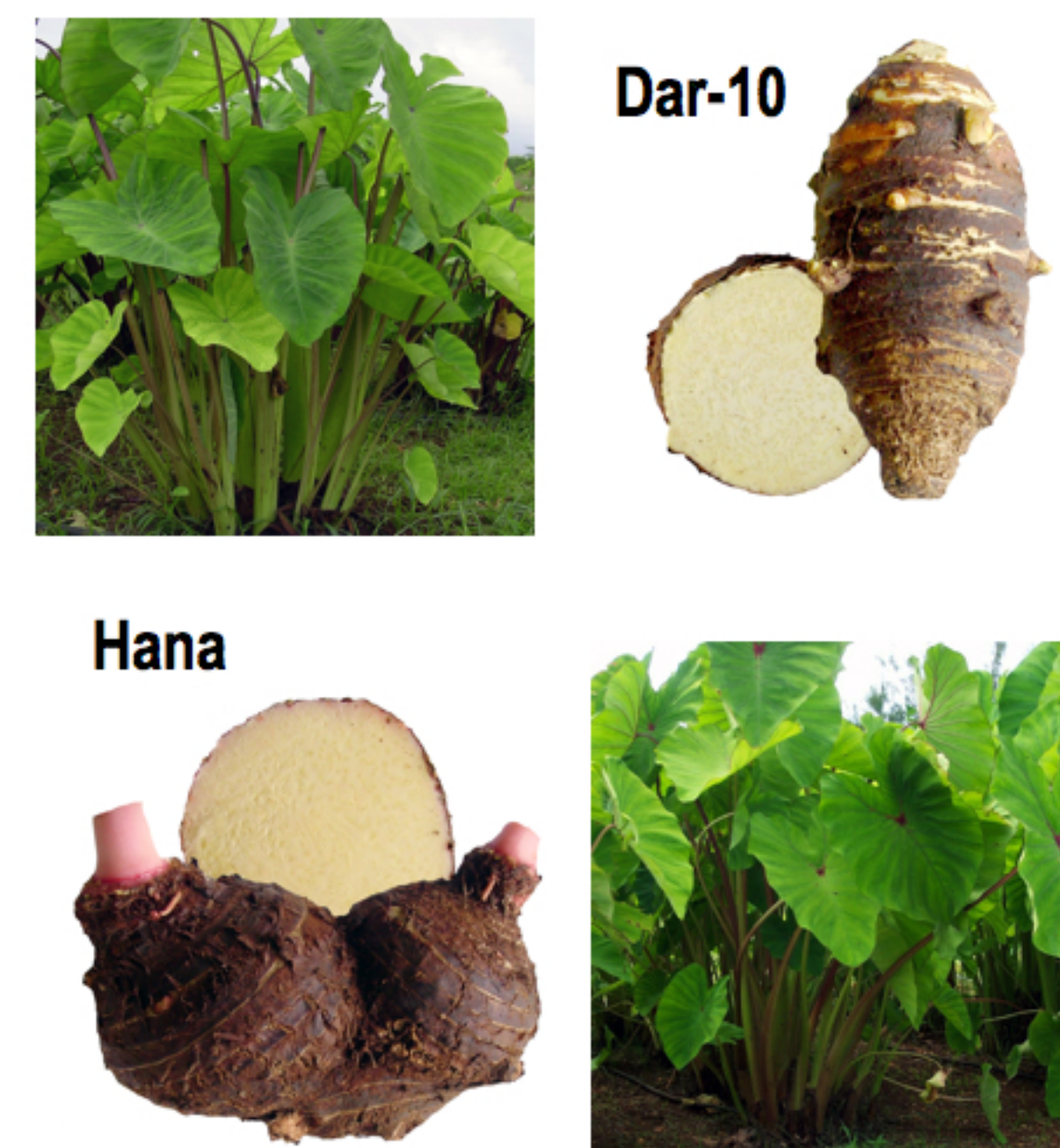
Varieties from Pohnpei



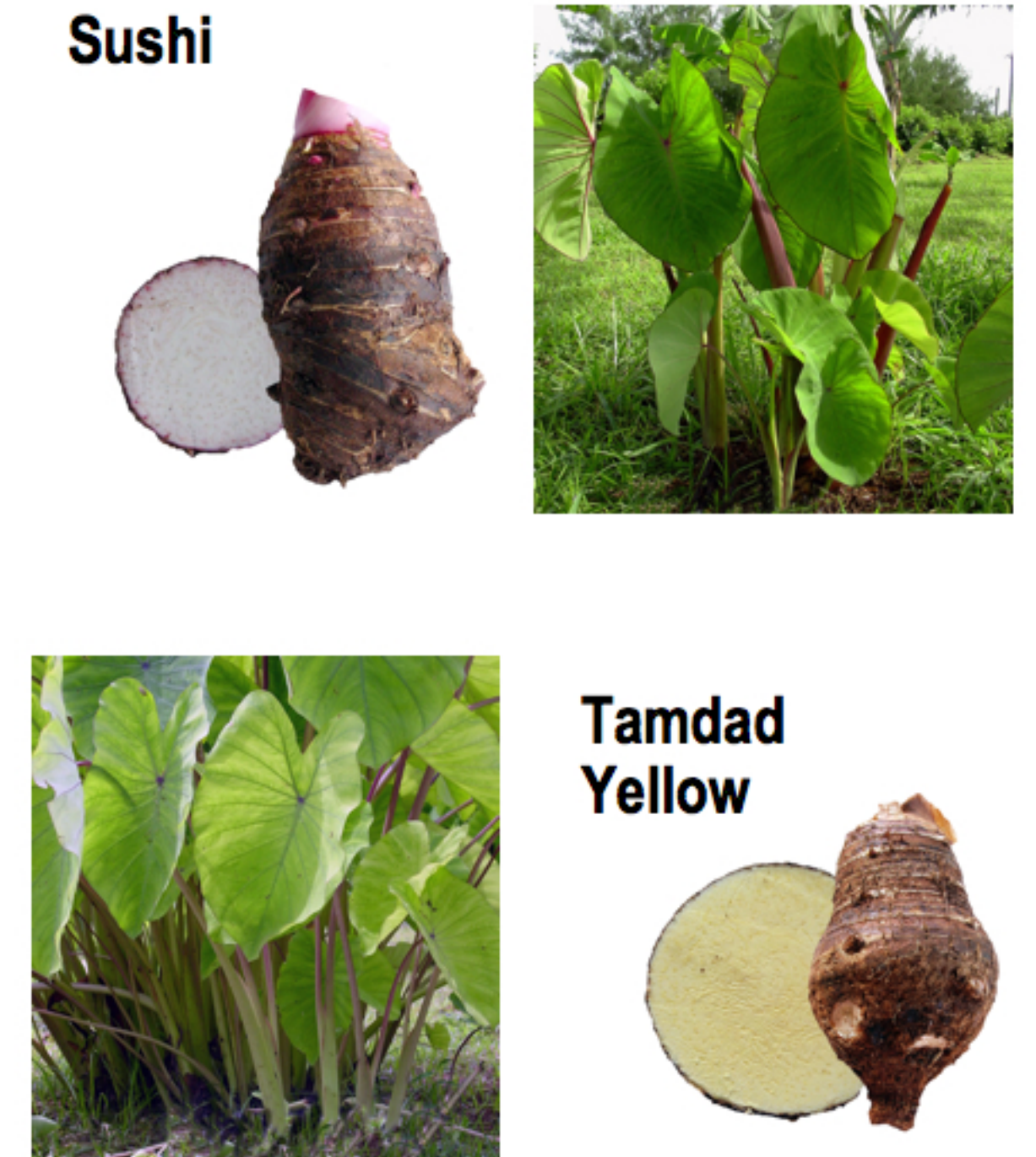
Varieties from Samoa



Varieties from Yap



Varieties from Yap



Taro

Taro, *Colocasia esculenta* (L.) Schott is also known as kalo, dalo, suni, sawan, malanga, dasheen, cocoyam, and many other names. It is a herbaceous plant with an underground corm producing several large leaves with long erect petioles.

Taro is mainly cultivated for its tubers that contain large quantities of starch and fiber. It is important to cook taro for the recommended time in order to reduce the amount of oxalates present in the tubers. Taro tubers are nutritious and contain considerable amounts of potassium, calcium, vitamins C and E, iron and are very low in fat.

Taro leaves may also be cooked and eaten as a vegetable. Leaves contain large amounts of vitamins A and C, fiber, beta-carotene, iron, folic acid and also proteins. There is ample evidence to classify taro as a HEALTH FOOD, especially beneficial when eaten on a regular basis.

Many varieties of taro from Micronesia and Hawaii are available at the Guam Department of Agriculture.

Guam Taro Guide

Find the Guam Taro Guide on line at:

<http://www.wptrc.org/section.asp?secID=30>

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