



PLANT FACT SHEET



Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Pachyrhizus erosus (L.) Urban

GENUS *Pachyrhizus* **FAMILY** Fabaceae

COMMON NAMES Yam bean, Jicama

EDIBLE PARTS AND USES

Edible parts: Pods, Tubers, Root, Seeds, Vegetable

The young tuber is eaten either raw or cooked. They can be boiled, stir-fried, roasted, braised or used in soups. It can also be pickled.

The tubers can be a source of starch used in custards and puddings.

The young pods can be eaten. (They must be well cooked.)

CAUTION Old pods and mature seeds can be poisonous.

DESCRIPTION

A climbing bean with hairy stems. It can grow up to 6 m tall. The stems are woody at the base. It has a white fleshed tuber. It has a rough sandy coloured skin. The leaves are alternate and made up of 3 leaflets. These leaflets have large teeth. The flowers are violet or white. The pod is 8-15 cm long, curved and hairy. The seeds are almost black. There are 8-11 seeds and they are flattened.

HABITAT

A tropical plant. It grows in warm places. It grows in coastal areas in Papua New Guinea and up to about 70 m altitude in the tropics. A well drained soil is needed. A light rich sandy soils is suitable. It cannot tolerate frost. Plants need 11-13 hours of daylight for tubers to form. A pH of 6-7 is suitable. It can grow in arid places. It suits hardiness zones 10-11. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It is grown from seeds and also grows wild. Seed should be presoaked for 12 hours in warm water to encourage rapid germination. Seed germinate within 2 weeks. Plants can be grown by dividing the root clump and growing plants from the thickened roots. Cuttings will grow. A spacing of 50 cm between plants is suitable. Topping the plant by picking out the growing point and removing the flowers is supposed to help tubers form.

Harvesting and Seed Production

Tubers are ready about 6 months after sowing. Individual tubers can be up to 20 kg weight.

NOTES

The seeds are possibly poisonous.
It possibly has anti-cancer properties.

PICTURES



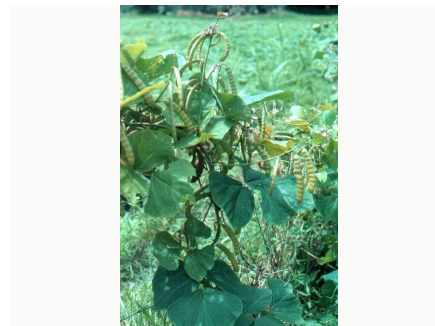
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