PLANT FACT SHEET

Agave vera-cruz Mill.

GENUS *Agave* **FAMILY** Asparagaceae

COMMON NAMES Blue elephant aloe, Railway aloe

EDIBLE PARTS AND USES

Edible parts: Stem, Flowers, bud

Stems from plants with open flowering stalks are eaten. The flowers and buds are made into chutney. The large stems have the outer skin scraped off then they are washed and cut into small pieces then washed again. They are then heated over a fire for 2 hours and kept hot for 10 hours before cooking for a further 2 hours. Then tamarind and sugar are added and cooked for another hour. The cooking water is thrown away.

DESCRIPTION

A large plant with broad spiny leaves. They curve back near the tip.

HABITAT

A tropical plant. Tamil Nadu. It suits warm places. It Mexico it grows at about 1,800 m altitude.

NOTES

Considerable processing is used in the food preparation. There are about 250 Agave species. The Agavaceae are mostly in the tropics and subtropics. Moisture: 78.9%. Petroleum ether extract: 0.1%. Crude fibre: 1.5%. Ash: 0.5%. Starch: nil. Carbohydrate (as reducing sugars): 19.0% (mainly polyfructosan).

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8d235e15-d12b-44bb-a960-d362adc0c25f