



Common names

Araceae

Scientific name

Xanthosoma belophyllum

Edible portion Leaves, Root, Corm,

Description

A large herb.

Distribution

A tropical plant.

Found in:

Colombia, Guiana, Guianas, Guyana, South America, Suriname, Venezuela,

Use

The corms are cooked and eaten.
The leaves can be cooked and eaten.

Cultivation

Production



Please Note: Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution 3.0 Licence - this means you can share it freely, as is and with acknowledgement.



Nutritional Values

Xanthosoma belophyllum

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
--------------------	------------------------------	-----------------------	----------------------	------------------------	----------------------	------------------------	---------------------	--------------------	--------------------



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Araceae

Tannia spinach,

Scientific name

Xanthosoma brasiliense

Edible portion Leaves, Vegetable,

Description

A large herb. It grows about 1 m tall. It keeps growing from year to year. The tubers are tiny but not acrid. The plant is usually grown for its edible leaves. The leaf stalks are 60 cm long.

Distribution

A tropical plant. It thrives in hot wet conditions. It will not grow well in sandy soils or soils low in organic matter. It will grow in soils with a pH between 5.0 - 8.0. It can tolerate shade and be intercropped with bananas or coconut.

Found in:

Amazon, Brazil, Caribbean, Central America, Colombia, Curacao, Dominican Republic, FSM, Guyana, Haiti, Hawaii, Leeward Is., Lesser Antilles, Pacific, Pohnpei, Puerto Rico, South America, Trinidad-Tobago, Tuvalu, West Indies,

Use

The leaves, stems and upper portion of the leaf stalks are used as potherbs.

Cultivation

It is grown as a leaf vegetable. It take a about 0.5 share metres of space or 20,000 plants per hectare. It is usually grown from corms or stem cuttings.

Production

It produces nutritious green leaves year round and will continue to produce for up to 2 years.



Nutritional Values

Xanthosoma brasiliense

Edible Part /100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Leaves	92	100	24	2.2	573	43	2.9	0.3

FOOD PLANTS INTERNATIONAL



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Araceae

White fleshed malanga,

Scientific name

Xanthosoma caracu

Edible portion Leaves, Corms, Root,

Description

A large herb. It grows up to 2 m tall. The stem is not above ground. The leaf stalk is thick and fleshy. The wings are tinged violet. They is a waxy bloom on the back. The leaf blade is bluish-green and shiny above and pale underneath. It is spear shaped and pointed and 25-50 cm long. It is 45 cm wide. It has tubers underground.

Distribution

A tropical plant.

Found in:

Africa, Asia, Cameroon, Central America, Colombia, Cuba, Dominican Republic, Guianas, Guyana, Honduras, India, Mexico, North America, Northeastern India, Puerto Rico, South America, Suriname, Trinidad, Venezuela, West Indies,

Use

Cultivation

Production

The tubers can be stored.



Nutritional Values

Xanthosoma caracu

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg

FOOD PLANTS INTERNATIONAL



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Huitina, Uncucha,

Araceae

Scientific name

Xanthosoma jacquini

Edible portion Leaves, Corms, Root,

Description

Now part *Xanthosoma undipes* and part *Xanthosoma sagittifolium*.

Distribution

A tropical plant.

Found in:

South & Central America,

Use

Cultivation

Production



Nutritional Values

Xanthosoma jacquini

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*

Common names

Chinese taro, Tannia, West Indian kale,

Araceae

Scientific name

Xanthosoma sagittifolium

Edible portion Tubers, Root, Leaves, Vegetable, Leaf stalks, Stem,

**Description**

A herb up to 2 m tall. It has a short stem. At the top of the stem it produces large leaves. A corm is produced at the base of the plant. It produces about 10 cormels on the underground corm. These are about 15-25 cm long and flask shaped. The get wider towards the tip. Leaves are large and the stalk joins to the edge of the leaf. The leaves stand erect on stout petioles. There is a vein around the edge of the leaf. The leaf stalks can be 1 m long. The leaf blade is oval and 50-75 cm long. The leaf has triangular lobes at the bottom. The flower is produced below the leaves. The large bract around the flower is pale green and about 20 cm long. The bases of this overlap. The closely arranged spike of flowers is about 15 cm long. The smaller female section is at the bottom and the male section is larger and towards the top. There is a variety with blue on the stalks and leaves that was called *Xanthosoma violaceum*.

X. mafafa. The leaves are broad and spearhead shape. They are 60-130 cm long. There is a gap in the leaf blade on either

Distribution

A tropical plant. It suits tropical rainforest regions. It grows well in hot, humid tropical areas. It can stand high rainfall. It can tolerate light shade. It does well in regions with an annual average temperature of 26°C. It grows from sea level up to about 2000 m. Soils need to be well drained but should be moist. It needs a well distributed rainfall of 1,400-2,100 mm during the growing season. It does not do well in atoll soils. The best pH is 5.5-6.8.

Found in:

Africa, Amazon, American Samoa, Antilles, Asia, Australia, Bangladesh, Benin, Bolivia, Bougainville, Brazil, Burkina Faso, Cambodia, Cameroon, Cape Verde, Caribbean, Central Africa, Central America*, China, Chuuk, Colombia, Congo DR, Cook Islands, Costa Rica, Côte d'Ivoire, Cuba, Dominica, Dominican Republic, East Africa, East Timor, Easter Island, Ecuador, Ethiopia, Fiji, FSM, Gabon, Ghana, Grenada, Grenadines, Guam, Guatemala, Guiana, Guianas, Guinea, Guinée, Guyana, Haiti, Hawaii, Honduras, India, Indochina, Indonesia, Ivory Coast, Jamaica, Kiribati, Kosrae, Madagascar, Malaysia, Marquesas, Marshall Islands, Mexico, Micronesia, Nauru, New Caledonia, Nicaragua, Nigeria, Norfolk Island, North America, Northeastern India, Pacific, Panama, Papua New Guinea, PNG, Peru, Philippines, Pohnpei, Puerto Rico, Rotuma, Samoa, Sao Tome and Principe, SE Asia, Senegal, Sierra Leone, Sikkim, Singapore, Solomon Islands, South America, South Sudan, Sri Lanka, St

Use

Cormels are eaten roasted or boiled.

Main corms are often fed to pigs.

Young leaves can be eaten after cooking.

The leaf stalks are cooked as a vegetable and also used in chutney.

Cultivation



Xanthosoma taro is normally planted by using the top piece of the main central corm or stem. Pieces weighing 1.5 kg are often used. It can also be grown by using the small side corms which may weigh 0.3 kg; or pieces of the corm can be used as long as they have some buds on them. These are often presprouted before planting. To multiply large amounts of planting material and still achieve acceptable yields, the latter method of using sections of the main corm works well. In crop growth, an axillary bud is produced in the axil of each leaf but only some of these develop into cormels. Often 10 or more cormels develop per plant into cormels 15-25 cm long.

The crop duration is about 9 months although crops are often left for 12 months before harvesting. Plants are often planted to make the maximum benefit of natural rainfall. It has been recorded that plants increase in total dry matter production for 6

Production

Harvesting occurs after about 9 months. Cormels can be removed without moving the mother plant. Corms can be stored for a few weeks. They can be stored for 8 weeks at 7°C with a relative humidity of 80%.

Nutritional Values

Xanthosoma sagittifolium

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Root		67.1	559	134	1.6	5	13.6	0.4	0.5
Leaves		90.6	143	34	2.5	3300	37	2.0	
Shoots		89.0	139	33	3.1		82	0.3	



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*





Common names

Araceae

Ape,

Scientific name

Xanthosoma robustum

Edible portion Tubers, Root, Leaves,

Description

A herb. It is in the taro family. The stem can be 1-4 m long and 10-20 cm thick. They often lie along the ground. The leaf stalks are 40-180 cm long. The leaf blades are oval to sword shaped and can be 2 m long.

Distribution

A tropical plant. It grows in wet soil and usually boggy ground. It grows up to 900 m above sea level in Central America,

Found in:

Asia, Central America*, Costa Rica, Guatemala, Hawaii, Honduras, Indonesia, Mexico, North America, Pacific, SE Asia, USA,

Use

It has been reported as used in Guatemala.
The young leaves are eaten in soup.
The roots are possibly poisonous.

Cultivation

It is grown from offshoots.

Production



Nutritional Values

Xanthosoma robustum

Edible Part /100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Leaves - dry	4.6			30.4				



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*

**Common names****Arrowhead vine,**

Araceae

Scientific name***Syngonium podophyllum*****Edible portion** Fruit, Caution,**Description**

An evergreen climbing vine. It has roots that attach, to help it climb. It can be 10 m long. The young leaves are simple and green or with white patterns. They are 7-14 cm long. The leaf stalk is 15-60 cm long. The older leaves are divided to the leaf stalk and with 3 parts to the side lobes. The flowers are in a spike in the axils of leaves. The flowers are cream or white. The spike is 1-2 cm long. It has a yellow or white spathe around the flower spike. The fruit is a multiple fruit. It is 3-7 cm long and can be yellow, orange or red. The seeds are brown or black.

Distribution

A tropical plant. It suits hardiness zones 9-12. It needs an even moisture. It needs a reasonably fertile and well drained soil. It can grow in part shade. In tropical Australia it grows from sea level to 10 m altitude. In Central America it grows from 100 - 550 m altitude.

Found in:

Asia, Australia, Belize, Bolivia, Brazil, Central America, Colombia, El Salvador, Guatemala, Guiana, Guianas, Guyana, Hawaii, Marquesas, Mexico*, Myanmar, North America, Pacific, Panama, Peru, Puerto Rico, SE Asia, Singapore, Slovenia, South Africa, Southern Africa, South America, Suriname, Tuvalu, USA, Venezuela, West Indies,

Use

Most Araceae can contain calcium oxalate that burns the lips and throat.

Cultivation

It can be grown from broken pieces of the stem.

Production



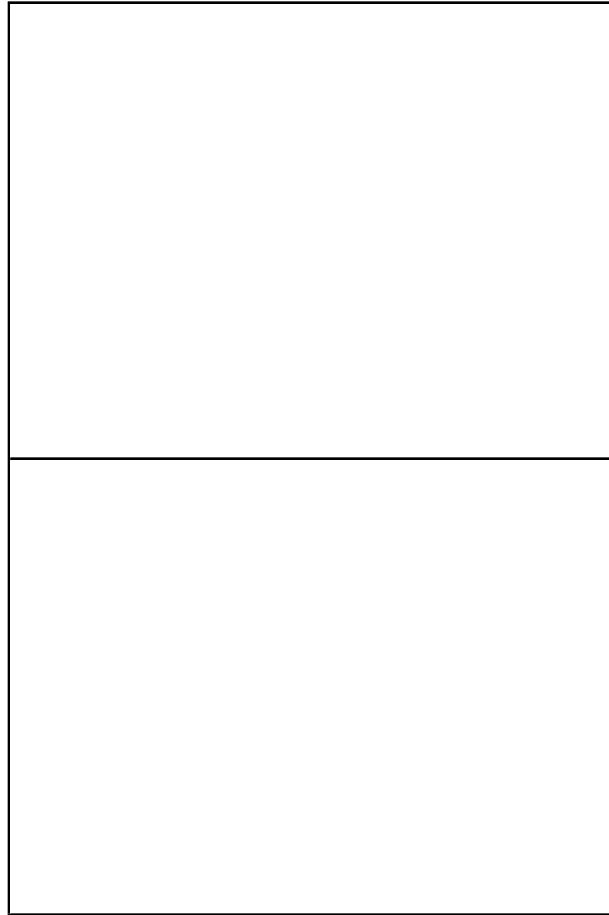
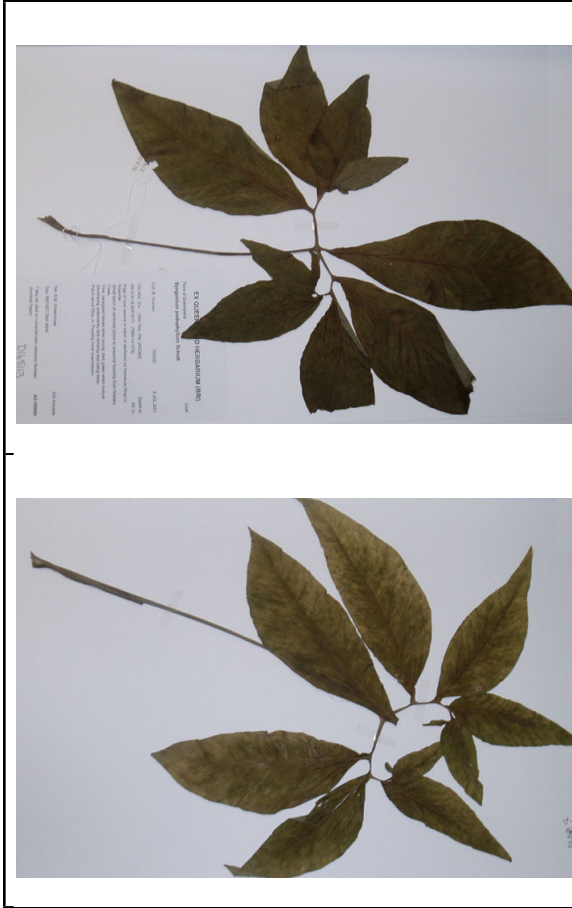
Nutritional Values

Syngonium podophyllum

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*





Common names

Elephant ear,

Araceae

Scientific name

Xanthosoma undipes

Edible portion Tubers, Root,

Description

A large herb. It grows 2-3 m high and spreads 2-3 m wide. It keeps growing from year to year. The stem can be 2 m long. The leaves are broadly heart shaped. They are 0.5-2 m long. The leaf stalks are 100 cm long. The large bract around the flower is egg shaped and 8 cm long. It is yellowish-green inside. The tubers are acrid and yellow fleshed. The fruit develop as hundreds or fleshy, many seeded green fruits along the stalk.

Distribution

A tropical plant. It needs warm humid conditions. It needs moist humus rich soil. In Costa Rica it is common in wet regions above 1,000 m altitude. It suits hardiness zones 10-11.

Found in:

Australia, Belize, Bolivia, Brazil, Caribbean, Central America*, Colombia, Costa Rica, Cuba, Dominican Republic*, Ecuador, El Salvador, Guatemala, French Guiana, Guianas, Guyana, Haiti*, Honduras, Lesser Antilles, Mexico, Nicaragua, North America, Panama, Peru, Puerto Rico, South America, Suriname, Venezuela, West Indies*,

Use

The tubers can be eaten only after drying and cooking.

As well they can be boiled and fermented and used to make an alcoholic drink. Caution: Alcohol is a cause of cancer.

Cultivation

Production



Nutritional Values

Xanthosoma undipes

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Araceae

Mano abierta,

Scientific name

Xanthosoma helleborifolium

Edible portion Corms, Root, Leaves,

Description

A taro family herb.

Distribution

A tropical plant.

Found in:

Amazon, Central America*, Dominican Republic, Guianas, Guyana, Haiti, Puerto Rico, South America*, Suriname, Venezuela, West Indies,

Use

The corms and leaves must be well cooked to remove oxalates before eating.

Cultivation

Production



Nutritional Values

Xanthosoma helleborifolium

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Araceae

Banana de brejo, Todzipe,

Scientific name

Xanthosoma striatipes

Edible portion Fruiting stalk, Rhizome, Root, Corm,

Description

A large herb. It has a large tuberous rhizome. It is about 1 m wide. The leaves are oblong and heart shaped at the base. They taper to the tip. The flowers are in a cylinder shaped fleshy stem.

Distribution

It is a tropical plant. It grows in marshes and flooded forest.

Found in:

Amazon, Bolivia, Brazil, Colombia, French Guiana, Guyana, Paraguay, South America, Venezuela,

Use

The fruiting stem is boiled and eaten.
The tuberous rhizome is roasted and eaten.

Cultivation

Production



Nutritional Values

Xanthosoma striatipes

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Araceae

Scientific name

Xanthosoma brevispathaceum

Edible portion

Description

A taro family herb.

Distribution

It is a tropical plant.

Found in:

Central America, Ecuador, South America,

Use

Cultivation

Production



Nutritional Values

Xanthosoma brevispathaceum

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Araceae

Angel's wings, White vein arrow-leaf,

Scientific name

Caladium lindenii

Edible portion Root, Tuber,

Description

A taro family herb. It grows 60 cm tall. It dies back and re-grows. It has a tuber. The leaves are arrow head shaped and 40 cm long. They are deep green with white veins. There are 1 or 2 flowering shoots up to 25 cm long. The spathe is boat shaped and white. The fruit are along the spadix and are white, fleshy oval berries. They have several seeds.

Distribution

It is a tropical plant. It grows in tropical humid forests and forest floors. It grows near rivers and in damp sites up to 4,500 m above sea level.

Found in:

Asia, Central America, Colombia*, Indonesia, Panama, SE Asia, South America,

Use

The tuber is cooked and eaten.

Caution: Plants in this family usually contain oxalates.

Cultivation

Plants can be grown from seed or division of the tuber.

Production



Nutritional Values

Caladium lindenii

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Araceae

Mangarito,

Scientific name

Xanthosoma riedelianum

Edible portion Corm, Root,

Description

A large herb.

Distribution

It is a tropical plant.

Found in:

Amazon, Brazil, South America, Venezuela,

Use

The corms are boiled or roasted and eaten.

Cultivation

Production



Nutritional Values

Xanthosoma riedelianum

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Araceae

Scientific name

Xanthosoma yucatanense

Edible portion Corms, Root,

Description

A large herb.

Distribution

It is a tropical plant. It grows in the Yucatan peninsula.

Found in:

Mexico,

Use

Cultivation

Production



Nutritional Values

Xanthosoma yucatanense

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Araceae

Scientific name

Xanthosoma striolatum

Edible portion Root, Tuber,

Description

A taro family herb.

Distribution

It is a tropical plant.

Found in:

Bolivia, South America,

Use

Cultivation

Production



Nutritional Values

Xanthosoma striolatum

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Araceae

Taioba,

Scientific name

Xanthosoma taioba

Edible portion Leaves, Root,

Description

A taro family herb.

Distribution

It is a tropical plant.

Found in:

Brazil, South America,

Use

Cultivation

Production



Nutritional Values

Xanthosoma taioha

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Leaves		89.2	136	33	2.9		17.9	1.9	0.6



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*



Common names

Araceae

Scientific name

Xanthosoma daguense

Edible portion Corm, Root,

Description

A taro family herb. The leaves are heart shaped with big lobes at the base. The flowers have a sweet scent.

Distribution

It is a tropical plant. It grows in high rainfall areas. It has been recorded at 1,900 m above sea level.

Found in:

Andes, Brazil, Colombia, Ecuador, South America, Venezuela,

Use

Cultivation

Production



Nutritional Values

Xanthosoma daguense

Edible Part	/100 g edible portion	Moisture	Energy	Energy	Protein	Provit A	Vit C	Iron	Zinc
		%	KJ	Kcal	g	µg	mg	mg	mg



*Helping the Hungry Feed Themselves Well...
... through the strategic use of God's amazing natural resources*

