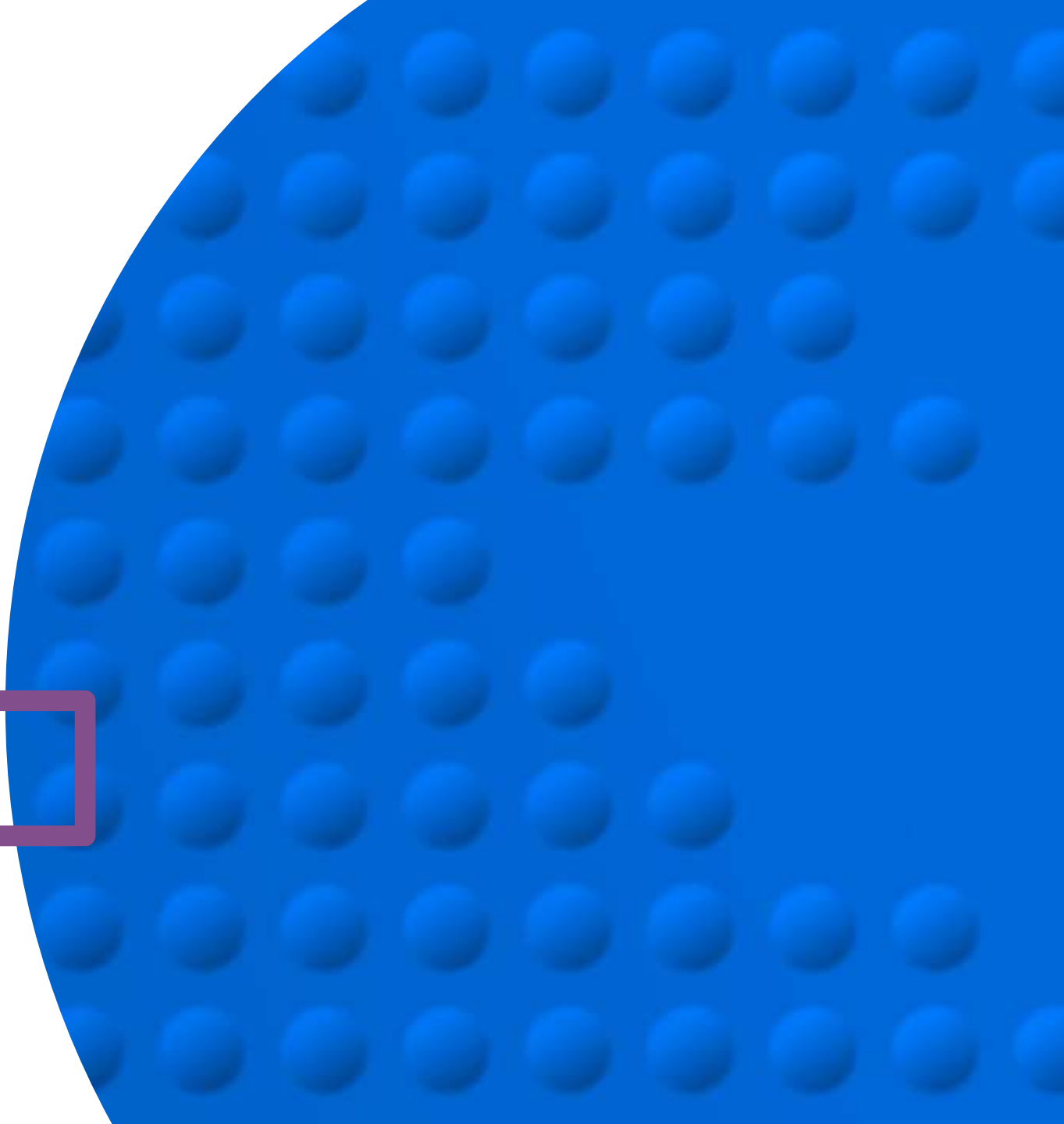




The Taro Family

Scientific name: Aracea





There are three
edible varieties of
the Aracae family

- Tahitian Spinach
- Cocoyam
- Taro
- All have oxalate crystals

Tubers and Corms

- Cocoyams
- Taro



Growing Conditions

Taro is a swamp plant-
Colocasia esculanta

Cocoyam is a dry taro-
Xanthosoma Sagitifolium

Tahitian spinach grows in damp
soil-*Xanthosoma Brasiliense*