

# Taro

**Taro**, called *kalo* in Hawaiian, one of the oldest cultivated crops, is a major staple in the diets of people around the Pacific. The fibrous flesh of the tubers range in color and texture, and can be prepared in a variety of dishes. The young leaves and stems are cooked and eaten as a vegetable.

**Scientific name:** *Colocasia esculenta* (L.)

**Days to harvest:** 8-12 months from planting

**Plant spacing:** Depending on field or lo'i (flooded field), approximately 2 feet apart, 6-inches in the ground.



## Other Names:

Taro, kalo (Hawaiian), talo (Samoan), gabi (Filipino), yu-tao (Chinese), chembu (Malayalam), eddoe, arbi (Hindi), toran (South Korea), satoimo (Japanese)

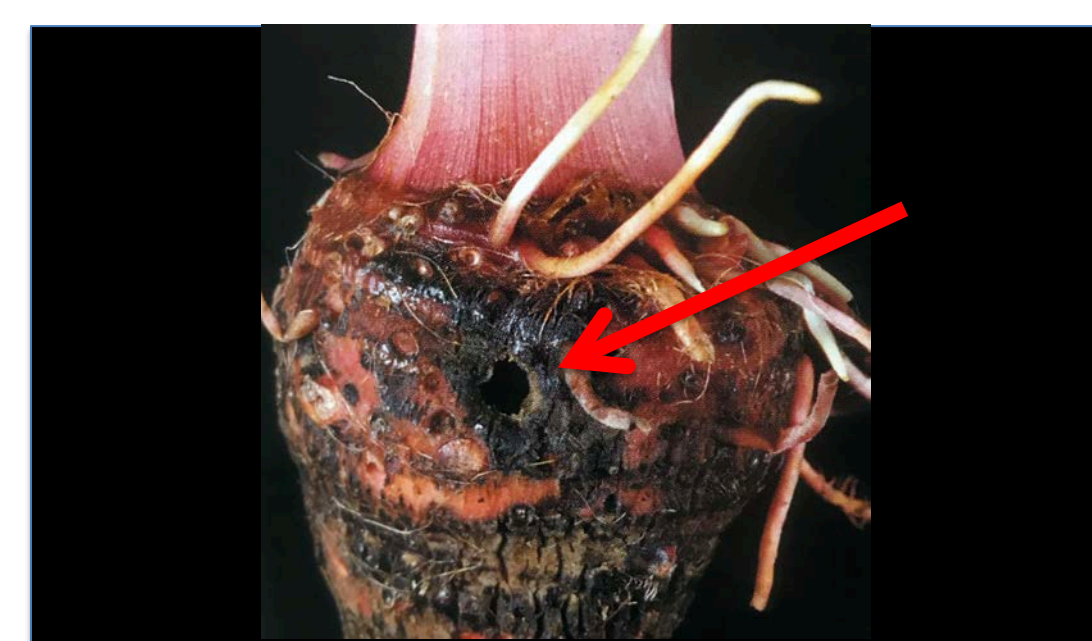
## Major Pest & Diseases\*



Taro leaf blight



Phytophthora



Pocket Rot



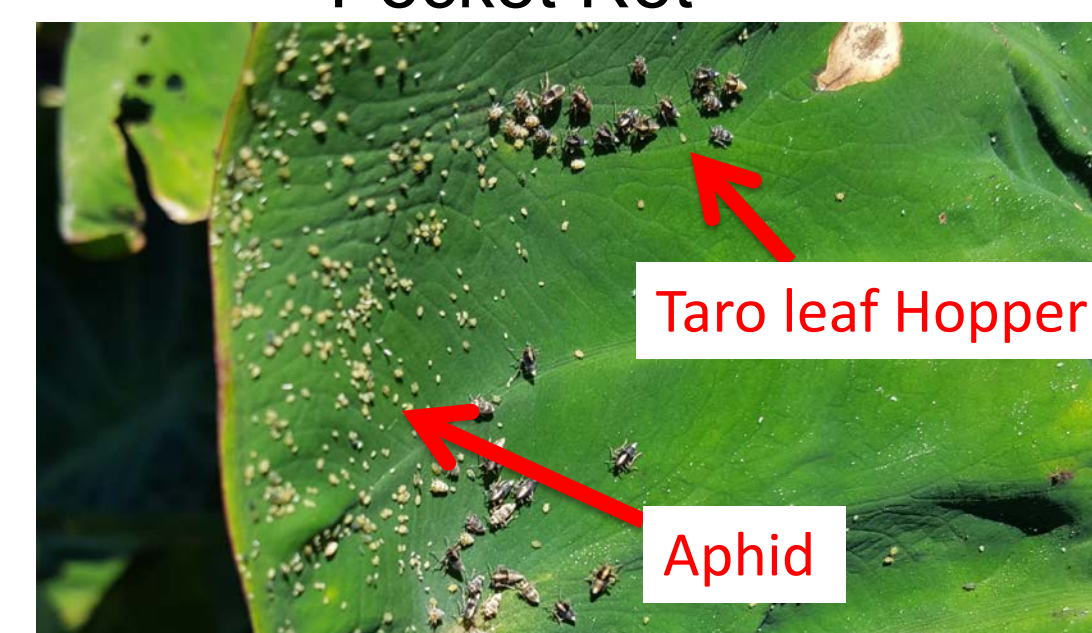
Corm Damage

Root Knot Nematode



Eggs

Apple Snail



Taro leaf Hopper

Aphid

Taro leaf hopper and aphid

## Harvest and Storage

- For field harvest, use a hand spade, pitchfork, or plow to loosen soil around the tuber. Pull tubers out of the ground or lo'i, and transport to the packing house for washing, sorting, and grading.
- For leaves and stems, use a knife to cut mature, tender leaves and stems.
- Store corms in a cool, dark place couple of days.
- Wrap taro leaves in damp paper towels and in the refrigerator for no more than 3 days.

**Taro, corm,**  
**1 cup (no salt),**  
**cooked**

## Selection and Preparation

- Available year round.
- Select corms with a firm texture and free of soft spots.
- Select leaves and stems that are tender and free of insects, slugs, snail, or other debris.
- Scrub corms under clean running water. Corms can be boiled, steamed, baked, stewed, grilled, or fried. After cooking, it can be mashed into poi, dried into flour and used for other beverages, main and side dishes, or desserts.
- Taro stems and leaves can be eaten in laulau (leaf wraps), lu'au (type of stew), and other stews.



Nutrition Facts	
Serving size	1 cup (132g)
Amount Per Serving	
<b>Calories</b>	<b>190</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 639mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



COOPERATIVE EXTENSION

UNIVERSITY OF HAWAII AT MĀNOA  
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