

Chart 6

**A COMPARISON OF ROOTS AND TUBERS**

Common Name	Species Name	Annual, Bi\Per-ennial	Propa-gation	Growth Habit	Edible Parts, Uses	Principal Nutrients	Adaptation				Negative Factors
							Temp.	Daylenth	Flood	Dry	
Beet *	Beta vulgaris	bi., grown as annual	seed	herbaceous	Roots, leaves cooked	roots-low nutrients	cool	neutral	no	no	temperate climate
Carrot *	Daucus carota	bi., grown as annual	seed	herbaceous	roots, raw or cooked	high in vit. A	cool\ warm	neutral	no	no	temperate climate
Cassava	Manihot esculenta	per. grown as annual	stem cutting	bush	tuberous root, leaf, cooked	starch	hot	short day	no	some	some var. posionous untreated
Dasheen	Colocasia esculenta	per. grown as annual	off-shoot	herbaceous	corm, cooked	starch, vit. C	hot	short day	some	no	
Edible Canna *	Canna edulis	per. grown as annual	off-shoot	upright herbaceous	rhizome, cooked	starch	hot	neutral	some	no	poor quality vegetable
Jicama *	Pachyrrhizus erosus	weak per.	seed	vining	tuberous root,	starch, protein	hot	neutral	no	some	pod, leaf poisonous

Common Name	Species Name	Annual, Bi\Per-ennial	Propa- gation	Growth Habit	Edible Parts, Uses	Principal Nutrients	Adaptation				Negative Factors
		used as annual			cooked						
Potato	Solanum tuberosum	per. grown as annual	tuber cutting	herbaceous	tuber, cooked	starch, vit. C	cool\ warm	neutral	no	no	not tropical
Sweet Potato	Ipomoea batatus	per. grown as annual	stem cutting	trailing vine	vine tips and tuberous root, cooked	starch, vit. C, vit. A	hot	mostly short day	no	no	insect problems
Tanier	Xanthosoma spp.	per. grown as annual	off- shoot	herbaceous	corm, cooked	starch	hot	mostly short day	some	no	disease problems
Taro	Colocasia esculenta	per. grown as annual	off- shoots	herbaceous	corm, cooked	starch, vit. C	hot	mostly short day	yes	no	needs paddy culture
Yam	Dioscorea spp.	per. grown as annual	tuber cutting	climbing vine	tubers, cooked	starch, protein	hot	mostly neutral	some	no	very seasonal

**\*Not a dietary staple**