Taro Varieties Available on Guam

**Varieties from Guam**
- Agaga
- Fiji
- Saipan
- Visaya

**Varieties from Hawaii**
- BC-30
- Iluaua
- Okinawa
- P-10
- P-20

**Varieties from Palau**
- P-10
- Laev
- Mang
- Mang Red

**Varieties from Pohnpei**
- Ahlahl Pohnptipow
- Kosrae
- Toantoal
- OI

**Varieties from Samoa**
- Niue
- Hana

**Varieties from Yap**
- Sushi
- Tamlad Yellow
- Taro

Taro, *Colocasia esculenta* (L.) Schott is also known as kalo, dalo, suni, sawan, malanga, dasheen, cocoyam, and many other names. It is a herbaceous plant with an underground stem producing several large leaves with long erect petioles.

Taro is mainly cultivated for its tubers that contain large quantities of starch and fiber. It is important to cook taro for the recommended time in order to reduce the amount of oxalates present in the tubers. Taro tubers are nutritious and contain considerable amounts of potassium, calcium, vitamins C and E, iron and are very low in fat.

Taro leaves may also be cooked and eaten as a vegetable. Leaves contain large amounts of vitamins A and C, fiber, beta-carotene, iron, folic acid and also proteins. There is ample evidence to classify taro as a HEALTH FOOD, especially beneficial when eaten on a regular basis.

Many varieties of taro from Micronesia and Hawaii are available at the Guam Department of Agriculture.

**Guam Taro Guide**

Find the Guam Taro Guide online at:
http://www.wptrc.org/section.asp?secID=30

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