

# EDDO



*Eddo, also known as taro root, is a starchy tuber vegetable with a rough, hairy outer skin and a creamy white flesh. It has a nutty flavor and can be boiled, steamed, or used in various dishes like soups, stews, or as a substitute for potatoes in recipes.*

## AVAILABILITY AND PROVENANCE

### PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

COSTA RICA

ECUADOR

## TARGET CUSTOMER: ASIAN, CARIBBEAN & INDIAN

### OPTIMAL TEMPERATURE FOR CONSERVATION

10 and 13 °C for 1 to 2 weeks

### PURCHASE GUIDE

The roots should be firm, without spots, with a smooth texture and no soft areas. Choose an eddo that feels heavy for its size, as this indicates that it is fresh.

### CONSUMPTION

Eddo must be cooked before consumption due to its high calcium oxalate content, which can cause mouth irritation if eaten raw. It is usually boiled, steamed, or fried.

### NUTRITIONAL VALUE

Eddo is an excellent source of complex carbohydrates, providing sustained energy. It also contains fiber, potassium, magnesium, and vitamins E and C. Naturally gluten-free, it is easy to digest and promotes satiety.

