

ROOTS AND TUBERS (Continued from the Pulses and legumes section)

Please click on the page number to go directly to the table

<i>Asparagus racemosus</i>	80
shatavari	80
<i>Amorphophallus campanulatus</i>	81
suran, Yam or Elephant foot (English).....	81
<i>Chlorophytum borivilianum</i>	82
safed musali bhaji, White musali bhaji (English).....	82
<i>Colocasia antiquorum</i>	83
aloknala, Colocasia (English)	83
<i>Discorea esculenta</i>	84
kankholi, Spinney yam (English)	84
<i>Ipomoea batatas</i>	85
shakariya, Sweet potato (English).....	85
<i>Solanum tuberosum</i>	86
batata, Potato (English).....	86
<i>Unknown</i>	87
jungli kand	87
<i>Unknown</i>	88
kand koychi, Red tuber (English)	88

COMMUNITY FOOD SYSTEM DATA TABLE # 80

Food category: Roots and Tubers

Scientific identification:

Asparagus racemosus

Local name & other common names:

shatavari

Part(s) used: Root

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta-carotene, μ g	-
Total carotene, μ g	-
Folic acid, μ g	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

Type of procurement: Wild, gathered
Home harvested or purchased: Unknown
Seasonality of use: June-September
Cost of production, if known: Unknown
Importance value to the community by age/gender and other miscellaneous information: Unknown

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use						*	*	*	*			

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 81**Food category:** Roots and Tubers**Scientific identification:***Amorphophallus campanulatus***Local name & other common names:**

suran, Yam or Elephant foot (English)

Part(s) used: Tuber**Preparation:** Cooked as a vegetable, boiled.

Nutrient	Nutrient Composition/100g (edible portion)
	Tuber, raw
Moisture, g	78.7
Energy, Kcal	79
Protein, g	1.2
Fat, g	0.1
Carbohydrate, g	18.4
Fiber, g	0.8
Ash, g	0.8
Vitamin A, RE- μ g	21.6
Vitamin A, RAE- μ g	11
Beta-carotene, μ g	-
Total carotene, μ g	260
Folic acid, μ g	-
Vitamin C, mg	0
Calcium, mg	50
Iron, mg	0.6
Phosphorus, mg	34
Zinc, mg	0.45

--- = not analyzed



Type of procurement: Cultivated
Home harvested or purchased: Purchased
Seasonality of use: All year
Cost of production, if known: Rs. 8/kg
Importance value to the community by age/gender and other miscellaneous information: Unknown
Source of nutrient information: The nutrient information is sourced from Indian FCT 2002. Code # 134 (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*					*	*	*
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

Photograph by **kpstudios**[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 82**Food category:** Roots and Tubers**Scientific identification:***Chlorophytum borivillianum***Local name & other common names:**

safed musali bhaji, White musali bhaji (English)

Part(s) used: Root, leaves**Preparation:** Boiled vegetable or roasted

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE-μg	-
Vitamin A, RAE-μg	-
Beta-carotene, μg	-
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

--- = not analyzed

**Months Harvested and Seasonality of Use**

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use						*	*	*	*			

Photograph by kpstudios

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 83**Food category:** Roots and Tubers**Scientific identification:***Colocasia antiquorum***Local name & other common names:**

aloknala, Colocasia (English)

Part(s) used: Root**Preparation:** Cooked as a vegetable, boiled.

Nutrient	Nutrient Composition/100g (edible portion)
	Root, raw
Moisture, g	73.1
Energy, Kcal	97
Protein, g	3
Fat, g	0.1
Carbohydrate, g	21.1
Fiber, g	1
Ash, g	1.7
Vitamin A, RE- μ g	2
Vitamin A, RAE- μ g	1
Beta-carotene, μ g	-
Total carotene, μ g	24
Folic acid, μ g	54
Vitamin C, mg	0
Calcium, mg	40
Iron, mg	0.42
Phosphorus, mg	140
Zinc, mg	0.31

--- = not analyzed



Type of procurement: Wild, gathered
Home harvested or purchased: Unknown
Seasonality of use: June-September
Cost of production, if known: Unknown
Importance value to the community by age/gender and other miscellaneous information: Unknown
Source of nutrient information: The nutrient information is sourced from Indian FCT 2002. Code # 119 (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use						*	*	*	*			

Photograph by kpstudios

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 84

Food category: Roots and Tubers

Scientific identification:

Discorea esculenta

Local name & other common names:

kankholi, Spinney yam (English)

Part(s) used: Tuber

Preparation: Unknown



Nutrient	Nutrient Composition/100g (edible portion)
	Tuber, raw
Moisture, g	69.1
Energy, Kcal	121
Protein, g	1.3
Fat, g	0.2
Carbohydrate, g	28.4
Fiber, g	-
Ash, g	1
Vitamin A, RE-μg	-
Vitamin A, RAE-μg	-
Beta-carotene, μg	0
Total carotene, μg	-
Folic acid, μg	-
Vitamin C, mg	9
Calcium, mg	68
Iron, mg	1.2
Phosphorus, mg	42
Zinc, mg	-

--- = not analyzed

Type of procurement: Wild, gathered
Home harvested or purchased: Unknown
Seasonality of use: June-January
Cost of production, if known: Unknown
Importance value to the community by age/gender and other miscellaneous information: Common tuber in the winter and monsoon seasons.
Source of nutrient information: The nutrient information is sourced from ASEAN FCT 2000. Asean ID # AAB26 (ref # 3).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*					*	*	*	*	*	*	*

Photograph by kpstudios

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 85**Food category:** Roots and Tubers**Scientific identification:***Ipomoea batatas***Local name & other common names:**

shakariya, Sweet potato (English)

Part(s) used: Root**Preparation:** Boiled, fried or grated.

Nutrient	Nutrient Composition/100g (edible portion)
	Root, raw
Moisture, g	68.5
Energy, Kcal	120
Protein, g	1.2
Fat, g	0.3
Carbohydrate, g	28.2
Fiber, g	0.8
Ash, g	1
Vitamin A, RE- μ g	334
Vitamin A, RAE- μ g	167
Beta-carotene, μ g	1810
Total carotene, μ g	2200
Folic acid, μ g	-
Vitamin C, mg	24
Calcium, mg	46
Iron, mg	0.21
Phosphorus, mg	50
Zinc, mg	0.11

--- = not analyzed



Type of procurement: Cultivated
Home harvested or purchased: Purchased
Seasonality of use: All year
Cost of production, if known: Rs. 6/kg
Importance value to the community by age/gender and other miscellaneous information: Unknown
Source of nutrient data: The nutrient data is sourced from Indian FCT 2002. Code # 130 (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*					*	*	*
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

Photograph by **kpstudios**[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 86**Food category:** Roots and Tubers**Scientific identification:***Solanum tuberosum***Local name & other common names:**

batata, Potato (English)

Part(s) used: Tuber**Preparation:** Boiled, fried or grated

Nutrient	Nutrient Composition/100g (edible portion)
	Tuber, raw
Moisture, g	74.7
Energy, Kcal	97
Protein, g	1.6
Fat, g	0.1
Carbohydrate, g	22.6
Fiber, g	0.4
Ash, g	0.6
Vitamin A, RE- μ g	2
Vitamin A, RAE- μ g	1
Beta-carotene, μ g	-
Total carotene, μ g	24
Folic acid, μ g	7
Vitamin C, mg	17
Calcium, mg	10
Iron, mg	0.48
Phosphorus, mg	40
Zinc, mg	0.53

--- = not analyzed



Type of procurement: Cultivated
Home harvested or purchased: Purchased
Seasonality of use: All year
Cost of production, if known: Rs. 8/kg
Importance value to the community by age/gender and other miscellaneous information: Most common tuber because it is easily available and cheap. Cooked either as a vegetable or as part of a curry with fish and brinjal.
Source of nutrient data: The nutrient information is sourced from Indian FCT 2002. Code #125 (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*	*	*	*	*	*	*	*
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

Photograph by kpstudios

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 87

Food category: Roots and Tubers

Scientific identification:

Unknown

Local name & other common names:

jungli kand

Part(s) used: Tuber

Preparation: Soaked, cooked tuber.

Nutrient	Nutrient Composition/100g (edible portion)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta-carotene, μ g	-
Total carotene, μ g	-
Folic acid, μ g	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-



Type of procurement: Wild, gathered
Home harvested or purchased: Unknown
Seasonality of use: Unknown
Cost of production, if known: Unknown
Importance value to the community by age/gender and other miscellaneous information: Unknown

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

Photograph by **kpstudios**

[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 88

Food category: Roots and Tubers

Scientific identification:

Unknown

Local name & other common names:

kand koychi, Red tuber (English)

Part(s) used: Tuber

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Tuber, raw
Moisture, g	69.1
Energy, Kcal	121
Protein, g	1.3
Fat, g	0.2
Carbohydrate, g	28.4
Fiber, g	-
Ash, g	1
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta-carotene, μ g	0
Total carotene, μ g	0
Folic acid, μ g	-
Vitamin C, mg	9
Calcium, mg	68
Iron, mg	1.2
Phosphorus, mg	42
Zinc, mg	-

--- = not analyzed



Type of procurement: Wild, gathered
Home harvested or purchased: Unknown
Seasonality of use: June-January
Cost of production, if known: Unknown
Importance value to the community by age/gender and other miscellaneous information: Common tuber in the winter and monsoon seasons.
Source of nutrient data: The nutrient information is sourced from ASEAN FCT 2000. Asean ID # AAB26 (ref # 3).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*					*	*	*	*	*	*	*

[Click here to return to the table of contents](#)