

**TUBERS AND ROOTS** *(Continued from the Cereal & grains section)*  
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## COMMUNITY FOOD SYSTEM DATA TABLE # 9

**Food category:** Tubers and Roots

**Scientific identification:**

*Amorphophallus* spp.

**Local name & other common names:**

buk 1, Yam elephant (English)

**Part(s) used:** Root

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Root, raw
Moisture, g	79.7
Energy, Kcal	79
Protein, g	1.2
Fat, g	0.1
Carbohydrate, g	18.4
Fibre, g	0.8
Ash, g	0.8
Vitamin A, RE- µg	22
Vitamin A, RAE- µg	11
Retinol, µg	-
Beta-carotene, µg	-
Total carotene, µg	260
Folic acid, µg	-
Vitamin C, mg	0
Calcium, mg	50
Iron, mg	0.6
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** June - August  
**Cost of production, if known:** Not known  
**Importance value to the community by age/gender:** It is disliked by children but liked by mothers. Roots and tubers are available through the year as the villagers usually store these roots and tubers underground to keep them longer.  
**Source of nutrient data:** Nutrient data sourced from Indian FCT 2002, Record ID # 134 (ref # 2).

### Months Harvested and Seasonality of Use

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 10

**Food category:** Tubers and Roots

**Scientific identification:**

*Amorphophallus* spp.

**Local name & other common names:**

buk 2, Elephant foot yam (English)

**Part(s) used:** Roots

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Roots, raw
Moisture, g	-
Energy, Kcal	100.9*
Protein, g	2.1
Fat, g	0.1
Carbohydrate, g	22.9
Fibre, g	0
Ash, g	-
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	16
Vitamin C, mg	12
Calcium, mg	8
Iron, mg	0.8
Zinc, mg	0.5

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** June - August  
**Cost of production, if known:** Not known  
**Importance value to the community by age/gender:** This food is not popular among children but like by mothers.  
**Source of nutrient data:** The nutrient data is sourced from Indonesia FCT as reported by Gina Kennedy's (ref # 3). \* Energy value was calculated.

### Months Harvested and Seasonality of Use

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 11

**Food category:** Tubers and Roots

**Scientific identification:**

*Colocasia antiquorum*

**Local name & other common names:**

puak-hom, Taro 1 (English)

**Part(s) used:** Root

**Preparation:**

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
Fibre, g	1.0
Ash, g	1.7
Vitamin A, RE- µg	1.0
Vitamin A, RAE- µg	0.5
Retinol, µg	-
Beta-carotene, µg	-
Total carotene, µg	12
Folic acid, µg	54
Vitamin C, mg	0
Calcium, mg	40
Iron, mg	0.42
Zinc, mg	0.31

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** November - April  
**Cost of production, if known:** Not known  
**Importance value to the community by age/gender:** This food is liked by both mothers and children.  
**Source on nutrient data:** Nutrient data is sourced from Indian FCT 2002, record ID # 119 (ref # 2).

### Months Harvested and Seasonality of Use

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 12

**Food category:** Tubers and Roots

**Scientific identification:**

*Colocasia esculenta* (L.) Schott

**Local name & other common names:**

puak-lek, Taro 2 (English)

**Part(s) used:**

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Roots, raw
Moisture, g	70
Energy, Kcal	117
Protein, g	2.1
Fat, g	0.1
Carbohydrate, g	26.8
Fibre, g	-
Ash, g	1.0
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	2
Calcium, mg	84
Iron, mg	0.7
Zinc, mg	0.8

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** November - April  
**Cost of production, if known:** Not known  
**Importance value to the community by age/gender:** Popular among mothers and children.  
**Source of nutrient data:** Nutrient data is sourced from Thai FCT 1999, Food ID # THB7 (ref # 4).

### Months Harvested and Seasonality of Use

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 13

**Food category:** Tubers and Roots

**Scientific identification:**

*Colocasia esculenta*

**Local name & other common names:**

puak-ma-prao, Taro, coconut (English)

**Part(s) used:** Root

**Preparation:**



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

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** November to April  
**Cost of production, if known:** Not known  
**Importance value to the community by age/gender:** Popular among both mothers and children. It is likely to be available throughout the year as it is stored underground to increase the shelf life.  
**Source of nutrient data:** Not analyzed.

### Months Harvested and Seasonality of Use

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 14

**Food category:** Tubers and Roots

**Scientific identification:**

*Colocasia esculenta*

**Local name & other common names:**

puak-yeo, Taro, long root (English)

**Part(s) used:**

**Preparation:**

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

--- = not analyzed



**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** November to April  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Popular among both mothers and children.  
**Source of nutrient data:** Not analyzed

### Months Harvested and Seasonality of Use

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 15

**Food category:** Tubers and Roots

**Scientific identification:**

*Dioscorea esculenta*

**Local name & other common names:**

man-muh-sea, Yam, spiney (English)

**Part(s) used:** Root

**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Root, raw
Moisture, g	69.1
Energy, Kcal	121
Protein, g	1.3
Fat, g	0.2
Carbohydrate, g	28.4
Fibre, g	1.2
Ash, g	1.0
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	9
Calcium, mg	68
Iron, mg	1.2
Zinc, mg	-

--- = not analyzed



**Type of procurement:** Cultivated

**Home harvested or purchased:**

**Seasonality of use:** November - December

**Cost of production, if known:** Not known

**Importance value to the community by**

**age/gender:** Liked by both mothers and children. It is available throughout the year due to its storage in cold condition.

**Source on nutrient data:** The nutrient data is sourced from ASEAN FCT, 2000, Asean ID # AAB26 (ref # 1).

### Months Harvested and Seasonality of Use

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 16****Food category:** Tubers and Roots**Scientific identification:***Dioscorea hispida dennst***Local name & other common names:**

grawee, Yam, wild (English)

**Part(s) used:** Roots**Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Root, raw
Moisture, g	63.1
Energy, Kcal	143
Protein, g	2.5
Fat, g	0.1
Carbohydrate, g	33.1
Fibre, g	-
Ash, g	1.2
Vitamin A, RE- µg	-
Vitamin A, RAE- µg	-
Retinol, µg	-
Beta-carotene, µg	-
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	1.0
Calcium, mg	22
Iron, mg	1.8
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Wild  
**Home harvested or purchased:**  
**Seasonality of use:** November -April  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Disliked by children but liked by mothers.  
**Source on nutrient data:** Nutrient data is sourced from Thai FCDB 1999, Food ID # THB2 (ref # 4).

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 17****Food category:** Tubers and Roots**Scientific identification:***Ipomeo batatas***Local name & other common names:**

man-ted, Potato, sweet, yellow (English)

**Part(s) used:****Preparation:**

<b>Nutrient</b>	<b>Nutrient Composition/100g (edible portion)</b>
	Root, raw
Moisture, g	73.9
Energy, Kcal	102
Protein, g	0.6
Fat, g	0.3
Carbohydrate, g	24.3
Fibre, g	4.0
Ash, g	0.9
Vitamin A, RE- µg	126
Vitamin A, RAE- µg	63
Retinol, µg	-
Beta-carotene, µg	756
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	27
Calcium, mg	64
Iron, mg	0.4
Zinc, mg	0.2

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** September - October  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both mothers and children  
**Source of nutrient data:** The nutrient data is sourced from ASEAN FCT 2000, Asean ID # AAB18 (ref # 1).

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 18****Food category:** Tubers and Roots**Scientific identification:***Manihot esculenta* Crantz**Local name & other common names:**

man-sam-palang, Cassava (English)

**Part(s) used:****Preparation:**

Nutrient	Nutrient Composition/100g (edible portion)
	Root, raw
Moisture, g	61.9
Energy, Kcal	150
Protein, g	0.8
Fat, g	0.2
Carbohydrate, g	36.2
Fibre, g	1.7
Ash, g	0.9
Vitamin A, RE- µg	1
Vitamin A, RAE- µg	0.5
Retinol, µg	0
Beta-carotene, µg	5
Total carotene, µg	-
Folic acid, µg	-
Vitamin C, mg	45
Calcium, mg	32
Iron, mg	1
Zinc, mg	-

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** September – November  
**Cost of production, if known:**  
**Importance value to the community by age/gender:** Liked by both mothers and children.  
**Source of nutrient data:** The nutrient data is sourced from ASEAN FCT 2000, Asean ID # AAB6 (ref # 1).

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 19****Food category:** Tubers and Roots**Scientific identification:***Manihot esculenta***Local name & other common names:**

man-ha-natee, Cassava, tender (English)

**Part(s) used:****Preparation:**

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

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:**  
**Seasonality of use:** September - November  
**Cost of production, if known:** Not known  
**Importance value to the community by age/gender:** Popular among mothers and children.  
**Source of nutrient data:** Not analyzed

**Months Harvested and Seasonality of Use**

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

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**COMMUNITY FOOD SYSTEM DATA TABLE # 20****Food category:** Tubers and Roots**Scientific identification:**

unknown

**Local name & other common names:**

man-dang, Sweet potato, red (English)

**Part(s) used:****Preparation:**

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

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** November - April  
**Cost of production, if known:** Not known  
**Importance value to the community by age/gender:** Liked by both mothers and children.  
**Source of nutrient data:** Not analyzed

**Months Harvested and Seasonality of Use**

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

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## COMMUNITY FOOD SYSTEM DATA TABLE # 21

**Food category:** Tubers and Roots

**Scientific identification:**

unknown

**Local name & other common names:**

man-kao, Sweet potato, white (English)

**Part(s) used:**

**Preparation:**

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

--- = not analyzed

**Type of procurement:** Cultivated  
**Home harvested or purchased:** Purchased  
**Seasonality of use:** November - April  
**Cost of production, if known:** Not known  
**Importance value to the community by age/gender:** Popular among mothers and children.  
**Source of nutrient data:** Not analyzed

### Months Harvested and Seasonality of Use

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

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