

Vegetable crops

In addition to traditional vegetables like tomato, cucumber and onions available in the U.S., there were additional vegetables typical to the Caribbean and Central America.



Root crops common in Cuban markets included taro, yuca, boniato and Malanga.



Malanga

Yuca

Taro (*Colocasia esculenta*)



Yuca
Manihot esculenta



Boniato (white flesh)
Ipomoea batatas



Malanga (*Xanthosoma sagittifolium*)



Moringa

Moringa oleifera

Moringa is a high yielding, drought-tolerant tree crop used as a food crop and for animal forage.



It seemed like everyone
we visited wanted to
take about moringa.

Isis Salcines
from Organopónico Vivero
Alamar



Omar González Santamaría owner of Placido Farm speaking about Moringa



Hannah with a huge
moringa fruit.

Immature fruit pods are
called "drumsticks" and
can be eaten as a
vegetable.



Moringa young shoots, pods and seeds are edible.
Seeds can be pressed to produce an oil called ben oil.



Concentración de minerales y vitaminas en hojas de Moringa

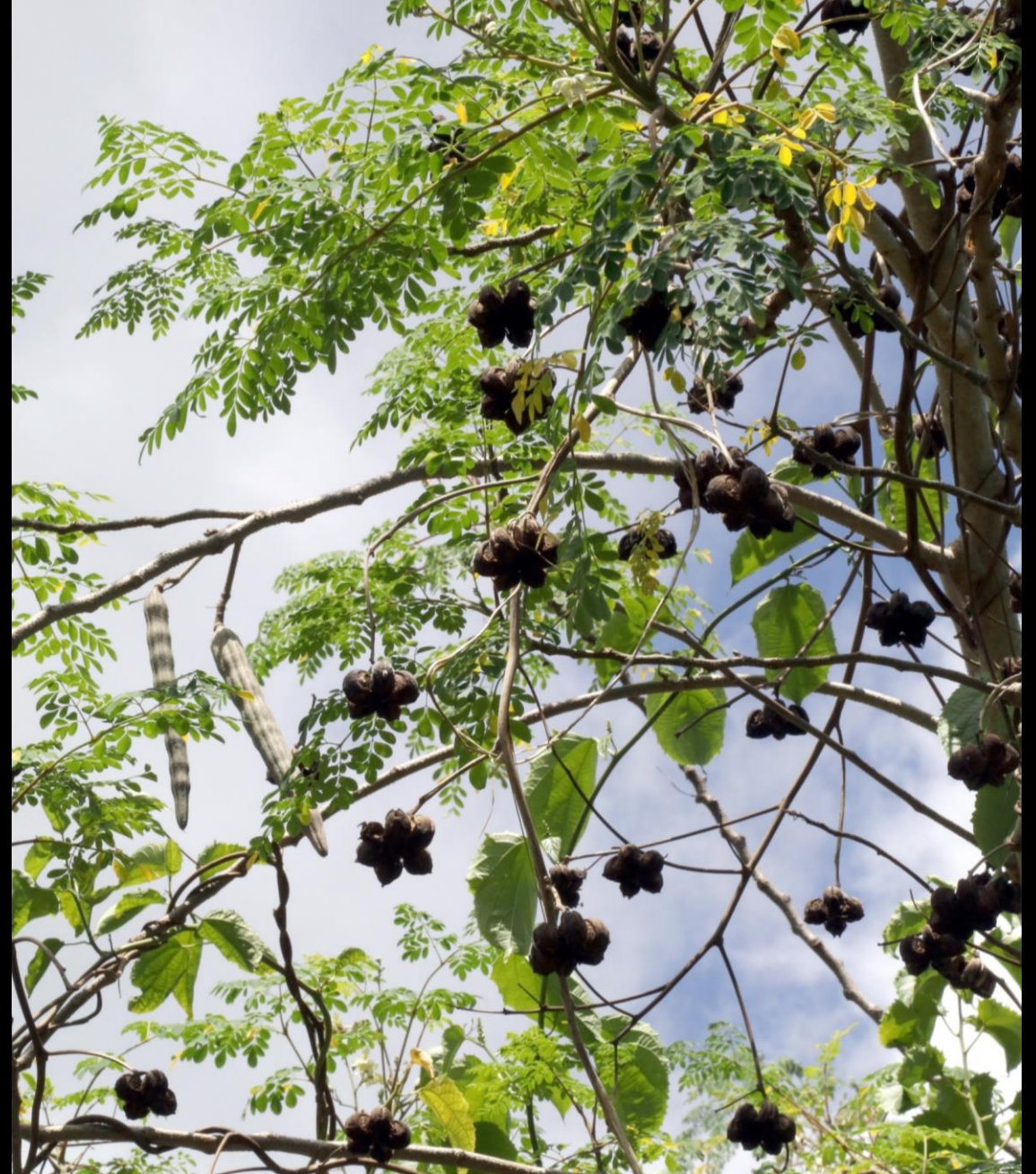
Constituyente químico	Hojas
Calcio (%)	2.40
Fósforo (%)	0.60
Magnesio (%)	0.30
Sodio (mg/100g)	0.05
Potasio (mg/100g)	0.30
Cobre (ppm)	11.70
Hierro (ppm)	225.0
Zinc (ppm)	17.50
Manganeso (ppm)	50.20
Vitamina A (μg)	29.0
Vitamina B1 (μg/g)	247.0
Vitamina B2 (μg/g)	94.0
Vitamina B6 (μg/g)	300
Niacina (μg/g)	162.0
β- Caroteno (μg/100g)	6780
Vitamina C (mg)	362

At one farm stop, we had moringa soup.



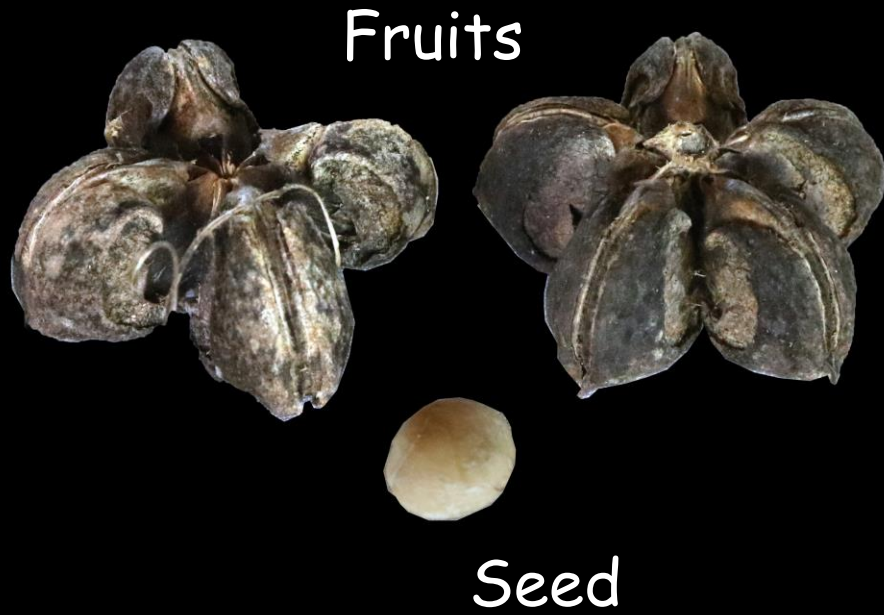
Sacha inchi
Plukenetia volubilis

Sacha ichi is a climbing vine.
The edible seed has the
highest levels of Omega-3
fatty acids of any seed.



Sacha inchi growing in a moringa tree.

Sacha inchi needs to be roasted and the edible seed removed.



Aji dulce (*Capsicum chinense*) is similar to Mexican hat pepper, but is sweet - not hot.



Bittermelon
Momordica charantia



Philippine spinach (*Talinum fruticosum*)
is not common in the U.S., but we saw it
growing at almost every farm.



Philippine spinach is more closely related to purslane than spinach and is used as a vegetable green.



Lemon grass (*Cymbopogon citratus*) is called the Cana Santa (holy cane) in Cuba.

