

YUCA ROOT

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Yuca root is a root that ranges from 6 to 12 inches in length and 2 to 3 inches in diameter. Originally a native to South America, Yuca Root has become an important staple of Africa.

Although there are many varieties of Yuca Root, there are only 2 main categories: bitter & sweet. Used as a thickener in the making of tapioca, Yuca Root once grated & sun-dried is also called Yuca Root meal.

When selecting Yuca Root look for firm, well-formed tubers, free of blemishes, with a clean, fresh scent.

Store whole in a cool, dark, dry place for up to one week. Store peeled Yuca Root in the refrigerator covered with water or wrap & freeze for several months.

The thick skin of Yuca Root must be peeled and the fibrous core removed before using. Allow about 1/2 pound per person.

Yuca plant

cassava, (*Manihot esculenta*), also called **manioc**, **mandioca**, or “**YUCA**”, tuberous edible plant of the spurge family (Euphorbiaceae) from the American tropics. It is cultivated throughout the tropical world for its tuberous roots, from which cassava flour, breads, tapioca, a laundry starch, and an alcoholic beverage are derived.

Cassava is a good source of dietary fibre as well as vitamin C, thiamin, follic acid, manganese, and potassium. The tubers have a mild nutty taste and are commonly eaten as root vegetables in stews or as side dishes.

Cited: Britannica, T. Editors of Encyclopedia (2022, November 13). cassava. Encyclopedia Britannica. <https://www.britannica.com/plant/cassava>