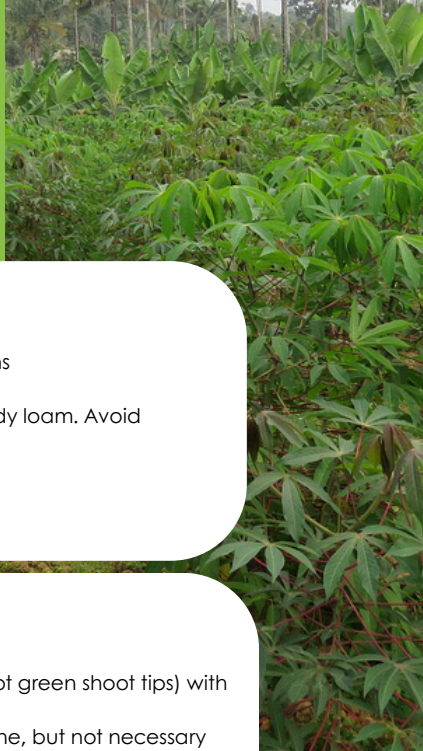


# Cassava

(*Manihot esculenta*)

Valued in traditional agriculture systems worldwide for resiliency.



## GROW

- **Size:** 6–10 ft tall x 3–5 ft wide
- **Growth Rate:** Moderate to fast depending on conditions
- **Light:** Full sun
- **Soil:** Tolerates poor soils. Prefers loose, well-drained sandy loam. Avoid waterlogged areas
- **Water:** Low. Drought tolerant once established
- **Maintenance:** Low, remove weeds early in growth
- **Pests/Diseases:** Mealybugs, whiteflies, root rot

## PROPAGATE

Best propagated by cuttings:

- **Cut:** Take a 6–8 inch stem cutting (low or mid-stem, not green shoot tips) with at least 3–4 nodes
- **Prep:** Remove lower leaves; can dip in rooting hormone, but not necessary
- **Plant:** Place into moist potting mix or soil—2 nodes buried, 1–2 above soil
- **Water:** Keep consistently moist in shaded area until roots form (2–4 weeks)
- **Transplant:** Once rooted and new leaves emerge, plant in permanent location (can also plant directly in soil given consistent watering)

## HARVEST

- 8–12 months for tubers
- Leaves can be harvested year-round
- Use digging fork to gently lift roots
- Harvest only as needed—roots store well in-ground

## USE

- **Culinary:** Roots boiled, steamed, fried, or mashed. Used for flour. Leaves can be eaten when boiled for 10 minutes, minimum
- **Nutritional Value:** High in carbohydrates. Root is gluten-free and easily digestible. Leaves rich in protein, iron, calcium
- **Traditional Medicinal:** Used for inflammation and digestive issues

