

Taro



Taro is a great source of dietary fibres. It also includes complex vitamins like pyridoxine, folates, riboflavin and thiamin. Taro also contains minerals like zinc, copper, magnesium, manganese, iron and potassium



The plant produces pods where red berries are found inside. That is where the seeds are located.



Taro is locally grown here in Hawaii all year round.

The taro plant grows best in moist soil and requires warm temperatures. They can grow up 3-6 feet in height with leaves that are large similar to a heart shape.

