

Uncover the Secrets of High-Yielding Cassava Growing Practices and Discover Its Nutritional Benefits!

Are you interested in learning about the optimal practices for growing cassava and understanding its nutritional value? Look no further! In this article, we will explore the fascinating world of cassava cultivation, revealing effective techniques and sharing valuable information about its nutritional composition. Get ready to become a cassava expert!

What is Cassava?

Cassava, scientifically known as *Manihot esculenta*, is a root vegetable native to South America. It is widely cultivated in tropical regions due to its high tolerance for heat and drought. Cassava has gained popularity worldwide due to its versatility, nutritional value, and various industrial applications.

Growing Cassava

1. Soil and Climate Requirements

Cassava thrives in well-drained, loamy soil with a pH range of 5.5 to 6.5. The ideal climate for cassava cultivation is between 25 to 29 degrees Celsius, with a minimum of 1,000mm annual rainfall. However, cassava can tolerate various soil types and adapt to a wide range of climatic conditions.

Cassava: Growing Practices and Nutritional Information

by Agrihortico CPL (Kindle Edition)

★★★★☆ 4 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 20 pages



2. Planting and Propagation

Cuttings from mature cassava stems are commonly used for propagation, as they establish roots quickly. Cuttings should be around 25 to 30 centimeters in length and obtained from healthy plants. Plant the cuttings 5 to 10 centimeters deep in furrows or ridges, with a spacing of 1 to 1.5 meters between plants.

3. Care and Maintenance

Regular weeding is crucial during the early stages to minimize competition for nutrients and eliminate weed pests. Mulching can help retain soil moisture and suppress weed growth. Apply organic or balanced fertilizer four to six weeks after planting to ensure optimum growth.

4. Harvesting

The maturity period for cassava ranges from six to twelve months, depending on the variety. Harvesting should begin when the leaves turn yellow, and the tubers reach the desired size. Use a digging fork to carefully loosen the soil around the tubers, avoiding damage. After harvesting, remove the outer protective layer before storing the tubers.

Nutritional Information

Cassava is a rich source of carbohydrates, dietary fiber, vitamins, and minerals. Here are some key nutritional components found in cassava:

1. Carbohydrates

Cassava is an excellent source of energy due to its high carbohydrate content. It provides a sustained release of energy, making it an ideal staple food for many cultures around the world.

2. Dietary Fiber

The dietary fiber in cassava supports digestive health, prevents constipation, and aids in weight management. It promotes bowel regularity and the growth of beneficial gut bacteria.

3. Vitamins

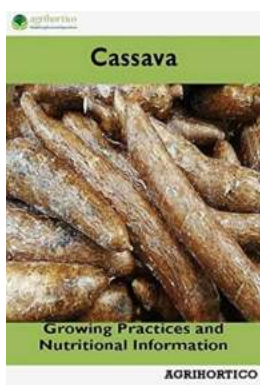
Cassava is rich in various vitamins, including vitamin C, vitamin E, and numerous B vitamins such as thiamine, niacin, and folate. These vitamins are essential for maintaining overall health, supporting the immune system, and promoting proper brain function.

4. Minerals

Important minerals found in cassava include calcium, phosphorus, potassium, and magnesium. These minerals contribute to bone strength, nerve function, and electrolyte balance, among other critical bodily functions.

Now that you are equipped with the knowledge of optimal cassava growing practices and the nutritional benefits it offers, you can make informed decisions about incorporating this incredible root vegetable into your lifestyle. Whether you

are interested in cultivating cassava or simply want to enjoy its health benefits, the possibilities are endless. So start exploring the world of cassava today!



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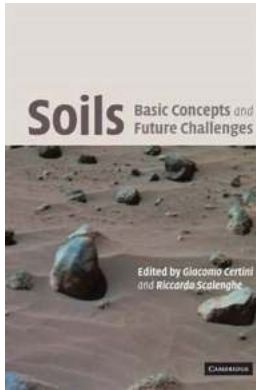


Cassava is a tropical tuber crop mainly grown for its edible starchy storage roots. Cassava tubers are an excellent source of carbohydrates and therefore used as a staple food in many African and Asian countries. In these countries, cassava is an important source of food carbohydrates and therefore it is grown as an important cash crop. Cassava tubers are used as a root vegetable also. Tender, young shoots and leaves of cassava plant are used as a leafy vegetable in some countries. Cassava leaves are a good source of protein. Cassava is considered as a 'Food Security' crop in times of famine and food insecurity.



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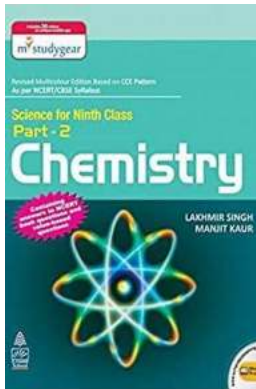
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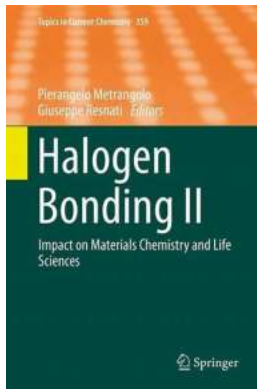
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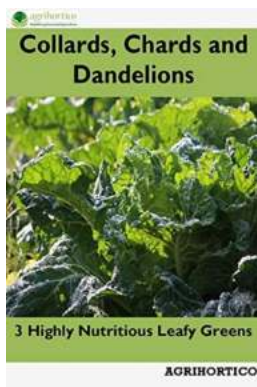
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