

# Yuca Cassava

*Manihot esculenta*



**When to Plant:** Year-round in warm climate

**When to Harvest:** 18 months after planting

**Uses in Medicine:** Used for osteoarthritis, high blood pressure, migraines, colitis, diabetes, liver and gallbladder disorders, and hyperlipidemia; can be applied directly to the skin for sores, skin diseases, bleeding, sprains, joint pain, baldness, and dandruff

**Uses in Cooking:** Commonly eaten boiled or as a flour or starch called tapioca

**Fun Facts:** If prepared incorrectly, cyanide in yuca leaves in roots can be potentially fatal! Prepare yuca with caution!

