

# AROIDS

The aroid plant family (L. *Araceae*) comprises of more than 120 genera and about 3,750 species of which many are used as food, medicine, animal fodder, ornamental plants, and cut flowers.

The five most important cultivated aroid genera are species of:  
Elephant ear (L. *Alocasia*); Elephant foot yam (L. *Amorphophallus*);  
Swamp taro (L. *Cyrtosperma*); Taro (L. *Colocasia*) and Tannia (L. *Xanthosoma*).

**Taro is the world's oldest cultivated food plant, and together with tannia the most widely distributed and consumed aroid.**

**All plant parts of aroids are eaten. The roots and tubers are rich in carbohydrates and the leaves and stalks are an important source of protein, fiber, vitamins and folic acid.**

**Aroids are widely available in the gardens and diets of the world's most vulnerable people, still schemes to address poverty alleviation, food security and resource management hardly incorporate aroids.**



**Poster presentation**  
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