

# Kalo

**FUN  
FACTS**



- **Also called taro.**
- **Cultivated in Hawai‘i for over a thousand years and deeply rooted in Hawaiian culture and mythology.**
- **Grown in both wetland (lo‘i) and upland (māla) systems.**
- **Rich in nutrients such as vitamins E, B, and C, as well as potassium and magnesium.**

