

Meet Kalo!

(Taro Root)



HISTORY IN HAWAI'I

- Kalo has been cultivated in Hawai'i for over a thousand years, originally brought by Polynesian voyagers.
- Kalo is considered to be the eldest brother of the Native Hawaiian people in Hawaiian mythology.
- Historically grown in wetland (lo'i) and upland (māla) systems, kalo has been a favorite staple food crop, feeding Hawaiian civilizations for generations.



NUTRITION

- Cooked kalo can also be pounded into poi or *pa'i'ai* (undiluted poi).
- It is rich in **B vitamins**, **vitamin A**, **vitamin C**, and essential minerals such as **phosphorus**, **potassium**, **magnesium**, and **calcium**.



FUN FACT

- All parts of the kalo plant can be consumed (leaves, corm [root] and stem) – but not raw due to its acidity (a strong bitterness) associated with needle-like oxalate crystals, which causes itchiness if not thoroughly cooked.



Kalo connects the 'āina (land) and Hawaiian heritage



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