

Uses

ID	347
Crop ID	Yacon
Part	Root
Use Category	Food
Notes	They are usually eaten raw, (fresh or sun-dried) or steamed, baked, roasted, or juiced into syrup. In the Peruvian Andes where yacon production is flourishing, one can find yacon processed into almost anything in the local markets. Here in the U.S. several relatively new yacon root syrups are now available in health food stores and natural products markets as a low-calorie alternative to corn syrup or molasses.
Metadata ID	7,507