

YACON

Scientific name:

Polymnia sonchifolia (Poep et Endl.)⁽⁷⁾

Family: Asteraceae⁽⁵⁾

Popular names:

yacon, arboloco, aricomá, jíquima⁽⁷⁾

Used parts: leaves and roots

Botanical characteristics: Perennial herb, 2-2,5m tall, pilose. Roots fleshy, tuberous, to 20 cm long x 10 mm diam. Stem angular. Upper part of leaves triangular and hastate, to 33 cm long x 22 cm wide, dentate; lower part with lateral wings, connate and auriculate at the base. Flowers bright orange; ray flowers 13-15, expanded, with ligule 3-toothed, to 12 mm long x 7 mm broad⁽⁷⁾

Habitat: Yacon is cultivated in South America⁽⁶⁾

Chemical composition: glucofructans (inuline type), fructooligosaccharides, oligosaccharides^(2,3,4)

Indications: diabetes products, hypoglycemic effect⁽⁵⁾

Others informations: The first written record on yacon is by the Chornicler Padre Bernabé Cobo: : “Cómense crudas por frutas y tienen muy buen sabor, y mucho mayor si pasan al sol. Es maravillosa fruta y tienen muy porque dura mucho tiempo. Yo la he visto llevar por la mar y durar mas de veinte días y respecto de ser tan zumosa se ponía mas dulce y refrescaba mucho en tiempo de calor”. (They are eaten raw like fruits and taste very good, and even better when expomed to the sun⁽⁷⁾).

References:

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