

OCA - NEW ZEALAND YAM

OXALIS TUBEROSA

PennardPlants
Growing the Dream
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Tuber originated in
South America, in the Andes.

'Chit' the tubers in the same way as potatoes, starting them in February / March, when sprouts appear; pot the tubers in small pots and grow on until the risk of frost has passed before planting out in a sunny spot,

Alternatively, Hold off and plant tubers directly in the ground where they will grow, in April.

Space 18 inches between tubers.



Treat as annuals, not frost hardy, once harvested, store a few for re-planting next spring

Tubers develop in late autumn so protect from early frosts.

Harvest as late as possible in autumn just before the frosts and leave a few days before eating either raw or cooked, great in salads or stir fry's or roasted with other Veg.

The tubers can be red, pink or white and all have a wonderful delicate lemony, crispy taste.