

# MASHUA OR PERUVIAN GROUND APPLE

## CARE AND HOW TO ;



(Tropaeolum tuberosum)

Also known as Capucine Tubers.

A perennial plant, With startling Vibrant Red/Orange flowers, this perennial plant originated in Peru, was an established crop as early as 5,500 BC and still is a major food source there today. The tuber is rather peppery in flavour when raw, but this quality softens when cooked. They can be treated as you would a potato, and are very versatile, but be aware that they contain mustard oils and so have a naturally peppery flavour. If you prefer less zing, simply boil them thoroughly or freeze before cooking.

This has been used for hundreds of years used in traditional medicine. It also has an extraordinary high resistance to insect, nematode, and bacterial pests & in Colombia, it is planted as a companion crop to repel pests in potato fields.

**Yield:** One of the highest yielding Andean tubers (yield can reach 70 tons per hectare) and one of the easiest to grow. It develops rapidly and competes successfully with weeds.

**Growing:** It is very easy to grow these perennial plants as they can grow in almost any type of garden soil as long as it is moist. However, they should be grown beside a wall as they need proper support to grow. They can resist various insects, bacterial pests, fungi and nematodes. Due to this, they are often cultivated as a companion crop for potatoes and maize in places like Peru and Columbia. The bulbs or tubers are planted in a bright and warm location during spring after all risks of frost have passed. One can also grow Mashua plants indoors in pots or containers.

**Harvesting:** In mild winter regions, the tubers can be left in ground to be harvested when required after applying a layer of mulch to the soil. However, they should be harvested and stored like other tubers in extremely cold temperatures. Harvesting is done simply by digging out the roots of these edible plants.