

Arracacia xanthorrhiza

From Wikipedia, the free encyclopedia



This article includes a **list of references**, but **its sources remain unclear** because it has **insufficient inline citations**. Please help to **improve** this article by **introducing** more precise citations. (*September 2007*) (*Learn how and when to remove this template message*)

Arracacia xanthorrhiza is a **root vegetable** originally from the **Andes**, somewhat intermediate between the **carrot** and **celery root**. Its **starchy taproot** is a popular food item in **South America** where it is a major commercial crop.

Contents

- Common names
- Description and varieties
- Cultivation
- Culinary uses
- Nutrition
- References
- External links

Common names [edit]

The name *arracacha* (or *racacha*) was borrowed into **Spanish** from **Quechua** *raqacha*,^[2] and is used in the **Andean** region. The plant is also called *apio* or *apio criollo* ("Creole celery") in **Venezuela**, *zanahoria blanca* ("white carrot") in **Ecuador**, *virraca* in **Peru**, and *mandioquinha* ("little *cassava*") , *batata-salsa* ("parsley potato" (lit.)) or *batata-baroa* ("baronness potato") in **Brazil**. It is sometimes called white carrot in **English**, but that name properly belongs to white varieties of the common **carrot**.

Description and varieties [edit]

The leaves of arrcacha are similar to **parsley**, and vary from dark green to purple. The roots resemble fat short **carrots**, with lustrous off-white skin. The interior may be white, yellow, or purple.

Cultivation [edit]



A freshly harvested arracacha root, still covered with dirt.

The plant is native to the region west of the Andes and grows at altitudes varying from 200 to 3,600 meters with an optimal altitude of between 1,800 and 2,500 meters. It is frequently grown with other crops such as **maize**, **beans**, and **coffee**. The plant is very susceptible to viruses and is slow to mature (10–12 months) but requires much less fertilizer input than the potato. Its harvest season in the Southern Hemisphere spans from January to September. Arracacia's roots need to be picked promptly lest they become woody. They have a short shelf life and must reach consumers within a week of harvest. Fresh arracachas keep in the refrigerator for 2 to 3 weeks.

Arracacha cultivation can be very lucrative. It was imported into Brazil in the 19th century and has been grown commercially since the 1960s. Brazilian crop improvement programs have developed varieties that grow in seven months.

Culinary uses [edit]

The most widely used part of arracacia is its starchy root. It cannot be eaten raw, but when cooked it develops a distinctive flavor and aroma that have been described as "a delicate blend of celery, cabbage and roast chestnuts."

The boiled root is used in similar ways as boiled potatoes, including being served as side dishes, mashed or whipped into **purées**, formed into **dumplings** and *gnocchi*, as an ingredient in pastries, or creamed into soups commonly garnished with chopped cilantro and croutons, though arracacia's flavor is stronger, and (depending on the variety) its color is more brilliant.

In the Andes region, arracacia is made into fried chips, biscuits, and ground into a coarse flour.

The small size of arracacia starch grains make it highly digestible, and so purées and soups made from it are considered excellent as food for babies and young children.

The young stems can be eaten cooked or in salads, and the leaves can be fed to livestock.

Nutrition [edit]

100 grams of arracacha provide about 100 **calories**, 26g of which are dry matter, 23g being **carbohydrate**, and less than 1g of **protein**. The plant is rich in **calcium**, having four times as much as **potatoes**.

Arracacha



Arracacha root for sale in a market

Scientific classification

Kingdom: **Plantae**
 (unranked): **Angiosperms**
 (unranked): **Eudicots**
 (unranked): **Asterids**
 Order: **Apiales**
 Family: **Apiaceae**
 Genus: ***Arracacia***
 Species: ***A. xanthorrhiza***

Binomial name

Arracacia xanthorrhiza
 Bancr.

Synonyms^[1]

Arracacha esculenta DC.
Arracacia andina Britton
Arracacia esculenta DC.
Bancroftia decipiens R.K.Porter
Bancroftia xanthorrhiza Billb.
Conium arracacia Hook.



Arracacha, peeled, boiled, and served on a plate

The yellow **cultivar** contains substantial amounts of **carotenoid** pigments, precursors to **vitamin A**, to the point that excessive consumption of arracachas may cause yellowing of the skin, a condition that is not considered to be harmful.

References [edit]

- ↑ *The Plant List: A Working List of All Plant Species* , retrieved 12 July 2016
 - ↑ Teofilo Laime Ajacopa, *Diccionario Bilingüe Iskay simipi yuyayk'ancha*, La Paz, 2007 (Quechua-Spanish dictionary)
- M. Hermann (1997). M. Hermann; J. Heller, eds. *Arracacha. (Arracacia xanthorrhiza Bancroft)* (PDF). **21**. Institute of Plant Genetics and Crop Plant Research, Gatersleben/International Plant Genetic Resources Institute, Rome, Italy. pp. 75–172. Archived from the original (PDF) on 2007-09-28.

External links [edit]

- Plants for a Future database entry
- ecopoft database entry

VTE

*Aegopodium podagraria**Ajwain**Alepidea peduncularis**Alexanders**Angelica archangelica**Anise**Anthriscus sylvestris**Apium prostratum***A**

Taxon identifiers Wikidata: Q625399 @ Wikispecies: Arracacia xanthorrhiza @ EoL: 482109 @ EPPO: ABAXA @ GBIF: 3034509

Categories: Edible Apiaceae | Root vegetables | Staple foods | Crops originating from the Americas | Crops originating from Ecuador | Crops originating from Colombia | Crops originating from Peru | Apiaceae | Plants described in 1826