

Guǎhan Produce Guide: Yam (Dǎgu)



Plant Traits	Details
Plant Type	Herbaceous vine.
Size	Tubers can grow up to 6 feet (but most are more manageable in size). Vines can grow up to 50 feet.
Spacing	1 foot between plants, 5 feet between rows.
Bloom Time	5 months.
Flower Color	N/a.

Root Depth	Up to 5 feet.
Pest	Mealy bugs, white scale insect.
Diseases	Yam mosaic disease, scorch, dry rot disease.

Health Benefits

- Rich in vitamins, minerals, and fibers. They are particularly rich in potassium, manganese, copper, and vitamin C.
- May enhance brain function
- May ease symptoms of menopause
- Improves digestive health

Site Characteristics

Sun Exposure	Full sun.
Soil Condition	Yams like slightly acidic soil, with a pH of 5.5-6.5. The ideal soil condition is well-drained rich loamy soil. Hard or compacted soil will not promote good growth for yams.
Support	Provide a trellis or grate to allow the vines to climb.
Water	Water well and ensure the soil is moist, but do not soak. As the plant gets bigger and more established you should water it less frequently. This is because oversaturated soil will cause the tubers to rot.
Fertilizer	Yams don't need too much fertilizer. But rich fertile soil with organic matter will do it well. If you do choose to fertilize, it is recommended to start only after the plant is

established and to use a fertilizer with a low nitrogen and high phosphorus content.

From Slips to Harvest

How to Grow Slips

You can grow yam slips using a yam tuber. First take your yam and push three toothpicks about halfway down and place in a glass of water. Half of the yam should be submerged while the other half is held up by the protruding toothpicks. Place in a sunny window and top off the water when needed, maintaining the same volume of water as when you started. The yam will sprout slips in about three weeks. At this time, you can gently twist the slips off. Then place these in a shallow dish of water just leaving the top leaves above water by hanging them over the side. When the roots grow to an inch or more they'll be ready to plant!

Transplanting Seedlings

Transplant yam slips into the garden after they have successfully rooted.

Maintenance

Apply mulch to the base of your plants to keep moisture in. Also keep up with weeding.

Harvesting

Yam tubers are ready to harvest about 5-8 months after planting. Once the leaves begin to yellow, they are almost ready. Just wait a couple more weeks because at this time the tubers will be getting slightly bigger. To harvest, carefully dig at the base of the plant and follow the tubers.

Interesting Facts

- Yams originated in Asia, Africa, and the Caribbean
- There are several species of yams, but the two most utilized in the Pacific are *Dioscorea alata* (white yam) and *Dioscorea esculenta* (potato yam).
- Yams are often mistaken for sweet potatoes, but they are actually very different plants. Yams take longer to produce harvestable tubers, it also has a much rougher skin which makes it harder to peel than the sweet potato. Yams are also less sweet and more starchy.

Recipes

Boñelo Dagu



Ingredients

- 3 cups of grated dagu (about 2 lbs.)
- ½ cup sugar
- 1 cup flour
- 2 tbsp baking powder
- Oil, for deep frying
- Sugar and water, for dipping

Instructions

1. Grate dagu finely (Hands may get itchy).
2. Add sugar and knead.
3. Add flour and baking powder and continue kneading the dough. The more you knead, the softer your doughnuts will be, so keep kneading even during frying.

4. Take a handful of the dough into your hands and squeeze balls about 1” into the oil, by pressing your thumb and pointer finger together. This technique gets you round doughnuts. But you can also use a spoon.
5. Drop into the oil and fry until doughnuts are dark brown on all sides.
6. Enjoy!

Recipe Link

https://www.guampdn.com/lifestyle/671-guam-recipes-bo-elos-dagu/article_5bf2e6ac-50c6-11ec-b4e3-f3f869a9faa5.html

Sources

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4. <https://guides.library.manoa.hawaii.edu/paccrops/yam>