

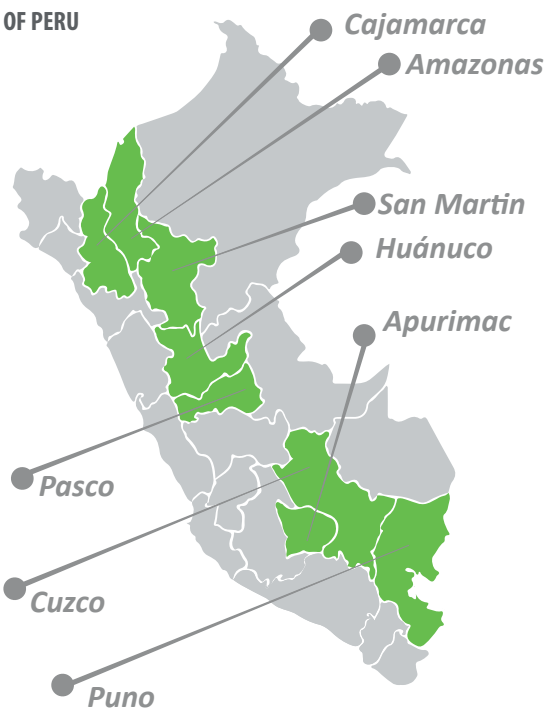
Smallanthus sonchifolius

yacon

The Yacon is a domesticated plant and cultivated since pre-hispanic times in Peru, until recently it was cultivated only in gardens and home-made orchards of the highlands for the consumption and occasional use in special religious festivities.

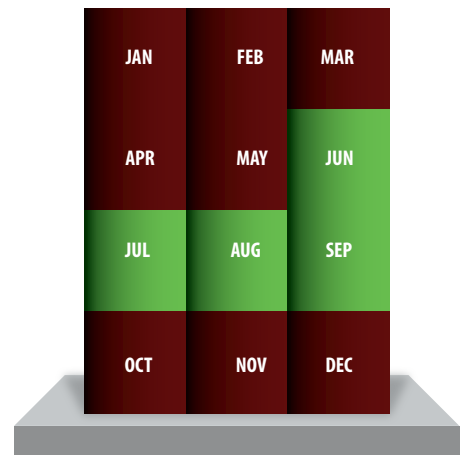
GEOGRAPHICAL DISTRIBUTION

MAP OF PERU



STATIONARY AVAILABILITY

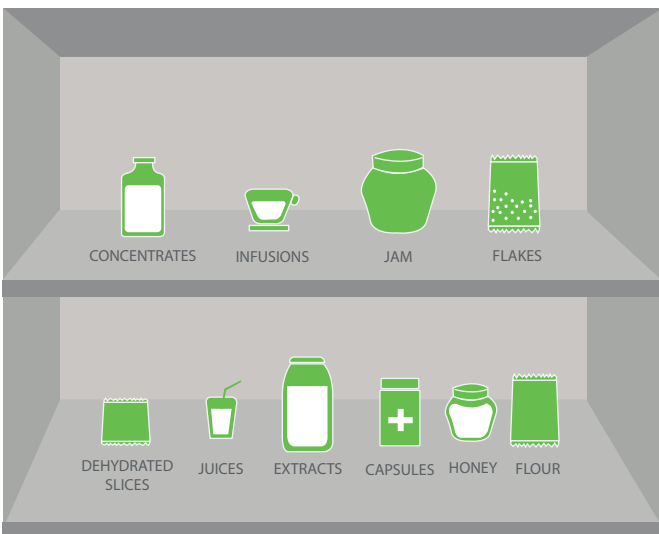
The Harvest Calendar, It allows to establish the months in which the largest volume of production is concentrated by region, but this doesn't restrict us to the product is in the market as some of these can be stored.



Productive capacity of GRADERI

- Availability all year.

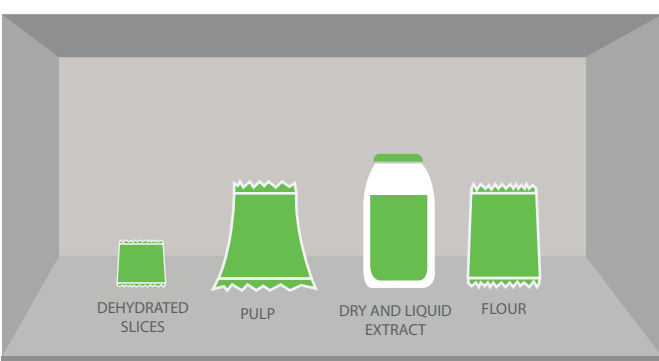
MODES OF USE



HEALTH BENEFITS

- Excellent for hypocaloric and diabetic diets.
- It's attributed antidiabetic properties.
- Reduces the risks of osteoporosis.
- It's used as a non-caloric sweetener.
- Their daily intake decreases the level of triglycerides in the blood.
- Provides relief to gastrointestinal problems.

SUBMISSIONS OF GRADERI S.A.C.



SEMINARIO, J., VALDERRAMA, M., MANRIQUE, I., El Yacon: Fundamentos para el aprovechamiento de un recurso promisorio. Centro Internacional de la Papa (CIP). Universidad Nacional de Cajamarca, Agencia Suiza para el Desarrollo y la Cooperación (COSUDE). Peru, 2003.