DAMSONS



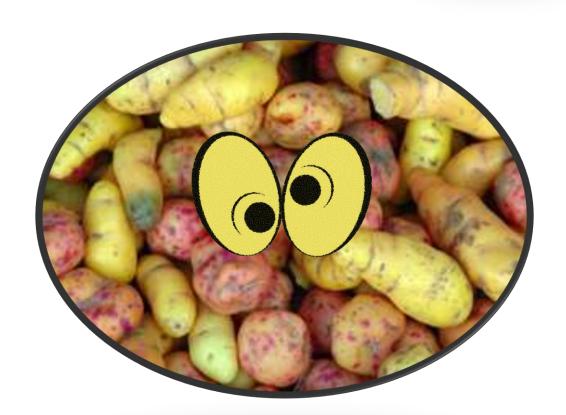




ULLUCUS









ULLUCUS

Plus Facts

- ❖ Second to the Potato but Without the Calories
- ❖ It can be pickled, boiled, mashed, shredded raw, grated raw, or used as a thickening agent in soups
- ❖ Resistant to harsh weather and can last one year when kept in a cool dark place
- ❖ Helps in Losing Weight
- ❖ High in Carbs and Rich Fiber with very low Fat
- Can be Eaten Raw or Cooked
- ❖ The Leaves can be eaten, added to soups, and stored
- Comes in various bright colors
- ❖ Stabilizes Blood Pressure Levels
- **❖** Longer Shelf-life than regular Potatoes
- **♦** Helps in Digestion
- ❖ Pronounced "Aah-loo-koo" (long "o")

"No-No" Facts

Cannot be used for Frying or Baking