

DAMSONS



ULLUCUS





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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