

FARMER TO FARMER - SHARING ORGANIC PRACTICES

KAUFI OR KAPIA OF NIUE

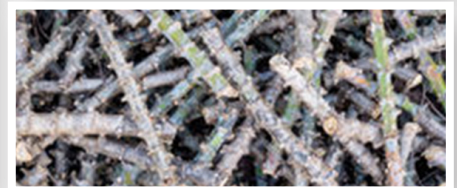
The *Kaufi* or *kapia* (cassava) is a traditional crop and staple food in Niue. Extensively planted by all farmers, the *kaufi* is an annual crop that has a starchy, tuberous root and is a source of some nutrients, vitamins, carbohydrates and fibre. It is also a resilient crop, surviving dry weather conditions. When the weather is drier, farmers plant more *kaufi* on their plantations. *Kaufi* or *Kapia* mixed with coconut cream and baked in an earth oven

Step 1

Get planting materials ready. Cut the *Kaufi* stems into about 30 centimetre pieces.



stems



Step 2

Dig hole of up to about 6 inches deep. Plant *kaufi* stems by sticking it into the hole at an angle or slanted. Cover base of hole with soil. The plant faces north, the path of least wind resistance on the island.



Slanted



Cover base of stem with soil



Maintenance

Maintenance is minimal. Just weed around the *kaufi* plant to keep it clean as it grows.

Harvest

The various species of *kaufi* mature at different times, some at three months, nine months, and one year. When mature, use stems to pull the *kaufi* plant and its edible roots out of the soil. A digging fork is also used to assist in harvesting *kaufi*.



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