

FARMER TO FARMER - PRACTICES FOR RESILIENCE SERIES

# THE FAMINE CROP – KAPE

'Kape' or the giant taro (*Alocasia macro-rhiza*) is a slow maturing but resilient crop, eaten during times of food shortages or famine. A kape plant keeps growing long roots, most over the surface of the soil, which are still good to eat ten years later. The kape is cooked in a traditional *umu* (underground oven) for up to a week. The baked kape can last a long time without preservatives.

Kape grow in the cool, shady undergrowth of a forest canopy. Clearing forests have affected kape plantations that must be replanted to ensure Cook Islanders have enough nutritious food supply in the event of a famine caused by a failure of crops to grow because of persistent dry weather or droughts.

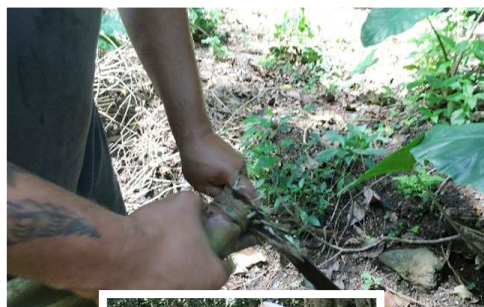


## Step 1: Planting



Dig a hole about two feet deep

## Plant kape shoot



Trim off roots with a knife

## Step 2: Harvests and Replanting

Cut off root of kape plant



Replant for the next decade of kape. It grows so easily. Just cover the base of the cut off plant with soil



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