



Oxalis Tuberosa

OCA Tubers from the Andes

Oca (Oxalis tuberosa) is a highly productive perennial plant with waxy, brightly colored tubers that can be harvested in October before the freeze in the Northwest garden or later if grown in containers and protected. In its native lands of Bolivia and Peru, oca is second only to the potato in agricultural importance. It is an excellent source of carbohydrates, phosphorus and iron, as well as essential amino acids that promote the health and proper function of muscles, organs, nails, hair, skin and more.

Oca has many flavors and culinary attributes. Try it raw, boiled, baked or steamed. Sun-dried oca can be eaten like dried figs or stewed like fruit. Oca tubers also can be grilled, fried or candied like sweet potatoes. As for flavor, they vary from potatolike, to chestnut-sweet, to apple and celery.

Oca prefers sandy soil, partial shade and cool, damp weather and sun but not hottest afternoon sun. Grow as you would potatoes. Harvest as late as possible. The tubers develop the most after the equinox in September. Traditionally the tubers are exposed to sun and cold for several days after harvest to increase sweetness. Light exposure also enriches the vivid colors.



'Hopin'

Red variety that fades to pink and then white toward the ends of the tubers. Produces larger tubers overall and seems a bit more resistant to damage from light frosts. Beautiful brightly colored tubers ranging from sweet to tangy, tuberizing after equinox, harvested late fall,

after frost. Round to cylindrical tubers 1–6" long. Sprawling succulent stems to about 1" tall with clover-like leaves, yellow flowers. All parts of the plant are delicious fresh in salads or cooked any way a potato can be cooked. Plants grow up to 3 feet in diameter and up to 18 inches tall. The tubers have a variety of flavors from crisp and lemony fresh to buttery and sweet when cooked.



'Mexican Red'

A reasonably high yielding variety. Has a very sweet flavor after a week or two of exposure to the sun. Attractive dark red tubers. Plants are attractive, with clover-like leaves and thick, succulent red stems. All parts of the plant can be eaten raw or cooked any way a

potato can be cooked. Dark blood red flattened cylindrical tubers ranging from sweet to tangy, tuberizing after equinox, harvested late fall, after frost. Round to cylindrical tubers 1–6" long. Plants grow up to 3 feet in diameter and up to 18 inches tall. This one may be a bit more tolerant of summer heat.



'Sunset'

Sunset is an early sprouter and strong grower in the spring and is probably the heaviest yielding variety. The color is light orange becoming darker with exposure. The eyes are a slightly darker orange - taking on a red or purple color after exposure. Medium size orange

to salmon-red cylindrical high yielding tubers. A delightful acidic taste fresh, but cooks up mild. Plants are attractive, with clover-like leaves and thick, succulent stems. All parts of the plant can be eaten raw or cooked any way a potato can be cooked. Plants grow up to 3 feet in diameter and up to 18 inches tall.



'Bolivian Red'

Attractive red tubers with large yellow eyes. One of the top varieties for the Pacific Northwest. Plants are attractive, with clover-like leaves and thick, succulent stems. All parts of the plant are delicious fresh or cooked.

Dark red cylindrical tubers ranging from sweet to tangy, tuberizing after equinox, harvested late fall, after frost. Round to cylindrical tubers 1-6" long. Sprawling succulent stems. Plants grow up to 3 feet in diameter and up to 18 inches tall.



'Amarillo'

Fat, oval tubers are light yellow when freshly dug, taking on pink or orange tones with light exposure. These are a pure deep yellow, no contrasting color to the eyes. Lumpy, rounded tubers blush orange with light exposure. Round to cylindrical tubers 1-6" long. Plants are

attractive, with clover-like leaves and thick, succulent stems. All parts of the plant are delicious fresh on salads or cooked any way a potato can be cooked. Plants grow up to 3 feet in diameter and up to 18 inches tall.



'Moonshine'

Light bright yellow rounded tubers 1-6 inches long. Crunchy texture of these delicious tubers is a wonderful addition to salads or can be cooked like potatoes. Plants are attractive, with clover-like leaves and thick, succulent stems. All parts are edible.



'Twilight'

Twilight is a deep yellow and orange colored oca with red eyes and yellow flesh. The raw flavor is slightly lemony, with some green apple flavor as well. One of the tastiest raw ocas yet. Flowers relatively late, but continues consistently at a low rate through late October. All

parts of the plant is delicious fresh or cooked any way a potato can be cooked. Plants grow up to 3 feet in diameter and up to 18 inches tall.



'Rosy Gems'

Blushed pink tubers with red or purple eyes grow 1-6 inches long. Plants are attractive, with clover-like leaves and thick, succulent very dark red stems which make this variety quite ornamental. All parts of the plant can be eaten raw or cooked any way a potato can be

cooked. Plants grow up to 3 feet in diameter and up to 18 inches tall.



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