



# How to Grow UBI

## (HARVESTING AND STORAGE)

Volume 1, Series 3



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PHOTOS courtesy from Zenaida D. Darunday, SNMPC, Carmen, Bohol and ATI-RTC 7 Central Visayas

ILLUSTRATIONS courtesy from M.B. Cerna



## REMOVING THE STAKES



Some of the stakes in the field may still be used for the next cropping. Those that can no longer be used as stakes can be used as firewood.



Collect the stakes from the field. Separate those that can still be used for the succeeding crop from those that can no longer be used.



Tie the stakes into bundles.



Place the usable stakes and supports in a shed or in any place where they can be sheltered from rain.

## INSPECTING STORED TUBERS

1

Inspect stored tubers periodically because some of them get damaged during storage.

Periodic inspection is also needed to determine whether or not the dormancy period of the tubers has passed as indicated by emergence of sprouts.

2

Check the tubers every two weeks and remove those that have been damaged by pests.

Treat damaged tubers and store them together with the other treated tubers.

3

When the dormancy period of the tubers is broken and sprouts start emerging, remove the sprouts every week.

# TRANSPORTING TUBERS



1. Tubers should be arranged in a container to minimize sudden jolting motions;
2. Segregate healthy and diseased tubers. Place it in separate containers



3. Place tubers in rattan baskets or in bamboo or wooden crates lined with soft material such as paper, banana leaves or straw



4. Arrange 2-4 layers of tubers in the container – the bigger the tubers the fewer the number of layers

5. Cover the container with paper or banana leaves and weave a string net over the mouth of the container
6. Use a cart or a sled in transporting tubers to the highway or to the barn
7. Time of transporting should be done early in the morning or late afternoon

## THIS IS A FOUR-SERIES BROCHURE:



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**SERIES 2**  
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Disease Management

**SERIES 3**  
Harvesting and Storage

**SERIES 4**  
Processing

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**U**bi (*Dioscorea alata* L.) or yam is a vine which produces both aerial tubers called bulbils and underground tubers or roots.

The **bulbils** weighing a few grams and to over a kilogram come out from the leaf axils three (3) months after planting.

The underground **tubers** weighing one to six kilograms can be harvested six months after planting.

The ubi roots has 70 percent moisture and 28 percent starch. It also contains traces of fats, crude protein, sugar, crude fiber, ash and Vitamin C, B1 and B2.

Ubi is grown primarily for its roots or tubers. The tubers can be eaten boiled, baked, roasted, flakes, chips and can be processed into powder form.

Dehydrated yam slices are used for the preparation of food such as ice cream, cakes, pastries and other dessert. The ubi skin or peeling can be used as a raw material for the manufacture of food coloring.

## HARVESTING

Ubi is ready for harvest when its foliage is already yellowing or drying up.

For most varieties, the drying up period of the foliage starts in late November and until January the following year.

Tubers intended for sett production should be harvested at the later part of the drying up period.

Tubers intended for consumption or for market may be harvested earlier, even before foliage drying up sets in.





# HARVESTING TUBERS



1. DIG AROUND the tuber using blunt bolo or a similar hand tool to loosen it from the soil;



2. LIFT the tuber;



3. REMOVE SOIL particles that cling to the tuber;



4. CUT the rootlets; and



5. COVER ALL BRUISES with ash.

## SAMPLE OF A STURDY STICK...

to be used instead of a blunt bolo for harvesting the tuber.





# STORAGE

## BASIC REQUIREMENTS FOR UBI STORAGE

1. Adequate Ventilation;
2. Access to regular inspection; and
3. Tuber must be protected against direct sunlight

## SOME STORAGE METHODS



### BARN METHOD

- under this method, tubers are tied to vertically arranged poles held together by sturdy horizontal poles.
- durable tying materials like rope are used in tying the tubers to the poles.
- the vertical poles are arranged about 50 cm apart.



### PLATFORM METHOD

- large tubers are placed in one layer on raised platforms constructed in the shed.
- small tubers are arranged in 2-3 layers.



### SHELF METHOD

- this method is a variation of the platform storage.
- under this method, tubers are placed on several decks of platforms instead of just one deck.

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