



Cassava

[Source: DTE](#)

Indigenous farming has preserved cassava's **genetic diversity** and earned the title of the **'bread of the tropics'** for feeding nearly a billion people.

About Cassava: Cassava (Yuca or Manioc) is a **starchy root vegetable** and the source of **tapioca** (a starch used in **bakery products, paper, and adhesive industries**).

- It is native to **South America** and widely cultivated in tropical regions (Africa, Asia, and Latin America) for its resilience to **drought and poor soils**.
 - Cassava cultivation in India is mostly confined to Kerala, Tamil Nadu, Andhra Pradesh and North-Eastern States.
- It is grown through **stem cuttings**, but **Brazil's Kukurro tradition** promotes genetic diversity by encouraging **seed-based reproduction**.
- It supports **gut health**, regulates blood sugar, controls appetite, and **lowers type 2 diabetes risk**.
- It is used in the production of [bioethanol](#) and [biodegradable plastics](#), while its peels and leaves serve as **animal fodder**.



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