

# YAM

## CHARACTERISTICS

## INFORMATION

EXPORTED VALUE 2021

USD Mil 8055,74

TONS

9057,54

MAIN EXPORTS DESTINATIONS

United States, Puerto Rico, Martinique, Guadeloupe, United Kingdom

CERTIFICATIONS

GlobalG.A.P,  
GRASP

AVAILABILITY

January - February / July - December

NUMBER OF DESTINTIONS

12 countries

VARIETIES

DIAMANTE



Scientific name: *Discorea alata* (Discoreacease family)



Known as: Winged or Water Yam, Barbasco, China Root, Colic Root.



It nutritional highlights include calcium, vitamin C, phosphorus, and potassium, as well as certain antioxidants that can also help the body's health

