

A photograph of a cassava field under a clear blue sky. In the foreground, a single cassava plant stands tall with its characteristic long, thin stem and a cluster of green, lobed leaves at the top. The ground is a mix of brown soil and dry, yellowish grass. In the background, a dense line of green cassava plants stretches across the horizon. The overall scene is bright and clear.

# CONTRIBUTION OF CASSAVA LEAVES USED AS A VEGETABLE TO IMPROVED

*J. Wargiono, N. Richana and A. Hidajat*

**Deficiency: - Protein  
- Iron anemia**



**Public health problem**

**Table 2. Nutrient content of vegetables and staple food.**

Vegetables/Staple foods	Nutrition content (%/100 gr edible protein)				
	Calories (cal)	Protein (g)	Iron (mg)	Vit. A (SI)	Vit C (mg)
Cassava leaves	131	131	3.9	13.000	58
Spinach	30	30	3.9	6090	80
Fermented soybean	149	149	10.0	50	50
Rice	360	360	0.8	0	0
Cassava	145	145	0.7	385	30

Source: Dit. Gizi, 1987

**Table 3. Nutrition status of diversified food scenario in the daylay diet per capita**

Staple food/ vegetable	Difersified (%)	Available		Substituted by cassava leaves *)	
		Protein (g)	Iron (mg)	Protein (g)	Iron (mg)
Rice	100	30.94	3.64	-	100
Rice + cassava**)	80 + 20	26.5	4.49	35	75
	60 + 40	20.74	5.34	80	30
	40 + 60	17.70	6.55	104	0
Cassava	100	9.03	7.91	170	0

Calculated from CBS. 2000 and Dit Gizi, 1987

**Figure 1. Youngcassava leaves harvested weekly and at root harvesting**



**Table 4. Protein content of young cassava leaves varieties, Bogor. 2002**

Varieties	Protein content (% dry based)
No. 40.3.3	24.68
No. 50.2	32.86
No. 39.1.1	33.12
BIC 319	33.09
BIC 109	32.69
BIC 137	35.49
BIC 317	33.35
BIC 323	32.20
Adira-1	35.86
Adira-4	32.12

## **Cassava leaves production**

- **Comercial root**

- **Weekly harvest (4 month) : 4,5 – 5,7 t/ha**
- **At root harvested : 0.4 t/ha**

- **Comercial leaves**

- **Cultural Practices**
- **Dayly harvested : 6.04 t/ha**

<b>Income 400 m<sup>2</sup></b>	<b>: Rp. 60. 000/day</b>
<b>Comercial root</b>	<b>: Rp. 255. 000/month</b>
<b>Comercial leaves</b>	<b>: Rp. 2.212. 000/month</b>
<b>Problems</b>	<b>: - demand → Socialized</b>
	<b>- capital</b>
	<b>- transpotation cost</b>
	<b>(Far distance)</b>



**Figure 2. Growing comercial cassava leaves**



**Figure 3. Dayly harvesting young cassava leaves**

**Figure 4. Young cassava leaves at city market**



## Cook cassava leaves

- Water + baking powder or salt (green color): boil point
  - Insert cassava leaves ( $\pm$  15 minutes)
  - Washed in cool water (to reduce HCN)
  - Coconut milk + spices (depend on taste)
- Washed boil cassava leaves – directly
- ball with small fish inside
- Wait until boil point



Cassava  
leaves Sup

Cassava  
leaves ball &  
small fish  
inside

Figure 5. Young cassava  
leaves sup

A close-up photograph of a person's hand holding a branch of a green plant with palmately lobed leaves. The background is filled with more of the same plant, creating a lush green environment. Overlaid on the center of the image is the text "THANK YOU" in a large, bold, 3D-style font. Each letter is a different color, following a rainbow spectrum from purple to blue. The text has a slight shadow, giving it a three-dimensional appearance as if it's floating above the plant.

**THANK YOU**